

Travel & Trips Opportunities

Southern California is a wanderlust dream, with ample unique destinations and experiences for all to enjoy. The HBCOA offers a vibrant travel & trips program to points of interest and historical sights all over Southern California. The group averages 2 trips per month. The fantastic Fall lineup of tours is now available. Upcoming destinations include:

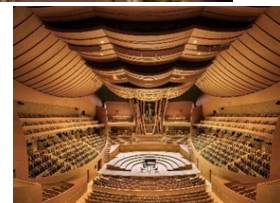
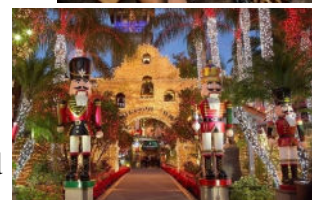
- ***Tribute to Hollywood's Music Legends with the Grammy Museum and lunch at Mel's Diner (October 12)***
- ***Oak Glens Fall Harvest with lunch and visit to two apple farms (October 26)***
- ***The Spice is Right with lunch and tastings throughout LA (November 10)***
- ***Hollywood Lights & Cosmic Sights with lunch at Philippe the Original and the Griffith Observatory (November 15)***
- ***LA Master Chorales Festival of Carols at the Walt Disney Concert Hall (December 2)***
- ***Sparkles & Treasurers Mission Inn with dinner at the Spaghetti Factory (December 14)***

You can register for these great trips at the Travel & Resource room Monday-Friday between 8am and 3:30pm (room operating times and days subject to vary based on volunteer availability). The excursions are full service with planned activities, a guide, a host to help coordinate the stops, and transportation is provided by luxury coaches with water bottle service included. Space on each trip is limited to 56 participants or less, depending on the destination, so make sure to sign-up early if you see a trip you are interested in, as spaces fill fast. All independent travelers are welcome to participate and

it is a great place to find others who enjoy the passion of travel. HBCOA members receive a discount on trips, and non-members are welcome to participate as well. Come and join the fun with this great group and get out to explore Southern California.

The provider for these trips, GoodTimes Travel, also offers extend overnight trips, all across America and beyond. You can see the latest offering of national and international destinations when you come to sign-up for the HBCOA day trips.

This program helps to support the HBCOA and their mission to provide seniors of HB ways to age with dignity in their community. If you have an area of So-Cal or a venue that you would like to visit, please drop the Travel & Trips program a suggestion. You can leave a message for the HBCOA at (714) 374-1524, send a message thru their website at www.hbcoa.org, or stop in and leave a note for the coordinator in the Travel & Resource Room. The program would love to hear where the community would like to go.



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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

On behalf of the HBCOA, thank you for making our inaugural Grandparents Day such a resounding success! Over 200 people participated in what will surely become an annual event. Special thanks to Bev Mast and her committee, the incredible SCICP staff and our donors for making this new event so great!

Speaking of events, the HBCOA and Senior Center staff are looking at next year's calendar. If our current planning comes to fruition, we'll be moving to a 24 month event schedule so we can incorporate new ideas and community members (the current calendar won't allow us to do it all in 12 months!). If there's an event you normally look forward to and don't see if on the calendar, it doesn't mean it's been canceled; more than likely, it's been moved to the second half of our new calendar.

One of the things I'm grateful for as HBCOA and SCICP work closely together is that we're always looking for ways to renew our passion for the work and invite more people into the spaces we're creating. Especially after the pandemic, we're sensitive to who we're not seeing, who else might we reach, what other interests we might address etc.

Finally, let me draw your attention to the shred and electronics recycling event we're co-hosting on October 14. This is a partnership with elected officials and local business (thank you Senator Nguyen and Republic Services), along with generous support from Orange Coast Memorial (one of our HBCOA providers). We know these have been popular events in the past and we're happy to help bring it back!

Look forward to a bright and new future with all of you!

Your HBCOA President,
James Pike



2024 OUTLOOK RENEWAL ANNOUNCEMENT

Date ____/____/____ 2024 New ____ 2024Renewal ____
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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. 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>

Medicare Open Enrollment Workshop

October 15 through December 7, is when beneficiaries can review their health and drug plan needs and make changes. During this time you can change your Medicare coverage to save money and get the coverage that best meets your needs.

