



 July is Parks Make Life Better Month! 



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

18041 GOLDENWEST ST. HUNTINGTON BEACH, CA 92648 714-536-5600

MON-THU 8:00 A.M.-8:00 P.M. FRI 8:00 A.M.-5:00 P.M. SAT 8:00 A.M.-12:00 P.M. SUN CLOSED

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Beverly Fleming	Barbara Scott
Ellen HopeKearns	John Villa
Jose Juarez	

## City Council Liaisons

Butch Twining                      Andrew Gruel

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



1. Online: [www.hbcoa.org/membership](http://www.hbcoa.org/membership)
2. By mail: 18041 Goldenwest St. HB, CA 92648
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+)

Bronze through Evergreen are acknowledged in our newsletter. Evergreen donors also receive a leaf on the Tree of Life at Senior Center in Central Park.

## 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*



## HBCOA President's Message

Hello from all of us at the Huntington Beach Council on Aging,

Happy Fourth of July! Summer is here and the Senior Center in Central Park is buzzing with activity. The HBCOA is operating a TNT Fireworks booth at Five Points Shopping Center (Trader Joe's parking lot, Main & Beach Blvd). Your purchases support Senior Center in Central Park programs while helping our community celebrate safely. Please visit us there and spread the word!

This Outlook edition is filled with opportunities to connect and have fun. We look forward to seeing you at the center. Our heartfelt gratitude goes to all members, volunteers, and donors who support the HBCOA's goal to empower older adults to live well and age well.

Here's to a summer filled with friendship and fun!

Warmly,

Carolyn Ross

Board President

Huntington Beach Council on Aging

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## COMMUNITY RESOURCES

**211OC** [211OC.org](http://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](http://ssa.ocgov.com) 800-451-5155 addresses abuse & neglect of elder & disabled adults

**Aging and Disability Resource Connection**  
[adrcoc.org](http://adrcoc.org) 714-480-6450 referrals related to caregiving, disabilities, and older adults

**AlertOC** [alertoc.org](http://alertoc.org) 714-536-5978 mass emergency info & notification system

**Alzheimer's Family Center** [afscenter.org](http://afscenter.org) 714-593-9630 dementia care & support

**Be Well HB** [huntingtonbeachca.gov](http://huntingtonbeachca.gov) Mobile Crisis Response Team 714-960-8825 in-community assessment & crisis stabilization

**California Senior Medicare Patrol**  
[cahealthadvocates.org](http://cahealthadvocates.org) 855-613-7080 helps avoid, detect, & report healthcare fraud

**Caregiver Resource Center OC**  
[caregiveroc.org](http://caregiveroc.org) 800-543-8312 caregiver support, respite care, and education

**HB City Hall General Information**  
[www.huntingtonbeachca.gov](http://www.huntingtonbeachca.gov) 714-536-5511

**HB Fire Department Home Safety Visit**  
[huntingtonbeachca.gov](http://huntingtonbeachca.gov) 714-536-5411 fire safety plan & detectors

**HICAP** [coasc.org/programs/hicap/](http://coasc.org/programs/hicap/) 714-560-0424 Health Insurance Counseling & Advocacy for those with Medicare

**Home Delivered Meals**  
[mealsonwheelsoc.org](http://mealsonwheelsoc.org)  
 HB residents only: 714-374-1717  
 Other cities: 714-823-3294

**OC Links** 855-625-4657  
[ochealthinfo.com/bhs/about/nit/oclinks](http://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/](http://octa.net/getting-around/bus/oc-access/overview/) transportation for those unable to use fixed bus system

**Senior Lunch Café** HB location 714-375-8404 donation lunch for those 60+, by MOWOC

**Social Security Administration** [ssa.gov](http://ssa.gov) 800-772-1213 Fount. Valley 17075 Newhope St

**Veterans Resource Center** 714-375-5111  
[hbpost133.com/index.php?id=108](http://hbpost133.com/index.php?id=108)  
 7111 Talbert Ave, HB Central Library



### LIGHT UP Fourth of July THE SKY



**SUPPORT THE HBCOA  
FIREWORKS BOOTH  
2025**

ALL PROCEEDS WILL  
SUPPORT ACTIVITIES,  
CLASSES, AND SERVICES  
AT THE SENIOR CENTER  
IN CENTRAL PARK

**FIVE POINTS TRADER JOE'S PARKING LOT**  
 18681 MAIN ST (MAIN & BEACH)  
 TUESDAY, JULY 1 - WEDNESDAY JULY 3  
 12:00 - 10:00 P.M.  
 THURSDAY, JULY 4 10 A.M. - 9 P.M.

