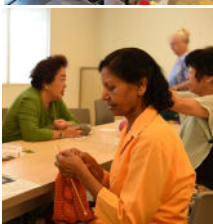


Community Holiday Spirit

Though Huntington Beach is a larger city in size, it still manages to keep its small town feel in many ways. This spirit shows through especially during the holiday season, when many groups show up to support the older adult community through acts of service, donation of time, and thoughtful giving. Three shining examples of this are the HandyCrafters at the Senior Center, the Landmark Quilters/Brandi's Senior Center Quilters group, and the Senior Center community at large who support the "Holiday Wishes" tree. Each of these groups make a special concerted effort to brighten the holidays for those who may be forgotten or have limited access to participate in the season.



The HandyCrafters group at the center works tirelessly during the year, knitting and crocheting all sorts of items and clothing. They sell their delightful creations from the display case at the center and at boutiques during each class registration day.

The proceeds from their items are generously donated to the center to help fund special meals for older adults that are homebound and without family during the holidays. About 70 seniors receive a holiday meal, a friendly visit, and a card from a volunteer on both Thanksgiving and Christmas Eve. Their countless hours of crafting and generous spirit help make sure everybody has a happy holiday and a full belly.

For the second year, Landmark's Surf City Quilters and students from the Senior Center in Central Park's Quilting with Brandi class, donated hundreds of hours to lend a helping hand to the seniors in HB through "PROJECT PLACEMAT." Since August, these "Placemat Elves" have crafted over 175+ lovely,

quilted Holiday Placemats for the Huntington Beach Meals on Wheels program at the Senior Center. These placemats will be gifted to every participant that receives Home Delivered Meals in December, to bring a little holiday joy into their lives. Pictured



(right) Landmark's Surf City Quilters Charlene, Rosemarie, Marie, Bobbi, Lynn, Alice, Janis, Laura, Mary, Debbie, Jeannie, and Diane. Quilting With Brandi from the Senior Center: Irene, Alicia, Maria, Janis, Margaret, Lee, Mary, and Roxy.

The last group to highlight is the overall community support that Huntington Beach shows to its older adults. Each year the Care Management team collects winter wishes from clients to help brighten their holidays and provide them with some essentials as well as some holiday cheer. The wishes are placed in the Resource Room on a tree and overwhelmingly the HB community steps up and donates. Each year the tree is cleaned out and countless older adults receive vital necessities and special holiday gifts, that they would otherwise not be able to supply. If you would like to make a holiday wish come true, the tree will be available until December 15th.



The holidays are a time to gather with those you cherish most, be it family, friends, or the community that you have created. HB strives to provide that for its older adult community through senior services, the HBCOA, and the community at large at the center. Have a safe and happy holiday with all those you hold dear, see you in 2024.

**CITY OF HUNTINGTON BEACH SENIOR SERVICES
SENIOR CENTER IN CENTRAL PARK**

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

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

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For additional information please visit the HBCOA website at www.HBCOA.org or like their Facebook page at Huntington Beach Council on Aging @HBCOA



INFORMATION AND UPDATES

December is an exciting month for us at the HBCOA! We'll be celebrating our Golden Jubilee anniversary on December 9 in the Parkview Room. If you didn't know, the HBCOA predates either of the senior centers in Huntington Beach—it was the city's first attempt to meet the needs of older adults before there were places to offer programming and services. When we had the first building, HBCOA members were key volunteers. Our role once again changed when the new facility was built and we had a whole new level of professionalism and opportunity to grow into.

What will the next fifty years bring? We can imagine the work may need to expand as Orange County (and Huntington Beach with it) continues to age. We can also imagine that there will need to be creative ways to support older adults as they live longer and healthier lives. Whatever the differences, what won't change are the core values around lifting up the dignity and value of those who are seniors in Huntington Beach.

I hope I'll see you at the dance and dinner. I hope you'll also take a moment at the end of this year (and my term as president) to thank the incredible staff who make the day-to-day operations of SCICP a key part of so many peoples' lives. Without their fine partnership, HBCOA would only be able to offer a fraction of support. Please also welcome my successor, Carolyn Ross to the role of President in 2024.

Signing off,
James Pike



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.

