

GRANDPARENT'S DAY

Senior Center in Central Park

JOIN US!

SATURDAY, AUGUST 5
 10AM - 1PM
 18041 GOLDENWEST ST
 \$5 PER FAMILY

Bring your grandchild to the Senior Center in Central Park for a fun day! Preregistration is required.

- BINGO
- Line Dancing Classes
- Storytelling
- Games
- Photo Booth
- Face Painting
- And much more!

CELEBRATING 50 YEARS
HBCOA
 Huntington Beach COUNCIL ON AGING

SENIOR CENTER
 in Central Park

Grandparents play such a vital role in the world. They bring joy, comfort, family, and fun. They tell great stories, spoil whenever possible, and make the world a better place every day. It's time to celebrate that connection. The Senior Center and the HBCOA are hosting a very special day of intergenerational fun on Saturday, August 5 from 10am - 1pm for grandparents and their grandchildren, or any senior who shares that bond in their community, to come and enjoy the day with their young charges. Tickets are on sale now at the front desk. It is only \$5 per family group. A big thank you to all the community donors who have helped make this day possible, including the HandyCrafters, Staples, In-n-Out, Friends of the HB Library, Trader Joes, Target, Interim Healthcare, The HB Wetlands Conservancy, MemorialCare, Smart & Final, Dairy Queen, Flashlight Press, Imagine Learning & Harcourt Brace, Kay Farish, Sunrise Senior Living, Resurrection Lutheran Church, Optum, The Home Depot, and Baskin Robbins. Grandparents are GREAT so let's CELEBRATE!!!!

NEW WAYS TO EXPLORE AGING

ACTIVE LIVING EXPO

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 16
10am-1pm

WHAT THE EVENT OFFERS

- Vendor Fair
- Prizes
- Resources
- Entertainment
- Giveaways
- Open House
- Food
- FREE TO ATTEND!!!

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

CITY OF HUNTINGTON BEACH SENIOR SERVICES
SENIOR CENTER IN CENTRAL PARK

18041 Goldenwest Street, Huntington Beach, CA 92648 (714) 536-5600

Phones staffed Mon. - Thurs. 8 A.M. to 8 P.M., Fri. 8 A.M. to 5 P.M. & Sat. 8 A.M. to 12 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

As we go more deeply into summer, we want to say, "Thank you!"

First, we want to thank Randy for his decades of service to our city and to improving the lives of seniors in Huntington Beach. As he retires this month, we are so grateful for who he is and all he has done and for the partnership we have enjoyed together at HBCOA. If you see Randy, please wish him well—he leaves an incredible legacy for us to carry on!

Second, thank you all for your support of HBCOA! For your attendance at our concerts, trips, events, speakers and golf tournament—we are grateful! We look forward to seeing you at our Grandparents Day and Veterans Event this Fall (as well as our 50th anniversary gala in December!).

Finally, thank you to all our board members who volunteer their time to make Huntington Beach a wonderful place for seniors. If you would be interested in joining HBCOA, please let me know. Our board is a steward of the gifts we have received and a pioneer of the future we are being given.

Thank you!

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.

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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>



GARDEN WALK & GREAT EGRET VIEWING

Enjoy the beautiful native plants and Great Egrets of the Shipley Nature Center with a one hour walk and talk.

FRIDAY, JULY 14TH AT 9AM

Meet at the front entrance to Shipley Nature Center. Trails can be uneven, please wear comfortable shoes. For additional information, contact the Shipley Nature Center at

shipleynature.org
714-842-4772

17851 GOLDENWEST STREET

4th of July City Activities

The City of Huntington Beach has hosted annual 4th of July events for 118 years. This wonderful event provides many great opportunities to get out and enjoy the holiday, have fun, and celebrate Americas birthday all from the comfort of your own town. This year is offering extended activities to participate in and will run from June 30-July 4. These include:

Downtown Block Party	Fun Run 5k
Parade	Beach Carnival
Pier Vendor Fair	Corn Hole Contest
Fireworks Over the Ocean	Home Décor Contest

Remember that the downtown area roads and parts of PCH are closed for many of the festivities during set times on the 4th of July. There will be signs posted around the closures so plan ahead to participate safely.

