

Happy New Year!

THE HISTORY OF LINE DANCE AT THE SENIOR CENTER

The line dance craze began in and around Huntington Beach in 1990, when the Westminster Senior Center began offering classes. Although there were only 10 choreographed dances, line dance was still a hit! This was around the time when the SCCP's very own Donna Taylor was introduced to line dancing. Donna had always been a dancer and decided to give line dancing a try. She very quickly found out that she loved it. She then volunteered at the Westminster Senior Center teaching classes with an instructor named Loretta, and even started creating new dances!

In 1992, Nora Webb, former Director of Rodgers Senior Center, brought in Donna to lead a free line dance class for the members. After a successful opening session, enough donations were secured to fund the purchase of new CDs to lead the classes.

In 2005 Donna brought the line dance trend to Fountain Valley when the City opened up the Fountain Valley Senior Center. She continued to teach in Huntington Beach, Fountain Valley, and even Westminster.

In 2007 Donna met Suzy Hazard and they both began teaching classes together. The program continued to grow and in 2009 Donna finally stopped teaching and Suzy took over full-time. Suzy continued to teach line dance here until this past spring, when Linda Anderson-Maarlevald took over her classes and became our third line dancing instructor! Linda now leads the line dance classes here and continues to be one of our best instructors!

LINE DANCING NIGHT

On February 10th we will be trying out a brand new special event - Line Dancing Night. For the longest time we've had a huge community of line dancers here, so we thought, why don't we have a special event themed around this awesome activity!?

The whole idea behind Line Dancing Night is simply a fun night out. The event is less formal than our traditional dances like Valentines Dance and Seashells & Jingle Bells. Think of it as just a fun night out dancing at a country bar!

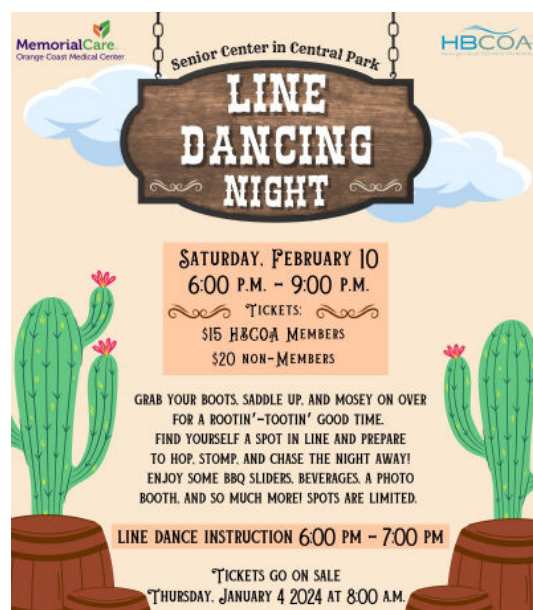
There will be around 1 hour of line dance instruction, followed by a 2 hours of the DJ just playing music and folks dancing. We will also have plenty of snacks and refreshments to go along with this fun evening.

All are welcome to this new and exciting event, which is expected to sell out. Tickets go on sale Thursday January 4th at 8am. Please bring your HBCOA membership card to receive the \$5 discount.

AARP TAX APPOINTMENTS

AARP will once again be providing free tax appointments to seniors here at the Senior Center, beginning in February.

Appointments are required, and you can begin booking your appointment on Wednesday, January 3rd at 8am. Please visit the front desk or call the Senior Center at 714-536-5600. Friendly reminder that appointments do fill up quickly.



CITY OF HUNTINGTON BEACH SENIOR CENTER IN CENTRAL PARK

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

HB COUNCIL ON AGING EXECUTIVE BOARD

Carolyn Ross, President
Lindsay DuFresne, 1st Vice President
Bob Allen, 2nd Vice President
John Villa, CFO
Phil Burtis, Treasurer
Diana Zimmer, Asst. Treasurer
Beverly Mast, Administrative Sec.
Ed Pinchiff, Asst. Administrative Sec.
Teri Simonis, Recording Secretary
Mary DeGuelle, Asst. Recording Secretary
James Pike, Immediate Past Pres.

HBCOA BOARD MEMBERS

| | |
|------------------|-----------------|
| Patti Cody | Jose Juarez |
| Justin Deyle | Celine Keeble |
| Ellen HopeKearns | Emma Monaco |
| Beverly Fleming | Krystal Neitzke |
| Beth Hambelton | |

CITY COUNCIL LIAISONS

| | |
|---------------|---------------|
| Rhonda Bolton | Natalie Moser |
|---------------|---------------|

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



INFORMATION AND UPDATES

I bring greetings and best wishes for a happy new year from all of us at the HBCOA! As the new HBCOA Board President, I am honored to serve alongside our dedicated Board of Directors. We are grateful for the opportunity to help provide access to services, programs, information, and education that empower older adults in Huntington Beach to age with dignity.

In 2023, the HBCOA was able to support many events and trips, raise awareness around issues facing older adults, and close out the year with our 50th Anniversary Golden Jubilee event. We could not accomplish these things without the support and dedication of the Senior Center staff. I also want to thank our members, volunteers, community partners, and donors. We could not do all that we do without you.

We have much planned for 2024, so stay tuned! If you are not an HBCOA member, volunteer, or donor, I encourage you to join us today. Visit our website at www.hbcoa.org to learn more. I look forward to meeting many more of you in the coming year.

