

Spring Into Some Wonderful Activities



COME PLAY

and support a great cause!

Friday, June 23, 2023
Meadowlark Golf Course
in Huntington Beach

Join HBCOA for a fun day at Meadowlark Golf Course! Enjoy breakfast and a putting contest, then tee off at 8 am with special hole games. After the round, stay for a post-golf reception with a silent auction, prizes, tournament winner awards, and lunch. Visit HBCOA.org/golf or call 714-742-2336 for more information.



HBCOA celebrates its Golden Anniversary this year! Please join us and make the year memorable. Registration is now open for the HBCOA Golf Tournament. You can sign-up online at www.hbcoa.org or in person at the Senior Center in Central Park. The tournament is open to golfers of all skill levels. Come play as a group or sign-up as an individual to meet new golfers. Enjoy a day with friends, and some friendly competition, to support the wonderful efforts of the HBCOA in making HB a great place to age.

Not a golfer, there are still ways you can participate. There are opportunities for support as sponsors, donors of prizes and gifts, goodie bag providers, or simply making a charitable contribution!

ALL THAT GLITTERS



A GATSBY BALL

SATURDAY, MAY 13 | 6PM - 9PM

ABC MUSIC PRESENTS:
NAT AND HER TIGER FOUR

\$30 MEMBERS
\$35 NON-MEMBERS



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

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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

Senior Center staff were recently at a national conference where cutting edge programming was being described and dreamed about—they were happy to realize a lot of it is already being done here in Huntington Beach! We are so grateful for the incredible staff, services and programming we have here for older adults in our city.

As we look at the next couple of months, we have some great events coming up that we hope you'll support! The first is our inaugural lecture on Ageism, featuring Dr. Paul Nash from the University of Southern California (USC). Dr. Nash is an internationally recognized expert on this issue and is an incredibly engaging presenter. We hope you can join us June 14 in the early evening for his presentation. Educating ourselves is a powerful way to dismantle prejudice, especially when ageism isn't a topic that is regularly discussed in our culture.

The second event is the annual HBCOA Golf Tournament, held on June 23 at Meadlowark. This is our premiere fundraiser, allowing us to support important programs for seniors at the Senior Center and in the community. We hope that you will participate in some way, either by golfing or donating wine or prizes. The more we generate from this event the more we are able to return to our community!

Thank you for your partnership in all things—we have much to be grateful for!

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

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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>



AGING UNBOUND: MAY 2023

This May, join us as we recognize the 60th anniversary of OAM and challenge the narrative on aging. The SCCP offers a variety of activities and services aimed at community engagement and living life optimally. Here are some ways we can all participate in *Aging Unbound*:

Embrace the opportunity to change. Find a new passion, go on an adventure, and push boundaries by not letting age define your limits. Invite creativity and purpose into your life by trying new activities in your community to bring in more growth, joy, and energy.

Explore the rewards of growing older. With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes, and creative activities.

Stay engaged in your community. Everyone benefits when everyone is connected and involved. Stay active by volunteering, working, mentoring, participating in social clubs, and taking part in activities at your local senior center or elsewhere in the community.

Form relationships. As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends, and community members.

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 from 6:00-7:00pm. Call, email, or drop by for info: 714-375-5111 or email: HBPLVetCenter@gmail.com

**veterans
connect@
the library**

**Big Band Swing Dance Night
Monday, May 22 (due to holiday)**

Come enjoy the big band and swing dance at the Senior Center in Central Park Parkview Room. Free to attend on the 4th Monday night of each month.

**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.



COMM. LIB. SERVICES

Ashley Wysocki, *Deputy Director*
 Kristin Martinez, *Prog. & Srvcs. Mgr.*

SENIOR SERVICES

Randy Pesqueira, *Executive Director*
 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

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SENIOR CENTER MESSAGE

Greetings!

The Senior Center in Central Park is certainly buzzing this spring! Many of our participants are coming back into the Center, as witnessed by our parking lot filling up almost to capacity on Movie Wednesdays. Recent movie selections are quite popular, so get here early to enjoy the show!

We honored our volunteers with a great luncheon in April – good food, good music, and great entertainment. Special Kudos to our Volunteer Coordinator Caryn Kawamoto and her trusty sidekick, Kathy Pace for creating a lovely afternoon. Coming up May 13 is the HBCOA spring dance, *All that Glitters – A Gatsby Ball*. We expect you to shine!

