

Summer Events & Happenings



Ageism *Changing the Narrative*

Ageism affects us all regardless of age. Please join us for an engaging and honest conversation about this important topic and how we

interact with it at many different levels. Our presenter Paul Nash, PhD, instructional Associate Professor of Gerontology, University of Southern California, is an expert on Ageism and intersectionality, stigma, and discrimination, epitomized by his work on ageism with the World Health Organization. Dr. Nash is actively pursuing research on interventions to address both implicit and explicit ageist prejudice.

Join us for a ground breaking presentation. The event is free to attend but limited seating is available. Please register in advance to save your seat at this wonderful event

- *Parkview Room*
- *Wednesday, June 14*
5:30pm mixer
6pm presentation
- *Register at the front desk*
- *714-536-5600*

The HBCOA is dedicated to creating awareness of the evolving issues facing seniors in Huntington Beach. This is the first in a series of conversations about aging.

SUMMER CONCERTS ARE BACK!

SURFS UP
THE BEACH BOYS TRIBUTE

SATURDAY, JUNE 17
5PM-8PM

\$25 PER TICKET
HBCOA MEMBERS GET A
\$5 DISCOUNT*

TICKETS GO ON SALE JUNE 1ST!



SMOKIN COBRAS

SATURDAY, JULY 29
5PM-8PM

\$25 Per Ticket
\$5 Discount for HBCOA Members

TICKETS GO ON SALE JUNE 29TH



**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.

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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

At our May board meeting we had guest speakers from a local mobile home community in Huntington Beach. If you've been following the news, neighbors in some of those communities have been struggling with soaring rents. While the remedy for this problem is ultimately legislative, that solution has proved elusive on the local and state level. In the meantime, HBCOA has committed to working with mobile home residents identified by the city who could benefit from extra support. Such support may include additional food resources, simple home improvements (especially for code issues), etc.

As we move into the summer, we're excited for all the events that HBCOA has to offer! We have our inaugural speaker series on the topic of Ageism and also our annual golf tournament. Along with all the other great things happening for older adults in our community, I hope you'll find a way to connect!

June finds us half-way through my presidency. It's been a pleasure to work with HBCOA to focus our mission, find new ways to be present to our community, and share some of the vibrancy that typifies people who come to the Senior Center in Central Park.

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.

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 ___ \$1000+ Evergreen Tree of Life Donor

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___ 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.

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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.ochicapoutreach@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>



**Senior Center
in Central Park**
18041 Goldenwest ST,
HB, CA 92648

SAVE THE DATE**ACTIVE LIVING EXPO**
NEW WAYS TO EXPLORE AGING**ABOUT
THE
EVENT**

Saturday, September 16th
10am-1pm

**WHAT
THE
EVENT
OFFERS**

- Vendor Fair
- Resources
- Entertainment
- Food
- FREE TO ATTEND !!!

CONTACT US NOW
for more information: (714) 536-5600



**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.

COMM. LIB. SERVICES

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

SENIOR SERVICES

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 Michelle Yerke, *Social Services Supv.*
 Scott Getman, *Recreation Supervisor*
 Heather Dodd, *Admin. Coordinator*
 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

Hello from the SCCP Team!

Here we are, passing through the year's half way point! Reflecting back on the past few months, I am reminded of both changes and constants here at the Center. In addition to the excellent *ongoing* programming, services, and facilities offered at the Senior Center, new classes, events, and services have also started. (See inside the newsletter, hbsands.org, and fliers at the SCCP for all the details.) Early in the year, our recreation centers changed to a new registration software for the HBSANDS.ORG classes and mid-year we have had some shifting and changes in staff. I wish all involved smooth transitions and the best of success in their new chapters! I am grateful for all these opportunities and especially thankful for the SCCP staff's positive attitude and ability to adapt (I've learned from others that attitude and adaptability are key to success in life). We are also looking forward to our summer concerts, the HBCOA golf tournament, and other outdoor opportunities to enjoy!

We are constantly working as a team to keep things interesting and optimize the aging experience. To do this, we partner with others who have something to share. Local non-profits, faith groups, individual donors, and volunteers all share their assets, whether it be time, talent, funds, or expertise, to help enrich the lives of others. I truly feel we are partners *with our community to serve our community* and hope you do too!

Enjoy each day,

Michelle Yerke, *MSG*
Social Services Supervisor

**WHERE IS YOUR OUTLOOK**

Friends and senior center volunteers Tom & Pam Gonzell, Frank & Kathy VanTwist, and Mike & Cathy Caldera took their Outlook on a visit to the Tikal ruins in Guatemala.

