

New Year More Laughs

HUNTINGTON BEACH COUNCIL ON AGING
SENIOR CENTER IN CENTRAL PARK PRESENT

FRIDAY, JANUARY 24TH @ 6:00 PM



COMEDY NIGHT

SPECIAL GUESTS

JOIN US FOR A TWO HOUR COMEDY
SHOW. THE EVENING WILL FEATURE
FINGER FOOD, BEER, WINE, AND MORE!

FEATURING

COMEDIAN NAMES, BIOS, AND
PHOTOS COMING SOON!

DOORS OPEN AT 5:15 PM
SHOW STARTS AT 6:00 PM

TICKETS COST \$35
ON SALE WEDNESDAY, DECEMBER 18TH

@SeniorCenterInCentralPark HBSANDS.org 714-536-5600



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

- Carolyn Ross, President
- Lindsay DuFresne, 1st Vice President
- Bob Allen, 2nd Vice President
- Phil Burtis, CFO
- Diana Zimmer, Treasurer
- Beverly Mast, Administrative Secretary
- Mary DeGuelle, Assistant Administrative Secretary
- Stephanie Babkow, Recording Secretary
- Teri Simonis, Assistant Recording Secretary
- James Pike, Immediate Past President



HBCOA President's Message

Happy New Year from everyone at the Huntington Beach Council on Aging! The past year at the Senior Center in Central Park was filled with opportunities for learning, growth, and community connection. We are deeply appreciative of our ability to support the senior center to provide critical services, programs, information, and educational resources that empower Huntington Beach's older adults to live well and age well. I want to express my heartfelt gratitude to our HBCOA members, dedicated volunteers, community partners, and generous donors. Your ongoing support is the foundation of everything we achieve. We are equally thankful for the commitment and hard work of our senior center staff.

Much is planned for 2025, so stay tuned! If you are not yet a member, volunteer, or donor, I invite you to become part of our community. Please visit our website at www.hbcoa.org to learn more about how you can get involved. I am looking forward to meeting many more of you in the coming year and seeing you at the senior center!

Your HBCOA President,
Carolyn Ross

HBCOA Board Members

- | | |
|------------------|---------------|
| Patty Cody | Jose Juarez |
| Justin Deyle | Celine Keeble |
| Beverly Fleming | Barbara Scott |
| Ellen HopeKearns | John Villa |

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).



2025 HBCOA Membership 3 ways to join or renew

1. By mail: 18041 Goldenwest St. HB, CA 92648
2. Online: www.hbcoa.org/membership
3. In person: at the Senior Center

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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.

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

COMMUNITY 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
bewelloc.org 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

HB 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
www.huntingtonbeachca.gov
714-536-5411 fire safety plan & detectors

Meals on Wheels Orange County (MOWOC)
www.mealsonwheelsoc.org
Other cities: 714-823-3294
HB residents only: 714-374-1717

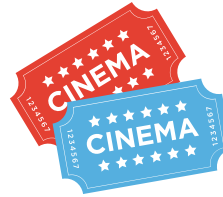
OC Links 855-625-4657
ochealthinfo.com/bhs/about/nit/oclinks 24/7
links to behavioral health & crisis help

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

WEDNESDAY AFTERNOON AT THE MOVIES



JANUARY 8, 1:00 p.m.



The Fall Guy

He's a stuntman. He gets blown up, shot, and dropped from the highest of heights. Now after a career-ending accident, this working class hero has to track down a missing movie star. Ryan Gosling & Emily Blunt. **Audience pick. PG-13 for action & violence, drug content and some strong language. 2h.**



JANUARY 22, 1:00 p.m.



Jules

Milton (Ben Kingsley) lives a quiet life of routine in a small Pennsylvanian town until he finds his day upended when a UFO and its extra terrestrial passenger crashes in his backyard. Things become complicated when neighbors and the government close in. **Audience pick. PG-13 for strong language. 1h 30m**



MOVIE REFRESHMENTS

HBCOA Directors will provide snacks from the lounge before the movies. Stop by, chat with a director, and grab a nibble. Donations are accepted and appreciated!



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 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

Home Delivered Meals

714-374-1717

Huntington Beach Council on Aging (HBCOA)

714-374-1524

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
New Year

Cheers to 2025! Let us look back and smile at all the memories we had last year, and look forward to making many more of them in the coming year. New adventures are right around the corner --- Happy New Year!

