

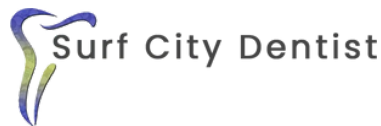


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Homewatch Caregivers, John Damitz Medicare Insurance Agent, SeaCliff Home Care,
Merrill Gardens at Huntington Beach, Senior Living Options, United Healthcare, Z Dermatology,
Providence, and more! (See page 12 for additional service providers at the Expo.)

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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Butch Twining	Andrew Gruel
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HBCOA President's Message

Hello from all of us at the HBCOA!

September brings us the beginning of autumn and a wonderful lineup of opportunities at the Senior Center. We're thrilled about the month we have in store, highlighted by our Active Living Expo on September 20. This event offers fantastic opportunities to discover resources for vibrant aging while enjoying great company and entertainment. Be sure to visit us at the HBCOA booth – we'd love to connect with you!

We are proud to highlight our Evergreen program in this Outlook issue. When you become an Evergreen donor with a gift of \$1,000 or more, you're directly supporting the services that matter most—care management, home-delivered meals, transportation, and programming that helps our older adults thrive with independence and dignity. I invite you to join us as an Evergreen hero. Contact Stephanie Babkow at (714) 374-1524 to learn how your support can make a meaningful difference in our community.

Here's to a September filled with new connections, discoveries, and happiness!

Warmly,

Carolyn Ross, HBCOA President

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



Assistance League of Huntington Beach Dreamcatchers Auxiliary

Hoag Memorial Hospital Presbyterian

Orange Coast Memorial Medical Center

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Stanley & Pauline Lau

HandyCrafters

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

Ashley Wysocki, Director

Kristin Martinez, Program & Services Manager

Senior Center in Central Park

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

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Supervisor's Message

September is here, and it's the month we've all been waiting for—the time to come together for our largest and most exciting event of the year, the Active Living Expo! Join us on Saturday, September 20th, from 10 a.m. to 1 p.m. right here at the Senior Center in Central Park for a day packed with fun, discovery, and community connection.

This free event features over 50 vendors offering resources, products, and services to help you live your best, most active life. Whether you're interested in health & wellness, hobbies, or simply looking to enjoy a lively day out, there's something for everyone. You can dance to the beats of our DJ, capture memories in the photo booth, join a peaceful park walk, or get creative with our HandyCrafters workshop.

We're thrilled to offer free-onsite parking along with a convenient shuttle service running from the library lot across the street to make getting here easy and stress-free. Don't forget to stop by our lounge for a complimentary coffee, and be sure to enter our drawings for exciting prizes and giveaways throughout.

This celebration is open to everyone, so bring your friends & family and make a day of it! The Active Living Expo is all about embracing vibrant, healthy living while enjoying the wonderful amenities our Senior Center provides.

The Senior Center will be closed on Monday, September 1st, in observance of Labor Day. We hope you enjoy the holiday and come back ready for an amazing fall season.

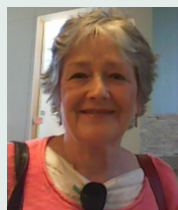
Warm regards,

Scott Getman, Recreation Supervisor

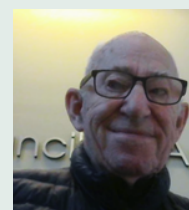
SENIOR CENTER IN CENTRAL PARK REMEMBERS



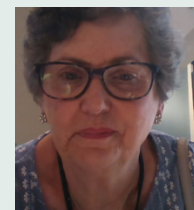
Brigitta Elward
1939 – 2025



Kathryn Moseley
1951–2025



Denny Miller
1932 – 2025



Dorothy Rice
1939 – 2024

Helen Merritt 1939 – 2025

Raymond Hesser 1940 – 2025

Charles Betz 1939 – 2025

Be An *Evergreen* Hero Transform Lives in Huntington Beach



Picture Margaret, 82, isolated in her apartment—until a nutritious meal and friendly smile arrive at her door. That connection becomes the highlight of her day.