Your HBCOA President,

Carolyn Ross

HBCOA Board & Liaisons
L-R Front Row: Mary, Teri, James, Carolyn, Beverly
2nd Row: Beth, Celine, Emma, Patti, Natalie Bob, Rhonda, Ed, Krystal, Ellen, Lindsay
Back Row: Justin, Phil B. Bev, Diana, John, Phil S.



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

In This Issue

| | |
|-----------------------------|-----------|
| President's Welcome | 2 |
| HBCOA Membership | 2 |
| Resources | 3 |
| Supervisor's Message | 4 |
| Movies & Travel | 5 |
| Recreation Services | 9 |
| Health and Wellness | 10 |
| Volunteer Services | 11 |
| Social Services | 12 |
| Transportation | 13 |
| Café Menu | 18 |
| Class Schedule | 19 |
| HBCOA Sponsors | 20 |

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 OC 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>

Wishing Heather the best success!!

Last month, Heather Dodd turned the page and started a new chapter, with a new city. Since 2014, she was an integral part of the Senior Center team. With a start as an Office Assistant with the Seniors Outreach, she was chosen because of her organizational skills, sharp intelligence, and high attention to detail. Over the years, Heather has been involved with nearly aspect of the former and current senior center, creating relationships with staff, volunteers, and guests along the way. Because of this she became well known as the go-to person in the office for answers about nearly anything. Because of her vast knowledge and involvement in so many areas, she grew into a Administrative Coordinator position. Much of her attention and support helped keep the HBCOA, Travel & Trips program, Seniors on the Go Transportation, various grants, special events, and other areas in excellent working order. We all miss her and wish her great success in the next chapter!

**Outlook Renewal Reminder**

The 2024 HBCOA membership renewals are now available. You can renew 3 different ways

1. **By mail using the form on pg. 2 of this newsletter.**
2. **Online at www.hbcoa.org**
3. **In person at the senior center**

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. 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 Interim Sr Supervisor, Michelle Yerke MYerke@Surfcity-hb.org.

COMM. & LIB. SVS.

Ashley Wysocki, *Director*Kristin Martinez, *Program & Services Manager*

SENIOR SERVICES

Michelle Yerke, *Sr. Supervisor, Interim*Scott Getman, *Recreation Supervisor*Caryn Kawamoto, *Volunteer Svs. Coord.*Brandi Kelly-Contreras, *Transportation Coord.*Lezly Castillo, *Transportation Dispatcher*Vickie Gonzalez, *Rental/Events Coord.*Vivian Pla, *Wellness Pavilion Coord.*Phone Directory**Community Services– Civic Center**

(714) 536-5486

Senior Center in Central Park

(714) 536-5600

Sr. Center Rentals & Marketing

(714) 374-1534

Transportation– Seniors on the Go!

(714) 374-1742

Care Management & Travel Room

(714) 374-1572

Home Delivered Meals

(714) 374-1717

Fitness / Wellness Center

(714) 374-1578

Senior Café (in-person lunch)

(714) 375-8404

HBCOA

(714) 374-1524

EDITOR, INTERIM

Teri.Simonis@Surfcity-hb.org

SPONSORSHIP

Michael.Gonzales@surfcity-hb.org

Sponsorship Disclaimer
The City of Huntington Beach and the Huntington Beach Council on Aging, make no warranties, presentations, or claims concerning the quality, quantity, or availability of services sponsored in the Outlook, and they reserve the right to exercise such discretion as they may deem appropriate in the selection of sponsorship material to be published in the Outlook. By viewing the sponsorship section you agree not to hold the City of Huntington Beach, the Huntington Beach Council on Aging or its affiliates liable for the content of any sponsor, or for any delays, inaccuracies, errors or omissions in the transmission or delivery of such content. Your viewing/use of this section signals your acceptance of these terms, conditions and guidelines.

SENIOR CENTER MESSAGE

HAPPY
NEW YEAR

Welcome to a new year, Senior Center fans!

A big THANK-YOU to all those who contributed to the great success of the many holiday happenings through the Senior Center over the past month or two. Staff and volunteers did an amazing job putting together the HBCOA's 50th Anniversary Golden Jubilee, coordinating & delivering holiday meals, volunteers made placemats, cookies & crafts. Community groups and individuals donated holiday gift bags and individual gifts through the Winter Wishes gift collection with the Care Management and Home Delivered Meals Team making the deliveries. We are excited to be part of the tremendous generosity within our community!

Looking back at 2023, there have been significant changes for our team and we've tried to grow and adapt with it. Adapting and thriving with change takes time, patience, and effort. Usually it's worth it in, the end.

A few quick reminders for January. The Center is partially closed for an all staff training on Friday, January 5th. The Senior Café lunch, Home Delivered Meals and very limited Transportation rides will still be available. Also, Monday, January 15th the Senior Center is closed in observance of Martin Luther King, Jr. Day.

The Senior Center in Central Park Team strives to optimize the aging experience in HB through well rounded programs and services. I feel *we are partners with our community to serve our community*. I wish you peace and joy in the new year.

~Michelle Yerke, *MSG*
Interim Senior Supervisor

Welcome back Teri Simonis!

We are so thankful to have Teri back working in the Senior Center office helping staff with various projects. Teri is a great asset with a robust history working with the Senior Center in various capacities.



Where is your Outlook?



