City of Huntington Beach
Huntington Beach Council on Aging
18041 Goldenwest St.
Huntington Beach, CA 92648

NONPROFIT ORGANIZATION
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HBCOA Huntington Beach COUNCIL ON AGING
www.hbcoa.org
November 2017

OUTLOOK
ON ACTIVE AGING

Seashells & Jingle Bells

Winter Dance at the Senior Center in Central Park

The holidays are fast approaching and it's a wonderful time to gather together with family, friends and new acquaintances alike to enjoy each others company and celebrate the year. On **Saturday, December 9th** the Huntington Beach Council On Aging along with HB Senior Services will be hosting the *Seashells and Jingle Bells* winter dance from 6p.m. to 10p.m. at the Senior Center in Central Park. It will be a festive affair with entertainment, a beautiful setting, commemorative photos and much much more. Come dressed in your holiday best for an evening of festive cheer.

To begin the night there will be a casual cocktail hour with appetizers and libations in the lounge. Enjoy a drink in front of the fire place with friends while you take in the beautiful sunset over Central Park. Following the cocktail hour the evening will progress into the ballroom for the main event with a sumptuous buffet style dinner and dessert. Live entertainment will be provided by the Nick Peper Quartet to dance the evening away to some beachy winter tunes. All are welcome to join in on the fun. Come with your friends, a special someone, a group or even come stag. Who knows, you might find a special someone at the dance to enjoy the evening with.

Transportation is available for residents on the sleigh ride express bus. Make sure to call the dispatch line at 714-374-1742 and request a pick up. You can enjoy your evening without a care in the world as your chauffer delivers you to the dance and back home again safe after all the holiday festivities.

Tickets are available for purchase through the Senior Center in Central Park front desk, $35 for HBCOA members and $40 for non Members. As the old saying goes membership has its benefits. The dance is sure to sell out quickly so purchase your tickets now to reserve your spot. If you wish to celebrate as a large group, entire tables can be purchased to accommodate your party. Come and enjoy the holiday spirit and start your celebrations early with friends, the HBCOA and Huntington Beach Senior Services.
HD-

SENIOR CENTER In Central Park

CITY OF HUNTINGTON BEACH SENIOR SERVICES
SENIOR CENTER IN CENTRAL PARK

18041 Goldenwest Street, Huntington Beach, CA 92648
(714) 536-5600
Open Mon - Thur 8 A.M. to 8:30 P.M., Fri 8 A.M.to 5 P.M. Sat 8 A.M. to 1 P.M., Closed Sunday

HB COUNCIL ON AGING
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For additional information please visit the HBCOA website at *www.HBCOA.org* or like their *Facebook* page at Huntington Beach Council on Aging @HBCOA

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PRESIDENT'S MESSAGE

As we enter these last months of 2017, I want to take a moment to thank our generous HBCOA members and donors. You are the reason HBCOA is able to accomplish its mission and serve the senior community. Your support ensures that Huntington Beach seniors have access to services, programs, information, and education that promotes dignity and quality of life.

HBCOA membership also has privileges as we reward members with discounts throughout the year on travel, dances & other activities. We also keep members informed with the monthly HBCOA newsletter "Outlook on Active Aging." Membership levels start at just $15. Please show your support and renew your HBCOA membership or consider joining for the first time. You do not need to be a senior to join.

I want to thank everyone who helped make the October Senior Surf Invitational and our Friday the 13th Dinner Dance such wonderful events including volunteers, sponsors, staff and HBCOA Board members. There is a new event planned for December 9 – the "Seashells and Jingle Bells" Dance. Get your tickets early for this special evening.

This month's Outlook newsletter has many opportunities for mental & physical activity as well as social engagement – all of which are critical for staying healthy as we age. Let's get out and get active!

Ed Pinchiff
HBCOA President

I WANT TO JOIN THE HBCOA AND ADD MY SAY TO THE VOICE OF SENIOR CITIZENS.
Date____/____/____ ____2018 New Member ____ 2018 Renewal
Membership Level: Bronze-Lifetime members are recognized in the *Outlook*, and at *www.hbcoa.org.*
___$15 General ___$100 Bronze ___$250 Silver___ $500 Gold ___$1000 Platinum
___$2500 Diamond___$10,000+ Lifetime
___List my Plaque Sponsorship as:_____
___Keep my donation anonymous.
___I have enclosed a self-addressed stamped envelope for my membership card
___I will pick-up my card at the senior center.
___*I do not wish to receive the Outlook by mail with my membership.*

PLEASE PRINT

NAME (S)_____COMPANY _____
Last First
ADDRESS_____
Number/Spc/Apt City State Zip
PHONE (_____)_____
E-MAIL_____

The $15 annual membership fee includes a subscription to the **Outlook** newsletter. You must renew annually. Make your check payable to **HBCOA** and mail to:18041 Goldenwest St., Huntington Beach, CA 92648 *HBCOA Tax ID# 51-0179431*

