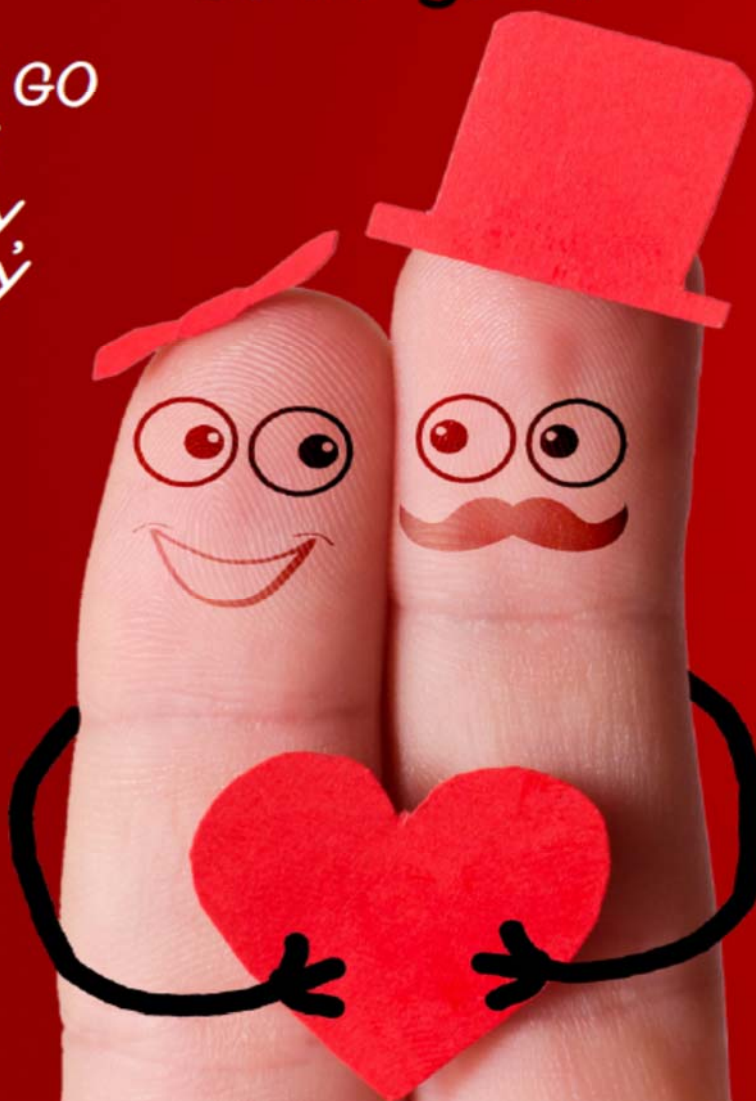


Will You Be Mine - Valentine VALENTINE'S DANCE

**FEBRUARY 11, 2023
6PM-9PM**

**TICKETS GO
ON SALE
TUESDAY,
JANUARY
17**



*YOU MAY
PURCHASE
A MAX OF
4 TICKETS

**CITY OF HUNTINGTON BEACH SENIOR SERVICES
SENIOR CENTER IN CENTRAL PARK**

**18041 Goldenwest Street, Huntington Beach, CA 92648 (714) 536-5600
Phones staffed Monday - Thursday 8 A.M. to 7 P.M. & Friday 8 A.M to 5 P.M.**



HBCOA
Huntington Beach Council on Aging

James Pike, *President*
Teri Simonis, *1st Vice President*
Judy Osuna, *2nd Vice President*
John Villa, *CFO*
Phil Burtis, *Treasurer*
Beth Hambelton, *Asst. Recording Sec.*
Beatrice Wiest, *Administrative Sec.*
Ed Pinchiff, *Asst. Administrative Sec.*
Ellen HopeKearns, *Immediate Past Pres.*

Bob Allen	Beverly Mast
Patti Cody	Cathy Meschuk
Lindsay DuFresne	Carolyn Ross
Beverly Fleming	Phil Smith
Jose Juarez	

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



Date ____/____/____ 2023 New ____ 2023 Renewal
Levels of support: Bronze-Evergreen members are recognized in the **Outlook** as sponsors,
and at www.hbcoa.org.

