The Senior Center In Central Park and the HBCOA have a great schedule of events planned for 2019. Get ready for a fantastic year ahead and grab your calendar; you will not want to miss out on any of these wonderful events.

The HBCOA Travel program will begin the year first thing on January 1 with a trip to the world famous Rose Parade and then continue the excitement on January 26th with a day trip exploring the hidden gems of So-Cal’s Route 66. Next up in February is the “Bella Amore” Valentine’s Dance on Saturday, February 9. There will be live music, dinner and fun for all, including groups and singles alike. To wrap up the winter season, there will be an HBCOA Membership Luncheon on February 14 with lunch, music, and raffles galore.

Rolling into spring, there will be a Volunteer Appreciation Luncheon on Saturday, March 30 to honor all the gracious individuals who served 40 hours or more during 2018. Moving ahead, you will not want to miss the opportunity to spring clean and protect your identity with the HBCOA Paper Shred Event on Saturday, May 4. Then it’s time to celebrate all the moms at the center with the HBCOA Mother’s Day Membership Luncheon on Friday, May 10, open to all with special treats for all the moms. Continuing the spring festivities, there will be a “Spring Fling” on Saturday, May 18 with music, dinner, and dancing.

Calling all golfers! The summer will kick off early with the annual HBCOA Golf Tournament fundraiser on Friday, June 21. It’s an exciting day to enjoy some sport, even if you are not an avid golfer. This charity event is one of two main fundraisers for the HBCOA and Senior Services. Please join the HBCOA for a fun and friendly round of golf with lunch, fantastic prizes, auction items and a dinner gala. Rounding out summer is the brand new outdoor concert series in the park and a membership luncheon. The first summer concert will be on Saturday, July 13 featuring the band “Surfs Up.” The HBCOA Luau Membership Luncheon will be on August 9, followed by the second HBCOA summer concert on Saturday, August 10, with the hit singing sensation, “The Smokin Cobras.” Just like last year, these fantastic concerts will take place on the back lawn of the Senior Center and will include a delicious and fun food truck dinner. Wrapping up the summer of events will be the 31st Annual Senior Saturday Community Festival at Pier Plaza on Saturday, September 7, full of fun and information for all.

The HBCOA will roll right into fall with another HBCOA dance on October 5 and the Halloween Membership Luncheon on October 31. To wrap-up the year, there will be an HBCOA Holiday Luncheon on December 13 and the Winter Gala on December 14. A year chocked full of fun, friends and a wonderful community. There is something for everybody at the Senior Center so stop on by and enjoy your time with us as you lunch, dance, sing, and party your way through 2019.
Welcome to 2019 and what promises to be an exciting year for the HBCOA and the seniors in our community. Stay up to date on activities and events by renewing your HBCOA membership today. Members receive the HBCOA newsletter “Outlook on Active Aging” delivered every month to their mailbox as well as discounts throughout the year on travel, dances and other activities.

There are also other ways to contribute. You may consider the HBCOA in your planned giving, including donations to the endowment fund. Local organizations may consider being a sponsor for our events. As a 501(c)3 non-profit charity, HBCOA depends on the philanthropy of the community. Your support ensures that Huntington Beach seniors have access to services, programs, information, and education that promotes dignity and quality of life.

The Winter Dance, “Seashells & Jingle Bells”, was an outstanding evening and a sellout event. Be sure to mark your calendar for the upcoming Valentine’s Dance on February 9, and the Valentine’s Membership Lunch on February 14. On a housekeeping note, the HBCOA is updating its Bylaws which will be presented to members for approval at the February membership lunch. Contact the HBCOA office if you would like to learn more about the Bylaws.

Now let’s get out and get active!

HBCOA
Crazy Rich Asians
Rachel Chu (Constance Wu) is happy to accompany her longtime boyfriend, Nick (Henry Golding), to his best friend’s wedding in Singapore. She’s surprised to learn that Nick’s family is extremely wealthy and he is considered one of the country’s most eligible bachelors. Thrust into the spotlight, Rachel must now contend with jealous socialites, quirky relatives and something far far worse— Nick’s disapproving mother. 120 minutes. Rated PG-13 for some suggestive content and language.