The HBCOA needs your support! If you, or anyone you know likes to golf, please have them sign-up for the HBCOA golf tournament on June 23. It is a fun morning of golf for a wonderful cause. Proceeds from the tournament go directly to support our social services programs. It is a great way to give back to your community and have fun in the process.

Lastly, the HBCOA along with the City will present a very engaging discussion on Ageism. Paul Nash, PhD, is a professor of gerontology at USC, with an expertise on Ageism. Further information to follow in the next issue of the Outlook. Things are warming up – so get out and enjoy the world all around this month!

Randy Pesqueira
 Director
 Senior Center in Central Park

**WHERE IS YOUR OUTLOOK**

Ray and Debbie Stewart took their Outlook to the great white north and visited Anchorage, Talkeetna, and Fairbanks Alaska.

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***

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

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



5/10

The Whale

Idaho 2016. Scarred by the profound wounds of grief and guilt, couch bound Charlie, an online writing instructor living with chronic obesity, now has a crystal clear view of his secret intentions. Confined to his claustrophobic and musty apartment, the self-destructive shut-in has all the time

in the world to contemplate the damaging faults of the past, fatherhood, and reconciliation. Because, more than anything, flawed Charlie longs for communication and reconnection. After all, he hasn't spoken to his estranged, angry teenage daughter Ellie in years. But everyone knows whales don't live in the shallows. Can love and forgiveness wipe away the tears and the painful mistakes of a lifetime. **117 minutes. Rated R for some drug use, sexual content, and language.**



5/24

Everything Everywhere All at Once

With her laundromat teetering on the brink of failure and her marriage to wimpy husband Waymond on the rocks, overworked Evelyn Wang struggles to cope with everything, including tattered relationships with her judgmental father Gong Gong and her daughter Joy. She

must also brace herself for an unpleasant meeting with an impersonal bureaucrat, Deidre, the shabbily-dressed IRS auditor. However, as the stern agent loses patience, an inexplicable multiverse rift becomes an eye opening exploration of parallel realities. Will Evelyn jump down the rabbit hole? How many stars are in the universe? Can weary Evelyn fathom the irrepressible force or possibilities, tap into newfound powers, and prevent an evil entity from destroying the thin, countless layers of the unseen world? **139 minutes. Rated R for some violence, sexual material, and language.**

Call the Seniors On the Go Transportation dispatch line at (714) 374-1742 to book your rides to the movies for the month. Movies are free to attend and all are welcome. Open seating.



HBCOA Travel & Trips Calendar

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



Mystery Tour

W/ Included Lunch & Sweet Treat
Friday, May 19, 2023

Mystery tours are always a fun adventure as they feature 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.



Coronado Enchantment
Guided Tour of the Hotel
Del Coronado,
New Hotel Del Coronado
Museum & Village
Wednesday, May 31, 2023

Today we escape to Coronado, across the bay from downtown San Diego. This historic resort city is nicknamed "The Crown City," since Coronado is Spanish for "crowned one." We'll enjoy time at leisure for browsing and lunch on your own along Orange Avenue in the historic Coronado Village. In the afternoon we'll visit the legendary Hotel Del Coronado, the National Historic Landmark and cultural icon. For 135 years, the hotel has captured the hearts and imaginations of all who have walked through its doors – and now the next chapter has begun with the completion of a \$400 million renovation in 2022! The iconic resort's rich heritage and architecture will come to life during an in-depth, docent-led walking tour. Stroll through the lush Garden Patio surrounded by spectacular Queen Anne Victorian architecture. Walk through exclusive areas not accessible to the public like the historic Power Plant and the hidden tunnel. Following the tour, enjoy time at leisure to soak in its timeless charm, idyllic oceanfront setting, unique shops and the new Hotel del Coronado Museum located in the completely restored and renovated Ice House. This masonry structure once served as the ice-making center for the entire island and now features permanent exhibits and rotating displays highlighting The Del's heritage, including a courtyard with reclaimed bricks from the original 1910 Industrial Buildings. **Member Price: \$119; Non-Member Price: \$129#Depart: 8:30 a.m. #Return 6:30 p.m.**

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Huntington Beach**

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**Mention HB 0523 to receive
10% off. Offer expires
May, 31st 2023**

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HEALTHY BRAIN FAIR

Are you looking for tips to keep
your brain sharp?
Are you concerned about
memory loss?