____\$15 per person *sponsors:* ____\$100 Bronze ____\$250 Silver ____ \$500 Gold
 ____\$1000+ Evergreen Tree of Life Donor

List my 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

[illegible]

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ADDRESS _____

Number/Spc/Apt	City	State	Zip
----------------	------	-------	-----

PHONE () _____

E-MAIL

Annual fee includes a subscription to the **Outlook** newsletter, one issue per household, to be renewed annually. Discounts for HBCOA events apply per person. Sponsors receive discounts for couples. Make checks payable to **HBCOA** and mail to: 18041 Goldenwest St., Huntington Beach, CA 92648 *HBCOA Tax ID# 51-0179431* or go to hbcoa.org. Renewal valid until 12/31/2023

Our fundraising efforts will focus on getting new supporters of the Evergreen Campaign to celebrate this special anniversary. Financially contributing to the HBCOA is a great way to aid current needs and help build a legacy for the future.



Adult Protective Services (APS)

800-451-5155 addresses 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

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

Connect America

1-800-949-2434 Personal response systems; discount for HB residents

www.connectamericawest.com

HICAP

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

www.coasc.org

211OC

www.211oc.org

OCTA Access

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

HBFD- Home Safety Visit-

714-536-5411 fire safety plan, testing and possible replacement of detectors.

Social Security Administration

800-772-1213 17075 Newhope STE B, Fountain Valley, CA 92708 www.ssa.gov

OC Links

(855) 625-4657 Available 24/7. Provides linkage to behavioral health & crisis services via phone or chat. <http://www.ochealthinfo.com/bhs/about/nit/oclinks>

Surf City Gardeners

Enjoy lectures from Orange County Master Gardeners, open sessions to help solve your gardening problems, and see what you can do to help beautify the Senior Center in Central Park. New discussions each month. Open to all who love to garden or would like to learn more.

Gardening in Southern California

Learn tips to have a successful garden in this special area of our state.

January 11th from 9AM-10:30AM

Great Gardens of the World

Learn about fantastic gardens around the world and the different gardening techniques used in these beautiful locations. Experience gardens from Australia to Europe to Singapore and Canada.

February 8th from 9AM-10:30AM

**Veterans Resource Center**

The Central Library Veteran's Resource Center provides free services helping veterans access: discharge papers, how to file a claim, health benefits, employment, home purchasing, and more. Monthly Veteran's Resource Nights are held 2nd Tuesday. 6:00-7:00pm. Call, email, or drop by for info: 714-375-5111 or email: HBPLVetCenter@gmail.com

**veterans
connect@
the library**

Senior Center Lending Library

Did you know the Senior Center offers a small lending library outside the game room. Stop on by and grab a book and enjoy an afternoon getting lost in literature in the lounge or in front of the crackling fireplace. Book donations can be made to the HB Central Library.

**Outlook Renewal Reminder**

The 2023 HBCOA membership renewals are now available. You can renew 3 different ways

1. **By mail using the form on page 2 of this newsletter.**
2. **Online at www.hbcoa.org under the membership tab.**
3. **In person at the Senior Center in the Travel & Resource Room.**



COMM. LIB. SERVICES**Chris Slama, Director****Ashley Wysocki, Deputy Director****Kristin Martinez, Prog. & Svcs. Mgr.****SENIOR SERVICES****Randy Pesqueira, Executive Director****Holland Gannon, Recreation Supv.****Michelle Yerke, Social Services Supv.****Heather Dodd, Admin. Specialist****Scott Getman, Wellness Specialist****Amber Ruiz, Events Specialist****Caryn Kawamoto, Vol. Svcs. Coord.****Brandi Kelly-Contreras, Transp. Coord.****Lezly Castillo, Transp. Dispatcher****Phone Directory****Community Services**

(714) 536-5486

Senior Services

(714) 536-5600

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

Meals On Wheels Congregate Office

(714) 375-8404

HBCOA

(714) 374-1524

EDITOR**Heather.Dodd@surfcity-hb.org****SPONSORSHIP****Michael.Gonzales@surfcity-hb.org****Sponsorship Disclaimer**

The City of Huntington Beach and the Huntington Beach Council on Aging, make no warranties, presentations, or claims concerning the quality, quantity, or availability of services sponsored in the Outlook, and they reserve the right to exercise such discretion as they may deem appropriate in the selection of sponsorship material to be published in the Outlook. By viewing the sponsorship section you agree not to hold the City of Huntington Beach, the Huntington Beach Council on Aging or its affiliates liable for the content of any sponsor, or for any delays, inaccuracies, errors or omissions in the transmission or delivery of such content. Your viewing/use of this section signals your acceptance of these terms, conditions and guidelines.