This is the power of an Evergreen membership.

When you join the Evergreen Program with a \$1,000+ donation, you're not just writing a check—you're writing someone's story of hope and dignity.

Your Impact in Action

Your support helps fund **care management** for navigating healthcare challenges, **home-delivered meals** that provide nutrition and connection, Surf City Seniors On the Go! **transportation** for independence, and **vibrant programming** from dances to wellness classes that keep spirits high.

Real Stories, Real Impact

Every Evergreen dollar creates ripple effects. The older adult who attends chair yoga discovers new friends. The widower who joins the travel group finds purpose again. The neighbor who receives meal delivery gains confidence to stay in her beloved home.

Ready to become an Evergreen hero?

Help older adults in Huntington Beach live with independence, joy, and dignity.

Visit hbcoa.org or contact Stephanie Babkow at (714) 374-1524 to learn how your membership can change lives today.



Because every older adult deserves to flourish, not just survive.



ACTIVE LIVING EXPO 2026 HBCOA Membership Travel & Resource Room

NEW WAYS TO EXPLORE AGING

The 2026 HBCOA Membership Drive will open during the Active Living Expo on Saturday, 9/20/25.

You may join or renew your membership that day or on weekdays following the Expo. If you join the HBCOA on or after 9/20/25, your 2026 annual membership will include the remaining months of 2025 as well. Memberships help support senior center programming; perks include discounts and a mailed newsletter.



At Active Living Expo, visit the HBCOA Booth to drop off your Active Living Passports for a chance to win prizes!

Huntington Beach Fishing & Recreation Club

The Huntington Beach Fishing & Recreation Club (HBFRFC) is looking for new members. The Fishing Club is all about fishing, camaraderie, and having fun. We have male and female members of all ages. We fish in local freshwater lakes, the Sierras, saltwater bays, surf, and the open ocean, as well as Mexico, Canada, and Alaska. Some members don't fish but enjoy the social activities, brunches at restaurants, potluck lunches, fish fries, darts in the park, and more. There is a small yearly membership fee to participate. We have a very active calendar with scheduled activities every week. We would like to invite you to attend one of our meetings at the Senior Center in Central Park. They are scheduled for the first Wednesday of each month at 10:00 a.m. Come early and see first-hand what it's all about. If you would like additional information, please contact our President, Larry Schiel, at 714-421-3424 or ljschiel@gmail.com.





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



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.**



BITE OF HISTORY

Tuesday, October 21st

Enjoy a day that blends delicious flavors with history! Start with pastry in Pasadena, and then

a taste of Thai in Eagle Rock. In Burbank savor lunch at the Smoke House and dessert at Bob's Big Boy, listed on the National Register of Historic Places. After lunch, visit the Birth of Liberty Mosaic in the Hollywood Hills, and complete the journey at the North Hollywood Television Academy's Sculpture Garden. **Member Price \$155; Non-Member Price \$165; Depart 9:00 a.m. Return 4:30 p.m.**



MASTERPIECES IN LIGHT: FROM STAINED GLASS TO NEON

Tuesday, November 11

This tour offers a rare and immersive look at the ways light has been shaped into art, revealing the connections

between the timeless elegance of stained glass and the dynamic, modern world of neon. **Lunch is not included. Due to the sacred nature of the destinations, all stops are subject to availability. Member Price \$135; Non-Member Price \$145; Depart 9:00 a.m. Return 4:30 p.m.**

Where in the World is your Outlook?