As we bid farewell to the past and eagerly embrace the dawn of a new year, we extend our heartfelt wishes to each and every one of you for a joyous and prosperous New Year in 2025. May the coming days be adorned with moments of love, laughter and abundant happiness. May you find strength in challenges, solace in the company of loved ones and inspiration in pursuing your goals. May the canvas of the new year be painted with vibrant experiences and the promise of exciting adventures. Here's to a year of growth, resilience and discovering new perspectives.

I want to thank the HBCOA for their continued support of the Senior Center in Central Park and their devotion to providing older adults with life-enriching services aimed at fostering independence and active aging.

Remember to join us for the following event:

Comedy Night – January 24th, 2025

For more information, please contact the Senior Center in Central Park at 714-536-5600.

Bill Sandoval – Senior Community & Library Services Supervisor

Senior Center in Central Park Remembers



Kristina Macdonald 1944-2024

Kristina was born in Juterbog, Germany. Kristina's joy came from spending time with family & friends and her dog, Tessa. She and a group of other German speaking friends gathered at the Senior Center in Central Park for conversation, music, dancing, and lunch at the Senior Cafe'. Former Mayor Ralph Bauer would often stop by her table to visit and converse with her in German. Kristina will be missed by those she left behind.



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.

Cachuma Lake Eagle Cruise Friday, February 21, 2025



North of Santa Barbara lies glimmering Cachuma Lake. Winter is an exciting time as it's the time of year both resident and migratory bald eagles

can be seen. Meanwhile, red-tailed hawks scour the hills for prey and ospreys are on the hunt. Down at lake level, mallards, eared grebes, ruddy ducks, northern shovelers and wood ducks explore the bays and mud flats while great blue herons, great egrets and snowy egrets stalk the shoreline. Upon arrival, enjoy an included boxed lunch at the picnic tables, along with time at leisure to visit the nature center and explore the picturesque nature trails on the lake shore. In the afternoon enjoy a narrated lake cruise with a naturalist who will present on the area's natural and cultural riches. The flat-bottomed, covered pontoon boat carries up to 24 guests and provides a gentle and relaxing experience. It has padded seats and is ideal for wildlife viewing. While this is the prime time to spot eagles and other wildlife at Cachuma Lake, wildlife is unpredictable and sightings are never certain. *This tour involves moderate walking over uneven terrain.* **Member Price: \$129; Non-Member Price \$139 Depart: 8:00 am Return: 8:00 pm**

Where in the World is your Outlook?

Email you pictured with your Outlook to Teri.Simonis@surfcity-hb.org

SENIOR CENTER
in Central Park

AARP FOUNDATION

TAX PREP

Each year from February - April the Senior Center partners with AARP offer free tax preparation.

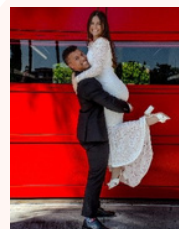
- ✓ Appointments can be made starting **Monday, January 6th** at 8:00 AM
- ✓ Tax appointments are free and returns are filed electronically
- ✓ Tax preparers are AARP volunteers
- ✓ Open to both residents and non residents
- ✓ Done in the *Game Room*
- ✓ Appointment times can range from 10 AM-2 PM
- ✓ Government-issued photo IDs and taxpayer identification numbers are required for all individuals on each tax return

CALL IN 2025

714-536-5600 taxaide.aarpfoundation.org

cheers!

A Marry Good Year!



Congratulations Brooke McLaughlin, Rental & Events Coordinator, at the Senior Center in Central Park, and Nick Grimes, a Firefighter Paramedic, on their marriage! While Brooke's new last name is Grimes, she'll continue to stick

with McLaughlin at work... for now.