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 Teri.Simonis@Surfcity-hb.org



Senior Services Remembers

Send submissions to Teri.Simonis@Surfcity-hb.org

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



The Holdovers

1/10

A curmudgeonly instructor (Paul Giamatti), at a New England prep school, is forced to remain on campus during winter break to chaperone the handful of students with nowhere to go. Eventually he forms an unlikely bond with one of them, a damaged, brainy troublemaker and with the school's head cook, who has just lost a son in Vietnam. **2 hr 13 mins. Rated R for some drug use, language, and brief sexual material.**



Maestro

1/24

This fearless love story chronicles the complicated lifelong relationship between music legend Leonard Bernstein (Bradley Cooper) and Felicia Montealegre Cohn Bernstein (Carey Mulligan). Their story spans 30 years, from the time they met in 1946 at a party and continuing through two engagements, a 25 year marriage, and three children, Jamie, Alexander, and Nina. A love letter to life and art, Maestro at its core is an emotionally epic portrayal of family and love. **129 Minutes. Rated R for some language and drug use**

New in 2024 –HBCOA Movie Snacks

HBCOA Board members will provide snacks from the lounge before the movies.

Stop by, chat with a board member, and grab a nibble. Donations accepted.



HBCOA Travel & Trips Calendar

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



Wheel of Fortune Live!
At Sony Pictures Studio With Original Farmers Market. Thurs. Jan. 25. Be in the studio audience to watch 2-3 episodes of Wheel of Fortune being taped at Sony Pictures Studios in Culver City. One of the world's most popular game shows, this 75-year-old game show is the longest running syndicated game show in U.S. history. The show has featured Pat Sajak and Vanna White for more than 40 years and this will be Pat Sajak's final season! See all the behind-the-scenes action that goes into taping a game show – from the nervous contestants and eagle-eye producers to what Pat and Vanna do during the commercial breaks. Prior, enjoy time at leisure for lunch on your own at The Original Farmers Market or The Grove L.A. offering a variety of eateries and an open-air environment pulsing with energy. Studio is cool, bring an extra layer. All studio tapings usually involve various amounts of standing and/or sitting while waiting to enter the studio. Member Price: \$86; Non-Members: \$96. Depart: 11am, Return: 7:30pm.

Donna, Diana & Diamond – 3 Legends Live!

Musical Tribute to Donna Summer, Diana Ross & Neil Diamond With Downtown Palm Springs, Tues. Feb. 13. Get ready to rock your socks off and take a nostalgic musical journey back in time during this high-energy, jam-packed tribute show to three of the greatest icons in popular American music from the 60s, 70s and 80s – Neil Diamond, Donna Summer and Diana Ross. A professional, seasoned cast who exude true “sound-alike” and “look-alike” qualities of their real-life counterparts will be impersonating these well-loved performers using their own voices. From the songs of Motown sung by “Miss Ross,” to the “Queen of Disco,” and the sweet sounds of the legendary crooner, Neil Diamond. Pre-matinee show at the historic Camelot Theatre, enjoy time at leisure for browsing and lunch on your own in Palm Springs' core shopping district along Palm Canyon Drive. The redesigned downtown plaza area features mom and pop shops, vintage boutiques and name brand stores mixed in with a variety of restaurants. The area captures the city's energetic pulse and offers a welcoming pedestrian-friendly experience. No visit to the Coachella Valley is complete without a stop at Hadley Fruit Orchards. Founded in 1931, this So Cal landmark has provided a friendly place to shop for premium quality Medjool dates, dried fruit, nuts, hand-mixed trail mixes, honey, preserves, freshly-ground peanut butter and a variety of gifts. At the snack bar is where you'll find their famous date shakes! Member Price: \$116; Non-Member Price: \$126. Depart: 8am, Return: 6:30pm.

Golden Age Dentistry

Specializing in senior care
for over 30 years



Are your existing dentures loose, ill-fitting, or broken?

WE SPECIALIZE IN DENTURES and "FALSE TEETH"

AND ALL YOUR OTHER DENTAL NEEDS

Call us today for your **free** consultation.

We maintain the highest standards of sterilization
and patient safety in order to protect your health

16168 Beach Blvd, STE 90
Huntington Beach, CA 92647

(714) 887-0177

Mention HB 1223 to receive
10% off. Offer expires
December 31 2023

Reverse Robert
RR

Reverse Mortgages
Educator/Specialist
(714) 770-7057

sr.slater@gmail.com
DRE 00982503/NMLS 338253
RobertSlaterHomeLoans.com

Barbara
DELGLEIZE

Real Estate Sales &
Property Management Services

SENIOR REAL ESTATE

A VALUABLE SOURCE FOR SENIOR NEEDS

- Free Consultations
- Services to Help You Find the Right Space for Your Needs
- Specializing in Trust Sales
- Provides National Referral Network to Relocate
- Locally Serving Seniors for Almost 40 Years
- Creating Solutions for YOU!!!



Barbara
DELGLEIZE
714-421-0103

Barbara@BarbaraSellsTheBeach.com
www.BarbaraSellsTheBeach.com
Broker Associate • DRE #00586458



LUXURIOUS RETIREMENT LIVING



Brand New Suites Now Available

Our award-winning community features extraordinary cuisine, dynamic activities, dedicated staff, and more!