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?

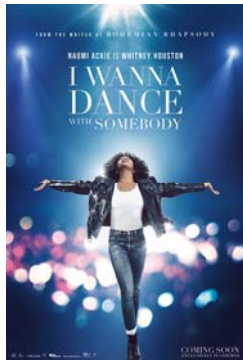
Send your submissions to heather.dodd@surfcity-hb.org

**Senior Services Remembers**

Doris "Dory" Fuqua

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

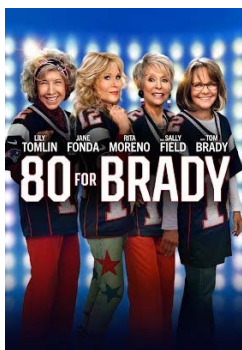
Wednesday Afternoon at the Movies
1 p.m. Free!
(Movies & Times Subject to change)



6/14

Whitney Houston:
I Wanna Dance
With Somebody

A joyous, emotional, heartbreaking celebration of the life and music of Whitney Houston, one of the greatest female R&B pop vocalists of all time, tracking her journey from obscurity to musical superstardom. **144 minutes. Rated PG-13 for some strong language, smoking, strong drug content, and suggestive references.**



6/28

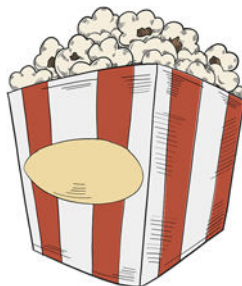
80 for Brady

The movie is inspired by the true story of 4 best friends and New England Patriots fans who take a life-changing trip to Super Bowl LI to see their hero Tom Brady play, and the chaos that ensues as they navigate the

wilds of the biggest sporting event in the country. **98 minutes. Rated PG 13 for some suggestive references, some drug content, and brief strong 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.



Reagan Presidential Library & Museum
With Auschwitz: Not Long Ago. Not Far Away. Exhibit

Saturday, June 17, 2023

Today we travel to Simi Valley and the state-of-the-art Ronald Reagan Presidential

Library and Museum, featuring 18 galleries that pay tribute to America's 40th president. The *Air Force One* Pavilion features a presidential limousine, a secret service vehicle, a *Marine One* helicopter, the world's first operational stealth aircraft, the F-117 Nighthawk, and a walk-through of the *Air Force One* airplane that served seven U.S. Presidents. On view for a limited time is the traveling exhibition, *Auschwitz: Not Long Ago. Not Far Away*. Making its only stop on the West Coast, this exhibit features more than 700 objects that were direct witness to the horrors of the Holocaust and Auschwitz-Birkenau. These items, assembled for the first time in history, were brought together from the Auschwitz-Birkenau State Museum as well as more than 20 institutions and museums around the world with a clear goal – to honor the victims, understand how such a place came into existence and consider how its existence determines our present worldview. Enjoy approximately 5 hours at leisure with lunch on your own at the museum café. **Member Price: \$109; Non-Member Price: \$119. Depart: 9:00 a.m. Return: 6:00 p.m.**



The Broad, Books & Bunker Hill
The Broad & The Last Bookstore
With Grand Central Market & Angels
Flight Railway & Included Ice Cream
Thursday, June 29, 2023

This new downtown L.A. experience features four fun and unique destinations providing for a day full of eclectic art, exotic cuisine, an eccentric bookstore and an historic experience! Enjoy time at leisure exploring The Broad, the \$140 million contemporary art museum financed by billionaire philanthropists and art collectors Eli and Edythe Broad. This repository is one of the most prominent holdings of contemporary art worldwide and includes pieces by Andy Warhol and Roy Lichtenstein. With only 250 pieces on display at any one time, each visit here presents new opportunities to question, debate and appreciate. We continue to Grand Central Market, the legendary landmark that brings together the exotic cuisines and cultures of L.A. Enjoy lunch on your own, as well as an included ice cream treat. We'll take a ride on historic Angels Flight Railway, the world's shortest railway. This L.A. Historic-Cultural Landmark since 1962 originally opened in 1901. It's estimated the recently restored, 122-year-old funicular has given more than 100 million rides to the top of Bunker Hill on its hillside track! We'll top off the day with a visit to The Last Bookstore, the largest new and used bookstore in California! This iconic, 22,000 square foot book emporium features a record store, comic bookstore, 5 art studios, an epic yarn shop, a famous book tunnel, a mammoth head, a variety of unexpected nooks of funkiness and tons of books...tons. Oh, and it's all housed in a 100-year-old bank building, so there are vaults and perhaps even ghosts! *In the rare event that Angels Flight is not operating, we will instead visit another iconic site.* **Member Price: \$99; Non-Member Price: \$109. Depart: 9:45 a.m. Return: 5:30 p.m.**

