

Hines



JOIN US IN CELEBRATING

HBCOA'S 50TH ANNIVERSARY

Golden Jubilee

Music Provided by: The Mills Brothers Ft. Randy Taylor

SATURDAY

12.9.2023

5:30PM-8:30PM

PLATED DINNER PROVIDED BY DUVALL'S.
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\$50 PER PERSON

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WEDNESDAY, NOVEMBER 1ST

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Beth Hambelton	Diana Zimmer

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Rhonda Bolton	Natalie Moser
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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

Fall is in the air and the Senior Center is continuing to be a busy place. There is something for everyone to enjoy from playing games in the game room to joining a group walking Central Park. Every Wednesday at 8:30am groups take off from the Senior Center to see the leaves turning and make new friends along the trails. There are different pace groups to meet the walking speeds for everybody to participate. Continue your active Fall and get your walking shoes ready for the *Rise and Walk* on November 18th from 8:00-10:00 am at the Senior Center. Come in to the Resource Room and see all the great trips planned from Hollywood Lights to the Disney Concert Hall. If you want to enjoy some great music there is the Beach City Big Band at 7:00pm on the 4th Monday of each month. After you have perfected your dance moves you will be ready for the Golden Jubilee on December 9th. This event is to celebrate the 50 years that the Huntington Beach Council On Aging has been providing senior specific programs and services to the community. Come and celebrate with the Center at a grand dinner ball complete with a plated three course meal, dancing, and a keepsake signature giveaway. Tickets go on sale November 1.

We are so thankful for you and hope to see your smiling faces passing through our doors this Fall. Stop by and tell us what you are enjoying or ideas for future events.

Sincerely,
HBCOA Board



2024 OUTLOOK RENEWAL ANNOUNCEMENT

Date ____/____/____ 2024 New ____ 2024Renewal ____
 Levels of support: Bronze-Evergreen members are recognized in the **Outlook** as sponsors, and at www.hbcoa.org.

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

____ List my sponsorship as: _____

____ Keep my donation anonymous.

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

____ I will pick up my card at the Senior Center.

____ I do not wish to receive the **Outlook** by mail with my membership.

PLEASE PRINT

NAME (S) _____ COMPANY _____
 Last First

ADDRESS _____
 Number/Spc/Apt City State Zip

PHONE (____) _____

E-MAIL _____

Annual fee includes a subscription to the **Outlook** newsletter, one issue per household, to be renewed annually. Discounts for HBCOA events apply per person. Sponsors receive discounts for couples. Make checks payable to **HBCOA** and mail to: 18041 Goldenwest St., Huntington Beach, CA 92648 **HBCOA Tax ID# 51-0179431** or go to hbcoa.org. Renewal valid until 12/31/2024

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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 Connection

714-480-6450 Referrals for older persons, persons with disabilities & caregivers 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

Caregiver Resource Center

800-543-8312 Caregiver support, respite care, and education www.caregiveroc.org

Connect America

1-800-949-2434 Personal response systems; discount for HB residents www.connectamericawest.com

HICAP

714-560-0424 Health Insurance Counseling & Advocacy for those with Medicare www.coasc.org/programs/hicap/

211OC

Provides resources on a variety of human service topics. 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/

HBFD- Home Safety Visit

714-536-5411 fire safety plan, testing and possible replacement of detectors.

Social Security Administration

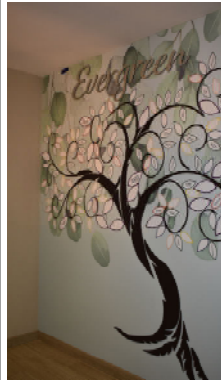
800-772-1213 17075 Newhope STE B, Fountain Valley, CA 92708 www.ssa.gov

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>

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.*

Activities At The Senior Center

The Senior Center in Central Park offers a whole host of low cost or free activities and classes for the community to enjoy. Some classes do require advance registration while others are available on a drop in basis. For more information about each opportunity check with the Senior Center front desk at 714-536-5600 or pick up a social activities flyer or class flyer in the lobby of the senior center.