Assisted Living • Memory Care



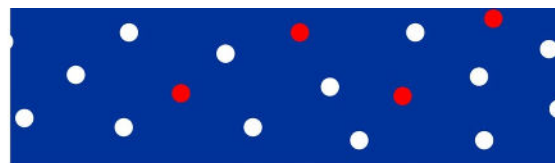
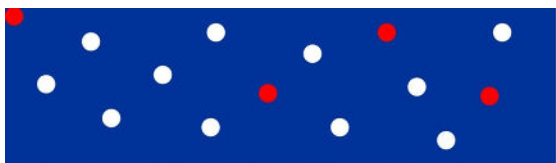
Schedule a tour today 949.336.1876

1640 & 1650 Monrovia Ave Costa Mesa, CA 92627

www.vivanteliving.com



Vivante on the Coast is licensed as a Residential Care Facility for the Elderly by the Community Care Licensing Division of the California Department of Social Services (License No. 306004582). Vivante® is a registered servicemark of Nexus Development Corporation/Central Division. Equal Housing Opportunity. 



TRANSFORMING LIVES | STRENGTHENING COMMUNITY

supporting seniors | veterans | clothing children | scholarships | teacher grants

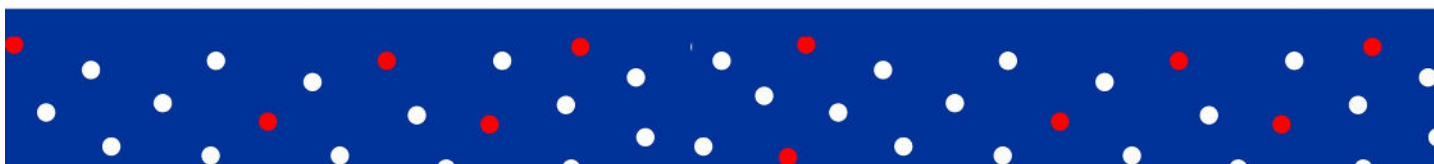
Donate • Shop • Join

TO MAKE A DIFFERENCE

Visit our Thrift Shop - a great place to shop, donate, or volunteer!

Tuesday, Wednesday & Saturday 11AM - 3PM

www.ALHB.org | 8071 Slater Avenue, Huntington Beach | 714.847.6511



Start New Traditions With Us



Visit and Enjoy A Meal On Us!

Merrill Gardens at Huntington Beach knows how to celebrate — with music, entertainment, and special dining experiences. Join us and enjoy the benefits of our community lifestyle!



MERRILL GARDENS

HUNTINGTON BEACH

(714) 243-8229 • merrillgardenshuntingtonbeach.com
17200 Goldenwest St, Huntington Beach, CA 92647



Lic #306005275

Independent Living • Assisted Living • Memory Care



Confused about MEDICARE?

Real answers from a real person

18685 Main St., Ste. 101-600
Huntington Beach, CA 92648

(714) 252-6965

Danny Matheus

Danny@Medicare101.net

CA Lic. 0B02352



*I'm a Huntington Beach
resident and represent
most plans in California*

By calling this number you will be talking
to a licensed insurance agent



SENIOR CENTER

Experts at Living Well



Tax Appointments

AARP will once again be providing free tax appointments to seniors at the Senior Center, beginning in February.

Appointments are required, and **you can begin booking your appointments on Wednesday, January 3rd at 8am.**

Please visit the front desk or call the Senior Center at 714-536-5600.

Appointments do fill up quickly.



No Classes on Friday, January 5th

On Friday, January 5th the Community & Library Services Department will be holding an all staff training here at the Senior Center. Because of this, the gym, the game room, and all recreation classes will be closed and/or cancelled that day.

Our entire department staff team will be doing trainings on safety, customer service, inclusivity, and more! Our goal is to serve you as best as possible, so we look forward to this training.

Transportation will still be giving rides and our Senior Café lunch program will still be serving lunch in the Parkview Room.

We appreciate your understanding!

CREATIVE ART CLASS - NEW!

My Colors, My Mind - Creative Art Class
Fridays @ 1pm from January 12 - February 16th

The Council on Aging - Southern California is offering a variety of no-cost creative art therapy classes at the Senior Center in Central Park. They want to encourage self-expression, self-discovery, and emotional growth in a non-judgmental atmosphere.

Through this creative process, they hope that attendees can explore emotions, reduce stress and anxiety, improve self-esteem, and build awareness to reduce stigma surrounding overall mental health. Watercolor Painting with Kim will let you discover delicate brush strokes and lettering techniques.

Spots are limited! Sign-up at the front desk if interested.

GARDENING FOR SENIORS - NEW!

Thursday, February 1st & February 8th
2:00pm - 3:00pm \$61

Join our newest contract instructor, Dane Shota, for a 2-week workshop on soil and permaculture. Many different types of soils and how to address each type will be discussed. Dane will also teach you how to garden without tilling, and container gardening & edibles will be also be discussed.

Dane has been working with the nursery industry since he was 17 years old. His interests lie in promoting cutting-edge technology for healthy soil improvement. He is now working with Landscape Architects in Southern California on their soil and planting specifications to improve the way we plant landscapes to achieve sustainability.

Surf City Gardeners

Presentation Topic: Roses
Wednesday, January 10th
9am-10:30am

Roses can be beautiful, fragrant and at the same time temperamental. Learn the trick to maintain these wonderful plants and how to showcase their magnificent flowers. Presented by a UC Master Gardener. Come join this free presentation. No RSVP is required.



MLK DAY - Monday, January 15th

On Monday, January 15th the Senior Center will be closed in honor of MLK Day. This includes the gym, the Senior Café lunch program, transportation services, and all classes.

We will reopen for normal business hours the following day - Tuesday, January 16th.

"Injustice anywhere is a threat to justice everywhere. We are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly, affects all indirectly."