Assistance League  
of Huntington  
Beach  
Dreamcatchers  
Auxiliary  
Hoag Memorial  
Hospital  
Presbyterian  
Orange Coast  
Memorial Medical  
Center  
Mike & Sloan  
Gallipeo  
June Gidman  
Stanley & Pauline  
Lau  
Handy Crafters



*Lifetime Evergreen*  
**SPONSORS**

The HBCOA recognizes those who have contributed \$25,000+ in donations that helps fund and support all the amazing services, programs, and activities offered at the Senior Center in Central Park.

## Community & Library Services Staff and Contacts



Ashley Wysocki, Director  
Kristin Martinez, Program & Services Manager

### Senior Services

Scott Getman, Recreation Supervisor  
Michelle Yerke, Social Services Supervisor  
Caryn Kawamoto, Volunteer Services Coordinator  
Brandi Kelly-Contreras, Transportation Coordinator  
Lezly Castillo, Transportation Dispatcher  
Brooke McLaughlin, Rental & Events 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

#### Front Desk

714-536-5600

#### Home Delivered Meals

714-374-1717

#### Huntington Beach Council on Aging (HBCOA)

714-374-1524

#### Rentals & Events

714-374-1534

#### Senior Café (in-person lunch)

714-375-8404

#### 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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## Supervisor's Message

Hello everyone,

Summer has officially arrived, bringing with it sunshine, celebration, and an exciting lineup of events at the Senior Center in Central Park! July is a special time for our community, not only because of the warm Southern California days and lively summer activities, but also because it's Parks Make Life Better Month—a perfect reminder of the joy and wellness our parks and programs bring to all ages.

We invite you to enjoy our beautiful surroundings by getting outdoors—whether it's a walk through Central Park, a day at the beach, or a visit to one of Huntington Beach's many vibrant recreation spaces. Parks truly are at the heart of community life, and here at the Senior Center in Central Park, we are proud to serve as a wellness hub supporting active aging, aging in place, and overall quality of life.

We have a full calendar of exciting summer events ahead, including our Independence Day Luncheon on July 3rd, and a can't-miss night of music with the Legends of Rock concert on July 19th. Looking ahead, mark your calendars for Grandparents' Day, a wonderful family tradition, on August 9<sup>th</sup>, and our biggest event of the year, the Active Living Expo on September 20<sup>th</sup>.

Whether you're staying local or traveling this summer, we wish you safe and happy adventures. And if you're spending the season here at home, we hope you'll take full advantage of our programs and the incredible Southern California climate that makes outdoor living a year-round pleasure.

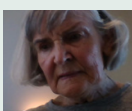
Stay hydrated, stay active, and stay connected—we look forward to seeing you this summer!

Warm regards,  
Scott Getman, Supervisor  
Senior Center in Central Park

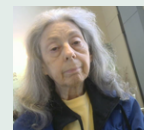
### SENIOR CENTER IN CENTRAL PARK REMEMBERS



Alice Stephenson 1935 - 2025



Marjorie Mitchell 1937-2025



Arlene Coggi 1938-2025



# HBCOA PROGRAMS

## TRAVEL & TOURS

Register weekdays, 8:00 a.m. to 3:30 p.m.

