

EVENT SCHEDULE

- Warm Up Stretch
- 1 mile or 5k Walk Starts
- Healthy Snacks and Drinks at the Finish Line

ACTIVITY# 253385

REGISTRATION
OPENS MARCH 1

SPRING RISE & WALK

SATURDAY
MARCH 25

2023

\$5 per person



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.

HB COUNCIL ON AGING EXECUTIVE BOARD

James Pike, President
Carolyn Ross, 1st Vice President
Lindsay DuFresne 2nd Vice President
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Beverly Mast, Administrative Sec.
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CITY COUNCIL LIAISONS

Rhonda Bolton	Natalie Moser
---------------	---------------

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



INFORMATION AND UPDATES

It was the night before Thanksgiving during the first year of the pandemic. I was dropping a turkey dinner off to a senior living in his car at Central Park. He hadn't been homeless long. He had been a caretaker for his parents and became sick with viral pneumonia after they died. During his prolonged illness, a family member sold the home he had shared with them and he found himself homeless. He had a stomach virus and could barely see because of cataracts. I don't think I've ever seen someone more humiliated by his circumstances.

He's not the only homeless senior I've met. There was the 86 year old who lived in her van. In her storage unit she had an original piece of slate chalkboard from the school her father tore down to build what became Dwyer and Smith schools. Her roots in our community were deep! Just like another senior living in his car who had owned two houses in Huntington Beach and Fountain Valley before a series of crises left him without a place to live.

Our emphasis in March will be on raising awareness around seniors experiencing homelessness. Many older adults in this situation find themselves without resources after a conflict with family, a health emergency, or the inability to adapt to a rapidly changing economic environment. These are our neighbors in real trouble.

Core to the HBCOA vision is a city that promotes the dignity of all seniors. This is a growing crisis that will require all of us to work together if we want to see that vision fulfilled.

Your HBCOA President,
James Pike



2023 OUTLOOK RENEWAL ANNOUNCEMENT

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

NAME (S) _____ COMPANY _____
 Last First

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

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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**Butterflies in Your Garden**

March 8 from 9am-10:30am

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. Discover the many types of butterflies, where they live, and examples of native and other nectar flowers that attract them.

**Huntington Beach Reads One Book**

Each year a book is selected for the community to participate in a group reading and exploration of a unique subject. The book this year is titled "Still Side-ways, Riding the Edge Again After Losing My Sight" by Devon Raney. There will be an evening with the author on March 9 from 7pm-9pm at the Central Library Theater. There will be a ticketed event during the day on March 9 from 4pm-6pm at the Central Library. For more information visit hbreads.org or email at info@hbreads.org.

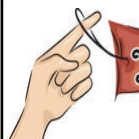
HUNTINGTON BEACH
READS ONE BOOK
READ • THINK • DISCUSS • ACT

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.

**Time Change Reminder**

Spring is just around the corner which means its time to spring ahead and enjoy that extra hour of sunlight in the evening once again. Spring your clocks forward 1 hour on Saturday, March 12 when you go to bed.

**New Sands Accounts**

Have you created your new HB Sands account yet? If you take classes at the Senior Center in Central Park or other recreation centers, or if you participate in HBCOA activities at the center such as the dances, concerts, or walks then you will need to make a new recreation account at www.HBSands.org. If you need assistance creating your account or if you have questions please contact the front desk and they can assist you.

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

Hello from the SCCP Park Team!

I hope you are able to enjoy the nature and good things Spring brings to us. The staff here is constantly working to provide excellent programming and opportunities for HB residents and visitors. None of which we would be able to do without amazing volunteers with such a variety of gifts and talents to share. SCCP has near 400 volunteers every year to help out with everything from grocery shopping through Seniors on the Go Transportation to Friendly Visitors and Care Callers through Care management.

March has a multitude of celebrations and observances, including moving our clocks forward on the 12th (whether we like it or not)! Those with a strong environmental side can welcome the first day of Spring by planting some seeds for a future harvests of home grown melons, squash, and such. March 8th is International Women's Day #IWD2023 #EmbraceEquity. Regardless of what you are celebrating or observing in March I hope you find some curiosity, peace and joy in each day.

I'd like to finish by acknowledging the HBCOA volunteer board members and the various donor groups who make a meaningful impact on the services provided through the Senior Center. We are here, together, to serve the community through excellent programs and services.