SENIOR CENTER MESSAGE

On behalf of the staff and volunteers here at the Senior Center, we would like to wish you a happy and healthy New Year. I hope that as you're reading this you've either already had a wonderful holiday, or you are about to! It's hard to think that we're heading into the year 2023, and also the 7th year of the Senior Center being open. What a ride!

In January we have two closures to be aware of. First, is the City's recognition of New Years Day, which is Monday, January 2nd. We will return to our normal business hours on Tuesday the 3rd. The second holiday closure in January is Monday the 16th in honor of Dr. Martin Luther King Jr. We will be closed on both of these Mondays, so enjoy your time off.

Next, I'd like to bring to your attention a new class that we have starting next month- it's Quilting With Brandi! Brandi is our long time Transportation Coordinator, and she's offered to volunteer her time to help teach one of her passions - quilting! This class will begin on Monday, February 6th and will take place from 3pm-7pm in our EMG2 room. Since this class is volunteer-led, it's nearly free! The total for the first session of classes is a mere \$6. We appreciate Brandi taking the time to teach and share her passions. If you're interested then swing by the front desk and sign up. Spots are limited and I do expect this class to fill up.

Lastly, a quick message about our February Valentine's Dance. In an effort to give more folks an opportunity to purchase tickets, we will be limiting the amount of tickets that one person can buy to 4. We made a similar change last summer for our outdoor concerts and found it to be a wise decision in hindsight. Tickets for the Valentine's Dance will go on sale Tuesday, January 17th.

Scott Getman

Interim-Supervisor

**WHERE IS YOUR OUTLOOK**

Sheila Esposito took her Outlook newsletter on a winter getaway to the Caribbean and visited sunny San Juan Puerto Rico

Take your Outlook on vacation with you and pose for a picture. 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**

Don MacAllister
Herb Soto

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

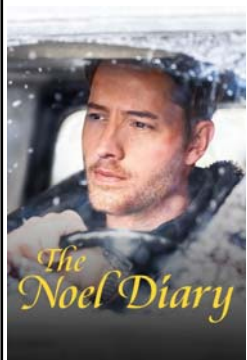
Wednesday Afternoon at the Movies
1 p.m. Free!
(Movies & Times Subject to change)



1/11

Till

Till is a profoundly emotional and cinematic film about the true story of Mamie Till Mobley's (Danielle Deadwyler) relentless pursuit of justice for her 14 year old son, Emmett Till (Jalyn Hall) who, in 1955, was brutally lynched while visiting his cousins in Mississippi. In Mamie's poignant journey of grief tuned to action, we see the universal power of a mother's ability to change the world. **130 minutes. Rated PG-13 for thematic content involving racism, strong disturbing images, and racial slurs.**



1/25

The Noel Diary

When best-selling author Jake Turner (Justin Hartley) returns home at Christmas to settle his estranged mother's estate, he discovers a diary that may hold secrets to his own past and that of Rachel (Barrett Doss)—an intriguing young woman on a mission of her own. Together, they embark on a journey to confront their pasts and discover a future that's totally unexpected. **99 minutes. Rated TV-PG for mild themes.**

***Movies are now on
 Wednesdays at 1pm**

Call the Seniors On the Go
Transportation dispatch
line at (714) 374-1742 to book your
rides to the movies for the month.



HBCOA Travel & Trips Calendar



**Welcome To the Jungle:
 Amazonia Exhibit
 w/ Included Boxed Lunch
 Thursday, February 2 2023**

Venture into the world's largest rainforest and discover the hidden wonders of one of the most mysterious places on earth at the California Science Center, hosting the North American premiere of the international touring exhibition, *Amazonia*. Combining more than 200 photographs of the Amazon's indigenous peoples and large-scale rich landscapes with a breathtakingly immersive soundscape, the exhibit provides an opportunity to experience the Amazon rainforest like never before. This afternoon we'll meet some of the region's most captivating animals while watching the newest IMAX film, *Amazon Adventure 3D* on a 7-story screen. Filmed on location in the lush Amazon region, *Amazon Adventure 3D* is a compelling detective story of peril, perseverance and, ultimately, success. The film tells the epic, true story of explorer Henry Walter Bates' fascinating 11-year journey through the visually stunning and biodiverse Amazon rainforest as a young man who risks his life for science in the 1850's. Enjoy an included boxed lunch and time at leisure to browse the Science Center's permanent exhibits including. **Member Price: \$96; Non-Member Price: \$106, Depart: 9:00 a.m. Return: 4:00 p.m.**