Travel & Resource Room

714-374-1572, [hbcoa.org/travel\\_trips\\_tours](http://hbcoa.org/travel_trips_tours)



### A BEAUTIFUL NOISE

#### The Neil Diamond Musical

Friday, August 1st

Created in collaboration with Neil Diamond, this uplifting

Broadway show at Segerstrom Hall follows his journey from a Brooklyn kid to a chart-topping rock icon. Prior to the show, enjoy dinner on your own at one of the many nearby restaurants. Moderate walking is required. **Member Price \$135; Non-Member Price \$145; Depart 4:00 p.m. Return 11:00 p.m.**



### THE ROARING 20'S

#### A Journey Through Los Angeles' Roaring Past

Tuesday, September 9th

Docent Curt Tucker brings Los Angeles' most dazzling era to life with an exclusive tour of the Angelus Temple (1923), Central Library (1926), City Hall (1928), and the Biltmore Hotel (1923). Enjoy a sumptuous pasta buffet in the Biltmore's Rendezvous court **Lunch Included. This tour involves moderate walking. Member Price \$155; Non-Member Price \$165; Depart 9:00 a.m. Return 4:30 p.m.**



### VIEJAS CASINO & RESORT

Monday, October 6th

Escape to Viejas Casino in Alpine. Enjoy free play bonuses, outlet shopping, dining, bingo, and more!

Each guest will receive \$10 in free play cash to use at the casino. A free shuttle will be available to transport guests to the adjacent Viejas Outlet Center. A variety of dining options are available at the casino and the outlet mall. **Lunch is not Included. Member Price \$60; Non-Member Price \$70; Depart 8:30 a.m. Return 6:30 p.m.**

## Where in the World is your Outlook?



Email a photo of you pictured with your Outlook to

[Teri.Simonis@surfcity-hb.org](mailto:Teri.Simonis@surfcity-hb.org)

## WEDNESDAY AFTERNOON AT THE MOVIES 1:00 P.M.

**Summer Blockbusters!**



### Back in Action July 9

Former CIA spies Emily (Cameron Diaz) and Matt (Jaime Fox) are pulled back into espionage after their secret identities are exposed.

**1h 54m PG-13 for sequences of violence and action, some**

**suggestive references and strong language, and brief teen partying.**



### Indiana Jones & the Dial of Destiny July 23

Archaeologist Indiana Jones (Harrison Ford) races against time to retrieve a legendary artifact that can change the course of history.

**2h 22m PG-13 for sequences of violence, action,**

**language, and smoking.**



### Mission Impossible Dead Reckoning July 30

Ethan Hunt (Tom Cruise) and his IMF team must track down a dangerous weapon before it falls into the wrong hands.

**2h 43m PG-13 for intense sequences of violence and action, some**

**language, and suggestive material.**

## MOVIE REFRESHMENTS

HBCOA Directors will provide snacks from the lounge before the movies. Stop by, chat with a director, and grab a nibble. Donations support the movie program. Please give what you can.



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Symphony Orchestra  
Grant Sevdayan - Music Director

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Online Promo:

4 tickets for \$100

# SUMMER POPS CONCERT

**SUNDAY JUNE 22, 2025 3:30PM**

Golden West College, Mainstage Theater  
15751 Gothard St, Huntington Beach

**Program:**

**Violin Concerto - Mendelssohn**

*Doan Nguyen - violin*

**Norwegian Dances - Grieg**

**Three Sopranos**

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New York



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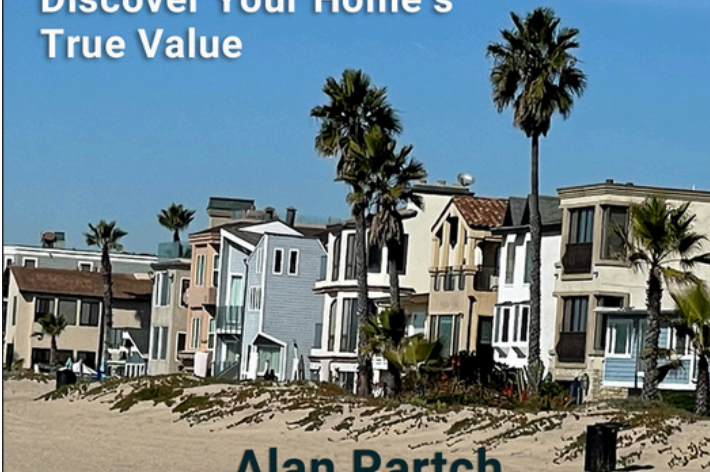
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# RECREATION



## Celebrating Families With Our Annual Grandparent's Day – Saturday, August 9th

For the 3<sup>rd</sup> year in a row, we will be celebrating our wonderful grandparents! Get tickets for this popular event taking place Saturday, August 9th, from **9:00 a.m. – 12:00 p.m.** The cost is \$15/family and the day will feature arts & crafts, a photo booth, story time, chair volleyball, and many more fun activities for children & families. There are limited spots available, so stop by the front desk soon to reserve your spot!



