

Heart Health Panel

February is a special month dedicated to healthy hearts and cardiovascular wellness. Officially called "Heart Month," it is an annual observance dedicated to raising awareness about heart health and cardiovascular diseases. It serves as a reminder to prioritize heart-healthy lifestyles, learn about heart disease prevention, and support those who are affected by cardiovascular conditions.

Here at the Senior Center we are celebrating Heart Month by partnering with Hoag to offer their annual **Heart Health Panel presentation on Saturday, February 24th**, From 9:00am-11:00am. This presentation is free and will feature leading cardiologists discussing heart healthy eating, dietary challenges, and a cooking demonstration from Hoag's Chef Davis Cruz. RSVPs are required and spots are limited. So, please stop by the front desk or call us to reserve your spot.

To take care of your heart even more, stop by the Wellness Pavilion on the first Wednesday of each month for blood pressure screenings.



challenging as the individual decides, since everything is done at each person's own pace. We typically offer a 1 mile and a 3 mile option, with the goal of making this event accessible to all!



We start the morning with coffee, fun music, and a warm-up. Then, participants will stroll through Central Park while chatting with their friends and peers. Along the way you can view wildlife, soak up the vitamin D, or look for fish in the lake. The cost is \$5 and all proceeds go back to the Huntington Beach Council on Aging for future programming and Senior Center needs.

There are huge benefits gained from walking. For example, walking at least 30 minutes per day, 5 days per week can reduce your risk of coronary heart disease by about 19%. Also, walking burns calories and helps lower blood sugar. Many studies also show a cognitive benefit. Roughly 30 minutes of brisk walking can help reduce depression, anxiety, and a negative mood. Lastly, studies have shown that walking may help clear your head and promote creative thinking!

With so many benefits, why not join us on March 16th for Rise & Walk!? It is the perfect way to kick off the weekend.

Stop by the front desk and sign-up or visit HBSANDS.org to register online. We hope to see you there and regardless we wish you a healthy spring!



Rise & Walk



We hope that you'll join us on **Saturday, March 16th** from 8am-10am for our annual Spring Rise & Walk. In an effort to promote health, wellness and getting

outside, twice a year we organize a group walk through Central Park. This walk is as easy or

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.

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For additional information please visit
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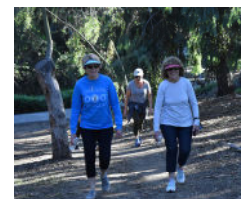
INFORMATION AND UPDATES

February is a month when we often think of love and of caring for one another. It is also National Senior Independence Month. Remaining independent and in charge of our lives as we age is important to us all. This is a great time to celebrate our independence and to think about what we may need down the road to maintain it. The HBCOA is developing a series of workshops to provide resources that enable us to engage in conversations about how we can continue to thrive as we age. Stay tuned for more information on that.

This month's newsletter is filled with events and activities. Being socially engaged is vital to healthy aging and participating at the senior center is a great way to engage with others. We appreciate all of you who support the HBCOA in our work of helping to provide access to services, programs, information, and education that empower older adults in Huntington Beach to age with dignity. We could not do all that we do without you.

I hope to see you soon at the senior center!

Your HBCOA President,
Carolyn Ross



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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ADDRESS _____

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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)www.ssa.ocgov.com

800-451-5155 addresses abuse and neglect of elder and disabled adults

AlertOC www.alertoc.org

714-536-5978 a mass notification designed to keep OC informed of emergencies

Alzheimer's Family Centerwww.afscenter.org Local dementia care and support. 714-593-9630**Aging and Disability Resource Connection**www.adrcoc.org 714-480-6450 Referrals for older persons, persons with disabilities & caregivers**Be Well OC Mobile Crisis Response Team**

714-960-8825 Provides in-community assessment & crisis stabilization services for mental health or substance use challenges.