**Hollyhock House & HMS Bounty
 w/ Included Lunch at
 HMS Bounty
 Friday, February 24**

Our exploration of two historic L.A. treasures begins at Frank Lloyd Wright's Hollyhock House, a harbinger of California Modernism and now Los Angeles' only UNESCO World Heritage Site. After a \$4.3 million interior renovation in 2015 and more recent renovations to the outdoor spaces, visitors now have unprecedented access to this incredible architectural masterpiece. Stand in the sunken living room to admire the massive couch Wright designed to curve around the fireplace. In the dining room you can appreciate the kitchen's mahogany counters and cabinets. While in the conservatory/breakfast room you can admire the astounding wall of windows. Access the restored outdoor spaces, showcasing new aspects of Wright's self-proclaimed "garden house." An example of Mayan Revival architectural with modern trimmings, Hollyhock House was built in 1919 as a residence for oil heiress Aline Barnsdall – it takes its name from her favorite flower, the hollyhock, symbolized in some of the style and décor of the house. As you tour the home and gardens, docents are available to answer your questions and describe the architectural details. This afternoon we'll enjoy an included lunch with choice of entrée and yummy apple pie at H.M.S. Bounty, the iconic, nautically themed, British-style restaurant on Wilshire Blvd that is known for serving up 'Food & Grog for the Weary Sailor.' Founded in 1948, this watering hole has a vast history and longtime celebrity clientele and even features plaques above the booths with the names of the legends who once ate there. **Member Price: \$116; Non-Member Price: \$126, Depart: 8:30 a.m. Return: 4:30 p.m.**

**Sign-up for day trips in the Travel & Resource Room
 Monday -Friday between 8AM-:3:30PM. For
 questions about the trips please call (714) 374-1572**

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PART A Coverage start/contract renewal: 03-03-2016
PART B Coverage start/contract renewal: 03-03-2016

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 Huntington Beach, CA 92648

(714) 252-6965

Danny Matheus

Danny@Medicare101.net

CA Lic. OB02352

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SENIOR CENTER

Experts at Living Well

Movies in January

There are changes coming to our movie series program! Starting in 2023 we will be having movies every other Wednesday at 1:00pm. Come for lunch and a movie. For January, our schedule is as follows:



Wednesday, Jan. 11th
Till.

Wednesday, Jan. 25th
The Noel Diary

Tax Appointment Information

AARP will be providing free tax appointments to seniors at the Senior Center beginning in early February. Appointments are required. You can begin booking your appointments on Tuesday January 3 at 8am. Please visit the front desk or call the Senior Center at 714-536-5600. Appointments do fill quickly.



January Closures

Monday, January 2nd (New Years)

Monday, January 16th (MLK Day)

"Darkness cannot drive out darkness, only light can do that. Hate cannot drive out hate, only love can do that."



New Class **Quilting With Brandi**

Come join this fun, educational, and nearly free quilting class. All quilters from beginner to intermediate are welcome. We will have open sew, but also bring any projects that you want to work on or need help with! We will have irons and ironing boards for you to use, but please bring your own sewing machine and tools.

Mondays starting 2/6/23
3:00pm-7:00pm in EMG2
\$6/session

Presented by volunteer
Brandi Kelly
Winter Session #151667



February Dance

Our next dance will take place on Saturday, February 11th at 6:00pm. The theme will of course be Valentine's Day, and it will be sponsored by our friends at the HBCOA!

February 11th @ 6:00pm

Based on feedback that we received from registration day for our December dance, we are making some changes to how tickets are purchased to allow more equity in ticket distribution.

- The maximum number of tickets that you will be able to purchase is 4.
- Everyone who buys a ticket will have an assigned table, which they themselves will select at the time of purchase.

If you have questions about these changes, please stop by our front desk for more clarification.

Tickets will go on sale Tuesday, January 17th





Hoag Health & Wellness Pavilion
Join The Movement



NEW YEAR- SAME GYM ETIQUETTE



With the new year starting let's continue to maintain a clean and positive environment. Here are some common courtesy gym etiquette tips that we ask everyone to follow while they are working out:

- Wiping down equipment and machines after you use them.
- Take your phone calls outside of the gym so that others can focus on their workouts.
- Limiting time on cardio equipment to 30 minutes while others are waiting or during peak hours.
- Limiting time on strength machines to 5 minutes while others are waiting or during peak hours.
- Being respectful to members and staff.

