



The annual HBCOA golf tournament was a great success once again. This year's event was held on Friday, June 23 with festivities starting at 6:30am. Participants began the day with a delicious breakfast spread including burritos by Norms restaurant, a coffee bar by HB Hospital, and donuts provided by Adams Ave Donuts. Immediately following breakfast, the tournament kicked off and the players began their quest to see who the top golfers of the day would be.

Congratulations are in order to this year's winning teams. In the men's division Michael Drysdale, Robert Renteria, Albert Rhee and Bipul Kapadia took home first place. In the women's division Evelyn Peasley, Mary Brady, Judy Blinderman, and Jerrie Chapin took home first place and in the mixed division first place went to Lynne Castro, Robert Grego, Jody Gonzalez and Debbie Wanbaugh. Players also enjoyed a myriad of side competitions at this year's event including a putting contest which saw a three way tie between Mike Shewbridge, Rick DuFresne and Steve Shaffer and the marshmallow contest where Chris Beighley drove his mallow the furthest for top honors.

Upon completion of the tournament, all the players enjoyed a delicious luau themed plated lunch at the Meadowlark golf course and set about the task of competing over the wonderful auction items and the wine cork pull game. There was a plethora of themed gift baskets, golf equipment, one of a kind sports

memorabilia, weekend getaways to exotic destinations, concert tickets, and so much more.

A huge thank you is in order as well to the HBCOA golf committee for their years long effort, hard work, and dedication to make this tournament a success. Also a round of applause for the volunteers who helped staff the event and at the banquet. Plus a tremendous thank you to the community partners and individuals who donated financially and sponsored this year's event, including First Bank as the title sponsor, and MemorialCare as a major donor. We truly would not be able to serve the community as adequately as we do without these wonderful partnerships. Proceeds from this event along with all HBCOA activities and fundraisers go directly towards supporting the needs of the seniors of Huntington Beach, through the programs and services offered at the Senior Center in Central Park. The mission of the HBCOA is to provide dignity with aging to all older adults of Huntington Beach.

The next community event for the HBCOA is the Active Living Expo at the Senior Center in Central Park. Hope to see you there on Saturday, September 16 from 10am to 1pm.



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For additional information please visit the HBCOA website at [www.hbcoa.org](http://www.hbcoa.org) or like their Facebook page at Huntington Beach Council on Aging @HBCOA



## INFORMATION AND UPDATES

Some weeks back the HBCOA board met at a local restaurant for a summer happy hour — normally this time of year the work slows down and we have more time to connect to each other. However, we almost had to cancel our get-together when news of the city's budget came out.

If you followed that story, you'll know that several significant cuts were proposed to senior services as the council sought input on where changes could be made for cost savings. We had several hurried and anxious conversations forecasting what the effects of (and possible remedies for) cuts to seniors might be. Fortunately, none of them came to pass this year.

This may not be the case next time. It is a reminder that as citizens and voters, HBCOA members need to be educated and engaged. This doesn't just apply to the city budget. How can we better advocate for older adults throughout the entire year? That is a question that drives our mission.

As August begins, thank you to the 200 people that signed up for our inaugural Grandparents Day. This is an exciting event and members of our board are especially happy to create this new intergenerational space at SCICP!



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](http://www.hbcoa.org).

\_\_\_ \$15 per person sponsors: \_\_\_ \$100 Bronze \_\_\_ \$250 Silver \_\_\_ \$500 Gold  
 \_\_\_ \$1000+ Evergreen Tree of Life Donor

\_\_\_ List my sponsorship as: \_\_\_\_\_

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\_\_\_ I have enclosed a self-addressed stamped envelope for my membership card

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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](http://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](http://www.ssa.ocgov.com)

**AlertOC**

**714-536-5978** a mass notification system designed to keep Orange County informed of emergencies [www.alertoc.org](http://www.alertoc.org)

**Alzheimer's Family Center**

**714-593-9630** Alzheimer's and dementia care and support [www.afscenter.org](http://www.afscenter.org)

**Aging and Disability Resource Connection**

**714-480-6450** Referrals for older persons, persons with disabilities & caregivers [www.adrcoc.org](http://www.adrcoc.org)

**Be Well OC Mobile Crisis Response Team**

**714-960-8825.** Provides in-community assessment and crisis stabilization services to individuals experiencing mental health or substance use challenges.

