

Volunteer Appreciation Month

We couldn't have picked better volunteers!



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 John Villa, CFO Phil Burtis, Treasurer Beverly Mast, Administrative Sec. Ed Pinchiff, Asst. Administrative Sec. Teri Simonis, Recording Secretary Ellen HopeKearns, Immediate Past Pres.

H B C O AB O A R DM E M B E R SBob AllenBeth HambeltonPatti CodyJose JuarezMary DeGuellePhil SmithBeverly Fleming

CITY COUNCIL LIAISONS

Rhonda Bolton

Natalie Moser

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

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HBCOA

INFORMATION AND UPDATES

If you follow the local news, you'll know the city recently launched the Mobile Home Tenant Based Rental Assistance Program. As some seniors in our community see their space rents increase, there is a growing concern about the long-term sustainability of mobile homes as financially viable housing for seniors on fixed incomes.

When the application period for the city's program closed, interest surpassed availability by almost five times. The need is obviously greater than the resources available for aid. At our April meeting, the HBCOA board will consider if there are areas where we can provide additional support. For example, some seniors may need help making their mobile homes safe enough to receive funds. Others may have nearly qualified but didn't (e.g. people still needing help, even though they were disqualified for some small reason). Or, there may be qualified individuals who simply didn't win the lottery for relief but still have all the right qualifications. Whatever the reason, we are expecting to have a sizeable number of mobile home residents who are seniors needing additional resources that we hope we can make a contribution to.

Being creative about the needs of our community is an important way the HBCOA can give back to Huntington Beach. After our March meeting, where we heard the stories of seniors who are homeless in our city, several board members began to develop materials that can be shared as potential resources to consider before a person falls into homelessness. Like every other malady, prevention is the best cure.

We're the ones who can make a difference thank you for contributing to the HBCOA and being part of the solution!

Your HBCOA President, James Pike

	2023 OUTLOOK RENEWAL ANNOUNCEMENT
	Date/ 2023 New2023 Renewal
1	Levels of support: Bronze-Evergreen members are recognized in the <i>Outlook</i> as sponsors,
	and at <u>www.hbcoa.org.</u>
	\$15 per person <i>sponsors:</i> \$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.
	<u>I</u> 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 <i>HBCOA Tax ID# 51-0179431</i>
	or go to hbcoa.org. Renewal valid until 12/31/2023



OUTLOOK on Active Aging

Community Resources and Activities Adult Protective Services (APS) Veterans Resource Center **800-451-5155** addresses *abuse and neglect of* The Central Library Veteran's Resource Center recentral 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 : HBPL Vet Center @mail.com 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** HBPLVet Center@gmail.com 714-593-9630 Alzheimer's and dementia care and support www.afscenter.org Aging and Disability Resource Center Mind Booster Series. **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,* loss. and report healthcare fraud The Mind Booster Series includes: www.cahealthadvocates.org • **Caregiver Resource Center** skills **800-543-8312** *Caregiver support, respite care,* • and education www.caregiveroc.org • **Connect America** • healthy brain aging 1-800-949-2434 Personal response systems; • discount for HB residents www.connectamericawest.com HICAP 714-560-0424 *Health Insurance Counseling &* of each expert. Advocacy for those with medicare www.coasc.org **2110C** www.211oc.org To register, call (714) 593-9630. **OCTA Access** The registration deadline is March 31. 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. book and enjoy an afternoon getting lost in Social Security Administration **800-772-1213** *17075 Newhope STE B*, *Fountain* made to the HB Central Library. 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 dance at the Senior Center in Central Park Parkview Room. Free to attend on the 4th Monday night of each month.

the library

Concerned about memory loss? Plan to attend AFC's

Alzheimer's Family Center's four-session Mind Booster series will activate your mind and unravel the mysteries of healthy brain aging. Mind Booster's research-based classes take a proactive approach to understanding the causes and risk factors of memory

- Step-by-step methods for maintaining cognitive
- Tricks and tips for improving your memory
- How to feed your brain with the right diet
- The role of exercise and stress management in
- Legal issues and planning for the future

This interactive series is taught by a prestigious group of experts and memory care professionals. The cost for the series is \$25 and includes hand-outs to take away from each session and the opportunity to ask questions

The sessions will be held on Wednesdays, April 5, April 12, April 19 and April 26 from 2 - 4 pm at the Senior Center in Central Park.