Email a photo of you pictured with your Outlook to

Teri.Simonis@surfcity-hb.org

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

QUEEN BEES

September 10



While her house undergoes repairs, fiercely independent older adult Helen (Ellen Burstyn) temporarily moves into a nearby retirement community. There she meets other widows, competes in cutthroat bridge tournaments, challenges a hotbed of bullying

"mean girls," and discourages an amorous widower. AARP Movies for Grownups Nominee. **1h 40m, PG-13 for drug use & suggestive material.**

EMILIA PEREZ

September 24



Through liberating song and dance, this odyssey follows the journey of three remarkable women in Mexico, each pursuing their own happiness. The fearsome cartel leader Emilia (Karla Sofia Gascon) enlists Rita (Zoe Saldana), an unappreciated

lawyer stuck in a dead-end job. Rita helps Emilia fake her death so that Emilia can finally live authentically as her true self. Rita also relocates Emilia's wife, Jessi, (Selena Gomez) for Jessi and her children's safety. Oscar Award Winner for Music and Best Performance by an Actress, Zoe Saldana, in a supporting role. Senior Center in Central Park's audience selection. **2h 12m, Rated R for language, some violent content, and sexual 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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(selections)

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Music Director

Brahms
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Mussorgsky
Pictures at an Exhibition

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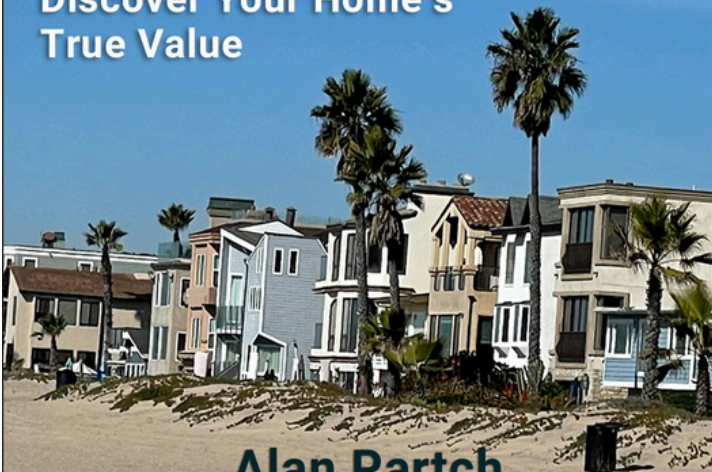
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RECREATION



We Can't Wait To See You At The **Active Living Expo**

Who: Over 60 Service Provider booths!

When: Saturday, September 20th

Where: The entire Senior Center campus

What Time: Stop by anytime between 10am – 1pm

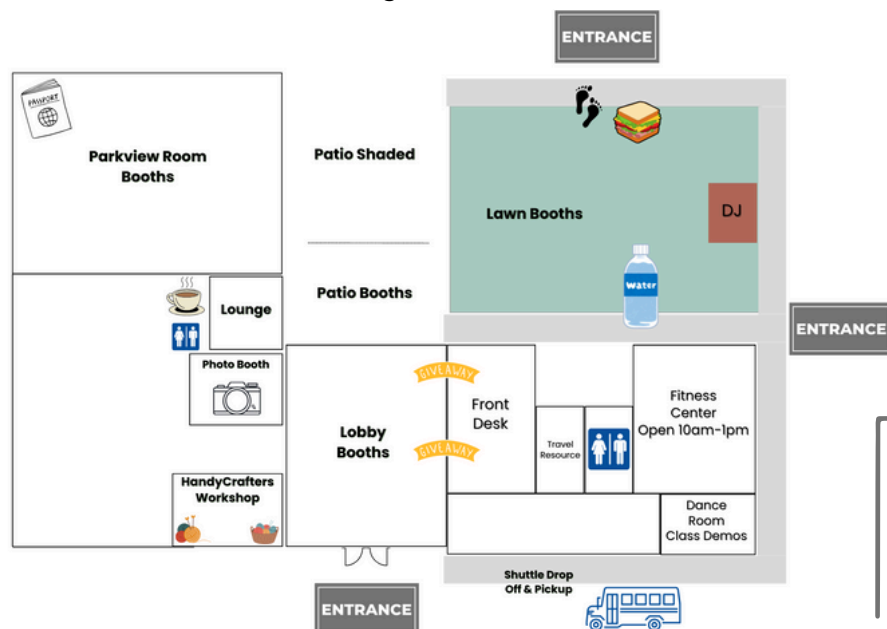
Parking: The Senior Center parking lot will be available, but it usually fills up by 10:30am. You can park at the Library and walk or take the courtesy shuttle to the Senior Center. You can also park across the park off Edwards St. and walk across.