California Senior Medicare Patrolwww.cahealthadvocates.org 855-613-7080

Helps avoid, detect, & report healthcare fraud

Caregiver Resource Centerwww.caregiveroc.org

800-543-8312 Caregiver support, respite care, and education

HICAP www.coasc.org/programs/hicap/

714-560-0424 Health Insurance Counseling & Advocacy for those with Medicare

211OC www.211OC.org

Provides resources on a variety of human service topics for all ages and cities in OC or call '211' or (949) 646-4357

OCTA Access www.octa.net/getting-around/bus/oc-access/overview/

714-560-5956 OC transportation for persons unable to use the fixed bus system

HBFD- Home Safety Visit

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

Social Security Administration www.ssa.gov

800-772-1213 17075 Newhope St #B, Fountain Valley, CA 92708

Meals on Wheels OC

In person senior center lunches & home delivered meals in north OC. For cities other than HB call 714-823-3294. HB residents call 714-374-1717

OC Links www.ochealthinfo.com/bhs/about/nit/oclinks (855) 625-4657 24/7 Links to behavioral health & crisis services via phone or chat**Combat Ableism, Be a Disability Ally**

Ableism is prejudice and discrimination against people with disabilities. It is based on the belief that people with typical (physical and/or mental abilities) are superior. Ableism stems from an assumption that disabled people require 'fixing.' Like racism, ageism, and sexism, ableism classifies entire groups of people as less than, and includes harmful misconceptions and stereotypes. One in four adults has a disability.

Ableism leads to exclusion and isolation. There are three main types or levels of ableism:

1. Institutional: systems or organizations lacking accessibility
2. Interpersonal: relationships & social interactions directly or indirectly excluding persons with disabilities
3. Internalized: when harmful messages affect beliefs about ourselves and others

To promote inclusion for all and to reduce ableism, be **"RAD."**

Research: find out more about ableism's affects on individuals, learn about types of disabilities.

Adjust / accommodate: Make a behavior change and take steps to make inclusion happen.

Do: Take action and become a disability ally.



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**. Your 2024 donation supports Care Management, Home Delivered Meals, Transportation, and activities including dances, concerts, travel, and recreational classes. Your donation ensures Huntington Beach is the best place to age! For more information about the program, or to make a charitable gift, please contact Michelle Yerke, Interim Sr. Supervisor at 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

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SENIOR CENTER MESSAGE

Hello and happy February Senior Center members! I hope that your 2024 is off to a great start and you're excited for an eventful month. To start, February is Heart Month, so to celebrate we are partnering with Hoag to put on their Heart Health Panel event on **Saturday, February 24th**. This free presentation focuses on healthy eating and lifestyle factors to hopefully lower the risk of heart disease.

We also have our Line Dance Night taking place on Saturday, February 10th. However, that event is unfortunately (or fortunately) sold out. We are hoping that it is wildly successful and that we can do more of them in the future, so stay tuned!

Monday, February 19th we are **closed for President's Day**, so please keep that in mind. Also, there is a Mayor's Town Hall meeting scheduled for Thursday, February 22nd at 6pm. This upcoming town hall is focusing on the unhoused population, so if you are interested in that topic please stop by.

We have a brand new two week workshop on gardening taking place in February. If you are interested in that topic please stop by the front desk soon as spots are limited!

Looking ahead be sure to sign-up for our spring Rise & Walk event! It will take place on **Saturday, March 16th**. For those who don't know, Rise & Walk is an event where we all come together and walk through Central Park for roughly 1-3 miles. This year's event is special because we increased the budget and are getting t-shirts, medals, and a DJ! You will not want to miss it. The \$5 cost goes right back to the HBCOA to support other programs and events.

In the spirit of love and connection, I also want to wish you a happy and healthy Valentine's Day however you are choosing to celebrate it. The world needs more love and kindness, so hopefully we can all give and receive some of that this year. - Scott Getman, Recreation Supervisor

Where is your Outlook?

Rita Sipes took her Outlook to Traverse City, Michigan for the Neighborhood Porch Music Festival. Where will your Outlook go next? Email submissions to Teri.Simonis@Surfcity-hb.org

**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**

**Senior Services Remembers**

Ben Miles 1954-2023

Diane Hoxsie 1941-2023

HBCOA**Wednesday Afternoon at the Movies
1:00 PM Free!****Movies and Times Subject to Change****What Happens Later****2/14**

For Valentine's Day, a RomCom directed by Meg Ryan in the spirit of Nora Ephron. Two ex-lovers, Bill (David

Duchovny) and Willa (Meg Ryan) get snowed in at a regional airport overnight. Indefinitely delayed, Willa, a magical thinker, and Bill, a catastrophic one, find themselves just as attracted to and annoyed by one another as they did decades earlier. But as they unpack the riddle of their mutual past and compare their lives to the dreams they once shared, they begin to wonder if their reunion is mere coincidence, or something more enchanted. "Because," as Willa says, "it's a leap day and it is a magical day and things like that happen." **1 hr. 23 mins. Rated R for language, some sexual references and brief drug use**