After her ailing mother wanders off during a blizzard, Bridget (Hillary Swank) returns to her home in Chicago, accompanied by her daughter. Forced to referee between her father’s insistence that his wife remain at home and her brothers efforts to place her in a “Memory Care” facility, Bridget struggles to make sense of a lifetime of family conflict. 101 minutes. Rated R for language, including a brief sexual reference.

Tea With The Dames
What happens when four legends of British stage and screen get together? Dame Maggie Smith, Dame Judi Dench, Dame Eileen Atkins and Dame Joan Plowright are among the most celebrated actresses of our time, with scores of iconic performances, decades of wisdom, and innumerable Oscars, Tony’s, Emmys and BAFTA’s between them. They are also long time friends. Bursting with devilish wit and smart insights, Tea With The Dames is a remarkable opportunity to spend time in the company of four all time greats up close and unfiltered. 94 minutes. Not rated.

The Old Man & The Gun
At age 70, Forrest Tucker (Robert Redford) makes an audacious escape from San Quentin, conducting an unprecedented string of heists that baffle authorities and enchant the public. Wrapped up in the pursuit are detective John Hunt (Casey Affleck), who becomes captivated with Forrest’s commitment to his craft, and a woman who loves him in spite of his chosen profession. 93 minutes. Rated PG-13 for brief strong language.

Get Your Kicks on Route 66 W/ Cracker Barrel Lunch
Saturday, January 26, 2019
Spend a day on the “Mother Road” as you enjoy the historical buildings and mom and pop shops that make this road the “Main St. of America.” In historic Old Town Victorville, enjoy a docent guided tour of the CA Route 66 Museum, which is devoted to the western portion of the highway with signs and various memorabilia. In San Bernardino, you will visit the original site of McDonalds which opened in 1948. Now a Juan Pollo restaurant, the owner has dedicated a portion of the building to a McDonalds museum with a collection of pre Ray Croc McDonalds items. Enjoy an included sweet treat at Logan’s Candies where they have been making family treats for almost 80 years. Member $66. Non-Member $76. Depart 8:30a.m. Return 6:30p.m.

Ride The Rails
Saturday, February 23, 2019
Begin the day with lunch at leisure at the waterfront shops and restaurants of San Diego’s Seaport Village. Next it is off to the tiny town of Boulevard with time at leisure to browse and shop the famous Wistaria Candy Cottage where almost all products are handmade as they have been for the past 100 years. Then it’s all aboard as you journey through the rugged back country of East San Diego County on a 45 minute ride on the Golden State train. Enjoy time at leisure to explore the Pacific Southwest Railway Museum and take in their living approach to preserving the physical legacy, historical context, cultural landscape, and experience of railroading in the Pacific Southwest. Member $76. Non-Member $86. Depart 8:45a.m. Return 7:30p.m.

LA Architectural Tour W/ Guide
Tuesday, March 5, 2019
Journey into LA’s past on a tour that highlights the old, the new, and the most unique buildings. Begin with a tour of Union Station, the last major train station built in this country. Visit Cathedral of Our Lady of the Angels and it unexpectedly modern construction then contrast that with the 1893 Bradbury Building with its complex iron works. Stop to see the modern Disney Concert Hall, then a docent guided tour of Heritage Square and its Victorian influence. Take a ride on the Angels Flight at Bunker Hill. There will be time at leisure at the Grand Central Market for lunch on your own. Member $76. Non-Member $86. Depart 8:15a.m. Return 6p.m.

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 go to www.hbcoa.org
COMMUNITY SERVICES
Marie Knight, Director community Services
Chris Slama, Community Services Manager

SENIOR SERVICES
Randy Pesqueira, Executive Director
Kristin Martinez, Recreation Supervisor
Heather Dodd, Office Assistant
Scott Getman, Wellness Specialist
Brandi Kelly-Contreras, Transp. Coord.
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) 374–1534
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

EDITOR
Heather.Dodd@surfcity-hb.org

SPONSORSHIP
Judi.Rohrdanz@surfcity-hb.org

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SUPERVISOR’S MESSAGE
Volunteers… the heart of the Senior Center in Central Park!

Happy New Year! Welcome 2019 and all the promise that this new year will bring. The Senior Center in Central Park wants you! Whether you are already part of our outstanding volunteer team (thank you) or just thinking about volunteering at the most amazing Senior Center in Orange County. Come on down and get involved! There is a volunteer opportunity waiting just for you!