HBPD reminds all that for firework noise complaints do not call 911 unless it is an emergency situation. For noise complaints or other non emergent issues please call the non emergency line or report the concern through the myHB portal app. Have a safe holiday.



COMM. LIB. SERVICES

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

SENIOR SERVICES

Randy Pesqueira, *Executive Director*
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

EDITOR**Heather.Dodd@surfcity-hb.org****SPONSORSHIP****Michael.Gonzales@surfcity-hb.org****Sponsorship Disclaimer**

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SENIOR CENTER MESSAGE

Wave Hello and Say Goodbye

It has been quite a blast working in Senior Services for the past 24 years. When I started at Rodgers Seniors' Center in 1999, the world was wondering if time would stand still when the clock struck midnight and hit the year 2000 - Y2K! Remember that drama! We got through it.

There is the saying that time flies. You are here one second – and then you are gone. That may be true for some, but that's not my story. I have treasured my time working with this amazing population of seniors and boomers, learning lessons in humility and grace, of fortitude and patience. Being blessed with the acquaintance of some of the strongest women I have known, I give praise. If I list one, then I must list all, and that would take up a page. The staff that I have been lucky enough to work with over the years have allowed me to lead with great creativity. I was never anyone's idea of a 'boss', my concern was that staff members follow their individual paths to creating the kind of job that made an impact. That is what we are here for – to make an impact on the lives of those we serve. We have.

In my role as the new Director of Senior Services in 2002, I made it a point to join two separate entities, Seniors Outreach and Rodgers Seniors' Center, creating Huntington Beach Senior Services. All of us united for the same cause, creating programs for active seniors and assisting our elders at home to live independently. As Boomers began to age, the need for programs increased. The need for additional space became a priority. In 2016, the new 38,000 sq. ft. Senior Center in Central Park arose from a large excavation pit in Central Park. I was never more proud than the day we opened! I had helped to raise almost 4 million dollars, for the building, and ongoing programs and services. Eventually we would see 500-600 daily visitors, with over 12,000 enrolled into our My Senior Center© program.

Our world changed during the pandemic. We did all we could to get back – we are almost there.

Thank you for allowing me this time with you all. I am going to take my presents and go home now. Peace.

Randy Pesqueira

**WHERE IS YOUR OUTLOOK**

Mary & Don Julian took their Outlook to Australia & Indonesia. Here they are at Tanah Lot Temple. 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

Robert Vey

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

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



7/12

Air

The movie explores how Nike's basketball shoe division was struggling in 1984 due to low sales, and how the company's Marketing VP Rob Strasser and CEO Phil Knight tasked basketball talent scout Sonny Vaccaro to find a new spokesperson for their shoes. Although they

considered third draft pick Michael Jordan off limits due to his preference for Adidas and Converse, Vaccaro convinced them that Jordan was generational talent and that Nike should pursue him and try to convince Jordan to sign Nike. **112 minutes. Rated R for language.**



7/26

Jesus Revolution

Jesus Revolution is the story of one young hippies quest in the 1970's for belonging and liberation that leads not only to peace, love, and rock and roll, but that sets into motion a new counterculture crusade— a Jesus Movement— changing the course of history. Inspired by a true

movement. This film, tells the story of a young Greg Laurie being raised by his struggling mother, Charlene in the 1970's, Laurie had a sea of young people descent on sunny Southern California to redefine truth through all means of liberation. Inadvertently, Laurie meets Lonnie Frisbee, a charismatic hippie street preacher and pastor Chuck Smith who have thrown open the doors of Smiths languishing church to a stream of wandering youth. What unfolds becomes the greatest spiritual awakening in American history. Rock and roll, newfound love, and a twist of faith lead to a revolution that turned one counterculture into a revival that changed the world. **119 minutes. Rated PG-13 for some thematic elements, and strong drug content.**

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.



A Pisa Italy: L.A.'s Italian Treasures
W/ Local Guide

Thursday, July 20, 2023

Today we are joined by professional local guide, Curt, who is a history buff with an expertise on the evolution of Los Angeles .