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 Last First

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 Number/Spc/Apt City State Zip

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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>

EVERGREEN

HELPING SENIORS THRIVE

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

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. During this season of cheer and giving, please consider including the Evergreen program in the list for your holiday and end of year donations.

For more information about the program, or to make a charitable gift, please contact the Senior Center Senior Supervisor.

**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.

**Activities At The Senior Center**

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

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

Is there a class or activity that you would like to see at the Senior Center in Central Park??? Please let the center know and leave a message with the front desk for the recreation programming department.



COMM. LIB. SERVICESAshley Wysocki, *Director*Kristin Martinez, *Prog. & Svcs. Mgr.***SENIOR SERVICES**Michelle Yerke, *Social Services Supv.*Scott Getman, *Recreation Supervisor*Heather Dodd, *Admin. Coordinator*Caryn Kawamoto, *Vol. Svcs. 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

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SENIOR CENTER MESSAGE

Greetings Senior Center Members!

I hope that you and your loved ones had a wonderful Thanksgiving holiday, and that you are settling into a nice winter season. As we enter the final month of 2023, I can't help but reflect on what a fantastic year it was. In 2023 we welcomed new staff to our team, put on new & exciting events, added new equipment to the fitness center, added new classes, increased support groups, had the most successful *Active Living Expo* ever, and much more. We also said goodbye to our longtime Director, Randy Pesqueira, who after decades of service to the City and older adults, retired in July. His leadership, wisdom, charm, and wonderful personality has been missed, and we are doing our best to carry on his legacy.

Next, I want to say 'thank you' to our amazing staff and volunteer team who really keep the Senior Center afloat. Thank you for your thousands of hours of work and service, your ideas and suggestions, and your excellent customer service.

Also, I would be remiss if I didn't mention our holiday schedule. Some important dates to make note of this month:

- Contract classes end the week of December 11th, which means that unless there is a makeup class scheduled, the last day for classes is Friday, December 15th.
- 4th Monday Swing Dance or "Big Band" will take place on the 3rd Monday this month on December 18th.
- The Senior Center will be closed from Saturday, December 23rd through Tuesday, January 2nd.
- We will reopen for business as usual on Wednesday, January 3rd.

Lastly, let me end my message by wishing you and your loved ones a Merry Christmas, happy holidays, happy Hanukkah, or just a happy December, regardless of how you celebrate. I wish you all health, wealth, happiness, and peace of mind as we close out another year that went by way too fast.



Scott Getman, Senior Center Recreation Supervisor

WHERE IS YOUR OUTLOOK

Lindsay DuFresne took her Outlook to the Mediterranean to visit the Parthenon in Athens Greece. 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****Diane Dwyer****Roger Stenz**Send submissions to heather.dodd@surfcity-hb.org

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



The Fabelmans

12/13

A deeply personal portrait of a 20th century American

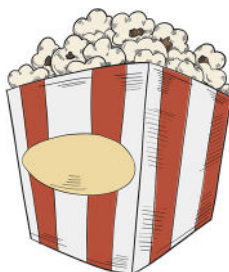
childhood, Steven Spielberg's *The Fabelmans* is a cinematic memory of the forces, and family, that shaped the filmmakers life and career. A universal coming of age story about an isolated young mans pursuit of his dreams, the film is an exploration of

love, artistic ambition, sacrifice and the moments of discovery that allow us to see the truth about ourselves, and our parents, with clarity and compassion.

Sammy Fabelman is devoted to filmmaking, an interest that is celebrated and championed by his artistic mother, Mitzi. Sammy's successful, scientific father, Burt, supports Sammy's work, but views it as an unserious hobby.

Over the years, Sammy has become the de facto documentarian of his family's adventures, as well as the director of his increasingly elaborate amateur film productions starring his sisters and friends. By 16, Sammy is both the primary observer and the archivist of his family story, but when his family moves west, Sammy discovers a heartbreaking truth about his mother that will redefine their relationship and alter the future for himself and his entire family. **Rated PG 13 for drug use, brief violence, some strong language and thematic elements. 151 minutes.**

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.



