




NAMASTE IN THE PARK

Join us for a morning of yoga, sound bath meditation, music, snacks & refreshments, opportunity drawings, and photos!

 8:00–10:00 am

 Saturday, November 9th



Fee
\$20

Bring a mat, water bottle, towel, and wear comfortable clothing.

To register, sign up at the front desk or visit HBSANDS.org. Call 714-536-5600 for more information.



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- Lindsay DuFresne, 1st Vice President
- Bob Allen, 2nd Vice President
- John Villa, CFO
- Phillip Burtis, Treasurer
- Diana Zimmer, Assistant Treasurer
- Beverly Mast, Administrative Secretary
- Ed Pinchiff, Assistant Administrative Secretary
- Teri Simonis, Recording Secretary
- Mary DeGuelle, Assistant Recording Secretary
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- Ellen HopeKearns
- Jose Juarez
- Celine Keeble
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- Barbara Scott

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- 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](https://www.facebook.com/HBCOA).



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HBCOA President’s Message

Fall has arrived! We’ve made it through the summer heat, and we’re excited for a little refresh!

On behalf of the HBCOA, I want to take this opportunity to thank everyone for making our Active Living Expo such an incredible success! A special thanks to the incredible Senior Center staff, HBCOA Board, volunteers, and our donors for making this event so great!

A friendly reminder: The Huntington Beach Council on Aging and the Senior Center in Central Park partner to provide older adults with life-enriching services, aimed at fostering independence and active aging. Recreation Programs and Social Services are supported through financial backing from the HBCOA through yearly fundraisers, donations and membership dues. Thank you to all our members for your continued support in assisting to provide thousands of local seniors with the opportunity to participate in HBCOA supported programming. If you are not a member, please consider joining this active community of seniors representing HB and surrounding areas. Please see below, visit the Senior Center or go to www.hbcoa.org/membership/ to find out more.

~Your HBCOA President, Carolyn Ross

2025 HBCOA MEMBERSHIP Three ways to renew/join!

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

Membership Levels

- ___ General Member (\$20)
- ___ Dual (\$35/2 joining from the same residence)
- ___ Bronze (\$100)
- ___ Silver (\$250)
- ___ Gold (\$500)
- ___ Evergreen (1000+) Tree of Life leaf. (Page 3)

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 12/31/2025. 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

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+, by MOWOC

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



Travel & Trips Rose Parade Wednesday, January 1, 2025



presented by

HONDA

Join the Huntington Beach Council on Aging for the "Best Day Ever!" Rose Parade. This is a great trip to bring the whole family! Enjoy grandstand seating on Colorado Boulevard with an unobstructed view of the parade. The bus parks

approximately 1/2 mile from the parade route. A boxed lunch and beverage is included with the trip. All passengers under 18 years old must be accompanied by an adult. We will depart from the parking lot at the Senior Center in Central Park at 18041 Goldenwest St. Depart 6:30 a.m. Return 2:00 p.m. \$159 HBCOA members \$169 non-members.

EVERGREEN

HELPING SENIORS THRIVE

HUNTINGTON A 50 ft. Pine \$ 1,000

- 🌿 A colored leaf with your name on the Evergreen Tree of Life
- 🌿 A complimentary membership to the Hoag Health and Wellness Pavilion

GENERAL SHERMAN A 275 ft. Sequoia \$ 5,000

- 🌿 A colored leaf with your name on the Evergreen Tree of Life
- 🌿 A free day trip for 2 with the HBCOA's Travel, Trips, and Tours program

SPARTACUS A 315 ft. Redwood \$10,000

- 🌿 A colored leaf with your name on the Evergreen Tree of Life
- 🌿 2 complimentary tickets to an HBCOA concert of your choice

CENTURION A 327 ft. Eucalyptus \$15,000

- 🌿 A colored leaf with your name on the Evergreen Tree of Life
- 🌿 2 complimentary tickets to an HBCOA dinner dance of your choice

HYPERION A 380 ft. Sequoia—the world's tallest tree \$20,000

- 🌿 A colored leaf with your name on the Evergreen Tree of Life
- 🌿 4 complimentary tickets to an HBCOA dinner dance of your choice
- 🌿 2 complimentary tickets to an HBCOA concert of your choice

For more information please contact John Villa, HBCOA Evergreen Chair, johnvilla1234@gmail.com.