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Tracey@LocalLivingSolutions.com
www.LocalLivingSolutions.com



Grant Sevdayan
Music Director

RACHMANINOFF 2ND
&
The Armenian
Connection

SUNDAY, February 23, 2025 @ 3:30pm
Huntington Beach Library Theater
7111 Talbert Ave, HB 92648

RACHMANINOFF
Piano Concerto N°2

Lehar, Hardelot,
ARMENIAN SONGS

Purchase (check, cash)

TICKETS

\$30 (\$35 @ door)

AB Music Studios
19171 Magnolia St. HB
(714) 962 - 8911

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Contact us:
info@hbsymphony.org
(714) 274-5524



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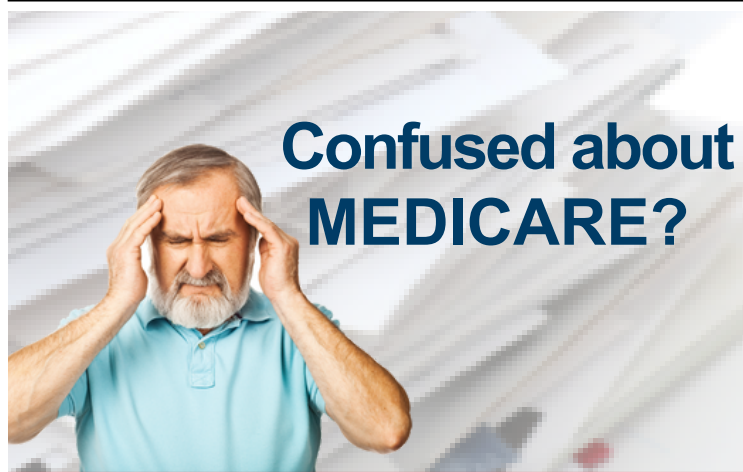
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RECREATION



Upcoming Special Events



A Tribute to Love – Saturday, February 22nd

Join us on Saturday, February 22nd for a two-hour musical performance titled “A Tribute to Love”. This special concert, produced by Nancy’s Cabaret, will feature four professional performers who will take the audience on a captivating journey through the most beloved songs of love from Broadway musicals, iconic movie moments, and the unforgettable crooners of the mid-20th century. We’ll also be offering light snacks and refreshments to go along with the event.

Tickets go on sale Thursday, January 30th and cost \$25 per person.

What’s Happening in January

Drum Circle Group

Join Lee for this free drum circle class on Tuesday, January 7th at 12:30 p.m. Bring your own drum or borrow one of Lee’s!

Surf City Gardeners – January 8th

Easy to grow, maintain and harvest in Huntington Beach gardens! Citrus provides us with fruit, juice, and shade all year. Learn about care, feeding, pests and disease for our citrus. Lecture starts at 9am and no RSVP is required.

Senior Center Closed – Monday, Jan. 20th

The Senior Center will be closed on 1/20 in recognition of Martin Luther King Jr. Day. In addition, City Hall and all other community centers will be closed.

We will reopen on Tuesday, 1/21.

January Calendar

- Monday, January 6 – Senior Center Re-Opens
- Tuesday, January 7 – Drum Circle Class
- Wednesday, January 8 – Surf City Gardeners Lecture
- Wednesday, January 8 – Movie *Fall Guy*
- Thursday, January 9 – HBCOA Board Meeting
- Monday, January 20 – Closed for MLK Day
- Wednesday, January 22 – Movie *Jules*
- Friday, January 24 – Comedy Night
- Monday, January 27 – Big Band Swing Dance
- Thursday, January 30 – Nancy’s Cabaret Tickets on Sale



“Our lives begin to end the day we become silent about things that matter.”
-Martin Luther King, Jr.

NEW CLASS – ARTS & CRAFTS FOR BEGINNERS



We’re expanding our creative horizons with new art classes in our lineup! After the incredible success of our *Acrylic Painting* class with the talented Anjanette, we knew we had to bring her back for more. Introducing *Arts & Crafts for Beginners* – a brand-new class designed to spark your creativity and explore a variety of fun, hands-on projects!

Bonus Tip: Since this class is fresh off the easel, you won’t find it in the Winter 2025 SANDS magazine. But don’t worry—you can register now at HBSANDS.org!

The class takes place Fridays, 11:00 a.m. to 1:00 p.m. in room EMG2. The cost is \$131 per session. The session dates are Jan. 10 – Feb. 7 and Feb. 14 – March 14.



HEALTH & WELLNESS

NEW YEAR, NEW YOU!

Are you ready to kick start your 2025 fitness goals?

We welcome you to visit the Health & Wellness Pavilion Fitness Center. We offer a wide variety of cardiovascular equipment, free weights, strength training equipment, personal training studio, and dance room. Anyone 50+ is invited to register.

Annual Memberships

Ages 50-79: \$120 per year

Ages 80+: \$80 per year

Have a Medicare Advantage Plan?

