



WHAT'S HAPPENING AT THE SENIOR CENTER!

If you love to play, volunteer, meet new people, keep active, visit with friends, enjoy inspirational conversation, dance, give back to your community, workout, serve others, or just get out of the house, join us for something great at the Senior Center in Central Park.



UPCOMING FEATURED ACTIVITIES & EVENTS



 2/14 11:00 a.m. Valentine's Day Celebration
Provided by Meals on Wheels Orange County



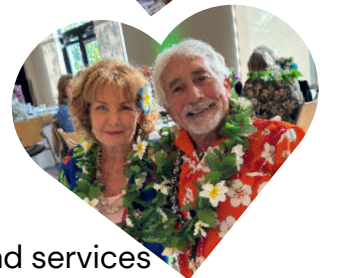
2/22 Indoor Concert:
A Tribute to Love
by Nancy's Cabaret



2/25 Puzzle Swap: 4-6 p.m. on the
4th Tues. monthly



3/15 Rise and Walk: Sign up at the front desk or
online at hbsands.org



Additional details on these and other programs, activities, events and services are available inside the Outlook or at the Senior Center in Central Park.

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 Board Members

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

For additional information, please visit the HBCOA website, www.hbcoa.org or like the HBCOA Facebook page @ Huntington Beach Council on Aging, [Facebook.com/hbcoa](https://www.facebook.com/hbcoa).



In This Issue

Activity Calendar.....	19
Community and Library Services Staff.....	4
Community Resources.....	3
Cultivating Self-Love.....	16
HBCOA Board of Directors.....	2
HBCOA Donors.....	20
HBCOA Movies	3
HBCOA President’s Message.....	2
HBCOA Travel & Trips.....	5
Health & Wellness.....	10
Recreation.....	9
Senior Center In Central Park Remembers.....	4
Senior Lunch Café Menu.....	19
Social Services.....	12
St. Patrick’s Day Lunch.....	17
Supervisor’s Message.....	4
Support the Senior Center In Central Park.....	17
Transportation.....	13
Volunteer Services.....	11

HBCOA President’s Message

I hope this greeting finds you warm, well, and in good spirits. February traditionally celebrates matters of the heart – with Valentine's Day reminding us to cherish our relationships with family and friends. Your presence and participation continue to make the Senior Center in Central Park a vibrant place where wisdom, experience, and friendship flourish.

This month's Outlook is filled with opportunities to connect with one another, and I encourage you to take advantage of all the Center has to offer. The Huntington Beach Council on Aging (HBCOA) remains dedicated to our mission of providing access to services, programs, information, and education that empower older adults in Huntington Beach to age with dignity.

We deeply appreciate all who support our work – we simply could not provide these vital services without you. As we embrace this new month, I wish you a February filled with warmth, good health, and meaningful moments.

I look forward to seeing you soon at the Senior Center.

Warmest regards,
Carolyn Ross, HBCOA Board President



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

Membership Levels

- ___ General Member (\$20)
- ___ Dual (\$35/2 joining from the same residence)
- ___ Bronze (\$100)
- ___ Silver (\$250)
- ___ Gold (\$500)
- ___ Evergreen (\$1000+)

Bronze - Evergreen are acknowledged monthly in our newsletter. Additionally, Evergreen donors receive a leaf on the Tree of Life displayed at the senior center.

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

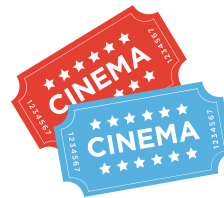
OC Links 855-625-4657 ochealthinfo.com/bhs/about/nit/oclinks 24/7 links to behavioral health & crisis help


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



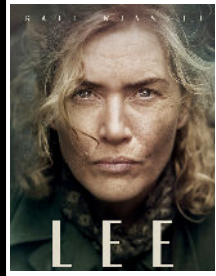


February 12, 1:00 p.m.

She Came to Me

Celebrate Valentine's Day with this multigenerational romantic comedy. A composer (Peter Dinklage) suffering from creative block, finds inspiration after a chance encounter with an unusual woman (Marisa Tomei). Teenagers fight to prove to their parents that love can last forever. A therapist, Anne Hathaway, finds love in an unexpected way. Golden Globe nominee. **1h 42m, R for some language.**





February 26, 1:00 p.m.

Lee

In this docudrama of American war correspondent and photographer, Lee Miller (Kate Winslet), Miller's singular talent and unbridled tenacity results in some of the 20th century's most indelible images of war, including an iconic photo of Miller posing defiantly in Hitler's private bathtub. Golden Globe nominee. **1h 47m R for disturbing images, language & nudity.**



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**



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

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

The City of Huntington Beach and the Huntington Beach Council on Aging, make no warranties, presentations, or claims concerning the quality, quantity, or availability of services sponsored in the Outlook, and they reserve the right to exercise such discretion as they may deem appropriate in the selection of sponsorship material to be published in the Outlook. By viewing the sponsorship section you agree not to hold the City of Huntington Beach, the Huntington Beach Council on Aging or its affiliates liable for the content of any sponsor, or for any delays, inaccuracies, errors or omissions in the transmission or delivery of such content. Your viewing/use of this section signals your acceptance of these terms, conditions, and guidelines.

Hello everyone,

As we move into February, I'm filled with gratitude for the vibrant community we continue to build together here at our center. The start of 2025 has already brought so many wonderful moments of connection and friendship among our participants.