Want to make new friends, have fun, feel connected and valued? Volunteering fills different needs for different people. The Senior Center in Central Park offers an amazing palette of activities and services in large part due to the 75+ daily volunteers who gladly serve our senior community and give back to their peers. We have a volunteer opportunity that is as unique as you are. There is something for everyone.

Challenge yourself to call and make an appointment to discuss how you can become part of our awesome volunteer team. For current volunteer opportunities, see page 10, Volunteer News. Make a new year resolution that serves you and your community—become a volunteer at the Senior Center in Central Park.

Wishing you a Happy New Year!

Carlina Thomas
Volunteer Services Coordinator

WHERE IS YOUR OUTLOOK
Ray and Debbi Stewart took their Outlook newsletter on a grand adventure this past fall to Spain and Portugal where they visited the Cathedral in Segovia, Spain. What a fun trip.

Take your newsletter on vacation, 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
Joan Berry

Send submissions to heather.dodd@surfcity-hb.org
COMMUNITY RESOURCES

Adult Protective Services (APS)  
800-451-5155 addresses abuse and neglect of elder and disabled adults  www.ssa.oegov.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.adrococ.org  
AR Mobility  
714-841-6360 Discounted medical & mobility equipment, repairs & service  www.armobility.com  
California Senior Medicare Patrol  
855-613-7080 helps 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  www.coasc.org  
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

Hoag Health & Wellness Pavilion  
Join The Movement

Heart Healthy Living Panel  
Hoag Medical Group  
Saturday, February 23  
9:00a.m.-11:00a.m.  
Join Hoag specialists as they discuss heart related topics, including how to keep your heart healthy, and answer your heart health questions. Panelists include an Electrophysiologist (a cardiologist with special training in cardiac arrhythmia), Cardiologists and a Hoag Medical Group Primary Care Physician. This event is free and refreshments will be served.  
Class # 153399-5A

In The News: Alzheimer's Vaccine  
Currently in the works at the University of Texas Southwestern Medical Center, is a vaccine geared to prevent Alzheimer’s disease from developing. The vaccine works by prompting the body to produce antibodies inhibiting the buildup of amyloid plaque and tau tangles, two hallmarks of the degenerative brain disease. Vaccine testing on mice, monkeys, and rabbits have shown that the vaccine safely prevents the buildup of the unwanted plaques and tangles. Researchers hope the success of the vaccine will translate to humans, as it could cut the number of dementia diagnoses in half.  

New Year’s Open House!  
Do you have a friend or loved one interested in becoming a member of the Health & Wellness Pavilion? In 2019, we’re allowing prospective members to utilize the Fitness Center for 7 days as part of our New Year’s Open House special.  
Simply stop by the Wellness Pavilion front desk. We’ll verify there was no prior membership, and then we’ll issue a temporary card for 7 days!

Free Professional Services At The Senior Center  
- Notary: 2nd Friday of each month.  
- Money Mentor: Once a month.  
- Legal Consult: Wednesdays each month.  
- HICAP: Every Friday except the last of the month. Services are open to HB residents 60+ and are free of charge, but do require an appointment. Call the resource room at (714) 374-1572 to schedule your appointment.
Golden Age Dentistry

Do you have painful teeth, broken teeth, or missing teeth?

DR. FARHAT CAN HELP YOU!!!

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(regular $60)
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Highlight: $40 up

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Sat: 9am-6pm
Sunday Closed

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- **Homemaking** meals, shopping, laundry, light housekeeping
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- **Care Management** home visits, quarterly reviews, scheduling, and changes to service plans

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Riverside County 760-904-4122 - info@canaanhomecare.com

A portion of our proceeds goes to the non-profit 501(c)(3) Canaan Cares Foundation, funding research and care options for the elderly and disabled.

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For more information or a referral to one of our physicians, visit MemorialCare.org/OrangeCoast or call 1-800-MEMORIAL.

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18111 Brookhurst Street • Fountain Valley, CA 92708 • 714-378-7000 • www.memorialcare.org
**Surplus Food Distribution**
Friday, January 11th, 1:00p.m.-3:00p.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.