We accept the following:

SilverSneakers

Silver & Fit

Renew Active/OnePass

FREE GYM MEMBERSHIP

Questions?

Please call 714-374-1578 or visit the gym front desk for additional assistance.

NEW! Nature Meditation Walk

Mondays starting 1/6-3/10
8:00-9:15am



8-week meditative, slow, and guided walk through Central Park. Learn strategies to help calm the busy mind! Meet at Senior Center Patio.

To register visit HBSANDS.org or call 714-374-1578 for assistance.

The Senior Center will be
CLOSED on

Monday, January 20

in observance of Martin Luther King Jr. Day



ZUMBA GOLD

FREE DEMO

Ever been CURIOUS to try out Zumba Gold and see what the craze is all about?

Sign up for our **FREE DEMO!**

*Wear closed toed shoes and comfortable clothing

**Monday
January 6**

2:00pm

18041 Goldenwest RSVP at the Front Desk HB

HOAG IN JANUARY

Blood Pressure Screenings
Friday, Jan 17th

Memory Screenings
Wednesday, Jan 8th & 15th
Fee: \$45

By appointment only.
Call 949-764-6288 for an appointment.

Lectures

Treating Back Pain
Thursday, January 9
9:30-10:30am

Improving Mobility & Balance
Thursday, January 16
9:30-10:30am

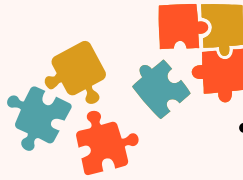


VOLUNTEER SERVICES



Puzzle Swap

4th Tuesdays starting
January 28th
4:00 PM-6:00PM



On The 4th Tuesday of each month the Senior Center in Central Park hosts a Puzzle Swap! Bring your previously completed puzzle(s) to swap and meet other fellow puzzlers. Show up anytime during the program for a large inventory of puzzles to swap from!

- Bring one or more puzzles and take one or more!
- Please try to bring complete puzzles.
- If pieces are missing, indicate the number missing (3 or less) on the outside of the box.
- Enclose all pieces in the original box and tape shut or put them in a resealable bag, or both!

Thank You Travel Hosts

The HBCOA Travel Program works with the local travel agency, Good Times Travels, to coordinate trips each month for Senior Center in Central Park participants to attend. The travel team puts a lot of thought into selecting each trip so that attendees have a memorable experience. What truly makes these trips such a success isn't just the locations, but the Travel Hosts that help lead each trip. These volunteers work hard to make sure attendees are having an enjoyable experience. Thank you to each of our Travel Hosts for all that you do. We are excited for another year of travel!

Interested in attending an upcoming trip? Stop by the Travel & Resource Room today!



Reminder: Monday Volunteers

We are closed on
Monday, January 20th
for Martin Luther King Jr. Day



Thank You HandyCrafters

We would like to extend a huge thank you to the HandyCrafters for all of their hard work and generous donations to support the senior center over the years. Since the opening in 2016, the HandyCrafters have donated over \$50,000! Their donations have helped support Holiday Meals, Care Management, Transportation, and other programs at the senior center. Thank you to all the HandyCrafters and to all who have supported them over the years!



Current Volunteer Opportunities

- Transportation Drivers
- Home Delivered Meals
- Travel & Resource Room Volunteers

Upcoming Events

- 1/24/25 - Comedy Night
- 2/22/25 - Nancy's Cabaret

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



Gratitude in the New Year

The Care Management Team serves older adult Huntington Beach residents who are at-risk and under-supported. During the holidays, the team helped spread cheer in so many ways. Thank you to all of the volunteers, community members, and partners who made the holidays bright for those we serve! Thank you to the Care Management Team for their dedication to serve seniors and connect our community!



Winter Wishes gift collection with community members



Holiday Gift Bags by DreamCatchers



Hot Holiday Meals by Huntington Beach Hospital & Delivered by Volunteers



Handmade calendars by Diane

Support Groups, Consultations, and More

Call 714-374-1572 or stop by the Travel & Resources Room between 8am -4pm to find out more about services provided by our partners and volunteers, such as legal consultations, health insurance counseling, tech coach, notary services, and upcoming support groups.

Wheelchairs and Walker Lending

Senior Center in Central Park lends out gently used mobility equipment such as wheelchairs and walkers to older adult residents and visitors who can't get their own. Give us a call at 714-374-1572 before coming in so we can determine if we have what you need and make arrangements with you.

