

Reminder to Renew Your HBCOA Membership

It's that time of year! Reminder to join/renew your HBCOA membership! Membership starts at just \$20 per year and includes the Outlook magazine delivered to your mailbox, discounts on HBCOA travel trips, discounts on select events such as dances, concerts, and more! The best part? Your membership is valid for the rest of this year and throughout 2026!



Holiday Closure Reminders

A friendly reminder that the Senior Center will be closed on **Tuesday, November 11th** in recognition of Veterans' Day. We honor and thank our veterans for their service and sacrifice. Additionally, we will be closed for Thanksgiving on **Thursday, November 27th** and **Friday, November 28th**. We wish you a holiday filled with gratitude, and joy.



A Season of Thanks at the Senior Center in Central Park

Fall Events at the Senior Center

We are closing out the year the only way we know how - with a lineup of exciting special events! Starting this month, join us on Friday, November 14th from 4pm-6pm for **Fitness Palooza**. This 80s-inspired event will combine a fitness dance class with an afterparty social. If you like Zumba, Jazzercise, Belly Dance, or Cardiofit - this event is for you! Wear your bright colors and come ready to dance & party.

Next up, we have our annual December dance. This year, it's the **Holiday Ball - Dancing in a Winter Wonderland**, happening on Friday, December 12th. Tickets for this one go on sale Thursday, November 13th at 8:00 AM. Typically, this event sells out, so the number of tickets you can purchase is limited

to 8, which is one full table. We look forward to celebrating the holidays with you! Last up, is our **Holiday Luncheon** on Wednesday, December 17th. Sponsored by the HBCOA and Surf City Dentist, we're excited to partner with Meals on Wheels OC to bring a fun and spirited afternoon to our members! Sign-ups will take place in November, and you must RSVP with the Meals on Wheels OC staff. For more info, check out flyer in the front lobby.



**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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Andrew Gruel

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.



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Sponsorship Disclaimer

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HBCOA President's Message

I hope this message finds you well. November is a month that invites us to reflect on our blessings and cherish the connections we've nurtured throughout the year. As we approach Thanksgiving, let's take a moment to celebrate the friendships we've fostered and the memories we've created together.

I want to express my heartfelt gratitude to each of you for your support of the HBCOA. Your membership and donations enable us to sustain the recreation programs, social services, special events, and transportation services at the Senior Center. Together we are making a difference!

If you are not yet an HBCOA member, please consider joining us. For our renewing members, I hope you will consider upgrading to a Bronze, Silver, or Gold membership level to help us expand what's possible for Huntington Beach older adults. I also invite you to explore our Evergreen Legacy Giving Program—a meaningful way to make an even more substantial impact and ensure the Senior Center continues serving our community for generations to come. Your legacy gift can create lasting impact for future seniors in Huntington Beach. To join, upgrade your membership, or learn more about the Evergreen Legacy Giving Program, visit the Senior Center or our website at www.hbcoa.org/membership/.

Wishing you a November filled with warmth, joy, and good company.

Your HBCOA President,
 Carolyn Ross



We Remember



Nancy Nimmons
 1950- 2025

Ken Crites
 1943- 2025



Edward Bixler
 1935-2025



Vicki Southard
 1954-2025

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

Vivian Pla, Wellness Pavilion Coordinator

Phone Directory

Care Management: 714-374-1572

Community & Library Services: 714-536-5486

Fitness / Wellness Center: 714-374-1578

Front Desk Senior Center: 714-536-5600

Home Delivered Meals: 714-374-1717

HBCOA: 714-374-1524

Rentals & Events: 714-374-1534

Senior Lunch Café: 714-375-8404

Transportation Seniors on the Go: 714-374-1742

Travel & Resources: 714-374-1572

Common Resources

Adult Protective Services: 800-451-5155

ssa.oc.com- addresses adult abuse and neglect

Alert OC: 714-536-5978 alertoc.org- mass emergency notification and information system

City Hall General Information: 714-536-5511



Supervisor's Message

Tis the season to be thankful. I sure am! I appreciate our patrons, visitors, friends, volunteers, donors, sponsors, staff, and community for all you do to help make our center a great place to visit. Here in HB, we each have a stake in our community centers and how they thrive.