THURSDAY

8:00	Pilates Mat 11/2, 11/9, 11/16, 11/30	D*$
8:00	HBCOA Board Meeting 11/2	1
8:00	Small Group Circuit 11/2, 11/9, 11/16, 11/30	X*$
8:25	Tai Chi Chua Inter 11/9, 11/16, 11/30	G*$
9:00	Essential Computers 11/2, 11/9, 11/16	L*$
9:00	Organize Your Computer 11/30	L*$
9:00	Zumba Gold 11/2, 11/9, 11/16, 11/30	X*$
9:00	Stroller Workout 11/2, 11/9, 11/16, 11/30	O*$
9:00	Tai Chi Chuan Beg 11/2, 11/9, 11/16, 11/30	P*$
10:00	Yoga 11/2, 11/9, 11/16, 11/30	D*$
10:00	Writing Your Life Story 11/2, 11/9, 11/16, 11/30	2*$
10:00	Hoag Lecture 11/9	1*$
10:15	Pilates Lean & Fit 11/2, 11/9, 11/16, 11/30	X*$
10:45	Flex & Stretch 11/2, 11/9, 11/16, 11/30	P*$
11:00	Yoga 11/16, 11/30	D*$
11:15	Gentle Pilates Mat 11/2, 11/9, 11/16, 11/30	X*$
12:30	Conquer That Knitting 11/2, 11/16	2*$
12:30	Party Bridge 11/2, 11/9,11/16,	G*$
12:30	Chair Dance 11/2, 11/9, 11/16, 11/30	X*$
12:30	Bingo 11/2, 11/9, 11/16, 11/30	P*$
1:00	How To Start Your Genealogy 11/2	L*$
1:00	Transportation OCTA Workshop 11/2	P*$
1:30	Broadway Dance Fitness 11/2, 11/9, 11/16, 11/30	D*$
2:00	How To Use Windows 10 11/2, 11/9, 11/30	L*$
2:00	Fun With Craigslist 11/16	L*$
2:00	Sr Tech Club 11/9	1
2:00	Medicare Enrollment Workshop 11/16	1*$
2:15	Smartphones Beyond 11/2	2*$
2:30	Barre Strength & Stretch 11/2, 11/9, 11/16, 11/30	D*$
3:45	Line Dance Level 1 11/2, 11/9, 11/16, 11/30	D*$
5:00	Family Martial Arts 11/2, 11/9, 11/16, 11/30	X*$
5:30	OC Memorial Lecture 11/16	P*
6:00	Woodcarving Club 11/2, 11/9, 11/16, 11/30	1*$
6:15	Martial Arts For Adults 11/2, 11/9, 11/16, 11/30	X*$
7:00	Ballroom Dance Basics 11/2, 11/9, 11/16, 11/30	D*$

FRIDAY

8:00	Total Body TRX 11/3, 11/17	X*$
8:30	Mexican Train 11/3, 11/17	G
9:00	Zumba Gold Beginning 11/3, 11/17	D*$
9:00	TOPS 11/3, 11/17	1
9:00	Journal Writing 11/3, 11/17	2*$
9:00	Senior Cardiofit 11/3, 11/17	P*$
9:30	HICAP 11/3, 11/17	S*$
10:00	How to Use Windows 10 11/3, 11/17	L*$
10:00	Yoga 11/3, 11/17	D*$
10:15	Circuit Training 11/3, 11/17	X*$
10:30	Handycrafters 11/3, 11/17	1*$
11:30	Pilates Chair Plus 11/3, 11/17	X*$
11:45	Pilates Chair Sitting 11/3, 11/17	D*$
12:30	Pilates Chair 11/3, 11/17	X*$
1:00	Arthritis Chair 11/3, 11/17	D*$
1:00	Table Tennis 11/3, 11/10, 11/17	G*$
1:00	Practice Bridge 11/3, 11/17	2*$
1:00	Ukulele Strum 11/17	1*$
2:00	All About Google 11/3, 11/17	L*$
2:00	Line Dance New Beg 11/3, 11/17	P*$
3:15	Line Dance Level 1 11/3, 11/17	P*$

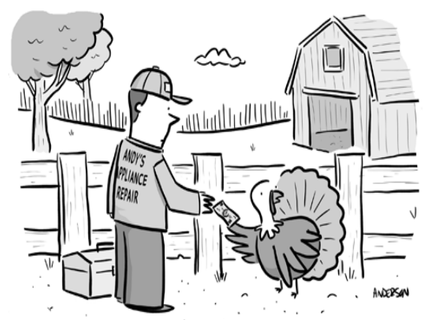
SATURDAY

8:00	Pilates Barre 11/4, 11/18, 11/25	D*$
9:00	Organize Your Computer 11/4, 11/18	L*$
9:00	Pilates Mat 11/4, 11/18, 11/25	D*$
9:00	Power Yoga 11/4, 11/18, 11/25	X*$
10:00	Pilates Lean & Fit 11/4	X*$
10:00	Martial Arts For Adults 11/18, 11/25	X*$
10:00	HB Fire Med 11/18	1*$
10:00	Learning Black History 11/25	2*$

INDEX

L	Computer Room
D	Dance Room
1	Edinger Medical Group 1
2	Edinger Medical Group 2
G	Game Room 1,2,3
X	Group Exercise Room
H	Hoag Office
P	Parkview Room (N & S)
S	Services Office
O	Patio
$	Participation fee
*	Registration

P.S. Purposely Silly



"You get a call from this number about a busted oven, you're busy. Understand?"

November 2017

MONDAY

8:15	Silver Glove Fitness 11/6, 11/13, 11/27	D*$
8:30	Table Tennis 11/6, 11/13, 11/20, 11/27	G*$
9:30	Stick Exercise 11/6, 11/13, 11/20, 11/27	O*$
9:30	Small Group Circuit 11/6, 11/13, 11/20, 11/27	X*$
10:00	How to Start Your Genealogy 11/6, 11/13, 11/20, 11/27	L*$
10:00	Chair Yoga 11/6, 11/13, 11/27	D*$
10:00	Hoag Lecture 11/6	1*$
10:00	Drum Yourself Healthy 11/6	P*$
11:15	Intro to Facebook 11/6, 11/13, 11/20, 11/27	L*$
11:15	Chair Yoga 11/6, 11/27	D*$
11:45	Pilates Chair Sitting 11/6, 11/13, 11/20, 11/27	X*$
12:30	Pilates Chair 11/6, 11/13, 11/20, 11/27	X*$
12:30	Bingo 11/6, 11/13, 11/20, 11/27	P
12:30	Discover Your Creativity 11/13, 11/27	1*$
1:00	Tupuas Polynesian Dance 11/6, 11/13, 11/20, 11/27	D*$
1:00	Chess 11/6, 11/13, 11/20, 11/27	G*$
1:00	HB Party Bridge 11/6, 11/13, 11/20, 11/27	G*$
1:30	Smartphones Beyond 11/6, 11/13, 11/20, 11/27	L*$
1:30	Spanish 11/6, 11/13	2*$
2:00	Beginning Bridge 11/6	1*$
2:45	Smartphones Beginning 11/6, 11/13, 11/20, 11/27	L*$
3:00	Deep Stretch 11/6, 11/13, 11/20, 11/27	D*$
3:15	Line Dance Level 2-3 11/6, 11/13, 11/20, 11/27	P*$
4:00	Deep Stretch 11/6, 11/13, 11/20, 11/27	D*$
5:00	Gentle Pilates Mat 11/6, 11/20, 11/27	X*$
5:30	Total body Stretch 11/6, 11/13,, 11/27	D*$
5:00	Gentle Pilates Mat 11/13, 11/20, 11/27	X*$
6:00	Living Trust Seminar 11/6	1*$
6:00	Making Your Memoir 11/6	2*$
6:45	Tai Chi Chuan Beginning 11/6, 11/13, 11/27	D*$
6:45	Tai Chi Chuan Intermediate 11/6, 11/13, 11/27	X*$
7:30	Big Band Swing Dance 11/27	P

