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Get ready to dance, sweat, and groove as we celebrate wellness, community, and the joy of dance. Join us for an evening of an 80's inspired cardio dance class, pre-warm up stretch, snacks & refreshments, opportunity drawings, and a dance party. Retro-themed attire encouraged. All fitness levels are welcome. No experience necessary.

## **CLASS & PARTY**

Get your tickets at the front desk or scan the QR code below to sign up online!

Call 714-536-5600 for  
more information.

**FRIDAY, NOVEMBER 14**

**4:00-6:00 PM**

**\$15/PERSON**

**(\$5 DISCOUNT HBCOA MEMBERS)**



**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

## HBCOA Executive Board

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Butch Twining	Andrew Gruel
---------------	--------------

## Common Community Resources

**211OC** [211OC.org](http://211OC.org) 949-646-4357 (or 211)  
 resources for all ages throughout OC  
**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  
**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 Medicare beneficiaries  
**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



## HBCOA President's Message

Autumn has arrived! We've weathered all that summer heat, and we're thrilled for crisp fall days ahead! October delivers fantastic events at the Senior Center and wonderful opportunities to engage and contribute to our community.

On behalf of the HBCOA, I want to thank everyone for making our Active Living Expo such a tremendous success! Special recognition goes to the outstanding Senior Center staff, HBCOA Board, volunteers, and our contributors for making this event so wonderful! We look forward to seeing you all again at the 2026 Active Living Expo.

The Huntington Beach Council on Aging is a nonprofit that generates funding through annual fundraisers, donations and membership fees to support the programs, services, and events at the Senior Center in Central Park. Thank you to all our members for your ongoing support. Thank you also to Evergreen contributors. This distinguished legacy giving program celebrates our founding supporters while embracing new changemakers ready to maximize their impact. An Evergreen membership helps promote independence, builds connections, and ensures our neighbors flourish as they age. Please contact the HBCOA office at 714-374-1524 for more information. I look forward to seeing you at the Senior Center! ~ Carolyn Ross

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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](https://www.facebook.com/hbcoa).



## **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

#### **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 Lunch 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



## **Supervisor's Message**

Hello everyone,

Fall has officially arrived, hopefully bringing crisp air, cooler evenings, and the fun traditions that make this season so special. October is one of my favorite times of year—not just for the return of football season and all things pumpkin spice, but also for the sense of community and celebration that comes with it.

Here at the Senior Center, we're excited to share a few unique activities this month. First, on **Wednesday, October 29<sup>th</sup>**, MemorialCare will be in the *Game Room* doing a flu shot clinic. We do ask that you please RSVP in advance, and select an arrival time – either 9AM or 10AM. You can give us a call or stop by the front desk.

Next, on **Thursday, October 30<sup>th</sup>**, we're hosting a HICAP Medicare Enrollment Workshop. This important session is just for those already enrolled in Medicare, and space is limited, so you must RSVP in advance. No walk-ins allowed for this one.

Then, on **Friday, October 31<sup>st</sup>**, join us for a festive Halloween Luncheon, presented in partnership with Meals on Wheels Orange County and sponsored by the HBCOA & Surf City Dentist. To reserve your spot, stop by or call the Senior Lunch Café. You can also find more details on the recreation page.

Whether you're savoring the season outdoors or joining us here at the Center, we hope you enjoy all that fall has to offer. Wishing you a happy fall, a happy Halloween, and a truly spooktacular month ahead!

Warm regards,

Scott Getman, Recreation Supervisor

#### **Sponsorship Disclaimer**

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

### *We Remember*

Rick Thomas 1949-2025

Alice Moore 1930-2024

Gary Witherspoon 1936-2025

Marilena Dalbey 1945-2025

Laura Willis 1936-2025

Elizabeth Abruzzese 1944-2025





## 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?

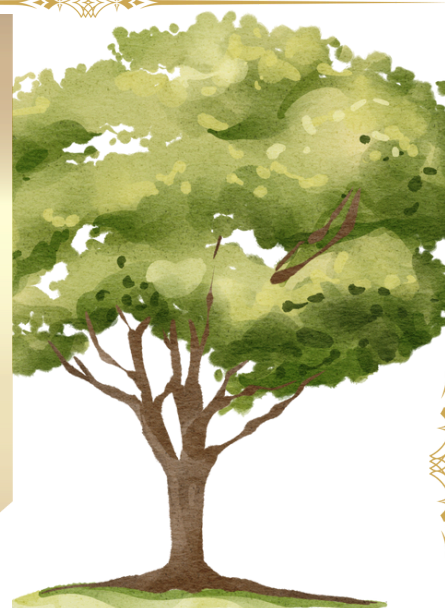
Help older adults in Huntington Beach live with independence, joy, and dignity.