Health Insurance Counseling and Advocacy Program (HICAP) counselors will be onsite October 31 for a special event to provide you with plan comparisons and answer questions about 2024 coverage changes.

Where: Senior Center in Central Park

When: Tuesday, October 31

Time: 9am-4pm

Call (714) 6536-5600 to schedule your appointment.



HICAP

a Program of Council on Aging



SENATOR

JANET NGUYEN

36TH SENATE DISTRICT



REPUBLIC SERVICES
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FREE COMMUNITY SHRED EVENT & ELECTRONICS RECYCLING

Saturday, October 14, 2023 | 9 AM to 11 AM

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3 Paper Shred Boxes Per Car, E-Waste Accepted: TVs/Monitors (CRT or Flat Screen), Computers, Laptops, Tablets, Cell Phones, and Routers.

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Heather Dodd, Admin. Coordinator
Caryn Kawamoto, Vol. Svcs. 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

Happy October Senior Center community. Is it just me, or did summer fly by? Well, I hope that you're having a wonderful start to the fall season. Reflecting on the past few months, we had a very busy summer here! Two concerts, a new Grandparent's Day event, the Active Living Expo, all of our regularly scheduled classes, weekend rentals, lectures, and even a Mayor's Town Hall. Not surprising, we are continuing that trend into October.

This month there will be a Shred Event in our parking lot on **Saturday, October 14th**. This free community event will take place from 9am-11am, and they are accepting 3 paper shred boxes per car, along with electronic waste (e.g. TVs, computers, laptops). Next, we have our annual Morning of Mindfulness event on **Saturday, October 28th**. This awesome event is put on in partnership with Hoag, and will feature a workshop on breathwork, yoga, healthy eating, and of course, mindfulness! The cost is \$5 and all proceeds go back to the Senior Center in Central Park. It's a great event and spots fill up fast! Lastly, on **Tuesday, October 31st** HICAP will be holding a Medicare Enrollment Clinic. Counselors will be onsite to offer plan comparisons and answer questions about 2024 coverage changes. Spots are limited and you must RSVP. I expect it to fill, so if you're interested then please stop by our front desk as soon as possible.

One other bit of news that I wanted to share is that we have 4-6 days per month where the piano is open for one hour of free play. To view the days and times, please check out the flyer sitting on the piano. As always, please be respectful of staff, volunteers, Senior Center members, and other programs taking place. We want to offer time for folks to play our wonderful piano, but we also want to be courteous of others.

With that being said, I hope you all have a wonderful month of October! I hope it's nothing but cool weather, sunny skies, safe travels, and fun Halloween costumes.

Scott Getman

Recreation Supervisor

**WHERE IS YOUR OUTLOOK**

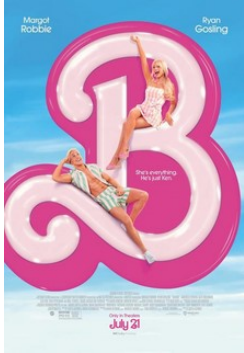
Rita Agustines took her Outlook to South Africa and Zimbabwe. Take your Outlook on vacation with you and pose for a picture. You could be featured in a later issue. Where in the world will the Outlook go next?

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

**Senior Services Remembers****Deborah Herrera**

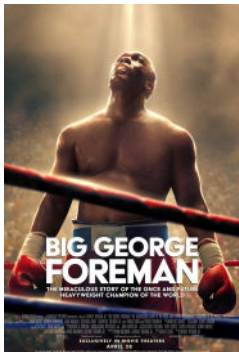
Send submissions to heather.dodd@surfcity-hb.org

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



10/11 Barbie
 To live in Barbieland is to be a perfect being in a perfect place. Stereotypical Barbie and fellow dolls reside in Barbieland; a matriarchal society with different variations of Barbie's, Kens, and a group of discontinued models. Barbies hold prestigious jobs such as doctors, lawyers, and

politicians, while the Kens spend their days playing at the beach. Everything is running smooth for Barbie until she has a full on existential crisis and must find her way back to the world she knows and loves. **114 minutes. Rated PG-13 for suggestive references and brief language.**



10/25 Big George Foreman
 This film is based on the remarkable true story of one of the greatest comebacks of all time and the transformational power of second chances. Fueled by an impoverished childhood, Foreman channeled his anger into becoming an Olympic Gold medalist and World Heavyweight

Champion. Followed by a near death experience that took him from the boxing ring to the pulpit. But when he sees his community struggling spiritually and financially, Foreman returns to the ring and makes history by reclaiming his title, becoming the oldest and most improbable World Heavyweight Boxing champion ever. **129 minutes. Rated PG-13 for some sports violence.**

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.