This month, we're excited to embrace the spirit of togetherness with a special event: A Tribute to Love. Join us on Saturday, February 22, 2025, 4:00-6:00 p.m., for a two-hour musical performance produced by Nancy's Cabaret, highlighting performances of Broadway Musicals, and unforgettable crooners of the mid-20th century. For information on purchasing tickets, please contact the Senior Center in Central Park at 714-536-5600.

I want to especially acknowledge our dedicated volunteers and staff who make our center such a welcoming place. Their commitment to serving our community continues to inspire me daily. Whether they're greeting visitors at the front desk or helping in our kitchen, they truly are the heart of our center. 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.

As the winter continues, please remember that we're here to support you. Our transportation services are available for those who need assistance getting to and from the center and our staff is always ready to help connect you with resources you might need.

Stay warm, stay active, and most importantly, stay connected. Our doors are always open for you to join us for a warm meal, an engaging activity, or simply a friendly conversation.

Bill Sandoval – Senior Community & Library Services Supervisor

Senior Center in Central Park Remembers



Ed Quo 1935-2024

Ed Quo died at age 89, six weeks before his 90th birthday. He loved to cook and entertain as well as spend a lot of time at the Senior Center in Central Park. He was a bridge player extraordinaire and looked forward to playing in bridge games and tournaments at the senior center each week. Friends and staff will miss his friendly smile and outgoing personality.

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 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. Registration closes February 2nd.

Member Price: \$129; Non-Member Price \$139
Depart: 8:00 am Return: 8:00 pm

Where in the World is your Outlook?

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



Colorful Songs Review Monday, March 17, 2025

Gather up your "lucky charms" and get your "smiling Irish eyes" onboard for this St. Patrick's Day tradition that celebrates popular Irish music and an Irish three-course lunch with wine at Almansor Court in Alhambra, a beautiful venue overlooking the golf course, lakes, and fountains. The Colorful Songs Revue will entertain the young-at-heart with classic songs like "Danny Boy," "When Irish Eyes Are Smiling," and "My Wild Irish Rose." Last years lucky travelers said that this trip was a "Great St. Patrick's day show" and "wonderful from start to finish." Purchase your tickets soon for a shamrockin' good afternoon! Registration closes March 3rd.

Member Price: \$159; Non-Member Price: \$169
Depart: 10:30 a.m. Return: 5:00 p.m.



NASA's Jet Propulsion Laboratory (JPL) Tuesday, March 25, 2025

JPL's Pasadena campus is Nasa's lead center for robotic exploration of our solar system. From the Explorer Voyager to Cassini and the Mars rovers, the majority of unmanned spacecraft and robots sent into space were built at JPL. Prior to the JPL guided tour, enjoy time and lunch on your own in charming Old Pasadena. This trip and tour involves extensive walking and periods of standing and stairs. Your full legal name, as it appears on the government ID that you will present to JPL security on the day of the tour, is required when you book your trip. Registration ends March 3rd. **Member Price: \$99 Non-Member Price: \$109** **Depart: 9:30 a.m. Return: 6:00 p.m.**

Local Living Solutions proudly offers no-cost assistance finding senior living & care options for you & your loved one.



Local Living Solutions
SERVICES FOR SENIORS

Assisted Living | Memory Care | Respite Care
Residential Board & Care Homes | Independent Living
Continued Care Retirement Community

Tracey Lancaster, CSA
Certified Senior Advisor
714-625-1725

Tracey@LocalLivingSolutions.com
www.LocalLivingSolutions.com



RACHMANINOFF 2ND
&
The Armenian Connection

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

RACHMANINOFF
Piano Concerto N^o 2

Lehar, Hardelot,
ARMENIAN SONGS

Purchase (check, cash)

TICKETS

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

\$30 (\$35 @ door)

Online Promo:
4 tickets for \$100

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



SERVICES DESIGNED
WITH YOU IN MIND

Certified Senior Real Estate Specialist

FREE CONSULTATION

Personalized guidance tailored to your unique needs & goals.

TRANSITION WITH EASE

Seamlessly navigate the process of downsizing or relocating.

LEGAL ADVICE BY ATTORNEY

Ensure peace of mind with expert legal counsel every step of the way.



Birgitta Ganz
BROKER ASSOCIATE

714.392.1776
BirgittaGanz@gmail.com
BirgittaGanz.com
DRE #00452197

SEVEN GABLES
REAL ESTATE

SG DRE #00745605. This is not intended to be a solicitation of another broker's listing.



Compassionate &
Professional In-Home Care

Find peace of mind knowing our experienced caregivers are providing enriching, engaging, and empowering in-home care. Some of our services include:

- Meal Preparation
- Light Housekeeping
- Shopping
- Errands
- Live Person On Call 24/7
- Bathing, Dressing, and Incontinence Care



Homewatch
CareGivers®

Call now for free evaluation!
714.656.3044
hwcg.com/hnb
License #304700023

Want more from your Medicare plan?
 With my help, you have the power to choose a new plan that fits your current needs!

I'm your local Licensed Insurance Agent, specializing in Medicare.

