

VOLUNTEER APPRECIATION



Month

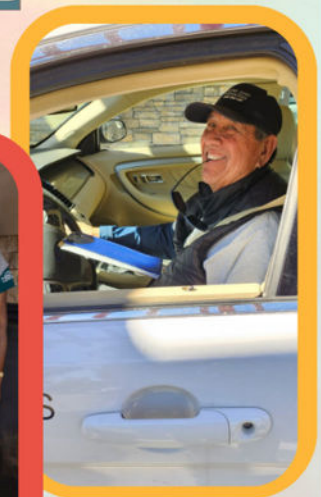
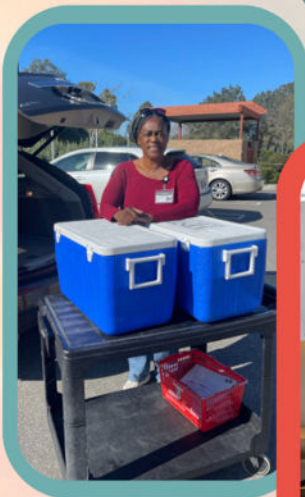


2024



OUR VOLUNTEERS ARE

Groovy



CITY OF HUNTINGTON BEACH

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.

HUNTINGTON BEACH COUNCIL ON AGING EXECUTIVE BOARD

- Carolyn Ross, President
Lindsay DuFresne, 1st Vice President
Bob Allen, 2nd Vice President
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Teri Simonis, Recording Sec.
Mary DeGuelle, Asst. Recording Sec.
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Beverly Fleming, Emma Monaco
Beth Hambelton, Krystal Neitzke
Ellen HopeKearns

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



In This Issue

President's Welcome 2
HBCOA Membership 2
Community Resources 3
Senior Center Welcome 4
Movies & Travel 5
Recreations Services 9
Health & Wellness 10
Social Services 11
Volunteer Services 12
Transportation 13
Café Menu 18
Activity Calendar 19



PRESIDENT'S WELCOME

April 21 - 27 is National Volunteer Week! This is a time to honor those who freely share their time, talents, and wisdom with others to make our community stronger. The support of volunteers makes the Senior Center in Central Park a vibrant and welcoming place for everyone. This week is not just about acknowledging the work done, it is an opportunity to celebrate the spirit of giving, compassion, and community that our volunteers express every single day. We could not do what we do to support the senior center without many dedicated volunteers. Thank you! If you have been looking for opportunities to become more involved in the community, I encourage you to consider volunteering at the senior center. When you volunteer, you not only enrich the lives of others, you enrich your own! Volunteering improves our physical and mental health. It enables us to be more active in our community and helps us to develop new relationships. It allows us to share our skills and develop new ones. For more information on volunteering, turn to page 11 or visit https://hbcoa.org/volunteering/. Once again, thank you to all of you who support the senior center as volunteers. Thank you for your dedication, your compassion, and your unwavering support. Your generosity not only enriches the lives of older adults but also strengthens our entire community. Thank you also to all of you who have joined the HBCOA as members. We could not do what we do to support the senior center without you! I hope to see you soon 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, 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



Common Resources

Adult Protective Services (APS) ssa.ocgov.com
800-451-5155 addresses abuse and neglect of
elder and disabled adults

AlertOC alertoc.org 714-536-5978
mass emergency info & notification system

Alzheimer's Family Center afscenter.org
714-593-9630 local dementia care & support

Aging and Disability Resource Connection
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 855-613-7080 helps avoid,
detect, & report healthcare fraud

Caregiver Resource Center OC caregiveroc.org
800-543-8312 caregiver support, respite care, and
education

City Hall General Information
www.huntingtonbeachca.gov 714-536-5511

HICAP coasc.org/programs/hicap/
714-560-0424 **Health Insurance Counseling &**
Advocacy for those with Medicare
211OC 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
800-772-1213, 17075 Newhope St #B, Fountain
Valley, CA 92708