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

literature in the lounge or in front of the crackling fireplace. Book donations can be



Big Band Swing Dance Night Monday, April 24 at 7:30pm Come enjoy the big band and swing

COMM. LIB. SERVICES 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

E D I T O R Heather.Dodd@surfcity-hb.org

S P O N S O R S H I P Michael.Gonzales@surfcity-hb.org

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SENIOR CENTER MESSAGE

Spring Greetings!

Did you know that April 16th-22nd is National Volunteer Week? We will be celebrating our volunteers that week. Please take time to say "hi" and "thank you" to our amazing volunteers throughout the Senior Center. The Senior Center has a robust volunteer program and we are always looking for more people willing to share their time and talents with our older adult population.

Spring is here! Next time you are at the Center, take a look around Central Park. From the beautiful trees and plants blooming, to our wide variety of animals that call the park "home", there is something to spark inspiration in every nature-lover.

As always, the Senior Center has a robust lineup of activities. Our next dance, All That Glitters—A Gatsby Ball, will be held on Saturday, May 13th, from 6-9pm. Dress in your sparkles and prepare for a great night!

Finally, we have our Drum Yourself Healthy class meeting on April 18th. Please mark your calendars as this is a different week than usual. The Drum Circle is a free event from 12:30-1:30pm. Come join us!

Thank you for all of your continued support and friendship. Huntington Beach is truly a great place to age!



Holland Gannon Recreation Supervisor

Sandie Barilla and Frank Domenick took their Outlook to Deer Flats National Refuge at Lake Lowell in Nampa Idaho on a rafting adventure. 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

WHERE IS YOUR OUTLOOK

next? Send your submissions to *heather.dodd@surfcity-hb.org*



<u>Senior Services Remembers</u> Amador Cerda Jim Morgan

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

MOVIES & TRIPS

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



A Man Called Otto Based on the comical and moving New York Times bestseller, A Man Called Otto tells the story of Otto Anderson (Tom Hanks), a grumpy widower whose only joy comes from criticizing and judging his exasperated neighbors. When a lively young family moves in next door, he meets his match in quick-

witted and very pregnant Marisol, leading to an unexpected friendship that will turn his world upsidedown. *126 minutes. Rated PG-13 for mature thematic material, language, and suicide attempts.*



4/26 American Underdog American Underdog tells the inspirational

true story of Kurt Warner (Zachry Levi), who went from a stock boy at a grocery store to a two-time NFL MVP, Super Bowl champion, and a Hall of Fame quarterback. The film centers on Warner's unique story and years of challenges and

setbacks that could have derailed his aspirations to become an NFL player– but just when his dreams seemed all but out of reach, it is only with the support of his wife, Brenda (Anna Paquin) and the encouragement of his family, coaches, and teammates that Werner perseveres and finds the strength to show the world the champion that he already is. American Underdog is an uplifting story that demonstrates that anything is possible when you have faith, family, and determination. *112 minutes. Rated PG for thematic elements and some language*

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

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



Titanic- The Exhibition With Original Farmers Market Thursday, April 6, 2023 Embark on an awe-inspiring journey into history at *Titanic - The*

Exhibition. 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. 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 The Original Farmers Market and The Grove, Member Price: \$116; Non-Member Price: \$126 Depart 9:30 a.m. Return 4:30 p.m



L.A.'s Roaring '20s Downtown Tour with L.A. Guide Curt With Included Lunch at The Biltmore Hotel Thursday, April 20, 2023

