



Save the date, September 14th, for the Active Living Expo! Join us at the Senior Center from 10:00 AM to 1:00 PM for our largest event of the year. Over 50 vendor booths will offer valuable resources for seniors, alongside new activities like a 1-mile walk through Central Park, a free coffee bar, table tennis, lawn games, class demos, and more! Enjoy a DJ, craft and food sales, and a courtesy shuttle from the Central Library for overflow parking. Bring your friends and family to explore, engage, and celebrate active living in our community. Admission is free, so don't miss out on this fun-filled event!



Active Living Expo Saturday, September 14th



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

18041 GOLDENWEST ST. HUNTINGTON BEACH, CA 92648 714-536-5600
MON-THU 8AM-8PM FRI 8AM-5PM SAT 8AM-12PM SUN CLOSED

HBCOA Executive Board



HBCOA President's Message

- Carolyn Ross, President
- Lindsay DuFresne, 1st Vice President
- Bob Allen, 2nd Vice President
- John Villa, CFO
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- Diana Zimmer, Assistant Treasurer
- Beverly Mast, Administrative Secretary
- Ed Pinchiff, Assistant Administrative Secretary
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- Mary DeGuelle, Assistant Recording Secretary
- James Pike, Past President

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- Jose Juarez
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- Emma Monaco
- Krystal Neitzke
- Barbara Scott

City Council Liaisons

- Rhonda Bolton
- Natalie Moser

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



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Greetings from the HBCOA! As summer warms up, we are delighted to welcome you to another wonderful month here at the Senior Center in Central Park. August brings with it the promise of new activities, events, and opportunities to connect with friends, both old and new.

This month, we have an exciting lineup of programs designed to engage your mind, body, and spirit. Whether you are interested in trying a new hobby, participating in a fitness class, or simply enjoying some good conversation, there is something for everyone. I hope to see you at Grandparent's Day and the Difficult Discussions series.

Thank you for being a valued member of the HBCOA. If you are not yet a member, visit our website, www.hbcoa.org/membership to join. Let's make this August one to remember!

I look forward to seeing you at the Center!

Your HBCOA President,
Carolyn Ross



2024 HBCOA MEMBERSHIP

Three ways to renew/join!

1. Mail: Payable to HBCOA, 18041 Goldenwest St., Huntington Beach, CA 92648
2. Online at hbcoa.org/membership,
3. In person at the Senior Center in Central Park

Membership Levels

- ___ General Member (\$15)
- ___ Couple (\$30/2 at same residence)
- ___ Bronze (\$100)
- ___ Silver (\$250)
- ___ Gold (\$500)
- ___ Evergreen (1000+) Tree of Life leaf

Other

- ___ Donation (\$5+) "Count me in Pledge"
- ___ Keep my donation anonymous
- ___ I do not wish to receive the newsletter

Your Information: Please Print

Name(s) _____

Address _____ Apt/Ste _____

City _____ State _____ Zip _____

Phone:(Home) _____ (Cell) _____

Email _____

Renew each calendar year. Your HBCOA Card is valid through 12/31/2024. To receive your HBCOA card, pick it up at the Senior Center's Travel & Resource Room or include a self-addressed, stamped, envelope and it will be mailed to you. HBCOA Tax ID# 51-0179431

Helpful Resources

211OC 211OC.org 949-646-4357 (or 211) provides resources on a variety of human service topics for all ages and OC cities

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

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

Alzheimer's Family Center afscenter.org 714-593-9630 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 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

HB Fire Department Home Safety Visit 714-536-5411 fire safety plan & detectors

Meals on Wheels OC
Other cities: 714-823-3294
HB residents only: 714-374-1717

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

OCTA Access 714-560-5956 octa.net/getting-around/bus/oc-access/overview/ OC transportation for persons unable to use the fixed bus system

Senior Lunch Café HB location 714-375-8404 donation lunch for those 60+

Social Security Administration ssa.gov 800-772-1213, 17075 Newhope St #B, Fountain Valley, CA 92708