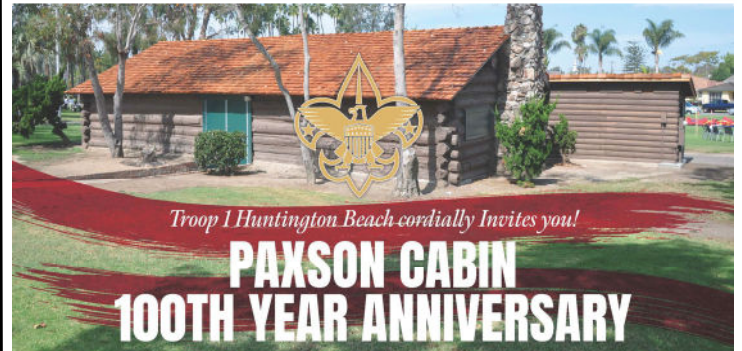
OC Links ohealthinfo.com/bhs/about/nit/oclinks
(855) 625-4657 24/7 links to behavioral health &
crisis services

Meals on Wheels OC
For cities other than HB call 714-823-3294

● HB Home Delivered Meals 714-374-1717



Huntington Beach Happenings



Pancake Breakfast, & Scouting

Saturday, April 20th, 10:00 a.m.-1:00 p.m.

Paxson Cabin, Lake Park

With over a century of excellence, BSA Troop 1 HB and the "Log Cabin at Lake Park" have been a staple in the Scouting Community, and the City of Huntington Beach. Founded in 1924, the Paxson Cabin remains one of the last true Scout Houses. For the 100th Year Anniversary of the Paxson Cabin, celebrate and raise funds to renovate the cabin. Enjoy pancakes and help the Troop 1 Paxson Cabin be home to scouting for another 100 years!



Community Service Day April 20, 2024

Join the Greater Huntington Beach Interfaith Council in serving the communities of Huntington Beach and Fountain Valley during the 10th Annual Community Service Day. Volunteers and businesses make a positive impact in our community and can make a difference in the lives of those in need. Projects are posted at communityserviceday.org.

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.

Community & Library Services

Ashley Wysocki, Director
Kristin Martinez, Program & Services

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

OUTLOOK EDITOR & SPONSORSHIP

Teri.Simonis@Surfcity-hb.org
714-374-1517

Sponsorship Disclaimer

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SUPREVISOR'S WELCOME

It's Volunteer Appreciation Month!

Here at the Senior Center we have nearly 400 people to thank for their volunteerism each year. As staff, we get a lot done, but we couldn't accomplish it all without the generosity of both time and skills donated by people who come here to serve the community in so many ways. People volunteer for a variety of reasons. Some find it a great way to stay connected to the community, some just need a good reason to get up in the morning. Others are compelled to help in anyway they can, while some like to share their skills, passion, or talents. No matter what, every volunteer makes a difference here!

If you are looking for a new activity, want to incorporate a fitness routine into your week, or benefit from gathering information on a topic of interest, be sure to check the Outlook calendar for drop in and low-cost activities and the HBsands.org site which features contract classes and lectures on various topics. There's always something happening here! The Senior Center in Central Park team strives to optimize the aging experience in HB. I feel we are partners with our community to serve our community.

One last THANK YOU to all of our Senior Center volunteers and to staff members Caryn and Kathy for all of their excellent coordination!

~Michelle Yerke, Interim Senior Supervisor



Where is your Outlook?

Don and Mary Julienne on the NatHab Yellowstone Wolf Safari at Soda Creek Butte, a major tributary of the Lamar river just outside of Cooke City, Montana.

Where will your Outlook go next?