Even though, for many of us the holidays are full and busy, we make a special effort to create community and reach out to those may not be with family this season. We do this through partnerships in our community. For example, Huntington Beach Hospital has been donating festive Thanksgiving meals to home alone clients for over 20 years. Likewise, HandyCrafters donate funds to sponsor the Christmas Eve meals. DreamCatchers volunteers donate holiday gift bags full of goodies for social services clients to enjoy. If you'd like to share your giving spirit, check out our Winter Wishes Gift Collection opportunity which is sure to help make the holiday bright (see p. 13).

Of course, the Huntington Beach Council on Aging supports Senior Center programs and services throughout the year. This season, their sponsorship helps support events like Fitness Palooza, the Holiday Luncheon, and the Winter Ball. These fun and festive celebrations wouldn't be the same without their commitment to serving older adults in HB.

With peace and gratitude,

Michelle Yerke, Social Services Supervisor



Welcome New Senior Center Staff!



Alicia is a native of HB who has over 16 years of experience in public service contributing to a wide range of departments in various cities throughout her career. Outside of work, she loves tennis, gardening, and crafting with her two daughters. Alicia would like to share, "I try to fill every day with enthusiasm, laughter, and plenty of joy. I'm so grateful to be here and can't wait to connect with you all!" Alicia will be working with staff, volunteers, and the HBCOA Board of Directors as a Department Services Aide. Welcome to the Senior Center Alicia!

Marlene is a Licensed Marriage and Family Therapist with a background in serving vulnerable children and families through her previous work with the County of Orange, Social Services Agency. She is passionate about supporting her community and is excited to bring her experience to the Senior Center's Care Management Team. A longtime resident of Huntington Beach for over 30 years, Marlene enjoys photography, hiking, and traveling in her free time. Welcome to the Senior Center Marlene!



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.

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



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 Senior Center in Central Park.

Pancreatic Cancer Awareness Month is November



Risk factors include family history, diet, obesity, history of smoking, diabetes, chronic pancreatitis and other factors. Common symptoms include: stomach or mid-back pain, bloating and digestive problems, weight loss with unknown cause, and yellowish eyes or skin. To take a risk assessment, and learn more, go to pancan.org or call 877-272-6226.



Where in the World is your Outlook?

This summer, Jo Anne Fothergill adventured to Greece. She visited the Parthenon in Athens, which was built as a temple dedicated to goddess Athena. It is known for its classical Greek art and is a historic symbol of the western world and democracy.



To be considered for a highlight spot in an issue of the Outlook, email alicia.logan@surfcity-hb.org a photo of you on an adventure with your Outlook

HBCOA PROGRAMS

TRAVEL & TOURS

Register in person, weekdays, 8:00 A.M. to 3:30 P.M. with a Travel & Resource Room Volunteer. Full descriptions can be found on our flyers or at: hbcoa.org/travel_trips_tours
Prices are for HBCOA members and non-members.



The Roaring 20's - A Journey Through LA's Roaring Past 11/10

A tour that brings L.A.'s most dazzling era to life, includes visits to Angelus Temple (1923), Central Library (1926), L.A. City Hall's 27th- floor observation deck, and the Biltmore Hotel. Enjoy a 4-course buffet featuring an assortment of dishes. Moderate walking. *Lunch included. \$155/\$165*



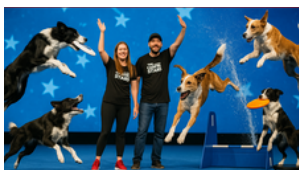
Surf, Sand & Santa- Newport Beach Christmas Boat Parade 12/17

This Holiday outing features dazzling yachts and cheerful cruisers decked out in lights, music, and decorations. Full dinner and deluxe motorcoach round trip included! *\$160/\$165.*



Float Fest- Rose Parade Float Showcase 1/2

Experience the grandeur and artistry of the world-famous Rose Parade floats with special early access. There is easy access to food trucks serving up tasty treats and a chance to chat with float designers and volunteers. *Moderate walking. Lunch not included. \$135/\$145*



The Canine Stars Stunt Dog Show 1/24

Straight from the spotlight of *America's Got Talent*, this world-class team of trainers and their rescues from around the world delight us with a show that is both heartwarming and hilarious. *\$135/\$145*

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

The Boy Who Harnessed The Wind

The Boy Who Harnessed the Wind is the true story of William Kamkwamba, a Malawian boy who built a wind turbine out of scrap parts to bring electricity and running water to his village. It is the subject of a best-selling memoir and a 2019 Netflix film. **1 hr 53 m.**

November 19th

3rd Wednesday

MOVIE REFRESHMENTS

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





JOLLY HOLIDAY LUNCHEON

JOIN US WEDNESDAY 12/17/25, 11AM-1PM FOR
FESTIVE FOOD, ENTERTAINMENT, AND FUN!