**Heart Healthy Living Panel**
Saturday, February 23  
9:00a.m.-11:00a.m.  
Class # 153399-5A
Join Hoag specialists as they discuss heart related topics, including how to keep your heart healthy, and answer your heart health questions. Panelists include an Electrophysiologist (a cardiologist with special training in cardiac arrhythmia), Cardiologists, and a Hoag Medical Group Primary Care Physician. Refreshments will be served.

**“Bella Amore” Valentine’s Day Dinner Dance**
Saturday, February 9th  
6:00p.m. - 9:00p.m.  
Purchase Tickets at the front desk:  
HBCOA Members: $20  
HBCOA Non-Members: $25

**Income Tax Assistance Coming in February!**
AARP will be offering FREE Tax Assistance for older adults 50+ on Wednesdays, February 6th through April 10th from 12:00 noon –5:30P.M. Appointments fill quickly! Sign-ups, at the Senior Center front desk, begin on Wednesday, January 2, 2019. Please call 714-536-5600 for more information.

**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 and ideas and challenges in dialogue with others on various topics related to humor, growth, change and wisdom. These CONVERSATIONS will be facilitated by Betsy Crimi MA, MFT, enabling you to realize the gifts of your years and the meaning of your lives.  
1/8, 1/29  
10:00a.m.-11:00a.m.
Volunteer Appreciation November Winner
The November Volunteer Appreciation monthly drawing winner was Kirstin Dunlap. Congratulations! Kirstin volunteers with the Home Delivered Meals program. Thank you for your volunteer service.

Volunteers—remember to enter every month for a chance to win.
Thank you for sharing your time and talents. We appreciate you!

Food Distribution Volunteers
Friday, January 11
Volunteer Packers: 12 p.m.—1 p.m.
Registration Volunteers: 1 p.m.—3 p.m.
Many hands make for light work. Pack bags and then roll the carts out to the recipients’ cars. Help keep a tummy full this New Year.

Join the New Volunteer Decorating Committee
Would you like to help set-up festive indoor decorations and assemble beautiful centerpieces for our dances and special events? Calling all volunteers who want to join staff in the fall and winter to decorate the Senior Center facility. We are looking for volunteers with decorating flare and an interest in creating beautiful centerpieces for our dances, HBCOA special events and more. The next dance that will need centerpiece assembly is the “Bella Amore” Valentine’s Dance in early February 2019. Contact Carlina to join the committee!!!

Outlook Newsletter Assembly
January 24th
8:30 a.m.—10:30 a.m.
We need extra hands to help prepare the newsletter for mailing. Coffee & donuts provided.

Bingo Cancelled
Monday, January 21st
In observation of Martin Luther King Jr. Day

Want to volunteer?
Contact: Carlina Thomas
Volunteer Services Coordinator
(714) 374-1544
Carlina.Thomas@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 Medical Center & HBCOA

Need Consultation on a Legal Matter?
20-30 minute legal consultation appts. with either Legal Aid Society of OC or a local non-profit attorney are available to HB residence who are 60 years and older. Lawyers provide information, direction, education &/or referrals on various topics including but not limited to: government benefits such as social security and supplemental security income, nursing home and housing issues, consumer and debt collection issues, elder abuse, wills and trusts, powers of attorney, health care directives, and restraining orders. Call the Travel & Resource at 714-374-1572 to book an appointment.

Medicare Advantage Open Enrollment Period
January 1—March 31
This period allows Medicare beneficiaries, who are enrolled in an Advantage Plan, to disenroll, returning the beneficiary back to original Medicare or switch to another Advantage Plan if desired.
www.medicare.gov/sign-up-change-plans/joining-a-health-or-drug-plan

Volunteer Money Mentor Service
can help organize bills, track monthly income & expenses, deal with loan issues, set up auto-pay, or develop a monthly budget. HB residents aged 60 + may call 714-374-1572 for an appointment with our finance savvy volunteer.

LifeRing Secular Recovery Support Group:
Peer-to-peer, non 12-step support for abstinence-based recovery from alcohol & drug use. Meetings are in the Travel Resource Room, Thursday’s 7-8 pm. More info at www.lifering.org or email oclifering@gmail.com

Wheelchairs and walkers are donated and lent out to HB residents 60+ who are in need and unable to afford them on their own or get one through their insurance. If you have one in good shape to donate or need to borrow one, contact a Care Manager at 714-374-1572.