Community & Library Services
Staff and Contacts



Senior Supervisor's Message

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 Services Coordinator
Brandi Kelly-Contreras, Transportation Coord.
Lezly Castillo, Transportation Dispatcher
Brooke McLaughlin, Rental & Event Coordinator
Vivian Pla, Wellness Pavilion Coordinator

Phone Directory

Care Management
714-374-1572
Civic Center Community & Library Services
714-536-5486
Fitness / Wellness Center
714-374-1578
HBCOA
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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Fall is officially upon us with the leaves turning vibrant shades of red, orange, and yellow with a crisp in the air. It's the season of harvest, a time to gather the fruits of our labor and share in the abundance of our collective efforts. I am so excited with all the programming and services coming up this month, such as our: Difficult Discussion Series on October 3rd and our ongoing social activities like Swing Dancing, held every 4th Monday of the month at 7:00 p.m. For more information, please visit the Senior Center or call 714-536-5600.

I want to thank the HBCOA, Hoag and all the sponsors, staff, and volunteers, for their support and devotion in making the Active Living Expo a huge success last month. Your collaborative spirit and dedication to teamwork continues to elevate the Senior Center's collective achievements. Thank you for your invaluable contributions.

Don't forget; next month we will be holding the Namaste in The Park event on Saturday November 9, 2024, starting at 8:00 a.m. Join us for a day of yoga, meditation, music, snacks and refreshments. We will also have opportunity drawings and photos. The cost to participate is \$20, per person. To register, sign up at the front desk of the Senior Center or visit HBSANDS.org. For additional information, please call 714-536-5600. A special thank you to the Huntington Beach Council on Aging, Alignment Health, and Kaiser for sponsoring the event.

Please know that my door is always open if you would like to have a chat, discuss any concerns or have any feedback about our programming.

Bill Sandoval –Senior Community & Library Services Supervisor



Senior Services Remembers

Rosemary Cottone 1947-2024
Daniel Yap 1938-2024



Wednesday Afternoon at the Movies

1:00 PM, Drop-in, Free!

Movies and Times Subject to Change

October 9

Ford v Ferrari



America automotive designer Carroll Shelby (Matt Damon) and fearless British race car driver, Ken Miles (Christian Bale) battle

corporate interference, the laws of physics and their own personal demons to build a revolutionary vehicle for the Ford Motor Company. Together they plan to compete against the race cars of Enzo Ferrari at the 24 hours of Le Mans in France in 1966. Audience pick. 2020 Oscar winner for Film & Sound Editing. **2h 32 m. PG-13 for language and peril.**

October 23

May December



Twenty years after their tabloid romance gripped the nation, Gracie (Julianne Moore) and husband Joe, twenty-three years her junior, invite actress, Elizabeth Berry (Natalie

Portman) to observe their lives in the actress's research for an upcoming film. 2024 Oscar nominee for Best Original Screenplay. **1h 57m. Rated R for for some sexual content, graphic nudity, drug use and language.**

OCTOBER 30

HAUNTED MANSION



INSPIRED BY THE CLASSIC DISNEY THEME PARK ATTRACTION, A DOCTOR AND HER SON MOVE TO A STRANGELY AFFORDABLE MANSION IN NEW ORLEANS, ONLY TO DISCOVER THE PLACE IS HAUNTED. FOR HELP THEY ENLIST SO-CALLED EXPERTS TO RID THEIR HOME OF SUPERNATURAL SQUATTERS. 2H 3M. PG-13 FOR THEMATIC ELEMENTS AND SCARY ACTION.



No Tricks Just Treats!



