

## SPRING INTO HEALTH

### Wednesday Walkers

Meet the Wednesday Walkers group on the back patio every Wednesday morning at 8:30am. A quick warm-up will be followed by a 30-60 minute walk through Central Park! This is a free social activity that requires no advanced registration.

### Drum Circle

Our Drum Yourself Healthy class usually meets on the 1st or 2nd Tuesday of each month at 12:30pm in the Parkview Room. This is also a free activity that requires no advanced registration. You can bring your own drum or borrow one of the instructor's. This is a popular class, for good reason! The instructor, Lee, is fantastic and drum circle is extremely fun and healthy!



### Fitness Center

Using our gym is a great way to *Spring Into Health*. Join the Wellness Pavilion for \$80-\$120 per year, or potentially for free if you have Medicare. The Fitness Center has a variety of easy to use strength and cardio machines to help you stay healthy in 2024!

### Hoag & MemorialCare Presentations

Hoag & MemorialCare both offer free presentations on a variety of health-related topics roughly 2-3 times per month. These presentations include healthy eating, specific diets, Medicare, specific health issues, sleeping tips, and more! Presentations are usually on the 2nd or 3rd Thursday of each month and are free to all. We do ask that you RSVP so that we know how many chairs to setup.

### Group Exercise Classes

The Senior Center offers a variety of group exercise classes taught by contract instructors. Most of these classes are held in the Dance Room, but a few larger classes take place in our Parkview Room. A few of the classes we offer include:

Yoga  
Chair Yoga  
Zumba  
Chair Zumba  
Pilates Chair  
Pilates Mat  
Tai Chi Chuan  
Better Life Boxing



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](http://www.HBCOA.org) or like our  
Facebook page at Huntington  
Beach Council on Aging  
@HBCOA



**PRESIDENT'S MESSAGE**

As I write this greeting, the sun is shining after days of unusually heavy rain. It reminds me that spring is almost here. We often associate spring with freshness and youth. When we are younger, we tend to view older adulthood as a winter season, a time of decline. However, this stage of life can be a time of renewal: an opportunity to continue to flourish, to learn new things, to make new connections, to continue to grow, and to redefine our purpose and experience of aging.

This newsletter is filled with opportunities to connect, learn, and contribute. I hope you will join us soon at the senior center. I appreciate all of you who support the HBCOA in our work of empowering older adults in Huntington Beach to age with dignity. If you are not yet an HBCOA member, I invite you to join to today.

I look forward to seeing you at the senior center!

Your HBCOA President,  
Carolyn Ross



**2024 HBCOA MEMBERSHIP & OUTLOOK SUPSCRIPTION**

**3 ways to renew/join**

**1. By Mail:** 18041 Goldenwest St., HB 92649, **2. Online at**  
[www.hbcoa.org/membership](http://www.hbcoa.org/membership), **3. In person** at the Senior Center

**2024 New Member (s)**

**2024 Renewal**

**Membership Levels**

\_\_\_ General Member (\$15) \_\_\_ Couple (\$30/2 at the same residence)  
\_\_\_ Bronze (\$100)  
\_\_\_ Silver (\$250)  
\_\_\_ Gold (\$500)  
\_\_\_ Evergreen (1000+) Tree of Life leaf displayed at the Senior Center

**Other**

\_\_\_ Senior Programs Donation (\$5) "Count me in Pledge"  
\_\_\_ Keep my donation anonymous

**Your Information: Please Print Clearly**

Name (s): \_\_\_\_\_  
Address: \_\_\_\_\_ Apt/Ste \_\_\_\_\_  
City: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone: (Home) \_\_\_\_\_ (Cell) \_\_\_\_\_  
Email: \_\_\_\_\_

*Renew Annually. Your HBCOA Card is valid through 12/31/2024. Make check payable to HBCOA. To receive your HBCOA card, pick it up in person at the Senior Center Travel & Resource Room or include a self addressed, stamped, envelope and it will be mailed to you. HBCOA Tax ID# 51-0179431*

***In This Issue***

<b>President's Welcome</b>	<b>2</b>
<b>HBCOA Membership</b>	<b>2</b>
<b>Resources</b>	<b>3</b>
<b>Senior Center Message</b>	<b>4</b>
<b>Movies &amp; Travel</b>	<b>5</b>
<b>Recreations Services</b>	<b>9</b>
<b>Health &amp; Wellness</b>	<b>10</b>
<b>Volunteer Services</b>	<b>11</b>
<b>Social Services</b>	<b>12</b>
<b>Transportation</b>	<b>13</b>
<b>Café Menu</b>	<b>18</b>
<b>Class Schedule</b>	<b>19</b>