**Saturday
May 6, 2023
9 am - 12 pm
FREE
ADMISSION**

JOIN US FOR PRESENTATIONS ON:

**9 am: "Is It Dementia or
Something Else?"**

**10 am: "The Link Between
Hearing Loss And Dementia"**

**11 am: "Superfoods & Diet for
Optimal Brain Health"**

AND ALSO:

- Caregiver resources
- Exhibitors with opportunity drawings

LOCATION: Senior Center in Central Park
8041 Goldenwest St, Huntington Beach, CA 92648

For more information, call (714) 593-9630

RSVP ONLINE AT: tinyurl.com/HBFmay2023



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SENIOR CENTER

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Grandparents Day ***Saturday, August 5 from 10am-1pm*** ***\$5 per family to attend***

Enjoy Bingo, line dancing classes, storytelling, games, photo booth, face painting, and much more. Pre-registration is required beginning June 29th. For more info please call the front desk.



Summer Class Registration

Summer class registration begins on Tuesday, May 23 at 8am. You can register in person at any recreation center or online at www.hbsands.org.



June Summer Concert ***Saturday, June 17th @ 5:00pm*** ***Tickets go on sale June 1st***

Join us for our first summer concert featuring the Surfs Up Beach Boys cover band! Bring your own lawn chair and enjoy food & drinks in our lounge and Parkview Room!

Tickets are \$25 for non-HBCOA members and \$20 for HBCOA members. **Proof of HBCOA membership will be required for all guests**, so please bring your card to purchase tickets. **A max of 6 tickets may be purchased per household.**



Drum Circle in May

Tuesday, May 9th 12pm - 1pm



Surf City Gardeners

Gardening in Small Spaces

Wednesday, May 10th 9:00am-10:30am

Do you live in an apartment, condo, or house with limited garden space? Learn techniques for gardening in containers, raised beds, and vertically. You can still find ways to grow vegetables, beautiful blooms, or even fruit!



Alzheimer's Family Center Healthy Brain Fair

Saturday, May 6th 9:00am-12:00pm

Admission is FREE

Back by popular demand, Alzheimer's Family Center will be offering the latest information on maintaining cognition at its Healthy Brain Fair. The half-day event will feature presentations by physicians and a registered dietitian addressing the link between hearing loss and dementia, super foods for preserving brain function, and look-alike conditions that may appear to be dementia but are not. The line-up includes:

- "Is It Dementia or Something Else?" Aaron Ritter, M.D. - Psychiatrist from the Pickup Family Neurosciences Institute at Hoag Hospital
- "The Link Between Hearing Loss and Dementia" - Jack Shohet, M.D. from Shohet Ear Associates
- "Superfoods & Diet for Optimal Brain Health" - Syeda Hussaini, R.D.

The Healthy Brain Fair will also feature exhibitors providing information on caregiver resources and an opportunity drawing. Attendance is free and includes hand-outs to take away from each session and the opportunity to ask questions of each expert.

For more information, call (714) 593-9630.



Senior Center Closed

Monday, May 29th Memorial Day

"This nation will remain the land of the free only so long as it is the home of the brave." Elmer Davis

MemorialCare in May

Lecture: Fall Prevention

Keeping steady balance is a key component to avoiding falls. Mitch Tsurudome, D.P.T., a physical therapist with Outpatient Rehabilitation at MemorialCare Orange Coast Medical Center, will discuss practical ways to help prevent falls. Space is limited, and registration is required.

Thursday, May 18, 3:00pm - 4:30pm

Senior Center
in Central Park

RSVP: 1-800-636-6742





Hoag Health & Wellness Pavilion
Join The Movement



Hoag in May

Blood Pressure Screenings

Wednesday, May 3rd

9:00am - 11:00am

Walk-ins Only. No Appointment Required.