Senior Cafe registration and reservations required
ahead of time and can be done in person at the Senior
Cafe or by leaving a message at 714-375-8404.

★ \$3 suggested donation (for those aged 60+)
★ \$5 fee (for those under 60)





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RECREATION



Winter Class Registration

Winter classes open for registration on Tuesday, November 18th. In order to prepare and make your day as smooth as possible, please keep the following tips in mind:

- 1) Make checks payable to **City of Huntington Beach**. It's also best to wait on filling in the dollar amount, just in case any classes are full.
- 2) If you prefer to register online, please be aware that we may not be able to offer assistance over the phone on the morning of. Because we are so busy, it's best that you practice going online and trying to sign up before registration day. If you need help with your username & password, please give us a call.
- 3) Classes such as Flex & Stretch will fill up within the first few minutes. Online sign-ups will outpace how quickly staff at the front desk can enroll people in person. Please be respectful and keep in mind staff do the best job that they can.
- 4) It can be difficult for us to change large bills. If you are paying with cash, please do your best to bring exact amounts. We also accept checks and cards, however there is a 3% fee for using credit or debit cards.

November Calendar

- Tue. November 4th - Drum Circle Class
- Wed. November 5th - HB Art League
- Thur. November 6th - HBCOA Meeting
- Thur. November 6th - HBCOA Evergreen Mixer
- Fri. November 7th - Hoag Lecture, Hand Pain
- Tue. November 11th - SC CLOSED
- Thu. November 13th - Hoag Lecture, Parkinsons
- Fri. November 14th - Fitness Palooza
- Tue. November 18th - First Day of Class Registration
- Tue. November 18th - MemorialCare Lecture
- Wed. November 19th - Wednesday Movie
- Mon. November 24th - Big Band Swing Dance
- Thur. November 27th - SC CLOSED
- Fri. November 28th - SC CLOSED



Veterans
★ DAY ★

HAPPY
Thanksgiving

Drum Circle in November

Tuesday, November 4th
12:30 PM



Surf City Gardeners

Planting a Wildlife Habitat
Wednesday, November 19th
9:00 AM



Holiday Ball

Dancing in a Winter Wonderland

Friday, December 12th 6:30pm-9:00pm



The Senior Center's annual December dance returns this year on Friday, December 12th. Join us for a fun night of dinner, drinks, and dancing. We're excited to announce the return of Larry Fresch and the Fresh Experience, who performed here for many dinner dances between 2016-2020. Food will be provided by our friends from Renato's Italian Restaurant, and will feature chicken marsala, lasagna, and salmon.

Tickets go on sale **Thursday, November 13th** at 8:00 AM. They must be purchased in person at the Senior Center. Tickets are \$45 and a maximum of 8 may be purchased, which is one full table. We do expect this dance to sell out, so please plan accordingly.

You may receive a \$5 discount on one ticket by showing your current HBCOA membership card to staff when buying tickets. Stop by the *Travel/Resource Room* early this morning to get a copy of your membership card or renew for 2026.



HEALTH & WELLNESS



FITNESS PALOOZA

FRIDAY, NOVEMBER 14
4:00-6:00 PM



Get Ready to Groove!

Step back into the 80's for a high energy night of movement, music, and fun! The evening will kick off with a warm-up stretch followed by an 80's-themed cardio dance class.

After class, enjoy snacks and refreshments, participate in opportunity drawings, and keep the energy going at a dance party with a live DJ. Retro attire is encouraged.

📍 Register today at HBSANDS.org
☎ or call 714-536-5600 for assistance.
We can't wait to have a good time with you! 🎵



HOLIDAY GYM CLOSURE

Tuesday, November 11th
Thursday, November 27th
Friday, November 28th

HOAG NOVEMBER LECTURES

Hand Pain and Numbness What Could it Be?

Friday, Nov 7
2:00-3:00PM

All About Parkinson's Disease

Thursday, Nov 13
9:30-10:30AM

Navigating Care for Your Aging Parent Loved One

Thursday, Nov 20
9:30-10:30AM

RSVP Required

Register on HBSANDS.org or
call 714-536-5600

UPCOMING HOAG BLOOD PRESSURE SCREENINGS

Wednesday, 11/5
Friday, 11/21

Held in Wellness Pavilion
Walk-ins welcomed





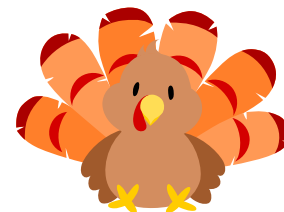
VOLUNTEER SERVICES



Volunteer Reminder!