**California Senior Medicare Patrol**

**855-613-7080** Helps beneficiaries avoid, detect, and report healthcare fraud [www.cahealthadvocates.org](http://www.cahealthadvocates.org)

**Caregiver Resource Center**

**800-543-8312** Caregiver support, respite care, and education [www.caregiveroc.org](http://www.caregiveroc.org)

**Connect America**

**1-800-949-2434** Personal response systems; discount for HB residents [www.connectamericawest.com](http://www.connectamericawest.com)

**HICAP**

**714-560-0424** Health Insurance Counseling & Advocacy for those with Medicare [www.coasc.org/programs/hicap/](http://www.coasc.org/programs/hicap/)

**211OC**

Provides resources on a variety of human service topics. [www.211OC.org](http://www.211OC.org) or just dial '211' or (949) 646-4357

**OCTA Access**

**714-560-5956** Transportation throughout Orange County for persons unable to take the fixed bus system [www.octa.net/getting-around/bus/oc-access/overview/](http://www.octa.net/getting-around/bus/oc-access/overview/)

**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](http://www.ssa.gov)

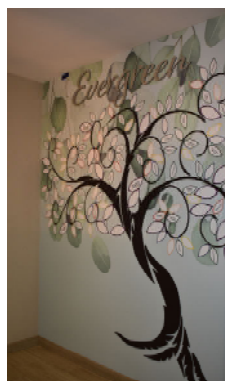
**OC Links**

**(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>

## EVERGREEN

HELPING SENIORS THRIVE

Symbolic of Senior Services and ageing, the HBCOA Evergreen annual donor program honors individuals, corporations, and legacy donors with a special leaf on the **Tree of Life**.



Annual donations allow for new and inventive programming provided at the Center. In addition to Social Services, including Care Management, Home Delivered Meals, and Transportation, these funds are used to offset the costs of activities including dances, concerts, travel, and recreational classes that are also sponsored by the HBCOA.

For more information about the program, or to make a charitable gift, please contact Senior Services Executive Director. *As always, age well and thrive.*

Summer is here and so is the heat. If it gets to be too much for you at home in the day consider coming to a location to cool off. Each city offers at least one location to retreat to when the temperatures soar. Below are the centers located in Huntington Beach and adjoining cities to escape the heat. Many also offer daytime programming that you can participate in while keeping cool:

**Huntington Beach: The Central Library**

7111 Talbert Ave. (714) 842-4481

**Fountain Valley: Founders Village Senior Center**

17967 Bushard St. (714) 593-4446

**Fountain Valley: Mile Square Park Comm. Cntr**

16801 Euclid St. (714) 973-6600

**Fountain Valley Library**

17635 Los Alamos St. (714) 962-1324

**Costa Mesa: Senior Center**

695 West 19th St. (714) 327-7560

**Costa Mesa: Downtown Recreation Center****Multi Purpose Room**

1860 Anaheim Ave. (714) 327-7560

**Costa Mesa: Donald Dungan Library**

1855 Park Ave. (949) 646-8845

**Costa Mesa: Mesa Verde Library**

2969 Mesa Verde Dr East. (714) 546-5274

**Costa Mesa: Technology Library**

2263 Fairview Rd STE A.  
(949) 515-3970

**Newport Beach: Oasis Senior Center**

801 Narcissus. (949) 644-3244

**Westminster: Senior Center**

8200 Westminster Blvd.  
(714) 895-2878

**Westminster: Library**

8180 13th St.,  
(714) 893-5057



**COMM. LIB. SERVICES**

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

**SENIOR SERVICES**

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**

Greetings Senior Center Community!

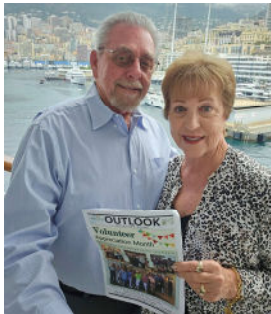
On behalf of the staff, volunteers, and instructors I'd like to wish you a happy August. I hope that you're having an excellent start to the summer and that it's being filled with lots of sunshine, health, and happiness.