Nutrition

SCCP partners with Meals on Wheels OC to provide in person lunch at the Senior Cafe' most weekdays. See page 19 for more info and the menu.

Huntington Beach older adults who are homebound may call 714-374-1717 to learn more about Home delivered Meals and other nutrition resources.



Congratulations to our very own Caryn Kawamoto, Volunteer Coordinator, for receiving the Mayor's Award of Excellence. Caryn is approaching her three year anniversary with us. This award is well deserved by this amazing person who helps make our team shine!



octa
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 Huntington Beach 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.

Holiday Closure Notice

There will be no rides, bookings, reminder calls, or reservations available during the following holiday closures in observance of New Year's and Martin Luther King Jr. Day.

Wednesday, January 1st
Thursday, January 2nd
Friday, January 3rd
Monday, January 20th

After-Hours Transportation

For transportation needs outside the regular hours of *Surf City Seniors on the Go!*, consider using the Orange County Transit Authority's Access bus program. For an application or questions about the program, contact OCTA at 714-560-5956 or www.octa.net.

HAPPY
New Year
2025

Start the New Year in Top Speed

After the Winter Break, Transportation staff and volunteers are fueled and ready to accelerate your transportation needs!



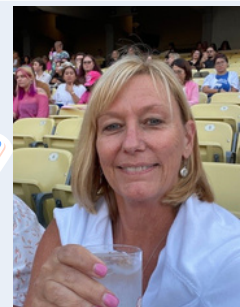
You have the green light to:

- **Pass on the stress of driving**
- **Register with Seniors on the Go**
- **Book rides by phone to all of your favorite HB destinations**
- **Have a carefree day of errands and outings while we do the driving**

Pick up the phone to call dispatch at 714-374-1742 when you are ready to roll!



HAPPY
Retirement!



Stephanie Meyer joined Surf City Seniors on the Go as a front desk volunteer in 2019. In 2020 she joined our dispatch team. We have been so fortunate to have her as part of our team for the past five years. We are thankful for the compassion she showed our clients and all the help she provided. We wish her the best in the next chapter of her life. She will be missed!

Open Every Wednesday!
HUNTINGTON BEACH ELKS

BINGO

WEDNESDAY MATINEE

Doors Open at 9:00 AM. - \$15.00 Minimum Buy-In

23 TOTAL GAMES

ALL GAMES PAY \$250.00
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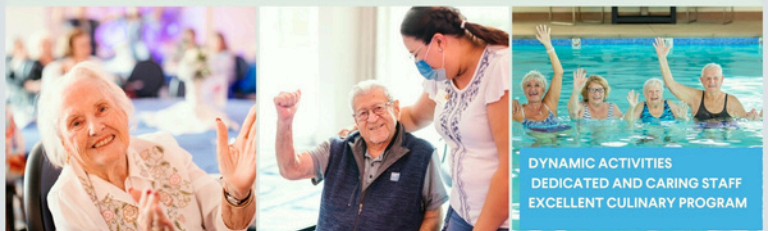
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SCAM ALERT

As we enter 2025, the Huntington Beach Police Department wishes to remind older adults that scammers will also view the new year as one of "opportunity" in their attempts to fraudulently separate individuals from their money and/or personal information. The following are common tricks they will employ, as well as actions, or "non-actions" that everyone should initiate to prevent from becoming a victim:

- Be wary of any unsolicited contact from individuals purporting to be from a government agency (Medicare, Social Security, the IRS, etc.), financial institutions, or commercial organizations. The contact may come via phone, email, text, or social media platform. If you did not initiate the contact, it is almost certainly a scam attempt.
 - Scammers will often leave a phone number for you to call back; it may be on a voicemail, email, or text. The goal is to engage you in conversation long enough to have you provide personal information and/or convince you to engage in an activity that ultimately will prove injurious to your financial health.
 - **DO NOT** return those messages. If you are unsure about the veracity of a phone number, take the time to look it up on the official website of the organization.
- **Never** provide personal information (financial, medical, etc.) to anyone you do not know. It is that information that enables the scammer to access and drain your financial accounts, or become a part of identity theft.
- **Never** click on a link or open an attachment sent to you via email, text, or social media that you are not expecting nor familiar with. Doing so runs the risk of downloading viruses onto your phone or computer that could potentially lead to the theft of personal information and loss of access to any account information with governmental and/or financial institutions.
- At least monthly, check the following for improper access or faulty information
 - Medical EOBs (Explanation of Benefits notifications)
 - Financial statements
 - Commercial accounts

In conjunction with the HBPD, the Senior Center in Central Park will continue its quarterly educational series on fraud prevention in which these and other topics are covered in more detail, including new and underreported scams. If interested, contact the senior center for dates and times, 714-536-5600.