Sparkles & Treasures
Thursday, December 14, 2023

Join us for this beloved Southern California holiday tradition when we travel to

Riverside to admire the Mission Inn during its nationally recognized annual *Festival of Lights*. Recently named "Best Public Holiday Lights Display in the Nation" by *USA Today*, this magical holiday experience in the heart of downtown Riverside features the fabulous Mission Inn decked out in millions of holiday lights and elaborate decorations. An included docent-guided walking tour of the Mission Inn will highlight the art, architecture and history of this world-renowned hotel. For over a century, the grandeur of the Mission Inn has drawn everyone from U.S. Presidents to Hollywood royalty to experience the timeless beauty of this National Historic Landmark. The stunning Spanish Mission-style architecture of this veritable castle features flying buttresses, magnificent archways, secluded garden oases and soaring towers. See the famed Court of Birds, President Lounge, Glenwood Tavern, St. Francis' Chapel's Tiffany glass and the spectacular five-story, open-air rotunda with its circular wrought-iron staircase. Following an included three-course dinner with choice of entree and dessert at the Old Spaghetti Factory, we'll top off a memorable evening with a drive through an award-winning Rancho Cucamonga neighborhood that goes all out during the holiday season! *This tour involves moderate walking.*

Member Price: \$129; Non-Member Price: \$139####

Depart: 2:00 p.m. #Return: 10:30 p.m.



presented by
HONDA

Pasadena's Rose Parade
Monday, January 1, 2024

Join the HBCOA for the spectacular 2024 Rose Parade "Celebrating a World of Music". We have limited grandstand seating with an unobstructed view on Colorado Boulevard available. The bus parks approximately ½ mile from the parade route. All registrants under 17 yrs old must be accompanied by an adult. We will depart from the Senior Center, 18041 Goldenwest St, at 6:30 a.m. sharp. The bus departs immediately after parade. We will return at approximately 2:00 p.m. Boxed lunch and beverage is included with the trip. **Member Price \$155. Non-Member Price \$165. Depart 6:30am return 2PM**

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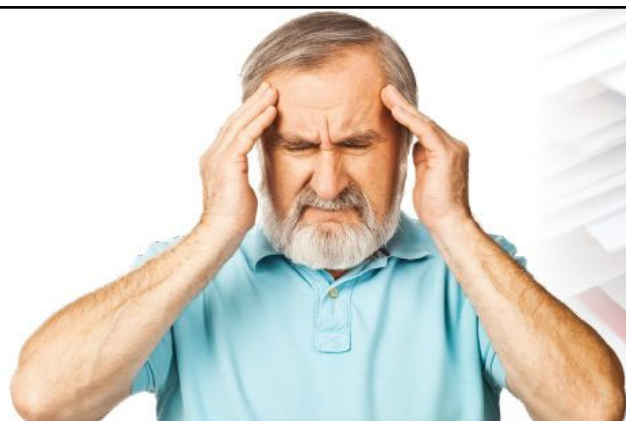
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SENIOR CENTER

Experts at Living Well



Special Presentation

Beating the Holiday Blues

Tuesday, December 19 : 4pm-6pm

Lead by Therapist Mayra Moran Huertero

The presentation is free to attend but does require a registration. You can sign-up in the Travel & Resource Room or call (714) 374-1572 to be added to the list. Space is limited.

Independence At Home is a program provided by SCAN.



Special Holiday Lunch

Join Meals On Wheels in the Senior Café for a special holiday menu on Friday, December 15. Kick off the first day of winter with a special menu on Friday, December 22. Check with the café in advance for registration and schedules.



HBPD Common Scams Presentation

Mail Scams

Friday, December 15th @ 1:30pm

NEW! HBPD is presenting a discussion on mail scams and their impact on seniors. It will cover how something as simple as "regular" mail scams can have a major impact on the lives of seniors, including examples of scam mail and how to appropriately respond...or NOT respond. This is the fourth in a series of Huntington Beach Senior Center presentations covering senior scams in collaboration with the HBPD. **FREE! No RSVP is required!**



Surf City Gardeners

Avocados

Wednesday, December 13th 9am-10:30am

The Central American Avocado is a popular backyard fruit tree that grows well in the OC. Easily grown from nursery grafted stock, it provides a fruit rich in nutrients, beneficial fats, and fiber. Its buttery nut-like flavor is a favorite with OC growers. There is a lot to know in order to properly grow this fruit, learn all about it from a OC Master Gardener.