The Senior Center will be closed on:
Tuesday, November 11th for Veterans Day
and

Thursday & Friday November 27th & 28th for Thanksgiving



Thank You!

The Senior Center in Central Park would like to extend a huge thank you to the HandyCrafters for their recent generous donation. The funds from this donation will help support Senior Center programs and services. We appreciate the talent and generosity of this group and from those of you who purchase their items. Thank you!

check
this
out

Volunteer Opportunity

We are currently looking for individuals interested in helping with the Recreation Desk at the Senior Center. Volunteers assisting with this position will help the front desk staff with customer questions in person and over the phone, they will

help the concierge desk with new members and member check in, make professional service appointments and assist with other admin support as needed. Volunteers will need to be available during the week, be comfortable talking on the phone and working with the public. If this sounds like a fit for you, pick up your application today from the Senior Center or reach out to the Volunteer Coordinator for more information!

HandyCrafters
Holiday Boutique



Tuesday, November 18th
Senior Center in Central Park
Lobby, 8:30 a.m.-12:30 p.m.

Stop by to shop for handmade—one of a kind items at the HandyCrafters Holiday Boutique. Items may include: various holiday themed items, jar openers, scrubbies, towel holders, purses, stuffed animals, baby clothes, booties, beanies, and more! Shop for unique gifts or for yourself.

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

All HandyCrafters purchases are cash or check only.

Current Volunteer Opportunities

- Transportation Drivers
- Home Delivered Meals
- Recreation Desk

Upcoming Events

- 12/12/25 – Holiday Ball

Contact the Volunteer Team

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

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

*We
thank
you!*



SOCIAL SERVICES



Medicare 2026

Medicare's Annual Open Enrollment Period is Oct. 15– Dec. 7, 2025. Because Medicare plans change from year to year, it's important to review your coverage annually. At [medicare.gov](https://www.medicare.gov) you can compare health plans, drug coverage, costs, as well as make sure your drugs are covered. You can use the tool without logging in, create a new account, or log on with an existing [medicare.gov](https://www.medicare.gov) account.

Support Groups

Senior Center in Central Park hosts ongoing support groups and occasional workshops offered by local non-profits. Future issues of the Outlook will highlight what's new and upcoming. For now, ongoing support groups include one by Alzheimer's OC for caregivers of those with dementia. The other is led by NAMI, specifically for those who have loved ones experiencing mental or behavioral health concerns. Find out more on their websites or at the Senior Center.



November is a special time to honor Veterans. At HB Public Library's Veterans Resource Center (VRC), experienced volunteers can assist with applications for benefits, obtaining military records, finding housing and employment, and more. Visit them at HB Central Library 7111 Talbert Ave on the main level or reach out by phone or email. 714-374-5111



Thankful!

M–Thu 2–6pm, Fri 9am–1pm
HBPLVetCenter@gmail.com



WINTER WISHES

Holiday Gift Collection

Help make the holidays bright! We are collecting holiday gifts for Care Management and Home Delivered Meals clients in HB. Simply pick up a wish tag from the Travel & Resources Room holiday tree between November 12th and December 3rd. Purchase the gift and return it to the Senior Center with the tag by December 5th so our team can deliver them with cheer before the holiday!

*Travel & Resources Room is open Monday– Friday, 8:00 a.m.–3:30 p.m.,
*This collection does not accept any used items. Call 714-374-1572 for more info.



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 of Huntington Beach DreamCatchers Auxiliary.



TRANSPORTATION



Surf City Seniors on the Go! Transportation 714-374-1742

Transportation is provided weekdays, from 8:00 a.m. to 4:30 p.m. to Huntington Beach residents 60 years and older for rides 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 so 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 9:00 a.m. and 3:00 p.m. to schedule your ride. New clients are registered by phone with proof of age and residence verified in person. There is no charge, however donations are essential and appreciated. Transportation services are made possible through donations, HBCOA support, City funds, and grants from Hoag and OCTA.

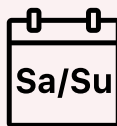
After-Hours Transportation

Consider using Orange County Transportation Authority's (OCTA) Access bus program for your ride needs outside of our service area or hours. OCTA Access information is available at directly at 714-560-5956 or www.octa.net.