### A Look At July



Thu. July 3<sup>rd</sup> – Independence Day Luncheon  
 Fri. July 4<sup>th</sup> – Senior Center CLOSED  
 Mon. July 7<sup>th</sup> – Library in the Lobby 10:00 a.m.–12:00 p.m.  
 Wed. July 9<sup>th</sup> – Surf City Gardeners Lecture  
 Wed. July 9<sup>th</sup> – Movie, *Back in Action*  
 Thu. July 10<sup>th</sup> – HBCOA Board Meeting  
 Thu. July 10<sup>th</sup> – Hoag Lecture, Stroke  
 Thu. July 17<sup>th</sup> – Hoag Lecture, Healthy Living  
 Sat. July 19<sup>th</sup> – Legends of Rock Concert  
 Mon. July 21<sup>st</sup> – Library in the Lobby 10:00 a.m.–12:00 p.m.  
 Tue. July 22<sup>nd</sup> – Puzzle Exchange Group  
 Wed. July 23<sup>rd</sup> – Movie, *Indiana Jones*  
 Mon. July 28<sup>th</sup> – Big Band Swing Dance  
 Wed. July 30<sup>th</sup> – Movie, *Mission Impossible*



### Drum Circle Class Cancelled for July

NO CLASS IN JULY

We will see you in August on 8/12

### Library Staff In The Lobby Monday, July 21<sup>st</sup>

Staff from the Central Library will have a table in the lobby on Monday, July 21<sup>st</sup> from 10:00 a.m.–12:00 p.m. Stop by and learn more about their programs!

### Surf City Gardeners in July California Native Plants

Wednesday, July 9<sup>th</sup> at 9:00 A.M.

Learn about California Native plants and why they are beneficial to your garden. They are well-adapted to the local environment, use less water, and support local wildlife. They also decrease the use of chemical fertilizers and pesticides.

### Class Spotlight Chair Zumba

Thursdays, 11:30 a.m. in the Dance Room

Enjoy a fun and energizing workout you can do while sitting in a chair or standing beside one! Perfect if you want to stay active without worrying about balance. Move your arms and legs to upbeat music—optional one pound weights add a gentle challenge!

Summer session is June 26 – August 28th





# HEALTH & WELLNESS **hoag**

## **UV SAFETY + TIPS**

Did you know that Melanoma (skin cancer) is the 5<sup>th</sup> most common cancer? It is caused when the skin is overexposed by UV rays which come from the sun and artificial sources.

### How do you prevent exposure?



1. Apply sunscreen with a SPF of at least 30. Apply 15-30 minutes before going out and regularly reapply every 2 hrs. Remember the neck and ears.
2. Wear a wide brimmed hat.
3. Stay in the shade when possible.
4. Wear sunglasses to protect skin and inner parts of the eye to decrease chances of developing cataracts.

For more information, visit the skin prevention article on Hoag's website for skin protection tips at <https://www.hoag.org/featured-news/melanoma-awareness-should-start-young/>.

## REMINDER



**The Fitness Center  
will be closed on  
Friday, July 4<sup>th</sup>**



### Welcome New Recreation Staff Member Shaina Brewster



Shaina has lived in Huntington Beach her entire life and has a deep love and passion for this city. She is a student at Goldenwest College. In her free time, she enjoys playing role-play video games, participating in Dungeons and Dragons with family, running, drinking tea, eating sweets, and collecting. A fun fact about her is half of her bed is filled with plushies. Shaina is excited to meet everyone.