LA is home to the nation's fifth-largest Italian population, and the Italian presence in the American West pre-dates our nation's founding. This tour highlights the Italian-inspired treasures around LA and emphasizes the influence that Italian culture has had on the city. In downtown L.A., we'll visit the Italian American Museum located in the Italian Hall – the oldest remaining building from L.A.'s historic Little Italy. The museum features interactive cultural and historical displays focused on the struggles and triumphs of Italian immigrants and their descendants and highlights the significant contributions they've made . Enjoy an early lunch on your own at the San Antonio Winery's cafeteria-style, Maddalena's Restaurant – This afternoon we'll visit St. Peter's Italian Catholic Church. At the peaceful Forest Lawn Memorial Park in Glendale, we'll view reproductions of artwork of two of Italy's greatest artists – Leonardo da Vinci's stunning stained-glass masterpiece of *The Last Supper*, and Michelangelo's most famous sculptures. In beautiful Old Pasadena, we'll visit St. Andrew's Church – one of the oldest Catholic churches in L.A. County and an architectural treasure that dates to 1886. It's one of Pasadena's most iconic landmarks. The church houses gorgeous murals like the ones that grace cathedrals in Rome, and features an historic 1908 Italian Hall which celebrates the Italian American experience. *All visits subject to change. Member Price: \$119; Non-Member Price: \$129, • Depart: 8:30 a.m. • Return: 5:30 p.m.*



Pageant of the Masters

At Laguna Beach's Festival of Arts
Thursday, August 24, 2023

Enjoy an evening under the stars at this popular summer event acclaimed for its awe-inspiring theatrical celebration of tableaux vivants – “living pictures.” Celebrating its

90th year, *Pageant of the Masters* is the crown jewel of Laguna Beach's *Festival of Arts* and arguably one of the most unique productions in the world. You'll be both amazed and enchanted by this theatrical masterpiece that features “art that lives and breathes” with live models coated in layers of body paint climbing into life-sized paintings and sculptures on the stage to recreate famous works of art. The “living artwork” becomes fully alive with sophisticated lighting, stage illusions, a full professional orchestra, live original narration, and multiple stages within the Irvine Bowl, a 2,600-seat outdoor amphitheater. The 2023 production, entitled *Art Colony: In the Company of Artists*, acknowledges the deep connections of the Festival and Pageant to the early artists who settled in Laguna Beach and will also feature other memorable stories of artists assisting one another through cooperation and fellowship in vastly different eras and circumstances around the world. Enjoy time at leisure prior to the show browsing the Festival of Arts Fine Art Show. Eat prior to departure, bring a picnic, or purchase food available on-site. Binoculars are recommended and available for rent on-site to help see detail on stage. Main tier-level seating. **Price: \$129; Non-Member Price: \$139, • Depart: 6:00 p.m. • Return: 11:30 p.m.**

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SENIOR CENTER

Experts at Living Well

NEW ACTIVITY **Casual Hiking Group**

Easy Local Hikes Year-Round

Looking to hike locally with friends? Then join our Casual Hiking Group and meet people who enjoy the outdoors and the sounds of nature. If you're interested please visit our front desk and ask to be put on the interest list. Each week the volunteer instructor will reach out to participants with details about the hike of the week! This is more of a social club, not a class, and an email address is required.



NEW CLASS

Music for the Ages

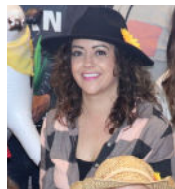
Saturdays @ 11am-12pm 7/8, 7/15, 7/22

Join us for a musical experience through the ages! This class features volunteer-led instructors who are passionate about theatre, musicals and arias. This three week workshop will include video showings and interactive discussions. Please visit our front desk to register for the July session. If July fills up, then don't worry we will offer this again!



Saying 'Goodbye' to Amber

This month we want to say **congratulations**, **thank you**, and **goodbye** to our Rentals & Events Coordinator, Amber Ruiz. "Congratulations" because Amber recently accepted the position of Recreation Supervisor at the City Gym & Pool. "Thank you" because of all your hard work and positive energy here the last couple of years. And "goodbye" as we will miss you! Best of luck on your new journey, and don't forget to come and visit!