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

**Senior Services Remembers
Ralph Howarth 1930-2024**

Email remembrances to Teri.Simonis@surfcity-hb.org



HBCOA
Wednesday Afternoon at the Movies
1:00 PM Free!
Movies and Times Subject to Change

HBCOA Travel & Trips
Sign-up in the Travel & Resource Room
Monday-Friday, 8:00 a.m.- 3:30 p.m.
714-374-1572



AMERICAN FICTION
 Nominated for five Oscars, American Fiction confronts our cultures obsession with reducing people to outrageous stereotypes. Jeffrey Wright, Best Actor Nominee, stars as Monk, a frustrated novelist who's fed up with the



establishment profiting from "Black" entertainment that relies on tired and offensive tropes. To prove his point, Monk uses a pen name to write an outlandish "Black" book of his own, a book that propels him to the heart of hypocrisy and the madness he claims to disdain. **1h 57m, Rated R for sexual references, language throughout, brief violence, and some drug use.**



Art Masters & Mariachis
Friday, April 26, 2024
L.A. Art Tour & The Broad with L.A. Guide, Curt
Included dinner & Mariachis at Casa Sanchez

Tour the vibrant art and culture of Los Angeles accompanied by professional L.A. Guide, Curt, including photo opportunities with the latest public art. Then Explore The Broad, the \$140 million contemporary art museum financed by billionaire philanthropists and art collectors Eli & Edyth Broad. There personal collection of over 2000 pieces includes pieces by Andy Warhol and Ray Lichtenstein. Every visit is unique with a rotating display of only 250 pieces. For dinner, enjoy a three-course included meal at Casa Sanchez, the upscale Mexican restaurant featuring family recipes. With your meal, listen to live, soul-stirring Mariachi. **Member Price: \$179, Non-Member Price: \$189, Depart: 1:00 p.m., Return: 9:00 p.m.**



THE COLOR PURPLE
 Oprah Winfrey and Stephen Spielberg produced this movie of love and resilience based on the novel and the Broadway musical. The Color Purple is a decades-spanning tale of one woman's journey to independence. Celie, played by



American Idol winner and Grammy award winning artist Fantasia Barrino, faces many hardships in her life but ultimately finds extraordinary strength and hope in the unbreakable bonds of sisterhood. Whoopi Goldberg, Celie in the 1985 movie, makes a cameo appearance as the midwife who helps a young Celie give birth to her second child. Danielle Brooks, for her performance as Sophia, is nominated for a Best Actress in a Supporting Role.



A Whale-y Fun Day!
Thursday, May 9, 2024

Whale Watching with lunch included, 22nd St. Landing Seafood Grill & Bar
 Lunch first in San Pedro at the 22nd St. Landing Seafood Grill & Bar, an award-winning, waterfront, restaurant with views of the Cabrillo Marina. The three-course lunch features a house salad, choice of entrée (salmon, chicken parmesan, or pasta primavera), and dessert. After lunch, board a high-speed catamaran out of Long Beach Harbor for a 2-3 hour whale watching cruise. The double-deck, spacious, catamaran features open-air viewing decks, indoor & outdoor seating, a snack bar, and multiple restrooms. The captain will provide narration on the geologic landmarks and wildlife while he searches for fin whales, blue whales, humpback whales, and gray whales in the process of their 6000-mile migration between Baja México and their feeding grounds in the Artic. There may also be sightings of dolphins, sea lions, harbor seals and sea birds. Wildlife is unpredictable, so fingers crossed!
Suggested: flat, skid-resistant, closed toe & closed heel shoes with rubber soles, and multiple clothing layers.
Member Price: \$154; Non-Member Price: \$164
Depart: 11:30 a.m., Return: 6:30 p.m.

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.



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LUXURIOUS RETIREMENT LIVING



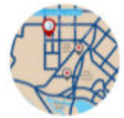
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Danny Matheus

Danny@Medicare101.net

CA Lic. 0B02352



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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!