Ride Cancellations

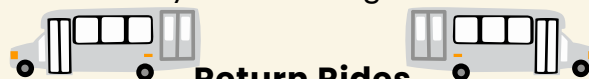
Friendly Reminder



Surf City Seniors on the Go! has a 24-hour **cancellation message line, 714-374-1742, press 1.** Cancelling in advance will open the schedule for new reservations. Do not inform your driver of cancellations; please call us instead.

Scheduling Round-Trip and One-Way Rides with Us

Surf City Seniors on the Go! provides round-trip transportation for appointments that are before 2:00 p.m. Rides for appointments after 2:00 pm will be scheduled as one-way rides. Dispatchers remind passengers of this when they are booking their rides.



- *For round-trip rides, Dispatchers must receive return ride calls before 3:30 pm.
- *If you booked a round-trip ride and do not need the return ride home, call dispatch at 714-374-1742 so the ride can be cancelled in a timely manner.

We are thankful for your generosity!
Passenger donations help make it possible for us to continue essential transportation services in our community.

Thank you for your support!

We are thankful for our volunteers!
Without volunteers, transportation services wouldn't be possible.



November Closures



Surf City Seniors on the Go!

Transportation will be closed on:

November 11th

November 27th & 28th

in observance of Veterans Day and Thanksgiving. There will be no rides, booking services, or reminder calls on those dates. Enjoy your holiday!

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
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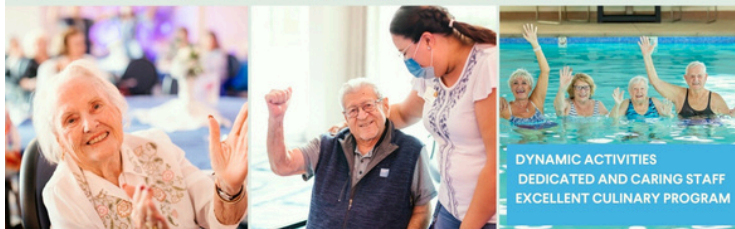
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TWO SESSIONS

4:00 pm – 6:00 pm

7:00 pm – 8:30 pm

EAT, DRINK, & WIN TASTY PRIZES!



November

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

Monday	Tuesday	Wednesday	Thursday	Friday		
3 ✓ Veggie Egg Salad Baked Red Potato Moroccan Lentil & Vegetable soup WW Bread Fresh Orange 1% Milk	4 Pork Loin Citrus Sweet Glaze 5-way Veg Quinoa Pilaf Canned Madrin Orange 1% Milk	5 Chicken Breast Florentine Sauce Peas & Carrot Cream of Spinach Soup Brown Rice Tropical Fruit Mixed 1% Milk	6 Beef Cheeseburger Slice Cheese Shredded Lettuce, Tomato & Red Onion WG Hamburger Bun Mustard & Ketchup Tomato Cucumber Salad Fresh Apple 1% Milk	7 Chicken Strips Kung Pao Sauce Oriental Veg Blend Pineapple Fried Rice Canned Pears 1% Milk		
10 Veteran's Day Celebration Roast Beef Mushroom Gravy Baby Baked Potatoes Broccoli Apple Pie WW Dinner Roll Fresh Apple 1% Milk	11  HAPPY VETERANS DAY	12 	13 ✓ Baked Tilapia Ranchera Sauce Broccoli Mexican Rice WG Tortilla (1) Fresh Orange 1% Milk	14 Chicken Breast Alfredo Sauce Brussel Sprouts Butternut Squash Soup WG Tri Color Pasta Canned Mandarin Orange 1% Milk		
17 Chicken Strips Lemongrass Sauce Creamy Cauliflower Soup Oriental Vegetable Blend Brown Rice Fresh Apple 1% Milk	18 Roast Turkey Mushroom Gravy Capri Veg Blend Rice Pilaf Fresh Apple 1% Milk	19 Pork Carnitas Salsa Verde Carrots Tomato Cilantro Rice WG Mini Tortillas (2) Canned Mandarin Orange 1% Milk	20 ✓ Tofu Burrito Bowl Pico De Gallo Guacamole Fajita Veg Blend Black Bean Cilantro Lime Rice Fresh Orange 1% Milk	**21** Thanksgiving Celebration Turkey Pot Roast Brown Gravy Mashed Potatoes Green Beans & Carrot Healing Chicken Rice Soup Hawaiian Roll Pumpkin Pie Canned Apricot 1% Milk		
24 White Chicken Chili w/Pinto Beans ½ Baked Potato WW Dinner Roll w/Smart Balance Canned Pears 1% Milk	25 Beef Enchilada Casserole Peas and Carrots WW Dinner Roll Fresh Apple 1% Milk	**26** Thanksgiving Brunch Slice Ham Apricot Sauce Collard Greens Sweet Potatoes Egg Drop Soup WW Dinner Roll RS Fruit Gelatin 1% Milk				
Voluntary Contribution - \$3.00	Registration required during first visit. Senior Cafe' Office 714-375-8404					
Meal Cost for Under Age 60 - \$5.00						
✓ Meatless Meal						