**2/28****Maybe I do**

All star cast with Diane Keaton, Susan Sarandon, Richard Gere, and

William H. Macy. In New

York City's splendor, Michelle and Allen's romance is at the point where it is time for the parents to finally meet. But now face-to-face,

the dinner quickly spirals out of control as the parents realize each spouse is sleeping with the other. Trying to hide the affairs from the kids, their antics turn the night into comedic chaos. **1 hr. 23 mins. Rated PG-13 for sexually suggestive material and brief strong language**

HBCOA Movie Refreshments

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**

**Sign-up for day trips in the Travel & Resource Room
Monday-Friday between 8:00 AM—3:30 PM**

**Donna, Diana & Diamond Three Legends Live! Tuesday, February 13, 2024**

Get ready to rock your socks off at the historic Camelot Theatre, and take a nostalgic musical journey back in time during this high-energy, 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. Before the show, enjoy time 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, a variety of gifts and their famous date shakes! **Member Price: \$116; Non-Member Price: \$126. Depart: 8:00 AM, Return: 6:30 PM.**

**Leap Day at Warner Bros. Studio Tour with lunch at The Americana at Brand, Thursday, February 29, 2024**

Celebrate the extra day that comes

around once every four years and explore 100 years of movie making history at Warner Bros.' Burbank studio! On a 12-passenger vehicle, your knowledgeable guide will explore the outdoor sets, and soundstages, share filming techniques, and point out shooting locations of some of your favorite shows and movies including *Friends*, *The Big Bang Theory*, *CSI*, *Cold Case*, *Ocean's 11*, and *Argo*. Since this is the busiest working studio in Los Angeles, be on the lookout for movie and television stars! Following the guided tour, we'll visit "Stage 48: Script to Screen," the interactive soundstage where you have behind-the-scenes access to the moviemaking process. Before we arrive at Warner Bros. Studio, enjoy time at leisure for browsing and lunch on your own at The Americana at Brand featuring a variety of shops, restaurants and casual eateries. *Required: a driver's license or other government-issued photo identification that must be presented to Studio security.* **Member Price: \$149; Non-Member Price: \$159 Depart: 9:30 AM Return: 7:00 PM**

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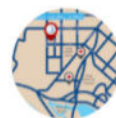
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SENIOR CENTER

Experts at Living Well



Tax Appointments

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

Appointments are required and spots are limited.

Please stop by the front desk to see if any spots are available, or for a list of alternative options.



Piano Open Play Times

Did you know that 3-5 times each month we offer an hour of open play for our grand piano in the Lounge area? The days & times differ each month based on the activity schedule, but generally Saturday mornings and Tuesday/Thursday evenings are open.

To view the schedule, simply check the flyer on the piano!



Drum Circle February

Tuesday, February 13th, 12:30pm

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

Free, Drop-In

Surf City Gardeners

Soil

Wednesday, February 14th, 9-10:30am

Soil is the dynamic medium for plant growth and it is where all gardening begins. Learn what soil is made of, what it does, and how to improve your soil.

Presented by a UC Master Gardener.



Free Drop-In Class

Upcoming Calendar

February

Saturday, February 10th - Line Dancing Night

Tuesday, February 13th - Drum Circle Class

Wednesday, February 14 - Wednesday Movie

Thursday, February 15th - Hoag Presentation

Thursday, February 15th - MemorialCare Notary Clinic

Monday, February 19th - CLOSED for President's Day

Saturday, February 24th - Hoag Heart Health Event

Monday, February 26th - Big Band Swing Dance

Wednesday, February 28th - Wednesday Movie

March

Tuesday, March 5th - First Day of Class Registration

Monday, March 11th - Last Week of Winter Classes

Tuesday, March 12th - Drum Circle Class

Wednesday, March 13th - Wednesday Movie

Friday, March 15th - HBPD Senior Scams Presentation

Saturday, March 16th - Rise & Walk Event

Monday, March 25th - First Week of Spring Classes

Monday, March 25th - Big Band Swing Dance

Wednesday, March 27th - Wednesday Movie



CLOSED - Monday, February 19th

On Monday, February 19th, the Senior Center will be closed in honor of President's 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, February 20th.