## Congratulations Vivian Pla OneHB Achiever!



Vivian Pla, Wellness Pavilion Coordinator, was nominated by her fellow employees as a OneHB Achiever because of her outstanding efforts and exceptional dedication to her colleagues and the community. Vivian's work includes creating and implementing wellness programs for senior services.

## HOAG IN JULY

### Blood Pressure Screenings

9:00-11:00 a.m.

Wednesday, July 2

Friday, July 18

*Drop-ins welcomed  
located in fitness center*

### Lectures

#### Stroke is No Joke

Thursday, July 10

9:30-10:30 a.m.

#### Summertime and the Living is Healthy

Thursday, July 17

9:30-11:30 a.m.

*Registration required.  
Visit the Front Desk to sign up.*



# VOLUNTEER SERVICES



## Volunteer Drivers Needed for Surf City Seniors on the Go!

Help make a difference in your community by becoming a volunteer driver with the Senior Center Transportation program. 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 in Central Park today! Applications can be turned into the front desk or emailed to [caryn.kawamoto@surfcity-hb.org](mailto:caryn.kawamoto@surfcity-hb.org).

***Due to the increased need for volunteer drivers, we are currently only onboarding new volunteers for the Transportation program.***

## Congratulations Kathy Pace!

Our very own Assistant Volunteer Coordinator, Kathy Pace, won the Employee of the Month Award in June! Kathy puts her heart into her work and she always supports not only the Senior Center team, but also all of our volunteers. She has been an essential part of the volunteer program for the past 18 years, first as a volunteer and 9 years as a valued member of our staff. Congratulations Kathy, we are grateful for all you do!



## SAVE THE DATE

**ACTIVE LIVING EXPO**  
Saturday, September 20th  
Senior Center in Central Park

If you would like to volunteer, please contact:  
Caryn Kawamoto, 714-374-1544 or [caryn.kawamoto@surfcity-hb.org](mailto:caryn.kawamoto@surfcity-hb.org)



## Reminder Friday Volunteers

The Senior Center will be closed on Friday, July 4<sup>th</sup> for Independence Day.

### Current Volunteer Opportunities

- Transportation Drivers
- Home Delivered Meals

### Upcoming Events

- 7/19/25 – July Concert
- 8/9/25 – Grandparents Day

### Contact the Volunteer Team

Caryn Kawamoto, 714-374-1544  
[Caryn.Kawamoto@surfcity-hb.org](mailto:Caryn.Kawamoto@surfcity-hb.org)

Kathy Pace, 714-374-1520  
[Kathy.Pace@surfcity-hb.org](mailto:Kathy.Pace@surfcity-hb.org)





# SOCIAL SERVICES



**Call the Travel & Resource Room 714-374-1572  
for more information on these services.**

## Low Vision & Blind Services

Presentation on free supportive services & tools available through Dayle McIntosh Center, a local non-profit increasing independent living skills.

Thursday, Aug. 28, 10:00-11:00 a.m.

Drop into The Lab that day to learn more!



## Friends & Family Support

For friends & family of adults with mental illness. 6:00-8:00 p.m. on the 4<sup>th</sup> Mondays of each month. Contact: Lynne Thies at 714-299-1405 for more information.

## One-on-one Services

Provided by volunteers & nonprofits on specific dates each month. Call for more information & an appointment.

- Volunteer Notary
- Volunteer Tech Coach
- Legal Consultation
- Health Insurance Counseling & Advocacy

## Alzheimer's Dementia Caregivers ORANGE COUNTY Support Group

For informal caregivers of those living with dementia, 1st & 3rd Tuesdays at 5:30 p.m. Contact Ellie Nixon at 714-642-9458 for more information.

## Need a Wheelchair or Walker?

Senior Center in Central Park lends out gently used wheelchairs and walkers to HB residents 60+. Call to find out if we have what you are looking for.

## Nutrition Opportunities

**Senior Lunch Cafe'** (p.18) provides donation based lunch service at the senior center most weekdays. Transportation available!

**Home Delivered Meals** available to a limited number of qualified, at risk, homebound, older adults. Call 714-374-1717.