Garden Club July Meeting **Herbs**

Wednesday, July 12 9AM-10:30am

Interested in growing your own garden that not only looks beautiful, but smells and tastes delicious too? Learn the basics for growing and enjoying your very own homegrown herbs



Drum Circle in July

Tuesday, July 11th

@ 12:30pm

The class is free to attend and open to all to enjoy.



Quilting With Brandi **Monday Evenings from 3pm -7pm** **\$6 per quarter**



Learn to quilt or work on your projects in this volunteer led class. All skill levels are welcome. Ironing boards provided but please bring your own sewing machine.

SENIOR CENTER CLOSED **Tuesday, July 4th**

The Senior Center will be open on Monday, July 3rd and will resume normal business hours on Wednesday, July 5th. We wish you and your loved ones a happy Fourth of July!



MemorialCare in July

Lecture: Essential Tremor - There is Hope

Monday, 07/24 2:30pm-4:00pm

Senior Center in Central Park

Join Dr. Devin Binder as he discusses a ground breaking treatment option for those with Essential Tremor or tremor-dominant Parkinson's disease.

Registration is required. Call 800-636-6742 to RSVP





Hoag Health & Wellness Pavilion
Join The Movement



Gym Equipment Tips

The Deltoid Fly Machine

Muscle Group Targeted: Pectoral, anterior deltoid, posterior deltoid, and upper back.

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

How Much Weight to Use: Start with a weight that you are comfortable with and slowly increase weight when ready.

How to Perform the Exercise: A “fly” refers to an exercise where the arms go out and away from the body. When you are facing the machine you want arms to fly away. When you are facing away from machine you want arms to fly towards the middle.



Cucumber Summer Benefits

Want to feel cool as a cucumber during the sweltering heat of summer? Add these refreshingly crunchy fruits (yep, it's a fruit!) to your plate. Cucumbers are naturally low in calories, carbohydrates, sodium, fat, and cholesterol. Plus, they're 95 percent water, so they're naturally hydrating — a must to keep cool!

Cucumber Smoothie Recipe

There are lots of ways to make a cucumber smoothie, so here is one way you can make it! This easy cucumber smoothie is full of fruity, refreshing flavor with pineapple and banana! It's a great healthy snack or breakfast.

Ingredients:

- Cucumber
- Banana, room temperature
- Frozen pineapple
- Spinach, one handful
- Greek yogurt or coconut milk
- Ice, this adds to the icy texture!



Hoag in July

Blood Pressure Screenings

Wednesday, July 5th

9:00am - 11:00am

Walk-ins Only. No Appointment Required.

Memory Screenings

Wednesday, July 19th

Memory Screenings are \$45

Appointment Required

Call 949-764-6288

Lecture

Strength & Mobility

July 13th @ 9:30am

Lecture

The Importance of Mental Health & Understanding Mental Illness

July 20th @ 9:30am



“**Health** is a state of mind.
Wellness is a state of being.”



GYM CLOSED

TUESDAY, JULY 4TH



VOLUNTEER NEWS



SAVE THE DATE!

SATURDAY, SEPT 16, 2023

SENIOR CENTER IN CENTRAL PARK

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

Reminder to all Volunteers: Don't forget to log your volunteers hours!

We want to make sure you are getting credit for all your hard work! Volunteer hours are important in multiple ways, but the most important reason for the volunteer, is that they allow us to see if you are currently active.

Reasons to Record Your Volunteer Hours:

- Confirms your volunteer status. If no hours are recorded for one year, active status will be removed.
- Volunteers are included in special volunteer appreciation activities.
- Volunteers who complete 20+ hours of service a year, are invited to the Volunteer Appreciation Event.
- Helps staff keep track of volunteer statistics.



Stop by the concierge desk if you need assistance recording your hours. If you think you may have missed entering hours, please reach out to the Volunteer Services Coordinator for verification.

HBCOA OUTLOOK Mailing Needs Your Help!



Thursday, July 27th
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!

Reminder Tuesday Volunteers:

The Senior Center is closed
Tuesday, July 4th
for Independence Day!



Thank you Golf Tournament Volunteers!

Big thank you to all the volunteers who helped at the Golf Tournament last month. The HBCOA had a great turnout and a successful fundraising event.



Volunteers Needed!