HBCOA refreshments in the lounge! Grab a nibble and chat with a Director of the Board. Donations appreciated and accepted.

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.



Idyllwild Art Walk & Wine Tasting

Saturday, October 12, 2024

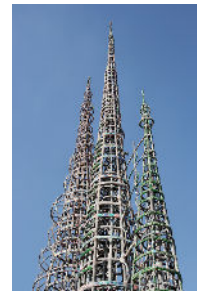
Keepsake wine glass included. Member Price: \$126. Non-member Price \$136. Depart: 8:30 a.m. Return: 6:30 p.m.



Big Bear Oktoberfest & Lake Cruise

Sunday, October 20, 2024

German-style Lunch included. Member Price: \$146. Non-member Price \$156. Depart: 8:30 a.m. Return: 7:30 p.m.



Watts Up? Watts Towers, Marina Del Rey's Fisherman's Village

Friday, November 8, 2024
Dinner included with Mariachis Música at Casa Sanchez. Member Price \$149. Non-Member Price \$159. Depart 1:30 p.m. Return 9:00 p.m.

Where in the World is your Outlook?



Penny and Kurt Bayless took their Outlook to Crater Lake National Park. The park encompasses the caldera of Crater Lake, a remnant of Mount

Mazama. Native Americans witnessed its formation 7,700 years ago when a violent climactic eruption triggered the collapse of the tall peak. Scientists marvel at its purity—fed by rain and snow. It's the deepest lake in the USA (1,949 feet) and one of the most pristine on Earth. It's located in the southern part of the Cascade Mountain Range in Oregon. With an average snowfall of 41 feet, the park is covered by snow most of the year.

Email your photo to Teri.Simonis@surfcity-hb.org

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Music Director

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(selections)

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SPENDIAROV
Three Palms

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Contact us:
info@hbsymphony.org

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RECREATION



Renting A Room At The Senior Center

The Senior Center is a great place to throw a party! Almost every weekend someone from the community rents the Senior Center’s Parkview Room to have a birthday party, wedding, fundraiser, or quinceañera to name a few. Additionally, when activities are not going on in our classrooms, such as EMG1, they are available to rent for meetings, presentations, and other activities during the week. Rental rates are extremely affordable and our *Rental & Events Coordinator*, Brooke McLaughlin can help you plan the perfect event. If you’re interesting in reserving a space here at the Senior Center in Central Park, please reach out to Brooke at Brooke.McLaughlin@surfcity-hb.org, 714-374-1534



Surf City Gardeners

Fall Gardening – Grow it Now!
 Wednesday, October 9th 9am-10:30am

In Southern California after our summer gardens have ended their production, we are lucky enough to have a second growing season. Learn what plants do best in the fall and winter season, how to prepare your soil and maintain a beautiful garden.



Upcoming Calendar

- Wednesday, October 2nd – Art League
- Thursday, October 3rd – HBCOA Meeting
- Tuesday, October 8th – Drum Circle
- Wednesday, October 9th – Movie–Ford v Ferrari
- Wednesday, October 9th – FireMed CPR
- Thursday, October 17th – MemorialCare Lecture
- Wednesday, October 23rd – Movie–May December
- Monday, October 28th – Big Band Swing Dance
- Wednesday, October 30th – Movie Haunted Mansion
- Thursday, October 31st – Happy Halloween!

Poet’s Lounge– Open Mic Night

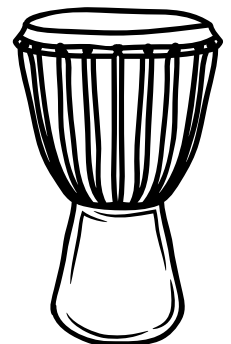
Friday, November 22nd 5:30 PM – 8:00 PM

Please join the Senior Center for its first Poet’s Lounge Night! An open mic dedicated to poetry & spoken word. Get the chance to share your original poetry, spoken word, or your favorite poem. This is an event open to anyone interested in diving into the world of open mics & poetry. Come down and snap the night away! Space is limited, RSVP at the front desk.