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- Referral to community resources



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SENIOR CENTER

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Drop-In Social Activities

Did you know that the senior center has a variety of drop-in free activities that you can participate in. Come and discover a new passion or rekindle your love for an old hobby in any of the many drop in social activities, below are some of the many options

- Woodcarving– Thursday evenings @ 6
- Walking Group– Wednesday mornings @ 8:30
- Young at Heart Singers– Wed. mornings @ 10
- Game Room– Games everyday (see calendar)
- Big Band– 4th Monday evening @ 7pm
- Drum Circle– Once a month Tuesdays @ 12:30
- HandyCrafters– Friday mornings @ 10:30



FREE LECTURE

Ageism Presentation

World renowned aging researcher and USC professor Dr. Paul Nash PhD. will be speaking at the Senior Center in Central Park on Wednesday, June 14 @5:30pm about the implications of ageism on individuals and the community. Come and enjoy a free and informative presentation. Seats are limited so make sure to register in advance at the front desk.



Summer Concerts are back

Tickets for Junes Concert go on sale **June 1**
Concert is June 17 : Surf Up

Tickets for Julys concert go on sale **June 29**
Concert is July 29 : Smokin Cobras

Each concert ticket includes open seating, dinner, drinks, and dessert along with a great performance. Don't forget to bring your lawn chair.



Senior Scams Presentation

Friday, June 16th
1:30pm-3pm

The HB Police Department is giving the second of its quarterly presentations on scams for seniors at the Huntington Beach Senior Center. This is an updated version of the presentation focusing on internet scams provided last year. There is no cost and no reservations are required.



Drum Circle in June

Tuesday, June 13th
@ 12:30pm



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 26th. For more info please call the front desk.



Surf City Gardner's

Drought Tolerant Gardening
June 14 9am-10:30am

Looking for effective ways to conserve water in your garden? Learn how to choose the right drought tolerant plants, ways to grow your plants efficiently, and the importance of proper irrigation systems.



MemorialCare Presentations in June

Free Notary
Clinic for Advance Directives

Thursday, June 15th @ 3-4:30pm
Senior Center in Central Park

RSVP: None required; first come, first served MemorialCare provides free advance directive forms for download at www.memorialcare.org/acp. Bring your unsigned advance directive form, along with valid form of identification, and a MemorialCare Notary will notarize your form for you, free of charge. This free notary clinic is for notarizing advance directive forms only.





Hoag Health & Wellness Pavilion
Join The Movement



Exercise Spotlight

DB Goblet Squat

Muscle Group Targeted: mainly targets your quads and glutes.

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

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



How to Perform the Exercise: start by holding dumbbell with both hands at chest height. Point your knees in same direction as toes. Squat down keeping DB close to the chest throughout the entire movement.

Class Spotlight

Chair Yoga

Instructor: Diane Pavesic

Mon 10AM-11AM | \$76 | DANCE ROOM

Wed 10AM-11AM | \$76 | ONLINE

Chair yoga is an adapted yoga practice that allows you to stay seated while practicing yoga focused poses. It is great for anyone who needs more support, is managing an injury, or wants a more therapeutic approach to the practice.



Chair yoga can help manage stress, symptoms of depression, and relieves anxiety. It can also boost your mood and quality of sleep.

Hoag in June

Blood Pressure Screenings

Wednesday, June 7th

9:00am - 11:00am

Walk-ins Only. No Appointment Required.

Memory Screenings

Wednesday, June 21st

Memory Screenings are \$45

Appointment Required Call 949-764-6288

Lecture - You're Not Alone: Tips for a Better Bladder

June 8th @ 9:30am

(free but must register)

Lecture - Advanced Treatments For Incontinence and ED

June 15th

@ 9:30am

(free but must register)



Nutrition Corner

June Fruit Season



Cherries: There are two major categories, tart and sweet cherries. Both are packed with nutrients like potassium, fiber, and vitamin C.

Grapes: Grapes offer a plethora of health benefits, primarily due to their high nutrient and antioxidant contents. You may find them in various colors including green, red, black, yellow, and pink. Red are especially healthy!