Well Deserved Jessica & Joe!



Meals on Wheels Orange County staff, Jessica and Joe, received appreciation and recognition for their outstanding work over the holidays serving lunches to more than 100 older adults.



Employed at the Senior Center in Central Park's Senior Cafe', they work with senior center staff & volunteers to provide a successful lunch program each weekday. Their dedication to the community is evident in the popularity of the program. Join them for lunch Monday through Friday at 11:00 a.m.



Love is in the Air At the Senior Cafe



A huge congratulations to Greg Caouette and Irene Garcia who recently said "I do." This incredible couple met during the Senior Cafe' lunch program at the Senior Center in Central

Park. From sharing a table with friends to sharing a life, their story demonstrates the power of connection. Greg and Irene's first date was at the Great Gatsby All that Glitters dance



sponsored by the Huntington Beach Council on Aging at the Senior Center in Central Park. Greg and Irene exemplify HBCOA's motto, Age Well.Live Well.

On November 11th, Greg and Irene tied the knot at the iconic Graceland Chapel in Las Vegas – proof that it is never too late for a little adventure and a lot of love! The Senior Center is more than just a place for activities and meals. It is a community where friendships flourish, hearts find joy, and sometimes, love blossoms. Who knows? Your next best friend – or even your happily-ever-after might be waiting at one of the senior center programs. Join us for lunch classes, or one of the many events. You never know where it might lead! Cheers to the happy couple and to the magic of meaningful connections.



Monday	Tuesday	Wednesday	Thursday	Friday
<h1>January</h1>		1	2 3	
		Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00 Meatless Meal		
6	7	8	9	10
Pork Loin Caramel Sauce Broccoli Brown Rice Tropical Fruit Mix 1% Milk	Turkey Roast Brown Gravy Collard Greens Sweet Potatoes WW Dinner Roll w/Smart Balance Pineapple Chunks 1% Milk	Cubed Beef Stroganoff Sauce Winter Veg Blend Egg Noodles WW Dinner Roll w/Smart Balance Mandarin Orange 1% Milk	Chicken Meatballs Sweet Citrus Glaze Oriental Veg Blend Quinoa Pilaf Fresh Orange 1% Milk	Tinga Chicken California Veg Blend Cilantro Lime Rice WG Tortilla SF Pudding RS Ambrosia 1% Milk
13	14	15	16	**17**
Diced Chicken Parmesan & Sundried Tomato Sauce Carrots Tri-Color Pasta WW Dinner Roll w/Smart Balance Tropical Fruit Mix 1% Milk	Barbacoa Beef Oregon Bean Medley Cilantro Lime Rice WG Tortilla Fresh Orange 1% Milk	Tuna Salad Corn, Lima Beans & Tomato Salad WW Dinner Roll w/Smart Balance Mandarin Orange 1% Milk	Diced Chicken Breast Asian Sauce Oriental Veg Blend Egg Noodles WW Crackers (4pk) Canned Peaches SF Pudding 1% Milk	(To Be Determined)
20	21	22	23	24
	Pork Loin Sweet Citrus Glaze Mix Veg Sweet Potatoes WW Dinner Roll w/ Smart Balance Mandarin Orange 1% Milk	Veggie Egg Salad on Spring Mix California Veg Blend Moroccan Lentil Veg Soup WW Bread w/Smart Balance Fresh Orange 1% Milk	Beef Cheeseburger Swiss Cheese Shredded Lettuce, Tomato & Red Onion WG Hamburger Bun Mayo, Mustard & Ketchup Fiesta Corn & Bell Pepper Salad Pineapple Chunks 1% Milk	Chicken Strips Kung Pao Sauce Oriental Veg Blend Pineapple Fried Rice Egg Drop Soup WW Crackers (4pk) Canned Pears 1% Milk
27	28	**29**	30	31
Tarragon Chicken Salad w/Yogurt Dressing Broccoli & Peppers Salad Lemony Orzo Salad WW Dinner Roll w/ Smart Balance Mandarin Orange 1% Milk	Mexican Beef Cocido Cubed Beef Beef Broth Vegetable Mix WG Tortilla (1) Banana SF Pudding 1% Milk	(To Be Determined)	Baked Tilapia Ranchera Sauce Broccoli Mexican Rice WG Tortilla (1) SF Pudding Orange Juice 1% Milk	Cubed Beef Pepper Garlic Sauce Carrots Brown Rice 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 reason of quality control, price or vendor problems. This project is funded in parts through funds from the Federal Older Americans Act as allocated by the Orange County Board of Supervisors. Sugar free desserts and water packed fruits are used throughout the menu to accommodate diabetics. 1% Milk served daily. indicates sodium content over 1,000 mg. * indicates a special event or Holiday and the menu MAY exceed 1,000 mg. Low Cholesterol, 0% trans-fat buttery spread served with bread & rolls. Weekly average lunch meal provides >550 calories. Please note condiments are not analyzed and may increase sodium.				
www.MealsOnWheelsOC.org				