Reflecting on the last couple of months, I want to give a huge shout out to the staff & volunteers that made our June and July concerts a success! We welcomed roughly 600 Senior Center members and guests to enjoy sandwiches, pizza, cookies, drinks, and wonderful music from Surf's Up and the Smokin Cobras. As we look ahead to our events schedule for the rest of 2023, we will be having Grandparent's Day, the Active Living Expo, our fall Rise & Walk 5k, and our annual holiday dance. For dates and registration info please stop by our front desk.

This month we are welcoming two new staff. First, is our new Wellness Coordinator, Vivian Pla. She will be overseeing all facets of the Health & Wellness Pavilion, including membership, personal training, classes, and more. We are so excited to be welcome Vivian and will do our best to include a photo and bio in next month's Outlook. Second, is our new Rental & Events Coordinator, Vicki Gonzales. She will be overseeing the rental program here at the Senior Center, as well as playing a major role with our events. Like Vivian, we will do our best to include a photo and bio of Vicki in upcoming Outlooks. Please make them feel welcome when you cross paths this month.

In addition to our regular contract classes and activities, this month we have a Senior Scams presentation, Hoag is doing a presentation on Sports Medicine, we have Wednesday movies, Surf City Senior Providers, the first day of fall class registration, and more! Additional details about all of these happenings can be found in the following pages. Have a happy August and thanks for being a part of the Senior Center in Central Park family! We'll see you next month at the Active Living Expo!

-Scott Getman, Senior Center Supervisor

**WHERE IS YOUR OUTLOOK**

Bob & Jeanne Robey took their outlook to Monte Carlo in Monaco. 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](mailto:heather.dodd@surfcity-hb.org)



**Senior Services Remembers**  
**Rob McMackin, Dr. Richard Sax,**  
**Bob Singer, John Whyte**

Send submissions to [heather.dodd@surfcity-hb.org](mailto:heather.dodd@surfcity-hb.org)



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

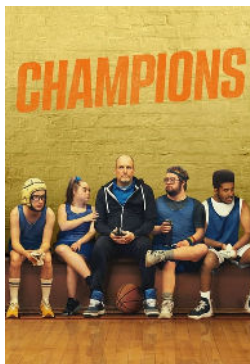


**News of the World**

**8/10**

Five years after the end of the Civil War, Capt. Jefferson Kyle Kidd (Tom Hanks) crosses paths with a 10 year old girl taken by the Kiowa people. Forced to return to her aunt and uncle, Kidd agrees to escort the child across the

harsh and unforgiving plains of Texas. However, the long journey soon turns into a fight for survival as the traveling companions encounter danger at every turn— both human and natural. **118 minutes. Rated PG-13 for some language, disturbing images, thematic material and violence.**



**Champions**

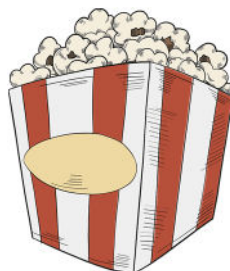
**8/24**

Woody Harrelson stars in the hilarious and heartwarming story of a former minor league basketball coach who, after a series of missteps, is ordered by the court to manage a team of players with intellectual

disabilities. He soon realizes that despite his doubts, together, this team, can go further than they ever imagined. **123 minutes. Rated PG-13 for strong language and crude sexual references.**

**Come for lunch before the movie and make it an outing. Lunch check in begins at 9:30 and the meal is served at 11:30. Call the Seniors On the Go Transportation dispatch line at (714) 374-1742 to book your rides to the movies or lunch for the month.**

**Movies are free to attend and all are welcome. Open seating.**

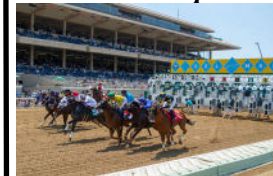


**HBCOA Travel & Trips Calendar**  
**Sign-up for day trips in the Travel & Resource Room**  
**Monday -Friday between 8AM-3:30PM.**



**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 90<sup>th</sup> 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 suggested 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.**