Memory Screenings

Wednesday, May 17th

Memory Screenings are \$45

Appointment Required

Call 949-764-6288

Lecture: Navigating Care for Your Aging Parent

May 11th @ 9:30am

Lecture: Eating Well Aging Well

May 18th @ 9:30am



Gym Closure in May

Monday, May 29th in honor of Memorial Day

Thank you to our veterans and to those who
gave the ultimate sacrifice for our freedoms.
God Bless the USA!

Enjoy your holiday and we will see you on
Tuesday, May 30th for normal business hours.



The Benefits of Vitamin D

Vitamin D is sometimes called the “sunshine vitamin” because it’s produced in your skin in response to sunlight. It’s a fat-soluble vitamin in a family of compounds that includes vitamins D-1, D-2, and D-3. Before June Gloom comes, spend some time outside this month soaking up vitamin D!

Vitamin D has several important functions. Perhaps the most vital are regulating the absorption of calcium and phosphorus, and facilitating normal immune system function. Getting a sufficient amount of vitamin D is important for normal growth and development of bones and teeth, as well as improved resistance against certain diseases.

(1) Vitamin D fights disease. Reducing your risk of multiple sclerosis, according to a 2006 study published in the Journal of the American Medical Association. And decreasing your chance of developing heart disease, according to 2008 findings published in Circulation.

(2) Vitamin D reduces depression. Research has shown that vitamin D might play an important role in regulating mood and warding off depression. In one study scientists found that people with depression who received vitamin D supplements noticed an improvement in their symptoms.

One can also get vitamin D through certain foods to ensure adequate levels of the vitamin. Some foods that contain vitamin D naturally include salmon, sardines, egg yolk, shrimp, fortified nut milk, and grass-fed dairy.

[https://
www.healthline.com/
health/food-nutrition/
benefits-vitamin-d](https://www.healthline.com/health/food-nutrition/benefits-vitamin-d)



VOLUNTEER NEWS

HBCOA Golf Tournament Friday, June 23rd

The Huntington Beach Council on Aging (HBCOA) is gearing up for the annual golf tournament fundraiser in June! Proceeds from this event support vital services, programming, and activities for older adults in Huntington Beach. See how you can help make this event a success!

1. **Volunteer:** Reach out to the volunteer team for more information.
2. **Golf:** Pick up a registration form at the senior center or online at www.hbcoa.org
3. **Sponsor:** www.hbcoa.org
4. **Donate:** Bring in your donation to the Senior Center labeled HBCOA Golf. Gift cards are encouraged for the silent auction or opportunity drawing.
5. **Spread the word** to your golfing buddies!



All Monday volunteers! In Observance of
Memorial Day, the Senior
Center will be Closed **May 29th**.



HBCOA OUTLOOK Mailing Needs Your Help!



Thursday, May 25th
8:00am-10:30am



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

Volunteers Needed!

Current Volunteer Opportunities

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



Upcoming Events

- **5/13/23**—All That Glitters, A Gatsby Ball
- **6/17/23**—Summer Concert
- **6/23/23**—HBCOA Golf Tournament

HandyCrafters: Spring into Summer Boutique

Tuesday, May 23rd
8am-11am



Looking for a special gift for someone or just a little something for yourself? Stop by the Senior Center to purchase beautiful handmade gifts from afghans and baby booties to household items and everything in between! All items are created by our wonderful HandyCrafters and proceeds from the sale help support Senior Center Programs.

For more information, please contact the front desk at 714-536-5600.

Contact the Volunteer Team

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

Kathy Pace, 714-374-1520
Kathy.Pace@surfcity-hb.org

Thank you



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 in the Community Through partnerships and support from various philanthropic organizations, 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.

Professional & Paraprofessional Services

HB residents 60 and older, call for appt. 714-374-1572 for an appointment.

Legal Consultations: by Elder Law & Disability Rights Center or Community 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: provides up to 2 per visit

Nutritionist: thorough individualized assessment & plan



Workshops & Support Groups



Two free evening workshops on using guided imagery, relaxation and mindfulness techniques.

Sign up for one or both, call 714-374-1572. You can register through the Travel & Resource Room at the Senior Center in Central Park.

- **Oh What Pain!** May 24, 5pm- 6pm
- **Calm Your Worried Mind:** May 31, 5pm-6pm



Care Partners' support provided by Alzheimer's OC, for family & friends of those with dementia. Contact Ellie 714-642-9458. 2x/month



Mental Health support for friends & family of adults struggling with mental illness. Provided by NamiOC. 1x/ month. Contact Lynne at 714-299-1405 for details.