Drum Circle in October

Tuesday, October 8th

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. Sponsored by the HBCOA.





HEALTH & WELLNESS



Nature Meditation Walk

Starting Monday, October 21st
8:00am-9:15pm



8-week meditative, slow, guided, 1 mile walk through Central Park.

Learn strategies to help calm the busy mind!

Health & Wellness Week

Fall is here, and it is time to fall into wellness!

Starting Monday, October 21st-25th

Participate in blood pressure screenings, chair volleyball, walk in the park, lectures, and a fun energetic cardio dance class.

**RSVP for activities at the front desk or for more information call 714-536-5600.*



October is Breast Cancer Awareness Month

Wear Pink on Wednesdays during your visit to the fitness center to show your support.



Hoag in October

Blood Pressure Screenings

Wednesday, Oct 2nd
Friday, Oct 18th

Memory Screenings

Wednesday, Oct 9th & 16th
By appointment only.
Call 949-764-6288 for appt.

Hoag: Art4Healing

Thursday, Oct 10th & 17th
9:30-11:30am

Lectures:

Medicare Benefits

Thursday, Oct 24th
6:00-7:30pm

SAVE THE DATE

Namaste in the Park

Saturday, November 9

8:00-10:00am

Yoga, Sound Bath Meditation, Music, and More!

\$20

***RSVP at the Front Desk or call 714-536-5600**



Wear your Best Costume to the fitness center

on

Thursday, 10/31
Receive a treat at the gym desk.





VOLUNTEER SERVICES



Happy HALLOWEEN

On Thursday, October 31st we are encouraging all volunteers to have a little fun and come dressed in your best costume or Halloween attire! Please be sure your costume does not prevent you from safely completing your volunteer duties.

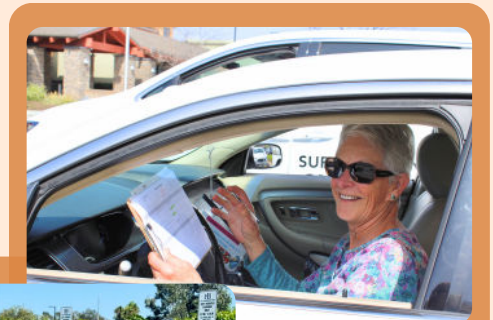
Halloween Celebration Thursday, October 31st Senior Cafe

To all guests, be sure to join us in the Senior Cafe for a Halloween Celebration on Thursday, October 31st. Donation lunch for those 60+. Please check in between 9:30 and 11:15am. Lunch is served from 11:30am - 12pm. View the menu on pg. 18.



Volunteer Drivers Needed Surf City Seniors on the Go!

Help make a difference in your community by becoming a volunteer driver! Volunteer drivers assist with the Surf City Seniors on the Go service. They help participants with commuting around town for basic errands or medical appointments. Surf City Seniors On the Go is a free transportation service offered to Huntington Beach residents 60 years of age and older. This is truly a rewarding volunteer opportunity to help others in your community. Sign up today to see the impact you can make!



Ready to Start your Engine?

Pick up your volunteer application from the Senior Center today! Applications can be turned into the front desk or emailed to caryn.kawamoto@surfcity-hb.org.

Thankyou!



Thank you to all of our Active Living Expo volunteers who helped at this years event! We had over 30 volunteers assisting this year and we couldn't be more appreciative of all your hard work.

Current Volunteer Opportunities

- Transportation Drivers
- Home Delivered Meals

Upcoming Events

- 11/9/24 - Namaste in the Park

Contact the Volunteer Team

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

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





SOCIAL SERVICES



Home Safety Visits – Fire Dept.



October 6–12 is Fire Prevention Week!

The Huntington Beach Fire Department offers free in-home safety visits for HB residents. After scheduling a visit, HBFD staff will test all smoke alarms in your residence, help develop an emergency escape plan, and answer any general fire safety questions. Residents may even be qualified to receive FREE replacement smoke alarms. To schedule, please call 714-536-5411.