- Cardkateers
- Casual Hiking Group
- Create Your Life Story
- Easy Watercolor For Beginners
- Handycrafters
- Music of The Ages
- Quilting With Brandi
- Surf City Gardner's
- Tech Club
- Woodcarvers
- Young At Heart Singers

**HBCOA Membership Renewal Reminder**

Don't forget to renew your HBCOA membership by **December 5** so you do not miss a single issue of the *Outlook on Active Aging*. You can renew in person, online, or by mail.



COMM. LIB. SERVICESAshley Wysocki, *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*Vickie Gonzalez, *Rental/Events Coord.*Vivian Pla, *Wellness Pavillion Coord.***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

Hello Senior Center Community!

This season, I wish you fond memories to warm the chilly nights and magical holiday experiences. Some events and reminders for November:

- Rise & Walk— Sat. Nov. 18
- Medicare Open Enrollment Oct 15– Dec. 7
- Veterans Day closure— Nov 10 & 11
- Thanksgiving closure—Nov 23 & 24
- Gift collection for senior clients—Nov 15– Dec 15 (see the social services page for details)
- HBCOA membership and Evergreen Tree of Life Legacy Donor renewals are open for 2024
- HBCOA Golden Jubilee— 50th Anniversary Celebration (see cover for details)

The Senior Center in Central Park Team strives to optimize the aging experience in Huntington Beach. While the Senior Center in Central Park is a City of Huntington Beach Community Center, we are so fortunate to have essential additional support from many facets of the community. In fact, HBCOA has been supporting senior services in HB for 50 years! We are so thankful for the hundreds of board members and donors who have given their time, energy, and financial support over the decades to make a real difference. Staff, volunteers, community agencies, non-profits, faith groups, and individual donors come together because they recognize the importance of serving the community. This generosity enhances Senior Center programs and services, making this a truly exceptional place. I feel *we are partners with our community to serve our community* and hope you do, too!

~Michelle Yerke, MSG
Interim Senior Supervisor

**WHERE IS YOUR OUTLOOK**

Ray & Debbie Stewart took their Outlook to New Mexico to see the Los Alamos and Bandelier National Park. 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****Frank Dunn****Linda Farmer**

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

HBCOA Travel & Trips Calendar

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



The Spice is Right Included Lunch & Tastings : Friday November 10, 2023

Attention all food lovers and adventurous souls who love to try new things and want to experience the best of L.A.'s food scene! Professional L.A. guide, Curt – an L.A. history buff and true foodie known for his creative and memorable food adventures, leads the way on this culinary adventure through the heart of L.A., exploring its most iconic neighborhoods and indulging in its diverse and flavorful food scene. This is a mouth-watering adventure that will awaken all your senses and leave you craving more! We begin at The Original Farmers Market. Your taste buds will be tantalized by a gourmet pickle flight that includes delicious flavors like honey mustard, bread & butter, and more! Sample peanut, cashew, and almond butters from a vendor that has been churning in So Cal since 1917. Try the famous barbecue pork from a Chinese icon that has been here since 1960 and sink your teeth into a corned beef sandwich from an original Farmers Market restaurant that has been serving them here since 1917. In Hollywood we'll visit the Monastery of the Angels, a hidden spiritual oasis where we'll taste their wonderful hand-dipped Swiss chocolates and freshly baked pumpkin bread that will make your taste buds dance. In the heart of downtown L.A. we'll enjoy a taste of New Orleans while savoring the flavors of a traditional muffuletta, Zapp's voodoo potato chips and a Louisiana root beer. And to top it all off, we'll sample some unique and delicious artisanal ice cream in L.A.'s vibrant Art's District. *The tastings on today's tour are equivalent to an included lunch. Vegetarian and gluten-free alternatives can be provided if notice is provided at least one week prior to departure. Tasting locations and menu subject to change. Member Price: \$159; Non-Member Price: \$169 #Depart: 8:30 a.m. #Return: 5:30 p.m.*

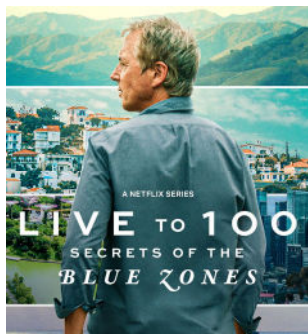


Hollywood Lights & Cosmic Sights:

