



NEW Registration Information

The City of Huntington Beach Community and Library Services department is rolling out a new and more user-friendly registration process beginning with Spring Registration 2023! The new design will bring some much-needed improvements to ***hbsands.org*** overall registration experience for recreation classes. The new registration website will bring customers enhanced features including:

- *Expanded search capability to let participants filter activities by location, date, age, interest, and availability*
- *A smoother process for online registration payments*
- *A mobile-friendly design that you can use on phones and tablets*
- *Online waiver signing and invoicing*
- *Social media sharing*
- *Speedy checkout*
- *An overall more user-friendly registration experience*

In order to continue to utilize class registration, participants will need to create a new account for ***hbsands.org***. If you have participated in any recreation classes in the past you have an account that will need to be updated. The current log-ins and household accounts will not be supported in the Spring registration window and beyond. Creating a new account also allows participants to update their

information, residence, and household contacts. To speed up your class selection and registration process, as well as familiarize yourself with the new program, each participant will need to create a new account before registration. The website is scheduled to open for public account creation approximately two weeks prior to class registration opening on March

7, allowing participants ample time to create their accounts and familiarize themselves with the process and layout, before registration day.

To support HB Senior Center in Central Park participants with account creation, the computer lab at the Senior Center will be available with trained staff and volunteers the week of February 27-March 2 from 8 a.m. – 7 p.m. and on Friday March 3 from 8 a.m. – 4 p.m. If you need assistance with creating an account or would like a tutorial on the new program, stop on by and we would be happy to help.

There will be more detailed information in the Spring issue of the SANDS which is expected to be delivered to HB residents mailboxes the week of February 20. There will also be information available on the City and Department social media pages, ***hbsands.org*** the official City website, Surf City Break, and at all Community Centers and City Hall. If you do not live in HB or do not receive the Sands guide at your residence, please stop by one of the above listed locations for additional information.



**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.

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>

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



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**

Heart Health Awareness Month

February is Heart Health Awareness Month. Upwards of 70% of cardiac arrests happen in the residence and another 18% happen in the public space. One of the best practices to help somebody survive a cardiac arrest outside of a hospital is to administer CPR. Immediate CPR can double or triple the chances of survival after a cardiac arrest. Hands only CPR is effective and easy to learn and perform. You could be the reason somebody lives to enjoy another day.

FireMed CPR is offered at the Senior Center approximately twice a month for a low fee. The class teaches the signs to look for, how to react, and most importantly how to preform the critical CPR skills. Help make HB and your home a heart safe space and sign up to learn or refresh your CPR skills.

<https://cpr.heart.org/en/resources/cpr-facts-and-stats>



COMM. LIB. SERVICES**Chris Slama, Director****Ashley Wysocki, Deputy Director****Kristin Martinez, Prog. & Srvcs. 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. Srvcs. 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**

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SENIOR CENTER MESSAGE

Greetings!

As we settle into the year, it is wonderful to look forward to all that is possible! Please look at the President's Message on Page 2. The HBCOA is creating some new excitement in exploring large issues like ageism and social isolation. The Senior Central in Central Park begins a year of activities with the February dance, and continues with other great fun with walks in Central Park (Rise and Walk) summer concerts, luncheons, and the Active Living Expo. Concerts and dances are starting to sell out at a surprising rate – thank you to everyone for their patience as we attempt to make tickets available in an equitable manner.

After many years of programming and presenting movies and films, this 'Movie Man' is stepping back. That job will now be performed by staff members with a new format of every other Wednesday. The lineup will continue to include recently released films as well as a few classics. Many thanks to the HBCOA for sponsoring this program.

February is Heart month. Use this month to look at your lifestyle, eating choices, and fitness. If you are not a member of our fitness center, it is time to join. Those New Year resolutions you made have probably gone by the wayside now, but February is the month to get serious and make those changes. Get to the fitness center, enroll in a movement class, walk with the Wednesday Walkers – now is the time!

Enjoy!

Randy Pesqueira,
Director

HELLO
february

WHERE IS YOUR OUTLOOK

The Gonzells took their Outlook newsletter to Mauna Kea on their Honeymoon after getting married at the center in June. They made it all the way to the summit at 13,802 feet.

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**

Pat Ames
Denis Leahy

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

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

Ticket to Paradise



104 minutes.
PG-13 for
some strong
language and
brief
suggestive
material.

The Banshees of Inisherin



109 minutes.
Rated R for
some violent
content,
language
throughout,
and brief
graphic
nudity.