Huntington Beach Fishing & Recreation Club

The Huntington Beach Fishing and Recreation Club (HBFC) is looking for new members. The Fishing Club is all about fishing, camaraderie and having fun. We have male and female members of all ages. We fish in local freshwater lakes, the Sierras, saltwater bays, surf and the open ocean as well as Mexico, Canada and Alaska. Some members don't fish but enjoy the social activities, brunches at restaurants, Potluck lunches, Fish Fry's, Darts in the Park and more. There is a small yearly membership fee to participate. We have a very active calendar with scheduled activities every week. Best of all there is nothing about politics and no drama. We would like to invite you to attend one of our monthly meetings at the HB Senior Center in Central Park on the first Wednesday of each month at 10:00 AM sharp, so come early and see first-hand what it's all about. If you would like additional information, please contact our President Larry Schiel (714) 421-3424 or ljschiel@gmail.com.



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, Volunteers, and activities including education, 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 Bill Sandoval, William.Sandoval@surfcity-hb.org or John Villa, johnvilla1234@gmail.com.

Senior Services Remembers

Jeannette Stephen 1942-2024



Jeannette began her career with the City at the Senior Outreach Center, as a volunteer driver. Then she was hired and worked for 17 years as the Transportation Coordinator. After Jeannette retired, she returned to volunteering and delivered meals to the home.

Community & Library Services Staff and Contacts

Ashley Wysocki, Director
Kristin Martinez, Program & Svcs. Manager

Senior Services

Bill Sandoval, Senior Supervisor
Scott Getman, Recreation Supervisor
Michelle Yerke, Social Services Supervisor
Caryn Kawamoto, Volunteer Svcs. Coord.
Brandi Kelly-Contreras, Transport. Coord.
Lezly Castillo, Transportation Dispatcher
Brooke McLaughlin, Rental & Event Coord.
Vivian Pla, Wellness Pavilion Coord.

Phone Directory

Care Management
714-374-1572
Civic Center Community & Library Services
714-536-5486
Fitness / Wellness Center
714-374-1578
HBCOA (not for direct service requests)
714-374-1524
Home Delivered Meals
714-374-1717
Senior Café (in-person lunch)
714-375-8404
Senior Center Front Desk
714-536-5600
Senior Center Rentals & Marketing
714-374-1534
Transportation- Seniors on the Go!
714-374-1742
Travel & Resources
714-374-1572

Outlook Editor & Sponsorships

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

Sponsorship Disclaimer

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Senior Supervisor's Message



Happy August everyone,

I hope you have been enjoying the warm weather. Our goal is to make this season enjoyable and engaging for everyone. Whether you're looking to stay active mentally and/or physically, explore new hobbies or simply enjoy the company of friends, we have something special in store for you.

We've had a busy summer at the Senior Center: In June, the City of Huntington Beach celebrated the 50th anniversary of Huntington Beach Central Park. On June 20th, we kicked off the first of our concert series, with the 80's sounds of Neon Nation.

In July, the Senior Café program returned to serving lunch Monday-Friday, starting at 11:30 a.m. We followed with our Independence Day Luncheon, leading to our July 20th concert headlined by the Silverados. And we aren't done yet!

This month, the Senior Center in Central Park in Collaboration with HBCOA, will be hosting Grandparent's Day. This Intergenerational event increases interaction between generations involving the sharing of skills, knowledge, or experience between the young and the young at heart. As of this publication, the event is sold out.

In addition to our regular contract classes, activities, and events, we also had several lectures presented by our partners. A workshop on Difficult Discussions, is led by the HBCOA and community partners. Lectures on nutrition, plant-based diets, and easing anxiety with food, were presented by HOAG. Educational presentations on improving sleep, cancer screenings and more, was provided by MemorialCare. Information on scams and identity theft, was presented by the Huntington Beach Police Department.

This month we welcome our new Rental & Events Coordinator, Brooke McLaughlin. Brooke will oversee the rental program here at the Senior Center in Central Park, as well as playing a major role with our events.

Enjoy the rest of the summer and we will see you next month at the Active Living Expo.

Bill Sandoval, Senior Supervisor



Wednesday Afternoon at the Movies

1:00 PM, Drop-in, Free!