Take a leap back in time to re-live the golden era of the 1920s in Los Angeles –

an exciting time of grand hotels, jazz music, speakeasies, high fashion, fame and fortune! Today we are joined by professional L.A. guide, Curt. We'll get a glimpse into the history and panache of this era while visiting a number of iconic sites in and around downtown L.A. In Echo Park, we'll learn the

unbelievable story of one of the most famous and influential people of the 1920s while touring the Foursquare Heritage

Center featuring the restored home of the evangelist, Aimee Semple McPherson. We'll also visit the historic Angelus

Temple, the colossal house of worship crowned with a silverpainted dome that opened in 1923 under McPherson's

leadership. A guided walking tour inside L.A. Central Library will showcase the Egyptian, Byzantine and Spanish designs. A driving tour through downtown's historic bank district will showcase what was considered the "Wall Street of the West" in the 1920s. We'll enjoy an included lunch with choice of entrée at The Biltmore Hotel along with a guided walking tour of this

famous hotel also, enjoy a delicious, sweet treat at Philippe's. We'll "top off" the day with a visit to L.A.'s iconic City Hall which was completed in 1928 and features an observation deck with breathtaking 360-degree views on the 27th floor. *This tour involves moderate walking.* Member Price: \$156; Non-Member Price: \$166 Depart 9:00 a.m. Return 4:00 p.m.

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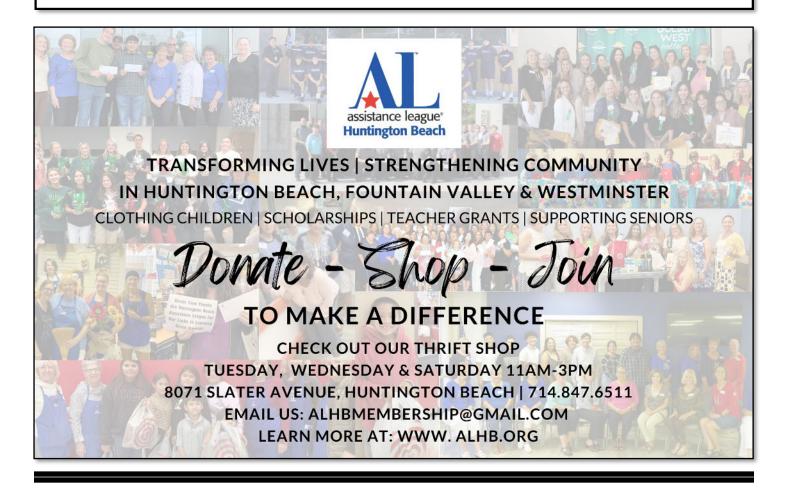
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OUTLOOK on Active Aging



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Learn more about our services. memorialcare.org/OrangeCoast





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OUTLOOK on Active Aging

SENIOR CENTER

Experts at Living Well

All That Glitters—A Gatsby Ball

Please join us on Saturday, May 13th, from 6-9pm as the HBCOA presents: All That Glitters—A Gatsby Ball. Tickets go on sale Monday, April 10th at 8am. Max 4 tickets per household. <u>Must present HBCOA</u> <u>Member card to receive the member discount</u>. Available for purchase at the Senior Center.



Book a Librarian! Introducing the easy-to-use Palace eBook App Senior Center in Central Park | May 4, 1-4 PM

Curious about eBooks and electronic audiobooks? The Huntington Beach Public Library (HBPL) is excited to announce the **Palace Project App** to its collection of digital resources. The Palace Project App allows HBPL cardholders to browse *both* the electronic media collections of *both* HBPL and the California State Library. This app features a much simpler user interface that is perfect for readers unfamiliar with borrowing and using electronic media. On Thursday, May 4, from 1:00 to 4:00 P.M, open office hours will be held in room EMG 2 of the Senior Center in Central Park. Members of the community will be able to schedule a 15-minute appointment where a librarian or computer coach will answer your questions about the Palace Project app, download the app to your phone or tablet, and help you check out your first eBook or audiobook. Participants should bring their Android/Apple devices to the appointment. Unfortunately, the Palace Project does not work with any model of Amazon Kindle. To book your appointment, please contact the Senior Center in Central Park @ 714-536-5600, or visit the Center's front desk. For more information about the event, please email Technical Services Librarian, Nicholas Auricchio,

nicholas.auricchio@surfcityhb.org.