Hoag Health & Wellness Pavilion
Join The Movement



Exercise Spotlight

We would like to thank HBCOA for our new AB machine in our Wellness Center! Come try it out on your next visit!

Muscle Group Targeted: Core/Abdominal Muscles

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

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

How to Perform the Exercise: Sit with back against pad and seat in locked position. Grasp handles and place feet behind roller pads. Pull handles down pulling roller pads upward. Slowly return to starting position.



GYM CLOSED



- Friday, Jan 5th
- Monday, Jan 15th



Start the new year by prioritizing your health and wellness! Here are some resolutions that can help kick start your new year:



Start a gratitude journal

Keeping track of things, people and events that you're grateful for throughout the year. Just a few minutes a day can make all the difference.



Make time for friends and family

With the business of our daily lives, it can be difficult to prioritize spending time with loved ones. But this year, make a conscious effort to carve out some one-on-one time, whether it's by planning monthly family dinners or simply FaceTiming once a week to check in.

Ease stress with kindness

Recent research shows that practicing self-compassion slowed people's heart rate and sweating, two symptoms our bodies produce when under chronic stress. So take some time each day to focus on something you love about yourself.



Hoag in January

Blood Pressure Screenings

Wednesday, January 3rd
9:00am - 11:00am

Walk-ins Only. No Appointment Required.

Memory Screenings

Wednesday, January 17th
Memory Screenings are \$45
Appointment Required
Call 949-764-6288

Lecture - Art4Healing Grief Workshop

Thursday, January 11th @ 10AM

Lecture - Medicare Supplements

Thursday, January 18th @ 9:30 AM



VOLUNTEER NEWS



Reminder to Monday and Tuesday Volunteers: The Senior Center is closed
Monday, January 2nd and 16th for
New Years Day & Martin Luther King Jr. Day



Congratulations to all of this years Volunteer Holiday
 Drawing winners and thank you to everyone for all
 this year to help make the Senior Center an enjoyable
 place for the community!



A special Thank You to the Handy
 Crafters for their \$6800 donation to the
 Huntington Beach Council On Aging to
 support Transportation, Care
 Management, Volunteer Led Classes,
 and Holiday Meals.

Holiday Gift Giving

This past holiday season was truly the season of
 giving. The Senior Center received many won-
 derful, homemade gifts during the holidays.
 Gifts included knotted blankets, holiday wreaths,
 cards, placemats, bookmarks, ornaments, and so
 much more! These homemade gifts were distrib-
 uted to individuals attending the senior center in
 person as well as homebound seniors in the com-
 munity. Thank you to the Girl
 Scouts of OC Troops: #7370,
 #7351, #8395, and #5245,
 National Charity League:
 Pacific Chapter, and Placemat
 Elves from Project Placemat!



Volunteers Needed!

- Transportation Drivers
- Home Delivered Meals
- Concierge Desk
- Line Dance Night



HBCOA OUTLOOK Mailing Needs Your Help!

Thursday, January 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!

Looking for a New Years Resolution? Try Volunteering!

1. Volunteering can help you stay physically and mentally active.
2. Volunteering can give a sense of purpose and maybe help show you new skills.
3. Volunteering can allow you to work as a team and devel-
 op new relationships
4. Volunteering can reduce stress and decrease the risk
 of depression.



Cat Nap Hangout and Adoptions is looking for volun-
 teers to help in their newly expanded facility! They
 have two volunteer opportunities open:

- Customer Service Ambassador
- Operations Specialist

For more information go to
catnaphangout.org or contact
 Karen Taylor at 714-248-
 1278.



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

Supporting optimal aging in place. Services made possible by generous donations and support from HBCOA, Memorial Care, Assistance League HB, volunteers, patrons, and community agencies.

Care Partner Support Group

If you are a family or friend caregiver of a person with dementia, this group offers resources for problem solving, educational info, as well as emotional support. It is a place to share experiences and feelings and hear from others in similar situations. You are not alone on this journey. Come as you are and meet other caregivers with related concerns.

For info or to register call Ellie Nixon (714) 642-9458

Meetings are held the 1st and 3rd Tues. at 5:30.

Alzheimer's
ORANGE COUNTY

Friends & Family Support Mental Illness

This group is for friends and relatives of adults with mental illness. Trained NAMI teachers of (National Alliance on Mental Illness) lead the group which provides support to adults who care for someone living with mental illness.

Meetings are 6pm-8pm on the 4th Monday (Dark Dec.).

Call Lynne Thies at (714) 299-1405 for information



Managing Stress

CBT Group

Participants explore the principles of CBT (cognitive behavioral therapy), including recognizing irrational patterns of thinking, identifying enjoyable activities to feel better, and learning/using relaxation to manage stress. Drop by or call the Travel Resource Room at (714) 374-1572 for exact dates and to sign up.

Class meets 4pm-5:30pm, Jan. 25 - Feb. 29



Wheel Chairs & Walkers Available



through the equipment lending program to HB residents aged 60 and older. For details and availability, call 714-374-1572 to speak with a Care Manager before coming in.

Considering Shared Housing?



Need a little help around the house or some extra income? SCCP Shared Housing Connection is a self-help binder, open to the public and offers information, resources, and a low-tech, way for locals to connect. Available in the Travel & Resource room at SCCP, typically open 8am -4pm, M-F.

Home Delivered Meals & Care Management

provide support to HB residents who are over 60y.o., homebound, under-supported and meet qualifications. Services are designed to help optimize aging in place. Donations through the HBCOA are accepted and help provide for those who are isolated, with low incomes and have unmet needs.