TUESDAY

8:00	Small Group Circuit 11/7, 11/14, 11/21, 11/28	X*$
8:00	Hoag Blood Pressure 11/7	H*
8:30	Painting And Drawing 11/7, 11/14, 11/21, 11/28	1*$
9:00	Pilates Mat 11/7, 11/14, 11/21, 11/28	D*$
9:00	Exercise For Balance 11/7, 11/14, 11/21	X*$
9:00	Stroller Workout 11/7, 11/14, 11/21, 11/28	O*$
9:00	Senior Cardiofit 11/7, 11/14	P*$
9:30	Ukulele Beginning 11/7, 11/14, 11/21, 11/28	G*$
10:00	Conversations 11/14, 11/28	2*$
10:15	Pilates Lean & Fit 11/7, 11/14, 11/21, 11/28	X*$
10:15	Flex & Stretch 11/7, 11/14, 11/21, 11/28	P*$
10:30	Yoga 11/7, 11/14, 11/28	D*$
10:45	Guava Groove Ukulele 11/7, 11/14, 11/21, 11/28	1*$
11:30	Studio Art 11/7, 11/14, 11/21, 11/28	1*$
12:30	Wards Duplicate Bridge 11/7, 11/14, 11/21, 11/28	2*$
12:30	Scrabble 11/7, 11/14, 11/21, 11/28	G*$
12:30	Pilates Chair 11/7, 11/14, 11/21, 11/28	X*$
12:30	Movie 11/7, 11/14, 11/21, 11/28	P
2:30	Line Dance New Beg 11/7, 11/14, 11/28	D*$
3:00	Bridge Intermediate 11/7	1*$
3:30	French 11/7, 11/14	2*$
4:00	Line Dance New Beg 11/7, 11/14, 11/28	D*$
5:00	Family Martial Arts 11/7, 11/14, 11/21, 11/28	X*$
5:30	Reverse Mortgage Sem 11/7	P*$
6:00	Zumba 6 to 86 11/7, 11/14, 11/21, 11/28	D*$
6:15	Martial Arts For Adults 11/7, 11/14, 11/21, 11/28	X*$
6:30	Dementia Caregiver Grp 11/7, 11/21, 11/28	R*$

WEDNESDAY

8:00	Total Body TRX 11/1, 11/8, 11/15, 11/22, 11/29	X*$
8:00	Medicare HICAP Pres 11/8	G*$
8:00	Wednesday Walkers 11/1, 11/8, 11/15, 11/22, 11/29	O
8:15	Silver Gloves 11/1, 11/8, 11/15, 11/29	D*$
9:00	Microsoft Word 11/1, 11/8, 11/15, 11/29	L*$
9:00	HB Fish & Rec Club 11/1	2
9:00	Wii Bowling 11/1, 11/15, 11/22, 11/29	G
9:30	Hula Beg 11/1, 11/8, 11/15, 11/22, 11/29	X*$
9:30	Stick Exercise 11/1, 11/8, 11/15, 11/22, 11/29	O
9:30	Hoag Hearing Screening 11/8	H*
10:00	Young at Heart Singers 11/1, 11/8, 11/15, 11/22, 11/29	P
10:15	HBAS Aerobics 11/1, 11/8, 11/15, 11/22, 11/29	D*$
10:30	Cardkateers 11/1, 11/15	2*$
10:30	Morning Masterpiece 11/8, 11/22	2*$
11:30	Mah Jongg 11/1, 11/15, 11/22, 11/29	G*$
11:30	Pilates Chair Plus 11/1, 11/8, 11/15, 11/22,11/29	X*$
12:30	Knitwits 11/1	2*$
12:30	Pilates Chair 11/1, 11/8, 11/15, 11/22, 11/29	X*$
1:00	Arthritis Chair 11/1, 11/8, 11/15, 11/22, 11/29	D*$
1:00	Line Dance Level 3-4 11/1, 11/8, 11/15, 11/22, 11/29	P*$
1:30	Hoag Lecture 11/1, 11/8	1*
2:45	Line Dance level 2 11/1, 11/8, 11/22, 11/29	P*$
3:00	Deep Stretch 11/1, 11/8, 11/15, 11/22, 11/29	D*$
3:00	Traditional Hawaiian App 11/1	2*$
4:00	Deep Stretch 11/1, 11/8, 11/15, 11/22, 11/29	D*$
5:30	Restorative Yoga 11/1, 11/8, 11/15, 11/22, 11/29	D*$
5:45	Fitness For Life 11/1	X*$
6:00	Clear View Fin Planning 11/1	1*$
6:00	Stroller Workout 11/1, 11/8, 11/15, 11/22, 11/29	O*$
6:30	Beginning Bridge 11/1, 11/8	2*$
6:30	Power Yoga 11/1, 11/8, 11/15, 11/22, 11/29	G*$
7:00	Line Dance Level 1 11/1, 11/8, 11/15, 11/29	D*$
7:00	Pilates Lean & Fit 11/1, 11/8, 11/15, 11/22, 11/29	X*$
7:00	Dinner Book Club 11/8	1*$

Tuesday Afternoon at the Movies
12:15 p.m. Free! (*Movies & Times Subject to change)*

Maudie

11/7

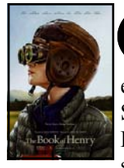
MAUDIE, based on a true story, is an unlikely romance in which the reclusive Everett Lewis (Ethan Hawke) hires a fragile yet determined woman named Maudie (Sally Hawkins) to be his housekeeper. Maudie, bright eyed but hunched with crippled hands, yearns to be independent, to live away from her protective family and she also yeanrs, passionately to create art. Unexpectedly, Everett finds himself falling in love. The film charts Everett's efforts to protect himself from being hurt, Maudies deep and abiding love for this difficult man and her surprising rise to fame as a folk painter. ***115 minutes. Rated PG-13 for some thematic content and brief sexuality***.