Individual Services & Support

Need some information on and referrals to senior services? Need to borrow a wheelchair or walker for a short term recovery? If you're a HB resident age 60+, Social Services at the Senior Center can help.

Care Management also provides longer term services to those with unmet needs and who qualify. Through partnerships, we are also able to offer support groups and workshops on various rotating topics as well as one-on-one volunteer services. Check out the most up-to-date flyers in the Travel & Resources Room or call 714-374-1572.

MEDICARE

Medicare's Annual Election Period Oct 15 - Dec 7

The following are available to CURRENT Medicare beneficiaries and are provided by HICAP (Health Insurance Counseling and Advocacy Program). HICAP is a program of Council on Aging-Southern California, which provides free, unbiased services and does not sell or endorse insurance products. *Medicare beneficiaries, get informed!*

Medicare: What's New in 2025? Drop in group presentation, 10/17 9:30-10:30 am

Medicare's Annual Open Enrollment is fast approaching! Join to learn about upcoming changes to Medicare in 2025 and how they may impact you. Come by before your 10/31 appointment to get a headstart! Know your options to ensure your healthcare coverage best meets your needs.

Medicare Annual Election Period Clinic For current Medicare beneficiaries and by appointment only. Call 714-536-5600 to book an appointment for 10/31.

Review your health and drug plan options for 2025! HICAP counselors will be onsite for individual appointments to help you review upcoming changes in your current coverage and identify and compare other options that might better meet your healthcare and budget needs. Bring your medications or a list that includes the drug name, dosage, and frequency taken to obtain a comparison of costs and plans for the new year.

Medicare & Medi-Cal Coverage Options Drop in group presentation 11/5 9:30-10:30 am

Do you have questions about your MediCal & Medicare coverage options? Join HICAP to learn about your benefits, coverage, plan options, rights, and protections. Find out how Medicare and Medi-Cal benefits coordinate and how HICAP can help you.



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YOUR WHEELS

TRANSPORTATION

HBCOA
Huntington Beach COUNCIL ON AGING



Transportation Services 714-374-1742

Senior Services provides Transportation each weekday, from 8:00 a.m. to 4:30 p.m. to HB residents 60+ for all their ride 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 Orange County Senior Lunch Cafe, classes, and activities. Medical transportation is also available to Hoag Memorial Hospital Presbyterian, Fountain Valley Regional Hospital, and to MemorialCare Orange Coast Medical Center.

Volunteer Escorts 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, HBCOA, City funds, and grants from Hoag, and OCTA.

Volunteer Opportunity

Do you like helping your community and neighbors? Volunteering as a senior driver with Seniors on the Go could be just the fit for you! Contact Volunteer Services Coordinator, Caryn at 714-374-1544 or caryn.kawamoto@surfcity-hb.org.

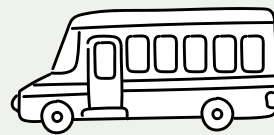


After-Hours Transportation

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.

Did You Know?

Surf City Seniors on the Go is not only for medical appointments. We offer rides to any destination within the city of Huntington Beach. You can enjoy lunch at your favorite restaurant, visit the shops around town, or enjoy a beach day at the pier. Use the shuttle service to come to the Senior Center in Central Park to enjoy its many programs and activities, including the Senior Lunch Cafe'. How exciting! Call to find out more, register, and book your rides at 714-374-1742.



Greatly Appreciated

Thank you to all of our Surf City Seniors on the Go! transportation drivers, office assistance, and grocery escorts. You make the service possible and we appreciate all that you do.

**THANK
you**

Medical Reminder

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



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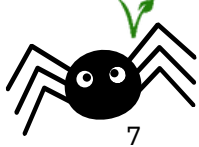
Arrive by 11:15. Registration required. Lunch served 11:30a-12p. Call 714-375-8404 for more information.