Activities at the Expo

- **Free Coffee Bar** – Stop by the Lounge and say hi to the Sweet Memory baristas, who will be serving up espresso lattes, matcha lattes, and more.
- **Wellness Pavilion Open House** – Our Fitness Center will be open and available for tours and questions. Want to try a workout while you're here? Go for it! Pick up a day pass and workout before or after chatting with our vendors.
- **Central Park Walk** – Join us for a 1-mile walk through Central Park. Meet on the lawn at 11:45am.
- **HandyCrafters Workshop** – Stop by room EMG1 for our largest HandyCrafters sale of the year! Goodies include items like blankets, beanies, baby clothes, stuffed animals, and more.
- **Opportunity Drawing** – Stop by at least 20 vendor booths, get your passports stamped, and drop it off at the HBCOA booth for a chance to win one of five gift baskets! With values of up to \$100, they include items such as a free gym membership, a free trip with HBCOA's Travel Tours, tickets to our December Dance, 2 tickets to a Huntington Beach Symphony concert and more!
- **Photo Booth**– Drop by the free photo booth for a fun opportunity to capture the moment with friends.
- **DJ Erok** – Hang outside by the lawn and have some snacks & refreshments while DJ Erok plays fun music and does our announcements! The more dancing, the better!

EVENT
MAP



Parking Options

Senior Center
Central Library
Shipley Nature Center
Edwards St. Lots



HEALTH & WELLNESS



Come visit the Hoag Health & Wellness Pavilion at the Active Living Expo!



Discover everything we have to offer! Our friendly gym team will be available to share information about gym memberships, personal training, exciting group fitness classes, and wellness services that support healthy aging.

Curious about our facility?

Join us for a guided tours of the gym. See the space, ask questions, and explore what's right for you.

We look forward to meeting you and helping you take your wellness to the next level!

SPECIAL GYM HOURS

On Saturday, September 20th the Fitness Center will be open from 10:00am-1:00pm.



Want to learn more about our Personal Training Services?



Visit **Crave Fitness**, one of our event sponsors, who will be on-site during the Active Living Expo to answer your questions and share how you can get started on your fitness journey.



Senior Center will be **CLOSED** on Monday, September 1st in observance of Labor Day. Normal hours of operation will resume on Tuesday, 9/2.



Wellness Activities

Don't Miss the Fun!

Join us during the Expo on 9/20 for an engaging & free fitness class in the Dance Room!

Balance & Flexibility

11:00-11:30am

class sponsored by Hoag





VOLUNTEER SERVICES



Handy Crafters

Boutique Sale & Demos

Active Living Expo

Saturday, September 20th

Senior Center in Central Park

Room: EMG 1

10:00 a.m.-1:00 p.m.

Stop by to shop for unique-one of a kind items and witness the talent and hardwork our HandyCrafter volunteers put into making these items. Sale items may include: jar openers, scrubbies, towel holders, purses, stuffed animals, baby clothes, booties, beanies, and much more! Shop for yourself or for someone else. There is a little something for everyone.



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

All purchases are cash or check only.

Travel & Resource Room

Open During Active Living Expo!

Saturday, September 20th

10am-1pm

Volunteers will be available in the Travel & Resource Room during the Active Living Expo to assist guests with purchasing or renewing their HBCOA membership. Also be sure to check out and sign up for the upcoming day trips!



Reminder for Monday Volunteers!

The Senior Center will be closed on Monday, September 1st for Labor Day.