Plums: Plums are extremely nutritious and offer a variety of health benefits. They contain many vitamins and minerals, in addition to fiber and antioxidants that may help reduce your risk of several chronic diseases. You can consume plums fresh or dried. Dried plums or prunes are known for improving several health conditions, including constipation and osteoporosis.



VOLUNTEER NEWS

HBCOA OUTLOOK Mailing Needs Your Help!



Thursday, June 22nd
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!

National Charity League Grant

Last month, the National Charity League (NCL): Pacific Chapter, held their annual Grants and Scholarships Awards Ceremony at the HB Senior Center. The HBCOA and the Senior Center in Central Park were awarded a \$1,500 grant to help support volunteer services and programs through the Senior Center. We are extremely grateful for this grant and our wonderful partnership with NCL.



Volunteers Needed!

Current Volunteers Opportunities

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



Upcoming Events

- **6/17/23**—Summer Concert
- **6/23/23**—HBCOA Golf Tournament
- **7/26/23**—Summer Concert

HBCOA Golf Tournament Friday, June 23rd

The Huntington Beach Council on Aging (HBCOA) Golf Tournament is just around the corner! See how you can help be a part of this event:

1. **Volunteer:** Reach out to the Volunteer Team for more information.
2. **Golf:** Pick up a registration form at the senior center or online 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!



ACTIVE
LIVING
EXPO

NEW WAYS TO EXPLORE AGING

SAVE THE DATE!

SATURDAY, SEPT 16, 2023

SENIOR CENTER IN CENTRAL PARK

If you would like to volunteer, please contact:
Caryn Kawamoto, 714-374-1544 or
caryn.kawamoto@surfcity-hb.org

Yarn Donations Needed!

The HandyCrafters is a volunteer group here at the Senior Center that uses yarn donations to help make the wonderful items sold here throughout the year. Proceeds from their sales are used to purchase the Holiday Home Delivered Meals and support Senior Center programs. If you have yarn you would like to donate, you can either:

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

OR

- Contact the front desk, 714-536-5600 to arrange a time.

Thank you for your support!



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.

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.

Workshops & Support Groups

Grief Education Workshop For those who've experienced a loss in the past 12 months. 6 week workshop, Monday evening, starting in mid-July. Contact Peter at 949-258-3724 for details and to sign-up.

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

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.



Professional & Paraprofessional Services Available to HB residents 60 and older, free services, call the Travel & Resource room at 714-374-1572 to book an appointment.

Money Mentor: Volunteer provides one-on-one consultations on financial concerns. No sales pitch. Talk over budgeting, organizing bills, banking, or investment issues. Can help communicate with financial institutions, is experienced and impartial.



Tech Coach: Bring in your cell, laptop, or tablet for assistance from one of our tech savvy volunteers.



Notary: Volunteer provides notarization of up to 2 documents per visit.

Nutritionist: A Master Level Nutritionist volunteer provides thorough individualized assessments & plans based on health and goals.

Legal Consultations: 20-30 minute appointments are provided by non-profits, Elder Law & Disability Rights Center or Community Legal Aid So Cal.



HICAP: Free, unbiased Medicare counseling by a trained Council on Aging So Cal volunteer. No sales just information provided by a knowledgeable and impartial counselor.



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 8am-4pm, Mon– Fri.

Mobility & Home Safety

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





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.



Congratulations Brandi

Brandi Kelly Contreras, the Surf City Seniors On the Go transportation coordinator celebrated her 20 year anniversary of service with city of Huntington Beach Senior Services program in April 2023. She also happens to share her anniversary with long time volunteer Patricia. Thank you Brandi and Patricia, for all your hard work and dedication to the seniors of Huntington Beach. You bring smiles to the community every day.



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.*



Come For Lunch at the Senior Center

The Senior Center in Central Park hosts a congregate lunch program Monday, Wednesday, and Friday each week. Come on in and have a lovely meal with friends and enjoy the summer in the park. Call the dispatch line to join the lunch bus group. Don't forget about the movies after lunch on Wednesdays, make it an afternoon out



Happy Fathers Day to all the dads, step-dads, role models, and community members that work to make a difference. Have a great day!