**Other nutrition resources** Care Managers can provide additional resources and info.



**Independence at Home**  
A SCAN Community Service™

## Interpersonal Psychotherapy Group

This 6 session group helps participants explore support networks, enhance relationships with others and resolve interpersonal conflicts. Discuss themes of grief, loss, and life transitions. Sign-up through the Travel & Resource Room. 9:30am, Thursdays, starting Sept. 18



## Let's Connect Through Tech!

This 3 part class helps explore using technology such as social media, games, email, etc. to connect with others. Devices provided for use during class. For those who are 55+ and caregivers of older adults. Led by a tech coach and therapist. Sign-up through the Travel & Resource Room. 10-11am, Wednesdays, starting Aug. 3

*Services are made possible through the City of Huntington Beach Community and Library Services Department with support from volunteers and local non-profits, and donations by MemorialCare, HBCOA, and Assistance League Huntington Beach DreamCatchers.*



**octa**  
YOUR WHEELS

# TRANSPORTATION

**HBCOA**  
Huntington Beach COUNCIL ON AGING



## **Transportation Services 714-374-1742**

Transportation is provided weekdays, from 8:00 a.m. to 4:30 p.m. to Huntington Beach residents 60+ for 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 Senior Lunch Cafe', classes, and activities. Transportation is also available outside the city for non-emergency medical appointments at Hoag Hospital Newport Beach, Fountain Valley Hospital, and to MemorialCare Orange Coast Medical Center in Fountain Valley.

Volunteer Shopping Escorts can provide extra assistance on group shopping trips. For more information, speak with a dispatcher.

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 older adults for transportation, donations are appreciated.

Transportation services are made possible through your donations, HBCOA, City funds, and grants from Hoag, and OCTA.

## **After-Hours Transportation**

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

## **Lost and Found**

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



## **Volunteer Opportunity**

Do you like helping your community and neighbors? Volunteering as a driver with *Surf City Seniors on the Go!* could be just the fit for you.

Community volunteers drive small city vehicles to help support older residents get to their appointments and destinations. You can also help with grocery shopping groups.

Contact **Caryn Kawamoto 714-374-1544** to get information on how to become a volunteer with *Surf City Seniors on the Go!*



## **★ Make a Volunteer's Day ★**

Did you know there is an appreciation board for the transportation volunteers? If you would like to thank or share a story about your experience with the transportation volunteers, you can send a note or leave a card with your driver. We would love to hear from you!



## **Holiday Closure Notice**

The *Surf City Seniors on the Go!* office and services will be closed on Friday, July 4 in observance of Independence Day. Have a safe and happy holiday.