Active Living Expo Volunteer Support

It takes a lot of staff and volunteer support to put on the Active Living Expo each year. Senior Center volunteers and philanthropic groups come together to assist with event setup, cleaning, and support throughout the day to create the best experience for all our guests. If you see a volunteer while attending the event, please be sure to thank them for their time!



Current Volunteer Opportunities

- Transportation Drivers
- Home Delivered Meals

Upcoming Events

- 11/14/25 - Fitness Palooza

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



Connecting People & Service Providers

**ACTIVE
LIVING
EXPO**
9/20/2025

Visit local service providers & city departments offering a variety of programs & services to adults in the second half of life. Information on low vision services, caregiver & memory support, housing law, veterans help, utility assistance, insurance counseling, life planning, nature opportunities, and philanthropies abound! After nearly 30 years, the purpose of our biggest event remains the same: connect people with information and services to help us live life more optimally!



City Departments at the Expo



- HB Public Library
- HB Art Center
- HB City Clerk
- HB Public Works

- HB Fire Dept. – Home Safety Inspections
- HB Police Dept. – Senior Scams Prevention



Shuttle

Take advantage of the Seniors on the Go! shuttle from the overflow parking at the library lot to the Expo from 10am – 1pm.



Congratulations, Annie Wong, ONEHB Achiever!

Through the Home Delivered Meals service, Annie assures over 100 recipients receive their daily meals and that dozens of volunteers are organized & supported each day. Through the OneHB Achiever program, Community & Library Services Department has recognized Annie for her excellent customer service at Senior Center in Central Park.

Thank you, Annie. We are so fortunate to have you on our team!



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.



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TRANSPORTATION

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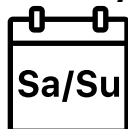
Transportation is provided weekdays, from 8:00 a.m. to 4:30 p.m. to Huntington Beach residents 60+ for their ride needs within Huntington Beach and to the Social Security office in Fountain Valley. The Surf City Seniors on the Go! shuttle brings older adults to the Senior Center in Central Park for the Senior Lunch cafe, classes, and activities. Transportation is also available outside the city for non-emergency medical appointments at Hoag Hospital Newport Beach, UCI Health-Fountain Valley, 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 essential to our service and appreciated. Transportation services are made possible through donations, HBCOA support, 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 Orange County Transportation Authority's Access bus program. For questions and application, contact OCTA directly at 714-560-5956 or www.octa.net.

Lost & Found

If you've left an item in the vehicle or office, 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 with us.



Active Living Expo

Save the date! Our Active Living Expo will be held **Saturday, September 20, 2025**.

Overflow parking will be at the Huntington Beach Central Library parking lot. Seniors on the Go! Transportation will offer shuttle service from the library to the Senior Center in Central Park.

At the Expo, please stop by our Transportation booth to inquire about our services and say hello.

We may have some goodies for you.



WELCOME
Gary Alred

The newest staff driver to join Surf City Seniors on the Go!, Gary, has three sons, one daughter, and nine grandchildren. Gary worked for Adohr Farms Dairy from 1976 to 2002 as a VP General Manager. He then worked for Toyota in their sales department from 2004-2024. Gary's favorite hobby is golf. Next time you see Gary, say hello.

Welcome to the Transportation Team!