## Common Resources

### Adult Protective Services (APS) [ssa.ocgov.com](http://ssa.ocgov.com)

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

### AlertOC [alertoc.org](http://alertoc.org) 714-536-5978

mass emergency info & notification system

### Alzheimer's Family Center [afscenter.org](http://afscenter.org)

714-593-9630 local dementia care & support

### Aging and Disability Resource Connection

[adrcoc.org](http://adrcoc.org) 714-480-6450 referrals related to caregiving, disabilities, and seniors

### 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 Patrol

[cahealthadvocates.org](http://cahealthadvocates.org) 855-613-7080 helps avoid, detect, & report healthcare fraud

### Caregiver Resource Center OC [caregiveroc.org](http://caregiveroc.org)

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

### City Hall General Information

[www.huntingtonbeachca.gov](http://www.huntingtonbeachca.gov) 714-536-5511

### HICAP [coasc.org/programs/hicap/](http://coasc.org/programs/hicap/)

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

### 211OC [211OC.org](http://211OC.org) 949-646-4357 (or 211)

provides resources on a variety of human service topics for all ages and OC cities

### OCTA Access [octa.net/getting-around/bus/oc-access/overview/](http://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 [ssa.gov](http://ssa.gov)

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

### OC Links [ochealthinfo.com/bhs/about/nit/oclinks](http://ochealthinfo.com/bhs/about/nit/oclinks)

(855) 625-4657 24/7 links to behavioral health & crisis services

### Meals on Wheels OC

For cities other than HB call 714-823-3294

- HB Home Delivered Meals 714-374-1717
- Senior Lunch Café (HB location) 714-375-8404



## HB HAPPENINGS

[surfcitybreak.com](http://surfcitybreak.com)

### Founder's Day Legacy

#### Huntington Beach's First City Council

In February 1909, an election was held to decide if Huntington Beach should incorporate as a City. The measure passed 94 to 25. In the same election, our first Board of Trustees – now called our City Council was formed. Five men were chosen.

According to a newspaper account, the election was held in such haste, there wasn't enough time to print names on the ballots. As one historian has called them, they were a "merry band of write-ins!"

They are D.O. Stewart, Ed Manning, M.E. Helme, C.H. Howard, C.W. Warner.

Ed Manning, the town's first plumber, was our first Mayor. Two of his great-grandsons, Duane and Dave Wentworth Sr., currently serve on the City's Historic Resources Board. Charles H. Howard was the town grocer. Warner Avenue is named in honor of Charles Warner. His son Willis, later served on the Orange County Board of Supervisors. Donald O. Stewart, a wealthy man, listed his occupation as "having his own income." M.E. Helme owned a furniture store. Now an antique shop, his store remains at 517 Walnut St. and is listed on the National Register of Historic Places.

In the photo from left to right, they are, D.O. Stewart, Ed Manning, M.E. Helme, C.H. Howard, C.W. Warner.



## 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 the Senior Center in Central Park. 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 a great place to age! For more information or to make a charitable gift, please contact Michelle Yerke, Interim Sr. Supervisor at [MYerke@Surfcity-hb.org](mailto:MYerke@Surfcity-hb.org).

## COMM. &amp; 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

Hello Senior Center Fans!

Anyone feeling lucky this month? I feel so lucky to be part of the Senior Center in Central Park team and for being able to do meaningful work on a regular basis. A shout out to two team members, Lezly Castillo and Vicki Gonzalez, who both received recognition through the City's 'OneHB Achievers' program. Both were nominated by their co-workers for exceptional dedication on the job and are truly assets to the team!



The ongoing programs and services here keep us all busy, but we are determined to streamline our processes so we can creatively adjust to meet the needs of the community. Of course, you can find out what we have to offer here in the Outlook, but you can also follow both HBCOA and Senior Center in Central Park on Facebook for the latest updates. Thanks go to Teri for pulling the newsletters together and to Scott for getting the social media posts up.

A few highlights to share... Don't miss out on all the fun Vivian has planned for Rise & Walk on March 16th. The low-cost event will include music, medals, event shirts, a nice walk in the park, and more fun opportunities. Caryn's work with talented volunteers to develop free and low-cost classes is inspirational and really helps round out programming at the Center. We can't do it all without the volunteers! Annie and Elizabeth in Home Delivered Meals coordinate delivery of the newly available culturally diverse meals to homebound clients and retrained volunteers on the process. In February, Vicki led the Senior Center's first ever Line Dance Night which was a huge success. Coming up on March 22, Senior Center staff and HBCOA board members are pleased to host the HBCOA Spring Picnic Lunch including a meal, soft drinks, dessert, entertainment, and photo station. Tickets are \$6 at the Front Desk, while supplies last. Don't miss out on all we have to offer!

~Michelle Yerke, Senior Supervisor, Interim

## Where is your Outlook?



Bruce and Nancy Steiner took their Outlook to San Cristobal Island in the Galapagos.

Where will your Outlook go next?