Best wishes always,

Michelle Yerke, MSG
Social Services Supervisor

**WHERE IS YOUR OUTLOOK**

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**

Beverly Feiger
Patricia Rooke
Marcial Plehn Mejia

Brian Nofziger
Carl Morabito
John Zimmerman

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

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



3/8

All Quiet on the Western Front tells the gripping story of a young German soldier on the Western Front of World War I. Paul and his comrades experience first-hand how the initial euphoria of war turns into desperation and fear as they fight for their lives, and

each other, in the trenches. The film from director Edward Berger is based on the world renowned bestseller of the same name by Erich Maria Remarque. **148 minutes. Rated R for grisly images, strong bloody war violence.**



3/22

This fresh film finds the intrepid detective Benoit Blanc at a lavish estate on a Greek island, but how and why he comes to be there is only the first of many puzzles. Blanc soon meets a distinctively disparate group of friends gathering at the

invitation of billionaire Miles Bron for their yearly reunion. Among those on the guest list are Miles former business partner Andi Brand, current Connecticut governor Claire Debella, cutting edge scientist Lionel Toussaint, fashion designer and former model Birdie Jay and her conscientious assistant Peg, and influencer Duke Cody and his sidekick girlfriend Whisky. As in all the best murder mysteries, each character harbors their own secrets, lies, and motives. **140 minutes. When someone turns up dead, everyone is a suspect. 139 minutes. Rated PG-13 for some violence, sexual material, drug content, and strong language**

HBCOA Travel & Trips Calendar

*Sign-up for day trips in the Travel & Resource Room
 Monday -Friday between 8AM-:3:30PM. For*



Mystery Tour
W/ Included Lunch & Sweet Treat
Thursday, March 30, 2023

Mystery tours are always a fun adventure as it features new experiences that you have never encountered – most likely, you may not even know of their existence – but you'll assuredly be pleasantly surprised!

Let the guessing begin as three destinations will remain unknown and will only be revealed just prior to our arrivals. As part of this mystery adventure, enjoy an included, delicious mystery lunch with choice of entrée and wine with an included yummy sweet treat to top off the day! *This tour involves moderate walking over uneven terrain.* **Member Price: \$136; Non-Member Price: \$146 #Depart: 8:30 a.m. #Return 5:30 p.m.**



Titanic- The Exhibition
With Original Farmers Market
Thursday, April 6, 2023

Embark on an awe-inspiring journey into history at *Titanic – The Exhibition*, in Beverly Hills for a limited, special engagement after a sold-out run in Macau,

Moscow, Perth and Sydney. *Titanic – The Exhibition* is an interactive and immersive experience that tells the tale of the design, creation, launch, maiden voyage, and tragedy of the largest and most luxurious ship in the world at the time. Step back to 1912 and take on the name of a real *Titanic* passenger when you receive a boarding pass and discover their individual story prior to entering the exhibition, and while onboard, as told through relics of the past. Explore inside vast, jaw-dropping and incredibly detailed recreations of the ill-fated ship's dock, boiler room, Grand Staircase, millionaire's suite and other interior rooms. See hundreds of recovered items that survived the sinking of the *Titanic*, authentic White Star Line objects from her sister ship, as well as props and costumes from James Cameron's 1997 blockbuster film. Take a stroll along a recreated promenade deck under a "starry night sky" while listening to music from the era. Walk above a sea floor complete with sand and broken artifacts to the immersive Discovery Gallery and experience how discovery teams felt upon discovering the sunken remains during dives to *Titanic's* wreck site. And enjoy a unique virtual reality experience providing a new perspective on the ship's downfall. Prior, enjoy time at leisure for browsing and lunch on your own at The Original Farmers Market and The Grove, each offering a variety of restaurants, eateries and shopping opportunities. **Member Price: \$116; Non-Member Price: \$126##**
Depart: 9:30 a.m. #Return: 4:30 p.m.

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March, 31st 2023

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Danny Matheus

Danny@Medicare101.net

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SENIOR CENTER

Experts at Living Well

Spring class registration

Registration begins **Tuesday, March 7th at 8am**. You can register for your favorite classes online or in person at the Senior Center or any other community center in HB. Make sure you have your Sand's account updated before registration day. If you need assistance please contact the Senior Center front desk for help.