**Where the Surf Meets The Turf**  
**Thursday, August 31 2023**

Escape to where the “turf meets the surf” and enjoy an exciting day of thoroughbred horse racing at the beautiful Del Mar Thoroughbred Club. We'll motorcoach south along the coast to the track, which features a stunning location and views of the Pacific Ocean. Be part of the magic and nostalgia of this long-time horse race tradition dating back to 1937 when Bing Crosby greeted the first guests, and *Seabiscuit* won by a nose in the infamous race in 1938! The summer season at Del Mar features the nation's top racehorses, trainers and jockeys, and plenty of fun at this favorite summertime event! Your track experience includes admission, shaded clubhouse seating and a race program. We'll arrive to the track early so you can enjoy lunch on your own before the first race. After the seventh race, we'll head for home. **Price: \$89 Non-Member Price: \$99 Depart: 11:15 a.m. Return: 7:30 p.m.**

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## SENIOR CENTER

*Experts at Living Well*

### Senior Scams Presentation

**Friday, August 18th**  
**2:00 pm - 3:00 pm**

Back by popular demand, the Huntington Beach Police Department is providing their revised scams presentation that they previously offered in June. This is an updated version of the 2022 presentation which focused on scams. There is no cost to attend and at this time there is no advanced registration required.



### Drum Circle in August

Join the Drum Circle group for an afternoon! Drums are provided, but you are more than welcome to bring your own!

**August 8th @ 12:30pm**



### Surf City Gardeners

#### **California Native Plants**

Wednesday, August 9th : 9:00am -10:30am  
Learn about the native plants that have grown in California for the past millennia. They are not only a key part of nature, regularly used by native birds, butterflies, and other animals, but Native Americans also used them for food, clothing, and shelter. See how you can grow your own super bloom in your landscape!



### OCTA Presentation

**Thursday, September 7th @ 10am**

Join OCTA staff as they present on bus riding basics, fare options, payment methods, trip planning, bus schedules, ADA accessibility, and much more in this informative presentation. Spots are limited and **registration is required**. RSVP at the Senior Center's front desk!



### **First Day of Fall Class Registration**

**Tuesday, August 15th**  
**Registration opens in person and**  
**online promptly at 8AM**

Need help signing-up online? Visit the front desk the week before fall sign-ups and get your username & password. Staff can also assist with showing you how to register at home. Make sure that you practice logging in and adding items to your cart before August 15th! Also, please remember that **all classes are first come, first served**.



**A friendly reminder that beginning July, 1 2023 the city of Huntington Beach began assessing a 2.29% service fee for all credit/debit card transactions. You will see this charge reflected on your receipt as part of your total. You can still make payments via cash or check at city facilities and you will not be assessed the service fee when using these alternate payment methods. The center kindly asks if you pay by cash to have as close to exact change as possible to assist in making change.**

*\*The above fee will not be assessed on travel & trips bookings or donations made in the Travel & Resource room .*

### Want to Rent A Room?

Did you know that many of the rooms here at the Senior Center are available for rent? Every week we hold meetings, parties, weddings, presentations, and more. If you are interested in holding an event here, then be sure to reach out to our Rentals Coordinator at 714-374-1534. You can also get more info at the City's website.

[huntington-beachca.gov/residents/parks\\_facilities/rentals/](http://huntington-beachca.gov/residents/parks_facilities/rentals/)  
[SeniorCenterinCentralParkRental.cfm](http://SeniorCenterinCentralParkRental.cfm)





Hoag Health & Wellness Pavilion  
Join The Movement



## Exercise Spotlight

### **Leg Curl Machine**

**Muscle Group Targeted:** Hamstring muscle.

**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:** When doing seated leg curls, the thigh pad should rest just above the knees and the lower leg pad directly below the calf. While grasping the machine's handles, push down on the lower leg pad, pulling it as close to your butt as you can. Hold, then slowly return to the starting position.



## Cold Shower Benefits

You may prefer warm showers to cold ones, however, there may be some health benefits you're missing out on. Showering in 50 to 60 degrees Fahrenheit water is considered a cold shower.

- ◇ They can help you wake up in the morning. When that cold water hits your body, there's a bit of shock. This shock increases oxygen intake, heart rate, and alertness.
- ◇ Increases your circulation. As cold water hits your body and external limbs, it constricts circulation on the surface of your body. This causes blood in your deeper tissues to circulate at faster rates to maintain ideal body temperature. Since exposure to cold temperatures triggers the circulatory system, it can help to reduce inflammation and can help lower cardiovascular disease risk.
- ◇ They can also help with depression. Some research shows some positive results for mental health. In one study, participants who took daily cold showers for several months reported decreased depression symptoms. Additional research suggests that cold water may boost your mood and decrease anxiety.