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



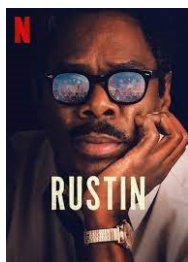
**Senior Services Remembers**  
Joseph Fonseca 1937-2024

**HBCOA****Wednesday Afternoon at the Movies****1:00 PM Free!****Movies and Times Subject to Change****NYAD****3/13**

To compliment HBReads', [hbreads.org](http://hbreads.org), book selection, Swimming to Antarctica, Nyad is a true story of marathon swimmer,

Diana Nyad. At the age of 60, Diana, (Annette Bening) becomes obsessed

with completing an epic swim that always eluded her; the 110 mile trek from Cuba to Florida, often referred to as the "Mount Everest" of swims. Determined to become the first person to finish the swim without a shark cage, Diana goes on a thrilling, four-year journey with her best friend Bonnie Stoll (Jodie Foster) and a dedicated sailing team. Nominated for two Oscars: Actress in a Leading Role and Actress in a Supporting Role. **2h.** **Rated PG-13 for sexual abuse, partial nudity, some strong language, and thematic material.**

**RUSTIN****3/27**

Colman Domingo is Oscar nominated for Best Actor for his portrayal of Bayard Rustin, the architect of 1963's momentous March on

Washington. Rustin challenged authority, never apologized for who he was, what he believed, or who he desired. He made history and in turn was forgotten. Rustin shines a long overdue spotlight on the extraordinary man who alongside giants like Reverend Martin Luther King, Jr., Adam Clayton Powell Jr., and Ella Baker. He dared to imagine a different world, and inspired a movement in a march toward freedom. **1h 48m.** **PG-13 for some violence, racial slurs, thematic material, language, brief drug use, sexual material and smoking.**

**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**



**Colorful Songs Review  
Luck of the Irish  
with included lunch & wine  
Saturday, March 16, 2024**

This St. Patrick's Day tradition celebrates popular Irish music and dance featuring the Colorful Songs Revue cast in their Irish costumes entertaining us with stories, comedy, and songs including popular Irish songs like "Danny Boy," "When Irish Eyes Are Smiling," "My Wild Irish Rose," and "The Band Played On." Included are scenes from Broadway shows like *Brigadoon*, *Finian's Rainbow*, and more! Relish an included three-course, waiter-served, luncheon with choice of entrée (corned beef and cabbage, roasted chicken, vegetarian pasta, or vegan tartare) along with traditional sides, ice cream sundae, and wine. Also enjoy sing-alongs, door prizes, and more for a shamrockin' good afternoon! Presented at Almansor Court in Alhambra. **Member Price: \$156; Non-Member Price: \$166 Depart: 10:30 a.m. Return: 5:00 p.m.**

**Descanso & Degas**

**Descanso Gardens & Norton Simon Museum  
Thursday, April 11, 2024**



In the foothills of the San Gabriel Mountains discover internationally renowned gardens and spectacular art! Descanso Gardens features over 1,000,000 plants, nine botanical collections, a redwood forest, streams, a lake, and at this time of year is typically home to blooms of roses, azaleas, irises, wildflowers and California natives. Lunch on your own at The Market, offering grab-and-go dining options. In the afternoon, visit Pasadena's Norton Simon Museum. Over a 30-year period, industrialist Norton Simon amassed an astonishing collection of European art from the Renaissance to the 20<sup>th</sup> century including the finest collection of Impressionist and Post-Impressionist works on the West Coast. The museum features over 100 pieces by Edgar Degas as well as works by Raphael, Rembrandt, Cézanne, Manet, Monet, Matisse, Renoir, Van Gogh, Gauguin, Picasso, and Warhol. *Bring your own earphones and access the museum's free audio tour on your smartphone to enhance your experience.* **Member Price: \$99; Non-Member Price: \$109 Depart: 9:00 a.m., Return: 5:30 p.m.**



# 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 2024

Reverse Robert  
**RR**

Ask me About The New Baby Boomer Loan!

**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!

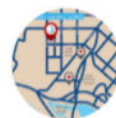
Assisted Living • Memory Care



**Schedule a tour today 949.336.1876**

1640 & 1650 Monrovia Ave Costa Mesa, CA 92627

[www.vivanteliving.com](http://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. 



## 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](mailto: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



# 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!



(714) 243-8229 • [merrillgardenshuntingtonbeach.com](http://merrillgardenshuntingtonbeach.com)  
17200 Goldenwest St, Huntington Beach, CA 92647



LC: #306005275

Independent Living • Assisted Living • Memory Care



## 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](http://www.ALHB.org) | 8071 Slater Avenue, Huntington Beach | 714.847.6511





## SENIOR CENTER

*Experts at Living Well*



### **HBCOA Spring Picnic**

**Friday, March 22nd, 11:00 a.m. - 1:00 p.m.**

Our special spring celebration luncheon includes live music by Second Wind, sandwiches by Board & Brew, sides, soft drinks, & dessert. Tickets are available for \$6 each. Get yours at the front desk while supplies last!