HOAG HEALTH & WELLNESS PAVILION

Join the Movement



3 Healthy for Heart Foods

Oatmeal – High in soluble fiber, oatmeal is among a number of foods that may help lower your “bad” cholesterol levels. To maximize heart-health benefits, forgo the instant variety in favor of the real stuff and avoid heaping sugar, syrup, or other sweeteners on top.

Salmon -Believed to reduce your risk of heart attack, cardiac arrhythmia and high blood pressure, salmon contains high amounts of antioxidants and omega-3 fatty acids. Not hooked on the flavor? Try substituting mackerel, sardines or herring and enjoy similar health benefits in doing so.

Blueberries & Strawberries - Full of antioxidants, potassium and vitamin C. They contain compounds that help dilate blood vessels and decrease blood pressure, and research shows that strawberries offer similar benefits. A study showed that women between 25 and 42 who had at least three weekly servings of blueberries or strawberries saw a 32% reduction in heart disease risk.

Hoag in February

Blood Pressure Screenings

Wednesday, February 7th, 9-11am
Walk-ins Only. No Appointment Required.

Memory Screenings

Wednesday, February 21st
Memory Screenings are \$45
Appointment Required, Call 949-764-6288

Lectures/ Presentations

(registration required through
hbsands.org or at the front desk)

Eating the Rainbow for Heart Health

Thursday, February 15th @ 9:30AM

Modern Cataract Surgery

Thursday, February 8th @ 9:30AM

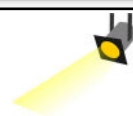
SAVE THE DATE

Saturday, February 24th
9:00—11:00 AM
for the Hoag Heart Health Panel

Saturday, March 16th
8:00-10:00 AM
for the Rise & Walk Event!



The Health & Wellness
Pavilion would like to
introduce a new segment!



Drum roll please!



....



**Monthly Member
Spotlight!**

A new monthly segment to create and foster a unique community by getting to know our gym members. Share with us what you like about the gym, your fitness goals, and a fun fact about yourself .

To be featured, please email our
Wellness Coordinator, Vivian to sign up!

vivian.pla@surfcity-hb.org



VOLUNTEER NEWS

VOLUNTEERS MAKE LIFE BETTER



Volunteer Appreciation Lunch Saturday, April 20th Senior Center in Central Park

All volunteers who served at least 20 hours in 2023 will be invited!

HBCOA OUTLOOK Mailing Needs Your Help!

Thursday, February 22, 8-10:30am



Be sure to join us! Coffee & doughnuts provided.
Not a current volunteer? Get started today by picking up your application from the front desk!

Surf City Seniors On The Go Volunteers

The Surf City Seniors on the Go program is a free transportation service offered to Huntington Beach residents 60 years of age and older. This program allows older adults living in Huntington Beach the freedom to run errands, go to medical appointments or take care of other tasks as needed. Drivers within this program consist of staff and volunteers. We currently have close to 80 volunteers assisting with this program. Volunteers help as drivers, grocery escorts and receptionists.

- **Transportation Driver** - Drive qualifying HB residents in city vehicles to medical appointments, shopping or other errands as needed within the city.
- **Grocery Escort** - Escorts accompany assist seniors during group shopping trips.
- **Office Receptionist** - Provide customer service needs to those seeking information about transportation services in person or over the phone.

We could not offer this beneficial program and service without all the hard work and support from these wonderful volunteers. Be sure to thank these awesome individuals for their service next time you see them!



HandyCrafters: *Spring Boutique* Tuesday March 5, 8am-12pm

Stop by the Senior Center Lobby for beautifully handmade gifts for you or a loved one to enjoy! Proceeds help support Senior Center recreation and services.

Current Volunteer Opportunities

- Transportation Drivers
- Home Delivered Meals
- Concierge Desk



Upcoming Events

- 3/16/24—Rise & Walk

Reminder to Monday Volunteers:

The Senior Center is closed
Monday, February 19th for
President's Day!



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, MemorialCare Orange Coast Medical Center, Assistance League HB, volunteers, patrons, and community agencies.



Voter Education and Information Orange County Registrar of Voters From the Frequently Asked Questions page.

How can I tell fact from fiction when it comes to voting? View the official trusted "Myth versus Truth" page at ocvote.gov/faqs/trusted-election-official-information

How can I request a vote-by-mail ballot? Every registered voter in Orange County automatically receives a vote-by-mail ballot.
How can I get a replacement vote by mail ballot if mine is lost or damaged? Use the online tool to request a replacement ballot.
What are the barcodes on my ballot used for?