October 2024



Monday

Voluntary Contribution - \$3.00
Meal Cost for Under Age 60 - \$5.00
Meatless Meal



7
Chicken Salad w/Citrus Dressing California Veg Blend Tortilla Soup WW Dinner Roll w/Smart Balance Canned Pears 1% Milk

14

Pork Loin
Caramel Sauce Broccoli Brown Rice Tropical Fruit Mix 1% Milk

21

Chicken Breast
Parmesan & Sundried Tomato Sauce Carrots Tri-Color Pasta WW Dinner Roll w/Smart Balance Tropical Fruit Mix 1% Milk

28

Chicken Breast
Savory Tomato Sauce Peas & Carrots Brown Rice WW Dinner Roll w/Smart Balance Tropical Fruit Mix 1% Milk

Tuesday

1

Chicken Pasta w/Poppy Seed Dressing Spring Mix Balsamic Dressing WW Dinner Roll w/Smart Balance Fresh Orange 1% Milk

8

Vegetable Lasagna Chicken Meatballs Black Bean & Lentil Salad WW Dinner Roll w/Smart Balance Mandarin Orange 1% Milk

15

Turkey Roast
Brown Gravy Collard Greens Sweet Potatoes WW Dinner Roll w/Smart Balance Pineapple Chunks 1% Milk

22

Barbacoa Beef
Oregon Bean Medley Cilantro Lime Rice WG Tortilla Fresh Orange 1% Milk

29

Veggie Egg Salad on Spring Mix California Salad Moroccan Lentil Veg Soup WW Bread w/Smart Balance Fresh Orange 1% Milk

Wednesday

2

Salisbury Steak
Brown Gravy Winter Veg Blend Sweet Potatoes WW Bread w/Smart Balance Canned Peaches 1% Milk

9

Diced Chicken Breast
Orange Sauce Oriental Veg Blend Wild Rice Pilaf WW Dinner Roll Tropical Fruit Mix 1% Milk

16

Cubed Beef
Stroganoff Sauce Winter Veg Blend Egg Noodles WW Dinner Roll w/Smart Balance Mandarin Orange Orange Juice 1% Milk

23

Tuna Salad
Corn, Lima Beans & Tomato Salad WW Dinner Roll w/Smart Balance Mandarin Orange 1% Milk

30

Beef Cheeseburger
Swiss Cheese Shredded Lettuce, Tomato & Red Onion WG Hamburger Bun Mayo & Mustard Fiesta Corn & Bell Pepper Salad Pineapple Chunks 1% Milk

Thursday

3

Turkey Roast
Mushroom Gravy Capri Veg Blend Rice Pilaf WW Dinner Roll w/Smart Balance Mandarin Orange 1% Milk

10

Pork Carnitas
Ranchera Sauce Peas & Carrots Tomato Cilantro Rice WG Tortilla (1) Fresh Orange 1% Milk

17

Chicken Meatballs
Sweet Citrus Glaze Oriental Veg Blend Quinoa Pilaf Fresh Orange 1% Milk

24

Diced Chicken Breast
Asian Sauce Oriental Veg Blend Egg Noodles WW Crackers (4pk) Canned Peaches SF Pudding 1% Milk



****31**
Halloween Special Menu**

Cream of Pumpkin Soup
Butternut Squash & Feta Cheese Pasta Spring Mix w/Balsamic WW Crackers (4pk) Pistachio Pudding
Diet: Fresh Fruit

Friday

4

Chicken Strips
Lemongrass Sauce Oriental Veg Blend Brown Rice Tropical Fruit Mix 1% Milk

11

Fish Sticks Taco Pico de Gallo Red & White Cabbage Black Beans WG Mini Tortillas (2) Pineapple Chunks 1% Milk


18

Tinga Chicken
California Veg Blend Cilantro Lime Rice WG Tortilla SF Pudding Ambrosia 1% Milk