Visit [hbcoa.org](http://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.*

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June Gidman  
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 Senior Center in Central Park.

## SENIOR CENTER in Central Park **Halloween Luncheon**

**Friday, October 31<sup>st</sup>**

**11 am – 1 pm**

**Join us for music, food, fun,  
and a costume contest!**

SIGN UP AHEAD OF TIME BY VISITING SENIOR CAFÉ  
OR LEAVING A MESSAGE AT 714-375-8404.  
RESERVATION REQUIRED BY OCTOBER 20<sup>TH</sup>.

**\$3 SUGGESTED DONATION (AGES 60+)  
\$5 FEE (UNDER 60)**

**ALL ATTENDEES MUST COMPLETE A SENIOR CAFÉ  
REGISTRATION FORM.**



**DOORS OPEN AT 10:45 AM**





# 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)



## BITE OF HISTORY

Tuesday, October 21

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.**



## The Roaring 20's - A Journey Through LA's Roaring Past

Monday, November 10

An exclusive tour that brings Los Angeles's most dazzling era to life! Start with docent-led tour at Angelus Temple (1923), home to the legendary evangelist Aimee Semple McPherson. Visit the Central Library (1926) including stunning murals, mosaics, and grand chandeliers. Lunch at the Rendezvous Court at the Biltmore Hotel, a beacon of Los Angeles's rise as a major metropolis. Enjoy a pasta 4-course buffet featuring an assortment of dishes. End at Los Angeles City Hall's (1928) 27th-floor observation deck for sweeping city views. Tour involves moderate walking.

**Lunch included.**

**Member Price: \$160, Non-Member Price: \$165**

**Depart: 2:30 p.m. Return: 8:00 p.m.**

**COMING SOON!**

## Surf, Sand, & Santa - December 17

Newport Beach Christmas Boat Parade

## Float Fest - January 2

Rose Parade Float Showcase

## The Canine Stars- January 24

Stunt Dog Show

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



**3<sup>rd</sup> WEDNESDAY**



## The Thursday Murder Club

Wednesday, October 15th

Four irrepressible retirees spend their time solving cold case murders for fun, but their casual sleuthing takes a thrilling turn when they find themselves with a real whodunit on their hands.

2025 | PG-13 | 1h 58m

Starring Helen Mirren, Pierce Brosnan, and Ben Kingsley

## 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.



Annie Wong, pictured here with her Outlook newsletter in Stockholm Sweden, recently took her first international voyage along with family. They had a true adventure exploring cities and rural areas in Sweden. Fun facts about Sweden: Sweden was the first European country to create national parks. The capital,

Stockholm is built on 14 islands and is home to the Nobel Prize.

## 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) to be considered for a featured spot.



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16582 Gothard St., Suite R Huntington Beach, CA 92647



# RECREATION



## Halloween Luncheon

**Friday, October 31st**

The Senior Center in Central Park invites you to join us for a festive Halloween Luncheon on **Friday, October 31**, from 11:00 am to 1:00 pm (doors open at 10:45 am). Guests will enjoy an afternoon filled with music, delicious food, fun activities, a photobooth, and a lively costume contest. This annual tradition is a wonderful opportunity to celebrate the season with friends and neighbors.

We are pleased to recognize the Huntington Beach Council on Aging as well as Surf City Dentistry as this year's event sponsors. Their team will be at the luncheon sharing treats and connecting with attendees. Reservations are required by October 20th, and can be made in person with the Senior Café staff or by calling 714-375-8404 to leave a message. The suggested donation is \$3 for those ages 60 and older, and \$5 for anyone under 60. Costumes are encouraged, so come ready to join the fun!



