

Spreading joy in December

Each year Senior Center in Central Park personnel engage with the community in spreading joy. There are plenty of opportunities here to choose from. Always a big hit (and selling out fast) is the Holiday Ball, a winter evening dinner dance. If lunch is more your style, sign up for the Jolly Holiday Luncheon, a partnership with Meals on Wheels OC, and sponsored in part by HBCOA and Surf City Dentists, featuring live entertainment. Volunteers are celebrated this season with holiday treats sponsored by HBCOA. If you're in the mood for a bigger adventure, check out the Travel & Tours offerings including a Rose Parade Float Showcase.



This time of year, the Senior Center Social Services programs step up to reach community members who may not be out and about for holiday festivities. Delivering hot holiday meals in November and December is just one way we connect and make a difference. The Winter Wishes Gift Collection helps connect the generosity of others with Home Delivered Meals and Care Management clients. Stop by the Travel & Resources Room to pick up a gift request tag to learn more and grant a wish.



2026 Sneak Peek



While we are enjoying the holidays, let's take a look ahead to what's going on in 2026! So far we have a great lineup of events planned. The Senior Center responds to the community's desire for a great variety of activities. Watch for flyers and social media posts about when tickets go on sale or sign-ups start. We'll host dinner dances, celebratory luncheons, health/fitness events, outdoor concerts, intergenerational events, and fundraisers. The Travel & Tours Program plans to offer two trips a month in 2026 for another opportunity to expand your experiences and meet new friends. Enjoy the holidays. We look forward to seeing you here again with us in 2026!



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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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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HBCOA President's Message

Season's Greetings from all of us at the HBCOA!

As we welcome December and the holiday season, I want to take a moment to reflect on what has been an incredible journey as your Board President over the past two years. It has been my honor to serve this wonderful community and witness firsthand the dedication of our volunteers, staff, and members who make the HBCOA such a vital resource for older adults in our community. The connections we've built and the impact we've made together have been truly meaningful and will stay with me always.

As we close out 2025, I'm reminded of how much we've accomplished together and how grateful I am for each of you. Your membership not only provides valuable discounts and access to the Outlook, but it also supports essential transportation and social services, programs, and special events that make a real difference in people's lives. Whether you're a current member considering a Bronze, Silver, or Gold membership, or someone thinking about joining for the first time, your support truly matters.

Whether you're celebrating at home, traveling to be with family, or joining us at the center for our holiday events, I wish you moments of joy, peace, and connection this season.

With gratitude and warm wishes for a wonderful holiday season and a happy new year!

Carolyn Ross HBCOA Board President



We Remember

Ralph Halvorson
 1942-2025



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

Outlook Editor & Sponsorships

Alicia.Logan@surfcity-hb.org, 714-374-1517

Common Community Resources

Adult Protective Services (APS) ssa.ocgov.com

800-451-5155 addresses abuse & neglect of elder & disabled adults

Aging and Disability Resource Connection

adrcoc.org 714-480-6450 referrals related to caregiving, disabilities, and older adults

AlertOC alertoc.org 714-536-5978

mass emergency info & notification system

Caregiver Resource Center OC

caregiveroc.org 800-543-8312 caregiver support, respite care, and education

HB City Hall General Information

www.huntingtonbeachca.gov 714-536-5511

HB Fire Department Home Safety Visit

huntingtonbeachca.gov

714-536-5411 fire safety plan & detectors

HICAP coasc.org/programs/hicap/

714-560-0424 Health Insurance Counseling & Advocacy for Medicare beneficiaries



Manager's Message

Greetings Friends,

As the year comes to a close, we find ourselves reflecting on all the wonderful moments shared here at the Senior Center. This past year has been filled with kindness, connection, laughter, and friendship, everything that makes our community so special.

We're deeply grateful for the spirit of generosity and togetherness that shines through in everything we do. Whether you joined us for classes and activities, volunteered your time, or simply shared a smile and a kind word, you've helped make 2025 a truly memorable year.

As the holidays approach, we wish you joy, peace, and time spent with those who bring warmth to your heart. Here's to a bright new year filled with happiness, new adventures, and many more wonderful moments together!

With appreciation and warm wishes,

Kristin Martinez

Community Services Manager



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.

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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.



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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.



Thank you Evergreen Sponsors!



Huntington Beach Council on Aging
Evergreen Tree of Life Appreciation Event

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.



Float Fest – Rose Parade Float Showcase

Date: 1/2

Depart: 6:30 a.m.
Return: 1:30 p.m.

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
Limited availability

REGISTER NOW



The Canine Stars Stunt Dog Show

Date: 1/24

Depart: 11:45 a.m.
Return: 5:30 p.m.

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. Lunch included. \$135/\$145

Coming Soon

A Day at Santa Anita Racetrack – February
Horse racing & the beauty of Santa Anita Park.