My Service All at No Cost to You:

- ✔ Knowledgeable and personalized
- ✔ Education on Medicare plan options
- ✔ Annual plan reviews



We can help you make a loving plan



Funerals • Life Celebrations • Cemeteries



Westminster Memorial Park Mortuary

14801 Beach Blvd., Westminster, CA 92683
714-893-2421

FD1030/COA 162

Additional Orange County Locations

I will be here all year round to help you with any questions and concerns. **Give me a call, I look forward to helping you.**



Ellen Bereza

Office: (714) 458-5218
 Fax: (714) 369-2536
 Berezaellen@aol.com
 License #OM28741

INDOOR
PICKLEBALL
HB SPORTS WAREHOUSE

DISCOUNTED RATES
8AM-5PM
 MONDAY-FRIDAY

MORE INFORMATION
 949-512-0222
 HBSPORTSWAREHOUSE.COM
 18211 ENTERPRISE LANE UNIT D

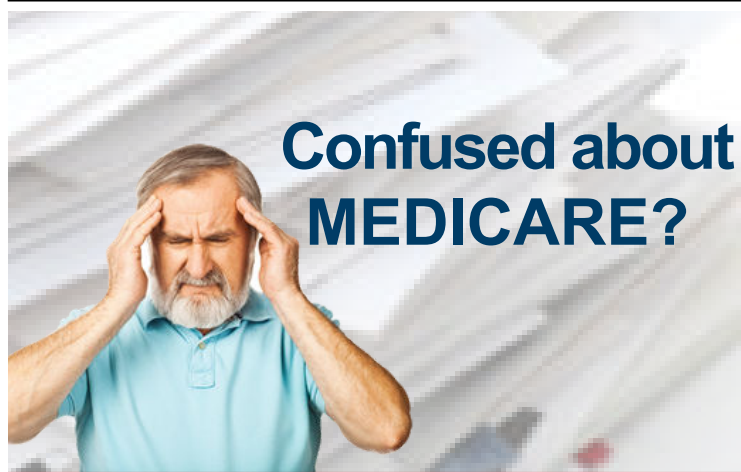
DISCOUNTED RATES ON PICKLEBALL, FOOD, DRINKS, CLINICS AND CLASSES FOR SENIORS

OPEN NOW!

Neuropathy Breakthrough!

b BENNETT
 ACUPUNCTURE & FUNCTIONAL MEDICINE

(714) 962-5031
BENNETTACUPUNCTURE.COM



Confused about MEDICARE?

Get accurate answers from an experienced broker.

18685 Main St., Ste. 101- 600 | Huntington Beach, CA 92648

Danny Matheus (714) 252 - 6965
Danny@Medicare101.net
CA Lic. 0B02352



By calling this number you will be talking to a licensed insurance agent

Now included with every residence: More happy hours



Enjoy More at Merrill Gardens

Find more hours in the day. Happy hours, not fixing-the-house hours, of course. Please call or visit our website for more information. Then prepare to seize the day.



Ask About Our Special Savings!*

(714) 243-8229

merrillgardenshuntingtonbeach.com

17200 Goldenwest St, Huntington Beach, CA 92647



*Limited time offer. Call for details. Lic #306005275

Island Bazaar Ukuleles

714-843-9350



Finest ukuleles anywhere!

Ohana, Kala, Tradewinds, Ko Aloha, Kamaka, Kanilea

Also repairs, playing groups, Complete accessories for Ukulele. Come in and see!

Island Bazaar • 16582 Gothard St. R Hunt. Beach, 92647 • 714-843-9350

Islandbazaarus.com

YouTube: Shirley Orlando, Ukulelegirl

Above & Beyond REFERRAL SERVICES, INC.

949.791.9227



Cathy Gaertner
Placement Specialist

Assisted Living, Dementia, Alzheimer's & Residential Care Homes Plus Many Other Senior Referrals

cathy@aboveandbeyondrs.com

www.aboveandbeyondrs.com



RECREATION

Upcoming Special Event

A Tribute to Love – Saturday, February 22nd, 4:00 to 6:00 p.m.

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. The HBCOA will offer light snacks and refreshments to go along with the event.

Tickets go on sale Thursday, January 30th, and cost \$25 per person. (HBCOA members, show your card for a \$5 discount.)

February Highlights

Drum Circle Group

Join Lee for this free drum circle class on Tuesday, February 11th at 12:30 p.m. Bring your own drum or borrow one of Lee’s!

Surf City Gardeners – February 12

Amazing Avocados! Avocados provide us with delicious and nutritious butter fruits and evergreen trees. Learn all about them including how to choose the right one among the varieties, and how to grow and maintain one of these SoCal favorites. 9:00–10:30 a.m., drop in.

Senior Center in Central Park will be closed Feb. 17 in observance of



February Calendar

- Thu. February 6 – HBCOA Board Meeting
- Tue. February 11 – Drum Circle
- Wed. February 12 – Surf City Gardeners
- Wed. February 12 – HBCOA Movie, *She Came to Me*
- Fri. February 14 – Valentine’s Lunch, Meals on Wheels OC
- Mon. February 17 – Closed for Presidents’ Day
- Wed. February 19 – Chair Volleyball
- Fri. February 22 – Nancy’s Cabaret Tribute to Love
- Mon. February 24 – Big Band Swing Dance
- Tue. February 25 – Puzzle Swap
- Fri. February 21 – HBCOA Trip, *Lake Cachuma*
- Wed. February 26 – HBCOA Movie, *Lee*

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 runs February 14 – March 14.



HEALTH & WELLNESS



Healthy Heart Habits



Taking steps to nurture your heart can make a lasting impact on your overall health and energy levels for years to come. Here are some practical tips and essential habits you can incorporate into your daily routine to boost your heart health:

- Regular physical activity. A good goal is 150 minutes of moderate intensity a week.
- Eating a healthy balanced diet that includes fruit and vegetables, whole grains, healthy fats and lean protein.
- Maintaining quality of sleep
- Staying hydrated
- Staying socially active
- Practicing relaxation techniques, such as deep breathing, meditation, or yoga.