Gifted

11/14

Frank Adler (Chris Evans) is a single man raising a child prodigy– his spirited young niece Mary (McKenna Grace) - in a coastal town in Florida. Franks plans for a normal school life for Mary are foiled when the 7 year olds mathematical abilities come to the attention of Frank's formidable mother, Evelyn (Lindsey Duncan), whose plan for her granddaughter threaten to separate Frank and Mary. ***101 minutes. Rated PG-13 for thematic elements, language and some suggestive material.***

The Book Of Henry



11/21

Single mother Susan Carpenter (Naomi Watts) works as a waitress alongside her feisty family friend Sheila. Taking care of everyone and everything in his own way is Susan's older son Henry (Jaeden Lieberher). Protective of his brother and a tireless supporter of his often self-doubting mother, Harry blazes through the days like a comet. When Susan discovers that the family next door harbors a dark secret, she's surprised to learn that Henry has derived a plan to help the young daughter. ***105 minutes. Rated PG-13 for thematic elements and brief strong language.***

Glass Castle

11/28

Based on a memoir, four siblings must learn to take care of themselves as their responsibility-averse, free spirit parents both inspire and inhibit them. When sober, the children's brilliant and charismatic father captured their imagination, teaching them physics, geology, and how to embrace life fearlessly. But when he drank, he was dishonest and destructive. Meanwhile, their mother abhorred the idea of domesticity and didn't want to take on the work of raising a family. ***127 minutes. Rated PG-13 for mature thematic content involving family.***

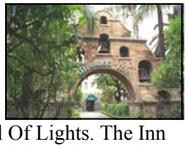
HBCOA TRAVEL & TRIPS PROGRAM

The Past & The Present
Nixon Library & Buffet Lunch at Hacienda
Thursday, November 16, 2017

Begin the day with a visit to the newly renovated Richard Nixon Presidential Library for a revealing look at the life and legacy of the 37th president. You will enjoy a docent guided tour including exhibits on the Watergate scandal, a replica of the presidents Oval Office, an exhibit on his historic trip to China, wedding gowns and state affairs outfits worn by Julie, Tricia and Pat Nixon along with more than 600 photos and 300 artifacts. Enjoy time at leisure to walk through the First Lady's rose garden, see the 1912 house where Nixon was born, see Army One – the helicopter used by four presidents and visit the flower ringed memorial site of President and Mrs. Nixon. Prior to your visit enjoy an included lunch buffet at the Hacienda, a historic estate built in 1901. The courtyard exhibits southwest style at its best. ***Member price $75. Non-Member Price $85. Depart 10:30a.m. Return 5p.m.***

Lawry's the Prime Rib
"Dickens Christmas" Lunch
Friday December 1, 2017

A holiday tradition awaits at Lawry's The Prime Rib in Beverly Hills. Today style and sophistication meet Scrooge as festively costumed actors and carolers perform scenes from Charles Dickens's classic "A Christmas Carol". Victorian England comes to life during lunch. As you dine on your choice of Lawry's delicious prime rib, fresh grilled salmon or chicken picatta along with their famous spinning salad bowl and dessert. Following the performance enjoy time at leisure in Beverly Hills to browse the beautiful holiday window displays on Rodeo Drive and at the Beverly Wilshire Hotel. ***Member Price $126, Non-Member price$ 136. Depart 9:15a.m. Return 5:30p.m.***



Sparkles & Treasures
Mission Inn Festival of Lights
W/ Spaghetti Factory Dinner
Tuesday, December 12, 2017

Begin the trip with a visit to the Mission Inn during its nationally recognized annual Festival Of Lights. The Inn is adorned with thousands of beautiful lights and draped in holiday splendor including animated displays. On an extensive docent guided tour you'll see the famed Court of Birds, Presidents Lounge, Glenwood Tavern, The Rotunda, St Frances Chapel's Tiffany Glass and more. Next enjoy an included dinner with choice of entrée and dessert at the Old Spaghetti Factory. Later you'll drive through a highly decorated Rancho Cucamonga neighborhood that goes all out for the holiday season and is recognized as one of the prize locations in Southern California to enjoy outdoor holiday decorations. *Suggested, walking shoes.* ***Member price $79 Non-Members Price $89 Depart 2:15p.m. Return 10:15p.m.***

Annual Trip Schedule Available at the Senior Center
Register in advance at the Senior Center. Unless noted trips depart from the HB Sports Complex. For information or special accommodations call 714-374-1572 or at www.hbcoa.org

COMMUNITY SERVICES
***Janeen Laudenback**, Director*
***Chris Slama**, Community Services Manager*

SENIOR SERVICES
Randy Pesqueira, *Executive Director*
Kristin Martinez, *Recreation Supervisor*
Heather Dodd, *Office Assistant*
Scott Getman, *Wellness Specialist*
Teri Simonis, *Volunteer Coordinator*
Brandi Kelly-Contreras, *Transp. Coord.*
Ray Adams, *Dispatcher*
Michelle Yerke, Care Manager

Phone Directory

Community Services
(714) 536–5486

Senior Services
(714)536-5600

HBCOA
(714) 374-1524

Sr. Center Rentals & Marketing
(714) 536-1570

Transportation
(714) 374-1742

Care Management/Travel
(714) 374-1572

Home Delivered Meals
(714) 374-1717

Fitness Center
(714) 374-1578

SeniorServ
(714) 375-8404

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SUPERVISOR'S MESSAGE

Greetings and welcome to the Senior Center in Central Park!

This month we give thanks to a wonderful and bountiful harvest – of kindness, wellness and opportunity. All of these things are plentiful at the Senior Center. There are hundreds of classes, a busy fitness center, and a caring social services program working with seniors who are home, taking it day by day. We give thanks for the thousands of rides given and the tens of thousands of meals delivered or served Monday – Friday. We give thanks to our City leaders who have forged the way for the Center's success!

I give thanks to a wonderful and talented group of people I call my co-workers. What a force of talent. I was privileged to honor two of our volunteers at a recent meeting of the Senior Citizens Advisory Council of Orange County. Nolene Kelly and Shelley Phernetton were singled out for their individual achievements over the years, especially during the transition from the old center to the new one. They were both highly deserving of the award. What made the morning stand out even more was the number of staff at the meeting to appreciate these great volunteers, it was a wonderful morning to be grateful!