Can I opt out of receiving Voter Information Guide in the mail or view it online? Yes, use our online tool to opt out / view.
I would like to vote in person at a Vote Center or drop off my voted ballot at a ballot drop box. Where can I find the Vote Center or ballot drop box closest to me? You can use the online tool to look up the closest Vote Center or ballot drop box.

I notice the location of my polling place changed or is no longer a polling place – what happened? Polling places are no longer operated in OC but previous polling locations may be serving as Vote Centers. Voters in OC may vote at any Vote Center instead of only one assigned polling place. You can use the online tool to look up the closest Vote Center.

How can I register to vote, verify an existing registration, cancel my registration, or update my registration? Use the new voter lookup feature. You can also register to vote, update your registration or learn more about voter registration on the website.

How can I verify that my ballot was counted? You can verify if your ballot was counted by using our voter lookup tool.

How can I see who my elected officials are? You can use the district lookup tool to view your elected officials. You can also find your elected officials by using the new voter lookup feature.

I have been receiving political mail and phone calls at my home. Where are they obtaining my information? It can be obtained from a variety of sources. Current State law allows voter registration data to be obtained for election, governmental, scholarly or political research purposes.

For more information, to view the calendar of community events, or to volunteer, go to www.ocvote.gov.

Home Delivered Meals & Care Management

Support services are available to Huntington Beach residents over 60 years old, homebound, under-supported, at-risk, and meet qualifications. Services are designed to help optimize aging in place. Donations through the HBCOA are accepted.

Huntington Beach residents only:
Care Management 714-374-1572
Home Delivered Meals 714-374-1717

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 info., resources, and a low-tech, way for locals to connect. Available in the Travel & Resource room at SCCP, typically open 8am-4pm, M-F.



Wheel Chairs & Walkers

Are 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.



One-on-One Services Available

Huntington Beach residents who are 60 and older may call 714-374-1572 to request an appointment.

Tech Coach Volunteer – 30-40 minute appts. to help with your smart phone, laptop or tablet.

Notary Volunteer – available once a month, will provide up to 2 notarizations per person/ family.

Legal Consultations – provided by local non-profits, 20-30 minute consultation to answer questions and provide referrals.

HICAP – (Health Insurance Counseling and Advocacy Program) services provided to Medicare beneficiaries, by Council on Aging Southern California.



TRANSPORTATION

Surf City Seniors on the Go!

Transportation Services (714) 374-1742

Senior Services provides services each week-day, 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 in part through a grant from Hoag Community Benefits Grant.



Meet Brad Bergeland

The newest staff driver to join Seniors on the Go, Brad Bergeland, is a 38 year resident of Huntington Beach. He has been married to his wife, Melanie, for 35 years. They have two children who were born and raised in Huntington Beach and attended the local schools. Brad retired from Boeing Company in 2018 after working there for 34 years, 31 years in Long Beach and 3 at the Huntington Beach plant. He and his wife love all types of travel- international and domestic, especially road trips within California. He is also a big LA Kings hockey fan! Welcome Brad!

HB HAPPENINGS



Celebration Calendar

The City of Huntington Beach is happy to unveil the first quarter of the citywide 2024 Celebration Calendar. The Calendar includes various celebrations and acknowledgements of historical events significant to the City of Huntington Beach and the United States, City anniversaries, Cultural Heritage Months, and other special celebrations. On December 19, 2023, the City Council voted in favor of establishing a monthly program to honor historic heritage of the United States, the state of California, and the City of Huntington Beach. The intent of the program, and subsequent City Calendar is to pay proper tribute to these events in an organized and cohesive manner.

February 2024: "We Love Our Libraries- Huntington Beach's commitment to books, reading and learning"

- Black History Month
- City of Huntington Beach's Birthday (Feb.17th)
- George Washington's Birthday (Feb.19th)

March 2024: "California's History-Before statehood to now, and what it means to be a Charter City"

- Women's History Month
- SurfCityBreak.com*

Veterans Resource Center Central Library

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.

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Symphony Orchestra

Grant Sevdayan - Music Director

Musical Soirée - Church Organ A to Z / Organist Grant Sevdayan

Learn about history, types of pipes, etc.