We want everyone to have an enjoyable and stress free workout throughout the new year! ☺



Hoag Screenings in January

Blood Pressure – Wednesday, Jan. 4th

9:00am - 11:00am

Walk-ins Only. No Appointment Required

Hearing – Wednesday, Jan. 11th

9:30am - 11:30am

Appointment Required

Call 714-536-5600

Memory - Wednesday, Jan. 18th

Memory Screenings are \$45

Appointment Required

Call 949-764-6288



HEALTHY NEW YEARS RESOLUTIONS

Eating a Healthy Diet:

Healthy eating involves both what you eat and how you eat. Getting your recommended servings of fruits and vegetables each day is important because fruits and veggies are low in calories and fat, high in fiber, and are rich sources of vitamins and minerals. Foods that contain fiber keep you feeling full, which can help you lose weight.

Schedule an Annual Check-up:

Seeing your primary care doctor each year and taking advantage of your preventive care benefits can help you stay healthy. Regular checkups and preventive screenings allow your doctor to identify minor health issues before they become bigger problems. Treatment is often more effective when an illness is detected early.

Take Steps to Reduce Stress:

Learning how to manage stress is an important part of taking care of yourself and maintaining good overall mental and physical health. If your stress is getting out of control, simple activities like practicing breathing exercises, going for a walk, or listening to music can help restore calm to your life. Chronic stress takes a toll on your health and well-being, so explore healthy ways to relieve stress.



VOLUNTEER NEWS



Congratulations to all our Holiday Drawing winners and thank you to everyone for all you do to help make the Senior Center an enjoyable place!

HBCOA OUTLOOK Mailing Needs Your Help!



Thursday, January 26th
8:00am-10:30am

Coffee and doughnuts provided, be sure to join us!

Reminder to Monday Volunteers: The Senior Center is closed
Monday, January 2nd and Monday January 16th for
New Years Day & Martin Luther King Jr. Day



Reasons to Make Volunteering your *New Year's Resolution!*

1. Volunteering can help you stay physically and mentally active.
2. Volunteering can give a sense of purpose and maybe help show you new skills.
3. Volunteering can allow you to work as a team and develop new relationships.
4. Volunteering can reduce stress and decrease the risk of depression.



Thank you from the HandyCrafters

Our lovely volunteers from the HandyCrafters would like to say "thank you" to everyone who has helped donate yarn to the group. Your contributions help make the wonderful items they create and sell here at the Senior Center. Proceeds from their sales are then used to purchase the Holiday Home Delivered Meals and support Senior Center programs. If you have yarn you would like to donate, either:

- Stop by the Senior Center on Fridays between 10:30am-12pm to drop off your donation directly to the HandyCrafters.

Or

- If you are unable to make it during that time, please contact the front desk 714-536-5600 to arrange a time.



Current Volunteers Opportunities

Volunteers Needed!

- Transportation Drivers
- Home Delivered Meals
- Wednesday Walkers
- Surf City Gardeners
- Concierge Desk
- Recreation Desk
- Travel & Resource Room



Upcoming Events

- **2/11/23**—Valentine's Dance

Contact the Volunteer Team

Caryn Kawamoto, 714-374-1544
caryn.kawamoto@surfcity-hb.org

Kathy Pace, 714-374-1520
Kathy.Pace@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 and HUD.

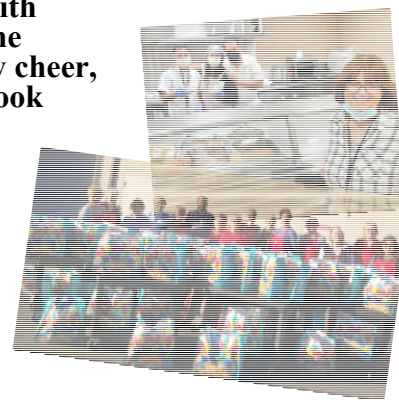
Thank you to our partners, donors, and volunteers

for spreading holiday joy and exceptional service throughout the year! With generous help from the community, over 400 Care Management and Home Delivered Meals clients received social services, nutrition support, holiday cheer, emotional support, mobility equipment, and so much more in 2022. We look forward to continuing our work together, providing older adults in Huntington Beach with service and connection to the community.