Movies and Times Subject to Change



August 14

Beverly Hills Cop Axel F

Detective Axel Foley (Eddie Murphy) is back on the beat in Beverly Hills. After his daughter's life is threatened, she and Foley team up with a new partner (Joseph Gordon-Levitt) and old pals Billy Rosewood (Judge Reinhold) and John Taggart (John Ashton) to turn up the heat and uncover a conspiracy. Look for all the ways Axel F references the original movie! **1h 58m, Rated R for language throughout, violence and brief drug use.**

August 28

Bank of Dave



Based on the true story of Dave Fishwick, a working class man and self-made millionaire who fights to set up a community bank so that he can help the local businesses of Burnley not only survive, but thrive. In his bid to help his community, he has to take on the elitist financial institutions of London and fight to receive the first new banking license to be issued in over 100 years. **1h 47m, Rated PG-13 for some strong language.**

Movie Suggestions

What would you like to see? Complete a Movie Suggestion form located at the HBCOA Refreshment Bar.

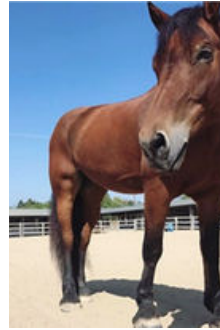
HBCOA Movie Refreshments



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 and appreciated!

Travel & Trips

For more information visit www.hbcoa.org or call 714-374-1572. To register, visit the Travel & Resource Room Monday-Friday, 8:00 a.m.- 3:30 p.m.



Giants, Dudes & Donuts

Oceanside's Equestrian Therapy Center, Surf Museum & Craft Donuts. Barbecue lunch is included. Thursday, August 15, 2024 Member Price: \$129; Non-member Price: \$139. Depart: 8:30 a.m. Return: 4:30 p.m.



Pageant of the Masters

Laguna Beach's Festival of Arts Tuesday, August 27, 2024 Member Price: \$129. Non-member Price: \$139. Depart: 6:00 p.m. Return: 11:30 p.m.



Buddhas & Botanicals

Carpinteria's Seaside Gardens A boxed lunch & ice cream treat is included. Thursday, September 5, 2024 Member Price: \$129. Non-member Price \$139. Depart: 8:00 a.m. Return: 7:30 p.m.

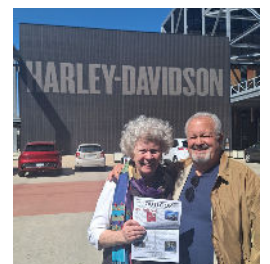


Solvang Danish Days

Saturday, September 21, 2024 Member Price: \$99. Non-member Price \$109. Depart: 8:00 a.m. Return: 7:30 p.m.

Where in the World is your Outlook?

Pat and Phil Goodman visited the Harley-Davidson Museum in Milwaukee, Wisconsin. The museum was part of their city tour.



Where will you take your Outlook?

Teri.Simonis@Surfcity-hb.org

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RECREATION



Meet Our New Rental & Events Coordinator

Please welcome the newest member of the Senior Center in Central Park team - Brooke McLaughlin. Brooke was originally hired as a *Recreation Leader* in early 2023 and began working at the front desk, special events, weekend rentals, and even in the Fitness Center. She was promoted to full-time in July and will now oversee our facility rentals and a variety of our special events such as concerts, dances, and more. She brings with her a broad resume of work experiences that include event planning, fitness, recreation, human resources, and even public works.



Upcoming Calendar

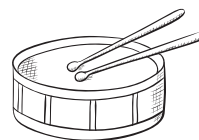
- Thursday, August 1st - HBCOA Board Meeting
- Saturday, August 3rd - Grandparent’s Day
- Wednesday, August 7th - Fishing Club Meeting
- Thursday, August 8th - Hoag Lecture (Medicare)
- Tuesday, August 13th - Drum Circle
- Wednesday, August 14th - Surf City Gardeners
- Wednesday, August 14th - Movie, *Beverly Hills Cop Axel F*
- Thursday, August 15th - MemorialCare Lecture
- Monday, August 26th - Big Band Swing Dance
- Wednesday, August 28th - Movie, *Bank of Dave*

Senior Center Closed **Monday, September 2nd**



Drum Circle in August **Tuesday, August 13th**

Join Lee Kix and the drum circle community this month. Bring your own drum or borrow one of Lee’s. All are welcome to this free activity that takes place in one half of the Parkview Room.