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**HUNTINGTON BEACH ELKS**

# BINGO

## WEDNESDAY MATINEE

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

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

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JULY

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	**3**	4 
	<b>Vegetable Lasagna</b> Pork Tenderloin, Sweet Citrus Glaze Green Bean & Carrots WW Dinner Roll W/ Smart Balance Fresh Apple, 1% Milk	<b>Diced Chicken Breast</b> Orange Sauce Oriental Vegetable Blend Rice Pilaf Mandarin Orange 1% Milk	 HBCOA Co-Sponsored Event Reservations Required Call 714-375-8404	
7	8	9	10	11
<b>Pork Loin</b> Caramel Sauce Broccoli Brown Rice Fresh Apple 1% Milk	<b>Turkey Roast</b> Scandinavian Veg Blend Sweet Potatoes Brown Gravy WW Dinner Roll w/Smart Balance Pineapple Chunks 1% Milk	<b>Cubed Beef</b> Stroganoff Sauce Carrots Egg Noodles Mandarin Orange 1% Milk	<b>Chicken Meatballs</b> Sweet Citrus Glaze Oriental Vegetable Blend Quinoa Pilaf Chicken Noodle Soup Egg Noodles Fresh Orange 1% Milk	<b>Tinga Chicken</b> California Vegetable Blend Cilantro Lime Rice SF Ambrosia SF Pudding 1% Milk
14	15	16	17	18
<b>Diced Chicken</b> Parmesan & Sundried Tomato Sauce Peas & Carrots Tri-Color Pasta Tropical Fruit Mix 1% Milk	<b>Barbacoa Beef</b> Oregon Bean Medley Mexican Rice WG Tortilla Fresh Orange 1% Milk	<b>Tuna Salad</b> Corn, Lima Beans & Tomato Salad Egg Drop Soup WW Dinner Roll w/Smart Balance Fresh Apple 1% Milk 	<b>Diced Chicken</b> Asian Sauce Scandinavian Veg Blend Egg Noodles Mandarin Orange SF Pudding 1% Milk	<b>Cubed Beef</b> Ranchera Sauce Broccoli & Carrot Brown Rice WG Tortilla Fresh Orange 1% Milk
21	22	23	24	25
<b>Veggie Egg Salad</b> Corn Tomato Salad w/ Pesto Dressing Moroccan Lentil Veg Soup WW Bread Fresh Orange 1% Milk 	<b>Beef Cheeseburger</b> Swiss Cheese Shredded Lettuce Tomato Red Onion WG Hamburger Bun Mayo & Mustard Fiesta Corn & Bell Pepper Salad Pineapple Chunks 1% Milk	<b>Chicken Breast</b> Savory Tomato Sauce Peas & Carrots Brown Rice Tropical Fruit Mix 1% Milk	<b>Pork Loin</b> Sweet Citrus Glaze Mix Veg Sweet Potatoes WW Dinner Roll Mandarin Orange 1% Milk	<b>Chicken Strips</b> Oriental Vegetable Blend Pineapple Fried Rice Canned Pears Kung Pao Sauce 1% Milk
28	29	30	31	
<b>Tarragon Chicken Salad w/Yogurt Dressing</b> Broccoli & Peppers Salad WW Dinner Roll w/ Smart Balance Mandarin Orange 1% Milk	<b>Mexican Beef Cocido Soup</b> Cubed Beef & Beef Broth Vegetable Mix WW Crackers (4pk) Fresh Apple SF Cookie 1% Milk	<b>Turkey Bolognese</b> Italian Veg Blend Bow Tie Pasta Parmesan Cheese (1pk) Canned Peaches 1% Milk	<b>Baked Tilapia</b> Ranchera Sauce Broccoli Mexican Rice WG Tortilla (1) Fresh Orange 1% Milk 	<b>Voluntary Contribution -</b> <b>\$3.00</b> <b>Meal Cost for Under Age</b> <b>60 - \$5.00</b> <b>Meatless Meal</b> 

Senior Cafe' Office 714-375-8404

Arrive by 11:15.

Registration required during first visit.

Lunch is served from 11:30am-12pm.

All meals comply with the Dietary Guidelines for Americans 2020-2025 & Dietary Reference Intakes (DRI) for adults as determined by the CA Dept. of Human Services Agency & the USDA. Meals on Wheels OC Lunch Program may change the menu for reasons of quality control, price, or vendor issues. This project is funded in part through funds from the Federal Older Americans Act as allocated by the OC Board of Supervisors. Sugar free desserts & water packed fruits are used throughout the menu to accommodate diabetic diets. 1% milk is served daily. Salt shaker indicates sodium content is over 1,000 mg. while \* indicates a special event or holiday which may exceed 1,000 mg. Low cholesterol and 0% trans-fat buttery spread is served with bread & rolls. The weekly average lunch meal provides >550 calories. Note condiments are not analyzed and may increase sodium.

[www.MealsonWheelsOC.org](http://www.MealsonWheelsOC.org)



## MONDAYS

- 8:30 Better Life Boxing
- 8:30 Table Tennis\*
- 9:30 Ukulele, Intermediate
- 10:00 Yoga Chair
- 10:00 Library in the Lobby\* 7/7 & 21
- 10:45 Ukulele, Advanced
- 10:45 Flex & Stretch Floor Edition
- 11:00 Senior Café Lunch\*
- 11:30 Balance and Stability
- 12:00 Ukulele, Beginning
- 12:30 Party Bridge & Chess\*
- 12:30 Senior Fitness
- 2:00 Cut the Cable 7/28
- 2:00 Zumba Gold Dance Fitness
- 2:00 Bridge for Beginners
- 2:00 Line Dancing, Level 1
- 3:00 Quilting with Brandi\*
- 3:30 Line Dance, Level 3
- 4:00 Waltz & Swing
- 5:00 Merengue & Cha Cha
- 6:00 Mental Health Support Group (NAMI)\* 7/28
- 6:30 Tai Chi Chuan
- 7:00 Big Band Swing Dance\* 7/28