Support groups are free of charge to attend. Some do require registration to participate. Please check the description and with the coordinator for more information.



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, Monday– Friday.

Mobility & Home Safety

Care Management accepts from community members & lends out gently used durable medical equipment such as wheelchairs & rollator walkers. Grab bars are also available through a generous grant. Call Care Management for more information 714-374-1572.



HB Fire Department

Free in-home safety visits to test smoke alarms, help develop an emergency escape plan, & answer questions. Through an American Red Cross' Home Fire Campaign partnership, residents may even have FREE replacement smoke alarms installed. Call HBFD at 714-536-5411 to request a visit.





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.



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.*



Volunteer Opportunity

Do you like helping your community and neighbors? Volunteering as a senior driver with Surf City Seniors On the Go could be just the fit for you.

Community volunteers drive small city vehicles to help support older adults get to their appointments and destinations. You can also help with grocery shopping groups or in the transportation dispatch office helping seniors book or navigate rides.

Contact the volunteer services office for more information.



Holiday Closure Notice

There will be no Seniors On The Go transportation services, scheduling, or reminder calls on **Monday, May 29**. The service will be closed in observance of the holiday.



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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John Barcellona - flute



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CASH BALL	
STRIP GAMES - \$500 - \$500 - \$500 - \$300 - \$300 PLUS 2 TAB GAMES OF AT LEAST \$1199.	

EARLY BIRD - 10:30 AM. 6 ON - 4 UP (Plus 1 Strip)
REGULAR - 11:00 AM. 6 ON - 15 UP (Plus 2 Strips, 2 tabs)
LATE BIRD - Following Regular Games 6 ON - 4 UP (Plus 1 Strip)

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Senior Cafe May Menu

First come, first served. Drop-ins welcome

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Baked Meatloaf Savory Tomato Sauce Mashed Potatoes Capri Vegetable Blend WW Dinner Roll w/Smart Balance SF Apple Crisp		Beef Stew Stew Veg. Sauce Baby Whole Potatoes WW Dinner Roll w/Smart Balance Tropical Fruit Mix		**Cinco De Mayo** Carnitas Tacos w/ Pico De Gallo Spanish Rice Black Beans Tortillas (2) Rice Pudding Diet: Fresh Fruit
8	9	10	11	12
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/Smart Balance SF Cookie		**Mother's Day** Chicken Cordon Bleu Rice Pilaf Chef's Cut Vegetables WW Dinner Roll w/Smart Balance Assorted Cake Diet: Fresh Fruit
15	16	17	18	19
Cheese Tortellini w/ Marinara Sauce Broccoli Capri Vegetable Blend WW Dinner Roll w/Smart Balance Parmesan Cheese SF Fruited Gelatin		Turkey Shepherd's Pie Green Beans Zucchini Medley WW Dinner Roll w/Smart Balance SF Custard		Vietnamese Chicken Strips w/Lemongrass Sauce Brown Rice Japanese's Vegetables Blend Mandarin Orange
22	23	24	25	26
Baked Tilapia w/ Savory Tomato Braised Baby Baker Potatoes California Veg Blend WW Dinner Roll w/Smart Balance Canned Peaches		Split Pea Soup w/ SF Crackers Greek Salad w/ Edamame & Shredded Chicken Marinated Veg Salad SF Apple Crisp		*Memorial Day Celebration* BBQ McRib Mashed Potatoes Carrots Cornbread w/Smart Balance Apple Pie Diet: Fresh Fruit
29	30	31		
CLOSED Memorial Day 		Spinach Mushroom Quiche Sweet Potatoes Winter Vegetable Blend Blueberry Muffin w/Smart Balance Canned Pears		Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00 Meatless Meal 

All meals comply with the Dietary Guidelines for Americans (DGA) 2020-2025 & Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Human Services Agency & the U.S. Department of Agriculture. Meals on Wheels Orange County Lunch Program may change the menu for reason of quality control, price or vendor problems. This project is funded in parts through funds from the Federal Older Americans Act as allocated by the Orange County Board of Supervisors. Sugar free desserts and water packed fruits are used throughout the menu to accommodate diabetics. 1% Milk served daily.  indicates sodium content over 1,000 mg. * indicates a special event or Holiday and the menu MAY exceed 1,000 mg. Low Cholesterol, 0% trans-fat buttery spread served with bread & rolls. Weekly average lunch meal provides >550 calories. Please note condiments are not analyzed and may increase sodium.