Follow us on Facebook
[@SeniorCenterinCentralPark](#)

Surf City Gardeners **Trees in the Landscape** **Wednesday, August 14 @ 9:00 AM**

Trees are taken for granted, but they have many benefits most people may not think about. Not only do trees cool the environment and provide shade, they can produce fruit, clean the air, sequester carbon dioxide, and improve community health and wellbeing. This presentation is free and no reservation is required.





HEALTH & WELLNESS **hoag** PAVILION

Stretch of the Month

Quadricep Stretch

The quadriceps muscle runs along the front of the thigh. To stretch the quadriceps muscles:

- Stand near a wall or a piece of sturdy exercise equipment for support.
- Grasp your ankle and gently pull your heel up and back until you feel a stretch in the front of your thigh.
- Tighten the abdominal muscles to prevent your stomach from sagging outward, and keep your knees close together.
- Hold for about 30 seconds.
- Switch legs and repeat.

It's helpful to include stretching in your exercise plan. Stretching can increase flexibility and improve the range of motion in your joints. Being more flexible can help you move more freely and be better able to do daily activities. And the flexibility you gain from stretching might protect you from injury.

Hoag in August

Blood Pressure Screenings

Wednesday, August 7th or Friday, August 16th
9:00 a.m. - 11:00 a.m.

Walk-in. No Appointment Required.

Memory Screenings

Wednesday, August 14th or August 21st
\$45, Appointment Required.
Call 949-764-6288

Lectures:

Medicare Basics

Thursday, August 8th 9:30 a.m. - 10:30 a.m.

Hoag: Art4Healing

Thursday, August 15th, 9:30 a.m. - 11:30 a.m.

The Gym will be closed
Saturday, August 3rd
for the Grandparents Day Event.

Zumba "Free" Demo Class

Ever been CURIOUS to try out Zumba Gold and see what the craze is all about? Participate in a free fun demonstration class to meet Cathy, the instructor from CS Dance Factory, a top-rated instructor who runs her full-time business teaching classes all over Orange County. We are so lucky to have her here in Huntington Beach sharing her joy and love of dance with us. You will see how simple and easy-to-follow these dance steps are and how it boosts not only your physical, but also your mental and emotional health.

"Ditch the Workout and Join the Party!"

Wednesday, September 4th

9:00 a.m. - 9:30 a.m.

HB Senior Center, Dance Room

*Wear closed-toe/closed-heel flat bottom shoes, and clothes easy to move in.

Bring a water bottle and a smile.





VOLUNTEER SERVICES



HandyCrafters: Boutique Sale

Tuesday, August 13th
8:00 a.m.-12:00 p.m.
Senior Center Lobby

Stop by to purchase beautiful handmade gifts for either you or your loved ones to enjoy. Items for sale may include: jar openers, scrubbies, towel holders, stuffed animals, baby clothes, booties, beanies, and so much more!



All proceeds help support Senior Center activities and Holiday Home Delivered Meals.



Yarn Donations Needed

If you have yarn you would like to donate to the HandyCrafters either:

- Stop by the Senior Center in Central Park on Fridays from 10:30 a.m. - 12:00 p.m. to drop off your donation directly with the group.

OR

- Contact the front desk, 714-536-5600 to arrange a time to drop off your donation.

Current Volunteer Opportunities

- Transportation Drivers
- Home Delivered Meals
- Office Support
- Senior Café: Receptionists

Upcoming Events

- 8/3/24 - Grandparent's Day Event
- 9/14/24 - Active Living Expo

SAVE THE DATE!

ACTIVE LIVING EXPO

SATURDAY, SEPT 14, 2024

SENIOR CENTER IN CENTRAL PARK

If you would like to volunteer, please contact:

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



Thank you Scouting America!

We would like to give a big thank you to Scouting America for their support at the Independence Day luncheon last month. Over 20 scouts from Troop 568 and Cub Scout Pack 506 came to lead the pledge prior to the start of lunch and helped serve lunch to over 200 guests. THANK YOU SCOUTS!



HBCOA OUTLOOK Mailing

Thursday, August 22nd

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!