Scams and Seniors

The Huntington Beach Police Department is giving the first of its quarterly presentations on scams and seniors at the Huntington Beach Senior Center. This is an updated version of the presentation focusing on phone scams provided last year. **The date is March 17, from 1:30pm to 3pm. No reservations are needed.**



Drum Yourself Healthy

Upcoming class dates:

- Tuesday, March 7
- Tuesday, April 11

Class takes place from 12:30-1:30pm. No pre-registration required. Free! Please call (714)536-5600 for more information.



MemorialCare Orange Coast Lecture:

Managing Back Pain

Thursday, March 16, 2023, 3-4pm

Senior Center in Central Park

RSVP: Visit [memorialcare.org/events/managing-back-pain](https://www.memorialcare.org/events/managing-back-pain) or call 1-800-636-6742

Jason R. Koh, DO, Medical Director of the Spine Health Center at Orange Coast Medical Center, will discuss how to reduce or avoid back pain by maintaining and regaining spine health. You won't want to miss this important discussion! Space is limited and reservations are required.



Rise and Walk

Join us in March for our Spring Rise & Walk, where you will be able to complete either a one mile or three mile loop through Central Park. All ability levels are welcome to participate, so come and walk at your own pace and welcome in the wonderful Spring with good health and friends. Refreshments and snacks will be available in the lounge after the walk. Enroll online at hbsands.org, or stop by our front desk!



Saturday, March 25th

8:00 AM \$5pp

For more inform please call 714 536-5600

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.

Butterflies in Your Garden March 8th 9AM-10:30AM

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 prefer. 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, what they life, and examples of native and other nectar flowers that attract them.



Tomatoes A to Z

April 12th 9AM-10:30AM

Everything you will need to know about the popular art of growing tomatoes. Have a successful and bountiful harvest of this farming favorite.





Hoag Health & Wellness Pavilion
Join The Movement



Water Your Way to Wellness

Water is essential to good health. Water is your body's principal chemical component and makes up about 50% to 70% of your body weight. Your body depends on water to survive. The U.S. National Academies of Sciences, Engineering, and Medicine determined that an adequate daily fluid intake is:

- About 15.5 cups (3.7 liters) of fluids a day for men
- About 11.5 cups (2.7 liters) of fluids a day for women

Your fluid intake is probably adequate if:

- You rarely feel thirsty
- Your urine is colorless or light yellow
- Your doctor or dietitian can help you determine the amount of water that's right for you every day.

To prevent dehydration and make sure your body has the fluids it needs, make water your beverage of choice. It's a good idea to drink a glass of water:

- With each meal and between meals
- Before, during, and after exercise
- If you feel thirsty

Hoag in March

Blood Pressure Screenings

Wednesday, March 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: How to Prevent a Stroke

March 9th @ 9:30am

#153361

Lecture: Osteoporosis Education

March 16th @ 9:30am

#153351



Personal Training

Always In Motion offers the best in personal and small group training at the Senior Center! Say hello to our exceptional team:

Dr. Justin Isaacs, PT

Doctor of Physical Therapy

Certified Exercise Expert for Aging Adults

Board Certified Holistic Nutritionist

Lori Isaacs

B.S. Kinesiology

Certified Personal Trainer x 30 years

Certified Senior Fitness Specialist

Dr. Kelly Isaacs, PT

Doctor of Physical Therapy

Board Certified Geriatric Clinical Specialist

PWR! Moves Certified Therapist

Dr. Mark Sheptock, PT

Doctor of Physical Therapy

Board Certified Orthopedic Clinical Specialist

Certified Senior Fitness Specialist

Dr. Kurt Escobar, PhD

Ph.D. Exercise Science

Certified Strength and Conditioning

Specialist

Certified Sports Nutritionist



Exercise Spotlight **Dumbbell Lateral Raise**

Muscle Group Targeted: shoulders; also known as your lateral deltoid.

How Many Reps to Perform: completing 8-15 reps of this exercise is best.

How Much Weight to Use: select a pair of dumbbells that allows you to complete 8-15 repetitions. For most people this be anywhere from 2lbs-10lbs.

How to Perform the Exercise:

start with the dumbbells at your sides, then slowly lift them laterally until you're making a T shape with your arms and torso. Control the weight on the way back down.