### **First Day of Spring Class Registration**

**Tuesday, March 5th at 8:00 a.m.**

Spring classes will begin the week of March 25th. You can come in-person on registration day or sign-up online at [HBSANDS.org](http://HBSANDS.org). Some helpful tips for registration day:

- All checks should be made out to "City of Huntington Beach". Please do not write "Senior Center", "HB", or "City of HB".
- If you plan to sign-up online, please practice enrolling in a class before the morning of registration day. Also, you can call the front desk to get your username (your email) and reset your password if you do not know it.
- Refrain from using large bills if paying in cash. We do not accept \$100 bills and oftentimes we do not have the change to give. Exact cash is preferred, especially later in the morning.

### **Surf City Gardeners**

#### **Garden Pests**

Wednesday, March 13th  
9:00 a.m.-10:30 a.m.

Many insects, birds, and mammals may share our gardens.

Learn how to control them without poisoning our environment and food, through Integrated Pest Management. Presented by a UC Master Gardener.

Free, drop-in, no RSVP is required!



### **Upcoming Calendar**

#### **March**

Tuesday, March 5th - First Day of Class Registration  
Wednesday, March 6th - Blood Pressure Screenings  
Monday, March 11th - Last Week of Winter Classes  
Tuesday, March 12th - Drum Circle Class  
Wednesday March 13th, Surf City Gardeners Lecture  
Wednesday, March 13th - Wednesday Movie  
Friday, March 15th - HBCPD Senior Scams Presentation  
Saturday, March 16th - Rise & Walk Event  
Thursday, March 21st - Memorial Care Lecture  
Friday, March 22nd - HBCOA Picnic Lunch Celebration  
Monday, March 25th - First Week of Spring Classes  
Monday, March 25th - Big Band Swing Dance  
Wednesday, March 27th - Wednesday Movie

#### **April**

Tuesday, April 9th - Drum Circle  
Wednesday, April 10th - Wednesday Movie  
Wednesday, April 10th Surf City Gardeners Lecture  
Thursday, April 18th - May Luau Tickets Go On Sale  
Wednesday, April 24th - Wednesday Movie

### **Senior Scams Presentation**

**Friday, March 15th 1:30 p.m.**

The Huntington Beach Police Department is offering the first of its 2024 quarterly presentations on senior scams prevention. This presentation will explore how scammers make use of the phone to initiate and complete fraudulent transactions, as well as the steps to be taken to keep from becoming a victim. There is no charge to attend.

**FREE, Drop-in**

### **Drum Circle in March**

**Tuesday, March 12th 12:30 p.m.**

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!



Also, we want to give a huge thank you to the HBCOA for sponsoring this free activity





## HOAG HEALTH & WELLNESS PAVILION

*Join the Movement*



### Rise & Walk



March 16th, 2024  
8:00 a.m.- 10:00 a.m.  
Senior Center in Central Park  
18041 Goldenwest St.

Join us for a fun & festive 1 mile & 3 mile walk/  
run through Central Park.

ALL LEVELS WELCOMED

Enjoy photo opportunities, DJ, snacks &  
refreshments. Also included is a pre-warm up and  
a post-stretch by Hoag.

Participants will receive a medal &  
T-shirt!

\$5 fee



Sponsored by  
HBCOA & Alignment Health



### Wellness Fact



Exercise boosts brain performance!  
When you exercise, your brain releases  
its happy chemicals – such as  
endorphins and serotonin – instantly  
improving your mood. Plus, regular  
exercise can help reduce stress and ease  
symptoms of depression and anxiety.

### Monthly Member Spotlight

We would like to introduce you to  
Jackie Freeman, a gym member here at the  
Health & Wellness Pavilion.



*What do you like about the Senior Center gym?*  
I like the gym because everyone is so friendly,  
and it's a low key environment with nice views  
of Central Park!

*What are your fitness goals?*  
My fitness goal is to improve my running  
endurance. I am training for a 10k race in May.

*Fun Fact:*  
I live here in beautiful southern CA, but I love  
running on treadmills! I like knowing the exact  
distance & pace & time. I enjoy a lot of outdoor  
activities too like golf, hiking & biking.

### Hoag in March

#### **Blood Pressure Screenings**

Wednesday, March 6th  
9:00 a.m. - 11:00 a.m.

Walk-ins Only. No Appointment Required.

#### **Memory Screenings**

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

#### **Lecture: Healthy Eating for Kidneys**

Thursday, March 14th @ 9:30 a.m.

#### **Medicare Basics**

Saturday, March 16th @ 10 a.m.

#### **Lecture: Managing Common Ailments in**

#### **Parkinson's Disease**

Thursday, March 21st @ 9:30 a.m.







## VOLUNTEER NEWS

*VOLUNTEERS MAKE LIFE BETTER*



### Discovering Power & Purpose in Your Third Age

Are you retired and wondering what your new phase in life has in store for you? Join this three part series to help guide you in discovering your power and purpose into retirement.