Contact the Volunteer Team

Caryn Kawamoto, 714-374-1544

Caryn.Kawamoto@surfcity-hb.org

Kathy Pace, 714-374-1520

Kathy.Pace@surfcity-hb.org

Thank you



SOCIAL SERVICES



Support Groups

Alzheimer's ORANGE COUNTY

Dementia Care Partners

Who: For informal caregivers of those who have dementia, facilitated by knowledgeable peers

Where: Senior Center in Central Park

When: 1st & 3rd Tuesdays at 5:30 p.m.

Contact: Ellie Nixon 714-642-9458



NAMI- Friends and Family

Who: For friends & family of adults with mental illness, facilitated by trained NAMI (National Alliance on Mental Illness) teachers

Where: Senior Center in Central Park

When: 6:00 p.m.-8:00 p.m. on the 4th Monday

(Dark Dec.) Contact: Lynne Thies at 714-299-1405 for information

Other Resources

Caregiver Support- 714-446-503 caregiveroc.org

COASC Depression Recovery PEARLS Program-
714-492-1874 coasc.org/programs/pearlsoc/

Grief Support- griefshare.org (search by city)

NAMI 24/7 Mental Health Warmline-714-991-6412

Independence at Home -Mental Health Counseling
& Classes 1-866-421-1964

independenceathome.org

Veterans' 24/7 Hotline- 1-800-273-8255, press 1

World Senior Citizen's Day

The World Senior Citizen's Day is celebrated on August 21st each year. The celebration took place for the first time in 1991. The day is intended to increase awareness of the factors and issues that affect older adults, such as health deterioration and elder abuse.



One-on-One Services

Eligibility: Huntington Beach residents, 60 and older, call 714-374-1572 for an appointment.

- HICAP – (Health Insurance Counseling and Advocacy Program by Council on Aging Southern California) available for Medicare beneficiaries.
- Legal Consultations – provided by local non-profits, 20-30 minute consultations.
- Notary Volunteer – provides up to 2 notarizations per person/ family.
- Tech Coach Volunteer – help with your smartphone, laptop or tablet.

Home Delivered Meals



Through a partnership with Meals on Wheels, Orange County, Senior Center staff & volunteers coordinate to deliver 3 nutritious meals each weekday to qualified HB residents who are 60+, homebound, and undersupported. A voluntary contribution of \$5.25 per day is welcomed but no one is turned away due to inability to donate. Those in need of services may call 714-374-1717 to be added to the interest list and find out more.



Shared Housing

Shared Housing Connection is a self-help binder open to the public. It offers information, resources, and a low-tech way for locals who are interested in sharing space to connect. Available in the Travel & Resource room at the Senior Center in Central Park, typically open M-F 8:00 a.m. to 4:00 p.m.

Wheelchairs & Walkers



The Senior Center in Central Park lends out wheelchairs and walkers to HB residents 60+. Before coming in, call 714-374-1572 and ask to speak with a Care Manager for details and to check on availability.



SENIORS ON THE GO TRANSPORTATION



Transportation Services 714-374-1742

Senior Services provides services each weekday, from 8:00 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 in Central Park for the Meals on Wheels OC 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.

Grocery Shopping Groups



Good nutrition go a long way to having a healthy life. If you don't drive, then getting groceries can be a challenge. Seniors on the Go Transportation offers group grocery shopping trips where

you can get a ride to the store for your routine shopping. Call the dispatch line to learn more about joining your local shopping group.

After-Hours Transportation

For transportation needs outside the regular hours of Surf City 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

Volunteer Opportunity

Do you like helping your community and neighbors? Volunteering as a senior driver with Surf City Seniors On the Go! could be just the fit for you. Contact the volunteer services office for more information at 714-374-1544 or caryn.kawamoto@surfcity-hb.org



Servicios de Transporte 714-374-1742

Servicios Para personas mayores provee transportacion cada dia de la semana, de las 8:00 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 sitas 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.

Lost and Found

If you think you left a personal item in the vehicle or office, please call 714-374-1742. We have a lost and found and will try our best to return your items to you on your next trip.