Looking Ahead To 2024 Classes & Events

Here at the Senior Center we are always looking to bring new, fun, and creative activities to our members! As we look to the winter and spring sessions of 2024, I wanted to share some new classes that will be taking place. We have a new **Line Dance** instructor, Vickie, who will be having classes on Wednesdays, so now you can line dance 5 days per week! **Your Life Story** will be a volunteer led class taking place on Saturday mornings, and **Gardening for Seniors** will be available on Friday afternoons. We also have **Chair Zumba** and a second **Zumba Gold Dance Fitness** class. If you have suggestions for contract classes please let us know! You can always leave a note and drop it in our comment box near the concierge desk.

Not to be outdone by classes, we are also planning a fun line-up of events slated for 2024 that includes a **Line Dance Night**, **Luau**, **Summer Concert**, **Grandparents Day**, and more.

2024

Drum Circle in December

Tuesday, December 12th 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 the Parkview Room!



Senior Center Holiday Schedule

CLOSED

Saturday, Dec. 23rd - Tuesday, Jan. 2nd

- Social activities begin Wednesday, Jan 3rd
- Winter classes begin Monday, Jan. 8th





Hoag Health & Wellness Pavilion
Join The Movement



GYM CLOSURE NOTICE



Happy
Holidays



Friday, December 22nd @ 1pm
through
Tuesday, January 2nd

Tips for Seasonal Cold

We are coming into the season of colds, the flu, sore throats and sniffles! Here are some tips to stay healthy:

- Taking vitamin D, C & zinc.
- Get enough sleep and reduce stress.
- Drinking hot tea with raw organic honey.
- Exercising regularly to improve blood circulation will allow immune cells to move and enhance the immune system's ability to detect and fight infections.
- Washing your hands!



Hoag in December

Blood Pressure Screenings

Wednesday, December 6th
9:00am - 11:00am
Walk-ins Only. No Appointment Required.

Memory Screenings

Wednesday, December 20th
Memory Screenings are \$45
Appointment Required
Call 949-764-6288



Lecture

Eating Healthy Over the Holidays

Thursday, December 14th @ 9:30AM
During the holidays, making healthy food choices becomes more challenging. Join us to discuss how to enjoy holiday celebrations while continuing on a healthy path into the New Year. Presented by Barbara Leland, AADP, CHHC



Gym Memberships

Ages 50-79 \$120/year
Ages 80 & up \$80/year



Have a Medicare advantage plan?
We accept the following:

- SilverSneakers
- Silver & Fit
- Renew Active/OnePass

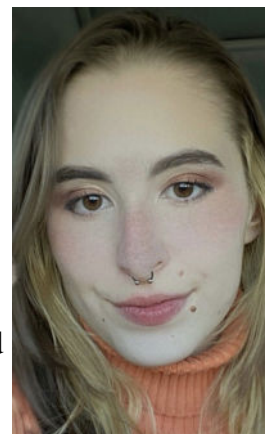
The above Medicare advantage plans offer a free gym membership!

Gym Hours

Monday-Thursday	8:00am-7:00pm
Friday	8:00am-5:00pm
Saturday	8:00am-noon
Sunday	CLOSED

Welcome Emma

Hello, my name is Emma Long. I am from the state of Florida and came to California for my education. I found both my degree in Design and my lovely husband at CSULB. In my off time, I enjoy reading comics, building LEGOs, and playing with my cat named Frog. I grew up taking care of my grandparents and the other elders at our senior communities down in Florida. This really fueled my passion for helping the community and bolstered my commitment to proper healthcare which brought me to the Fitness Center. Through my family I also have a background in veterinary care so I love all animals, especially cute photos of them. As I am new to the area, feel free to drop me any recommendations you have for activities in HB, I always love hearing from locals when searching for opportunities to explore. I am very happy to join the Senior Center team and I look forward to meeting everyone at the gym!





VOLUNTEER NEWS



Volunteer Class Highlight

Quilting with Brandi **Mondays, 3pm-7pm**

The students from the volunteer lead class, Quilting with Brandi have been working hard throughout the year on various personal projects. See below for some of their treasured creations.



Ellen LaMotte brought in a 100+ year old quilt that was her Grandmother's. It needed repairs to survive another 100 years. In class she was able to add new binding to help strengthen the quilt, giving it new life for the family to continue to enjoy.