**Tuesdays,**  
**April 16th-30th**  
**2:00 p.m.-4:00 p.m.**  
**\$6**  
**Senior Center in**  
**Central Park**



Registration opens on March 5th at 8a.m. Register online at [hbsands.org](http://hbsands.org) or visit the front desk.

### HBCOA OUTLOOK Mailing Needs Your Help!

**Thursday, March 28th**  
**8:00 a.m.-10:30 a.m.**



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

### Thank You HandyCrafters!

The HandyCrafters have made some wonderful contributions to the Senior Center over the years and already this year they have contributed to the purchase of the new uplighting to be used around the Parkview room during our events. This contribution will help ease set-up for event staff and adds a fun effect to the room.

*Thank you!*

### Spring Boutique

**Tuesday, March 5th**  
**8:00 a.m.-12:00 p.m.**  
**Senior Center Lobby**

Stop by to purchase beautiful handmade gifts for either you or a loved one to enjoy!



### Volunteer Appreciation Lunch

**Saturday, April 20th**  
**12:00 p.m.-2:00 p.m.**

**Senior Center in Central Park**

All volunteers who served 20 hours or more should have received an invitation.

Please RSVP by April 5th to [tessa.broder@surfcity-hb.org](mailto:tessa.broder@surfcity-hb.org) or 714-374-1520

**OUR VOLUNTEERS ARE**



### Current Volunteer Opportunities

- Transportation Drivers
- Home Delivered Meals
- Concierge Desk



### Upcoming Events

- **3/16/24** - Rise & Walk
- **3/22/24** - Spring Picnic Luncheon

### Our Volunteers Have Heart

Thank you to all the wonderful volunteer groups who helped spread the love last month. We had Girl Scout Troops 4646, 5245, and 7351 help make Valentines for Transportation participants, Kards4Kindness made cards for the Home Delivered Meals program and WaveMakers Preschool made and personally handed out Valentines to guests in the Senior Café.



### Contact the Volunteer Team

Caryn Kawamoto, 714-374-1544  
[caryn.kawamoto@surfcity-hb.org](mailto:caryn.kawamoto@surfcity-hb.org)

Kathy Pace, 714-374-1520  
[Kathy.Pace@surfcity-hb.org](mailto:Kathy.Pace@surfcity-hb.org)



## SOCIAL SERVICES

Supporting optimal aging in place.

### Wheelchairs & Walkers



Through the equipment lending program, HB residents aged 60 and older are able to borrow gently used equipment. 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. It offers information, resources, and a low-tech way for locals to connect. Available in the Travel & Resource room at SCCP, typically open 8:00 a.m.-4:00 p.m., M-F.

### Veterans Resource Center



The Central Library Veteran's Resource Center provides free services helping veterans access: discharge papers, how to file a claim, health benefits, employment, home purchasing, and more. Monthly Veteran's Resource Nights are held monthly, on the 2nd Tuesday, 6:00-7:00pm. Call, email, or drop by for info: 714-375-5111 or email: HBPLVetCenter@gmail.com.

### 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 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.

### Donate Funds to Support our Seniors

#### *Groceries for Seniors*

February 1- March 15

Food insecurity is a complex issue for many older adults. Those experiencing isolation, chronic health concerns, lower incomes, and high rent or care expenses may find it difficult to access resources. This can lead to poorer health, both physically and mentally. Struggling to live on a month-to-month fixed income budget increases stress, especially when having to decide between food and other necessities such as medications or utilities.

This year, the DreamCatchers Auxiliary of the Assistance League Huntington Beach is partnering with the SCCP team to help raise funds and reduce food insecurity in at-risk older adults. Every dollar donated goes directly to local seniors in HB to help supplement their grocery budget.

To make a donation toward their *Groceries for Seniors* campaign, simply go to <https://www.assistanceleague.org/huntington-beach/dreamcatchers-donation-page/> and click on the donate button. Type 'Groceries for Seniors' in place of "Name of Person" Or send a check to Assistance League of HB, Attn. Stephanie Billington, 8071 Slater Avenue, Ste. 105, HB, CA 92647. (No food donations are accepted at Assistance League or Senior Center in Central Park.)