Arrive by 11:15.
Lunch served 11:30am-12pm.

Registration required.
Questions, call 714-375-8404.



January

MONDAYS

- 8:30 Nature Meditation Walk
- 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 *
- 11:00 Beg. Acrylic Painting
- 11:30 Balance and Stability
- 12:00 Ukulele Intermediate
- 12:30 Party Bridge & Chess*
- 2:00 Zumba Gold Dance Fitness *
Free Demo 1/6
- 2:00 Bridge for Beginners
- 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 Merengue & ChaCha
- 6:00 NAMI*
- 6:30 Tai Chi Chaun
- 7:00 Big Band Swing Dance *1/27

THURSDAYS

- 8:00 Outlook Assembly *1/23
- 8:30 Table Tennis*
- 8:15 Tai Chi Chuan, Beginner
- 9:20 Tai Chi Chuan, Intermediate
- 9:30 Hoag Lecture *1/9, 1/16
- 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 Tech Club * 1/9
- 3:00 Line Dance Level 1
- 6:00 Belly Dancing Beginning
- 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
- 10:30 Yoga: SCICP
- 11:00 Senior Café Lunch *
- 12:30 Drum Circle * 1/7
- 12:00 Scrabble*
- 1:30 Shanti *
- 1:30 Essentrics Aging Backwards
Free Demo *1/7
- 2:30 Line Dance Beginner
- 3:00 Yoga with Diane Outdoor
- 3:00 Bridge Intermediate
- 4:00 Line Dance Beginner
- 4:00 Puzzle Swap * 1/28
- 5:30 Alzheimer's Caregiver *
- 5:30 Family Martial Arts
- 6:30 Sr./Adult Martial Arts

FRIDAYS

- 8:15 Senior Cardiofit
- 8:30 Mexican Train
- 9:00 Blood Pressure *1/17
- 9:00 TOPS*
- 9:00 Zumba Gold & Toning
- 9:30 Dup. Bridge, Rummy Cube *
- 9:30 Circuit Training
- 10:00 Yoga: SCICP
- 10:30 HandyCrafters *
- 11:00 Arts & Crafts for Beginners
- 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
- 6:00 Comedy Night 1/24

WEDNESDAYS

- 8:00 Tax Prep Game Rm. Closed
- 8:30 Wednesday Walkers *
- 9:00 Zumba Gold Dance Fitness
- 9:00 Surf City Gardeners *1/8
- 10:00 Fishing Club *1/8
- 10:00 Young At Heart Singers*
- 10:30 Cardkateers * 1/5, 1/29
- 11:00 Senior Café Lunch *
- 11:00 Line Dance Level 1
- 12:00 Line Dance Level 2
- 1:00 Movies *1/8 Fall Guy. 1/22
Jules
- 1:00 Line Dance 3
- 6:00 Bridge for Beginner

Happy
New Year

 The text 'Happy New Year' is written in a cursive font, with a burst of orange and yellow lines above the word 'Happy' resembling fireworks.

SATURDAYS

- 9:30 Fire Med *1/25
- 10:00 Family Martial Arts
- 11:00 Sr. Martial Arts

For specific dates, prices,
and locations of activities
please stop by our front
desk or browse the City's
SANDS magazine
(hbsands.org)

2025

* NO OR LOW-COST TO ATTEND

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