Huntington Beach Hospital generously donated 70 holiday meals for volunteers to deliver on Thanksgiving Day!

DreamCatchers, an auxiliary of the Assistance League of HB, provided 50 holiday gift bags filled with fun and practical items for Care Management clients.

St. Peters by the Sea and Soroptimist HB granted multiple Winter Wishes (specific gift requests from senior clients).



Mobile Home Tenant Based Rental Assistance



A new City program will provide monthly rental assistance to a limited number of 'very low-income' HB senior mobile home resident owners for up to 24 months. Preference will be granted to households: of military veterans, with extremely-low incomes, and who are paying more than 50% of their gross income for rent.

Check back in the February Outlook Newsletter for updated announcements and the opportunity to submit an interest form.

Household Size	Extremely Low-Income (maximum)	Very Low-Income (maximum)
1	\$28,500	\$47,450
2	\$32,550	\$54,200
3	\$36,600	\$61,000
4	\$40,650	\$67,750



Shared Housing Resource Connection

Shared Housing is designed to be a mutually beneficial arrangement between two or more people. Some benefits, among others, can include increasing socialization, reducing financial stress, and receiving a little assistance with chores or errands. SCCP has Shared Housing information, resources, and a low-tech, self-service way for locals to connect. The Shared Housing Binder with listings, standardized forms, and a resource packet are all available in the Travel & Resource room at the SCCP, open 8a-4p, Mon– Fri.

Professional & Paraprofessional Services Available

HB residents who are 60 years or older may request an appointment by calling 714-374-1572.

HICAP: free, unbiased Medicare counseling by trained Council on Aging So Cal volunteers

Legal Consultation: offered by Elder Law & Disability Rights Center or Community Legal Aid So Cal

Notary Volunteer: provides up to 2 documents per visit

Tech Coach: individual help from a volunteer with your tech questions

Nutritionist: individualized assessment and plan by Masters level volunteer

Support Groups: on subjects such as: mental health family support, dementia caregiver support, grief support, etc. Provided by non-profit partners and may vary throughout the year, call for more info.





TRANSPORTATION

Surf City Seniors on the Go!



Transportation Services (714) 374-1742

Senior Services provides services each weekday, from 8:30a.m. to 4:30p.m. to HB 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 MOWOC 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 days' 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 9a.m. and 3:00p.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.



A New Year Brings New Vehicles

Welcome to the Seniors On The Go transportation services fleets 4 new mini vans. These new vehicles will help to transport Huntington Beach senior residents around town in comfort and style. They are fully equipped for accessible transport.



Holiday Closures Notice

Monday, January 2: *New Years observed*
Monday, January 16: *MLK Jr. Day Observed*

There will be no rides, bookings, reminder calls or reservations available during the holiday closures.

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 acompañante voluntario esta disponible para dar asistencia adicional con citas 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 posibles con la ayuda de una donacion de Hoag Hospital.*



Driving New Years Resolution

- ✓ Pass on the stress of driving
- ✓ Register with Seniors On the Go
- ✓ Book rides by phone to all your favorite spots
- ✓ Have a care free day of errands and outings

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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



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Symbolic of Senior Services and ageing, the HBCOA Evergreen annual donor program honors individuals, corporations, and legacy donors with a special leaf on the **Tree of Life**.

Annual donations allow for new and inventive programming provided at the Center. In addition to Social Services, including Care Management, Home Delivered Meals, and Transportation, these funds are used to offset the costs of activities including dances, concerts, travel, and recreational classes that are also sponsored by the HBCOA.

For more information about the program, or to make a charitable gift, please contact
Randy Pesqueira, Senior Services Executive Director
rpesqueira@surfcity-hb.org
or by telephone at 714 536-5543.


As always, age well and thrive.