Wednesday, November 15, 2023

On this unique evening tour, we'll experience two of L.A.'s most iconic destinations. First, we'll enjoy an early dinner (approximately 4:00 p.m.) on your own at Philippe the Original, the historic landmark that has been serving up delicious comfort food since 1908. While known as the inventor of the French dip, Philippe's is legendary for having operated continuously since 1908 – making it the oldest restaurant in Los Angeles! This deli-style restaurant is known for its rows of communal tables, wood shavings on the floor, and variety of old-fashioned foods in addition to French dip sandwiches including soup, beef stew, chili, macaroni salad, cole slaw, baked apples, and a variety of pies. As the sun goes down and the stars come out, we'll arrive at the Griffith Observatory, Southern California's gateway to the cosmos! Built in 1935 on Mount Hollywood's south facing slope, this recently restored Art Deco masterpiece provides unparalleled views of Hollywood and the downtown L.A. skyline. Enjoy time at leisure to enjoy the views of Hollywood and downtown, look through telescopes (when available), explore the magnificent astronomical exhibits, and watch the Leonard Nimoy-narrated film, *The Once and Future Griffith Observatory*. Venture through space and time in the Samuel Oschin Planetarium where live presentations immerse you in the wonder and meaning of the cosmos. Featuring a spectacular Zeiss star projector, digital projection system, state-of-the-art aluminum dome, comfortable seats, sound system and theatrical lighting, this is the finest planetarium in the world. Planetarium tickets are an additional fee (\$8 seniors/\$10 adults) and are not guaranteed as they cannot be reserved ahead of time and can only be purchased upon arrival at the Observatory. **Member Price: \$79; Non-Member Price: \$89 #@ #Depart: 2:30 p.m. #@ #Return: 10:30 p.m.**

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



**11/8
&
11/22**

Live to 100 : Secrets of the Blue Zones

Bestselling author and founder of Blue Zones, Dan Buettner's new documentary series explores the science and lifestyles behind longevity. Most people hope they'll live a long, healthy, and happy life, but few are able to travel the world in an attempt to reverse-engineer the formula for longevity. That's exactly what Dan Buettner did: Beginning in the early aughts, Buettner collaborated with National Geographic, scouring the globe in pursuit of places where people live much longer than average– and thus, the concept of "Blue Zones" came to be. Following Buettner's bestselling book the "*Blue Zone, 9 lessons of Living Longer from the People Who've Lived the Longest*", the new documentary series travels the world to investigate the diet and lifestyles of those living the longest.

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SENIOR CENTER

Experts at Living Well



MemorialCare Presentation

Nutrition & Mental Health

Thursday, November 16th
3pm-4:30 p.m.



Join Dr. Dung D. Trinh, a primary care internal medicine physician with Greater Newport Physicians, as he discusses how diet affects our emotional and mental health. Space is limited and prior registration is required. To RSVP call 1-800-636-6742.

Senior Center Closures in November

- Friday, November 10th
- Saturday, November 11th
- Thursday, November 24th
- Friday, November 25th

Also, please note that on Wednesday, November 23rd we will close early at 4:00pm.



Program Spotlight

Huntington Beach Fish & Rec Club

The Huntington Beach Fishing and Recreation Club (HBFRC) is looking for new members. The Fishing Club is all about fishing, camaraderie, and having fun. They have male and female members of all ages and fish in local freshwater lakes as well as in the Sierras, in saltwater bays, the surf, and the open ocean as well as Mexico, Canada, and Alaska. Some members don't even fish but enjoy the social activities which include brunches at restaurants, Potluck lunches, Fish Fry's, Darts in the Park, and more. There is a small yearly membership fee to participate and they have a very active calendar with scheduled activities each week. They would like to

invite you to attend one of their monthly meetings which are held in the Senior Center on the first Wednesday of each month. The meetings start at 10am sharp. If this is something you would enjoy, contact their President, Chris Cervellone (714) 713-6185 or CCervellone@gmail.com



Surf City Gardeners

Citrus

Wednesday, November 8th 9:00am-10:30am

These sub-tropical fruit trees have adapted very well to Southern California's Mediterranean climate, and can be found in many local gardens. Citrus fruits are flavorful, fragrant, and healthful. These plants are both fun and rewarding to grow, but beware of their diseases. Learn all about backyard citrus from a UC Master Gardener.