VOLUNTEER NEWS

HandyCrafters: Spring Boutique

Tuesday, March 7th
8am-11:30am
Senior Center
Lobby

Stop by to purchase beautiful handmade gifts for either you or a loved one to enjoy!

Proceeds help support Senior Center activities and Holiday Meals.



Spreading the Love

All of us here at the Senior Center would like to give a special thank you to two lovely groups that helped spread some love last month. Thank you to **Compass Empowerment Society** for creating 185 Valentine's cards that were distributed throughout various programs here at the Senior Center and thank you to the wonderful boys and girls from the **WaveMakers Co-Op** that made 70 Valentine cards and distributed them in person to the guests receiving lunch in the Senior Café! We thank you all for your hard work and kind gesture!

Thank You!



HBCOA OUTLOOK Mailing Needs Your Help!



Thursday, March 23rd
8:00am-10:30am



Coffee and doughnuts are provided, be sure to join us! Not a current volunteer? Get started today by picking up your application from the front desk.

Volunteers Needed!

Current Volunteers Opportunities

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



Upcoming Events

- **3/25/23**—Rise and Walk

Volunteer Appreciation Lunch

Saturday, April 15th
12pm-2pm

By Invitation Only. Watch your mail for your Personal invite. RSVP to Heather Dodd by April 3rd. heather.dodd@surfcity-hb.org or 714-374-1517



We couldn't have picked better volunteers!

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.*



Support Groups

Mental Health support for friends & family of adults struggling with mental illness. Provided by Nami OC. Contact Lynne at 714-299-1405 for details. (once a month, Monday evening)



Care Partners' support provided by Alzheimer's OC, for family & friends of those with dementia. Contact Ellie 714-642-9458 for info. (twice a month, Tuesday evenings)



Bereavement support provided by Memorial Care for those grieving due to the loss of a loved one. Contact Thana Wong, LCSW for details and at 714-378-7146. (twice a month, Thursday evenings)



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 (while supplies last) 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.



Professional & Paraprofessional Services

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

Legal Consults: offered by Elder Law & Disability Rights Center or Comm. Legal Aid So Cal

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

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

Notary Volunteer: provides up to 2 documents per visit

Nutritionist: individualized assessment and plan by Masters level volunteer



Shared Housing – Seeking home providers

Shared Housing is designed to be a mutually beneficial arrangement between two or more people. Benefits can include reduced financial stress, increased socialization, 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.



Thank You Philanthropic Supporters!

Care Management & Home Delivered Meals focuses on serving older adults who lack a strong support system and have unmet needs. Clients in need of support, receive services made possible by the generous donations and work of the following:

- HBCOA
- Volunteers
- Orange Coast Memorial
- DreamCatchers of the Assistance League of HB
- Huntington Beach Hospital
- Sts. Simon & Jude
- Soroptimists International HB
- Church of Jesus Christ of Latter-Day Saints
- St. Peters by the Sea
- Winter Wishes donors



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.

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.



One Last Goodbye

Brian Nofziger was a dedicated volunteer driver for Surf City Seniors on the Go for 13 years. He provided countless passengers with rides about town. During his volunteer time He drove 44,994 miles Volunteered: 479 hours and Transported 8,309 passengers and helped raise 7579.84 in donations to continue the services for other seniors. Brian will forever be in our hearts and has left us with everlasting memories.



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.

Citas 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.*



Look who stopped by. Long time passenger Loyce Palmer dropped by the transportation office to say hi to the dispatcher she talks to all the time.