Have a wonderful Thanksgiving!

Randy L. Pesqueira, Director
Senior Center in Central Park.

WHERE IS YOUR OUTLOOK

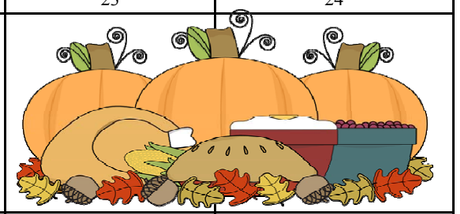
Asmat Begum took her Outlook to the National Martyrs Memorial in Savar just outside the Capitol of Dhaka. The site honors the valor and sacrifice of those who gave their life in the Bangladesh Liberation war of 1971.

Take your newsletter on vacation with you and pose with it for a picture and you could be featured in a later issue. Where in the world will the Outlook go next?
Send your submissions to ***heather.dodd@surfcity-hb.org***

Senior Services Remembers

Send any submissions to heather.dodd@surfcity-hb.org

Huntington Beach Senior Café at the Center— November 2017 714-375-8404
Lunch is served Mon-Fri @ 11:15 Sign up a half hour before service.

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
Suggested Donation $3.00 **Meal Cost for Under Age 60 $5.00**	ChefPierre Sara Lee	Tortilla Soup Tortilla Strips Yucatan Chicken Taco Three Sisters (Corn, Zucchini, Kidney & Garbanzo Beans) Street Taco Tortilla Ambrosia	Vegetarian Lasagna Mixed Salad (50/50 Mix, Red Cabbage, Diced Beets) Chocolate Chip Cookie Diet: Diet Cookie Orange Juice	Salmon Fillets Topped W/ Balsamic Maple Glaze Wild Rice Pilaf Baby Carrots Lemon Pudding Diet: Lemon Pudding Orange-Pineapple Juice
6	7	8	9	10
Rita's Spinach Casserole Romaine Salad W/ Red Wine Vinaigrette Whole Wheat Crackers Apple Crisp	Egg Drop Soup SF Crackers Thai Chicken Salad (Chicken Strips, Spring Mix, Cucumbers) Peanuts & Thai Salad Dressing Whole Wheat Roll Mandarin Orange	Fettuccini Roasted Butternut Squash W/ Feta Cheese Basil Cobb Salad Ranch Dressing Bran Muffin Trifle Diet: Trifle	*PreVeterans Day Menu* Roasted Beef W/ Gravy Baked Potatoes Broccoli Florets Whole Grain Bread Apple Pie & Ice Cream Diet: Melon	
13	14	15	16	17
Chicken Fajitas W/ Fajita Vegetables Spanish Rice and Black Beans Flour Tortilla 6" Custard Diet: Diet Custard	Beef Bolognese On Spaghetti Fresh Spinach W/ Dried Cranberry Vinaigrette Whole Grain Breadstick Fresh Melon	Sweet And Sour Pork Brown Fried Rice Oriental Blend Oatmeal Cookie Diet: Diet Cookie	Home Baked Chicken Drumsticks Carrot Raisin Salad Mashed Potatoes Whole Grain Bread Fruited Gelatin Diet: Diet Fruited Gelatin	*Thanksgiving Celebration* Roast Turkey & Gravy Stuffing & Yams Topped W/ Marshmallow Green Bean Almandine Parker House Roll Pumpkin Pie & Cream
20	21	22	23	24
Stuffed Salmon Boat W/ Newburg Sauce Baked Red Potatoes Spinach Banana Pudding Vanilla Wafer Cranberry Juice	Teriyaki Chicken W/ Steamed Rice Broccoli and Carrots Diced Peaches	*Thanksgiving Brunch* Southwest Quiche Redskin Potatoes 4 Way Salad W/ Almonds & Cranberries Blueberry Muffin Fresh fruit		
27	28	29	30	
Baked Meatloaf W/ Mushroom Gravy Mashed Potatoes Brussels Sprouts Mandarin Orange	Mrs. Friday's Fish Couscous W/ Peas & Parmesan Cheese Broccoli Blueberry Pie Diet: Chilled Fruit Cocktail	Pork Tenderloin W/ Apple Raisin Sauce Brown Rice Cucumber & Black Eye Peas Salad Whole Grain Bread Tropical Fruit Mix	Clam Chowder Soup SF Crackers Mediterranean Tuna Salad W/ Spinach Tomato & Zucchini Salad Fruit Cocktail	Alignment Healthcare

All Meals comply with the Dietary Guidelines for Americans (DGA) 2015 & the Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Health and Human Services Agency & the U.S. Department of Agriculture. Community SeniorServ's Lunch Program may change the menu for reasons of quality control, price or vendor problems. This project is funded in part through funds from the Federal Older Americans Act as allocated by the Orange County Board of Supervisors.
Sugar free gelatins and water packed fruits are used throughout the menu to accommodate diabetics. 1% milk served daily. Indicates sodium content over 1,000 mg. *indicates a special event or Holiday and the menu MAY exceed 1,000 mg. Low Cholesterol, 0% transfat buttery spread served with bread and rolls. Weekly average lunch meal provides >550 calories. Please note condiments are not analyzed and may increase sodium.
www.SeniorServ.org

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- Resources for caregivers
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Location:
Alzheimer's Family Center
9451 Indianapolis Avenue, Huntington Beach, CA
For more information, please call 714-593-9630

SeniorServ MANAGER'S MESSAGE

Greetings and happy fall from the senior café. There is much to celebrate and be thankful for this month in the lunch room. To begin the festivities there will be a special Pre-Veterans Day lunch menu of roast beef and gravy with baked potato on Thursday November 9th. The café will be closed on Friday November 10th in observation of the holiday. To continue the festivities there will be two Thanksgiving celebrations. The first one will be on Friday November 17th with the classic roast turkey menu and then a Thanksgiving Brunch on Wednesday November 22nd. The café will be closed on November 23rd and November 24th for the Thanksgiving Holiday. I hope you can come and join in on the many fun events and tasty menus that we have planned for the month. Have a very happy and healthy November.