Friday, Feb. 9 - 7:30pm // St. Vincent de Paul Church
8345 Talbert Ave, HB 92646

Admission:

\$25 / 2 for \$40

HBSymphony.org

St. Vincent de Paul (front desk)

Dvořák's New World Symphony & Khachaturian's Cello Concerto (Ruslan Biryukov)

Sunday, March 10 - 3:30pm // HB Central Library Theatre
7111 Talbert Ave, HB 92648 (**Tickets - HBSymphony.org**)

Tickets:

Adult: \$28 (\$35 at the door)

Senior/Student: \$25 (\$28 at the door)

Online Promo: 4 tickets for \$80

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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



Senior Lunch Menu – February 2024



Monday	Tuesday	Wednesday	Thursday	Friday
		Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00 Meatless Meal	1	2 Egg Drop Soup w/ SF Crackers Vietnamese Chicken Salad WW Dinner Roll w/ Smart Balance Sliced Peaches
5 Cream of Spinach Soup w/ SF Crackers Tarragon Chicken Salad w/ Yogurt Dressing Lemon Orzo Salad Mandarin Orange	6	7 Ground Turkey Bolognese Bow Tie Pasta Italian Veg Blend WW Dinner Roll w/ Smart Balance Parmesan Cheese (1pk) Tropical Fruit Mix	8	**9** *Lunar New Year Celebration* Chinese Beef Stir Fry Pepper Garlic Sauce Chow Mein Carrots Fortune Cookie Pineapple Chunks
12 Pork Chile Verde Verde Sauce Pinto Beans Peas & Carrots Tortilla Tropical Fruit Mix	13	**14** *Valentines Day Celebration* Chicken Breast Alfredo Sauce Fettuccini Pasta Italian Vegetables Garlic Bread Strawberry Cake Diet: Fresh Fruit	15	16 Vietnamese Diced Chicken Lemongrass Sauce Brown Rice Japanese Veg Blend SF Pudding
19 	**20**	21 *President's Day Celebration* Roast Beef Mushroom Gravy Red Chunk Potatoes Capri Veg Blend WW Dinner Roll w/ Smart Balance Cherry Pie Diet: Fresh Fruit	22	23 Baja Fish Sticks Tacos Black Beans Red & White Cabbage Tortillas (2) Pico de Gallo Pineapple Chunks
26 Vietnamese Caramel Pork Caramel Sauce Jasmine Rice Broccoli Tropical Fruit Mix	27	28 Macaroni & Cheese Diced Tomatoes Carrots Breadstick (1pk) SF Apple Crisp Orange-Pineapple Juice	29	 It's a Leap Year!

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 Ipad Essentials 2/26 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 6:00 NAMI* 6:30 Tai Chi Chaun 7:00 Big Band Dance 2/26*	8:15 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 12:00 Drum Circle* 2/13 12:00 Scrabble* 1:30 Shanti* 2:00 Digital Photo 2/13, 2/20 2:00 Cut the Cable 2/27 2:30 Line Dance Beginner 3:00 Bridge Intermediate 3:00 Yoga with Diane (Outdoor) 4:00 Acrylic Painting 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 *2/7 9:00 Surf City Gardeners *2/14 10:00 Fishing Club *2/7 10:00 Young At Heart Singers* 10:30 Cardkateers * 2/7, 2/21 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 *2/14, 2/28 3:00 MemorialCare Adv. Direc.* 5:30 Firemed CPR 2/7 6:00 Bridge Beginning
THURSDAY	FRIDAY	SATURDAY
8:00 Outlook Assembly 2/22 8:30 Table Tennis* 8:30 Tai Chi Chaun 9:30 Hoag Lectures * 2/8, 2/15 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 Gardening for Srs. 2/1, 2/8 2:00 Tech Club* 2:00 Intro to Genealogy 2/15, 2/22 3:00 Line Dance Level 1 3:00 Memorial Care Lecture * 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 * 1:30 Line Dance Level 2-3 For specific dates, prices, and locations of activities please stop by our front desk or browse the City's SANDS magazine (hbsands.org) * NO OR LOW-COST TO ATTEND	9:00 Hoag Heart Cardiology Panel* 9:30 Create your Life Story* 10:00 Family Martial Arts 11:00 Sr. Martial Arts 11:00 Music of the Ages* 6:00 Line Dance Night 2/10

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