## Drum Circle in October

**Tuesday, October 7th  
12:30 PM**



## October Calendar

- Wed. October 1<sup>st</sup> - HB Art League
- Thur. October 2<sup>nd</sup> - HBCOA Meeting
- Tues. October 7<sup>th</sup> - Drum Circle Class
- Tues. October 7<sup>th</sup> - Alzheimer's Supp. Grp
- Wed. October 15<sup>th</sup> - Wednesday Movie
- Tues. October 21<sup>st</sup> - MemorialCare Lecture
- Mon. October 27<sup>th</sup> - Big Band Swing Dance
- Wed. October 29<sup>th</sup> - MC Flu Shot Clinic
- Thurs. October 30<sup>th</sup> - HICAP Enroll. Wrksp
- Fri. October 31<sup>st</sup> - Halloween Luncheon

## Surf City Gardeners

**Topic: Composting**  
**Wednesday, October 8th  
9:00 AM**



## Hawaiian Hula Returns on Monday Mornings

Starting in October, our popular Hawaiian Hula Basics class is back in the Parkview Room on Monday mornings from 9am-10:15am. This class introduces participants to the fundamental elements of this traditional Hawaiian dance form, including basic steps, hand motions, and coordinating movements with music and lyrics. With a focus on building a strong foundation, proper posture, and alignment, participants will experience the joy and grace of hula while deepening their connection to this beautiful cultural art form. Stop by the front desk or visit [HBSANDS.org](http://HBSANDS.org) to enroll!



## MemorialCare Also Returning This Fall

We are excited to welcome back our friends from MemorialCare, as they continue their lecture series and host on a flu shot clinic!. Starting this fall, they will be presenting on select Tuesday mornings at 9:00 AM in room EMG1.

On **Tuesday, October 21<sup>st</sup>** they will be discussing Women's Health. This physician panel discussion dedicated to the unique health needs of women over the age of 55.

On **Tuesday, November 18<sup>th</sup>** they will be discussing Parkinson's Disease. Neurosurgeon and neuroscientist, Dr. Devin K. Binder, MD, PhD, will discuss the evaluation and treatment processes as well as the many services we provide to support our patients.

To RSVP for these lectures, please call MemorialCare directly at 800-636-6742.

Lastly, on **Wednesday, October 29th** MemorialCare will be holding a flu shot clinic in the Game Room. Please RSVP at the front desk or give us a call at 714-536-5600.



# HEALTH & WELLNESS



SAVE THE DATE

**FITNESS PALOOZA**  
**FRIDAY, NOVEMBER 14**  
**4:00-6:00 PM**



Join us for an evening of an 80's inspired cardio dance class, pre-warm up stretch, snacks & refreshments, opportunity drawings, a dance party and more! Retro-themed attire encouraged.  
All fitness levels are welcomed. No experience necessary.

To register, visit [HBSANDS.org](http://HBSANDS.org) or call 714-536-5600 for assistance.

We can't wait to have a groovin' time!

## HOAG OCTOBER LECTURES

**Chronic Low Back Pain**  
Friday, Oct 3  
2:00-3:00PM

**Stroke is No Joke**  
Thursday, Oct 9  
9:30-10:30AM

**Tips for Eating Healthy  
Through the Holidays**  
Thursday, Oct 16  
9:30-10:30AM

**How to Prepare for the  
Medicare Annual  
Election Period**  
Wednesday, Oct 15  
9:00-10:00AM

**RSVP Required**  
Register on [HBSANDS.org](http://HBSANDS.org) or  
call 714-536-5600



## **UPCOMING HOAG BLOOD PRESSURE SCREENINGS**



Wednesday, 10/1 & 10/15  
Friday, 10/17  
Held in Wellness Pavilion  
Walk-ins welcomed



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**HAPPY HALLOWEEN**

Stop by the  
fitness center on  
Friday, 10/31  
for a small treat!





# VOLUNTEER SERVICES



## Volunteer Lead Class Highlight Sewing FUNdamentals

Sewing FUNdamentals was a new volunteer lead class that started here at the Senior Center in Central Park in early spring of this year. The program is lead by volunteer instructor, Janis Patten and due to her passion for sewing and helping others, the program has grown quite the following and has become an ongoing program in which any sewist of any level can join! Each week students work on a specific sewing project that focuses on a certain technique. Some projects have included pillowcases, goodie bags, tote bags, placemats, blouses and more! Through this program students have gained new skills, helped build their sewing confidence, and created new social groups to share tips and tricks with one another. Thank you Janis for making this class a reality and a part of our Senior Community.