A great big THANK YOU to Oakmont of Huntington Beach for providing lunch to our Surf City Senior Service Providers Network meeting in December. Oakmont, a family owned and operated premier assisted living and memory care, is set to open its HB location on Delaware near Garfield in spring of 2019. Surf City Senior Service Providers, hosted by the Senior Center since 1993, brings together those working in the many fields of aging services in order to network and better serve the community.

Grief Education Workshop at the Senior Center in Central Park
Grief is a natural reaction following the death of a loved one. However, it is not always an easy journey. Those struggling with a loss are invited to learn about the common myths of grief, the process of grieving and effective coping skills. No fee to attend. Workshops start throughout the year.
Call Peter Briese, NCC for dates and times 888-327-1936 x8260

HB residents 60 and older may call 714-374-1572 for information, referrals and social services.

The Fair Housing Foundation offers consultation / services regarding rental housing laws in HB. Call for telephone services or local walk-in dates 800-446-3247

Dementia Caregiver Support Group is hosted at SCICP on 1st & 3rd Tues., 6:30p.m. Learn coping strategies & gain support while caring for a loved one. Call Ellie 714-642-9458 or Tina 714-856-3909.

Volunteer Money Mentor Service

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Huntington Beach Symphony Orchestra

10 years

2 Performances
CARMINA BURANA
C. Orff

PERFORMANCES

Sunday, March 8 @ 3:30pm
Robert B. Moore Theatre, OCC
2701 Fairview Rd, Costa Mesa

Friday, March 8 @ 7:30pm
James H. Armstrong Theatre
3830 Civic Center Drive, Torrance

TICKETS
Adults: $20 ($80 @ door)
Senior: $10 ($25)
Student: $10 (with student I.D.)
Online: HBSymphony.org (PayPal)
info@hbsymphony.org
(714) 274 - 5524
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 group trips. For more information ask the dispatchers.

Transportation appointments fill quickly. Please give as much notice as possible. Five day’s notice is required to guarantee a ride. Same day service is offered on a space available basis. 24 hour 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.

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

Welcome Lezly

Lezly Castillo is a former Los Angeles County Probation Officer. After much time working in that field, she decided it was time for a change in career and is now a new dispatcher with the Surf City Seniors On the Go Transportation Program. She started on November 19th and is eager to get to know the riders. She has an 11 year old daughter whom she adores and loves to play soccer with and go hiking with. Her hobbies include reading, hiking, and karaoke. She is so excited to embark on this journey with the Senior Services Transportation Department.

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 ciudad 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 acompanante voluntario esta disponible para dar asistencia adicional con citas y mandados. Cuando reserva su sitio, digale a la administracion que Usted necesita un acompanante.

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.

Holiday Closures

Transportation will be closed on January 1 & January 21
**OUTLOOK on Active Aging**

---

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broker associate

BRE #00586458

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YOUR NEXT LIFE STEP
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Birgitta & Kirsten
714-392-1776 | 714-907-3007
BirgittaGanz@gmail.com
kirstenk@sevengables.com
DRE #00452197 | DRE #02025657
SG DRE #00745605
Happy New Year! Our goal in SeniorServ is to serve seniors: “Nourishing Home, Health & Heart.” The SeniorServ Cafe is open daily 9a.m.-12 noon, lunch is served at 11:15a.m. Check-in is requested no later than 11:15a.m. Lunch is open to anyone 60 or older with a suggested lunch donation of $3.00; everyone is welcome, even if a donation is not possible. Guests under 60 can enjoy lunch for a fee of $5.00.

Who doesn’t have a comic book super hero? On Friday, January 11, don your favorite super hero cape and tights and join the fun; Bob the Entertainer will be singing for you, our Super Seniors! The Jammers band will return on Monday, January 7 and 28 (the center is closed Monday, January 21) 9:30a.m.-11a.m. Thank you to this month’s band sponsor SCAN. Karaoke with DJ Max will be on January 23. Celebrate the January birthdays on the 25th. Thank you to our treat sponsor, CareMore.

Happiness to all as we move forward into 2019!