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



Tribute to Hollywood's Music Legends & Lunch at Mel's Drive-In
Thursday, October 12, 2023

This tour will be music to your ears! This new and exciting tour for music lovers focuses on the greatest musical artists of the 20th century! This fun-filled music themed tour is led by professional tour director, Jasmin, a former actress and Old Hollywood aficionado. Our musical journey begins with a visit to East West Studios on Sunset Blvd. in the heart of Hollywood. This active, working studio is one of the world's premier recording facilities and has given rise to some of the most celebrated music of the last 60 years – from Frank Sinatra to The Rolling Stones – and has produced more Grammy-winning albums than any other studio in the world. See where Elvis Presley, Peggy Lee, The Mamas & the Papas, The Beach Boys, Dolly Parton, David Bowie, Michael Jackson, Madonna, Whitney Houston, and many others have recorded iconic songs and albums. Enjoy an included lunch with choice of entrée and dessert at Mel's Drive-In on the Sunset Strip in West Hollywood. We'll also visit the Grammy Museum which pays tribute to music's rich cultural history with four floors of cutting-edge exhibits and interactive experiences. Explore what producing in the 60s looked like with the exhibit *The Studio*, a recreation of a 1960s recording studio equipped to let guests try their hand at the craft! Member Price: \$149; Non-Member Price: \$159 Depart: 8a.m. Return: 5:30 p.m.



Oak Glen's Fall Harvest w/ Boxed Lunch & Visits to Two Apple Farms
Thursday, October 26, 2023

Enjoy the fall colors and breathe in the crisp, clean mountain air when we escape to Oak Glen, "where apples grow a mile high" in the foothills of the San Bernardino Mountains (elevation 5,000'). This morning we'll visit an historic apple shed featuring a gift shop filled with unique gifts and specialty food sourced from craftsmen and craftswomen around the world. Shopping not your thing? Grab a gourmet coffee, cider or slice of apple pie to enjoy at one of the many outdoor tables. We continue to Riley's at Los Rios Rancho – Southern California's largest apple farm which has been in operation since 1906. We'll enjoy an included boxed lunch and time at leisure browsing their country store featuring jams, pumpkin butter, local honey, farm-made wine and hard cider, artisan balsamic vinegars and oils, and fresh apple cider and apple pies. This afternoon we'll visit a family-owned and operated apple farm tucked into a beautiful setting shaded by an ancient chestnut tree. Enjoy time at leisure browsing their country store offering a broad selection of products including fresh apples, cider, artisan balsamic vinegars and oils, local honey, unique gifts, and farm-made wine and hard cider. You can even do some wine tasting (additional fee) and purchase their famous apple cider donuts to enjoy with hot or cold apple cider. Member Price: \$99; Non-Member Price: \$109 Depart: 9:00 a.m. Return: 5:30 p.m.

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SENIOR CENTER

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Save The Date - HBCOA Golden Jubilee

Saturday, December 9th

This year our annual holiday dance will honor the 50th anniversary of the Huntington Beach Council on Aging, otherwise known as the HBCOA. On the evening of December 9th come dance, drink, get served food, and celebrate half a century of non-profit work!

Tickets for this special evening will go on sale **Wednesday, November 1st**, and tables will be available for purchase. There will be more info to come in our November Outlook newsletter, and keep on eye out for flyers at the center!



Meet Our New Wellness Pavilion Coordinator

Vivian Pla

Vivian joins us from the City of Irvine where she worked in Senior Services for the past four years. In her role there she coordinated classes, programs, special events, and oversaw the sponsorship & donation program. Prior to that she worked with different agencies including the City of Fullerton, City of San Jose, and City of Anaheim, overseeing and coordinating various afterschool programs, summer camps, adult fitness classes, special events, and senior programming. She has a Bachelor's Degree in Recreation & Leisure Studies, and enjoys being active in her free time! In her role as Wellness Coordinator, Vivian will oversee all aspects of the Senior Center's Health & Wellness Pavilion. Be sure to say hi and welcome Vivian next time you are working out in the gym.