### Sewing FUNdamentals

Fridays 9am-1pm

Registration Required. Visit the front desk or call 714-536-5600 for more information.



## Happy Halloween

Halloween is on Friday, October 31<sup>st</sup> and we are encouraging all volunteers to have a little fun! Come dressed for your shift in your best costume or festive Halloween attire. Be creative, but please make sure your costume does not prevent you from safely completing your volunteer duties.



## Active Living Expo Volunteers

Thank you to all of our Active Living Expo volunteers who helped at this year's event! We had close to 30 volunteers who assisted and we couldn't be more appreciative of all your hard work. You help make the event the success it is!



ACTIVE  
LIVING  
EXPO

*Thank  
you*

## 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



## Medicare 2026

Annual Open Enrollment Period is Oct. 15– Dec. 7, 2025. HICAP is providing a one-on-one appointment clinic on Oct. 30<sup>th</sup>, available to current Medicare beneficiaries, by appointment. Designed to help review 2026 changes in current coverage and identify and compare options that might better meet healthcare and budget needs. Bring medications or a list that includes the drug name, dosage, and frequency taken to obtain a comparison of costs and plans for the new year.

## Housing Workshop

Attendees will learn about how they are protected under fair housing laws, what their rights and responsibilities as tenants and landlords are, and how to deal with tenant and landlord disputes. Learn about state and federal fair housing laws, discuss state and federally protected classes, notices, security deposit, rent increases, the Tenant Relief Act, and much more. Oct 22 from 2–4pm at Huntington Beach Central Library, B Room. This workshop is free and open to the public. RSVP at 800-446-3247. Fair Housing Foundation provides mediation and counseling services through our hotline 1-800-446-FAIR (3247) and walk-in clinics. We also investigate issues of discrimination related to housing.



Ageism is harmful, widespread, and affects people of all ages. Children as young as 4 years old become aware of their culture's age stereotypes. They internalize and use these stereotypes to guide their feelings and behavior towards people of different ages. They also draw on culture's age stereotypes to perceive and understand themselves, which can result in self-directed ageism at any age. Ageism is associated with poorer physical and mental health, social isolation, loneliness, and poor quality of life. Learn more at [www.who.int/health-topics/ageism#](http://www.who.int/health-topics/ageism#)

## Care Management & Home Delivered Meals

Services are available to qualified Huntington Beach residents who have unmet needs. Care Managers can help provide and connect clients to local programs, resources, services, and information related to late life challenges. Practical services like wheelchair and walker lending are also available. For more information, call 714-374-1572 and ask to speak with a care manager. Home Delivered Meals, provided through a partnership with Meals on Wheels OC, are coordinated and delivered by Senior Center staff and volunteers. Meals are available to a limited number of qualified applicants. 714-374-1717.

*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



LIVE WELL.  
Age Well.  
**HBCOA**  
Huntington Beach COUNCIL ON AGING

## Transportation Services 714-374-1742

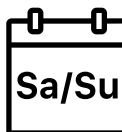
Transportation is provided weekdays, from 8:00 a.m. to 4:30 p.m. to Huntington Beach residents 60+ for their ride needs within Huntington Beach and to the Social Security office in Fountain Valley. The Surf City Seniors on the Go! shuttle brings older adults to the Senior Lunch cafe, classes, and activities. 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 (OCTA) Access bus program. For questions and application, contact OCTA directly at 714-560-5956 or [www.octa.net](http://www.octa.net).

### Ride Cancellations

\*Friendly Reminder\*

Surf City Seniors on the Go! has a 24 hour cancellation line. Call 714-374-1742 and press #1. Cancelling in advance will open the schedule for new reservations.

### Medical Reminder

If you will receive anesthesia during the course of your medical procedure, Surf City Seniors on the Go! cannot provide you with a return ride. We can provide a one way ride to your medical appointment. You will need alternate transportation to return home.



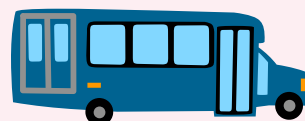
### Scheduling Rides with Surf City Seniors on the Go!

Surf City Seniors on the Go! provides round trip transportation for appointments that are scheduled before 2:00 p.m. Appointments after 2:00 pm will be scheduled as one way transportation and dispatch will inform the client during the reservation.