Senior Café Celebrations

The Senior Café has three special menu days this month. We hope you will stop on by and enjoy lunch with friends and celebrate with us. Enjoy a Veterans Day celebration on Wednesday, November 8 and there are two options for special Thanksgiving menus on Friday, November 17 and Wednesday, November 22.



Drum Circle in November

Tuesday, November 7th
12:30-1:30pm

Join Lee Kix and the drum circle community this month. Bring your own drum or borrow one of Lee's. All are welcome and this is a free activity that takes place in the beautiful Parkview Room!





Hoag Health & Wellness Pavilion
Join The Movement



GYM CLOSED

Friday, November 10th
Saturday, November 11th



Half day Wednesday, November 22nd
(closing @ 4PM)
Thursday, November 23rd
Friday, November 24th



Hoag in November

Blood Pressure Screenings

Wednesday, November 1st
9:00am - 11:00am

Walk-ins Only. No Appointment Required.

Memory Screenings

Wednesday, November 15th
Memory Screenings are \$45
Appointment Required
Call 949-764-6288

Lecture - Navigating through Medicare

Thursday, November 9th @ 9:30AM

Lecture - Medicare Basics

Thursday, November 16th @ 9:30AM



RISE & WALK

Join us for a fun 1 mile or 3 mile walk/run through Central Park this Fall season.

ALL LEVELS ARE WELCOME

Refreshments & Snacks provided

When: Saturday, November 18th

Time: 8:00AM-10:00AM

Registration fee \$5.

Register online at hbsands.org or stop on by the front desk for in person registration.



National Gratitude Month

Showing gratitude can increase positive feelings and result in higher life satisfaction both mentally and physically.

Here are three gratitude exercises you can participate in this month:

- Mindfulness walk - go for a walk to appreciate your surroundings.
- Journaling - write down some good things about your day.
- Compliments - give a compliment to a loved one, friend, acquaintance or even stranger to make their day and yours!





VOLUNTEER NEWS



Volunteer Holiday Drawing: 8 Days of Giveaways

December 4th-13th
16 lucky volunteers will be selected to win a \$25 gift card to Trader Joes!

We are bringing back the volunteer holiday drawing again this year! To be included in the drawing, please make sure you are recording your volunteers hours. All current active volunteers will be included in the drawing. This is a fun way during the holidays for us to give back and show our appreciation for all you do!

How does it work?

- No need to be present to win.
- All active volunteers will be placed on a numbered list and numbers will be selected at random.
- 2 names will be drawn each business day with witnesses to verify the winners.
- One prize per winner.
- Winners will be contacted and can either pick up their prize at the Senior Center or have it mailed.



Reminder: Thursday & Friday Volunteers

The Senior Center will be closed Nov. 10, 11, 23, and 24 in honor of Veterans Day and Thanksgiving.

Handy Crafters: Holiday Boutique

Tuesday, November, 14th
8am-11am

Stop by the Senior Center Lobby to view and purchase beautiful, handmade holiday items! Find great gifts and stocking stuffers for family, friends or yourself to enjoy.



HAPPY
Holidays!

All proceeds from sales are donated to support Senior Center programs and Holiday Meals.

Yarn donations are greatly appreciated. To donate yarn 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.

Volunteers Needed!

Current Volunteers Opportunities

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



Upcoming Events

- 11/18 - Rise & Walk
- 12/9 - Golden Jubilee

HBCOA OUTLOOK Mailing Needs Your Help!

Wednesday, November 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!

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 with various organizations, Care Management and Home Delivered Meals services focus on assisting older adult Huntington Beach residents lacking adequate support and service access to age in their own homes within the community.

Help make the Holidays Bright!

Winter Wishes

Gift Collection

November 15th– December 15th, the Travel & Resource Room will have a tree full of wish tags indicating special requests by older adult HB Care Management and Home Delivered Meals clients. Simply take a tag, purchase the gift requested and return it with the tag. Our team will deliver it before the holidays.

The Travel & Resource room is open 8am-4pm, Monday–Friday. (Only accepting new, unused items, wrapped or unwrapped.)