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Mobile Home Tenant Based Rental Assistance (MHTBRA)

The City's MHTBRA program provides monthly rental assistance to eligible, very low-income, Huntington Beach senior mobile homeowners. The rental assistance pays a portion of their space rent for up to 24 months.

The program will reopen to new applicants in September 2024 for a limited time. Participating households are required to pay 30% of their gross monthly income for space rent, and the City will subsidize the difference up to the local fair market space rent.

Eligible mobile homeowners must meet the following criteria:

- Age 62 and older
- Very low-income or lower
- Own a mobile home located in HB
- Have occupied their mobile home as a primary residence for a minimum of one year



Preference granted to:

- Military Veterans
- Households earning extremely low-income or less
- Households that pay over 50% of their gross income toward space rent

Household Size	Extremely Low-Income (maximum)	Very Low-Income (maximum)
1	\$33,150	\$52,250
2	\$37,900	\$63,100
3	\$42,650	\$71,050
4	\$47,350	\$78,900

September's Outlook will have more information about how and when to submit an interest form in September. ****You may call in September for further information. ****



Senior Lunch Menu – August 2024

Monday	Tuesday	Wednesday	Thursday	Friday
		Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00 Meatless Meal	1 Diced Chicken Breast Sweet & Sour Sauce Oriental Veg Blend Egg Noodles WW Crackers (4pk) Canned Peaches SF Pudding 1% Milk	2 Cubed Beef Ranchera Sauce Broccoli Mexican Rice WG Tortilla (1) Fresh Orange 1% Milk
		5 Chicken Breast Savory Tomato Sauce Peas & Carrots Brown Rice WW Dinner Roll w/Smart Balance Tropical Fruit Mix 1% Milk	6 Beef Cheeseburger Swiss Cheese Fiesta Corn & Bell Pepper Salad Shredded Lettuce, Tomato & Red Onion WG Hamburger Bun Mayo & Mustard Pineapple Chunks 1% Milk	7 Veggie Egg Salad California Salad Moroccan Lentil Veg Soup Spring Mix WW Bread w/Smart Balance Fresh Orange 1% Milk
12 Tarragon Chicken Salad w/Yogurt Dressing Broccoli & Peppers Salad Lemony Orzo Salad WW Dinner Roll w/ Smart Balance Mandarin Orange 1% Milk	13 Mexican Beef Cocido Cubed Beef Beef Broth Vegetable Mix WG Tortilla (1) Banana SF Pudding 1% Milk	14 Turkey Bolognese Italian Veg Blend Bow Tie Pasta Parmesan Cheese (1pk) WW Dinner Roll w/Smart Balance Tropical Fruit Mix 1% Milk	15 Baked Tilapia Ranchera Sauce Broccoli WG Tortilla (1) SF Pudding Orange Juice 1% Milk	**16** **Hawaiian Luau** Chicken Strips Teriyaki Sauce Jasmine Rice Pineapple Coleslaw Salad Coconut Iced Cake Diet: Fresh Fruit
19 Pork Carnitas Verde Sauce Green Peas Cilantro Lime Rice WG Tortilla (1) RS Ambrosia 1% Milk	20 Chicken Pasta w/Poppy Seed Dressing Spring Mix Balsamic Dressing WW Dinner Roll w/Smart Balance Fresh Orange 1% Milk	21 Salisbury Steak Brown Gravy Winter Veg Blend Sweet Potatoes WW Bread w/Smart Balance Canned Peaches 1% Milk	22 Roast Turkey Mushroom Gravy Capri Veg Blend Rice Pilaf WW Dinner Roll w/Smart Balance Mandarin Orange 1% Milk	23 Diced Chicken Lemongrass Sauce Oriental Veg Blend Brown Rice Tropical Fruit Mix 1% Milk
26 Chicken Salad w/Citrus Dressing California Veg Blend Tortilla Soup WW Dinner Roll w/Smart Balance Canned Pears 1% Milk	27 Vegetable Lasagna Chicken Meatballs Black Bean & Lentil Salad WW Dinner Roll w/Smart Balance Mandarin Orange 1% Milk	28 Diced Chicken Breast Orange Sauce Oriental Veg Blend Wild Rice Pilaf WW Dinner Roll Tropical Fruit Mix 1% Milk	29 Pork Carnitas Peas & Carrots Tomato Cilantro Rice WG Tortilla (1) Fresh Orange 1% Milk	30 Fish Sticks Taco Red & White Cabbage Black Beans WG Mini Tortillas (2) Pineapple Chunks 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.