Stacy Clarke used the class to help her finish her project. She made a quilt for one of her close friends to enjoy and keep her warm while she works.



Mary Herrington brought in a block that she had embroidered and wanted to make into a pillow for her granddaughter. With the help of her classmates, she was proudly able to finish it for her to enjoy.



Volunteers Needed!

Current Volunteers Opportunities

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



Upcoming Events

- 2/10/24 - Line Dance Night

Reminder All Volunteers!

The Senior Center will be closed:

December 24th –January 2nd

Thank you for all your help this past year and we wish you *Happy Holidays!*

Volunteer Holiday Drawing **8 Days of Giveaways!**

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

- 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.



Thank You Placemat Elves!

Quilters from Landmarks Surf City Quilters and participants from the Quilting with Brandi class, created over 175 placemats through Project Placemat. Placemats will be distributed this holiday season through the Home Delivered Meals program. Thank you to all our hardworking placemat Elves!



HBCOA OUTLOOK Mailing **Needs Your Help!**

Thursday, December 21st
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

Through December 15th, the Travel & Resource Room has 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.)



Contact Michelle Yerke at myerke@surfcity-hb.org or 714-374-1521 with questions.

Home Delivered Meals to Huntington Beach seniors who qualify are provided in partnership with Meals on Wheels Orange County and consist of 3 meals a day, 5 days a week, excluding holidays. Volunteers deliver daily set meals, which are federally and donation funded. Currently there is a waiting list for Home Delivered Meals. Homebound older adults in HB who struggle with nutrition may call 714-374-1717 to be put on the interest list and to receive a callback.

Care Management services are made possible through City, HBCOA, and Memorial Care Community Benefit funds. Information and referral is available to any HB resident who is 60 or older. Direct services are reserved for at-risk and under-supported older adults who have specific unmet needs. Care Management can be short or long term, depending on the individual's needs and services that are available. For more information, call 714-374-1572 and ask to speak with a care manager.

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.



Consider Shared Housing!

Have extra room in your home & heart? Need a little help around the house or some extra income? Shared Housing is offering to share your home with another person, of your choice, for the mutual benefit of both. 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.



Highlight in HB: Caregiver Support

Do you wish you had someone to talk to? Someone who really understands what you, as a caregiver, are going through – and can offer real answers, complete information, and a detailed plan to help make the life of your loved one as healthy, happy, and productive as possible?

Alzheimer's Family Center dementia caregiver support groups and individual Caregiver Counseling are ready to help. Call 714-593-9630 for details.



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.

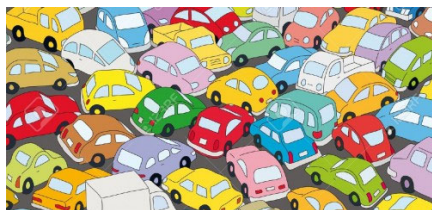
Call between the hours of 9:00a.m. and 3:00p.m. to schedule your ride. New clients are registered by phone. Although there is no charge to seniors for transportation, donations are appreciated.

Transportation services are made possible through a grant from Hoag Hospital.



Holiday Shopping Transportation

The busy holiday season is upon us. With that comes the hassle of busy shopping centers and terrible parking lots. Did you know that Seniors On the Go can take you around town to complete your shopping needs? An added bonus is they provide curbside service to many of their destinations so you will not have to battle congested parking lots or struggle to get your errands and holiday shopping done. Call the dispatch line at 714-374-1742 to book your rides.



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



Senior Scam Safety While Shopping

While you are out doing your holiday shopping, visiting friends, and enjoying the cheer of the season, be cautious about your surroundings and keep your valuables under hand or in your direct sight at all times. Distraction scams have seen an increase this year. Don't fall victim and end up in bad cheer. There is a senior scams awareness handbook available at the Senior Center in Central Park. If you would like a copy please call the front desk at 714-536-5600 for more information.



Donations Are Always Welcome

Seniors On the Go offers free transportation to senior residents of HB who live independently. The service is vital for older adults to maintain their independence and help support their health, wellness and social support systems. Donations are always appreciated and help to fund vital program additions to keep the service state of the art. If you are considering giving options this holiday season, you can donate with your ride in the donations pouch, mail in a donation to the Senior Center, or stop by the Travel and Resource Room to make a holiday donation via cash, check, or credit card. Have a safe and wonderful holiday season.