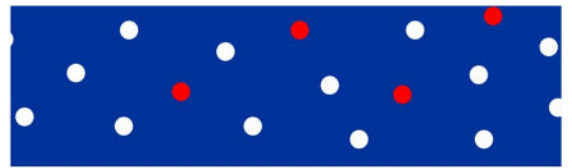
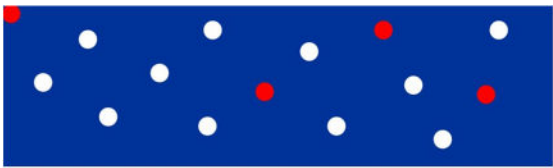


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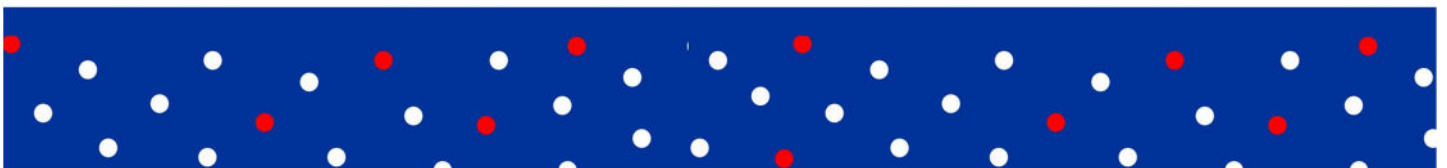
Donate • Shop • Join

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





Experts at Living Well

May Luau

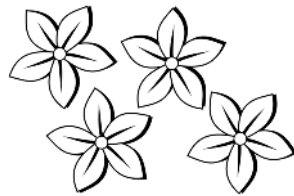
Saturday, May 18th
6:00 pm - 8:30 pm

Join us on Saturday, May 18th, for an authentic Hawaiian Luau in our Parkview Room. We are inviting *Island Inspirations* to perform and play music for what is guaranteed to be a wonderful evening.

Tickets are \$35 per person and a maximum of one table (8 tickets) can be purchased. HBCOA members can receive a \$5 discount by showing us their HBCOA membership card. This event will feature Hawaiian inspired food & beverages, a photo booth, and more. So wear your best Hawaiian shirt and relax with a Kona beer while we bring Polynesian fun to the Senior Center.

Tickets go on sale April 18 at 8:00 am! They must be purchased in-person at the Senior Center front desk.

This event is made possible by our sponsors the Huntington Beach Council on Aging and Alignment Health. Thank you!



Alignment Health™

Surf City Gardeners

Tomatoes A-Z
Wednesday, April 10th
9:00 a.m.-10:30 a.m.

Is it a fruit or a vegetable? No matter what, it can be a favorite in salads, and also a gardener's favorite plant.

Learn how to choose and grow the popular tomato.

Presented by a UC Master Gardener.
Free, drop-in, no RSVP is required!



Upcoming April Calendar

- Wednesday, April 3rd - Fish & Rec Monthly Meeting
- Thursday, April 4th - HBCOA Monthly Meeting
- Tuesday, April 9th - Drum Yourself Happy
- Wednesday, April 10th - Wednesday Movie
- Wednesday, April 10th Surf City-Gardeners Lecture
- Thursday, April 11th - Hoag Medicare Lecture
- Thursday, April 18th - May Luau Tickets ON SALE
- Thursday, April 18th - MemorialCare Lecture
- Thursday, April 18th - Surf City Providers Meeting
- Thursday, April 18th - Hoag Lecture
- Saturday, April 20th - Volunteer Appreciation Event
- Monday, April 22nd - Big Band Swing Dance
- Wednesday, April 24th - Movie

Rental Opportunities

Did you know the Senior Center has various rooms to host many different types of events? For example, our 4,634 square foot Parkview Room can accommodate up to 300 people!

Need a venue for your upcoming event? Perhaps a high school or family reunion with an amazing view overseeing Central Park?

Our beautiful building is the spot for you!

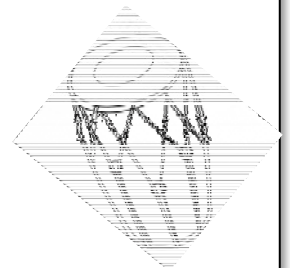
For more information on pricing and availability, please contact Rentals and Events Coordinator, Vicki Gonzalez by emailing vicki.gonzalez@surfcity-hb.org or calling (714) 374 - 1534.