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

November

MONDAYS

Free Activities

8:30 Table Tennis
11:00 Senior Café Lunch
12:30 Party Bridge & Chess
6:00 NAMI Mental Health Group 11/24
7:00 Big Band Swing Dance 11/24

Fee Required

8:30 Better Life Boxing
9:00 Nature Meditation Walk
9:30 Ukulele Intermediate
10:00 Yoga Chair
10:00 Cut the Cable
10:45 Ukulele Advanced
10:45 Flex & Stretch Floor Edition
11:00 Beginner Acrylic Painting
11:30 Balance and Stability
12:00 Ukulele Beginning
12:30 Senior Fitness
2:00 Line Dancing Level 1
2:00 Zumba Gold Dance Fitness
3:30 Line Dance Level 3
3:00 Quilting with Brandi*
4:00 Waltz & Swing
5:00 Merengue & Cha Cha
6:30 Tai Chi Chaun

THURSDAYS

Free Activities

8:00 Outlook Assembly 11/26
8:30 Table Tennis
9:30 Hoag Lecture 11/ 13 & 11/20
11:00 Senior Café Lunch
12:30 Canasta, Scrabble, Gin & Cribbage
6:00 Woodcarvers

Fee Required

8:15 Tai Chi Chaun
9:20 Tai Chi Chaun
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

9:00 MemorialCare Lecture 11/18
9:30 Duplicate Bridge
11:00 Senior Café Lunch
12:00 Scrabble
12:30 Drum Circle 11/4
1:30 Shanti- Discussion Group
4:00 Puzzle Swap 11/25
5:30 Alzheimer's Caregiver Support 11/4 & 11/18

Fee Required

8:15 Pilates Mat
8:15 Senior Cardiofit
9:00 Pilates Chair
9:30 Flex & Stretch
10:00 Basic Art Techniques
10:00 Yoga with Diane
10:30 Yoga: SCCP
1:30 Essentrics Aging Backwards
2:30 Line Dance Beginner
3:00 Yoga with Diane Outdoor
4:00 Acrylic Painting
4:00 Line Dance Beginner
6:30 Sr./Adult Martial Arts

FRIDAYS

Free Activities

8:30 Mexican Train
9:00 Blood Pressure 11/21
9:00 TOPS
9:30 Dup. Bridge, Rummy Cube
10:30 HandyCrafters
11:00 Senior Café Lunch
12:00 Backgammon
2:00 Hoag Lecture 11/7

Fee Required

8:15 Senior Cardiofit
9:00 FUNDamental Sewing*
8:50 Zumba Gold & Toning
9:30 Circuit Training
10:00 Yoga SCCP
11:00 Acrylic Painting, Beginning
11:00 Senior Fitness
11:30 Flex & Stretch
1:00 Pilates Chair
1:30 Line Dance, Level 2-3
2:00 Intro To Computers
4:00 Fitness Palooza

WEDNESDAYS

Free Activities

8:30 Chess
8:30 Wednesday Walkers
9:00 Blood Pressure 11/5
9:00 Surf City Gardeners 11/19
9:00 Fishing & Rec. Club 11/5
10:00 Young At Heart Singers
11:00 Senior Café Lunch
12:00 Mah Jong, Backgammon
1:00 Movie 11/19

Fee Required

9:00 Zumba Gold Dance Fitness
10:00 Yoga Chair
10:30 Cardkateers* 11/5 & 11/19
11:00 Line Dance Level 1
12:00 Line Dance Level 2
1:00 Line Dance 3
5:30 Fire Med 11/5*
6:30 Book Club

SATURDAYS

Fee Required

9:30 FireMed members 11/22*
9:30 Create Your Life Story
10:00 Family Martial Arts
11:00 Senior Martial Arts
11:00 Music of the Ages



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