MONDAYS

8:30 Better Life Boxing
 8:30 Table Tennis*
 9:00 Hawaiian Hula Basics
 9:00 Zumba Gold Dance Fitness
 9:30 Ukulele Beginner
 10:00 Yoga Chair
 10:30 Hawaiian Hula Intermed.
 10:45 Ukulele Advanced
 11:00 Senior Café Lunch*
 11:00 Beg. Acrylic Painting
 12:00 Ukulele Intermediate
 12:30 Party Bridge & Chess*
 2:00 Digital Photo Org. & Editing
 2:00 Bridge Beginning
 2:00 Line Dancing Level 1
 2:00 Zumba Gold Dance Fitness
 3:00 Quilting with Brandi*
 3:30 Line Dance Level 3
 4:00 Waltz & Swing
 5:00 Cha Cha & Merengue
 6:00 NAMI*
 6:30 Tai Chi Chuan
 7:00 Big Band Swing Dance
 *8/26

THURSDAYS

8:00 Outlook Assembly *8/22
 8:30 Table Tennis*
 8:15 Tai Chi Chuan
 9:20 Tai Chi Chaun
 9:30 Hoag Lectures * 8/8, 8/15
 10:00 Yoga with Diane
 10:45 Flex & Stretch
 11:00 Senior Café Lunch
 11:30 Zumba Chair
 12:30 Canasta, Chess, Scrabble,
 Gin & Cribbage*
 1:00 Balance & Stability
 1:30 Line Dance Level 2
 2:00 Intro. To Genealogy *8/15,
 8/22
 2:00 Tech Club * 8/8
 3:00 Line Dance Level 1
 3:00 Memorial Care Lect. *8/15
 6:00 Belly Dancing Beginning
 6:00 Woodcarvers *
 6:45 Belly Dancing
 Intermediate

TUESDAYS

8:00 Fall Registration *8/13
 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
 11:00 Senior Café Lunch*
 12:30 Drum Circle* 8/13
 12:00 Scrabble*
 1:30 Shanti*
 2:30 Line Dance Beginner
 3:00 Bridge Intermediate
 3:00 Yoga with Diane Outdoor
 4:00 Line Dance Beginner
 4:00 Acrylic Painting
 5:30 Alzheimer's Caregiver *
 5:30 Family Martial Arts
 6:30 Senior Martial Arts

FRIDAYS

8:15 Senior Cardiofit
 8:30 Mexican Train
 9:00 Blood Pressure Screening
 * 8/16
 9:00 Zumba Gold & Toning
 9:00 TOPS*
 9:30 Duplicate Bridge, Rummy
 Cube*
 9:30 Circuit Training
 10:00 Yoga: SCICP
 10:30 HandyCrafters*
 11:00 Senior Café Lunch*
 11:30 Flex & Stretch
 12:00 Backgammon*
 1:00 Council on Aging Art *
 1:30 Line Dance Level 2-3

WEDNESDAYS

8:30 Wednesday Walkers *
 8:30 Chess*
 9:00 Zumba Gold Dance Fitness
 9:00 Blood Pressure Screening
 *8/7
 9:00 Surf City Gardeners *8/14
 10:00 Fishing Club * 8/7
 10:00 Young At Heart Singers*
 10:30 Cardkateers * 8/17, 8/21
 11:00 Senior Café Lunch*
 11:00 Line Dance Level 1
 12:00 Line Dance Level 2
 12:00 Mah Jong, Backgammon
 1:00 Movies * 8/14 Beverly Hills
 Cop Axel F, 8/28 Bank of Dave
 1:00 Line Dance 3
 5:30 Firemed CPR *8/7
 6:00 Bridge Beginning

SATURDAYS

9:00 Grandparent's Day *8/3
 9:30 Firemed CPR *8/24
 10:00 Family Martial Arts
 11:00 Sr. Martial Arts

For specific dates, prices,
 and
 locations of activities
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