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.

Tomatoes A to Z April 12th from 9AM-10:30AM Everything you will need to know about the popular art of growing tomatoes.



Drum Yourself Healthy

Upcoming class dates: Tuesday, April 18

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



New Staff

Please help us welcome Brooke McLaughlin and

Merry Herrington to our Senior Center staff! Brooke and Mary will be working at the front desk. Please stop by and say "hi!". Welcome, Brooke and Mary!



Movies in April

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

Wednesday, April 12th A Man Called Otto

Wednesday, April 26th American Underdog





Hoag Health & Wellness Pavilion Join The Movement



Exercise Spotlight

DB Tricep Overhead Extension

Muscle Group Targeted: The overhead triceps extension is a great exercise to work the triceps. Which are the muscles on the back of the upper arm.

How Many Reps to Perform: For strength and endurance, aim for 8 to 12 reps. If you're going for size, use a heavier weight for 4 to 5 reps.

How Much Weight to Use: Select a pair of dumbbells that allows you to complete 8-12 repetitions. For most people this can be anywhere from 2 lbs—10 lbs.

How to Perform the Exercise: Can be done sitting or standing. Hold the

weight overhead by grasping the inside dumbbell plate surface with both hands. Slowly bend your elbows and lower the weight behind your head as far as you can. Then bring the dumbbell right back up.



Hoag in April

Blood Pressure Screenings

Wednesday, April 5th 9:00am - 11:00am Walk-ins Only. No Appointment Required.

Memory Screenings

Wednesday, April 19th Memory Screenings are \$45 Appointment Required Call 949-764-6288

> Lecture Medicare Basics April 6th @ 9:30am



Lecture Clean Me Up My House is Toxic! April 13th @ 9:30am



Egg-cellent Way to be Healthy

Whole eggs are among the most nutritious foods on the planet, containing a little bit of almost every nutrient you need. Omega-3 enriched and/ or pastured eggs specifically contain more of certain nutrients. Eggs are high in quality animal protein and contain all of he essential amino acids that humans need.

An average serving of 2 eggs contains:

- 82% of your daily vitamin D requirements
- 50% of your daily folate requirements
- 25% of your daily riboflavin (Vitamin B2) requirements
- 40% of your daily selenium requirements

Eggs also contain useful amounts of vitamins A, E, B5, B12, as well as iron, iodine and

phosphorus, which are all vital nutrients in supporting a healthy, balanced diet.



<u>Meet the</u> <u>Staff</u>

Tessa Broder

I am a Huntington Beach local, born and raised! I attended Cal



State Fullerton and Stanbridge University obtaining degrees in psychology and occupational sciences. I love to cook healthy foods, walk my dog, play beach volleyball, and run to stay active! I'm excited to be part of the Health and Wellness team because I love being in an upbeat, happy, & health conscious environment!



OUTLOOK on Active Aging

VOLUNTEER NEWS

Volunteer Appreciation Event

We couldn't have picked better volunteers and we are excited to celebrate you and all you do! This years Volunteer Appreciation Event will be on Saturday, April 15th from 12pm-2pm and all qualifying volunteers will be invited to attend. We will have entertainment, food, and an overall good time! Volunteers qualify by the number of hours they served in 2022. *If you received an invitation and are able to attend, please make sure to RSVP to Heather Dodd at heather.dodd@surfcity-hb.org or 714-374-1517 by Monday, April 3rd.*

We hope to see you all there!