Sandra Yepez
SeniorServ Site Supervisor

COMMUNITY RESOURCES

Adult Protective Services (APS)
800-451-5155 Addresses *Prevents abuse and neglect of elder and disabled adults* www.ssa.ocgov.com

AlertOC
714-536-5978 *a mass notification system designed to keep Orange County informed of emergencies* www.alertoc.org

Alzheimer's Family Center
714-593-9630 *Alzheimer's and dementia care and support* www.afscenter.org

Aging and Disability Resource Center
800-510-2020 *Referrals for older persons, persons with disabilities & caregivers* www.adrcoc.org

AR Mobility
714-841-6360 *Discounted medical & mobility equipment, repairs & service* www.armobility.com

California Senior Medicare Patrol
855-613-7080 *helps Medicare and Medicaid beneficiaries avoid, detect, and report healthcare fraud* www.cahealthadvocates.org

Caregiver Resource Center
800-543-8312 *Caregiver support, respite care, and education* www.caregiveroc.org

HICAP
714-560-0424 *Health Insurance Counseling & Advocacy for those with medicare*

Info Link
2-1-1 or 1-888-600-4357 *24-hour referrals to countywide health and human services for all ages www.211oc.org*

OCTA Access
714-560-5956 *Transportation throughout Orange County for persons unable to take the fixed bus system* www.octa.net

Project SHIP Senior Home Inspection Program
714-374-1615 *For adults 60+, free home safety checks, smoke detectors and replacement of old batteries*

Rescue Alert Of California
866-774-9600 *Personal response systems; discount for HB residents* www.rescuealertofca.com

Social Security Administration
800-772-1213 17075 Newhope Ste B, Fountain Valley, CA 92708 www.ssa.gov

Free Professional Services At The Senior Center

- Notary: *2nd Friday of each month.*
- Money Mentor: *One Friday each month .*
- Legal Consul: *Most Wednesdays of each month .*
- HICAP: *Every Friday except the last of the month.*

You can sign-up for appointments in the Travel & Resource Room or at the front desk. Services are open to HB residents 60+ and are free of charge but do require an appointment.

Hoag Health & Wellness Pavilion
Join The Movement

Where Are Disease & Illness Headed

I always find it interesting that so many visitors come through the doors of the Senior Center who do not take advantage of the Fitness Center. Each month thousands of community members come in and take part in our lunch, movies, line dance, art classes, bridge, lectures, legal aid, tax advice, and so on and so forth. When I venture out into the Senior Center throughout the day I can't help but ask myself, "Why aren't all of these people taking advantage of the exercise facility that we can offer them?" After all, physical activity is one of the most important ways to mitigate disease and illness. Therefore, preventing and reducing the risk of disease is absolutely one of the most important reasons to exercise. Did you know that 7 out of the top 10 causes of death are chronic diseases? Cardiovascular disease leads the way and is the cause of more deaths than numbers 3, 4, 5, 6, and 7 combined! As ominous as this sounds, cardiovascular disease can be prevented with a lifestyle that consists of a healthy diet and a large dose of physical activity. We know that disease and illness have been on the rise for decades, but where is it headed? Well, both cancer and obesity rates are expected to increase 50% by 2030, the number of people suffering from Alzheimer's is expected to triple by 2030, and the worldwide incidents of hip fractures (osteoporosis) is expected to increase 275% by 2050! It's never to late to adopt a healthy lifestyle. You can always make positive changes that have lasting effects on function, longevity, and how you feel overall. So I hope to see you ALL in the Wellness Pavilion soon. Let's get healthy together!
-Scott Getman: Wellness Specialist

Popular Diets Ranked

These days there are more diet protocols and ways of eating than ever before, but here are 3 top recommended favorite approaches to healthy eating:

"Low Carb" Diet - this approach recommends that you limit your daily intake of carbohydrates to somewhere between 50-150 grams. Overall I rank this diet a 7 out of 10.

Vegan Diet - this approach calls for removing all animal products (meat, dairy, honey, etc.) from your diet. It has been shown to have numerous health benefits for most people. Overall I rank this approach an 8 out of 10.

Mediterranean Diet - this approach consists of eating similar foods to the countries and areas surrounding the Mediterranean Sea. Common foods include fish, olive oil, salads, cheese, and wine. This approach has been shown to have significant health benefits. Overall I rank this approach to eating a 9 out of 10.
-Scott Getman: Wellness Specialist

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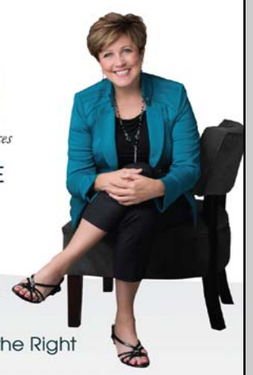

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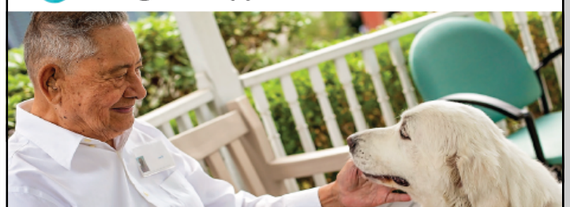

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TRANSPORTATION

Surf City Seniors on the Go!

Transportation Services (714) 374-1742

Senior Services provides transportation each weekday, from 8:30 a.m. to 4:30 p.m. to Huntington Beach residents 60+ for all their transportation needs within Huntington Beach and to the Social Security office in Fountain Valley. The *Surf City Seniors on the Go!* shuttle brings older adults to the Senior Center for the SeniorServ lunch program, classes, and activities. Medical transportation is also available to Hoag Memorial Hospital Presbyterian, Fountain Valley Regional Hospital, and to Orange Coast Memorial Medical Center. Vehicles are wheelchair accessible.

A Volunteer Escort is available to provide extra assistance on shopping trips. For more information ask the dispatchers.

Transportation appointments fill quickly. Please give as much notice as possible. Five days notice is required to guarantee a ride. *Same day service is offered on a space available basis*. 24 hours notice is requested for cancellations.