<https://www.uclahealth.org/news/6-cold-shower-benefits-consider>

## Hoag in August

### **Blood Pressure Screenings**

Wednesday, August 2nd

9:00am - 11:00am

Walk-ins only

No Appointment Required

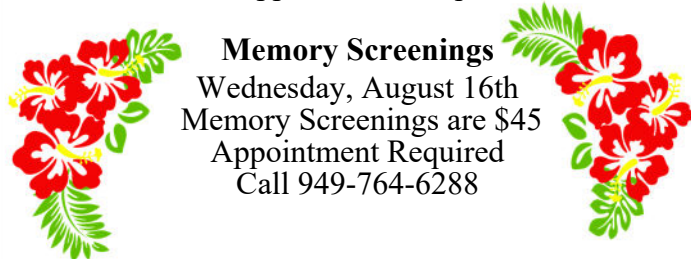
### **Memory Screenings**

Wednesday, August 16th

Memory Screenings are \$45

Appointment Required

Call 949-764-6288



### Lecture

**Navigating Through Medicare**

August 17th @ 9:30am



## Nutrition Corner

Iron is an essential nutrient, meaning you can only get it from food. Luckily, there are plenty of healthy foods with iron to help you meet your daily needs. Iron is a mineral that serves several important functions, mostly carrying oxygen throughout your body as a part of red blood cells.

Here are 5 foods that are high in iron:

- 1) Spinach
- 2) Legumes
- 3) Red meat
- 4) Pumpkin seeds
- 5) Quinoa

Iron is an important mineral that must be consumed regularly as your body cannot produce it on its own.





## 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](mailto:caryn.kawamoto@surfcity-hb.org)

### HBCOA OUTLOOK Mailing Needs Your Help!



**Thursday, August 24th**  
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 Volunteers Opportunities

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



#### Upcoming Events

- **8/5/23**—Grandparent's Day Event
- **9/16/23**—Active Living Expo

### HandyCrafters:

### Summer Boutique

**Tuesday, August**

**15th**

**8am-11:30am**

**Senior Center Lobby**

Stop by to purchase beautiful handmade gifts for either you or a loved one to enjoy. Items for sale include: jar openers, scrubbies, towel holders, stuffed animals for the kids, baby booties and beanies, and so much more!



Proceeds help support Senior Center activities and Holiday Home Delivered Meals.

**Yarn Donations Needed:** If you have yarn you would like to donate to the HandyCrafters, 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](mailto:caryn.kawamoto@surfcity-hb.org)

Kathy Pace, 714-374-1520  
[Kathy.Pace@surfcity-hb.org](mailto: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 with various organizations, Care Management and Home Delivered Meals services focus on assisting those who lack adequate support and access to services.

### One on One Services

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

**Care Management:** Consultations provided via phone or in person by appointment. Resources, referrals, & information on subjects related to aging in place.

**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.

**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.



**Stop by the Travel & Resource Room to pick up a Safety Savvy booklet on situational awareness, scam prevention, and reporting.**

### Common SCAMS to be aware of:

**Romance scam:** Criminals pose as interested romantic partners on social media or dating websites to capitalize on victims' desire to find companions.

**Tech support scam:** Criminals pose as representatives and offer to fix non-existent computer issues. The scammers gain remote access to victims' devices and sensitive information.

**Grandparent scam:** Criminals pose as a relative, usually a child or grandchild, claiming to be in immediate financial need.

**Government impersonation scam:** Criminals pose as employees and threaten to arrest or prosecute victims unless they agree to provide payments.

**Sweepstakes/charity/lottery scam:** Criminals claim to work for charitable organizations or they claim their targets have won a foreign lottery or sweepstake, which they can collect for a "fee."

**Home repair scam:** Criminals appear in person and charge homeowners in advance for home improvement services that they never provide.

**TV/radio scam:** Criminals target potential victims using illegitimate advertisements about legitimate services, such as reverse mortgages or credit repair.