By making heart-healthy choices—whether through nutritious eating, regular exercise or stress management—you can enjoy a more vibrant, active life. Remember, small daily habits can lead to big, lasting benefits. Keep your heart strong, your body energized, and your mind at peace as you continue on your journey to a healthier tomorrow.

Here's to a lifetime of heart health!



The Senior Center will be
CLOSED on

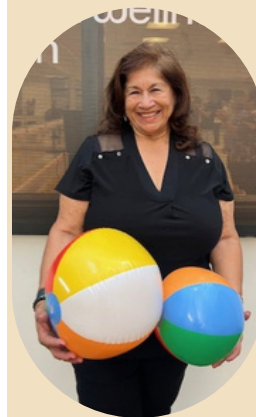
Monday, Feb. 17th



in observance of Presidents' Day

Join
US

CHAIR VOLLEYBALL



**Wednesday
Feb. 19th**

12:00-1:00PM

Enjoy an afternoon of chair volleyball! Have fun & make new friends.

Play with a beach ball while seated. Wear comfortable attire.

No experience needed. Drop in.
No RSVP required.

Located in Parkview Room

HOAG IN FEBRUARY

Blood Pressure Screenings

Wednesday, Feb. 5th 9:00-11:00 a.m.

Friday, Feb. 21st 9:00-11:00 a.m.

Drop-in

Memory Screenings

Wednesday, Feb. 12th & 19th

Fee: \$45

By appointment only.

Call 949-764-6288 for an appointment.

Lectures

Osteoporosis

Thursday, Feb. 13th

9:30-10:30 a.m.

Art4Healing

Thursday, Feb. 20th

9:30-10:30 a.m.

Save the Date

\$15

RISE AND WALK!

**SATURDAY
MARCH 15**

8:00 AM - 10:00 AM



ONE TO THREE MILE WALK
SNACKS, REFRESHMENTS, MUSIC
TEE-SHIRTS, FINISHERS MEDAL & MORE!

RSVP AT FRONT DESK



VOLUNTEER SERVICES



Volunteer Hours

As always we would like to thank our volunteers for all their hard work throughout the year! Please be sure you are recording all your volunteer hours for the time you put into supporting the Senior Center in Central Park. Hours can be entered either before or after your shifts. There are several reasons why it is important to log your hours:

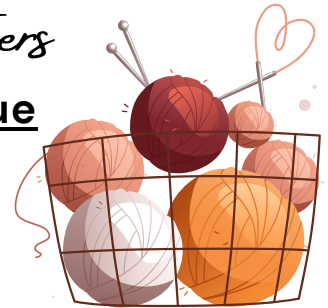
1. This helps us keep track of volunteer activity, which volunteers are active, and where. Volunteers automatically become inactive if there are no recorded hours during a calendar year.
2. Volunteer hours help us with our volunteer statistics plus they promote our awesome volunteer program!
3. Regularly inputting your volunteer hours allows you to be a part of volunteer appreciation programs (i.e. birthday cards, giveaways, events, and more!)

You can enter hours at either of the the check-in kiosk in the lobby of the senior center or, if you are a Home Delivered Meals (HDM) volunteer, you can enter your hours at the kiosk in the HDM Kitchen. We want to make sure your time here is being accounted for!



Handy Crafters Spring Boutique

Tuesday, March 4th
8:00 a.m.-12:00 p.m.
Senior Center Lobby



Stop by to purchase beautifully handmade gifts for either you or a loved one to enjoy! Proceeds help support Senior Center in Central Park activities and Holiday Meals.

All purchases are cash or check only.

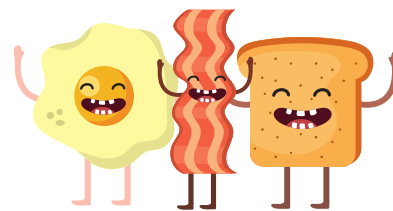


Save the Date!

VOLUNTEER APPRECIATION BRUNCH

Saturday, April 26th
Senior Center in Central Park

All volunteers who served at least 20 hours in 2024 will be invited!



*We Appreciate Our
Volunteers
a Whole **Brunch!***

Reminder:

Monday Volunteers

We are closed on Monday, February 17th for President's Day.



Current Volunteer Opportunities

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

Upcoming Events

- 2/22/25 - Nancy's Cabaret
- 3/15/25 - Rise and Walk

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



One on One Services

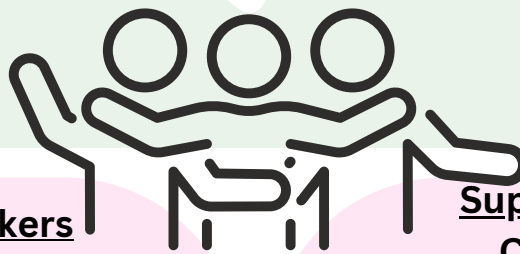
Available to Huntington Beach residents aged 60 or older. Call for an appointment 714-374-1572.

Notary: Provided by a senior center volunteer, up to two documents per person

Tech Coach: Provided by a senior center volunteer, 30-45 minute appointments available to help with your smartphone, laptop, or tablet

Legal Consultation: Provided by a local non-profit, 20-30 minute consultations

Health Insurance Counseling and Advocacy: Provided by Council on Aging Southern California, unbiased Medicare information to help beneficiaries understand their coverage and options



Wheelchairs & Walkers Available

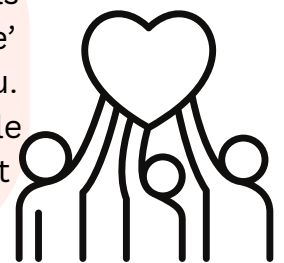
Senior Center in Central Park lends out gently used mobility equipment such as wheelchairs and walkers to older adult Huntington Beach residents and visitors. Call 714-374-1572 to check to see if we have what you need and set up an appointment time. Sponsored by the HBCOA.