Marie Crawford
SrServe Site Manager
**Huntington Beach Senior Café at the Center— January 2019  714-375-8404**

Lunch is served Mon-Fri @ 11:15 Sign-up in the morning before service.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
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<td>CLOSED</td>
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<tr>
<td></td>
<td></td>
<td>Beef Bolognese Sauce</td>
<td>Pork Tenderloin W/ Apricot Glaze</td>
<td>Fish Tacos</td>
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<tr>
<td></td>
<td></td>
<td>Penne Pasta Parmesan Cheese</td>
<td>Baby Baker Potatoes Diced Carrots</td>
<td>Shredded Cabbage</td>
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<tr>
<td></td>
<td></td>
<td>50/50 Salad Mix Vinaigrette Dressing</td>
<td>WW Dinner Roll Ambrosia</td>
<td>Cilantro Lime Rice</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Breadsticks Orange Juice</td>
<td>Tropical Fruit Mix</td>
<td>Soft Corn Tortilla (2)</td>
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<td></td>
<td></td>
<td>Sugar Free Apple Crisp</td>
<td></td>
<td>Salsa Chocolate Pudding</td>
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<td>10</td>
<td>11 **</td>
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<tr>
<td>Homemade Mexican Corn Soup, SF Crackers</td>
<td>Turkey Pot Roast W/ Gravy</td>
<td>White Fish Topped W/ Sweet and Sour Sauce Brown Rice</td>
<td>Swedish Meatballs W/ Gravy Butter Noodles</td>
<td>Hot Dog W/ Coleslaw Baked Chips Relish</td>
</tr>
<tr>
<td>Chicken Torta On A French Roll (Shredded Chicken, Pinto Beans Lettuce &amp; Tomato) Mayonnaise Melon</td>
<td>Mashed Sweet Potatoes Broccoli Florets Diet Yellow Cake</td>
<td>Green Beans WW Bread</td>
<td>Beet &amp; Orange Salad SF Fruited Gelatin</td>
<td>Catsup &amp; Mustard Hot Dog Bun SF Popsicles</td>
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<tr>
<td></td>
<td></td>
<td>Quiche</td>
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<td>Baby Baker Potato Ambrosia</td>
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<td>18</td>
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<tr>
<td>Pasta W/ Butternut Squash &amp; Feta Cheese 3 Way Salad Mix Lemon Vinaigrette Mini Muffin Melon</td>
<td>Homemade Chicken Drumsticks Baked Potato W/ Sour Cream Peas N Carrots Orange Juice</td>
<td>Lentil Soup SF Crackers Spinach &amp; Mushroom Quiche Baby Baker Potato Ambrosia</td>
<td>Mexican Chicken Bowl (Shredded Chicken, Rice, Corn, Black Beans Chopped Romaine, Diced Tomato &amp; Tortilla Strips) Cilantro Lime Vinaigrette Orange Pineapple Juice NS Vanilla Ice Cream</td>
<td>Pork Tenderloin W/ Caramel Vietnamese Sauce Fried Brown Rice Asian Vegetable Blend Mandarin Orange</td>
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<td>23</td>
<td>24</td>
<td>25</td>
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<tr>
<td>CLOSED</td>
<td></td>
<td>Baked Meatloaf W/ Mushroom Gravy Sweet Potatoes Brussels Sprouts SF Lemon Cookie</td>
<td>Pork Chili Verde Spanish Rice Pinto Beans Flour Tortilla (1) Orange Juice Tropical Fruit Mix</td>
<td>Split Pea &amp; SF Crackers Zucchini Corn &amp; Egg Casserole Stewed Tomatoes WW Dinner Roll Melon</td>
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<td>28</td>
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<td>30</td>
<td>31</td>
<td></td>
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<tr>
<td>Baked Ziti Harvest Salad W/ Cranberries &amp; Almonds Red Vinaigrette Breadsticks Mandarin Orange</td>
<td>Tomato Florentine Soup &amp; SF Crackers Open Face Turkey Sandwich Turkey Gravy Mashed Potatoes WW Bread (1) Cranberry Sauce, SF Chocolate Chip Cookie</td>
<td>Chicken Fajitas Fajita Vegetables Pinto Beans Garden Green Vegetables Salad Italian Dressing Tortilla Flour (1) Tropical Fruit Mix</td>
<td>Grilled Hamburger Lettuce Tomato &amp; Onion Baked Chips WW Bun Mayonnaise Relish Melon</td>
<td>Suggested Donation $3.00 Meal Cost for Under Age 60 $5.00</td>
</tr>
</tbody>
</table>

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.