### Have an Extra Room? Consider Shared Housing.



Benefits of sharing your home can include: increased social opportunities, access to alternative transportation, healthier eating, a more active lifestyle, increased income, and decreased isolation. If you have an extra room and are considering it, SCCP Shared Housing Connection offers 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.

### Grab Bars, Wheelchairs & Walkers

SCCP lends out gently used wheelchairs, walkers, & rollators, and provides grab bars to HB residents aged 60 and older. Services are made possible through generous support from the HBCOA and DreamCatchers of HB Assistance League. For details and to set up an appt., call 714-374-1572 and speak with a Care Manager.

#### Top falls prevention tips, at home:

- Have good lighting
- Wear sensible shoes
- Remove obstacles and hazards
- Consult with doc about health, medication risks, and exercise plan
- Consider home adaptations to help accommodate safety needs







## 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.*



### Tips For Older Adults To Drive Safely

- Talk with your doctor
- Be physically active
- Consider your car and its assistive features
- Take care of your eyes and ears
- Avoid driving certain times of day
- Check in with yourself
- Don't crowd
- Plan your timing
- Plan your route
- When in Doubt Don't go out
- Wear seat belts
- Limit distractions
- Use window defrosters

If any of the above actions are of concern to you, challenging, or becoming more difficult for you to complete, then Seniors On the Go is there for you and ready to provide transportation in HB. Additional Senior driver safety info is located through NIH National Institute on Aging.

<https://www.nia.nih.gov/health/older-drivers#safely>

### 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.*



### Make A Volunteers Day

Did you know that there is a cheer & appreciation board for the transportation volunteers. If you would like to thank or share a story about your experience with the transportation volunteers you can send a note or leave a card with your driver. All notes and cards are posted in the office on the board of cheer to brighten the day of each volunteer. Everybody in the department loves to hear from you and about your experiences with transportation.



### 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](http://www.octa.net)



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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)  
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# Senior Cafe August Menu

*Donation based for those 60 and older, no reservations required, check in prior to 11:15am encouraged*

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
		<b>Split Pea Soup w/ SF Crackers</b> Provencal Tuna Salad Sunshine Gelatin Salad WW Dinner Roll w/ Smart Balance Fresh Apple		<b>NEW Baked Ziti w/ Italian Sauce</b> California Veg. Blend 3 Way Salad w/ Ranch Dressing WW Dinner Roll w/ Smart Balance SF Ambrosia
7	8	9	10	11
<b>Cheese Ravioli</b> Savory Tomato Sauce Broccoli Italian Veg. Blend WW Dinner Roll w/ Smart Balance Parmesan Cheese Tropical Fruit Mix ✓		<b>Breakfast for Dinner Omelet</b> Chicken Apple Sausage Baked Red Skin Potatoes Sliced Carrots WW Blueberry Muffin SF Pear Crisp		<b>**Hawaiian Luau**</b> <b>Chicken Strips w/ Sweet &amp; Sour Sauce</b> Pineapple Fried Rice Oriental Veg. Blend Hawaiian Roll w/ Smart Balance Pineapple Upside Down Cake Diet: Fresh Fruit
14	15	16	17	18
<b>Pork Tenderloin</b> Creamy Mushroom Sauce Rice Pilaf Mixed Veg. WW Dinner Roll w/ Smart Balance SF Cookie		<b>Baked Tilapia</b> Savory Tomato Sauce Sweet Potatoes Broccoli WW Dinner Roll w/ Smart Balance SF Pudding Orange Juice		<b>Cream of Spinach Soup w/ SF Crackers</b> Tarragon Chicken Salad w/ Yogurt Dressing Lemony Orzo Salad Mandarin Orange
21	22	23	24	25
<b>Zuni Corn Soup w/ SF Crackers</b> Poppy Seed Chicken Pasta Salad Harvest Salad (Spring Mix, Cranberries & Almonds w/ Balsamic Dressing) WW Crackers (2) SF Fruited Gelatin		<b>Beef Stew</b> Stew Vegetables Stew Gravy Whole Baby Potatoes WW Bread w/ Smart Balance Mandarin Orange		<b>Pork w/ Chile Verde Sauce</b> Pinto Beans Mixed Veg. Tortilla Tropical Fruit Mix
28	29	30	31	
<b>Vegetarian Lasagna</b> Scandinavian Veg. Blend Broccoli & Cauliflower WW Crackers (2) SF Apple Crisp ✓		<b>Pork Carnitas Bowl</b> Tomato Cilantro Rice Fiesta Veg. Mix WG Tortilla Sour Cream Seasonal Fresh Fruit		<b>Voluntary Contribution - \$3.00</b>  <b>Meal Cost for Under Age 60 - \$5.00</b> ✓ <b>Meatless Meal</b>