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. **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, 2023

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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February, 28th 2023



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- Free memory checkups
- Referral to community resources



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Danny@Medicare101.net

CA Lic. 0B02352

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to a licensed insurance agent

SENIOR CENTER

Experts at Living Well

Movies in February

As a reminder, movies are now held every other Wednesday at 1:00pm. Come for lunch and a movie. For February, the schedule is as follows:



Wednesday, Feb 8th
Ticket to Paradise
Wednesday, Feb 22nd
The Banshees of Inisherin

Recreation Software Update

Create your new online CivicRec account! Staff and volunteers will be on hand to help you create your new account and learn about online class sign-ups. Drop-in to the Computer Lab the week of February 27- March 3rd. Monday-Thursday from 8a-7p and Friday from 8a-4p.



Class Spotlight

New! Did you take Beginning Egyptian Belly Dancing? Join us in the intermediate class! You've learned the basics and now want to grow in your dance. This class is a more intermediate to advanced level. We will work on putting movements together, layering shimmies, dancing with veils, finger cymbals, and short choreographies.

Intro to rhythms will be taught as well.

#150476 Thursdays
 7 pm—8:15pm \$90



Tax Appointment Information

AARP will be providing free tax appointments to seniors at the Senior Center beginning in early February. Appointments are required. Please visit the front desk or call the Senior Center at 714-536-5600.

Additional
 appointment services
 available:
ocfreetaxprep.com/
 locations



Drum Yourself Healthy

Upcoming class dates:
 Tuesday, February 14th
 Tuesday, March 7th



No pre-registration required. Free!
 Please call (714)536-5600 for more
 information

Surf City Gardeners

March 8th from 9AM-10:30AM

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.



Butterflies in Your Garden

Did you know there are more than 170 species of butterflies that live in or visit Southern California? You can easily attract many of them by learning about host and nectar plants and shelter that a particular species prefers. Learn to maintain an ecological partnership with flowering plants while eliminating the use of harmful pest control methods, unnecessary fertilizers, and additives. Discover the many types of butterflies, where they live, and examples of native and other nectar flowers that attract them.

February Closure

Monday,
February 20th
Presidents Day





Hoag Health & Wellness Pavilion
Join The Movement



Hoag Panel

Heart Health With the Experts

Join Hoag on **Saturday, February 25th** for a health panel discussing heart health. The panel will include Dr. Myla who is the Program Director of the cardiac catheterization laboratories, Dr. Schachter who is a family medicine physician, and Meghan Gonzales who is a registered dietician at the Mary & Dick Allen Diabetes Center. There will also be a healthy cooking demonstration from Hoag's Executive Chef, Chef Cruz.

The panel discussion will take place from **9:30am-11:30am**, and registration is free! Sign-up with activity number **#153421**.



Have a Healthy New Year

This month we want to focus on having a healthy heart. The best way to have a healthy heart is by exercising. Two types of exercise that make a heart healthy are:

Aerobic exercise: Incorporating aerobic exercise in your daily activities can allow you to reduce chances of type two diabetes and control your blood glucose. It is recommended to perform aerobic exercise for at least 30 minutes per day for 5 days per week. Examples of aerobic exercise here at the Fitness Center are walking on the treadmill, riding the recumbent bike, using the elliptical machine, or the rowing machine.

Resistance training exercise: Resistance training affects your body composition by reducing body fat and creating lean muscle tissue. Many health professionals recommended doing at least two nonconsecutive days per week of resistance training. Each day you can perform 1-2 exercises for each major muscle group.

Hoag in February

Blood Pressure Screenings

Wednesday, Feb 1st
9:00am - 11:00am

Walk-ins Only. No Appointment Required.

Memory Screenings

Wednesday, Feb. 15th
Memory Screenings are \$45
Appointment Required
Call 949-764-6288

Lecture: Functional Strength

February 9th @ 9:30am
#153449

Lecture: Treating Skin Conditions

February 16th @ 9:30am
#153377



Nutrition Corner

Heart Healthy Eating

February is heart health month, and what better way to improve your cardiovascular health than with your diet! Here are a few of the top food groups for a healthy heart...

Nuts & Seeds - Some great options are almonds, pistachios, chia seeds, and sunflower seeds. Nuts and seeds contain healthy fats that can help improve cholesterol, increase antioxidants, and lower inflammation.

Fruits - Fruits contain phytonutrients that help reduce the risk of diseases like Type 2 Diabetes, Heart Disease, and Dyslipidemia (altered cholesterol levels). Our top picks for fruit are blueberries, dates, and avocado.

Whole Grains - Whole grains contain a variety of antioxidants, nutrients, and fiber. We recommend choosing organic gluten-free varieties like quinoa, oats, rice, and buckwheat.