Questions please contact
Michelle Yerke at
myerke@surfcity-hb.org
or 714-374-1521

Support Groups at the Senior Center

Care Partners' Support

provided by Alzheimer's OC, for family & friends of those with dementia. Contact Ellie at 714-642-9458.



Mental Health Support for friends & family of adults struggling with mental illness. Provided by NamiOC. Contact Lynne at 714-299-1405.



Wheel Chairs and Walkers

Gently used wheelchairs & walkers are available to HB residents aged 60 and older. Services are made possible through generous support from the HBCOA and Assistance League HB DreamCatchers. For details and availability, call 714-374-1572 to speak with a Care Manager.

Have an Extra Room? Need a little help or income? 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 SCCP, 8am -4pm, Mon– Fri.

Veterans Resource Center

The Central Library Veteran's Resource Center provides free services helping veterans access: discharge papers, how to file a claim, health benefits, employment, home purchasing, and more. Monthly Veteran's Resource Nights are held on the 2nd Tue 6pm-7pm. Email or drop by for info: 714-375-5111 or HBPLVetCenter@gmail.com. Open Mon.-Thur. 2pm-6pm and Fri. 9am-1pm

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 for an appointment 714-374-1572.

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

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

Tech Coach: Tech savvy volunteer provides help with your cell, laptop, or tablet by appointment.

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. By appointment.





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.



New Faces in New Places

Welcome Lynette to the transportation services team. She has been a transport driver for over 14 years and enjoys it very much. Some of her hobbies include traveling, hiking, movies, shopping, outdoor activities, and watching the sunrise and sunset at beautiful view points. If you see Lynette driving the bus wave and say hi as she gets to know all the transportation passengers.



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



Steps to Stay Safe On The Road

Use CDC's [MyMobility Plan](https://www.cdc.gov/injury/features/older-driver-safety/index.html), a plan to stay mobile and independent as you age.

- Follow a regular activity program to increase strength and flexibility.
- Ask your doctor or pharmacist to review medicines—both prescription and over-the-counter—to reduce side effects and interactions. Read the [Are Your Medicines Increasing Your Risk of a Fall or a Car Crash](#) fact sheet to learn more.
- Have your eyes checked by an eye doctor at least once a year. Wear glasses and corrective lenses as required.
- Plan your route before you drive.
- Find the safest route with well-lit streets, intersections with left-turn signals, and easy parking.
- Leave a large following distance between your car and the car in front of you.
- Avoid distractions in your car, such as listening to a loud radio, talking, or texting on your phone, and eating.
- Consider potential alternatives to driving, such as riding with a friend, using ride share services, or taking public transit.

Seniors On the Go is always ready to take you where you want or need to go. Sign-up for service today and begin to explore the town. Let us take care of the driving for you.

<https://www.cdc.gov/injury/features/older-driver-safety/index.html>



November Closure Notice

Surf City Seniors On the Go transportation services will be closed on Friday, November 10 for Veterans Day and Thursday, November 23rd and Friday, November 24th for Thanksgiving. There will be no rides, booking services, or reminder calls on those dates. Have a safe and fun holiday.

Don't forget to come for the senior café special menus on 11/8, 11/17, and 11/22 and celebrate the holidays early with friends.



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HB Central Library Theater - 7111 Talbert Ave, HB 92648

My Fair Lady - Medley & Other Favorites - Sun, June 23/2024 - 3:30pm
Mainstage Theatre, Golden West College - 15751 Gothard St, HB 92647