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](http://www.MealsOnWheelsOC.org)



MONDAY			TUESDAY			WEDNESDAY		
8:30	Better life Boxing	D*\$	8:00	Pilates Mat	D*\$	8:30	Wednesday Walkers	O
8/7, 8/14, 8/21, 8/28			8/1, 8/8, 8/15, 8/22, 8/29			8/2, 8/9, 8/16, 8/23, 8/30		
8:30	Table Tennis	G	8:15	Senior Cardiofit	P*\$	9:00	Blood Pressure Screening	H
8/7, 8/14, 8/21, 8/28			8/1, 8/8, 8/15, 8/22, 8/29			8/2		
9:00	Hawaiian Hula Basics	P*\$	8:30	Duplicate Bridge	G	9:00	Zumba Gold Fitness	D*\$
8/7, 8/14, 8/21, 8/28			8/1, 8/8, 8/15, 8/22, 8/29			8/2, 8/9, 8/16, 8/23, 8/30		
9:30	Guava Groove Ukulele	1*\$	9:00	Pilates Chair	D*\$	9:00	Surf City Gardner's	1
8/7, 8/14, 8/21, 8/28			8/1, 8/8, 8/15, 8/22, 8/29			8/9		
10:00	Chair Yoga	D*\$	9:30	Flex & Stretch	P*\$	10:00	HB Fish & Rec Club	1
8/7, 8/14, 8/21, 8/28			8/1, 8/8, 8/15, 8/22, 8/29			8/2		
10:30	Hula Inter	P*\$	10:00	Basic Art Techniques	2*\$	10:00	Young At Heart Singers	P
8/7, 8/14, 8/21, 8/28			8/1			8/2, 8/9, 8/16, 8/23, 8/30		
10:45	Guava Groove Ukulele Adv.	1*\$	10:30	Yoga	D*\$	10:30	Cardkateers	2*\$
8/7, 8/14, 8/21, 8/28			8/1, 8/15, 8/22, 8/29			8/2, 8/16		
11:00	MOW Dine-in Lunch	P	12:30	Scrabble	G	11:00	MOW Dine-in Lunch	P
8/7, 8/14, 8/21, 8/28			8/1, 8/8, 8/22, 8/29			8/2, 8/9, 8/16, 8/23, 8/30		
11:30	Balance & Stability	D*\$	12:30	Drum Yourself Healthy	P	12:30	Backgammon	G
8/7, 8/14, 8/21, 8/28			8/8			8/2, 8/9, 8/16, 8/23, 8/30		
12:00	Guava Groove Ukulele Inter	1*\$	12:30	Lets Write Poetry	1*\$	12:30	Chess	G
8/7, 8/14, 8/21, 8/28			8/1, 8/8, 8/15, 8/22, 8/29			8/2, 8/9, 8/16, 8/23, 8/30		
12:30	HB Party Bridge	G	1:30	Shanti	2*	12:30	Mah Jong	G
8/7, 8/14, 8/21, 8/28			8/1, 8/8, 8/15, 8/22, 8/29			8/2, 8/9, 8/16, 8/23, 8/30		
12:30	Chess	G	3:00	Yoga—Senior Center	O*\$	1:00	Movies	P
8/7, 8/14, 8/21, 8/28			8/1, 8/8, 8/15, 8/22			8/9, 8/23		
2:00	Line Dance Lvl 1	P*\$	3:00	Line Dance Easy New Beg	P*\$	1:00	Easy Watercolor	2*\$
8/7, 8/14, 8/21, 8/28			8/1, 8/8, 8/15, 8/29			8/2, 8/9, 8/16, 8/23		
2:00	Beg Bridge	1*\$	3:00	Bridge Intermediate	1*\$	2:45	Easy Watercolor	2*\$
8/7, 8/14, 8/21, 8/28			8/1, 8/8, 8/15, 8/22, 8/29			8/2, 8/9, 8/16, 8/23		
2:00	Essential Google Apps	L*\$	4:30	Line Dance Easy New Beg	P*\$	5:30	Yoga	D*\$
8/7, 8/14			8/1, 8/8, 8/15, 8/22, 8/29			8/2, 8/9, 8/16, 8/23, 8/30		