Current Volunteer Opportunities

- Transportation Drivers
- Home Delivered Meals
- Concierge Desk
- Travel & Resource Room
- Senior Café



Upcoming Events

- **7/29/23**—Summer Concert
- **8/5/23**—Grandparent's Day Event

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.



Alzheimer's
ORANGE COUNTY



One on One Services

Provided by volunteers and non-profits, appointments are available to HB residents, 60 and older free of charge. Call the Travel & Resource Room 714-374-1572 for an appointment.

Money Mentor: Consultations on financial concerns. No sales pitch, is experienced and impartial. Can help with budgeting, organizing bills, banking, investment issues and communicating with financial institutions.

Tech Coach: Bring in your cell, laptop, or tablet for assistance from a tech savvy volunteer.

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

Nutritionist: 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: Unbiased Medicare counseling by an experienced Council on Aging So Cal volunteer.



Safety Savvy



HBPD has noticed an uptick of reported non-violent thefts targeting older adults in the community. Stop by the Travel & Resource Room to pick up a Safety Savvy booklet on situational awareness, scam prevention, and reporting.



Shared Housing

Have an extra room? Get extra income or help! 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.



Veterans Resource Center

At the Central Library provides free services helping veterans access: discharge papers, how to file a claim, health benefits, employment, home purchasing, and more. Call, email, or drop by for more info: 714-375-5111 or HBPLVetCenter@gmail.com or hbpl.libguides.com/veteransresourcecenter

Home Safety & Mobility Equipment

Care Management lends out gently used durable medical equipment, such as wheelchairs & rollator walkers, and provides grab bars. Services are made possible through generous support from the HBCOA and Assistance League Huntington Beach, DreamCatchers. 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 9:00a.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.



The Many Options of Transportation

Surf City Seniors On the Go is not only for medical appointments or grocery shopping trips. They are also your go to provider for all your daily transportation needs about town. You can go out to dine, visit the shops about town, schedule a day out, or enjoy a visit with friends. Use transportation to drop by one of the many city recreation centers, libraries, or points of interest. Come to the Senior Center for lunch each week or ride with the shuttle to the movies. Whatever the transportation request, odds are that Surf City Seniors On The Go can book your ride. Give them a call at 714-374-1742.



Holiday Closure Notice

Seniors On the Go office & services will be closed on Tuesday July 4 in observance of Independence day. Have a safe and happy holiday.



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.*



Social Activities to Enjoy

There are lots of opportunities to engage at the Senior Center in Central Park. Every day of the week there are a variety of free drop-in classes offered in the game room. Come and enjoy the fun. Below are some of the available options:

Table Tennis, Party Bridge, Chess, Duplicate Bridge, Scrabble, Mah Jong, Backgammon, Gin & Cribbage, and Mexican Train

Dominos. *Consult the calendar on page 19 for the schedule of when each activity takes place.*



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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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 July Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Cream of Spinach Soup w/ SF Crackers NEW Tarragon Chicken Salad w/ Yogurt Dressing Lemony Orzo Salad Mandarin Orange		NEW Ground Turkey Bolognaise Bow Tie Pasta Italian Veg. Blend Parmesan Cheese WW Dinner Roll w/ Smart Balance Tropical Fruit Mix		Salisbury Steak Mushroom Brown Gravy Mashed Potatoes Carrots WW Dinner Roll w/ Smart Balance Pineapple Chunks
10	11	12	13	14
Pork w/ Verde Chile Sauce Pinto Beans 5 Way Mixed Veg. Tortilla Tropical Fruit Mix		Spinach & Mushroom Quiche Roasted Potatoes Broccoli & Cauliflower Blend WW Dinner Roll w/ Smart Balance Seasonal Fresh Fruit 		Diced Orange Chicken NEW Orange Sauce Brown Rice Oriental Veg. Blend SF Pudding
17	18	19	20	21
Mexican Corn Soup w/ SF Crackers Signature Chicken Salad Barley Mushroom Salad WW Dinner Roll w/ Smart Balance Canned Peaches		Vietnamese Chicken Strips w/ Coconut Curry Sauce Brown Rice Spinach Orange Juice SF Pudding		Breaded Fish Tacos Black Beans Red & White Cabbage Corn Tortillas (2) Pico de Gallo Pineapple Chunks
24	25	26	27	28
Chili Con Carne (Beef Crumbles) Baked Potato Shredded Cheese Broccoli WW Crackers Seasonal Fresh Fruit		Macaroni & Cheese Diced Tomatoes Carrots Breadsticks Orange-Pineapple Juice SF Apple Crisp 		Tortilla Soup Chicken Tinga Cilantro Lime Rice California Veg. Blend WG Tortilla SF Ambrosia 
31				
NEW Chicken Breast w/ Parmesan & Sundried Tomato Sauce Tri-Color Pasta Mixed Veg. Blend WW Dinner Roll w/ Smart Balance Parmesan Cheese Tropical Fruit Mix				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.