Support Groups & Consultations

Call 714-374-1572 or stop by the Travel & Resource Room, Monday-Friday, 8:00 am - 4:00 pm, to find out more about services available through our Care Management Team. The Care Management Team provides services to under-supported older adults. The Travel & Resource room also has information on caregiver, mental health, and grief education and support groups.

Nutrition

The Senior Center in Central Park partners with Meals on Wheels Orange County to provide an in person lunch at the Senior Cafe' most weekdays. See page 18 for more information and the menu. Huntington Beach older adults who are homebound and struggle to maintain nutrition may call 714-374-1717 to learn more about Home Delivered Meals and other nutrition resources.



Care Management Services are made possible through the City of Huntington Beach, support from amazing volunteers, and generous donations by MemorialCare Orange Coast Medical Center, HBCOA, and DreamCatchers Auxiliary of Assistance League Huntington Beach.



octa
YOUR WHEELS

TRANSPORTATION



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

Surf City Seniors on the Go! Transportation will be closed on **Monday, February 17** in observance of Presidents Day. There will be no rides, reminder calls, or bookings made on that day. The message and cancellation lines are available 24/7 for your needs. Have a safe and happy holiday



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.



The Many Options of Transportation

Surf City Seniors on the Go transportation is not just for medical appointments or grocery shopping trips. They are also your provider for all your daily transportation needs about town. You can schedule a day out, have a nice lunch, or enjoy a visit with friends. Use transportation to drop by one of the many city recreation centers, libraries, or points of interest. Whatever the transportation request, odds are that Surf City Seniors on the Go! can take you there. Call 714-374-1742



WELCOME

We are more than happy to introduce our new Transportation Dispatcher, Mary St. John. Mary joined our team as a front desk volunteer in 2020. She was amazing with our clients and provided excellent customer service. She is now ready to place your ride reservations. If you reach Mary on the phone, say, "Hi"!



Open Every Wednesday!
HUNTINGTON BEACH ELKS

BINGO

WEDNESDAY MATINEE

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

23 TOTAL GAMES

ALL GAMES PAY \$250.00
****PULL TABS****

COLOR MONITORS
 COMPUTERIZED VERIFICATION

CASH BALL

5 STRIP GAMES PAYING \$500 EACH
 PLUS 2 TAB GAMES OF AT LEAST \$1199.

EARLY BIRD – 10:30 AM. 6 ON – 4 UP (Plus 1 Strip)
 REGULAR – 11:00 AM. 6 ON – 15 UP (Plus 2 Strips, 2 tabs)
 LATE BIRD – Following Regular Games 6 ON – 4 UP (Plus 1 Strip)

FOOD AND SOFT DRINKS AVAILABLE FOR PURCHASE
 FREE COFFEE – TEA – POPCORN

HUNTINGTON BEACH ELKS LODGE
 7711 TALBERT AVENUE (2 BLOCKS WEST OF BEACH BLVD.)
 HUNTINGTON BEACH.
 (714) 848-9440

Overflow Parking Available at the Center for Spiritual Living just West of the Lodge on Talbert Avenue.

CAREGIVERS

RIGHT TO YOUR FRONT DOOR

SERVING HUNTINGTON BEACH LOCALS FOR 20+ YEARS

IT TAKES A VILLAGE SENIOR CARE

REFERRAL AGENCY

(805)698-2852
 ItTakesAVillageSeniorCare.com

WE'RE REINVENTING HOME CARE
 FIND OUT HOW

Voted Seal Beach Chamber of Commerce Business Person of the Year 2022-2023



GOOD OLD-FASHIONED SERVICE. STATE-OF-THE-ART TECHNOLOGY.

Sound Solutions Hearing & Balance Centers is locally owned and offers comprehensive hearing and balance services, including:

- Diagnostic hearing evaluations
- Hearing aid fittings, adjustments and repairs
- Dizziness testing
- And much more!

Call us at 714-842-2700 to schedule an appointment.

Huntington Beach
 7106 Edinger Ave.
 Huntington Beach, CA 92647
 714-842-2700

www.SoundSolutionsHearing.com

AWARD-WINNING

ASSISTED LIVING & MEMORY CARE

SERVING COASTAL ORANGE COUNTY

DYNAMIC ACTIVITIES
 DEDICATED AND CARING STAFF
 EXCELLENT CULINARY PROGRAM

LIFE AT VIVANTE FEELS LIKE HOME.

Vivante is an award-winning brand of assisted living and memory care communities created with the goal of providing seniors with the most luxurious retirement living experience possible. Vivante offers a refined approach to senior living, with a focus on health and wellness, extraordinary cuisine and dynamic activities. With locations in Newport Mesa and Newport Beach, the Vivante communities provide resort-quality amenities to suit each resident's unique lifestyle.

VIVANTE
NEWPORT CENTER
 949-368-3000
 850 San Clemente Drive
 Newport Beach, CA 92660

Vivante Newport Center is licensed as a Residential Care Facility for the Elderly by the California Department of Social Services (License Number 280004283). Vivante Newport Center is an Equal Housing Opportunity. Vivante is a registered service mark of Nexus Development Corporation/Central Division.