After-Hours Transportation

For transportation needs outside the regular hours of *Seniors On the Go*, consider using the OCTA Access bus program. For an application or questions about the program, contact OCTA at 714-560-5956 or www.octa.net



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Grant Sevdayan - Music Director

=====

Tribute to Henry Mancini

J. Strauss, J. Williams

Fly Me To The Moon

American Flute Salute - D. Mairs

John Barcellona - flute



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Golden West College, Mainstage Theater
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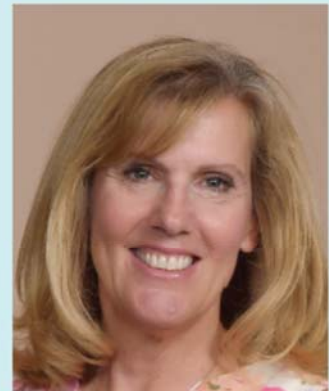
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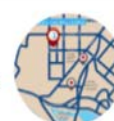
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WEDNESDAY MATINEE

Doors Open at 9:00 AM. - \$15.00 Minimum Buy-In

23 TOTAL GAMES

ALL GAMES PAY \$250.00 **PULL TABS**	COLOR MONITORS COMPUTERIZED VERIFICATION
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 June Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00 Meatless Meal ✓				Barbacoa Beef Black Beans & Corn Salad Mexican Rice Tortilla SF Fruited Gelatin
5	6	7	8	9
Vegetarian Lasagna Succotash Carrots Crackers SF 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 w/ Homemade Ranch Dressing (Diced Chicken, Egg, Shredded Lettuce, Swiss Cheese, Bell Pepper, Carrots, & Cucumbers) Lemony Lentil Salad Mandarin Orange
12	13	14	15	16
Baked Meatloaf Savory Tomato Sauce Mashed Potatoes Capri Veg. Blend WW Dinner Roll w/ Smart Balance SF Apple Crisp		Beef Stew (Cubed Beef, Stew Sauce & Stew Vegetables) Baby Whole Potatoes WW Dinner Roll w/ Smart Balance Tropical Fruit Mix 		Father's Day Celebration Roast Beef w/ Brown Gravy Baked Potatoes w/ Sour Cream Chef's Cut Veg. Blend Parker House Dinner Roll w/ Smart Balance IW Apple Pie Diet: Fresh Fruit 
19	20	21	22	23
Cream of Butternut Squash Soup w/ SF Crackers Pecan Chicken Salad Barley & Black Bean Salad Mandarin Orange		"Welcoming Summer" BBQ Chicken Mashed Potatoes w/ Gravy Green Beans Parker House Dinner Roll w/ Smart Balance Assorted Frozen Dessert Diet: Fresh Fruit		Turkey Pot Roast w/ Turkey Gravy Polenta w/ Parmesan Cheese Carrots Crackers Tropical Fruit Mix
26	27	28	29	30
Cheese Tortellini w/ Marinara Sauce Parmesan Cheese Capri Veg. Blend Broccoli WW Dinner Roll w/ Smart Balance SF Fruited Gelatin 		Turkey Shepherd's Pie Peas & Carrots Zucchini Medley WW Dinner Roll w/ Smart Balance SF Custard		"4th of July Celebration" Chili Cheese Hotdog on WG Bun Chips Coleslaw Relish, Ketchup & Mustard Orange-Pineapple Juice SF Ice Cream