Thank You HBCOA Board of Directors and Volunteers HBC

The Huntington Beach Council on Aging (HBCOA) has many dedicated volunteers who work countless hours to support and enhance the lives of all HB seniors. Their efforts help fund Senior Center programs,



activities, and events for all to enjoy. We want to take this special opportunity to thank the HBCOA for their continued support. We couldn't do it without you! **THANK YOU!**

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—All That Glitters, A Gatsby Ball

HBCOA OUTLOOK Mailing Needs Your

Help! Thursday, April 27th

8:00am-10:30am



Be sure to join us, coffee & doughnuts provided. <u>Not a current volunteer</u>? Get started today by picking up your application from the front desk!

Contact the Volunteer Team

Proud to be a 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.

Supporting Optimal Aging Within the Community Through partnerships and support from philanthropic entities, Care Management focuses on serving those who lack adequate support and have unmet needs in the areas of socialization, mobility, nutrition, and access to services.

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.

Shared Housing – Have an extra room? Get extra income or help! 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.

HB residents who are 60

Legal Consults: offered

Community Legal Aid So

HICAP: free, unbiased

Medicare counseling by

trained Council on Aging

Rights Center or

So Cal volunteers

Cal

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)

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)

Bereavement support provided by Memorial Care for those grieving MemorialCare, loved one. Contact Thana Wong, LCSW for details 714-378-7146. (twice a month)





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







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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.



Grocery Shopping Groups

A healthy diet and good nutrition go a long way to having a healthy life. If you don't drive, then getting grocery's can be a challenge. Transportation has shopping groups where you can be transported to the store for your routine shopping. Call the dispatch line to learn more about joining your local shopping group.



Congratulations

Brandi, the Transportation Coord. received the Mayors Award of Excellence for her contribution to the senior transportation needs of the city. Ensuring older adult residents have a reliable transportation option. Thank you for all that you do for the community.



Servicios de Transporte (714) 374-1742 Servicios Para personas mayores provee transportacion cada dia de la semana, de las 8:30 de la maňana hasta las 4:30 de la tarde, para residentes de la ciudad de Huntington Beach que tienen 60 o mas aňos. 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 cuidad 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 acompaňante voluntario esta disponible para dar asistencia adicional con sitas y mandados. Cuando reserva su sitio, digale a la administracion que Usted necesita un acompaňante.

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 maňana y las 3:00 de la tarde para reservar su transportacion. Clientes nuevos pueden registrarse por telefono. No hay costo para ancianos para transportacion, pero se aprecia donaciones para soportar este programa.*Servicios de transportacion son*

possibles con la ayuda de una donacion de Hoag Hospital.



Thank you to all of our Surf City Seniors On the Go transportation drivers. You make the service possible and we appreciate all that you do.



