

Resource Linkage

SUPPORT GROUPS

Designed to help individuals cope with physical, emotional and/or caregiving demands by providing tools and emotional support to face life's challenges. **Dates and times subject to change, please call 949-724-6926 to confirm.**

Alzheimer's Caregivers Support Group

Where: Trabuco Center
When: Last Mondays, 1–2:30 p.m.
Sponsor: Alzheimer's OC

Diabetes Education & Support

Where: Lakeview Senior Center
When: Call to schedule appointment
Sponsor: Irvine Older Adult Services

Loss of a Child

Where: Lakeview Senior Center
When: 1st Wednesdays, 7–9 p.m.
Sponsor: Compassionate Friends

Loss of a Spouse

Where: Lakeview Senior Center
When: 2nd Mondays, 11:30 a.m.–1 p.m.
When: 1st & 3rd Thursdays, 12:45–2:15 p.m.
Sponsor: Irvine Older Adult Services

Loss of a Spouse in Hindi

Where: Virtual Meeting via Zoom
When: 1st Thursdays, 1–2:30 p.m.
Sponsor: Irvine Older Adult Services

CARING CONNECTIONS

Companionship for older adults through in-home visits and regular phone calls. For more information or to register, call 949-724-6926.

**ONE-ON-ONE
CONSULTATIONS
on reverse**

Care Calls

Stay connected from the comfort of your home. Our trained volunteers offer free weekly wellness calls—friendly check-ins that provide reassurance and support for older adults living alone or without close family nearby. Service excludes holidays and office closures.

CHAMPION Volunteer Visitors

Community Helpers Assisting Mature Persons In Our Neighborhoods

Trained volunteers visit homebound older adults to help reduce isolation and support reengagement in the community. Volunteers complete a five-week training program on older adult needs and attend monthly supervision meetings.



Resource Linkage
949-724-6926
irvineolderadults.org

Lakeview Senior Center • 20 Lake Road
Rancho Senior Center • 3 Ethel Coplen Way
Trabuco Center • 5701 Trabuco Road

ONE-ON-ONE CONSULTATIONS

Free consultations with trained and experienced advisors are available to adults 50 and older to address a variety of questions and to explore options. **Dates and times are subject to change. Visit yourirvine.org or call 949-724-6926 for appointments.**

Ask a Nurse

Adults 50 years and older can register for a consultation with a community nurse to address health concerns, collaborate on better care planning, and continued education to improve self-care. Appointment required.

Where: Lakeview Senior Center

When: 2nd Tuesdays, 9:30–11:45 a.m.

Sponsor: Hoag Community Nurse Navigation

Bridge to Online Access

Adults 50 years and older can register for consultations to get help completing online applications or making appointments. City staff will assist with navigating websites like the DMV, the City's online registration, Irvine Valley College, and more.

Where: Lakeview Senior Center

When: Thursdays, 11 a.m.–Noon

Sponsor: Irvine Older Adult Services

Drop-in Tech Tutor

Get one-on-one assistance with basic technology questions. Drop in for a 20-minute session, with up to two visits per month. Volunteers can help with email, apps, texting, video calls, and more.

Where: Lakeview Senior Center

When: Tuesdays, 10 a.m. –Noon

Sponsor: Irvine Older Adult Services

Elder Law

Adults 50 years and older can register for brief consultations for estate planning, trusts, and wills.

Where: Lakeview Senior Center

When: 1st Mondays,
9:30 a.m.–12:10 p.m.

Sponsor: Merhab Robinson
& Clarkson, Law Corporation

Where: Rancho Senior Center

When: Last Fridays, 9–11:30 a.m.

Sponsor: Law Office of
Richard R. Sprague

Financial Empowerment Coaching

Learn basic financial skills to understand budgeting and to help reach financial goals. Learn how to prevent identity theft and fraud, and receive services such as utility assistance and more.

Where: Lakeview Senior Center

When: Last Wednesdays,
Noon–3 p.m.

Sponsor: Community Action Partnership

Financial Investment Consultation

Adults 50 years and older can register for a general investment and unbiased financial consultation focused on their needs. There is no selling or endorsements of products or services.

Where: Lakeview Senior Center

When: Select Tuesdays, 1–5 p.m.

Sponsor: George Faas, Financial
Planning Specialist

Health Insurance

Counseling & Advocacy (HICAP)

HICAP volunteers provide Medicare and HMO consultations.

Where: Lakeview Senior Center

When: Wednesdays, 9:30–11:45 a.m.

Sponsor: Council on Aging of
Southern California

iPad Lending

iPads can be checked out at the Resource Linkage at the Keen Center. This project is funded in whole or in part through a grant from the California Department of Aging.

Where: Lakeview Senior Center

When: Monday–Friday, 9 a.m.–4 p.m.

Sponsor: Office on Aging

Medication Review

Bring all medication for individual review with a licensed pharmacist and pharmacy students.

Where: Lakeview Senior Center

When: Select Fridays, 1:30–3:30 p.m.

Sponsor: Orange County Health
Care Agency

Memory Screening

Adults 50 years and older can register for a 30-minute consultation to assess their cognitive abilities. Appointment required.

Where: Lakeview Senior Center

When: Select Mondays,
10 a.m.–Noon

When: Select Tuesdays,
10 a.m.–Noon
(in Spanish - En Español
& in Farsi ارائه شده به زبان فارسی)

Sponsor: Alzheimer's OC

Mobility Equipment Lending

Wheelchairs, walkers, crutches, and canes available at no cost for a 30-day loan period based upon equipment availability. Available to all Irvine residents. Reserve by phone or at yourirvine.org.

Where: Lakeview Senior Center

When: Monday–Friday, 9 a.m.–4 p.m.
(For assistance outside of
these hours, visit Lakeview
Senior Center front desk)

Sponsor: Irvine Older Adult Services

Resource Consultation

Adults 50 years and older can register for a one hour consultation to receive personalized referrals and information on a wide range of topics including housing, caregiving, transportation, emotional support, and more. Appointment required.

Where: Lakeview Senior Center

When: Wednesdays, 1–3 p.m.

Where: Trabuco Center

When: Fridays, 1–3 p.m.

Sponsor: Irvine Older Adult Services

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