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BINGO

WEDNESDAY MATINEE

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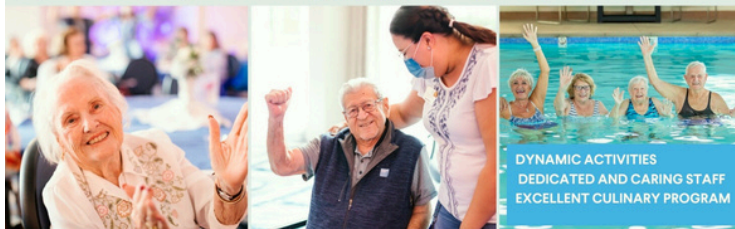
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SEPTEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
1 	**2** Special Menu	3	4 	5
	Labor Day Chicken Breast w/Brown Gravy Rice Pilaf Corn Fresh Apple Lemon Cream Cake Cup	Chicken Breast Savory Tomato Sauce Peas & Carrots Brown Rice Canned Tropical Fruit Mix		Chicken Strips Kung Pao Sauce Oriental Vegetable Blend Pineapple Fried Rice Canned Pears
8	9	10	11 	**12** Special Menu
Tarragon Chicken Salad w/Yogurt Dressing Broccoli & Peppers Salad WW Dinner Roll w/ Smart Balance Canned Mandarin Orange	Mexican Cubed Beef Cocido Soup Beef Broth Vegetable Mix WW Crackers (4pk) Fresh Apple SF Cookie	Turkey Bolognese Italian Veg Blend Bow Tie Pasta Parmesan Cheese (1pk) Canned Peaches	Baked Tilapia Ranchera Sauce Broccoli Mexican Rice WG Tortilla (1) Fresh Orange	Western Day Pork Carnitas w/BBQ Sauce Black Beans Coleslaw WW Dinner Roll w/ Smart Balance RS Peach Crisp
15	16	17	18	19
Pork Carnitas Green Peas Cilantro Lime Rice SF Ambrosia Verde Sauce	Chicken Pasta w/Poppy Seed Dressing Spring Mix Italian Dressing WW Dinner Roll w/Smart Balance Fresh Orange	Salisbury Steak Brown Gravy 5-Way Mix Vegetable Sweet Potatoes Butternut Squash Soup WW Bread w/Smart Balance Canned Peaches	Turkey Roast Mushroom Gravy Capri Veg Blend Rice Pilaf Fresh Apple	Chicken Strips Oriental Vegetable Blend Brown Rice Lemongrass Sauce Canned Mandarin Orange
22 Special Menu	23 	24	25	26 
First Day of Fall Cubed Beef California Blend Egg Noodles Goulash Canned Pears Tiramisu Cake Cup	Vegetable Lasagna Pork Tenderloin Sweet Citrus Glaze Green Bean & Carrots WW Dinner Roll w/Smart Balance Fresh Apple	Diced Chicken Breast Orange Sauce Oriental Vegetable Blend Rice Pilaf Canned Mandarin Orange	Pork Carnitas Ranchera Sauce Peas & Carrots Cilantro Lime Rice Fresh Orange	Fish Sticks Taco Pico de Gallo Red & White Cabbage Black Beans Lemon Slice WG Mini Tortillas (2) Canned Peaches
29	30	Voluntary contribution for those 60+ is \$3.00 Meal cost for those under age 60 is \$5.00  1% Milk is served with each meal Meatless Meal 		
Pork Loin Caramel Sauce Broccoli Brown Rice Fresh Apple	Turkey Roast w/Brown Gravy Scandinavian Veg Blend Sweet Potatoes WW Dinner Roll w/Smart Balance Canned Pineapple Chunks			

Senior cafe" Office 714-375-8404

Arrive by 11:15.

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

Registration required during first visit.

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



MONDAYS

Free Activities

- 8:30 Table Tennis
- 11:00 Senior Café Lunch
- 12:30 Party Bridge & Chess
- 6:00 Mental Health Support Group (NAMI) 9/22
- 7:00 Big Band Swing Dance 9/22

Pay to Play

- 8:30 Better Life Boxing
- 9:00 Nature Meditation Walk
- 9:30 Ukulele, Intermediate
- 10:00 Yoga Chair
- 10:45 Ukulele, Advanced
- 10:45 Flex & Stretch Floor Edition
- 11:00 Acrylic Painting, Beginner
- 11:30 Balance and Stability
- 12:00 Ukulele, Beginning
- 12:30 Senior Fitness
- 2:00 Bridge for Beginners
- 2:00 Zumba Gold Dance Fitness
- 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