VOLUNTEER NEWS



Reminder to Monday Volunteers:
The Senior Center is closed
Monday, February 20th
for
Presidents day!



HBCOA OUTLOOK Mailing Needs Your Help!

Thursday, February 23th
8:00am-10:30am



Coffee and doughnuts provided, be sure to join us!

Friendly Visitors

The Friendly Visitor service is designed to help connect homebound and isolated older adults within the community while helping to support aging in place with dignity.



- Friendly Visitor volunteers are connected with interested Huntington Beach Care Management clients and Home Delivered Meals recipients.
- Common engagement activities can include occasional home visits, friendly phone calls, social support, card or board games, etc.
- This program does not include assisting with errands, chores, financial or physical assistance of any kind.

If interested, contact Volunteer Services Coordinator, Caryn Kawamoto for more information.



Volunteer Appreciation Lunch

Saturday, April 15th

Senior Center in Central Park

All volunteers who served at least 20 hours in 2022 will be invited!

Volunteers Needed!

Current Volunteers Opportunities

- Transportation Drivers
- Home Delivered Meals
- Friendly Visitors
- Wednesday Walkers
- Transportation Desk
- Concierge Desk
- Recreation Desk
- Travel & Resource Room
- Travel Host



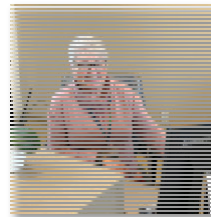
Upcoming Events

- **2/11/23**—Valentine's Dance
- **3/25/23**—Rise and Walk

On the Lookout for Office Support Volunteers

The Senior Center is looking for enthusiastic volunteers to assist in one of the following office support positions:

- Concierge Desk
- Recreation Desk
- Travel and Resource Room
- Transportation Receptionist



Responsibilities for each vary. Contact the volunteer team for more information or stop by the front desk to pick up your volunteer application today!

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.



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. The 30-day period to submit Interest Forms for the initial offering of the Mobile Home Tenant Based Rental Assistance program is January 16 through February 17, 2023. Following February 17, a lottery process will establish the order in which applicants will be chosen & confirmed. This is not a first-come-first-served program. Online submittals to <https://huntingtonbeachca.gov/MHTBRA> will receive a confirmation. Hard copies of the interest form will be available and accepted via a drop box at the Senior Center in Central Park. Assistance completing the interest form will be available by dropping into the Senior Center on the following dates and times: February 2, 7, 16 from 10am-noon and February 10 or 14 from 1pm-3pm.

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



Supporting Mobility and Home Safety

Care Management accepts gently used durable medical equipment such as wheelchairs & rollator walkers, has them serviced, and lends them back out into the community to those in need. Grab bars are also available through a generous grant. To make a donation, check out equipment, or receive free grab bars, make an appointment with Care Management at 714-374-1572.



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 on the 2nd Tuesdays, 6:00-7:00pm. Call, email, or drop by for info: 714-375-5111 or HBPLVetCenter@gmail.com.



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 8am—4pm, Monday– Friday.



Support Groups, Professional & Paraprofessional Services

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 call 714-374-1572 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.



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.*



Welcome New Volunteers



Welcome some new faces in the Surf City Seniors On the Go transportation program team:
Kristi Peckham, Kerry Sacamoto, Chris Swanberg, Lyndon Matijasexich, and Bob Woodard.

Holiday Closures Notice

**Presidents Day
Monday February 20**

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



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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Grant Sevdayan - Music Director