Surf City Gardeners

Succulents

Wednesday, October 11th 9am-10:30am

Their thick and exotic stems and leaves, various colors, shapes, and sizes make succulents a favorite with home gardeners. They are easy to grow both inside and out, and require little special care. Learn all about these beautiful and popular plants from a UC Master Gardener.



Drum Circle in October

Tuesday, October 17th 12:30pm

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



Halloween Celebration

Come for some spooky fun and ghoulish lunch with Meals on Wheels Senior Café. There will be a special Halloween menu on Friday, October 27. Stop in the café any Mon., Wed., or Fri. For lunch and more info. The complete lunch menu is on page 18.





Hoag Health & Wellness Pavilion
Join The Movement



Save The Date **Fall Rise & Walk Event**

Join the HBCOA and the Senior Center in Central Park for the Fall Rise & Walk on **Saturday, November 18 from 8AM-10AM**

There will be a warm-up stretch on the centers back patio, followed by a walk in the park, and will conclude with snacks in the lounge. There be both a 1mile and a 5k walking route option.

Tickets will be available though the front desk. More info at 714-536-5600.



Hoag in October

Blood Pressure Screenings

Wednesday, October 4th
9:00am - 11:00am
Walk-ins Only. No Appointment Required.

Memory Screenings

Wednesday, October 18th
Memory Screenings are \$45
Appointment Required
Call 949-764-6288

Lecture - Medicare Supplements vs Medicare Advantage

Thursday, October 12th @ 9:30AM

Lecture - Managing Sleep & Parkinson's

Thursday, October 19th @ 9:30AM

Lecture - A Morning of Mindfulness

Saturday, October 28th @ 9AM

This Hoag-led lecture will feature a morning of mindfulness activities that include meditation, yoga, and healthy eating. Sign-up today for \$5!



FALL Prevention

Treadmill Safety



The treadmill is one of the many great cardio machines we have in the Wellness Pavilion. In order to optimally and safely make use of the treadmill, we have a few tips for you:

- 1) Clip the emergency stop strap onto your shirt to prevent you from possibly walking too far back along the track.
- 2) Stay as close to the bar as possible. You ideally want your belly button to line up with the two red lines on either side of the treadmill handles. If you hear squeaking from the machine, it is most likely because you are walking too far back on the track.
- 3) Stick to a pace that you are comfortable with. Whether you are going for a jog, or would just like to go for an easy walk, stick to a speed that you feel you will be able to keep up with.
- 4) When getting on and off the treadmill, keep in mind that the track may move, even though the machine is off. Step up with caution and use the handles for extra support.

If you have any concerns or questions, feel free to ask a staff member!

Candy Tips

Halloween is right around the corner. This can feel like an overwhelming time if you have been working on health goals. Here are some tips to help keep you focused:

- **Balance is Key:** Balance is including 3-5 food groups (protein, grains, dairy, fruits and veggies) at every meal.
- **Normalize the Treats:** Choose one or two treats and serve them along with a balanced meal. This will help your brain normalize treats as just another food, and not something that is forbidden and must be earned by eating your meal first.
- **Enjoy sweets mindfully:** Stay present and enjoy the treat through mindful eating. Reduce your distractions, take small bites and notice what aromas, flavors and textures you're experiencing.





VOLUNTEER NEWS



Did You Know?

Here at the Senior Center in Central Park we have volunteers assisting in a variety of programs and areas to help provide some of the much needed services offered to the Huntington Beach senior community. Some volunteers you may not see regularly, but are always working diligently, are within the Home Delivered Meals (HDM) program. Within this program, we have over 140 volunteers assisting in at least one of the three volunteer roles. Together, these volunteers work like a well oiled machine to ensure the over 115 program participants receive meals each week day.

- **Packers:** Pack all the coolers and prep items for delivery.
- **Drivers:** Deliver meals to qualifying homebound seniors.
- **Assistants:** Receive, clean and prep items for the following days deliveries.

We greatly appreciate all that our HDM volunteers do. They are each truly an inspiration.



Thank you!

Thank you to all the volunteers who helped at this year's Active Living Expo! We had a great turnout and appreciate all of the assistance we received from not only our Senior Center volunteers, but also volunteers from the National Charity League, National League of Young Men, Lion's Heart, and HBHS Women's Lacrosse team.