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Senior Cafe November Menu

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

For information call the senior café office at 714-375-8404

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Split Pea Soup w/ SF Crackers Provencal Tuna Salad Sunshine Gelatin Salad WW Dinner Roll w/Smart Balance Fresh Apple		NEW Cubed Beef w/Ranchera Sauce Mexican Rice Pinto Beans Corn Tortilla Pico de Gallo Canned Apricot
6	7	8	9	10
NEW Chicken Torta Sandwich (Shredded Chicken, Pinto Beans, Shredded Lettuce, Diced Tomatoes) Mayonnaise (1pk) French Roll Tropical Fruit Mix		Veteran's Day Celebration Roast Beef Baked Potato w/Sour Cream Chef's Cut Veg. Blend Dinner Roll w/Smart Balance Apple Pie Diet: Fresh Fruit		
13	14	15	16	17
Cream of Spinach Soup w/SF Crackers Tarragon Chicken Salad w/ Yogurt Dressing Lemony Orzo Salad Mandarin Orange		Ground Turkey Bolognese Bow Tie Pasta Italian Vegetable Blend WW Dinner Roll w/Smart Balance Parmesan Cheese (1pk) Tropical Fruit Mix		Thanksgiving Celebration Roast Turkey w/ Brown Gravy Sweet Potatoes w/Marshmallows California Veg Blend Dinner Roll w/ Smart Balance Assorted Cake Diet: Fresh Fruit
20	21	22	23	24
Pork Chile Verde Verde Sauce Pinto Beans Peas & Carrots Tortilla Tropical Fruit Mix		Thanksgiving Brunch Sliced Ham w/ Apricot Sauce Mashed Potatoes Collard Greens Parkerhouse Roll w/Smart Balance Pumpkin Pie Diet: Fresh Fruit		
27	28	29	30	
Mexican Corn Soup w/SF Crackers Signature Chicken Salad Barley Mushroom Salad WW Dinner Roll w/Smart Balance Canned Peaches		Chinese Orange Chicken Orange Sauce Brown Rice Spinach SF Pudding Orange Juice		Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00  Meatless Meal