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
6/5			6/6, 6/27			6/7, 6/14, 6/21, 6/28		
8:30	Table Tennis	G	8:15	Senior Cardiofit	P*\$	9:00	HB Fish & Rec Club	1
6/5, 6/12, 6/19, 6/26			6/6			6/7, 6/21		
9:00	Hawaiian Hula Basics	P*\$	8:30	Wards Duplicate Bridge	G	9:00	Zumba Gold Fitness	D*\$
6/5			6/6, 6/13, 6/20, 6/27			6/7, 6/21, 6/28		
9:30	Guava Groove Ukulele	1*\$	9:00	Pilates Chair	D*\$	9:00	Surf City Gardner's	1
6/5, 6/26			6/6, 6/27			6/14		
10:00	Chair Yoga	D*\$	9:30	Flex & Stretch	P*\$	10:00	Young At Heart Singers	P
6/26			6/6, 6/27			6/7, 6/14, 6/21, 6/28		
10:30	Hula Inter	P*\$	10:00	Basic Art Techniques	2*\$	10:30	Cardkateers	2*\$
6/5, 6/26			6/6, 6/27			6/7		
10:45	Guava Groove Ukulele Adv.	1*\$	10:30	Yoga	D*\$	11:00	MOW Dine-in Lunch	P
6/5, 6/26			6/6, 6/27			6/7, 6/14, 6/21, 6/28		
11:00	MOW Dine-in Lunch	P	12:30	Scrabble	G	12:30	Backgammon	G
6/5, 6/12, 6/19, 6/26			6/6, 6/13, 6/20, 6/27			6/7, 6/14, 6/21, 6/28		
11:30	Balance & Stability	D*\$	12:30	Drum Yourself Healthy	P	12:30	Chess	G
6/5, 6/26			6/13			6/7, 6/14, 6/21, 6/28		
12:00	Guava Groove Ukulele Inter	1*\$	1:30	Shanti	2	12:30	Mah Jong	G
6/5, 6/26			6/6, 6/13, 6/20, 6/27			6/7, 6/14, 6/21, 6/28		
12:30	HB Party Bridge	G	3:00	Yoga—Senior Center	O*\$	1:00	Movies	P
6/5, 6/12, 6/19, 6/26			6/27			6/14, 6/28		
12:30	Chess	G	3:00	Line Dance Easy New Beg	P*\$	5:30	Yoga	D*\$
6/5, 6/12, 6/19, 6/26			6/6			6/7		
2:00	Line Dance Lvl 1	P*\$	3:00	Bridge Intermediate	1*\$	5:30	Art League	P*\$
6/5, 6/26			6/27			6/7		
2:00	Beg Bridge	1*\$	4:30	Line Dance Easy New Beg	P*\$	6:30	Beg Bridge	2*\$
6/26			6/6			6/28		
3:00	Quilting With Brandi	L*\$	5:30	Family Martial Arts	D*\$	7:00	Book Club	1*\$
6/5, 6/26			6/6, 6/27			6/14		
3:30	Line Dance Lvl 3	P*\$	5:30	Dementia Caregiver Supp Grp	R*			
6/5			6/6					
6:00	NAMI	1*	6:30	Sr. Martial Arts	D*\$			
6/26			6/6, 6/27					
6:30	Tai Chi Chuan	D*\$						
6/5, 6/26								
7:00	Big Band	P						
6/26								
THURSDAY			FRIDAY			SATURDAY		
8:00	Outlook Assembly	1	8:15	Senior Cardiofit	P*\$	9:30	FireMed	G*\$
6/2			6/2, 6/9,			6/17		
8:30	Table Tennis	G	8:30	Duplicate Bridge	G	10:00	Family Martial Arts	D*\$
6/1, 6/8, 6/15, 6/22, 6/29			6/2, 6/9, 6/16, 6/23, 6/30			6/2, 6/10		
8:30	Tai Chi	P*\$	9:00	HICAP	S*	11:00	Sr. Martial Arts	P*\$
6/1, 6/8, 6/29			6/2, 6/9, 6/16, 6/23, 6/30			6/2, 6/10		
9:00	HBCOA Gen Mtg	1	9:00	TOPS	1			
6/1			6/2, 6/9, 6/16, 6/23, 6/30					
9:30	Hoag Presentation	1*	9:00	Zumba Gold & Toning	D*\$			
6/8, 6/15			6/2, 6/9, 6/30					
10:00	Yoga	D*\$	9:30	Circuit Training	P*\$			
6/29			6/2, 6/9, 6/30					
10:45	Flex & Stretch	P*\$	10:00	Yoga	D*\$			
6/1, 6/8			6/9, 6/30					
12:30	Gin/ Cribbage	G	10:30	HandiCrafters	1			
6/1, 6/8, 6/15, 6/22, 6/29			6/2, 6/9, 6/16, 6/23, 6/30					
1:30	Line Dance Lvl 2	P*\$	11:00	MOW Dine-In Lunch	P			
6/1, 6/8			6/2, 6/9, 6/16, 6/23, 6/30					
2:00	Tech Club	1	11:00	Senior Fitness	P*\$			
6/8			6/9, 6/30					
2:00	Line Dance 1	P	1:00	Senior Fitness	P*\$			
6/1, 6/8			6/2, 6/9, 6/30					
5:00	Bereavement Support Group	R*	12:30	Mexican Train	G			
6/8, 6/22			6/2, 6/9, 6/16, 6/23, 6/30					
6:00	Egyptian Belly Dance	D*\$	12:30	Backgammon	G			
6/1, 6/8, 6/29			6/2, 6/9, 6/16, 6/23, 6/30					
6:00	Woodcarvers	1	1:30	Line/ Dance Lvl 2-3	P*\$			
6/1, 6/8, 6/15, 6/22, 6/29			6/2, 6/9, 6/30					
7:00	Egyptian Belly Dancing	D*\$	1:30	HBPd Scams Presentation 1				
6/1, 6/8, 6/29			6/16					

INDEX KEY

L	The Lab
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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