### Resources for Family Caregivers

**Alzheimer's Family Center**— day / respite care, support groups, free caregiver counseling, classes, and more. 714-593-9630 [afscenter.org](http://afscenter.org)

**Alzheimer's OC**— support groups, day / respite care, helpline, classes, and more. Senior Center in Central Park support group 2x/month. 844-373-4400 [alzoc.org](http://alzoc.org)

**Alzheimer's Association OC Chapter**—support groups, education, information, 24-hour hotline, and more. 800.272.3900 [alz.org/oc](http://alz.org/oc)

**Caregiver Resource Center OC**— care consultation, education, counseling, support groups and more. 714.446.5030 [caregiveroc.org](http://caregiveroc.org)





## TRANSPORTATION

### *Surf City Seniors on the Go!*



#### Transportation Services (714) 374-1742

Senior Services provides services each weekday, from 8:30 a.m. to 4:30 p.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 MemorialCare Orange Coast 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 9:00 a.m. and 3:00 p.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 your donations, the HBCOA, and grants from Hoag Hospital, and OCTA.*



#### Tips For Older Adults To Drive Safely

- Talk with your doctor
- Be physically active
- Consider your car and its assistive features
- Take care of your eyes and ears
- Avoid driving certain times of day
- Check in with yourself
- Don't crowd
- Plan your timing
- Plan your route
- When in Doubt Don't Go Out
- Wear seat belts
- Limit distractions
- Use window defrosters

If any of the above actions are of concern to you, challenging, or becoming more difficult for you to complete, then Seniors On the Go is there for you and ready to provide transportation in HB. Additional Senior driver safety info is located through NIH National Institute on Aging.

<https://www.nia.nih.gov/health/older-drivers#safely>

#### Servicios de Transporte (714) 374-1742

Servicios Para personas mayores provee transportacion cada dia de la semana, de las 8:30 de la mañana hasta las 4:30 de la tarde, para residentes de la ciudad de Huntington Beach que tienen 60 o mas años. Nuestro departamento cubre toda la transportacion entre los limites de la ciudad de Huntington Beach, ademas, van a la oficina de Seguridad Social en la ciudad de Fountain Valley. El servicio de transporte *Surf City Seniors on the Go!* trae adultos mayores a Senior Center para el programa de almuerzo SeniorServ, clases y actividades. Transportacion medical tambien esta disponible para Hoag Memorial Hospital Presbyterian, Fountain Valley Regional Hospital y MemorialCare Orange Coast Medical Center. Los vehiculos son accesible para personas con sillas de rueda.

Un acompañante voluntario esta disponible para dar asistencia adicional con citas y mandados. Cuando reserva su sitio, digale a la administracion que Usted necesita un acompañante.

Sitas para transportacion se llenan rapidamente. Favor de darnos aviso para poder reservar su transporte. Se necesita 5 dias de aviso para garantizar transportacion. Servicio para el mismo dia es ofrecido cuando hay espacio. Se pide aviso de 24 horas para cancelaciones.

Llame entre las 9:00 de la mañana y las 3:00 de la tarde para reservar su transportacion. Clientes nuevos pueden registrarse por telefono. No hay costo para ancianos para transportacion, pero se aprecia donaciones para soportar este programa. *Los servicios de transporte son posibles gracias a sus donaciones, el HBCOA y las subvenciones del Hoag Hospital y OCTA.*



#### Make A Volunteers Day

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

All notes and cards are posted in the office on the board of cheer to brighten the day of each volunteer. Everybody in the department loves to hear from you and about your experiences with transportation



#### 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](http://www.octa.net)



# Above & Beyond<sup>™</sup>

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](mailto:cathy@aboveandbeyondrs.com)

[www.aboveandbeyondrs.com](http://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<sup>®</sup>**

Call now for free evaluation!

714.656.3044  
[hwcg.com/hnb](http://hwcg.com/hnb)

License #304700023



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

Learn more about our services.  
[memorialcare.org/OrangeCoast](http://memorialcare.org/OrangeCoast)

**MemorialCare<sup>™</sup>**  
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](http://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](http://www.seacliffhomecare.com)

18652 Florida St Suite 345  
Huntington Beach, CA 92648

HCO#304700102

**Huntington Beach**  
Symphony Orchestra

**Grant Sevdayan - Music Director**

**ANTONIN DVORAK**

**Symphony N9 (From the New World)**

**ARAM KHACHATURIAN**

**Concerto for Cello and Orchestra**

*Ruslan Biryukov - cello*

**LEO DELIBES**

**Flower Duet from "Lakme"**

*Grace Lee - soprano*

*Susan Kinsey - mezzo-soprano*

**SUNDAY, March 10, 2024 @ 3:30pm**  
**HUNTINGTON BEACH CENTRAL LIBRARY THEATER**  
7111 Talbert Ave, HB 92648

*DVORAK &  
KHACHATURIAN*

**TICKETS**

**Adult: \$28 (\$35 at the door)**  
**Senior/Student: \$25 (\$28 at the door)**  
**Online Promo: 4 tickets for \$80**

**[HBSymphony.org](http://HBSymphony.org)**  
**[info@hbsymphony.org](mailto:info@hbsymphony.org)**



## Bright Watch Caregivers



**Experience the Affordable Difference  
in Home Care for All Ages Since 1990**

Call our experienced friendly staff for questions and information about our expert services and in-home care plans that will fit you and your families needs. Our award winning caregivers are trained, courteous and professional. We offer 100% match guarantee.

We are the preferred long term care insurance provider for many insurance companies.