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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REGULAR - 11:00 AM. 6 ON - 15 UP (Plus 2 Strips, 2 tabs)
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Senior Cafe March Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00 Meatless Meal ✓		Split Pea Soup w/ SF Crackers 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
6	7	8	9	10
Garden Burger Shredded Lettuce, Tomato & Onion WW Hamburger Bun Mayonnaise, Mustard & Ketchup Fiesta Corn & Bell Pepper Salad Tropical Fruit Mix		<u>National Nutrition Month Celebration</u> Baked Salmon w/ Mango Salsa Rice Pilaf Oriental Veg. Blend BYO: Yogurt Parfait (Low-fat Yogurt w/ Mixed Fruit & Honey Graham Crackers)		Barbacoa Beef Black Bean & Corn Salad Mexican Rice Tortilla SF Fruited Gelatin
13	14	15	16	17
Vegetarian Lasagna Succotash Carrots SF Crackers Ambrosia		Breaded Fish Tacos Cilantro Lime Coleslaw Black Beans & Lentil Salad Tortilla (2) Pico de Gallo SF Custard		<u>St Patrick's Day</u> Corned Beef & Cabbage Whole Baby Potatoes Carrots WW Dinner Roll w/ Promise SF Pistachio Pudding
20	21	22	23	24
Baked Meatloaf Savory Tomato Sauce Mashed Potatoes Capri Veg. Blend WW Dinner Roll w/ Promise SF Apple Crisp		Beef Stew Stew Veg. Sauce Baby Whole Potatoes WW Dinner Roll w/ Promise Tropical Fruit Mix		Chicken Meatballs Sweet & Sour Sauce Jasmine Rice Carrots SF Cookie Orange Pineapple Juice
27	28	29	30	31
Cream of Butternut Squash w/ SF Crackers Pecan Chicken Salad Barley & Black Bean Salad Mandarin Orange		Chicken Breast Sweet Citrus Glazed Jasmine Rice Winter Veg. Blend WW Dinner Roll w/ Promise SF Cookie		Turkey Pot Roast Turkey Gravy Polenta w/ Parmesan Cheese Carrots SF Crackers Tropical Fruit Mix