SCHEDULE A TOUR TODAY

vivanteliving.com

VIVANTE
NEWPORT MESA
 949-629-2100
 1640 & 1850 Monrovia Ave
 Costa Mesa, CA 92627

Vivante Newport Mesa is licensed as a Residential Care Facility for the Elderly by the California Department of Social Services (License Number 300004580). Vivante is a registered service mark of Nexus Development Corporation/Central Division. Equal Housing Opportunity.

ARTISTIC SMILE HB

Specializing in senior dental care for over 30 years!



-NEARLY ALL MAJOR INSURANCE PLANS ACCEPTED
-NOW ACCEPTING MEDI-CAL

-HIGHEST STANDARDS OF STERILIZATION AND PATIENT SAFETY IN ORDER TO PROTECT YOUR HEALTH.

-CALL FOR A FREE CONSULTATION.

DR. ROYA AFLATOONI, DDS

16168 BEACH BLVD, SUITE 90, HUNTINGTON BEACH, 92647

714-842-4411

IN-HOME SERVICES FOR SENIORS BY SENIORS

Making a Difference in People's Lives

Seniors Helping Seniors® Huntington Beach in-home care services provides seniors with companionship and socialization, while assisting with day-to-day activities.



CONTACT US TODAY FOR COMPETITIVE RATES

714-265-7571

shshuntingtonbeach.com

Each Seniors Helping Seniors® Office is Independently Owned and Operated

COVID and other vaccines available!
No appointment needed!



COASTAL CARE PHARMACY

Your health is our priority!



Open 9AM-6PM
Monday-Friday
(714) 965-5203

19582 Beach Blvd, Suite #118
Huntington Beach, CA 92648
Hoag Health Center



We accept most insurance plans and offer autofill, mail-order, delivery, and bubble pack services!

Get local help with your Medicare questions.

I'm a licensed sales broker, specializing in Medicare. Take advantage of my knowledge and experience

- ✓ Take the confusion out of Medicare
- ✓ Receive one-on-one services
- ✓ Get help reviewing plans
- ✓ Make enrolling in a plan easier

All at no cost to you!

I look forward to helping you start exploring your Medicare plan options, so you can enroll in a plan with confidence.



Sandra Teel

Cell: (909) 856-9379

Office: (657) 204-4224

steelmedagent@gmail.com

Licensed Sales Broker

Lic. #4031244

 Life + Health



SeaCliff Home Care
Melanie Hahn, owner
Family owned and operated

All employees are licensed,
bonded & insured

- * Personal Care
- * Live-in or hourly
- * Homemaker
- * Respite Services

We provide compassionate and professional home care services to seniors in their own home!

Call today for your **FREE** In Home Assessment

714-274-9620
www.seacliffhomecare.com
18652 Florida St Suite 345
Huntington Beach, CA 92648

2025 OUTLOOK NEWSLETTER SPONSORSHIP OPPORTUNITY

Grow Your Business With US

**Your Business Here!
Sponsorships Available**



As a sponsor your company will be featured in this HBCOA Outlook on Active Aging newsletter, which has a monthly circulation of 5,500+ and is also available on the HBCOA website, www.hbcoa.org

Your support will help provide vital services to the older residents of Huntington Beach.

Annual Rates

Quarter Page Vertical Artwork

\$500 - six months, alternate months

or

\$1000 - twelve months

Contact Teri Simonis
714-374-1517

Teri.Simonis@Surfcity-hb.org

Cultivating Self-Love and Resilience

by Lena Balakhaneh, MSW Intern

When a community experiences a significant loss, individuals may feel a shared sense of sadness, anger, fear, and helplessness. This is called collective grief. The recent devastating fires in Los Angeles have left a profound impact on our community, leaving many feeling a deep sense of collective grief. The loss of homes, the displacement of families, and the trauma experienced by those directly affected have left a heavy weight on our hearts.

In our fast-paced world, we frequently prioritize the demands of others, neglecting the vital need for self-care. However, self-love is not a form of selfishness. It is a cornerstone of a fulfilling life. Imagine yourself as a delicate ecosystem. Just as a thriving ecosystem requires sunlight, water, and nourishing soil, your inner world also needs nurturing. Self-love is the act of tending to this inner ecosystem – fostering kindness, compassion, and self-acceptance within yourself, much like a gardener tends to precious plants. When we take time for fostering self-love, we ensure that our inner gardens are beautiful and thriving.

Cultivating self-love involves treating yourself with the same kindness and compassion you would offer a dear friend. This includes practicing self-compassion, forgiving yourself for past mistakes, and acknowledging your strengths and accomplishments. Engage in activities that bring you joy, such as spending time in nature, pursuing hobbies, or simply relaxing with a good book.

Remember, you are not alone in this. Let us continue to nurture love for ourselves and for each other, appreciating the incredible ways in which our communities support one another. By witnessing the resilience and strength of our communities and by treating ourselves with love and kindness, we can navigate these challenging times with greater compassion, emerging as an even stronger community.



The Huntington Beach Council on Aging needs your help to Support the Senior Center in Central Park!

The Huntington Beach Council on Aging (HBCOA) is a nonprofit that provides funding for events, programs, and services for the Huntington Beach Senior Center in Central Park. Your membership in the HBCOA or your donation to the Evergreen program helps the Senior Center in Central Park continue providing vital services, engaging activities, and life-changing programs for older adults in Huntington Beach. With your support, the HBCOA can ensure older adults remain connected, healthy, and supported.

How Your Contribution Makes a Difference:

Social Services

Care Managers help provide older adults access to critical resources to meet their physical, social, and nutritional needs. Your generosity ensures we can meet the growing demand for these services.