HICAP

Most Fridays, unbiased 1-on-1 counseling by a trained volunteer to assist Medicare beneficiaries understand their benefits and options. Service provided by Council on Aging Southern California. **Call 714-374-1572 for an appointment**



Notary

Once a month, a Senior Center Volunteer can notarize up to 2 documents per person/ family per month. **Call 714-374-1572 for an appointment**

Tech Coach

Select days each month- tech savvy Senior Center Volunteers provide individual coaching on smartphones, laptops, or tablets. **Call 714-374-1572 for an appointment**

Legal Services

Twice monthly, volunteer legal councilors offer 20-30 minute consultations for older adult residents through a non-profit. **Call 714-374-1752 for an 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.

octa
YOUR WHEELS



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

County Wide Transportation

For transportation outside the regular hours of *Seniors On the Go* or beyond our service area, consider using the OCTA Access bus program. For an application or questions about the program, contact OCTA at 714-63607433 or www.octa.net.

Another county transportation provider is Abrazar, 714-891-9500.

Grocery Shopping Groups

A healthy diet and good nutrition go a long way to having a healthy life. If you don't drive, then getting grocery's can be a challenge. Transportation has shopping groups where you can be transported to the store for your routine shopping. Call the dispatch line to learn more about joining your local shopping group.



Happy New Year!

Start the New Year in Top Speed!

After the Winter Break, Transportation staff and volunteers are fueled and ready to accelerate your transportation needs!



You have the green light to:

- Pass on the stress of driving
- Register with Seniors On the Go
- Book rides by phone to all of your favorite Huntington Beach destinations
- Have a care free day of errands and outings while we do the driving.

Honk your horn and pick up the phone to call dispatch when you are ready to roll!

Medical Ride Reminder



If you will receive anesthesia during the course of your medical procedure, Surf City Seniors on the Go cannot provide you with a return ride. You will need alternate transportation to return home.

Holiday Closures Notice

There will be no rides, bookings, reminder calls or reservations available during the following holiday closures for the observance of New Years Day and Martin Luther King Jr. Day.

Monday, January 1st
Tuesday, January 2nd
Monday, January 15

Above & BeyondTM

REFERRAL SERVICES, INC.

949.791.9227



Cathy Gaertner
Placement Specialist

**Assisted Living, Dementia,
Alzheimer's & Residential Care Homes
Plus Many Other Senior Referrals**

cathy@aboveandbeyondrs.com

www.aboveandbeyondrs.com

Compassionate & Professional In-Home Care

Find peace of mind knowing our experienced caregivers are providing enriching, engaging, and empowering in-home care. Some of our services include:

- Meal Preparation
- Light Housekeeping
- Shopping
- Errands
- Live Person On Call 24/7
- Bathing, Dressing, and Incontinence Care



**Homewatch
CareGivers[®]**

Call now for free evaluation!

714.656.3044
hwcg.com/hnb

License #304700023




For all stages of life, big or small, we're here.

Learn more about our services.
memorialcare.org/OrangeCoast

MemorialCare[™]
Orange Coast Medical Center

CAREGIVERS

RIGHT TO YOUR FRONT DOOR



**SERVING
HUNTINGTON BEACH LOCALS
FOR 20+ YEARS**

IT TAKES A VILLAGE SENIOR CARE

REFERRAL AGENCY

☎ (805) 698-2852
ItTakesAVillageSeniorCare.com

**WE'RE
REINVENTING
HOME CARE
FIND OUT HOW**

Voted Seal Beach Chamber of Commerce
Business Person of the Year 2022-2023

Open Every Wednesday!

HUNTINGTON BEACH ELKS

BINGO

WEDNESDAY MATINEE

Doors Open at 9:00 AM. - \$15.00 Minimum Buy-In

23 TOTAL GAMES

ALL GAMES PAY \$250.00
PULL TABS

COLOR MONITORS
COMPUTERIZED VERIFICATION

CASH BALL

5 STRIP GAMES PAYING \$500 EACH
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)

FOOD AND SOFT DRINKS AVAILABLE FOR PURCHASE
FREE COFFEE - TEA - POPCORN

HUNTINGTON BEACH ELKS LODGE
7711 TALBERT AVENUE (2 BLOCKS WEST OF BEACH BLVD.)
HUNTINGTON BEACH.
(714) 848-9440

Overflow Parking Available at the Center for Spiritual Living just West of the Lodge on
Talbert Avenue.

Get local help with your Medicare questions.

I'm a licensed sales broker, specializing in Medicare.
Take advantage of my knowledge and experience to:

- ✓ Take the confusion out of Medicare
- ✓ Receive one-on-one services
- ✓ Get help reviewing plans
- ✓ Make enrolling in a plan easier

All at no cost to you!

I look forward to helping you start exploring your
Medicare plan options, so you can enroll in a plan with
confidence.



Sandra Teel

Cell: (909) 856-9379

Office: (657) 204-4224

steelmedagent@gmail.com

Lic. #4031244

By calling the number above, you will
be directed to licensed insurance agent.