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](http://www.SeniorServ.org)
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:05</td>
<td>Painting &amp; Drawing</td>
<td>8:05</td>
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<tr>
<td>8:10</td>
<td>Small Group Circuit</td>
<td>8:15</td>
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<tr>
<td>8:30</td>
<td>Pilates Mat</td>
<td>8:30</td>
</tr>
<tr>
<td>9:00</td>
<td>Stroller Workout</td>
<td>9:00</td>
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<tr>
<td>9:00</td>
<td>Exercise For Balance</td>
<td>9:00</td>
</tr>
<tr>
<td>9:30</td>
<td>Guava Groove Uke Beg</td>
<td>9:30</td>
</tr>
<tr>
<td>10:00</td>
<td>Conversations</td>
<td>10:00</td>
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<tr>
<td>10:15</td>
<td>Lean &amp; Fit</td>
<td>10:15</td>
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<tr>
<td>10:15</td>
<td>Stretch &amp; Flex</td>
<td>10:15</td>
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<tr>
<td>10:30</td>
<td>Yoga</td>
<td>10:30</td>
</tr>
<tr>
<td>10:45</td>
<td>Guava Groove Uke Inter</td>
<td>10:30</td>
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<tr>
<td>11:30</td>
<td>Studio Art</td>
<td>11:00</td>
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<tr>
<td>12:30</td>
<td>Wards Duplicate Bridge</td>
<td>11:30</td>
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<tr>
<td>12:30</td>
<td>Movie</td>
<td>11:45</td>
</tr>
<tr>
<td>12:30</td>
<td>Scrabble</td>
<td>12:30</td>
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<tr>
<td>1:00</td>
<td>Pilates Chair Plus</td>
<td>1:00</td>
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<tr>
<td>1:15</td>
<td>Brain Fitness</td>
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<tr>
<td>1:30</td>
<td>Beg French</td>
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<tr>
<td>2:00</td>
<td>Small Group Circuit</td>
<td>2:00</td>
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<tr>
<td>2:30</td>
<td>Inter Spanish</td>
<td>2:45</td>
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<tr>
<td>3:00</td>
<td>Small Group PT</td>
<td>3:00</td>
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<tr>
<td>3:15</td>
<td>Line Dance Level 2-3</td>
<td>3:00</td>
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<tr>
<td>3:30</td>
<td>Beg Spanish</td>
<td>3:00</td>
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<tr>
<td>4:00</td>
<td>Deep Stretch</td>
<td>4:00</td>
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<tr>
<td>4:00</td>
<td>Line Dance Beginner</td>
<td>4:00</td>
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<tr>
<td>4:00</td>
<td>French 2</td>
<td>5:00</td>
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<tr>
<td>4:30</td>
<td>Behind The Classics</td>
<td>5:30</td>
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<tr>
<td>5:00</td>
<td>Family Martial Arts</td>
<td>5:30</td>
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<tr>
<td>5:30</td>
<td>Advanced Conversation</td>
<td>6:00</td>
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<tr>
<td>6:00</td>
<td>Zumba Ages 6 to 86</td>
<td>6:15</td>
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<tr>
<td>7:30</td>
<td>Big Band Swing Danc</td>
<td>7:30</td>
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</tbody>
</table>