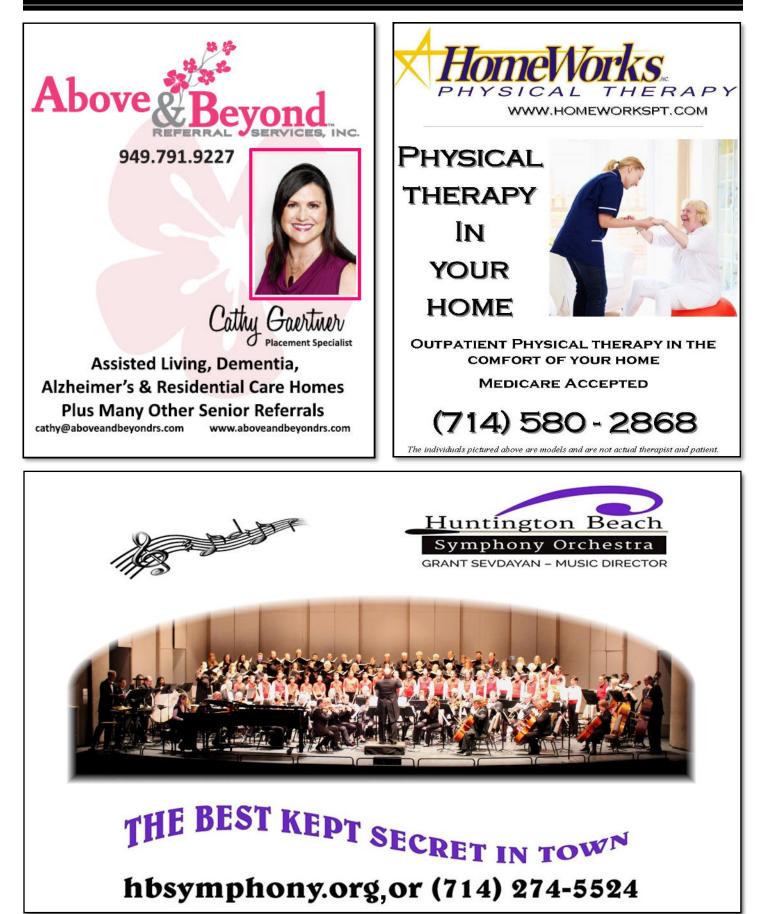
After-Hours Transportation

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 <u>www.octa.net</u>



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OUTLOOK on Active Aging



Get local help with your Medicare questions.

I'm a licensed sales broker, specializing in Medicare. Take advantage of my knowledge and experience to:

- Take the confusion out of Medicare
- Receive one-on-one services
- Get help reviewing plans
- 🧭 Make enrolling in a plan easier

All at no cost to you!

I look forward to helping you start exploring your Medicare plan options, so you can enroll in a plan with confidence.



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By calling the number above, you will be directed to licensed insurance agent. 56966_071122_MK

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Community Lunch Menu

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Senior Cafe April Menu *First come, first served. Drop-in's welcome*

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Vietnamese Chicken Strips w/Lemongrass Sauce Brown Rice Japanese's Vegetables Blend Mandarin Orange		Turkey Shepherd's Pie Peas and Carrots Zucchini Medley WW Dinner Roll w/ Promise SF Custard		**Good Friday** Cheese Tortellini w/ Marinara Sauce Broccoli Capri Vegetable Blend WW Dinner Roll w/Promise Parmesan Cheese SF Fruited Gelatin
10	11	12	13	14
Baked Tilapia w/ Savory Tomato Braised Baby Baker Potatoes California Veg Blend WW Dinner Roll w/ Promise Canned Peaches		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
17	18	19	20	21
Garden Burger Shredded Lettuce, Tomato & Onion WW Hamburger Bun Mayonnaise, Mustard & Ketchup Fiesta Corn & Bell Pepper Salad Tropical Fruit Mix		Spinach Mushroom Quiche Sweet Potatoes Winter Vegetable Blend Blueberry Muffin w/ Promise Canned Pears		**Spring Celebration** Baked Ham w/ Fruit Glaze Yams w/ Marshmallows Chef Cut Vegetables WW Dinner Roll w/ Promise Spring Dessert
24	25	26	27	28
Vegetarian Lasagna Succotash Carrots Crackers Ambrosia		Breaded Fish Tacos Cilantro Lime Coleslaw Black Beans & Lentil Salad Tortilla Pico de Gallo SF Custard		Black Bean Soup w/SF Crackers Cobb Salad (Diced Chicken, Egg, Shredded Lettuce & Swiss Cheese, Bell Pepper, Carrots, & Cucumbers Homemade Ranch Dressing) Lemony Lentil Salad Mandarin Orange
				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. event or Holiday and the menu MAY exceed 1,000 mg. Low Cholester, 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