Drum Yourself Happy

Tuesday, April 9, 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!

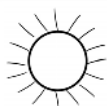




Join the Movement




Spring Movement

 Need an excuse to get out of the house? Research continues to demonstrate that being outside and experiencing nature can improve our mental health and increase our ability to focus.

When we're in urban environments, or the office all day, we can experience sensory overload, resulting in tension and mental fatigue. Studies have shown that our minds and bodies relax in a natural setting. This increases feelings of pleasure and can help us concentrate and focus more effectively.

People typically engage in regular physical activity when they're in nature. So, stepping outside can help you keep a healthy weight or even lose weight by increasing activity levels.

This spring don't forget to step outside to enjoy the sun, fresh air, and nature!

Treadmill Safety 

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

- 1) Clip the emergency stop strap onto your shirt to prevent you from walking too far back along the track of the treadmill or to stop the treadmill if you potentially fall.
- 2) Do not step off a moving treadmill.
- 3) Use handrails for additional support, if needed.
- 4) Stick to a pace that you are comfortable with, whether you are going for a jog, or would just like to go for an easy walk.

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


Hoag in March

Blood Pressure Screenings
 Wednesday, April 6th
 9:00 a.m. - 11:00 a.m.
 Walk-in. No Appointment Required.

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

Medicare Basics Presentation
 Thursday, April 11th, 9:30 a.m.
 Register at the front desk.

Lecture: Healthy Eating for Inflammation
 Thursday, April 18th @ 9:30AM
 Register at the front desk.



Gym Membership

Where: Senior Center in Central Park
 18041 Goldenwest St.
 Huntington Beach, CA 92648

Join the Movement! Become a member today! Come on by the Senior Center in Central Park and head down to our **Health & Wellness Pavilion** where you can sign up to become a gym member.

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

Have a Medicare Advantage Plan?

We accept the following:
 SilverSneakers
 Silver & Fit
 Renew Active/OnePass

This can qualify you for a free gym membership!

Questions? Call us **714-374-1578**





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, 6:00-7:00 p.m. Call, email, or drop by for information: 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.

Interpersonal Psycho-Education Group

by:



This 6-week group explores life transitions, identifying support systems, resolving conflicts, coping with losses, and healthy communication.

Thursdays May 2- June 6, 2024

4pm-5/5:30pm

Sign up in the Travel & Resource room or call 714-374-1572

Cancer Information & Resources

Each year, ~2 million people in the US are diagnosed with cancer. Thankfully, prevention and treatment options have come a long way in the past decade. Below are some organizations which provide information on prevention, treatment, support and other resources related to various types of cancer. In addition, many medical centers, such as Memorial Care, Hoag, UCI, City of Hope, etc., also offer specialty services and support related to cancer.

Pancreatic Cancer Action Network: 877-272-6226
pancan.org

American Lung Association: 800-586-4872, lung.org

Leukemia & Lymphoma Society: 877-557-2672 LLS.org

Breast Cancer: 657-999-6561, komen.org

Support for various types of cancer:

- **CanCare.org:** virtual support and resources
- **American Cancer Society:** cancer.org 800-227-2345
- **National Cancer Institute:** cancer.gov



Volunteers Make Life Better



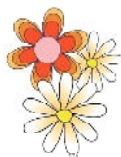
Volunteer Appreciation Lunch

Saturday, April 20th
12pm-2pm

Senior Center in Central Park

We have the grooviest volunteers here at the Senior Center and we are excited to celebrate you for everything you do! Without our volunteers, we would not be able to provide the programs and services we currently offer to the community. Volunteers help in all aspects of the Senior Center from Transportation, Home Delivered Meals, and Senior Café, to events, admin support, programs and activities. Our event this year will be 70's theme, we will have entertainment, food and an overall good time! Volunteers qualify by the number of hours they served in 2023. If you received an invitation and are able to attend, please make sure to RSVP to 714-374-1520 or tessa.broder@surfcity-hb.org by April 5th.