- \$100: Covers a month of mileage reimbursement for Home Delivered Meals volunteers or maintenance on six wheelchairs
- \$250: Provides 10 hours of care management services to an at-risk, low-income older adult or sponsors a year of emergency response buttons for low-income older adults living on their own
- \$500: Supports 26 rides for Surf City Seniors on the Go! This program provides non-emergency rides each weekday to Huntington Beach residents 60+ to destinations within Huntington Beach and select nearby locations allowing older adults to remain independent
- \$1,000: Supports pro bono legal consultations for 15 Huntington Beach older adult residents



Activities That Enrich Lives

Your gift keeps older adults socially connected and engaged, supporting mental health and well-being.

- \$100: A free Drum Circle class for 80 older adults
- \$250: A free craft class for 30 participants per session
- \$500: Dessert for 200 participants at luncheons and events for older adults
- \$1,000: Provides appreciation programming for 40 volunteers for a year

St. Patrick's Day Luncheon

Monday, March 17
11am-1pm

Door Prizes for the Lucky
Entertainment & Fun for All!

Reservations & registration are required at the Senior Lunch Cafe' or call 714.375.8404 between February 10th and March 10th.

Donation based for those 60 years and older, \$5 fee for those under 60.

Doors open at 10:45am, lunch served 11:30am-12:15pm.

HBCOA Huntington Beach COUNCIL ON AGING
SENIOR CENTER in Central Park
MEALS ON WHEELS ORANGE COUNTY



Why Your Support Matters

Older adults enrich our community with their contributions, wisdom, and connections, making them an invaluable resource. Together, we can keep our older adult community thriving and supported.

Join the HBCOA today in supporting older adults
Visit hbcoa.org/membership, mail the membership application on page 2 in this newsletter, or join in-person at the Senior Center in Central Park, 18041 Goldenwest St.

Thank you for being a champion for older adults in Huntington Beach!

Carolyn Ross, President, HBCOA

February



Senior Lunch Menu – February 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00 Meatless Meal		
3	4	5	6	7
Pork Carnitas Verde Sauce Green Peas Cilantro Lime Rice WG Tortilla (1) RS Ambrosia 1% Milk	Chicken Pasta w/Poppy Seed Dressing Spring Mix Balsamic Dressing WW Dinner Roll w/Smart Balance Fresh Orange 1% Milk	Salisbury Steak Brown Gravy Winter Veg Blend Sweet Potatoes WW Bread w/Smart Balance Canned Peaches 1% Milk	Turkey Roast Mushroom Gravy Capri Veg Blend Rice Pilaf WW Dinner Roll w/Smart Balance Canned Peaches 1% Milk	Chicken Strips Lemongrass Sauce Oriental Veg Blend Brown Rice Tropical Fruit Mix 1% Milk
10	11	12	13	**14**
Chicken Salad w/Citrus Dressing California Veg Blend Tortilla Soup WW Dinner Roll w/Smart Balance Canned Pears 1% Milk	Vegetable Lasagna Chicken Meatballs Black Bean & Lentil Salad WW Dinner Roll w/Smart Balance Mandarin Orange 1% Milk	Diced Chicken Breast Orange Sauce Oriental Veg Blend Wild Rice Pilaf WW Dinner Roll w/Smart Balance Tropical Fruit Mix 1% Milk	Pork Carnitas Ranchera Sauce Peas & Carrots Tomato Cilantro Rice WG Tortilla (1) Fresh Orange 1% Milk	**Valentines Day Celebration** Chicken Breast Alfredo Sauce Fettuccini Pasta Italian Vegetables Strawberry Cake Fresh Apple 1% Milk
17	**18**	19	20	21
	President's Day Celebration Roast Beef Mushroom Gravy Pea's & Carrot Veg WW Dinner Roll w/ Smart Balance Cherry Pie Pineapple Chunk 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
24	25	26	27	28
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	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 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.



February

MONDAYS

- 8:00 Nature Meditation Walk
- 8:30 Better Life Boxing
- 8:30 Table Tennis*
- 8:30 Hawaiian Hula Basics
- 9:00 Zumba Gold Dance Fitness
- 9:30 Ukulele Beginner
- 10:00 Yoga Chair
- 10:00 Cut Cable: Streaming TV (2/10)
- 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*
- 12:30 Senior Fitness
- 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 Chuan
- 7:00 Big Band Swing Dance* (2/24)

THURSDAYS

- 8:00 Outlook Assembly (2/27)
- 8:30 Table Tennis*
- 8:15 Tai Chi Chuan, Beginner
- 9:15 Tai Chi Chuan, Intermediate
- 9:30 Hoag Lecture* (2/13 Art for Healing, 2/20 Osteoporosis)
- 10:00 Intro to Genealogy (2/20, 2/27)
- 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
- 10:00 Digital Photo (2/18, 2/25)
- 10:30 Yoga: SCICP
- 11:00 Senior Café Lunch*
- 12:30 Drum Circle* (2/11)
- 12:00 Scrabble*
- 1:30 Shanti *
- 1:30 Essentrics Aging Backwards*
- 2:30 Line Dance Beginner
- 3:00 Yoga with Diane Outdoor
- 3:00 Bridge Intermediate
- 4:00 Line Dance Beginner
- 4:00 Puzzle Swap* (2/25)
- 5:30 Alzheimer's Caregiver*
- 5:30 Family Martial Arts
- 6:30 Sr./Adult Martial Arts