3:00	Quilting With Brandi	L*\$	5:30	Family Martial Arts	D*\$	5:30	FireMed CPR	G*\$
8/7, 8/14, 8/21, 8/28			8/8, 8/15, 8/22, 8/29			8/9		
3:30	Line Dance Lvl 3	P*\$	5:30	Dementia Caregiver Supp Grp	R*	6:30	Beg Bridge	2*\$
8/7, 8/14, 8/21, 8/28			8/1, 8/15			8/2, 8/9, 8/16, 8/23, 8/30		
4:00	Waltz & Swing	D*\$	6:30	Sr. Martial Arts	D*\$	7:00	Book Club	1*\$
8/7, 8/14, 8/21, 8/28			8/1, 8/8, 8/15, 8/22, 8/29			8/9		
5:00	Grief Support Group	R*						
8/7, 8/14								
5:00	Merengue & Cha Cha	D*\$						
8/7, 8/14, 8/21, 8/28								
6:00	NAMI	1*						
8/28								
6:30	Tai Chi Chuan	D*\$						
8/7, 8/14, 8/21, 8/28								
7:00	Big Band	P						
8/28								
THURSDAY			FRIDAY			SATURDAY		
8:00	Outlook Assembly	1	8:30	Mexican Train	G	9:00	Hoag Presentation	P*
8/24			8/4, 8/11, 8/18, 8/25			8/26		
8:30	Table Tennis	G	9:00	HICAP	S*	9:30	FireMed	G*\$
8/3, 8/10, 8/17, 8/24, 8/31			8/4, 8/11, 8/18, 8/25			8/19		
8:30	Tai Chi	P*\$	9:00	TOPS	1	10:00	Grandparents Day	P*\$
8/3, 8/10, 8/17, 8/24, 8/31			8/4, 8/11, 8/18, 8/25			8/5		
9:00	HBCOA Gen Mtg	1	9:00	Zumba Gold & Toning	D*\$	10:00	Family Martial Arts	D*\$
8/3			8/4, 8/11, 8/18, 8/25			8/5, 8/12, 8/19, 8/26		
9:30	Hoag Presentation	1*	9:30	Circuit Training	P*\$	11:00	Sr. Martial Arts	P*\$
8/17			8/4, 8/11, 8/18, 8/25			8/5, 8/12, 8/19, 8/26		
10:00	Yoga	D*\$	10:00	Yoga	D*\$			
8/3, 8/10, 8/17, 8/24			8/4, 8/18					
10:45	Flex & Stretch	P*\$	10:30	HandiCrafters	1			
8/3, 8/10, 8/17, 8/24, 8/31			8/4, 8/11, 8/18, 8/25					
12:30	Gin/ Cribbage	G	11:00	MOW Dine-In Lunch	P			
8/3, 8/10, 8/17, 8/24, 8/31			8/4, 8/11, 8/18, 8/25					
1:30	Line Dance Lvl 2	P*\$	11:00	Senior Fitness	P*\$			
8/3, 8/10, 8/24, 8/31			8/4, 8/11, 8/18, 8/25					
2:00	Tech Club	1	12:30	Backgammon	G			
8/10			8/4, 8/11, 8/18, 8/25					
2:00	Streaming & Smart TV's	L*\$	12:30	Practice Bridge	G			
8/10			8/4, 8/11, 8/18, 8/25					
3:00	Line Dance Lvl 1	P*\$	1:30	Line/ Dance Lvl 2-3	D*\$			
8/3, 8/10, 8/17, 8/24, 8/31			8/4, 8/11, 8/18, 8/25					
6:00	Egyptian Belly Dance	D*\$						
8/3, 8/10, 8/17, 8/24, 8/31								
6:00	Woodcarvers	1						
8/3, 8/10, 8/17, 8/24, 8/31								
6:45	Egyptian Belly Dancing	D*\$						
8/3, 8/10, 8/17, 8/24, 8/31								

## 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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