56966_071122_MK

Alzheimer's Family Center
SERVING DEMENTIA PATIENTS AND THEIR FAMILIES

**NOW OPEN
AND ACCEPTING NEW PATIENTS**

- Brain-engaging activity programs
- Physical therapy and fall prevention
- Nursing oversight
- Free one-on-one caregiver counseling sessions
- Equilibrium™ outpatient group & individual mental health services for individuals with memory loss
- Free memory checkups
- Referral to community resources



Alzheimer's
Family Center
CREATE HAPPIER AND HEALTHIER DAYS

9451 Indianapolis Avenue
Huntington Beach, CA 92646

(714) 593-9630 | www.AFSCenter.org



SeaCliff Home Care
Melanie Hahn, owner
Family owned and operated

All employees are licensed,
bonded & insured

- * Personal Care
- * Live-in or hourly
- * Homemaker
- * Respite Services

We provide compassionate and professional home care services to seniors in their own home!

Call today for your **FREE** In Home Assessment

714-274-9620

www.seacliffhomecare.com

18652 Florida St Suite 345
Huntington Beach, CA 92648

HCO#304700102



**Huntington Beach
Symphony Orchestra**

GRANT SEVDAYAN - MUSIC DIRECTOR



Noel Night/Christmas Concert - Fri, Dec. 15/2023 - 7:30pm (free will donation)
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



We Are Caregivers. We Understand Senior Care.

When you need help to live independently at home, experience matters. As a leader in home care, we've been providing trusted and compassionate care to seniors at home for more than 55 years. From a few hours a week to 24-hour care, Interim HealthCare® offers the assistance you're seeking.

Bathing • Dressing • Meals • Housekeeping • Transportation

Interim
HEALTHCARE®

(949) 800-8715

interimhealthcare.com/irvineca

©2023 Interim HealthCare Inc. | CA License# 304.700.336 | Certified By: American Board of Home Care

OTHER NEWS / MORE INFORMATION

Veterans Resource Center

The Central Library Veteran's Resource Center provides free services helping veterans access various resources and benefits such as: discharge papers, information on how to file a claim, health benefits, employment, home purchasing, and more.

Monthly Veteran's Resource Nights are held on the 2nd Tues. from 6pm-7pm. Email or drop by for information, call or visit: 714-375-5111 or HBPLVetCenter@gmail.com.

Open Mon.-Thur. 2pm-6pm and Fri. 9am-1pm.

**veterans
connect@
the library**



The Huntington Beach Council on Aging (HBCOA) celebrated 50 years of service to Huntington Beach seniors with a Golden Jubilee in December. James Pike, Immediate Past President, noted that the HBCOA first advocated for a designated space for seniors to gather for recreation and socialization. That space was for many years, Rodgers Seniors Center and seven years ago, the Senior Center in Central Park opened. In addition, over the last fifty years, the HBCOA has supported life-affirming services for seniors such as transportation, nutrition, and social services. In 2023, The HBCOA is continuing its mission to create awareness of the evolving needs of Huntington Beach seniors and respond with resources for innovative services and programs.

Senior Cafe 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


HELLO
January

MEALS
on WHEELS
 ORANGE COUNTY
Senior Lunch Menu – January 2024

Our lives
 begin to end the day we
 become silent about things
that matter

Martin Luther King Jr.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---------|---|---|---|
| 1 | 2 | 3 | 4 | 5 |
|  | | Spinach & Mushroom Quiche Roasted Potatoes Broccoli & Cauliflower WW Dinner Roll w/ Smart Balance Canned Pears | | Vietnamese Diced Chicken Lemongrass Sauce Brown Rice Japanese Vegetable Blend SF Pudding |
| 8 | 9 ✓ | 10 | 11 | **12** |
| 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 Orange Juice SF Pudding | | "MLK Day Celebration" BBQ McRib on French Roll BBQ Sauce (1pk) Baked Beans Collard Greens Apple Pie Diet: Fresh Fruit |
| 15 | 16 ✓ | 17 | 18 | 19 |
|  | | Turkey Pot Roast Brown Gravy Mashed Potatoes Green Beans SF Fruited Gelatin | | Tortilla Soup w/ SF Crackers Chicken Tinga Cilantro Lime Rice California Veg Blend Tortilla SF Ambrosia |
| 22 | 23 | 24 | 25 | 26 |
| 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 | | Cubed Beef w/Ranchera Sauce Mexican Rice Pinto Beans Tortilla Pico de Gallo Canned Apricot |
| 29 | 30 | 31 ✓ | Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00 ✓ Meatless Meal |  |
| 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 | | |