APRIL CLASS SCHEDULE

OUTLOOK on Active Aging

MONDAY

8:30 Better life Boxing	D*\$
4/3, 4/10, 4/17, 4/24 8:30 Table Tennis	G
4/3, 4/10, 4/17, 4/24 9:00 Hawaiian Hula Basics	P*\$
4/3, 4/10, 4/17, 4/24 9:30 Guava Groove Ukulele	1*\$
4/3, 4/10, 4/17, 4/24 10:00 Chair Yoga	D*\$
4/3, 4/10, 4/17, 4/24 10:30 Hawaiian Hula I/Adv	P*\$
4/3, 4/10, 4/17, 4/24 10:45 Guava Groove Ukulele Adv.	1*\$
4/3, 4/10, 4/17, 4/24 11:00 MOW Dine-in Lunch	P
4/3, 4/10, 4/17, 4/24 12:00 Guava Groove Ukulele Inter	1*\$
4/3, 4/10, 4/17, 4/24	G I G
12:30 HB Party Bridge 4/3, 4/10, 4/17, 4/24	G
12:30 Chess 4/3, 4/10, 4/17, 4/24	-
12:30 Mah Jong 4/3, 4/10, 4/17, 4/24 2:00 Line Dance Lvl 1	G
2:00 Line Dance Lvl 1 4/3, 4/10, 4/24	P*\$
2:00 Digital Photo Org 4/3, 4/10, 4/17, 4/24	L*\$
2:00 Beg Bridge 4/3, 4/10, 4/17, 4/24	1*\$
3.30 Line Dance Lyl 3	P*\$
4/3, 4/10, 4/17, 4/24 4:00 Swing & Waltz Dance	D*\$
4/3, 4/10, 4/17, 4/24 5:00 Merengue & Cha Cha 4/3, 4/10, 4/17, 4/24	D*\$
6:00 NAMI	1*
4/24 6:30 Tai Chi Chuan	D*\$
4/3, 4/10, 4/17, 4/24 7:00 Big Band	Р
4/24	

THURSDAY 4/27 **Table Tennis** 4/6, 4/13, 4/20, 4/27 8:30 Tai Chi

1

G

. ...

8:00

8:30

8:30 Tai Chi	P*S
4/6, 4/13, 4/20, 4/27	1.0
9:00 HBCOA Gen Mtg	1
4/6 9:30 Hoag Presentation 4/6, 4/13, 4/20	1*
10:00 Yoga	D*\$
4/6, 4/13, 4/20, 4/27 10:45 Flex & Stretch	P*\$
4/6, 4/13, 4/20 12:30 Gin/ Cribbage	G
4/6, 4/13, 4/20, 4/27 [–] 12:30 Scrabble	G
4/6, 4/13, 4/20, 4/27 12:30 Chess	G
4/6, 4/13, 4/20, 4/27 1:30 Line Dance Lyl 2	P*\$
4/6, 4/13, 4/20, 4/27 2:00 Digital Photo Organize	L*\$
4/13, 4/20	ĽΦ
2:00 Tech Club $\frac{4}{13}$	1
3:00 Line Dance Lvl 1	P*\$
4/6, 4/13, 4/27 3:00 Mem. Care Lecture	1*\$
4/20 6:00 Egyptian Belly Dance	D*\$
4/6, 4/13, 4/20, 4/27 6:00 Woodcarvers	1
4/6, 4/13, 4/20, 4/27 7:00 Egyptian Belly Dancing 4/6, 4/13, 4/20, 4/27	D*\$
4/0, 4/13, 4/20, 4/27	

TUESDAY	
8:00 Pilates Mat	D*\$
4/4, 4/11,, 4/18, 4/25 8:30 Wards Duplicate Bridge 4/4, 4/11, 4/18, 4/25	G
9:00 Pilates Chair	D*\$
4/4, 4/11, 4/18, 4/25 9:00 Senior Cariofit	P*\$
4/4, 4/11, 4/18 9:30 Flex & Stretch	P*\$
4/4, 4/11, 4/18 10:00 Basic Art Techniques	2*\$
4/4, 4/11, 4/18, 4/25 10:30 Yoga	D*\$
4/4, 4/11, 4/18, 4/25 12:30 Scrabble	G
4/4, 4/11, 4/18, 4/25 12:30 Chess	G
4/4, 4/11, 4/18, 4/25 12:30 Drum Yourself Healthy	Р
4/18 1:00 Lets Write Poetry	1*\$
4/4, 4/11, 4/18, 4/25 1:30 Shanti	2
4/4, 4/11, 4/18, 4/25 2:00 Intro to Genealogy	L*\$
4/4, 4/11 2:00 Streaming Smart TV/Cut Cable	L*\$
4/17 2:00 Your Music & Technology	L*\$
4/25 3:00 Yoga—Senior Center	O* \$
4/4, 4/11, 4/18, 4/258 3:00 Line Dance Easy New Beg	P*\$
4/4, 4/11, 4/18, 4/25 3:00 Bridge Intermediate	1*\$
4/4, 4/11, 4/18, 4/25 4:30 Line Dance Easy New Beg	P*\$
4/4, 4/11, 4/18, 4/25 5:30 Family Martial Arts	D*\$
4/47, 4/11, 4/18, 4/25 6:30 Sr. Martial Arts 4/4, 4/11, 4/18, 4/25	D*\$
1, 11, 11, 10, 12 <i>J</i>	