Senior Cafe January Menu

First come, first served. Drop-in's welcome

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
		Chicken Breast w/ NEW Sweet Citrus Glaze Jasmine Rice Winter Vegetable Blend WW Dinner Roll w/ Promise SF Cookie		Turkey Pot Roast w/ Turkey Gravy NEW Polenta (Cornmeal) w/ Parmesan Cheese Sliced Carrots Crackers Tropical Fruit Mix
9	10	11	12	**13**
NEW Cheese Tortellini w/ Marinara Sauce Broccoli Capri Vegetable Blend WW Dinner Roll w/ Promise Parmesan Cheese SF Fruited Gelatin		Turkey Shepherd's Pie Peas and Carrots Zucchini Medley WW Dinner Roll w/ Promise SF Custard		"MLK Day Celebration" BBQ McRib Parkerhouse Roll w/ Promise Mashed Potatoes Baked Beans Collard Greens Apple Pie Diet: Fresh Fruit
16	17	18	19	20
		Split Pea Soup w/ SF Crackers NEW Greek Salad w/ Edamame & Shredded Chicken Marinated Veg Salad SF Apple Crisp		Cream of Carrot Soup w/ SF Crackers Mexican Tuna Salad Barley Mango Salad WW Dinner Roll w/ Promise Pineapple Chunks
23	24	25	26	27
Lunar New Year Pork Tenderloin w/ Sweet & Sour Sauce Egg Roll Chow Mein Noodles Oriental Vegetable Blend SF Mandarin Orange Gelatin w/ Fortune Cookie		Spinach Mushroom Quiche Sweet Potatoes Winter Vegetable Blend Blueberry Muffin w/ Promise Canned Pears		NEW Barbacoa Beef Beans and Corn Salad Oregon Bean Medley Tortilla SF Fruited Gelatin
30	31			
Vegetarian Lasagna Succotash Sliced Carrots Crackers Ambrosia		Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00  Meatless Meal		

All meals comply with the Dietary Guidelines for Americans (DGA) 2020-2025 & Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Human Services Agency & the U.S. Department of Agriculture. Meals on Wheels Orange County Lunch Program may change the menu for reason of quality control, price or vendor problems. This project is funded in parts through funds from the Federal Older Americans Act as allocated by the Orange County Board of Supervisors. Sugar free desserts 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% trans-fat buttery spread served with bread & rolls. Weekly average lunch meal provides >550 calories. Please note condiments are not analyzed and may increase sodium.