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*
3/6, 3/13, 3/27			3/7, 3/14, 3/28			3/1, 3/8, 3/15, 3/22, 3/29		
8:30	Table Tennis	G	8:15	Sr. Cardiofit	P*\$	8:30	Wednesday Walkers	O
3/6, 3/13, 3/20, 3/27			3/7, 3/14, 3/28			3/1, 3/8, 3/15, 3/22, 3/29*		
9:00	Hula Basics 1	P*\$	8:30	Wards Duplicate Bridge	G	9:00	HB Fish & Rec Club	1
3/6, 3/13			3/7, 3/14, 3/21, 3/28			3/1, 3/15		
9:30	Guava Groove Ukulele	1*\$	9:00	Pilates Chair	D*\$	9:00	Zumba Gold Fitness	D*\$
3/6, 3/13, 3/27			3/7, 3/14, 3/28			3/1, 3/8, 3/15		
10:00	Chair Yoga	D*\$	9:30	Flex & Stretch	P*\$	9:00	Surf City Gardner's	1
3/6, 3/13			3/7, 3/14, 3/28			3/8		
10:30	Hula Basics 2	P*\$	10:00	Basic Art Techniques	2*\$	10:00	Young At Heart Singers	P
3/9, 3/13			3/7, 3/14, 3/28			3/1, 3/8, 3/15, 3/22, 3/29		
10:45	Guava Groove Ukulele Adv.	1*\$	10:30	Yoga	D*\$	10:30	Cardkateers	2*\$
3/9, 3/13, 3/27			3/7, 3/14, 3/28			3/1, 3/15		
11:00	MOW Dine-in Lunch	P	12:30	Scrabble	G	11:00	MOW Dine-in Lunch	P
3/9, 3/13, 3/20, 3/27			3/7, 3/14, 3/21, 3/28			3/1, 3/8, 3/15, 3/22, 3/29		
11:30	Balance & Stability	D*\$	12:30	Chess	G	1:00	Easy Watercolor	2*\$
3/9, 3/13			3/7, 3/14, 3/21, 3/28			3/1, 3/8, 3/15, 3/29		
12:00	Guava Groove Ukulele Inter	1*\$	12:30	Drum Yourself Healthy	P	1:00	Movies	P
3/9, 3/13, 3/27			3/9			3/8, 3/22		
12:30	HB Party Bridge	G	1:00	Lets Write Poetry	1*\$	3:00	Trad. Hawaiian Applique	2*\$
3/9, 3/13, 3/20, 3/27			3/7, 3/28			3/1, 3/8, 3/15		
12:30	Chess	G	1:30	Shanti Class	1*	5:30	Yoga Gentle	D*\$
3/9, 3/13, 3/20, 3/27			3/7, 3/14, 3/21, 3/28			3/1, 3/8, 3/15, 3/29		
12:30	Mah Jong	G	3:00	Yoga—Senior Center	O*\$	5:30	FireMed	G*\$
3/9, 3/13, 3/20, 3/27			3/7, 3/14			3/8		
2:00	Line Dance Lvl 1	P*\$	3:00	Line Dance Easy New Beg	P*\$	6:00	Art League	P*\$
3/9, 3/13, 3/257			3/7, 3/14, 3/28			3/1		
2:00	Essential Google	L*\$	3:00	Bridge Intermediate	1*\$	6:30	Beg Bridge	2*\$
3/6, 3/13			3/7, 3/14, 3/28			3/1, 3/8, 3/15, 3/29		
2:00	Beg Bridge	1*\$	4:30	Line Dance Easy New Beg	P*\$	7:00	Book Club	1*\$
3/6, 3/13, 3/27			3/7, 3/14, 3/28			3/8		
3:00	Quilting	2*	5:30	Family Martial Arts	D*\$	7:00	Line Dance Lvl 1+	D*\$
3/6, 3/13			3/7, 3/14, 3/28			3/1, 3/8, 3/15, 3/29		
3:30	Line Dance Lvl 3	P*\$	6:30	Sr. Martial Arts	D*\$			
3/6, 3/13, 3/27			3/7, 3/14, 3/28					
4:00	Swing & Waltz Dance	D*\$						
3/6, 3/13, 3/27								
5:00	Merengue & Cha Cha	D*\$						
3/6, 3/13, 3/27								
6:30	Tai Chi Chuan	D*\$						
3/27								
7:00	Big Band	P						
3/27								
THURSDAY			FRIDAY			SATURDAY		
8:00	Outlook Assembly	1	8:15	Senior Cardiofit	P*\$	9:30	FireMed	G*\$
3/23			3/3, 3/10, 3/17, 3/31			3/18		
8:30	Table Tennis	G	8:30	Mex-Train Dominos	G	10:00	Family Martial Arts	D*\$
3/2, 3/9, 3/16, 3/23, 3/30			3/3, 3/10, 3/17, 3/24, 3/31			3/4, 3/11, 3/18		
8:30	Tai Chi	P*\$	9:00	TOPS	1	11:00	Sr. Martial Arts	P*\$
3/2, 3/9, 3/16, 3/30			3/3, 3/10, 3/17, 3/24, 3/31			3/4, 3/11, 3/18		
9:00	HBCOA Gen Mtg	1	9:00	Zumba Gold & Toning	D*\$			
3/2			3/3, 3/10, 3/17, 3/31					
9:30	Hoag Presentation	1*	9:00	Circuit Training	P*\$			
3/9, 3/16			3/3, 3/10, 3/17, 3/31					
10:00	Yoga	D*\$	10:00	Yoga	D*\$			
3/2, 3/9, 3/16			3/3, 3/10, 3/17, 3/31					
10:45	Flex & Stretch	P*\$	10:30	HandiCrafters	1			
3/2, 3/9, 3/16, 3/30			3/3, 3/10, 3/17, 3/24, 3/31					
12:30	Gin/ Cribbage	G	11:00	MOW Dine-In Lunch	P			
3/2, 3/9, 3/16, 3/23, 3/30			3/3, 3/10, 3/17, 3/24, 3/31					
12:30	Scrabble G	G	11:00	Senior Fitness	P*\$			
3/2, 3/9, 3/16, 3/23, 3/30			3/3, 3/10					
12:30	Chess	G	12:30	Practice Bridge	G			
3/2, 3/9, 3/16, 3/23, 3/30			3/3, 3/10, 3/17, 3/24, 3/31					
1:30	Line Dance Lvl 2	P*\$	12:30	Backgammon	G			
3/2, 3/9, 3/16, 3/30			3/3, 3/10, 3/17, 3/24, 3/31					
2:00	Tech Club	1	1:30	Line/ Dance Lvl 2-3	P*\$			
3/9			3/3, 3/10, 3/17					
3:00	Line Dance Lvl 1	P*\$						
3/2, 3/9, 3/16, 3/30								
3:00	Mem. Care Lecture	1*\$						
3/16								
5:00	Social Security Pres.	P						
3/2, 3/9								
6:00	Egyptian Belly Dance	D*\$						
3/2, 3/9, 3/16, 3/30								
6:00	Woodcarvers	1						
3/2, 3/9, 3/16, 3/23, 3/30								
7:00	Egyptian Belly Dancing	D*\$						
3/2, 3/9, 3/16, 3/30								

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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