FRIDAYS

- 8:00 HBCOA Trip -Lake Cachuma
- 8:15 Senior Cardiofit
- 8:30 Mexican Train*
- 9:00 Blood Pressure* 2/21)
- 9:00 TOPS*
- 9:00 Zumba Gold & Toning
- 9:30 Dup. Bridge, Rummy Cube*
- 9:30 Circuit Training
- 10:00 Yoga
- 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



WEDNESDAYS

- 8:00 AARP Tax Appointments*
- 8:30 Wednesday Walkers*
- 9:00 Blood Pressure Screening* (2/5)
- 9:00 Zumba Gold Dance Fitness
- 10:00 Surf City Gardeners* (2/12)
- 10:00 Fishing Club* (2/5)
- 10:00 Young At Heart Singers*
- 10:30 Cardkateers* (2/5, 2/19)
- 11:00 Senior Café Lunch*
- 11:00 Line Dance Level 1
- 12:00 Line Dance Level 2
- 12:00 Chair Volleyball* (2/19)
- 1:00 Movies* (2/12 *She Came to Me*, 2/26 *Lee*)
- 1:00 Line Dance 3
- 5:30 FireMed CPR (2/5)
- 6:00 Bridge for Beginners



SATURDAYS

- 9:30 FireMed CPR (2/22)
- 10:00 Family Martial Arts
- 11:00 Sr. Martial Arts
- 4:00 Nancy's Cabaret, A Tribute to Love (2/22)



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

CITY OF HUNTINGTON BEACH
 HBCOA
 18041 GOLDENWEST ST
 HUNTINGTON BEACH CA 92648



NONPROFIT ORGANIZATION
 U.S. POSTAGE PAID
 HUNTINGTON BEACH CA
 PERMIT NO. 444

EVERGREEN DONORS: In Memory of Bhag Karir, In Memory of Chuck Pease, Stephanie Babkow, Sandie Barilla, John Bishop & Barbara Nieto, Debbie Briscoe, Phil & Carol Burtis, Paul & Ann DeVore, Richard & Lindsay Dufresne, Jules & Pat Hooper, Stanley & Pauline Lau, Marvin Mensik, Sharon O'Connor, A.G. Ohlendorf, Sheila Prolman, Carolyn Ross, Kurt Ruhland & Teri Simonis, Rich & Joan Schmidt, Walter & Beverly Schulte, Marcia Shippam, Phil & Judi Smith, Diane Swarts, Lari & Rick Thomas, Patricia Wiebe, Dan Ching Young,

2024 GOLD DONORS: Bonnie Bryant, David De Wenter, Leslie Michihira, Leonard Mingoia & Debra Demme, John Payne, Meredyth Stern, John & Chris Wall, John & Joan Zimmerman,

2024 SILVER DONORS: Comfort Keepers, Ida & Eric Bigenho, Edward & Connie Bonk, Susan Caron, Mary DeGuelle, Beverly Fleming, Pat & Sandee Freemon, Don & Mary Julienne, Neva Koon, Bev Mast, Grace Michihira, K & M Nishida, Sheila Olmstead, David & Patricia Quatman, Claudia & Noel Ross, Ron & Judy Shenkman, Jim & Karen Thoms, Alan & Diana Zimmer

2024 BRONZE DONORS: Huntington Beach Fishing & Recreation Club, Debra Andrews, Nancy Betz-Cosenza, Larry & Susan Bjork, Cory Brown & April Stilson, Betty Bruce, Susan Caine, Ray Calloway, Chris & Jackie Carey, Wanda Case-Hopkins, Nancy Chisnall, Moana Coates, Valerie Curry, Frank Domenick, James & Amy Ferguson, Gary & Karen Finkle, George & Carolee Focht, Betty Foreman, Yasuko Fordiani, Barbara Forney, Paul Gorman, Martha Garcia, John & Cindy Getz, Ernesto Golan, Tom Hamman, Lorea & Greg Heesacker, Jerry & Yvonne Hurt, Ken Johnson, Susan Johnson-Lipman, Jacquelyn Jones, James Kettler, James & Mary Jane Kluck, Allen Kuroda, Carol Langston, Wendy Leggett, Charlotte Lipke, Teresa Lord, James Loveridge, Danny & Tricia Lu, Dixie & Lyndon Matijasevich, Dennis & Linda McFarland, Stephenie & Mike McKay, James & Sheila Meehan, Robert Meschuk, Garrold Metz & Jonette Savold, Thelma Miyashiro, Diana & Gerald Moniz, Judy Morrill, Francine Mullee, Pat & Moon Mullins, Jacquelyn Neil, Ilene Newman, Honorata Oktay & Jocelyn Mohoi, Harriet Ouellette, Carolyn Palicte, Thomas Papademetriou, Janis Patten, Louisa Pelot & Ana Pedroza, Edward Pinchiff, Arline & Matt Pohlman, Ted & Gerry Reed, Bob & Jeanne Robey, Jim & Jennifer Robins, Michael & Maria Schlegel, Olin & Shirley Scott, Stan Shapiro, Henry Shields, Jack & Mari Simonson, Mary Smith, Vicki Southard, Ray & Debbi Stewart, Patricia Summers, Dan & Sharon Sutis-Maka'ena, Donna Lee Taylor, Gary Taylor, Fred & Adria Thomke, Eldon Thorpe, Howard & JoAnn Umehira, Lisa & John Van Dine, Judith Van Houten, Rebecca & Steve Warren, Elaine Watada, Lisa Welcher, Doris Whang, Jim & Sandi Woest, Pat Wolff, Donna & Ken Yglesias, Barbara Young, Linda & Stan Zone