www.MealsOnWheelsOC.org

MONDAY			TUESDAY			WEDNESDAY		
8:30	Better life Boxing	D*\$	8:00	Pilates Mat	D*\$	8:30	Wednesday Walkers	O
5/1, 5/8, 5/15, 5/22			5/2, 5/9, 5/16, 5/23, 5/30			5/3, 5/10, 5/17, 5/24, 5/31		
8:30	Table Tennis	G	8:15	Senior Cardiofit	P*\$	9:00	HB Fish & Rec Club	1
5/1, 5/8, 5/15, 5/22			5/2, 5/9, 5/16, 5/23, 5/30			5/3, 5/17		
9:00	Hawaiian Hula Basics	P*\$	8:30	Wards Duplicate Bridge	G	9:00	Zumba Gold Fitness	D*\$
5/1, 5/8, 5/15, 5/22			5/2, 5/9, 5/16, 5/23, 5/30			5/3, 5/10, 5/17, 5/24, 5/31		
9:30	Guava Groove Ukulele	1*\$	9:00	Pilates Chair	D*\$	9:00	Surf City Gardner's	1
5/1, 5/8, 5/15, 5/22			5/2, 5/9, 5/16, 5/23, 5/30			5/10		
10:00	Chair Yoga	D*\$	9:30	Flex & Stretch	P*\$	10:00	Young At Heart Singers	P
5/1, 5/8, 5/15			5/2, 5/9, 5/16, 5/23, 5/30			5/3, 5/10, 5/17, 5/24, 5/31		
10:45	Guava Groove Ukulele Adv.	1*\$	10:00	Basic Art Techniques	2*\$	10:30	Cardkateers	2*\$
5/1, 5/8, 5/15, 5/22			5/9, 5/16, 5/23, 5/30			5/3, 5/17		
11:00	MOW Dine-in Lunch	P	10:30	Yoga	D*\$	11:00	MOW Dine-in Lunch	P
5/1, 5/8, 5/15, 5/22			5/2, 5/9, 5/16, 5/23			5/3, 5/9, 5/17, 5/24, 5/31		
11:30	Balance & Stability	D*\$	12:30	Scrabble	G	12:30	Backgammon	G
5/1, 5/8, 5/15, 5/22			5/2, 5/9, 5/16, 5/23, 5/30			5/3, 5/9, 5/17, 5/24, 5/31		
12:00	Guava Groove Ukulele Inter	1*\$	12:30	Drum Yourself Healthy	P	12:30	Chess	G
5/1, 5/8, 5/15, 5/22			5/9			5/3, 5/9, 5/17, 5/24, 5/31		
12:30	HB Party Bridge	G	1:00	Lets Write Poetry	1*\$	12:30	Mah Jong	G
5/1, 5/8, 5/15, 5/22			5/2, 5/9			5/3, 5/9, 5/17, 5/24, 5/31		
12:30	Chess	G	1:30	Shanti	2	1:00	Its Your Estate	1*
5/1, 5/8, 5/15, 5/22			5/2, 5/9, 5/16, 5/23, 5/30			5/31		
2:00	Line Dance Lvl 1	P*\$	3:00	Yoga—Senior Center	O*\$	1:00	Easy Watercolor	2*\$
5/1, 5/8, 5/15, 5/22			5/2, 5/9, 5/16			5/3, 5/10, 5/17		
2:00	Beg Bridge	1*\$	3:00	Line Dance Easy New Beg	P*\$	1:00	Movies	P
5/1, 5/8, 5/15			5/2, 5/9, 5/16, 5/23, 5/30			5/10, 5/17		
3:00	Quilting With Brandi	L*\$	3:00	Bridge Intermediate	1*\$	2:30	Easy Watercolor	1*\$
5/1, 5/8, 5/15, 5/22			5/2, 5/9, 5/16			5/3, 5/10, 5/17		
3:30	Line Dance Lvl 3	P*\$	4:30	Line Dance Easy New Beg	P*\$	5:00	Pain Mgmt Lecture	R*
5/1, 5/8, 5/15, 5/22			5/2, 5/9, 5/16, 5/23, 5/30			5/24, 5/31		
4:00	Swing & Waltz Dance	D*\$	5:30	Family Martial Arts	D*\$	5:30	FireMed	G*\$