www.MealsOnWheelsOC.org

MONDAY			TUESDAY			WEDNESDAY		
8:30	Better life Boxing	D*\$	8:00	Pilates Mat	D*\$	8:30	Wednesday Walkers	O
1/9, 1/23, 1/30			1/10, 1/17, 1/24, 1/31			1/4, 1/11, 1/18, 1/25		
8:30	Table Tennis	G	8:15	Sr. Cardiofit	P*\$	8:30	Chess	G
1/9, 1/23, 1/30			1/17, 1/24, 1/31			1/4, 1/11, 1/18, 1/25		
9:00	Hula Basics 1	P*\$	8:30	Wards Duplicate Bridge	G	9:00	HB Fish & Rec Club	1
1/9, 1/23, 1/30			1/3, 1/10, 1/17, 1/24, 1/31			1/4, 1/18		
9:30	Guava Groove Ukulele	1*\$	9:00	Pilates Chair	D*\$	9:00	Zumba Gold Fitness	D*\$
1/9, 1/23, 1/30			1/10, 1/17, 1/24, 1/31			1/11, 1/18, 1/25		
10:00	Chair Yoga	D*\$	9:30	Flex & Stretch	P*\$	9:00	Surf City Gardners	1
1/9, 1/23, 1/30			1/17, 1/24, 1/31			1/11		
10:30	Hula Basics 2	P*\$	10:00	Basic Art Techniques	2*\$	10:00	Young At Heart Singers	P
1/9, 1/23, 1/30			1/10, 1/17, 1/24, 1/31			1/4, 1/11, 1/18, 1/25		
10:45	Guava Groove Ukulele Adv. 1*\$		10:30	Yoga	D*\$	10:30	Cardkateers	2*\$
1/9, 1/23, 1/30			1/10, 1/17, 1/24, 1/31			1/4, 1/18		
11:00	MOW Dine-in Lunch	P	12:30	Scrabble	G	11:00	MOW Dine-in Lunch	P
1/9, 1/23, 1/30			1/3, 1/10, 1/17, 1/24, 1/31			1/4, 1/11, 1/18, 1/25		
11:30	Balance & Stability	D*\$	1:00	Lets Write Poetry	1*\$	12:30	Mahjong	G
1/9, 1/23, 1/30			1/17, 1/24, 1/31			1/4, 1/11, 1/18, 1/25		
12:00	Guava Groove Ukulele Inter 1*\$		1:30	Shanti Class	1*	12:30	Backgammon	G
1/9, 1/23, 1/30			1/10, 1/17, 1/24, 1/31			1/4, 1/11, 1/18, 1/25		
12:30	HB Party Bridge	G	3:00	Yoga—Senior Center	O*\$	1:00	Easy Watercolor	2*\$
1/9, 1/23, 1/30			1/10, 1/17, 1/24, 1/31			1/11, 1/18, 1/25		
12:30	Chess	G	3:00	Line Dance Easy New Beg	P*\$	1:00	Movies	P
1/9, 1/23, 1/30			1/10, 1/17, 1/24, 1/31			1/11, 1/25		
2:00	Line Dance Lvl 1	P*\$	3:00	Bridge Intermediate	1*\$	3:00	Trad. Hawaiian Applique	2
1/9, 1/23, 1/30			1/10, 1/24, 1/31			1/11, 1/18, 1/25		
2:00	Beg Bridge	1*\$	4:30	Line Dance Easy New Beg	P*\$	5:30	Art League	P*\$
1/9, 1/23, 1/30			1/10, 1/17, 1/24, 1/31			1/4		
3:30	Line Dance Lvl 3	P*\$	5:30	Family Martial Arts	D*\$	5:30	Yoga Gentle	D*\$
1/9, 1/23, 1/30			1/10, 1/17, 1/24, 1/31			1/11, 1/18, 1/25		
4:00	Swing & Waltz Dance	D*\$	5:45	Basic Photography	2*	5:30	Fire Med CPR	G*\$
1/9, 1/23, 1/30			1/17, 1/24, 1/31			1/11		
5:00	Merengue & Cha Cha	D*\$	6:30	Sr. Martial Arts	D*\$	6:30	Beg Bridge	2*\$
1/9, 1/23, 1/30			1/10, 1/17, 1/24, 1/31			1/11, 1/25		
7:00	Big Band	P				7:00	Book Club	1*\$
1/23						1/11		
						7:00	Line Dance Lvl 1+	D*\$
						1/11, 1/18, 1/25		
THURSDAY			FRIDAY			SATURDAY		
8:00	Outlook Assembly	1	8:15	Senior Cardiofit	P*\$	10:00	Family Martial Arts	D*\$
1/26			1/20, 1/27			1/14, 1/21, 1/28		
8:30	Table Tennis	G	8:30	Mex-Train Dominos	G	11:00	Sr. Martial Arts	P*\$
1/5, 1/12, 1/19, 1/26			1/6, 1/13, 1/20, 1/27			1/14, 1/21, 1/28		
8:30	Tai Chi	P*\$	9:00	TOPS	1			
1/12, 1/19, 1/26			1/6, 1/13, 1/20, 1/27					
9:00	HBCOA Gen Mtg	1	9:00	Zumba Gold & Toning	D*\$			
1/5			1/13, 1/20, 1/27					
9:30	Hoag Presentation	1*	9:30	Circuit Training	P*\$			
1/12, 1/19			1/20, 1/27					
10:00	Yoga	D*\$	10:00	Yoga	D*\$			
1/12, 1/19, 1/26			1/13, 1/20, 1/27					
10:45	Flex & Stretch	P*\$	10:30	HandiCrafters	1			
1/19, 1/26			1/6, 1/13, 1/20, 1/27					
12:30	Gin/ Cribbage	G	11:00	MOW Dine-In Lunch	P			
1/5, 1/12, 1/19, 1/26			1/6, 1/13, 1/20, 1/27					
12:30	Drum Circle	P	11:00	Senior Exercise	P*\$			
			1/13, 1/20, 1/27					
12:30	Scrabble	G	12:30	Practice Bridge	G			
1/5, 1/12, 1/19, 1/26			1/6, 1/13, 1/20, 1/27					
12:30	Chess	G	1:30	Line Dance Lvl 2-3	P*\$			
1/5, 1/19, 1/26			1/13, 1/20, 1/27					
1:30	Line Dance Lvl 2	P*\$						
1/12, 1/19, 1/26								
2:00	Tech Club	1						
1/12								
3:00	Line Dance Lvl 1	P*\$						
1/12, 1/19, 1/26								
3:00	Mem. Care Lecture	1*\$						
1/19								
6:00	Egyptian Belly Dance	D*\$						
1/12, 1/19, 1/26								
6:00	Woodcarvers	1						
1/5, 1/12, 1/19, 1/26								
7:00	Egyptian Belly Dancing	D*\$						
1/12, 1/19, 1/26								

INDEX KEY

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

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