Thanks
For Being a
fab BOO
lous
Volunteer!

Volunteers Needed!

Current Volunteers Opportunities

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



Upcoming Events

- 11/18 - Rise & Walk

HBCOA OUTLOOK Mailing Needs Your Help!



Thursday, October 26th
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 adults who lack adequate support and access to services.

Good Vibes Highlight



**Bob Olinger,
40+ years of
volunteering!**

Bob Olinger is a Home Delivered Meals Volunteer Extraordinaire! In 1981, Bob and his wife returned to the mainland, with their

children, after years of youth related missionary work in Hawaii. He learned of a job opening at the Rodgers Senior Center and quickly came on board, wearing different hats while serving the community. Bob worked on the *Bright Outlook* newsletter, delivered meal routes, and became a care manager, conducting home visits and helping connect those who were more 'frail and elderly' with services. With a passion for and a degree in music, he also taught at universities and eventually left work at the Center to open Bob's Music, next to Goldenwest College.

He missed working with older adults, but wanting to maintain good balance in his life, he returned to the Senior Center as a weekly HDM volunteer. He has been volunteering consistently since the early 90s. Bob says, volunteering is often the highlight of his week and has a goal, to reach 50 years with the Senior Center. He feels he gets much more from volunteering than he gives. We know him as a compassionate person who delivers joy along with nutrition each week. Bob has helped train many new volunteers over the years and feels the best way to inspire people is by example. He enjoys sharing and showing how good volunteering makes him feel!

(1980s Photos: above: in the office below: with co-workers on the steps of City Hall, Halloween Contest)



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.



6 week Interpersonal Group

Discuss the themes of grief & loss, life transitions, recognizing your support systems & learn to better communicate with others. Call 714-374-1572.



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



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.

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

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.



Grocery Shopping Groups

A healthy diet and good nutrition go a long way to having a healthy life. If you do not drive, then getting grocery's can be a challenge. The Transportation Program has grocery shopping groups where you can be transported to the store for your routine shopping. The group also contains escorts who can help reach for items. Call the dispatch line to learn more about joining your local shopping group.



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



The 2024 HBCOA Membership Renewal period is open. You can renew using the form on page 2 of this newsletter, by stopping in at the Travel & Resource Room at the Senior Center, or by visiting the HBCOA website at www.hbcoa.org and selecting the membership tab in the top bar and following the prompts.

Make sure to renew your membership before **December 1** so that you do not miss a single issue of the *Outlook On Active Aging* monthly newsletter.

Make A Volunteers Day

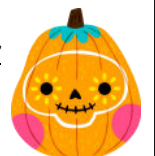
Did you know that there is a cheer & appreciation board for the transportation volunteers. If you would like to thank the volunteers that make transportation possible or would like to share a story about your experience with the program, you can send a note or leave a card with your driver. All notes 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.



Recreation with Transportation

The Senior Center in Central Park offers a variety of free or low cost recreation opportunities and social clubs for older adults to enjoy. Many are even available on a drop in basis for a low commitment activity schedule

Book your rides for the month with Seniors On the Go and join one of the many recreation groups or clubs. There are craft classes, singing groups, walking clubs, and a complete schedule of events all week long in the Game Room. Check the calendar in the back of the *Outlook* on page 19 for all the free or low cost classes. Some classes require reservations, check with the front desk for availability. Call dispatch when you are ready to join in some recreation fun.



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23 TOTAL GAMES

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EARLY BIRD - 10:30 AM.

REGULAR - 11:00 AM.

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6 ON - 15 UP (Plus 2 Strips, 2 tabs)