FRIDAY

8:30 Mex-Train Dominos	G
4/7, 4/14, 4/21, 4/28	
9:00 HICAP	S*
4/7, 4/14, 4/21, 4/28	
9:00 Senior Cardiofit	P*\$
4/7, 4/14, 4/21	
9:00 TOPS	1
4/7, 4/14, 4/21, 4/28	
9:00 Zumba Gold & Toning	D*\$
4/7, 4/14, 4/21, 4/28	
9:30 Circuit Training	P*\$
4/7, 4/14	
10:00 Yoga	D*\$
4/14, 4/21, 4/28	
10:30 HandiCrafters	1
4/7, 4/14, 4/21, 4/28	
11:00 MOW Dine-In Lunch	Р
4/7, 4/14, 4/21, 4/28	
12:30 Practice Bridge	G
4/7, 4/14, 4/21, 4/28	
12:30 Backgammon	G
4/7,4/14, 4/21, 4/28	
1:30 Line/ Dance Lvl 2-3	P*\$
4/14, 4/21, 4/28	

WEDNESDAY 8:00 AARP Tax Prep G* a) AAKF Tax Frep 4/5, 4/12 b) Wednesday Walkers 4/5, 4/12, 4/19, 4/26 c) HB Fish & Rec Club 0 9:00 HD FISH -4/5, 4/19 9:00 Zumba Gold Fitness 4/5, 4/12, 4/19, 4/26 9:00 Surf City Gardner's 4/12 Voung At Heart Sing 1 D*\$ 1 **10:00** Young At Heart Singers 4/5, 4/12, 4/19, 4/26 Р 4/3, 4/12, 4/19, 7/20 10:30 Cardkateers 4/5, 4/19 11:00 MOW Dine-in Lunch 4/5, 4/12, 4/19, 4/26 12:30 Backgammon 2*\$ Р **30 Da** 4/19, 4/26 **30 Chess** 4/26 G 4/19, 4/26 12:30 Chess 4/19, 4/26 12:30 Mah Jong 4/19, 4/26 1:00 Easy Watercolor 4/5, 4/12, 4/19, 4/26 1:00 Its Your Estate 4/26 2:00 Mind Boosters 4/5, 4/12, 4/19, 4/26 1:00 Movies 4/12 4/26 G G 2*\$ 1 P* Р 4/12, 4/26 30 FireMed 4/12 5:30 G*\$ $6:00_{4/5}^{4/12}$ Art League P*\$ 6:30 Beg Bridge 4/5, 4/12, 4/19, 4/26 7:00 Book Club

7:00 Line Dance Lvl 1+ 4/5, 4/12, 4/19, 4/26

2*\$

1*\$

D*\$

SATURDAY 9:30 FireMed G*\$ 4/22 10:00 **Family Martial Arts** D*\$ 4/1, 4/8, 4/15 4/22, 4/29 11:00 Sr. Martial Arts P*\$ 4/1, 4/8, 4/15, 4/22, 4/29

	INDEX KEY Computer Room Dance Room Edinger Medical Group 1 Edinger Medical Group 2
	Game Room 1,2,3
	Group Exercise Room
	Hoag Office
	Parkview Room (N & S)
	Services Office
)	Patio
	Virtual
	Participation fee
	Registration

LD12GXHPSOV\$*

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