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

www.MealsOnWheelsOC.org

MONDAY	TUESDAY	WEDNESDAY
8:30 Better life Boxing D*\$ 11/6, 11/20, 11/27 8:30 Table Tennis G 11/6, 11/13, 11/20, 11/27 9:00 Hawaiian Hula Basics P*\$ 11/6, 11/13, 11/20, 11/27 9:30 Guava Groove Ukulele 1*\$ 11/6, 11/13, 11/20, 11/27 10:00 Chair Yoga D*\$ 11/6, 11/13, 11/27 10:30 Hula Inter P*\$ 11/6, 11/13, 11/20, 11/27 10:45 Guava Groove Ukulele Adv. 1*\$ 11/6, 11/13, 11/20, 11/27 11:00 MOW Dine-in Lunch P 11/6, 11/13, 11/20, 11/27 11:30 Balance & Stability D*\$ 11/6, 11/13, 11/20, 11/27 12:00 Guava Groove Ukulele Inter 1*\$ 11/6, 11/13, 11/20, 11/27 12:30 HB Party Bridge G 11/6, 11/13, 11/20, 11/27 12:30 Chess G 11/6, 11/13, 11/20, 11/27 2:00 Line Dance Lvl 1 P*\$ 11/6, 11/13, 11/20, 11/27 2:00 Beg Bridge 1*\$ 11/6 2:00 Essential Google Applications L*\$ 11/6, 11/13 3:00 Quilting With Brandi L*\$ 11/6, 11/13, 11/20, 11/27 3:30 Line Dance Lvl 3 P*\$ 11/6, 11/13, 11/20, 11/27 4:00 Waltz & Swing D*\$ 11/6, 11/13, 11/20, 11/27 5:00 Merengue & Cha Cha D*\$ 11/6, 11/13, 11/20, 11/27 6:00 NAMI 1* 11/27 6:30 Tai Chi Chuan D*\$ 11/6, 11/13, 11/20, 11/27 7:00 Big Band P 11/27	8:00 Pilates Mat D*\$ 11/7, 11/14, 11/21, 11/28 8:15 Senior Cardiofit P*\$ 11/7, 11/14, 11/21, 11/28 8:30 Duplicate Bridge G 11/7, 11/14, 11/28 9:00 Pilates Chair D*\$ 11/7, 11/14, 11/21, 11/28 9:30 Flex & Stretch P*\$ 11/7, 11/14, 11/21, 11/28 10:00 Basic Art Techniques 2*\$ 11/7, 11/14, 11/21 10:30 Yoga D*\$ 11/7, 11/14, 11/28 12:00 Scrabble G 11/7, 11/14, 11/21, 11/28 12:30 Drum Yourself Healthy P 11/7 1:30 Shanti 2* 11/7, 11/14, 11/21, 11/28 2:30 Line Dance Beg P*\$ 11/7, 11/14, 11/21, 11/28 3:00 Yoga—Senior Center O*\$ 11/7, 11/14, 11/28 3:00 Bridge Inter 1*\$ 11/7 4:00 Line Dance Easy New Beg P*\$ 11/7, 11/14, 11/21, 11/28 4:00 Acrylic Painting 2*\$ 11/7, 11/14, 11/21, 11/28 5:30 Family Martial Arts D*\$ 11/7, 11/14, 11/21, 11/28 5:30 Dementia Caregiver Supp Grp R* 11/7, 11/21 6:30 Sr. Martial Arts D*\$ 11/7, 11/14, 11/21, 11/28	8:00 Outlook assembly 1 11/22 8:30 Wednesday Walkers O 11/1, 11/8, 11/15, 11/22, 11/29 9:00 Blood Pressure Screening H 11/1 9:00 Zumba Gold Fitness D*\$ 11/1, 11/8, 11/15, 11/29 9:00 Surf City Gardner's 1 11/8 10:00 HB Fish & Rec Club 1 11/1 10:00 Young At Heart Singers P 11/1, 11/8, 11/15, 11/22, 11/29 10:30 Cardkateers 2*\$ 11/1, 11/15 11:00 MOW Dine-in Lunch P 11/1, 11/8, 11/15, 11/22, 11/29 12:00 Backgammon G 11/1, 11/8, 11/15, 11/22, 11/29 12:30 Chess G 11/1, 11/8, 11/15, 11/22, 11/29 12:30 Mah Jong G 11/1, 11/8, 11/15, 11/22, 11/29 1:00 Movies P 11/8, 11/22 1:00 Easy Watercolor 2*\$ 11/1, 11/8 5:30 FireMed CPR G*\$ 11/8 5:30 Interpersonal Group R* 11/1, 11/8, 11/15 5:45 Art Leauge P*\$ 11/1 6:30 Beg Bridge 2*\$ 11/1, 11/8 7:00 Book Club 1*\$ 11/8
THURSDAY	FRIDAY	SATURDAY
8:30 Table Tennis G 11/2, 11/9, 11/16, 11/30 8:30 Tai Chi P*\$ 11/2, 11/9, 11/16, 11/30 9:00 HBCOA Gen Mtg 1 11/2 9:30 Hoag Presentation 1* 11/9, 11/16 10:00 Yoga D*\$ 11/2, 11/9, 11/16, 11/30 10:45 Flex & Stretch P*\$ 11/2, 11/9, 11/16, 11/30 12:30 Gin/ Cribbage G 11/2, 11/9, 11/16, 11/30 12:30 Scrabble G 11/2, 11/9, 11/16, 11/30 1:30 Line Dance Lvl 2 P*\$ 11/2, 11/9, 11/16, 11/30 2:00 Tech Club 1 11/9 2:00 Streaming & Smartphones L*\$ 11/2 3:00 Line Dance Lvl 1 P*\$ 11/2, 11/9, 11/16, 11/30 3:00 MemorialCare Lecture L* 11/16 6:00 Egyptian Belly Dance D*\$ 11/2, 11/9, 11/16 6:00 Woodcarvers 1 11/2, 11/9, 11/16, 11/30 6:45 Egyptian Belly Dancing D*\$ 11/2, 11/9, 11/16	8:15 Senior Cardiofit P*\$ 11/3, 11/17 8:30 Mexican Train G 11/3, 11/17 9:00 HICAP S* 11/3, 11/17 9:00 TOPS 1 11/3, 11/17 9:00 Zumba Gold & Toning D*\$ 11/3, 11/17 9:30 Circuit Training P*\$ 11/3, 11/17 10:00 Yoga D*\$ 11/3, 11/17 10:30 HandiCrafters 1 11/3, 11/17 11:00 MOW Dine-In Lunch P 11/3, 11/17 11:00 Senior Fitness P*\$ 11/3, 11/17 12:30 Backgammon G 11/3, 11/17 12:30 Practice Bridge G 11/3, 11/17 1:30 Line/ Dance Lvl 2-3 D*\$ 11/3, 11/10, 11/17	8:00 Rise and Walk P* 11/18 9:30 FireMed G*\$ 11/18 10:00 Family Martial Arts D*\$ 11/4, 11/18 11:00 Sr. Martial Arts P*\$ 11/4, 11/18 11:00 Music For The Ages L*\$ 11/4, 11/18 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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