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Senior Cafe October 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
2	3	4	5	6
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		NEW Chinese Beef Stir Fry Pepper Garlic Sauce Jasmine Rice Carrots Seasonal Fruit
9	10	11	12	13
Pork Chile Verde Verde Sauce Pinto Beans Peas & Carrots Tortilla Tropical Fruit Mix		Spinach & Mushroom Quiche Roasted Potatoes Broccoli & Cauliflower Blend WW Dinner Roll w/Smart Balance Canned Pears		Vietnamese Diced Chicken Lemongrass Sauce Brown Rice Japanese Vegetable Blend SF Pudding
16	17	18	19	20
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		Baja Fish Tacos Black Beans Red & White Cabbage Corn Tortillas (2) Pico de Gallo Pineapple Chunks
23	24	25	26	27
Vietnamese Caramel Pork Caramel Sauce Jasmine Rice Broccoli Tropical Fruit Mix		Macaroni & Cheese Diced Tomatoes Carrots Breadsticks SF Apple Crisp Orange-Pineapple Juice		Halloween Celebration Cream of Pumpkin Soup w/ SF Crackers Roasted Butternut Squash Penne Pasta w/ Cubed Beef Broccoli & Cauliflower Cornbread w/ Smart Balance Pistachio Pudding Diet: Fresh Fruit
30	31			
Chicken Breast Parmesan & Sundried Tomato Sauce Tri-Color Pasta Mixed Veg Blend WW Dinner Roll w/ Smart Balance Mandarin Orange				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 10/2, 10/16, 10/23, 10/30	D*\$	8:00	Pilates Mat 10/3, 10/10, 10/17, 10/24, 10/31	D*\$	8:30	Wednesday Walkers 10/4, 10/11, 10/18, 10/25	O
8:30	Table Tennis 10/2, 10/9, 10/16, 10/23, 10/30	G	8:15	Senior Cardiofit 10/3, 10/10, 10/17, 10/24, 10/31	P*\$	9:00	Blood Pressure Screening 10/4	H
9:00	Hawaiian Hula Basics 10/2, 10/9, 10/16, 10/23, 10/30	P*\$	8:30	Duplicate Bridge 10/3, 10/10, 10/17, 10/24, 10/31	G	9:00	Zumba Gold Fitness 10/4, 10/11, 10/18, 10/25	D*\$
9:30	Guava Groove Ukulele 10/2, 10/9, 10/16, 10/23, 10/30	1*\$	9:00	HICAP Medicare Clinic 10/31	L*	9:00	Surf City Gardner's 10/11	1
10:00	Chair Yoga 10/2, 10/9, 10/30	D*\$	9:00	Pilates Chair 10/3, 10/10, 10/17, 10/24, 10/31	D*\$	10:00	HB Fish & Rec Club 10/4	1
10:30	Hula Inter 10/2, 10/9, 10/16, 10/23, 10/30	P*\$	9:30	Flex & Stretch 10/3, 10/10, 10/17, 10/24, 10/31	P*\$	10:00	Young At Heart Singers 10/4, 10/11, 10/17, 10/25	P
10:45	Guava Groove Ukulele Adv. 10/2, 10/9, 10/16, 10/23, 10/30	1*\$	10:00	Basic Art Techniques 10/3, 10/10, 10/24, 10/31	2*\$	10:30	Cardkateers 10/4, 10/17	2*\$
11:00	MOW Dine-in Lunch 10/2, 10/9, 10/16, 10/23, 10/30	P	10:30	Yoga 10/3, 10/17, 10/24, 10/31	D*\$	11:00	MOW Dine-in Lunch 10/4, 10/11, 10/18, 10/25	P
11:30	Balance & Stability 10/2, 10/9, 10/16, 10/23, 10/30	D*\$	12:00	Scrabble 10/3, 10/10, 10/17, 10/24, 10/31	G	12:00	Backgammon 10/4, 10/11, 10/18, 10/25	G
12:00	Guava Groove Ukulele Inter 10/2, 10/9, 10/16, 10/23, 10/30	1*\$	12:30	Drum Yourself Healthy 10/17	P	12:30	Chess 10/4, 10/11, 10/18, 10/25	G
12:30	HB Party Bridge 10/2, 10/9, 10/16, 10/23, 10/30	G	12:30	Lets Write Poetry 10/3, 10/10, 10/17, 10/24, 10/31	1*\$	12:30	Mah Jong 10/4, 10/11, 10/18, 10/25	G