MONDAY

8:30	Better life Boxing	D*\$
7/3, 7/10, 7/17, 7/24, 7/31		
8:30	Table Tennis	G
7/3, 7/10, 7/17, 7/24, 7/31		
9:00	Hawaiian Hula Basics	P*\$
7/3, 7/10, 7/17, 7/24, 7/31		
9:30	Guava Groove Ukulele	1*\$
7/3, 7/10, 7/17, 7/24, 7/31		
10:00	Chair Yoga	D*\$
7/3, 7/10, 7/17, 7/31		
10:30	Hula Inter	P*\$
7/3, 7/10, 7/17, 7/24, 7/31		
10:45	Guava Groove Ukulele Adv.	1*\$
7/3, 7/10, 7/17, 7/24, 7/31		
11:00	MOW Dine-in Lunch	P
7/3, 7/10, 7/17, 7/24, 7/31		
11:30	Balance & Stability	D*\$
7/3, 7/10, 7/17, 7/24, 7/31		
12:00	Guava Groove Ukulele Inter	1*\$
7/3, 7/10, 7/17, 7/24, 7/31		
12:30	HB Party Bridge	G
7/3, 7/10, 7/17, 7/24, 7/31		
12:30	Chess	G
7/3, 7/10, 7/17, 7/24, 7/31		
2:00	Line Dance Lvl 1	P*\$
7/17, 7/24, 7/31		
2:00	Beg Bridge	1*\$
7/10, 7/17, 7/24, 7/31		
2:00	Dig Photo Org & Edit	L*\$
7/10, 7/17		
2:30	Memorial Care Lecture	1*
7/24		
3:00	Quilting with Brandi	L*\$
7/3, 7/10, 7/17, 7/24, 7/31		
3:30	Line Dance Lvl 3	P*\$
7/17, 7/24, 7/31		
4:00	Waltz & Swing	D*\$
7/10, 7/17, 7/24, 7/31		
5:00	Grief Support Group	R*
7/10, 7/17, 7/24, 7/31		
5:00	Merengue & Cha Cha	D*\$
7/10, 7/17, 7/24, 7/31		
6:00	NAMI	1*
7/24		
6:30	Tai Chi Chuan	D*\$
7/10, 7/17, 7/24, 7/31		
7:00	Big Band	P
7/24		

TUESDAY

8:00	Pilates Mat	D*\$
7/11, 7/18, 7/25		
8:15	Senior Cardiofit	P*\$
7/11, 7/18		
8:30	Wards Duplicate Bridge	G
7/11, 7/18, 7/25		
9:00	Pilates Chair	D*\$
7/11, 7/18, 7/25		
9:30	Flex & Stretch	P*\$
7/11, 7/18		
10:00	Basic Art Techniques	2*\$
7/11, 7/18, 7/25		
10:30	Yoga	D*\$
7/11, 7/18, 7/25		
12:30	Scrabble	G
7/11, 7/18, 7/25		
12:30	Drum Yourself Healthy	P
7/11		
12:30	Lets Write Poetry	1*\$
7/25		
1:00	Put Poetry in Your Life	2*\$
7/18		
1:30	Shanti	2*
7/11, 7/18, 7/25		
3:00	Yoga—Senior Center	O*\$
7/11, 7/18		
3:00	Line Dance Easy New Beg	P*\$
7/18, 7/25		
3:00	Bridge Intermediate	1*\$
7/11, 7/125		
4:30	Line Dance Easy New Beg	P*\$
7/11, 7/18, 7/25		
5:30	Family Martial Arts	D*\$
7/11, 7/18, 7/25		
5:30	Dementia Caregiver Supp Grp	R*
7/18		
6:30	Sr. Martial Arts	D*\$
7/11, 7/18, 7/25		