Call between the hours of 9:00 a.m. and 3:00 p.m. to schedule your ride. New clients are registered by phone. Although there is no charge to seniors for transportation, donations are appreciated. *Transportation services are made possible through a grant from Hoag Hospital.*

Servicios de Transporte (714) 374-1742

Servicios Para personas mayores provee transportacion cada dia de la semana, de las 8:30 de la mañana hasta las 4:30 de la tarde, para residentes de la ciudad de Huntington Beach que tienen 60 o mas años. Nuestro departamento cubre toda la transportacion entre los limites de la ciudad de Huntington Beach, ademas, van a la oficina de Seguridad Social en la cuidad de Fountain Valley. El servicio de transporte *Surf City Seniors on the Go!* trae adultos mayores a Senior Center para el programa de almuerzo SeniorServ, clases y actividades. Transportacion medical tambien esta disponible para Hoag Memorial Hospital Presbyterian, Fountain Valley Regional Hospital y Orange Coast Memorial Medical Center. Los vehiculos son accesible para personas con sillas de rueda.

Un acompañante voluntario esta disponible para dar asistencia adicional con sitas y mandados. Cuando reserva su sitio, digale a la administracion que Usted necesita un acompañante**.**

Sitas para transportacion se llenan rapidamente. Favor de darnos aviso para poder reservar su transporte. Se necesita 5 dias de aviso para garantizar transportacion. Servicio para el mismo dia es ofrecido cuando hay espacio. Se pide aviso de 24 horas para cancelaciones.

Llame entre las 9:00 de la mañana y las 3:00 de la tarde para reservar su transportacion. Clientes nuevos pueden registrarse por telefono.No hay costo para ancianos para transportacion, pero se aprecia donaciones para soportar este programa.*Servicios de transportacion son possibles con la ayuda de una donacion de Hoag Memorial Hospital Presbyterian.*

FREE Transportation Workshop Learn How to Ride the Bus

Thursday November 2nd 1p.m. - 3p.m.
Senior Center In Central Park

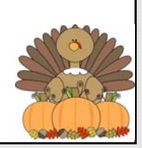
Space is limited, enroll at the front desk.

After Hours Transportation

For transportation needs outside the regular hours of *Seniors On the Go* consider using the OCTA Access bus program. For an application or questions about the program, contact OCTA at 714-560-5956 or www.octa.net

November Holiday Closures

The Transportation Department will be closed on November 10th in observation of the Veterans Day Holiday as well as on November 23rd and 24th in observation of the Thanksgiving Holiday. There will be no bus service to the center or to other locations on these dates.



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Lisa@familyfirsthomecareinc.com
www.FamilyFirstHomeCareInc.com

ALL CASES ACCEPTED WITH LOW RATES!

Services Include:
-Caring Companionship
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-Alzheimer's care
-Medication reminders
-24-hour & holiday care
-Information & referral services
-Respite care for family members

License # HMO304700139

SENIOR CENTER RECREATION

Experts at Living Well

Surplus Food Distribution

Friday, November 3rd, 8:00-10:30 a.m.
(While Supplies Last)

FREE Food commodities are available to all low income Huntington Beach residents on the second Friday of each month at the Senior Center in Central Park. Please bring proof of residency and self certify your income.

HICAP Medicare Annual Enrollment Clinics

Orange County

Medicare Planning for 2018!

Learn about 2018 Medicare Health and Drug Plans with the HICAP Annual Enrollment Clinics

Wednesday, November 8th, 9a.m.- 4p.m.
Friday, December 1st, 9a.m.-4p.m.

Call the Senior Center in Central Park at 714-536-5600 for an appointment.

HICAP a Program of Council on Aging

Do you like to Garden?

Sustainability Lecture
Wednesday, November 8th 2:30-3:30pm

Come join Arpa Boghozian and the Kiwanis Club of Edison High School and learn about the following: **organics**, **pest control**, and **composting**. All three of these topics will be covered in forty-five minutes and each participant will gain a better insight on how to sustainably thrive in both the home and the garden.

Each of us has a "Touch of Sage" within to share as we gather together in

"CONVERSATIONS: FACE TO FACE"

Come join us and contribute your thoughts, ideas and challenges in dialogue with others on various topics. These CONVERSATIONS will be facilitated by Betsy Crimi MA, MFT enabling you to realize the gifts of your years and the meaning of your life.

11/14 & 11/28 10:00-11:00a.m.

Topics include: Appreciating Others, The Loss of a Friend, Leaving a Legacy, Living Alone, Young in Spirit & Spice It Up!

Register for classes at the senior center front desk or www.hbsands.org
To register or for information on activities, clubs, classes, & services call 714-536-5600

The Huntington Beach Council on Aging Presents:

HBCOA Huntington Beach COUNCIL ON AGING

Seashells & JINGLE BELLS

WINTER DANCE AT THE SENIOR CENTER IN CENTRAL PARK

Saturday, December 9, 2017
6-7pm Appetizers and Drinks
7-10pm Dinner and Dancing

Location: Senior Center in Central Park

HBCOA Members: $35
Non-HBCOA Members: $40

For more information please call the Senior Center in Central Park at 714-536-5600.

MEMORIALCARE MEDICAL GROUP

SENIOR CENTER in Central Park

MemorialCare Orange Coast Medical Center

VOLUNTEER NEWS

Volunteers Make Life Better!

Outstanding Service Award Winners

Nolene Kelly and Shelley Phernetton

On Friday, October 13, 2017 the OC Senior Citizens Advisory Council (SCAC) presented Senior Services volunteers, Nolene Kelly and Shelley Phernetton commendations for Outstanding Service to the senior citizens of Orange County. SCAC is an advisory board that reports on aging related issues to the OC Board of Supervisors. These volunteers were nominated by Senior Services staff because of their service to older adults and their dedication to the goals of the Senior Center in Central Park.

Nolene Kelly has volunteered at the senior center front desk for 6 years and during that time has given close to 1350 hours of service. Nolene has outstanding customer service skills and notices the senior center guest with ,as Nolene says, "that look". She takes the time to greet the newcomer, to ask them what they might need or be interested in. She spends time going through the activities in the Outlook on Active Aging and answering questions about programs and services to make sure that all the guest's questions are answered and they feel welcome. Because of Nolene's expertise in customer service she has helped to train new groups of volunteers. In addition Nolene has volunteered for many senior center and Huntington Beach Council on Aging events. She has also shared her professional expertise in catering and directed groups of volunteers in service at the quarterly HBCOA dances. Nolene views any task she undertakes as an opportunity to learn and "keep her mind sharp." She begins each volunteer shift, with an upbeat attitude and shares her compassion for others throughout.