We hope to see you all there!



Off to New Adventures!

Thank you Rick and Kris for your many years of volunteer service here at the Senior Center! You will both be missed, but we wish you the best on your move and new adventure.

“I really enjoyed this assignment with a wonderful caring staff and heartfelt volunteers who always had a friendly smile.”

-Rick Cahill

“It warms my heart to know that I have helped out a senior in our community by giving them a nutritious meal. I also have enjoyed going on day trips with the senior travel program. Many Adventures!”

-Kris Cahill

Thank You HBCOA Board of Directors and Volunteers



The Huntington Beach Council on Aging (HBCOA) has many dedicated volunteers who work countless hours to support and enhance the lives of all HB seniors. Their efforts help fund Senior Center programs, activities and events for all to enjoy. We want to take this special opportunity to thank the HBCOA for their continued support. We couldn't do it without you!

THANK YOU!



Current Volunteer Opportunities

- Transportation Drivers
- Home Delivered Meals
- Concierge Desk



Upcoming Events

- 5/18/24 - May Luau
- 6/22/24 - Summer Concert

HBCOA OUTLOOK Mailing Needs Your Help!

Thursday, April 25th
8:00am-10:30am



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

Contact the Volunteer Team

Caryn Kawamoto, 714-374-1544
caryn.kawamoto@surfcity-hb.org

Kathy Pace, 714-374-1520
Kathy.Pace@surfcity-hb.org





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.*



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 días 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.*



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



Lost and Found

If you think you left your personal items in the vehicle or in our office please give us a call at 714-374-1742. We have a lost and found and we will try our best to return your items to you on your next trip. You can also stop by our office and we will return your item.



We Love Our Volunteers

Thank you to all of our Surf City Seniors On the Go transportation volunteers. You make the service possible and we appreciate all that you do.

"Dear Drivers you make my day with your smiles and driving me to my workouts— Old age is not fun— but you all make mine worth one big smile and worth while."— Transportation Passenger





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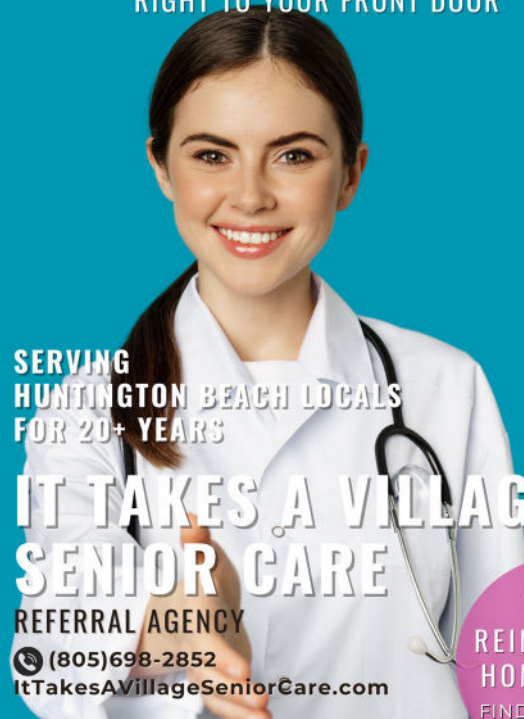
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Senior Cafe Menu