### Return Rides

**\*Dispatchers must receive return ride calls before 3:30 pm.**

**\*If you do not need the return ride home, call dispatch at 714-374-1742 so the ride can be cancelled in a timely manner.**





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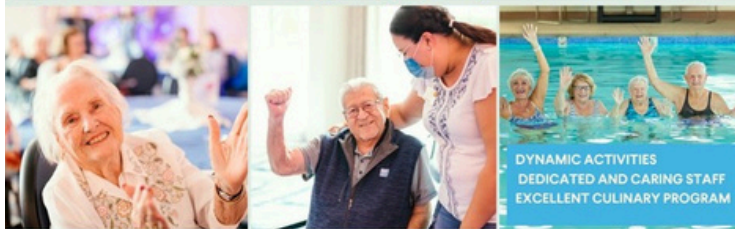
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October

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Voluntary contribution for those 60+ is \$3.00</b> <b>Meal cost for those under age 60 is \$5.00</b>		1	2 	3
 <b>1% Milk is served daily</b>  <b>Meatless Meal</b>  		<b>Cubed Beef</b> Pepper Garlic Sauce Carrots Brown Rice Canned Pineapple Chunks	<b>Baked Tilapia</b> Ranchera Sauce Broccoli Mexican Rice WG Tortilla (1) Fresh Orange	<b>Chicken Breast</b> Alfredo Sauce Brussel Sprouts Butternut Squash Soup WG Tri Color Pasta Canned Mandarin Orange
6	7 	8	9	10
<b>Chicken Strips</b> Lemongrass Sauce, Creamy Roasted Cauliflower Soup Oriental Vegetable Blend Brown Rice Fresh Apple	<b>Tofu Burrito Bowl</b> Pico De Gallo Guacamole Fajita Blend, Black Bean Cilantro Lime Rice Fresh Orange	<b>Pork Carnitas</b> Salsa Verde Carrots Tomato Cilantro Rice WG Mini Tortillas (2) Canned Mandarin Orange	<b>Turkey Roast</b> Mushroom Gravy Capri Veg Blend Rice Pilaf Fresh Apple	<b>Salisbury Steak</b> Brown Gravy, Peas Healing Chicken Rice Soup Mashed Potatoes WW Dinner Roll Canned Apricot
13	14	15	16	17 
<b>White Chicken Chili</b> w/ Pinto Beans ½ Baked Potato, WW Dinner Roll w/Smart Balance Canned Pears	<b>Beef Enchilada Casserole</b> Peas and Carrots WW Dinner Role Fresh Apple	<b>Diced Chicken</b> Orange Sauce Egg Drop Soup Oriental Vegetable Blend Brown Rice Canned Mandarin Orange	<b>Ground Beef</b> Spaghetti, Marinara Sauce w/Parmesan Cheese Winter Veg Blend Fresh Orange	<b>Fish Sticks Taco</b> Pico de Gallo Tortilla Soup Red & White Cabbage Black Beans, Lemon Slice WG Tortillas (2) Canned Peaches
20	21	22	23 	24
<b>Pork Loin</b> Caramel Sauce Broccoli Brown Rice Fresh Apple	<b>Turkey Roast</b> Brown Gravy, Lentil Soup Scandinavian Veg Blend Sweet Potatoes WW Dinner Roll Canned Pineapple Chunks	<b>Cubed Beef</b> Red Chili Sauce Carrots Brown Rice Fresh Orange	<b>Baked Tilapia</b> Creamy Garlic Sauce Brussel Spouts Orzo w/Vegetable Pilaf WW Dinner Roll Canned Pears	<b>Senior Café Closed</b>
27	28	29 	30	<b>*31 Halloween Luncheon</b> <b>Reservations Required</b> <b>Cubed Beef</b> Stew Gravy, Cream of Mushroom Soup Baby Potatoes WG Corn Bread Pistachio Pudding Canned Apricot
<b>Chicken Breast</b> Parmesan Sundried Tomato Sauce, Peas and Carrots, Tri- Color Pasta Tropical Fruit Mix	<b>Barbacoa Beef</b> Pico De Gallo Oregon Bean Medley Mexican Rice WG Tortilla (1) Fresh Orange	<b>Tuna Salad</b> Spring Mix, Balsamic Vinaigrette Dressing, Old Fashioned Potato Soup WW Bread (2) Fresh Apple	<b>Chicken Breast</b> Asian Sauce Scandinavian Veg Blend Brown Rice Canned Mandarin Orange	