Holiday Closure Notice

Seniors On the Go will be closed **Monday, December 25 thru Tuesday, January 2** and will **reopen for services on Wednesday, January 3.** During the holiday closure there will be no rides, booking services, or reminder calls. Have a safe and happy winter break.



Holiday Café

The senior café has a season of tasty meals. Enjoy a lovely lunch with friends this holiday season. There are special menus set for Friday, December 15 & 22. Book your rides today so you don't miss the fun.

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St. Vincent de Paul Church - 8345 Talbert Ave, HB 92646

Dvorak N9/Khachaturian Cello Concerto - Sun, March 10/2024 - 3:30pm
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

Tickets: HBSymphony.org / info@hbsymphony.org / (714) 274-5524



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STRIP GAMES - \$500 - \$500 - \$500 - \$300 - \$300 PLUS 2 TAB GAMES OF AT LEAST \$1199.	

EARLY BIRD - 10:30 AM. 6 ON - 4 UP (Plus 1 Strip)
REGULAR - 11:00 AM. 6 ON - 15 UP (Plus 2 Strips, 2 tabs)
LATE BIRD - Following Regular Games 6 ON - 4 UP (Plus 1 Strip)

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Senior Cafe December 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
Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00 Meatless Meal				Fish Tacos Black Beans Red & White Cabbage Corn Tortillas (2) Pico de Gallo Pineapple Chunks
4	5	6	7	8
Vietnamese Caramel Pork Caramel Sauce Jasmine Rice Broccoli Seasonal Fresh Fruit		Macaroni & Cheese Diced Tomatoes Carrots ✓ Breadstick (1 pk) SF Apple Crisp Orange-Pineapple Juice		Tortilla Soup w/ SF Crackers Chicken Tinga Cilantro Lime Rice California Veg Blend Tortilla SF Ambrosia
11	12	13	14	15
Chicken Breast Parmesan & Sundried Tomato Sauce Tri-Color Pasta Mixed Veg Blend WW Dinner Roll w/ Smart Balance Mandarin Orange		Split Pea Soup w/ SF Crackers Provencal Tuna Salad Sunshine Gelatin Salad WW Dinner Roll w/ Smart Balance Fresh Apple		Holiday Celebration Chicken Cordon Bleu Scalloped Potatoes Chefs Cut Veg Blend Parkerhouse Roll w/ Smart Balance Assorted Cake Diet: Fresh Fruit
18	19	20	21	22
Chicken Torta Sandwich (Shredded Chicken, Pinto Beans, Shredded Lettuce, Diced Tomatoes) Mayonnaise (1pk) Telera Roll Tropical Fruit Mix		Moroccan Lentil Veg. Soup w/ SF Crackers Veggie Egg Salad Barley Mushroom Salad WW Mini Blueberry Muffin w/ Smart Balance Diet Pear Crisp ✓		1st Day of Winter Beef Pot Roast Mashed Potatoes w/ Mushroom Gravy Carrots Dinner Roll w/ Smart Balance Cheesecake Diet: Fresh Fruit
25	26	27	28	29
CLOSED	CLOSED	CLOSED	CLOSED	CLOSED