WEDNESDAY

8:30	Wednesday Walkers	O
7/5, 7/12, 7/19, 7/26		
9:00	Blood Pressure Screening	H
7/5		
9:00	Zumba Gold Fitness	D*\$
7/12, 7/19, 7/25		
9:00	Surf City Gardner's	1
7/12		
10:00	HB Fish & Rec Club	1
7/5		
10:00	Young At Heart Singers	P
7/5, 7/12, 7/19, 7/26		
10:30	Cardkateers	2*\$
7/5, 7/19		
11:00	MOW Dine-in Lunch	P
7/5, 7/12, 7/19, 7/26		
12:30	Backgammon	G
7/5, 7/12, 7/19, 7/26		
12:30	Chess	G
7/5, 7/12, 7/19, 7/26		
12:30	Mah Jong	G
7/5, 7/12, 7/19, 7/26		
1:00	Movies	P
7/12, 7/26		
1:00	Easy Watercolor	2*\$
7/5, 7/12, 7/19, 7/26		
5:30	Yoga	D*\$
7/12, 7/19, 7/26		
5:30	Art League	P*\$
7/5		
5:30	FireMed CPR	G*\$
7/12		
6:30	Beg Bridge	2*\$
7/12, 7/19, 7/26		
7:00	Book Club	1*\$
7/12		

THURSDAY

8:00	Outlook Assembly	1
7/27		
8:30	Table Tennis	G
7/6, 7/13, 7/20, 7/27		
8:30	Tai Chi	P*\$
7/6, 7/13, 7/20, 7/27		
9:00	HBCOA Gen Mtg	1
7/6		
9:30	Hoag Presentation	1*
7/13, 7/20		
10:00	Yoga	D*\$
7/6, 7/13, 7/20		
10:45	Flex & Stretch	P*\$
7/6, 7/13, 7/20		
12:30	Gin/ Cribbage	G
7/6, 7/13, 7/20, 7/27		
1:30	Line Dance Lvl 2	P*\$
7/20, 7/27		
2:00	Tech Club	1
7/13		
2:00	Line Dance 1	P*\$
7/20		
3:00	Line Dance Lvl 1	P*\$
7/20, 7/27		
6:00	Egyptian Belly Dance	D*\$
7/6, 7/13, 7/20, 7/27		
6:00	Woodcarvers	1
7/6, 7/13, 7/20, 7/27		
7:00	Egyptian Belly Dancing	D*\$
7/6, 7/13, 7/20, 7/27		

FRIDAY

8:30	Mexican Train	G
	7/7, 7/14, 7/21, 7/28	
9:00	HICAP	S*
	7/7, 7/14, 7/21, 7/28	
9:00	TOPS	1
	7/7, 7/14, 7/21, 7/28	
9:00	Zumba Gold & Toning	D*\$
	7/7, 7/14, 7/21, 7/28	
9:30	Circuit Training	P*\$
	7/7, 7/14, 7/21	
10:00	Yoga	D*\$
	7/14, 7/21, 7/28	
10:30	HandiCrafters	1
	7/7, 7/14, 7/21, 7/258	
11:00	MOW Dine-In Lunch	P
	7/7, 7/14, 7/21, 7/28	
11:00	Senior Fitness	P*\$
	7/7, 7/14, 7/21, 7/28	
12:30	Backgammon	G
	7/7, 7/14, 7/2, 7/28	
12:30	Practice Bridge	G
	7/7, 7/14, 7/21, 7/28	
1:30	Line/ Dance Lvl 2-3	D*\$
	7/21, 7/28	

SATURDAY

9:30	FireMed	G*\$
7/22		
10:00	Family Martial Arts	D*\$
7/1, 7/8, 7/15, 7/22, 7/29		
11:00	Sr. Martial Arts	P*\$
7/1, 7/8, 7/15, 7/22, 7/29		

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
R	Resource Room
O	Patio
V	Virtual
\$	Participation fee
*	Registration

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