5/1, 5/8, 5/15			5/2, 5/9, 5/16, 5/23, 5/30			5/3		
5:00	Merengue & Cha Cha	D*\$	5:30	Dementia Caregiver Supp Grp	R*	5:30	Yoga	D*\$
5/1, 5/8, 5/15			5/2, 5/16			5/3, 5/10, 5/17, 5/24, 5/31		
6:00	NAMI	1*	6:30	Sr. Martial Arts	D*\$	6:00	Art League	P*\$
5/22			5/2, 5/9, 5/16, 5/23, 5/30			5/3		
6:30	Tai Chi Chuan	D*\$				6:30	Beg Bridge	2*\$
5/1, 5/8, 5/15, 5/22						5/3, 5/10, 5/17		
7:00	Big Band	P				7:00	Line Dance Lvl 1+	D*\$
5/22						5/3, 5/10, 5/17, 5/24, 5/31		
THURSDAY			FRIDAY			SATURDAY		
8:00	Outlook Assembly	1	8:15	Senior Cardiofit	P*\$	9:30	FireMed	G*\$
5/25			5/5, 5/12, 5/19, 5/26			5/13		
8:30	Table Tennis	G	8:30	Mex-Train Dominos	G	10:00	Family Martial Arts	D*\$
5/4, 5/11, 5/18, 5/25			5/5, 5/12, 5/19, 5/26			5/6, 5/13, 5/20, 5/27		
8:30	Tai Chi	P*\$	9:00	HICAP	S*	11:00	Sr. Martial Arts	P*\$
5/4, 5/11, 5/18, 5/25			5/5, 5/12, 5/19,			5/6, 5/13, 5/20, 5/27		
9:00	HBCOA Gen Mtg	1	9:00	TOPS	1	5:00	Gatsby Ball	P*\$
5/4			5/5, 5/12, 5/19, 5/26			5/13		
9:30	Hoag Presentation	1*	9:00	Zumba Gold & Toning	D*\$			
5/11, 5/18			5/5, 5/12, 5/19, 5/26					
10:00	Yoga	D*\$	9:30	Circuit Training	P*\$			
5/4, 5/11, 5/18			5/5, 5/12, 5/19, 5/26					
10:45	Flex & Stretch	P*\$	10:00	Yoga	D*\$			
5/4, 5/11, 5/18, 5/25			5/5, 5/12, 5/19, 5/26					
12:30	Gin/ Cribbage	G	10:30	HandiCrafters	1			
5/4, 5/11, 5/18, 5/25			5/5, 5/12, 5/19, 5/26					
12:30	Scrabble	G	11:00	MOW Dine-In Lunch	P			
5/4, 5/11, 5/18, 5/25			5/5, 5/12, 5/19, 5/26					
12:30	Chess	G	1:00	Senior Fitness	P*\$			
5/4, 5/11, 5/18, 5/25			5/12, 5/19, 5/26					
1:30	Line Dance Lvl 2	P*\$	12:30	Practice Bridge	G			
5/4, 5/11, 5/18, 5/25			5/5, 5/12, 5/19, 5/26					
2:00	Tech Club	1	12:30	Backgammon	G			
5/11			5/5, 5/12, 5/19, 5/26					
2:00	Line Dance 1	P	1:30	Line/ Dance Lvl 2-3	P*\$			
5/4, 5/11, 5/18, 5/25			5/5, 5/12, 5/19, 5/26					
3:00	Line Dance Lvl 1	P*\$						
5/4, 5/11, 5/18, 5/25								
5:00	Bereavement Support Group	R*						
5/11, 5/25								
6:00	Egyptian Belly Dance	D*\$						
5/11, 5/18, 5/25								
6:00	Woodcarvers	1						
5/4, 5/11, 5/18, 5/25								
7:00	Egyptian Belly Dancing	D*\$						
5/11, 5/18, 5/25								

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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