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

www.MealsOnWheelsOC.org

MONDAY			TUESDAY			WEDNESDAY		
8:30	Better life Boxing	D*\$	8:00	Pilates Mat	D*\$	8:30	Wednesday Walkers	O
12/4, 12/11			12/5, 12/12			12/6, 12/13, 12/20		
8:30	Table Tennis	G	8:15	Senior Cardiofit	P*\$	8:30	Chess	G
12/4, 12/11			12/5, 12/12, 12/19			12/6, 12/13, 12/20		
9:00	Hawaiian Hula Basics	P*\$	9:00	Pilates Chair	D*\$	9:00	Blood Pressure Screening	H
12/4, 12/11			12/5, 12/12			12/6		
10:00	Chair Yoga	D*\$	9:30	Duplicate Bridge	G	9:00	Zumba Gold Fitness	D*\$
12/4			12/5, 12/12, 12/19			12/6, 12/13		
10:30	Hula Inter	P*\$	9:30	Flex & Stretch	P*\$	9:00	Surf City Gardner's	1
12/4, 12/11			12/5, 12/12			12/13		
11:00	MOW Dine-in Lunch	P	10:30	Yoga	D*\$	10:00	HB Fish & Rec Club	1
12/4, 12/11, 12/18			12/5, 12/12			12/6		
11:30	Balance & Stability	D*\$	12:00	Scrabble	G	10:00	Young At Heart Singers	P
12/4, 12/11			12/5, 12/12, 12/19			12/6, 12/13, 12/20		
12:30	HB Party Bridge	G	12:30	Drum Yourself Healthy	P	10:30	Cardkateers	2*\$
12/4, 12/11, 12/18			12/12			12/6, 12/20		
12:30	Chess	G	1:30	Shanti	2*	11:00	MOW Dine-in Lunch	P
12/41, 12/11, 12/18			12/5, 12/12			12/6, 12/13, 12/20		
2:00	Line Dance Lvl 1	P*\$	2:30	Line Dance Beg	P*\$	12:00	Backgammon	G
12/4, 12/11			12/5, 12/12			12/6, 12/13, 12/20		
3:00	Quilting With Brandi	L*\$	3:00	Yoga—Senior Center	O*\$	12:30	Mah Jong	G
12/4, 12/11			12/5			12/6, 12/13, 12/20		
3:30	Line Dance Lvl 3	P*\$	4:00	Beating Holiday Blues	L*	1:00	Movies	P
12/4, 12/11			12/19			12/13		
6:30	Tai Chi Chuan	D*\$	4:00	Line Dance Easy New Beg	P*\$	5:30	FireMed CPR	G*\$
12/4, 12/11			12/5, 12/12			12/13		
7:00	Big Band	P	4:00	Acrylic Painting	2*\$	5:45	Art Leau	P*\$
12/18			12/5			12/6		
			5:30	Family Martial Arts	D*\$	6:30	Book Club	1*\$
			12/5, 12/12			12/13		
			5:30	Dementia Caregiver Supp Grp	R*			
			12/5, 12/19					
			6:30	Sr. Martial Arts	D*\$			
			12/5, 12/12					
THURSDAY			FRIDAY			SATURDAY		
8:00	Outlook Assembly	1	8:15	Senior Cardiofit	P*\$	10:00	Family Martial Arts	D*\$
12/21			12/1, 12/8, 12/15			12/2, 12/9, 12/16		
8:30	Table Tennis	G	8:30	Mexican Train	G	11:00	Sr. Martial Arts	P*\$
12/7, 12/14, 12/21			12/1, 12/8, 12/15, 12/22			12/2, 12/9, 12/16		
8:30	Tai Chi	P*\$	9:00	HICAP	S*	11:00	Music For The Ages	L*\$
12/7, 12/14, 12/21			12/1, 12/8, 12/15			12/2, 12/16		
9:00	HBCOA Gen Mtg	1	9:00	TOPS	1			
12/7			12/1, 12/8, 12/15, 12/22					
9:30	Hoag Presentation	1*	9:00	Zumba Gold & Toning	D*\$			
12/14			12/1, 12/8, 12/15					
10:00	Yoga	D*\$	9:30	Duplicate Bridge	G			
12/7,			12/1, 12/8, 12/15, 12/22					
10:45	Flex & Stretch	P*\$	9:30	Circuit Training	P*\$			
12/7, 12/14			12/1, 12/8, 12/15					
12:30	Gin/ Cribbage	G	10:00	Yoga	D*\$			
12/7, 12/14, 12/21			12/1, 12/8, 12/15					
12:30	Scrabble	G	10:30	HandiCrafters	1			
12/7, 12/14, 12/21			12/1, 12/8, 12/15, 12/22					
12:30	Chess	G	11:00	MOW Dine-In Lunch	P			
12/7, 12/14, 12/21			12/1, 12/8, 12/15, 12/22					
1:30	Line Dance Lvl 2	P*\$	11:00	Senior Fitness	P*\$			
12/7			12/1, 12/8					
2:00	Tech Club	1	12:00	Backgammon	G			
12/14			12/1, 12/8, 12/15, 12/22					
6:00	Woodcarvers	1	1:30	HBPd SCAMS	1*			
12/7, 12/14, 12/21			12/15					
			1:30	Line/ Dance Lvl 2-3	D*\$			
			12/1, 12/8, 12/15					

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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