**Note:** The dates are indicated in the table for each activity.
<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Day</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00</td>
<td>Pilates Mat</td>
<td>D*$</td>
<td>Dance Room</td>
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<tr>
<td>8:00</td>
<td>Small Group Circuit</td>
<td>X*$</td>
<td>HBCOA Office</td>
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<tr>
<td>8:00</td>
<td>Outlook Assembly</td>
<td></td>
<td>Dance Room</td>
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<tr>
<td>8:30</td>
<td>Tai Chi Chuan Inter</td>
<td>X*$</td>
<td>Dance Room</td>
</tr>
<tr>
<td>9:00</td>
<td>HBCOA Board Meeting</td>
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<tr>
<td>9:00</td>
<td>Photos by Google</td>
<td>L*$</td>
<td>Services Office</td>
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<tr>
<td>9:00</td>
<td>Zumba Gold</td>
<td>X*$</td>
<td>Dance Room</td>
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<tr>
<td>9:00</td>
<td>Stroller Workout</td>
<td>O*$</td>
<td>Dance Room</td>
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<tr>
<td>9:00</td>
<td>Tai Chi Chuan Beg</td>
<td>P*$</td>
<td>Dance Room</td>
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<tr>
<td>10:00</td>
<td>Yoga</td>
<td>D*$</td>
<td>Dance Room</td>
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<tr>
<td>10:00</td>
<td>Writing Your Life Story</td>
<td>2*$</td>
<td>Dance Room</td>
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<tr>
<td>10:15</td>
<td>Lean &amp; Fit</td>
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<td>Stretch &amp; Flex</td>
<td>P*$</td>
<td>Dance Room</td>
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<td>11:00</td>
<td>Yoga</td>
<td>D*$</td>
<td>Dance Room</td>
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<td>11:15</td>
<td>Gentle Pilates Mat</td>
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<tr>
<td>12:00</td>
<td>Party Bridge</td>
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<tr>
<td>12:30</td>
<td>Bingo</td>
<td>PS</td>
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<tr>
<td>1:00</td>
<td>Hoag Lecture</td>
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<tr>
<td>1:00</td>
<td>How To Cut The Cable</td>
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<tr>
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<td>2:00</td>
<td>Line Dance New Beg</td>
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<tr>
<td>2:45</td>
<td>Aging In Place</td>
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<td>3:00</td>
<td>Orange Coast Lecture</td>
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<td>Epting Lecture</td>
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<tr>
<td>6:00</td>
<td>Ballroom Dance Basics</td>
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<td>6:15</td>
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<td>Woodcarving Club</td>
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<td>7:00</td>
<td>Life Ring</td>
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<td>Dance Room</td>
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<td>8:00</td>
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<tr>
<td>9:00</td>
<td>Zumba Gold</td>
<td>D*$</td>
<td>Dance Room</td>
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<tr>
<td>9:00</td>
<td>Essential Computers</td>
<td>L*$</td>
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<tr>
<td>9:00</td>
<td>Senior Cardiofit</td>
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<td>Dance Room</td>
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<td>10:00</td>
<td>Yoga</td>
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<td>Dance Room</td>
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<tr>
<td>10:15</td>
<td>Circuit Training</td>
<td>X*$</td>
<td>Dance Room</td>
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<tr>
<td>10:15</td>
<td>Strength &amp; Balance</td>
<td>P*$</td>
<td>Dance Room</td>
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<tr>
<td>10:30</td>
<td>HandyCrafters</td>
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<td>Dance Room</td>
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<tr>
<td>11:30</td>
<td>Pilates Chair Plus</td>
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<td>11:45</td>
<td>Pilates Chair Sitting</td>
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<tr>
<td>12:30</td>
<td>Pilates Chair</td>
<td>X*$</td>
<td>Dance Room</td>
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<tr>
<td>1:00</td>
<td>Arthritis Chair</td>
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<td>Dance Room</td>
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<tr>
<td>1:00</td>
<td>Food Distribution</td>
<td>O</td>
<td>Dance Room</td>
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<tr>
<td>1:00</td>
<td>Practice Bridge</td>
<td>2*$</td>
<td>Dance Room</td>
</tr>
<tr>
<td>1:00</td>
<td>Table Tennis</td>
<td>G</td>
<td>Dance Room</td>
</tr>
<tr>
<td>1:15</td>
<td>Brain Fitness</td>
<td></td>
<td>Dance Room</td>
</tr>
<tr>
<td>2:00</td>
<td>Line Dance New Beg</td>
<td>P</td>
<td>Dance Room</td>
</tr>
<tr>
<td>3:00</td>
<td>Brain Fitness</td>
<td>L*$</td>
<td>Dance Room</td>
</tr>
<tr>
<td>3:15</td>
<td>Line Dance Level 1</td>
<td>P*$</td>
<td>Dance Room</td>
</tr>
</tbody>
</table>

**IND EX**

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

**P.S. Purposely Silly**

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