MENDELSSOHN
Hebrid's Overture

SCHUMANN
Piano Concerto - 1st mov
Dylan Huang - piano

BRAHMS
Hungarian Dance N5

DOPPLER
Hungarian Pastoral Fantasy
John Barcellona - flute

SUNDAY, FEBRUARY 26, 2023 @ 3:30 pm
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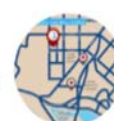
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Senior Cafe February Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Fish Tacos Cilantro Lime Coleslaw Black Beans and Lentil Salad Tortilla Pico de Gallo SF Custard		Black Bean Soup SF Crackers New Cobb Salad w/ Homemade Ranch Dressing Lemony Lentil Salad Mandarin Orange
6	7	8	9	10
Baked Meatloaf New Savory Tomato Sauce Mashed Potatoes Capri Vegetable Blend WW Dinner Roll w/ Promise SF Apple Crisp		Beef Stew W/ Sauce & Stew Vegetable Baby Whole Potatoes WW Dinner Roll W/ Promise Tropical Fruit Mix		Chicken Meatballs Sweet & Sour Sauce Jasmine Rice Carrots Orange Pineapple Juice SF Cooke
13	14	15	16	17
Valentines Day Celebration Stuffed Cabbage Mashed Potatoes Chef's Cut Vegetable Blend WW Dinner Roll w/ Promise IW Assorted Cake Diet: Fresh Fruit		Chicken Breast w/ Sweet Citrus Glaze Jasmine Rice Winter Vegetable Blend WW Dinner Roll w/ Promise SF Cookie		**President Day Celebration** Braised Cube Beef w/ Mushroom Sauce Baked Potato w/ Sour Cream WW Dinner Roll w/ Promise IW Ice Cream Diet: Tropical Fruit Mix
20	21	22 	23	24
		Turkey Shepherd's Pie Peas and Carrots Zucchini Medley WW Dinner Roll w/ Promise SF Custard		Chicken Strips w/Lemongrass Sauce Brown Rice Japanese's Vegetable Blend Mandarin Orange
27	28			
Baked Tilapia w/ Savory Tomato Braised Baby Baker Potatoes California Veg Blend WW Dinner Roll w/ Promise Canned Peaches		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*\$	8:00	AARP Tax Prep	G*
2/6, 2/13, 2/27			2/7, 2/14, 2/21, 2/28			2/1, 2/8, 2/15, 2/22		
8:30	Table Tennis	G	8:15	Sr. Cardiofit	P*\$	8:30	Wednesday Walkers	O
2/6, 2/13, 2/27			2/7, 2/14, 2/21, 2/28			2/1, 2/8, 2/15, 2/22		
9:00	Hula Basics 1	P*\$	8:30	Wards Duplicate Bridge	G	9:00	HB Fish & Rec Club	1
2/6, 2/13, 2/27			2/7, 2/14, 2/21, 2/28			2/1, 2/15		
9:00	Pilates Mat	V*\$	9:00	Pilates Chair	D*\$	9:00	Zumba Gold Fitness	D*\$
2/6, 2/13, 2/27			2/7, 2/14, 2/21, 2/28			2/1, 2/8		
9:30	Guava Groove Ukulele	1*\$	10:00	Pilates Chair Plus	V*\$	9:00	Surf City Gardner's	1
2/6, 2/13, 2/27			2/14, 2/21, 2/28			2/8		
10:00	Chair Yoga	D*\$	9:30	Flex & Stretch	P*\$	9:00	Smartphones Beg Android	V*\$
2/6, 2/13, 2/27			2/7, 2/14, 2/21, 2/28			2/1		
10:00	Pilates Cjair	V*\$	10:00	Basic Art Techniques	2*\$	9:00	Smartphones Adv Android	V*\$
2/6, 2/13, 2/27			2/7, 2/14, 2/21, 2/28			2/8, 2/15, 2/22		
10:30	Hula Basics 2	P*\$	10:15	Everything Google	V*\$	10:00	Young At Heart Singers	P
2/6, 2/13, 2/27			2/7, 2/14, 2/21, 2/28			2/1, 2/8, 2/15, 2/22		
10:45	Guava Groove Ukulele Adv.	1*\$	10:30	Yoga	D*\$	10:00	Chair Yoga	V*\$
2/6, 2/13, 2/27			2/7, 2/21, 2/28			2/1, 2/8, 2/15, 2/22		
11:00	MOW Dine-in Lunch	P	12:30	Scrabble	G	10:00	Cardkateers	2*\$
2/6, 2/13, 2/27			2/7, 2/14, 2/21, 2/28			2/1, 2/15		
11:30	Balance & Stability	D*\$	12:30	Chess	G	11:00	MOW Dine-in Lunch	P
2/6, 2/13, 2/27			2/7, 2/14, 2/21, 2/28			2/1, 2/8, 2/15, 2/22		