THURSDAYS

Free Activities

- 8:00 Outlook Assembly 9/25
- 8:30 Table Tennis
- 9:00 HBCOA Board Meeting 8/7
- 9:30 Hoag Lectures: Treating Lower Back Pain 9/11
- Vascular Disease 9/18
- 11:00 Senior Café Lunch
- 12:30 Canasta, Scrabble, Gin, Cribbage
- 2:00 Tech Club 9/11
- 6:00 Woodcarvers

Pay to Play

- 10:00 Yoga with Diane
- 10:45 Flex & Stretch
- 11:30 Zumba Chair
- 1:00 Balance and Stability
- 1:30 Line Dance, Level 2
- 3:00 Line Dance, Level 1
- 5:45 Belly Dancing Beginning
- 6:30 Belly Dancing Intermediate

TUESDAYS

Free Activities

- 9:30 Duplicate Bridge
- 11:00 Senior Café Lunch
- 12:00 Scrabble
- 12:30 Drum Circle 9/9
- 1:30 Essentrics Aging Backwards Demo 9/9
- 1:30 Shanti Social Support Group
- 4:00 Puzzle Swap 9/23
- 5:30 Alzheimer's Caregiver Support Group 9/2, 9/16

Pay to Play

- 8:15 Pilates Mat
- 8:15 Senior Cardiofit
- 9:00 Pilates Chair
- 9:00 HBCOA Tour: The Roaring 20's 9/9
- 9:30 Flex & Stretch
- 10:00 Basic Art Techniques
- 10:00 Yoga with Diane
- 10:30 Yoga
- 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 Acrylic Painting
- 6:30 Sr./Adult Martial Arts

FRIDAYS

Free Activities

- 8:30 Mexican Train
- 9:00 Blood Pressure 9/19
- 9:00 TOPS.org- club group mtg.
- 9:00 Dupe. Bridge
- 9:30 Rummy Cube
- 10:30 HandyCrafters
- 11:00 Senior Café Lunch
- 12:00 Backgammon
- 2:00 Hoag Lecture: Hip & Knee Arthritis 9/5

Pay to Play

- 8:15 Senior Cardiofit
- 9:00 FUNDamental Sewing***
- 9:00 Zumba Gold & Toning
- 9:30 Circuit Training
- 10:00 Yoga
- 11:00 Acrylic Painting, Beginning
- 11:00 Senior Fitness
- 11:30 Flex & Stretch
- 1:30 Line Dance, Level 2-3

WEDNESDAYS

Free Activities

- 8:30 Chess
- 8:30 Wednesday Walkers
- 9:00 Blood Pressure Screening 9/3
- 9:00 Surf City Gardeners 9/10
- 10:00 Fishing Club 9/3
- 10:00 Young At Heart Singers
- 11:00 Senior Café Lunch
- 12:00 Mahjong, Backgammon
- 1:00 Movies (9/10 *Queen Bees*, 9/24 *Emilia Perez*)
- 1:00 It's Your Money 9/17, 9/24

Pay to Play

- 9:00 Zumba Gold Dance Fitness
- 10:00 Yoga Chair Online
- 10:30 Cardkateers***
- 11:00 Line Dance, Level 1
- 12:00 Line Dance, Level 2
- 1:00 Line Dance, Level 3
- 5:30 Nature Meditation Walk
- 5:30 Fire Med CPR 9/10
- 6:00 Bridge for Beginners
- 6:00 Book Club 9/10

SATURDAYS

Free Activities

- 10:00 Active Living Expo 9/20



ACTIVE
LIVING
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NEW WAYS TO EXPLORE AGING

- 10:00 Handy Crafters Boutique 9/20

Pay to Play

- 9:00 FireMed members CPR 8/16***
- 10:00 Family Martial Arts
- 11:00 Senior Martial Arts

For specific dates, prices, & locations, stop by, call 714-536-5600, or browse the City's SANDS magazine at hbsands.org

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