25

Cubed Beef
Ranchera Sauce Broccoli Mexican Rice WG Tortilla Fresh Orange 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
- 10:00 Introduction to Genealogy
- 10:30 Hawaiian Hula Intermed.
- 10:45 Ukulele Advanced
- 11:00 Senior Café Lunch *
- 11:00 Beg. Acrylic Painting
- 11:30 Balance and Stability
- 12:00 Ukulele Intermediate
- 12:30 Party Bridge & Chess*
- 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
- 6:00 NAMI*
- 6:30 Tai Chi Chuan
- 7:00 Big Band Swing Dance*
10/8

THURSDAYS

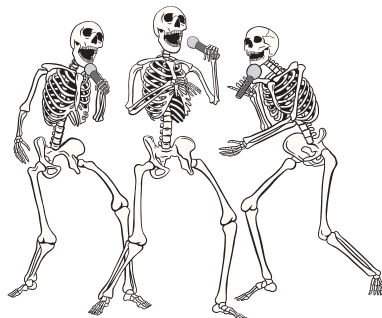
- 8:00 Outlook Assembly *10/24
- 8:30 Table Tennis*
- 8:15 Tai Chi Chuan
- 9:15 Tai Chi Chuan
- 9:30 Hoag Lecture *10/10, 10/17
- 10:00 Yoga with Diane
- 10:00 Flex & Stretch
- 10:45 Senior Café Lunch *
- 11:00 Zumba Chair
- 11:30 Canasta, Chess, Scrabble,
Gin & Cribbage *
- 12:30 Balance & Stability
- 1:00 Line Dance Level 2
- 1:30 Tech Club * 10/10
- 2:00 Cut the Cable: Streaming
- 3:00 Line Dance Level 1
- 3:00 Memorial Care Lect. *10/17
- 5:00 End of Life Wishes *10/3
- 6:00 Belly Dancing Beginning
- 6:00 Hoag Lecture *10/24
- 6:00 Woodcarvers *
- 6:45 Belly Dancing Intermediate

TUESDAYS

- 8:15 Pilates Mat
- 8:15 Senior Cardiofit
- 9:00 Pilates Chair
- 9:30 Duplicate Bridge*
- 9:30 Flex & Stretch
- 10:00 Art Techniques
- 10:30 Digital Photo Organizing
- 11:00 Yoga: SCICP
- 12:30 Senior Café Lunch *
- 12:00 Drum Circle *10/8
- 1:30 Scrabble*
- 1:30 Shanti*
- 2:30 "Essentrics©"
Aging Backwards
- 3:00 Line Dance Beginner
- 3:00 Bridge Intermediate
- 4:00 Yoga with Diane Outdoor
- 5:00 Line Dance Beginner
- 5:30 Acrylic Painting
- 5:30 Alzheimer's Caregiver *
- 6:30 Family Martial Arts
Sr./Adult Martial Arts

FRIDAYS

- 8:15 Senior Cardiofit
- 8:30 Mexican Train
- 9:00 Blood Pressure *10/18
- 9:00 TOPS*
- 9:00 Zumba Gold & Zumba Toning
- 9:30 Dup. Bridge, Rummy Cube *
- 9:30 Circuit Training
- 10:00 Yoga: SCICP
- 10:30 HandyCrafters *
- 11:00 Senior Café Lunch *
- 11:00 Senior Fitness
- 11:30 Flex & Stretch
- 12:00 Backgammon *
- 1:00 Pilates Chair
- 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 *10/2
- 9:00 Surf City Gardeners *10/9
- 10:00 Fishing Club *10/2
- 10:00 Young At Heart Singers*
- 10:30 Cardkateers *10/2, 10/16
- 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*
10/9-Ford v Ferrari
10/23-May December
10/30-Haunted Mansion
- 1:00 Line Dance 3
- 1:00 It's Your Money*
- 5:30 Firemed CPR
- 6:00 Bridge Beginning

SATURDAYS

- 9:30 Hoag: Mindfulness
- 9:30 Create Your Life Story *
- 9:30 Firemed CPR *10/9
- 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
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