12:00	Guava Groove Ukulele Inter	1*\$	12:30	Drum Circle	P	10:30	Cardkateers	2*\$
2/6, 2/13, 2/27			2/14			2/1, 2/15		
12:30	HB Party Bridge	G	1:00	Lets Write Poetry	1*\$	11:00	MOW Dine-in Lunch	P
2/6, 2/13, 2/27			2/7, 2/21, 2/28			2/1, 2/8, 2/15, 2/22		
12:30	Chess	G	1:30	Shanti Class	1*	1:00	Easy Watercolor	2*\$
2/6, 2/13, 2/27			2/7, 2/14, 2/21			2/1, 2/8, 2/15, 2/22		
2:00	Line Dance Lvl 1	P*\$	2:00	Streaming & Smart TV's	L*\$	1:00	Movies	P
2/6, 2/13, 2/27			2/7			2/8, 2/22		
2:00	Digital Photo Org.	L*\$	3:00	Yoga—Senior Center	O*\$	3:00	Trad. Hawaiian Applique	2
2/6, 2/13			2/7, 2/28			2/1, 2/8, 2/14, 2/22		
2:00	Beg Bridge	1*\$	3:00	Line Dance Easy New Beg	P*\$	5:30	Yoga Gentle	D*\$
2/6, 2/13, 2/27			2/7, 2/14, 2/21, 2/28			2/1, 2/8, 2/15, 2/22		
3:00	Quilting	2*	3:00	Bridge Intermediate	1*\$	6:00	Art League	P*\$
2/6, 2/13, 2/27			2/7, 2/14			2/1		
3:30	Line Dance Lvl 3	P*\$	4:30	Line Dance Easy New Beg	P*\$	6:30	Beg Bridge	2*\$
2/6, 2/13, 2/27			2/7, 2/14, 2/21, 2/28			2/1, 2/8, 2/15		
4:00	Swing & Waltz Dance	D*\$	5:30	Family Martial Arts	D*\$	7:00	Book Club	1*\$
2/6, 2/13, 2/27			2/7, 2/14, 2/21, 2/28			2/8		
5:00	Merengue & Cha Cha	D*\$	5:45	DSLR Photography	2*	7:00	Line Dance Lvl 1+	D*\$
2/6, 2/13, 2/27			2/7, 2/14, 2/21			2/1, 2/8, 2/15, 2/22		
7:00	Big Band	P	6:30	Sr. Martial Arts	D*\$			
2/27			2/7, 2/14, 2/21, 2/28					
THURSDAY			FRIDAY			SATURDAY		
8:00	Outlook Assembly	1	8:15	Senior Cardiofit	P*\$	9:00	Hoag Presentation	P
2/23			2/3, 2/10, 2/17, 2/24			2/25		
8:30	Table Tennis	G	8:30	Mex-Train Dominos	G	10:00	Family Martial Arts	D*\$
2/2, 2/9, 2/16, 2/23			2/3, 2/10, 2/17, 2/24			2/4, 2/11, 2/18, 2/25		
8:30	Tai Chi	P*\$	9:00	TOPS	1	11:00	Sr. Martial Arts	P*\$
2/2, 2/9, 2/16, 2/23			2/3, 2/10, 2/17, 2/24			2/4, 2/11, 2/18, 2/25		
9:00	HBCOA Gen Mtg	1	9:00	Zumba Gold & Toning	D*\$			
2/2			2/3, 2/10, 2/17, 2/24					
9:00	Gentle Pilates Mat	V*\$	9:30	Circuit Training	P*\$			
2/2, 2/9			2/3, 2/10, 2/17, 2/24					
9:30	Hoag Presentation	1*	10:00	Yoga	D*\$			
2/9, 2/16			2/3, 2/10, 2/17, 2/24					
10:00	Yoga	D*\$	10:30	HandiCrafters	1			
2/2, 2/9			2/3, 2/10, 2/17, 2/24					
10:00	Pilates Chair	V*\$	11:00	MOW Dine-In Lunch	P			
2/3, 2/9			2/3, 2/10, 2/17, 2/24					
10:45	Flex & Stretch	P*\$	11:00	Senior Exercise	P*\$			
2/2, 2/9, 2/16, 2/23			2/3, 2/10, 2/17, 2/24					
12:30	Gin/ Cribbage	G	12:30	Practice Bridge	G			
2/2, 2/9, 2/16, 2/23			2/3, 2/10, 2/17, 2/24					
12:30	Scrabble	G	12:30	Backgammon	G			
2/2, 2/9, 2/16, 2/23			2/3, 2/10, 2/17, 2/24					
12:30	Chess	G	1:30	Line/ Dance Lvl 2-3	P*\$			
2/2, 2/9, 2/16, 2/23			2/3, 2/10, 2/17, 2/24					
1:30	Line Dance Lvl 2	P*\$						
2/2, 2/9, 2/16, 2/23								
2:00	Online Geneology	L*\$						
2/9, 2/16								
2:00	Tech Club	1						
2/9								
3:00	Line Dance Lvl 1	P*\$						
2/2, 2/9, 2/16, 2/23								
3:00	Mem. Care Lecture	1*\$						
2/16								
6:00	Egyptian Belly Dance	D*\$						
2/2, 2/9, 2/16, 2/23								
6:00	Woodcarvers	1						
2/2, 2/9, 2/16, 2/23								
7:00	Beginning Ballroom	D*\$						
2/2, 2/9, 2/16, 2/23								

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
V	Virtual
\$	Participation fee
*	Registration

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