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 8:30 Table Tennis 9:00 Hawaiian Hula Basics 9:30 Ukulele Beginner 10:00 Yoga Chair 10:30 Hawaiian Hula Intermediate 10:45 Ukulele Advanced 11:00 Senior Café Lunch 11:30 Balance & Stability 12:00 Ukulele Intermediate 12:30 Party Bridge & Chess 2:00 Bridge Beginning 2:00 Line Dancing Level 1 3:00 Quilting with Brandi 3:30 Line Dance Level 3 4:00 Waltz & Swing 5:00 Merengue & Cha Cha 6:30 Tai Chi Chaun 7:00 Big Band Dance 1/22 | 8:00 Pilates Mat 8:15 Senior Cardiofit 9:00 Pilates Chair 9:30 Duplicate Bridge 9:30 Flex & Stretch 10:00 Basic Art Techniques 10:30 Yoga: SCICP 12:30 Drum Circle 1/9 12:00 Scrabble 1:30 Shanti 2:30 Line Dance Beginner 3:00 Bridge Intermediate 3:00 Yoga with Diane Outdoor 4:00 Line Dance Beginner 5:30 Alzheimer's Caregiver 5:30 Family Martial Arts 6:30 Senior Martial Arts | 8:30 Wednesday Walkers 9:00 Zumba Gold Dance Fitness 9:00 Blood Pressure Screening 1/4 9:00 Surf City Gardeners 1/10 10:00 Fishing Club 1/3 10:00 Young At Heart Singers 10:30 Cardkateers 1/17 11:00 Senior Café Lunch 11:00 Line Dance Level 1 New 12:00 Line Dance Level 2 New 1:00 Easy Watercolor 1:00 Movies 1/10, 1/24 6:00 Bridge Beginning |
| THURSDAY | FRIDAY | SATURDAY |
| 8:00 Outlook Assembly 1/25 8:30 Table Tennis 8:30 Tai Chi Chaun 9:30 Hoag Lecture 1/18 10:00 Hoag Lecture 1/11 10:00 Yoga with Diane 10:45 Flex & Stretch 11:30 Zumba Chair 12:30 Chess, Scrabble, Gin & Cribbage 1:30 Line Dance Level 2 2:00 Tech Club 1/11 3:00 Line Dance Level 1 3:00 Memorial Care Lecture 1/18 6:00 Belly Dancing Beginning 6:00 Woodcarvers 6:45 Belly Dancing Intermediate | 8:15 Senior Cardiofit 8:30 Mexican Train 9:00 Zumba Gold & Toning 9:00 TOPS 9:30 Duplicate Bridge 9:30 Circuit Training 10:00 Yoga: SCICP 10:30 Handicrafters 11:00 Senior Café Lunch 11:00 Senior Fitness 12:00 Backgammon 1:00 Council on Aging Art Class 1:30 Line Dance Level 2-3 | 9:30 Create your Life Story 10:00 Family Martial Arts 11:00 Sr. Martial Arts 11:00 Music of the Ages |
| For specific dates, prices, and locations of activities please stop by our front desk or browse the City's SANDS magazine (hbsands.org) | | |

**City of Huntington Beach
Huntington Beach Council on Aging
18041 Goldenwest St.
Huntington Beach, CA 92648**



**NONPROFIT ORGANIZATION
U.S. POSTAGE PAID
HUNTINGTON BEACH, CA
PERMIT NO. 444**

Evergreen Donors

John Bishop, Debbie Briscoe, Ann Doke, Bhag Karir, Richard Litsinger, & Leslie Schaffer, Marvin Mensik, Sharon O'Connor, Sheil Prolman, Hilda Rendon, Richard & Joan Marie Schmidt, Walter & Beverly Schulte, Marchia Shippam, Cheri Simmons, Teri Simonis & Kurt Ruhland, Phil & Judi Smith, Patti Wiebe, Assistance League of HB Dreamcathers Auxiliary, Handy Crafters, Hoag Memorial Hospital Presbyterian, Orange Coast Memorial Medical Center

2024 GOLD DONORS :

Leslie Michihira, Chris Ohlendorf, David Dewenter, John Payne

2024 SILVER DONORS :

Eric & Ida Bigenho, Susan Caron, Beverly Fleming, Pat & Sandee Freemon, Birgita Ganz, Don & Mary Julienne,. C. Lipke, Beverly Mast, Francine Mullee, K & M Nishida, Rosemary Novotny, Mike & Ann Regan, Noel & Claudia Ross, Ron & Judy Shenkman, Diane Swarts, Jim & Karen Thoms, Samuel & Norma White, Joy Williams,

2024 BRONZE DONORS :

Jessie Arijona, Sandie Barilla, Edward & Connie Bonk, Betty Bruce, Chris & Jackie Carey. Wanda Case-Hopkins, Nancy Chisnall, Bill & Rita Collins, Gary Cooper, Valerie Curry, Sherri DioGuardi, John Drake, James Ferguson, Karen and Gary Finkel, George & Carolee Focht, Yasuko & Bob Fordiani, Betty Foreman, Kelly & Ted Frankiewicz, Laurie & Bob Gorham, Tom Hamman, Loren & Greg Heesacker, JuliaHeng, Pearl Holmes, Ellen HopeKearns & Richard Kearns, Ron Jagner, Ken & Janet Johnson, Jacquelyn Jones, Jim Kettler, Debbie Killey, Jim & Mary Jane Kluck, David Kurth, Carol Langston, Susie Lipman, Jo Marie Livingston, James Loveridge, Herbert Mahler, Dixie Matijasevich, Sheila & Jim Meehan, Robert Meschuk, Grace Michihira, Thelma Miyashiro, Emma Monaco, Bill & Judy Ann Morris, Jackie & Paul Neil, Honorata & Engin Oktay, Sheila Olmstead, Carolyn Palicte, Thomas Papademetriou, Janis Patten, Shirley Pohl, Arline Pohlman, Harriet Price, Patricia & David Qualtman, Gerry Reed, Robert Rice, Jeanne & Robert Robey, Jim & Jennifer Robins, Roger & Judi Rohrdanz, Jonette Savold, Michael & Maria Schlegel, Stan Shapiro, Mari & Jack Simonson, Robert Slater, Mary Smith, Ruth Sully, Patricia Summers, Sharon Sutis-Makaena & Dan Makaena, Nancy Tanaka, Donna Lee Taylor, Adria & Fred Thomke, Eldon Thorpe, Lisa Van Dine, Elanie Watada, Doris Whang, Jim and Sandi Woest, Pat Wolff, Kenneth & Donna Yglesias, Barbara Young, Diana Zimmer, Linda & Stanley Zone