Certified by the dept. of Social Services and the Home Care Service  
Calif. Consumer Protection Act # 304700033

**Best Prices... Flexible Hours... No Deposit**



**714 841-care-2273 714 841-2225**

17681 Beach Blvd. ste. 103 Huntington Beach CA. 92647

## 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](http://interimhealthcare.com/irvineca)

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

## Real Estate Sales & Reverse Mortgages

Jeffrey A. Hill - Broker  
Licensed General Contractor

[www.AuldCastle.com](http://www.AuldCastle.com)

**FREE CONSULTATIONS**

*Active GC license, insured & bonded*

- Residential Real Estate
- Commercial Real Estate
- SoCal Based
- HUD Approved Broker
- Short Sale Specialist



**Vintage**  
LENDING  
NMLS #287106

**[www.AuldCastle.com](http://www.AuldCastle.com)**

**Call Direct (949) 488-SOLD**

**(949) 488-7653**

Email at [AuldCastleinc@gmail.com](mailto:AuldCastleinc@gmail.com)

CA DRE Corp Lic.01916962 CA DRE Broker Lic.00951972 CSLB Lic.735254 NMLS #1514555



**Welcome Health**

**Doctors who  
care enough to  
come to you**

**Great primary care for 65+**



We see you  
quickly



Be seen in the home,  
virtually, or in the clinic



We'll help you reach  
your life goals



We're with you every  
step of your  
healthcare journey



We take time  
to listen to you



We're experts in the  
science of caring for  
Medicare-eligible  
Seniors

**Welcome Health specializes in:**

○ Heart Disease ○ Dementia ○ Diabetes ○ Arthritis ○ + More

**Service Area**

- LA County
- Orange County

**Contact Us**

☎ **1-855-946-4247**  
🌐 **[www.welcomehealth.org](http://www.welcomehealth.org)**




**Welcome Health**  
Person First. Patient Second.

# 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**

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>Voluntary Contribution - \$3.00</b>  <b>Meal Cost for Under Age 60 - \$5.00</b>   <b>Meatless Meal</b>	<b>1</b>  <b>Cheese Tortellini w/ Marinara Sauce</b> Broccoli Capri Vegetable Blend WW Dinner Roll w/ Smart Balance Parmesan Cheese (1pk) SF Ambrosia 1% Milk
<b>4</b> <b>Chicken Breast</b> Parmesan & Sundried Tomato Sauce Tri-Color Pasta Mixed Veg Blend WW Dinner Roll w/ Smart Balance Mandarin Orange 1% Milk	<b>5</b>	<b>6</b> <b>Split Pea Soup w/ SF Crackers</b> Provencal Tuna Salad Sunshine Gelatin Salad WW Dinner Roll w/ Smart Balance Fresh Apple 1% Milk	<b>7</b>	<b>**8**</b> <i>*National Nutrition Month Celebration*</i> <b>Baked Salmon w/ Mango Salsa</b> Rice Pilaf Broccoli Yogurt Parfait Topped w/ Granola Diet: Fresh Fruit 1% Milk 
<b>11</b> <b>Chicken Torta Sandwich</b> (Shredded Chicken, Pinto Beans, Shredded Lettuce, Diced Tomatoes) Mayonnaise (1pk) Telera Roll Tropical Fruit Mix 1% Milk 	<b>12</b>	<b>13</b> <b>Braised Cubed Beef</b> Burgundy Sauce Sweet Potatoes Green Beans WW Dinner Roll w/ Smart Balance Seasonal Fresh Fruit 1% Milk	<b>14</b>	<b>**15**</b> <i>*St Patrick's Day Celebration*</i> <b>Corned Beef &amp; Cabbage</b> Whole Baby Potatoes Carrots WW Dinner Roll w/ Smart Balance Pistachio Pudding Fresh Fruit 1% Milk 
<b>18</b> <b>Cream of Spinach Soup w/ SF Crackers</b> Tarragon Chicken Salad w/ Yogurt Dressing Lemon Orzo Salad Mandarin Orange 1% Milk	<b>19</b>	<b>20</b> <b>Ground Turkey Bolognese</b> Bow Tie Pasta Italian Veg Blend WW Dinner Roll w/ Smart Balance Parmesan Cheese (1pk) Tropical Fruit Mix 1% Milk	<b>21</b>	<b>22</b> <b>Purchase \$6.00 Tickets at the front desk.</b> 
<b>25</b> <b>Pork Chile Verde</b> Verde Sauce Pinto Beans Peas & Carrots Tortilla Tropical Fruit Mix 1% Milk	<b>26</b>	<b>27</b>  <b>Spinach &amp; Mushroom Quiche</b> Roasted Potatoes Broccoli & Cauliflower WW Dinner Roll w/ Smart Balance Canned Pears 1% Milk	<b>28</b>	<b>**29**</b>  <i>*Eggstravaganza Celebration*</i> <b>Colorful Frittata</b> 3-Way Salad Balsamic Dressing Roasted Potatoes WW Dinner Roll w/ Smart Balance Festive Dessert Diet: Fresh Fruit 1% Milk

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 reasons 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.