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





## MONDAYS

### Free Activities

- 8:30 Table Tennis
- 11:00 Senior Café Lunch
- 12:30 Party Bridge & Chess
- 6:00 NAMI Mental Health Group 10/27
- 7:00 Big Band Swing Dance 10/27

### Fee Required

- 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 Beginner Acrylic Painting
- 11:30 Balance and Stability
- 12:00 Ukulele Beginning
- 12:30 Senior Fitness
- 2:00 Bridge for Beginners
- 2:00 Line Dancing Level 1
- 2:00 Zumba Gold Dance Fitness
- 3:00 Quilting with Brandi\*\*\*
- 3:30 Line Dance Level 3
- 4:00 Waltz & Swing
- 5:00 Merengue & Cha Cha
- 6:30 Tai Chi Chaun

## THURSDAYS

### Free Activities

- 8:00 Outlook Assembly 10/23
- 8:30 Table Tennis
- 9:30 Hoag Lecture 10/9, 10/16
- 11:00 Senior Café Lunch
- 12:30 Canasta, Scrabble, Gin & Cribbage
- 2:00 Tech Club 10/9
- 6:00 Woodcarvers

### Fee Required

- 8:15 Tai Chi Chaun
- 9:20 Tai Chi Chaun
- 10:00 Yoga with Diane
- 10:45 Flex & Stretch
- 11:00 Guitar for Fun
- 11:30 Zumba Chair
- 1:00 Balance and Stability
- 1:30 Line Dance Level 2
- 2:00 Gardening for Seniors
- 2:00 Digital Photo Org. & Editing
- 3:00 Line Dance Level 1
- 5:45 Belly Dancing Beginning
- 6:30 Belly Dancing Intermediate



## TUESDAYS

### Free Activities

- 9:00 MemorialCare Lecture 10/21
- 9:30 Duplicate Bridge
- 11:00 Senior Café Lunch
- 12:00 Scrabble
- 12:30 Drum Circle 10/7
- 1:30 Shanti- Discussion Group
- 4:00 Puzzle Swap 10/28
- 5:30 Alzheimer's Caregiver Support 10/7, 10/21

### 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
- 2:00 Intro. To Genealogy
- 2:30 Line Dance Beginner
- 3:00 Yoga with Diane Outdoor
- 3:00 Bridge Intermediate
- 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 10/17
- 9:00 TOPS
- 9:30 Dup. Bridge, Rummy Cube
- 10:30 HandyCrafters
- 11:00 Senior Café Lunch
- 11:00 Halloween Luncheon 10/31
- 12:00 Backgammon
- 2:00 Hoag Lecture 10/3

### Fee Required

- 8:15 Senior Cardiofit
- 9:00 FUNdamental Sewing\*\*\*
- 9:00 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

## WEDNESDAYS

### Free Activities

- 8:30 Chess
- 8:30 Wednesday Walkers
- 9:00 Blood Pressure Screening 10/1
- 9:00 Flu Vaccination Clinic 10/29
- 9:00 Surf City Gardeners 10/8
- 9:00 Fishing Club 10/1
- 10:00 Young At Heart Singers
- 11:00 Senior Café Lunch
- 12:00 Mah Jong, Backgammon
- 1:00 Movie 10/15 The Thursday Murder Club
- 1:00 It's Your Money

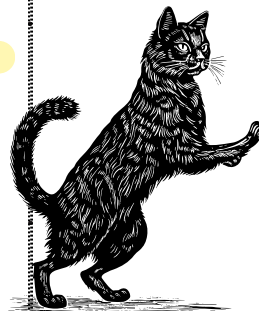
### Fee Required

- 9:00 Zumba Gold Dance Fitness
- 10:00 Yoga Chair
- 10:30 Cardkateers\*\*\*
- 11:00 Line Dance Level 1
- 12:00 Line Dance Level 2
- 1:00 Line Dance 3
- 1:00 It's Your Money
- 5:30 Nature Meditation Walk
- 5:30 Fire Med 10/8
- 6:00 Bridge for Beginners
- 6:30 Book Club 10/15

## SATURDAYS

### Fee Required

- 9:30 FireMed members 10/18\*\*\*
- 9:30 Create Your Life Story
- 10:00 Family Martial Arts
- 11:00 Senior Martial Arts
- 11:00 Music of the Ages



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

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