Shelley Phernetton has volunteered at the senior center for 3 years and in that short time served almost 2000 hours. Until recently, Shelley served two days a week at the Travel/Resource desk. She is also a Friendly Visitor and visits a homebound care management client each week. In addition, Shelley manages the Project Self Sufficiency holiday Adopt-a-Family program. In all the roles where Shelley volunteers, it is with an engaging smile and friendly ear. One of the most important tasks on the Travel/Resource desk is the Daily Care Call program. During her shift, Shelly calls homebound seniors to socialize and check to make sure that everything is alright. Shelley has a heart for seniors, a willingness to serve, and a desire to make sure that a senior visitor's questions are answered and their needs met. She works well with the care management team and has a keen instinct on when a senior needs to meet with a care manager in order to further meet their needs.

Congratulations to the award winners and thank you for all you have done to make Huntington Beach a great place to age!

Holiday Meals Volunteers

A family opportunity

On Thanksgiving, in partnership with Huntington Beach Hospital and the HBCOA, volunteers will deliver a hot festive meal to qualified older clients. In addition to the turkey, they bring the spirit and smiles of the holiday to a client who otherwise would be alone. This opportunity can be a family event, although one volunteer in the family must be Live Scan fingerprinted and background checked. Sponsored by the Handy Crafters, Holiday Meals are also delivered on Christmas and Easter.

HUNTINGTON BEACH HOSPITAL HBCOA

Handy Crafters Holiday Sale

City Hall, 2000 Main Street
Thursday, November 9th 10:00-2:00
Senior Center in Central Park
Thursday, Nov 14th 9:00-12:00

Buy a beautiful hand-knit scarf or sweater for yourself or for a holiday gift. *All proceeds support Holiday Meals and senior center classes.* The Handy Crafters meet at 10:30 a.m. Fridays, at the senior center. Beginners are welcome and materials are supplied.

Food Distribution DATE CHANGE

Friday, November, 3rd

Outlook Mailing DATE CHANGE

Wednesday, 11/22/2017

Seeking Project SHIP Volunteers

If you are interested in becoming a vol. inspector contact Beth Davis
HB Fire Dept. 714-536-5207
Beth.Davis @surfcity-hb.org

SOCIAL SERVICES

Facilitating independent living and developing a plan for facing late-life transitions.
Services made possible in part by Orange Coast Memorial Medical Center & HBCOA

ORANGE COAST MEMORIAL MEDICAL GROUP HEALTH SYSTEM HBCOA

Three Ways to Get Home Safely

Alzheimer's Association medical ID and Safe Return
This 24-hour, nationwide, emergency response service is for persons with dementia who may have a medical emergency or wander. Simple jewelry can provide essential information to get help when a lost person is found. When a member is reported missing, a community support network is activated, including local Alzheimer's Association chapters and law enforcement, to help find and reunite the person. Cost: about $65 for jewelry and shipping + $35 annually. More info at medicalert.org/safereturn or 888-572-8566.

HBPD Return Home Registry
Caregivers can voluntarily register persons of all ages who are at risk of wandering or getting lost. This registry can help by providing fast information to the department when someone is reported lost. It can also be used as a tool to search for matching descriptions when officers come across someone in the community who appears to be lost or confused. Cost: none. More info at: 714-536-5656 or huntingtonbeachca.gov/government/departments/pd/

MyID
This ID bracelet provides a way to store, manage and access a health profile. Information about emergency contacts and health can be input into the database and changed by the customer at any time. The bracelet or ID tag has a QR code, website & 24/7 phone number that can be used to pull up the previously input information. Emergency personnel and first responders may use this to identify a patient, find critical health information and contacts. Cost: between $20-$60 one-time cost. shop.getmyid.com

Need Consultation on a Legal Matter?

Appointments are available at no cost to HB residence 60+. Experienced and professional volunteers provide up to a 30 minute consultation to provide information, direction, education and referrals on various topics including but not limited to:
Wills and Trusts, Powers of Attorney, Advanced Health Care Directives, Restraining Orders, Housing, Consumer and Debt Issues.
Call the Travel & Resource desk at 714-374-1572 and ask for a Care Manager to schedule an appt.

A BIG THANK YOU to Attentive Home Care for helping to support the October Boo Bash. This bi-monthly networking event is a terrific way to strengthen professional relationships and improve services to older adults in the community.

Attentive Home Care

Medicare Open Enrollment
October 15– December 7, 2017

This is the time to evaluate current Medicare coverage and choose an option for 2018 coverage. It is important to avoid enrollment fraud. Watch out for the following:
Being pressured to join a plan– you have until Dec. 7 to choose & can get unbiased consultation through HICAP at 714-479-0107 or make an appt at the Senior Center. Insurance comparison charts can be found at www.coasc.org/programs-and-services/hicap/orange.aspx
Someone asking for confidential info– Plans do not need to ask for your Medicare or Social Security number just to provide you with info. They should not call you to ask for this information or ask for it at health/ education events.
New Medicare Cards with new numbers will be issued in 2018. There is no charge for this and members *need not* take any action to get a new card.
If you feel you have been a victim of Medicare Fraud, report it to **Senior Medicare Patrol at 855-613-7080** or find out more at calhealthadvocates.org

For information on aging issues call the Travel/ Resource Desk 714-374-1572 to speak with a Care Manager.

Alzheimer's ORANGE COUNTY Dementia Caregiver Support Group

1st & 3rd Tuesdays of the month at 6:30p.m. in the Travel and Resource Room of the Senior Center in Central Park. Learn coping strategies and ways to maintain personal, physical and emotional health while caring for someone. The group is free and sponsored by Alzheimer's Orange County. Call Ellie 714- 642-9458 or Tina 714-856-3909 for info.

Volunteer Money Mentor Service

Do you need help: organizing bills, tracking monthly income & expenses, preparing checks, getting bills set up on auto-pay, or developing a monthly budget? Huntington Beach residents aged 60 + may call 714-374-1572 for an in-office appointment with an experienced volunteer.