<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>
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 Internet Security & Priv. 3/14 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 *3/25	8:00 Spring Registration 3/5 8:00 Spring Boutique Sale 3/5 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* 3/12 12:00 Scrabble* 1:30 Shanti* 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 *3/6 9:00 Surf City Gardeners *3/13 10:00 Fishing Club *3/6 10:00 Tax Appointments 10:00 Young At Heart Singers* 10:30 Cardkateers * 3/6 11:00 Senior Café Lunch* 11:00 Line Dance Level 1 New 12:00 Line Dance Level 2 New 1:00 Easy Watercolor * 3/27 1:00 Movies *3/13, 3/27 5:30 Firemed CPR 3/6 6:00 Bridge Beginning
<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
8:00 Outlook Assembly 3/28 8:30 Table Tennis* 8:30 Tai Chi Chaun 9:30 Hoag Lectures * 3/14, 3/21 10:00 Yoga with Diane 10:45 Flex & Stretch 11:30 Zumba Chair 12:30 Canasta, Chess, Scrabble, Gin & Cribbage* 1:30 Line Dance Level 2 2:00 Tech Club* 3/14 3:00 Line Dance Level 1 3:00 Memorial Care Lect. *3/21 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 Handycrafters* 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 1:30 HBPD Senior Scams *	8:00 Rise & Walk 3/16 9:30 Firemed CPR 3/16 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)**

**\* NO OR LOW-COST TO ATTEND**

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

Assistance League of HB Dreamcatchers, Auxiliary, HandyCrafters, Hoag Memorial Hospital Presbyterian, Orange Coast Memorial Medical Center, John Bishop, Darlene Borns, Debbie Briscoe, Paul & Anne Devore, Ann Doke, Richard & Lindsay DuFresne, Sloan Gallipeo, Bhag Karir, Pauline & Stanley Lau, Richard Litsinger, & Leslie Shaffer, Susan MacLeod, Marvin Mensik, Sharon O'Connor, Sheila Prolman, Hilda Rendon, Carolyn Ross, Richard & Joan Marie Schmidt, Walter & Beverly Schulte, Marcia Shippam, Cheri Simmons, Teri Simonis & Kurt Ruhland, Phil & Judi Smith, Rick & Lari Thomas, Adam Wickliff, Patti Wiebe

### 2024 GOLD DONORS :

David Dewenter, John J. Kiang, Leslie Michihira, Chris Ohlendorf, John Payne, Dan Ching Young

### 2024 SILVER DONORS :

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

### 2024 BRONZE DONORS :

Huntington Beach Fishing & Recreation, Deborah Andrews, Jessie Arijona, Sandie Barilla, Betsy Barnier, Nancy Betz-Cosenza, 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, Birgitta Ganz, John & Cindy Gelz, Laurie & Bob Gorham, Paul Gorman, Tom Hamman, Loren & Greg Heesacker, Julia Heng, 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, C. Lipke, Susie Lipman, Paula Litten, Jo Marie Livingston, James Loveridge, Danny & Tricia Lu, Herbert Mahler, Dixie Matijasevich, Sheila & Jim Meehan, Robert Meschuk, Grace Michihira, Kathy Miller, Thelma Miyashiro, Emma Monaco, Rosie & Ron Moore, Bill & Judy Ann Morris, Pat & Moon Mullins, Joy Neely, Jackie & Paul Neil, Krystal Neitzke, Honorata & Engin Oktay, Sheila Olmstead, Harriet Ouelette, Carolyn Palicte, Thomas Papademetriou, Janis Patten, Edward Pinchiff, Shirley Pohl, Arline Pohlman, Harriet Price, Patricia & David Qualtman, Gerry Reed, Robert Rice, Jeanne & Robert Robey, Jim & Jennifer Robins, Roger & Judi Rohrdanz, Jonette Savold & Gary Metz, Brian & Rose Saylin, Michael & Maria Schlegel, Olin & Shirley Scott, Stan Shapiro, Mari & Jack Simonson, Robert Slater, Mary Smith, Ray & Debra Stewert, April Stilson & Corwin Brown, Ruth Sully, Patricia Summers, Sharon Sutis-Makaena & Dan Makaena, Nancy Tanaka, Donna Lee Taylor, Gary Taylor, Bill & Barbara Thacker, Adria & Fred Thomke, Eldon Thorpe, Howard & JoAnn Umehira, Lisa Van Dine, Anne Van Genderen, Paul & Carole Viviano, Elanie Watada, Lisa Welcher, Doris Whang, Jim and Sandi Woest, Pat Wolff, Kenneth & Donna Yglesias, Barbara Young, Linda & Stanley Zone