12:30	Chess 10/2, 10/9, 10/16, 10/23, 10/30	G	1:30	Shanti 10/3, 10/10, 10/17, 10/24, 10/31	2*	1:00	Movies 10/11, 10/25	P
2:00	Line Dance Lvl 1 10/2, 10/9, 10/16, 10/23, 10/30	P*\$	2:00	Intro to Genealogy 10/10, 10/17	L*\$	1:00	Easy Watercolor 10/4, 10/11, 10/18, 10/25	2*\$
2:00	Beg Bridge 10/2, 10/9, 10/16, 10/23, 10/30	1*\$	2:30	Line Dance Beg 10/10, 10/3, 10/17, 10/24, 10/31	P*\$	1:00	Its Your Money 10/4, 10/11, 10/18	1*
3:00	Quilting With Brandi 10/2, 10/9, 10/16, 10/23, 10/30	L*\$	3:00	Yoga—Senior Center 10/3, 10/10, 10/31	O*\$	5:30	FireMed CPR 10/11	G*\$
3:30	Line Dance Lvl 3 10/2, 10/9, 10/16, 10/23, 10/30	P*\$	3:00	Line Dance Easy New Beg 10/3, 10/31	P*\$	6:30	Beg Bridge 10/4, 10/11, 10/18, 10/25	2*\$
4:00	Waltz & Swing 10/2	D*\$	4:00	Line Dance Easy New Beg 10/3, 10/10, 10/17, 10/24	P*\$	7:00	Book Club 10/11	1*\$
5:00	Merengue & Cha Cha 10/2	D*\$	5:30	Family Martial Arts 10/3, 10/10, 10/24, 10/31	D*\$			
6:00	NAMI 10/23	1*	5:30	Dementia Caregiver Supp Grp 10/3, 10/17	R*			
6:30	Tai Chi Chuan 10/2, 10/9, 10/16, 10/23, 10/30	D*\$	6:30	Sr. Martial Arts 10/3, 10/10, 10/17, 10/24, 10/31	D*\$			
7:00	Big Band 10/23	P						
THURSDAY			FRIDAY			SATURDAY		
8:00	Outlook Assembly 10/26	1	8:15	Senior Cardiofit 10/6, 10/13, 10/20, 10/27	P*\$	9:00	Hoag Presentation 10/28	P*
8:30	Table Tennis 10/5, 10/12, 10/19, 10/26	G	8:30	Mexican Train 10/6, 10/13, 10/20, 10/27	G	9:30	FireMed 10/21	G*\$
8:30	Tai Chi 10/5, 10/12, 10/19, 10/26	P*\$	9:00	HICAP 10/6, 10/13, 10/20, 10/27	S*	10:00	Family Martial Arts 10/7, 10/14, 10/21, 10/28	D*\$
9:00	HBCOA Gen Mtg 10/15	1	9:00	TOPS 10/6, 10/13, 10/20, 10/27	1	11:00	Sr. Martial Arts 10/7, 10/14, 10/21, 10/28	P*\$
9:30	Hoag Presentation 10/5, 10/12, 10/19	1*	9:00	Zumba Gold & Toning 10/6, 10/13, 10/20, 10/27	D*\$			
10:00	Yoga 10/5, 10/12	D*\$	9:30	Circuit Training 10/6, 10/13, 10/20, 10/27	P*\$			
10:45	Flex & Stretch 10/5, 10/12, 10/19, 10/26	P*\$	10:00	Yoga 10/6, 10/20, 10/27	D*\$			
12:30	Gin/ Cribbage 10/5, 10/12, 10/19, 10/26	G	10:30	HandiCrafters 10/6, 10/13, 10/20, 10/27	1			
12:30	Scrabble 10/5, 10/12, 10/19, 10/26	G	11:00	MOW Dine-In Lunch 10/6, 10/13, 10/20, 10/27	P			
1:30	Line Dance Lvl 2 10/5, 10/12, 10/26	P*\$	11:00	Senior Fitness 10/6, 10/13, 10/20, 10/27	P*\$			
2:00	Tech Club 10/12	1	12:30	Backgammon 10/6, 10/13, 10/20, 10/27	G			
2:00	Digital Photo Org & Edit 10/12, 10/19	L*\$	12:30	Practice Bridge 10/6, 10/13, 10/20, 10/27	G			
3:00	Line Dance Lvl 1 10/5, 10/12, 10/26	P*\$	1:30	Line/ Dance Lvl 2-3 10/6, 10/13, 10/20, 10/27	D*\$			
3:00	MemorialCare Lecture 10/19	L*						
6:00	Egyptian Belly Dance 10/5, 10/12, 10/19, 10/26	D*\$						
6:00	Woodcarvers 10/5, 10/12, 10/19, 10/26	1						
6:45	Egyptian Belly Dancing 10/5, 10/12, 10/19, 10/26	D*\$						

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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