

SEPTEMBER 2021

# HB Coastal Living



*Meet the  
Strople Family*  
**The Doctors Are In!**

Cover photo by  
Carol Larsen Photography



Best Version Media

An exclusive magazine serving the residents of Brightwater, Huntington Harbour, Sunset Beach, SummerLane, Parkside Estates, and Prestige Homes from Greentree Lane to Graham Street.



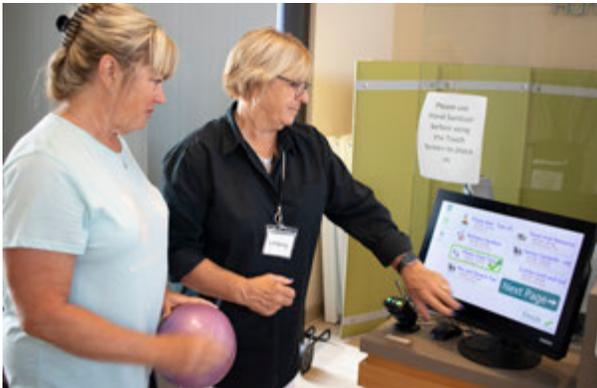
# Together Again

By Randy Pesqueira, Director, Senior Center in Central Park  
 Coordinated by Robyn Stauffer | Photos by Codi Tennesen

September is Senior Center month. Not only is the **Senior Center in Central Park** open again, but it's also making plans to host **"Together Again,"** an exciting new resource fair and festival celebrating aging on Saturday, September 25, from 10 a.m. to 2 p.m.

## TOGETHER AGAIN

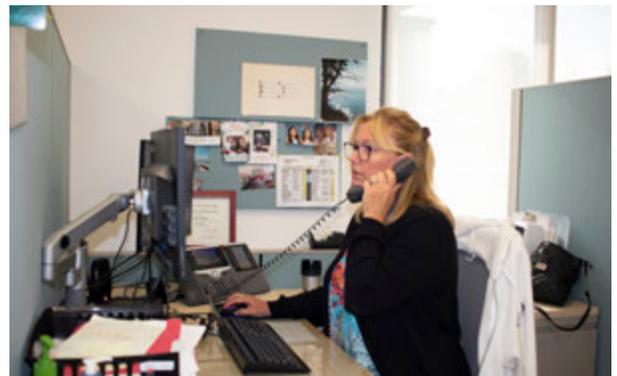
Together Again will feature senior service providers, as well as groups and organizations making a difference in our community. The City of Huntington Beach Public Library, Police, and Fire Departments – as well as local groups – will provide a wide range of diversity at this unique event. Special presentations focusing on aging are scheduled to take place in the Center. Nutritionist Scott Getman of MemorialCare Medical Group and MemorialCare Orange Coast Medical Center will be joined by others to offer new ways to look at active aging in these post-pandemic times. The Center's social services staff will be available to answer questions about life-enhancing services for older adults. The morning will start off with a Dixieland jazz band and feature local groups, singers, and musicians. We look forward to seeing smiles once again!



Celebrating five years of providing service to the community, the Senior Center has played host to over 10,000 visitors since opening in 2016. Many of those visitors are now active participants and longtime members of the **Huntington Beach Council on Aging (HBCOA)**. The Center gradually became available over the summer months with the reopening of the Hoag Health and Wellness Pavilion, as well as several fitness classes and recreation

programs. Surf City Seniors on the Go, the Center's transportation program, is ramping up with rides throughout Huntington Beach. Dispatchers are busy booking rides for shopping, personal care and medical appointments, along with recreation visits to the Senior Center.

The Senior Center is also welcoming volunteers back in all areas. Currently in high demand are transportation and home-delivered meals drivers, concierges, and travel and resource room volunteers. As the Center has plans to re-open fully this fall, volunteers will be needed in other areas, including the lunch program and the ever-popular movie series.



In August, the Center held its first outdoor concert in two years. There were 350 people happily celebrating summer, dancing away to the sounds of Hollywood Blonde and the Top 40 Band. Many in attendance said they could not wait to get out and see their friends. HBCOA's staff and board members recognize that the world changed over during the pandemic. They are creating events and offering activities that help to combat the effects of isolation and depression that many of our elders faced.

Together Again will give us all a chance to reconnect with friends and learn about new resources and opportunities for continued community growth. Additional events are planned for the fall season with commemorative items celebrating the Senior Center's fifth anniversary.

## RISE AND WALK

On Saturday, November 13, the Center will play host to **"Rise and Walk,"** a community event with both a 1-mile and 5K option for walking around Huntington Central Park. Rise and Walk will focus on health and wellness and will include information on activities to keep our participants healthy through the holiday season, including the **"Seashells and Jingle Bells Winter Gala"** on December 11. The HBCOA will also sponsor a special holiday meal program for homebound seniors on Thanksgiving and Christmas.



## JOIN THE HBCOA

September is the official start of the HBCOA 2022 membership campaign. For \$15 per year, you can receive discounts on travel programs and admission to dances and concerts held at the Center. Members also receive a copy of *Outlook on Active Aging*, the Center's monthly publication. The *Outlook* lists events as well as the upcoming "Travel, Trips and Tours" calendar. HBCOA plays an important role at the Senior Center with continued funding of direct services, including care management. This allows for hundreds of seniors to age in place and maintain their independence. **Visit the HBCOA booth at Together Again and become a member!**