## THURSDAYS

- 8:00 Outlook Assembly\* 7/24
- 8:30 Table Tennis\*
- 8:15 Tai Chi Chuan
- 9:00 HBCOA Board Meeting
- 9:20 Tai Chi Chuan
- 9:30 Hoag Lecture\* 7/10 & 17
- 9:30 Cognitive Behavior Group\*
- 10:00 Low Vision & Blind Services Presentation\* 7/28
- 10:00 Yoga with Diane
- 10:45 Flex & Stretch
- 11:00 Senior Café Lunch\*
- 11:00 Guitar for Fun\* 7/3 & 17
- 11:30 Zumba Chair
- 12:30 Canasta\*, Chess\*, Scrabble\*, Gin & Cribbage\*
- 1:00 Balance and Stability
- 1:30 Line Dance, Level 2
- 2:00 Tech Club\* 7/10
- 2:00 Intro to Genealogy
- 3:00 Line Dance, Level 1
- 4:00 HBCOA Tour 7/3
- 5:45 Belly Dancing Beginning
- 6:00 Woodcarvers\*
- 6:30 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 Basic Art Techniques
- 10:30 Yoga
- 11:00 Senior Café Lunch\*
- 12:00 Scrabble\*
- 1:00 Digital Photo Org & Editing
- 1:30 Shanti Social Support Group\*
- 1:30 Essentrics Aging Backwards
- 2:30 Line Dance Beginner
- 3:00 Yoga with Diane, Outdoors
- 3:00 Bridge Intermediate
- 4:00 Line Dance, Beginner
- 4:00 Puzzle Swap\* 7/22
- 4:00 Acrylic Painting
- 5:30 Alzheimer's Caregiver Support Group\* 7/1, & 15
- 5:30 Family Martial Arts
- 6:30 Sr./Adult Martial Arts

## FRIDAYS

- 8:15 Senior Cardiofit
- 9:00 Sewing Fundamentals\*
- 8:30 Mexican Train\*
- 9:00 Blood Pressure\* 7/18
- 9:00 TOPS (free)
- 9:00 Zumba Gold & Toning
- 9:30 Dup. Bridge\*, Rummy Cube\*
- 9:30 Circuit Training
- 10:00 Yoga
- 10:30 HandyCrafters\*
- 11:00 Senior Fitness
- 11:00 Senior Café Lunch\*
- 11:30 Flex & Stretch
- 12:00 Backgammon\*
- 1:00 Pilates Chair
- 1:30 Line Dance, Level 2-3

## WEDNESDAYS

- 8:30 Chess\*
- 8:30 Wednesday Walkers\*
- 9:00 Blood Pressure Screening\* 7/2
- 9:00 Zumba Gold Dance Fitness
- 9:00 Surf City Gardeners\* *California Native Plants 7/9*
- 9:00 Fishing Club\* 7/2
- 10:00 Young At Heart Singers\*
- 11:00 Senior Café Lunch\*
- 11:00 Line Dance, Level 1
- 12:00 Line Dance, Level 2
- 12:00 Mahjong\*, Backgammon\*
- 1:00 Movies\* (7/9 *Back in Action, 7/23, Indiana Jones, 7/30 Mission Impossible*)
- 1:00 Line Dance, Level 3
- 5:30 Nature Meditation Walk
- 5:30 Fire Med CPR\* 7/9
- 6:00 Bridge for Beginners
- 6:30 Book Club 7/9

## SATURDAYS

- 9:30 Fire Med CPR\* 7/19
- 10:00 Family Martial Arts
- 11:00 Sr. Martial Arts
- 4:00 Legends of Rock Concert 7/19

For specific dates, prices, & locations, stop by, call 714-536-5600, or browse the City's SANDS magazine at [hbsands.org](http://hbsands.org)

\* NO OR LOW-COST TO ATTEND

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