***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***

Monday	Tuesday	Wednesday	Thursday	Friday
1 Mexican Corn Soup w/SF Crackers Signature Chicken Salad Barley Mushroom Salad WW Dinner Roll w/Smart Balance Canned Peaches 1% Milk	2	3 Chinese Orange Chicken Orange Sauce Brown Rice Spinach SF Pudding Orange Juice 1% Milk	4	5 Baja Fish Sticks Tacos Black Beans Red & White Cabbage Tortillas (2) Pico de Gallo Pineapple Chunks 1% Milk
8 Vietnamese Caramel Pork Caramel Sauce Jasmine Rice Broccoli Tropical Fruit Mix 1% Milk	9	10 Macaroni & Cheese Diced Tomatoes Carrots Breadstick (1pk) SF Apple Crisp Orange-Pineapple Juice 1% Milk	11	**12** **Spring Celebration** Baked Ham w/ Pineapple Glaze Yam's w/ Marshmallows Chef Cut Vegetables WW Dinner Roll w/ Smart Balance Carrot Cake Diet: Fresh Fruit 1% Milk
15 Chicken Breast Parmesan & Sundried Tomato Sauce Tri-Color Pasta Mixed Veg Blend WW Dinner Roll w/ Smart Balance Mandarin Orange 1% Milk	16	17 Split Pea Soup w/ SF Crackers Mexican Tuna Salad Sunshine Gelatin Salad WW Dinner Roll w/ Smart Balance Fresh Apple 1% Milk	18	19 Cubed Beef Ranchera Sauce Mexican Rice Pinto Beans Tortilla (1) Pico de Gallo Canned Apricot 1% Milk
22 Chicken Torta Sandwich (Shredded Chicken, Pinto Beans, Shredded Lettuce, Diced Tomatoes) Mayonnaise (1pk) Telera Roll Tropical Fruit Mix 1% Milk 	23	24 Moroccan Lentil Veg. Soup w/ SF Crackers Veggie Egg Salad Barley Mushroom Salad WW Mini Blueberry Muffin w/ Smart Balance Diet Pear Crisp 1% Milk	25	26 Egg Drop Soup w/ SF Crackers Vietnamese Chicken Salad WW Dinner Roll w/Smart Balance Sliced Peaches 1% Milk
29 Cream of Spinach Soup w/ SF Crackers Tarragon Chicken Salad w/ Yogurt Dressing Lemony Orzo Salad Mandarin Orange 1% Milk	30	Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00 Meatless Meal		

All meals comply with the Dietary Guidelines for Americans (DGA) 2020-2025 & Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Human Services Agency & the U.S. Department of Agriculture. Meals on Wheels Orange County Lunch Program may change the menu for 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.

MONDAY	TUESDAY	WEDNESDAY
<p>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 2:00 Intro. To Genealogy 2:00 Zumba Gold Dance Fitness 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 ChiChuan</p>	<p>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* 4/9 12:00 Scrabble* 1:30 Shanti* 2:00 iPad Essentials 4/9 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</p>	<p>8:30 Wednesday Walkers * 9:00 Zumba Gold Dance Fitness 9:00 Blood Pressure Screening *4/3 9:00 Surf City Gardeners *4/10 10:00 Fishing Club *4/3 10:00 Tax Appointments 10:00 Young At Heart Singers* 10:30 Cardkateers * 4/3, 4/17 11:00 Senior Café Lunch* 11:00 Line Dance Level 1 12:00 Line Dance Level 1:30 1:00 Easy Watercolor * 1:00 Movies * 4/10, 4/24 1:00 It's Your Estate 5:30 Firemed CPR 4/10 6:00 Bridge Beginning</p>
THURSDAY	FRIDAY	SATURDAY
<p>8:00 Outlook Assembly 4/25 8:30 Table Tennis* 8:30 Tai Chi Chaun 9:30 Hoag Lectures * 4/11, 4/18 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* 4/11 2:00 Digital Photo Organizing 2:00 Cut the Cable 4/18 2:00 Gardening for Seniors 3:00 Line Dance Level 1 3:00 Memorial Care Lect. * 4/18 6:00 Belly Dancing Beginning 6:00 Woodcarvers* 6:45 Belly Dancing Intermediate</p>	<p>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 1:30 HBPD Senior Scams *</p>	<p>9:30 Firemed CPR 4/20 9:30 Create your Life Story* 10:00 Family Martial Arts 11:00 Sr. Martial Arts 11:00 Music of the Ages*</p> <p style="text-align: center;">For specific dates, prices, and locations of activities please stop by our front desk or browse the City's SANDS magazine (hbsands.org)</p> <p style="text-align: center;">* NO OR LOW-COST TO ATTEND</p>

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