Bake My Day – March

A sweet LA adventure featuring local bakeries.

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

Red One – December 10th

Red One (2024) is a holiday action-adventure starring Dwayne Johnson as Callum Drift, Santa's head of security, who must team up with cynical bounty hunter Jack O'Malley (Chris Evans) after Santa is kidnapped.

Their globe-spanning mission to save Christmas mixes high-octane action, mythic creatures, and festive magic. It's a buddy-comedy twist on the classic Christmas movie formula.

PG-13 2 hrs



2ND 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.

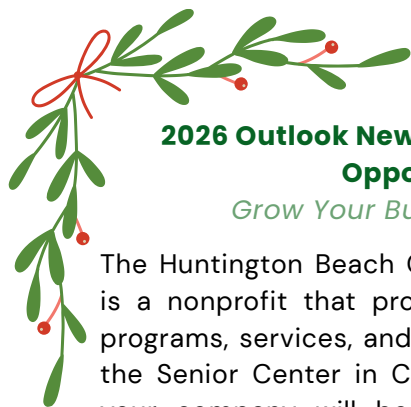


Where in the World is your Outlook?

Senior Center in Central Park



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



2026 Outlook Newsletter Sponsorship Opportunity

Grow Your Business With Us!

The Huntington Beach Council on Aging (HBCOA) is a nonprofit that provides funding to support programs, services, and events for older adults at the Senior Center in Central Park. As a sponsor, your company will be featured in this HBCOA Outlook on Active Aging newsletter, which has a monthly circulation of 7,000+ and is also available on the HBCOA website, www.hbcoa.org.

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

In 2026, we are offering two annual sponsorship programs.

1. \$600 for six-months
2. \$1000 for twelve months

Contact Alicia Logan
714-374-1517
Alicia.Logan@Surfcity-hb.org



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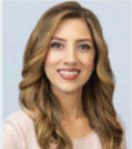


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RECREATION



Senior Scams Presentation

Artificial Intelligence (A.I.) and Its Impact on Scams: NEW! **December 19th at 1:30 p.m.**

Because of the continuing high profile that Artificial Intelligence is generating in the field of criminal fraud, the Huntington Beach Senior Center, in collaboration with the Huntington Beach Police Department, will offer a new presentation on the impact of A.I. with regards to scams Friday, December 19th, at 1:30pm. The topics will include: a look back at the origins of A.I., its evolvement from science fiction to "practical" fact, and how its applications can and are being focused on scams. Real life examples of A.I. generated fraud will be presented, along with surprisingly simple steps that can be taken to reduce or mitigate any adverse impact. For more information, please contact the Senior Center at 714-536-5600.

December Calendar

Wed. December 3rd – HB Art League
 Thu. December 4th – HBCOA Meeting
 Fri. December 5th – Hoag Lecture, *Bunion Treatment*
 Sat. December 6th – Breakfast With Santa
 Tue. December 9th – Drum Circle Class
 Wed. December 10th – Wednesday Movie, Red One
 Fri. December 12th – Holiday Ball
 Mon. December 15th – Big Band Swing Dance
 Tue. December 16th – Puzzle Exchange Meeting
 Wed. December 17th – HBCOA Holiday Luncheon
 Thu. December 18th – Hoag Lecture, *Holiday Nutrition*
 Fri. December 19th – HBPD Scams Presentation
 Mon. December 22nd – SC CLOSES
 Mon. January 5th – SC REOPENS

Drum Circle in December

Tuesday, December 9th
12:30 p.m.



Surf City Gardeners

Holiday Plants

Wednesday, December 10th
9:00 a.m.



Senior Center Holiday Closure **December Schedule**

Monday, December 22nd through Friday, January 2nd

The Senior Center will be closed for two weeks at the end of December. During this class break: janitorial staff perform deep cleaning. City's Public Works department provides routine maintenance. Administrative staff complete necessary end of year tasks.

Essential services like Transportation and Home Delivered Meals will still take place as usual. Additionally, the Wellness Pavilion will be open for limited hours for gym members to still utilize the Fitness Center. Please see the **Health & Wellness** page for more info.

We wish you and your loved ones a healthy and happy holiday season and New Year! We'll see you in 2026!





HEALTH & WELLNESS



HOAG **DECEMBER LECTURES**

New Approaches to Bunion Treatment

Friday, Dec. 5th
2:00-3:00 p.m.

Eating Healthy During the Holidays

Thursday, Dec. 18th
9:30-10:30 a.m.

RSVP Required

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

HOLIDAY CLOSURE UPDATE

The Senior Center will be closed starting
Monday, December 22nd –
Saturday, January 3rd

Normal business hours will resume back
on Monday, January 5th

**Please note, the Fitness Center will be
open on select days and hours.
See below for special gym hours.*



SPECIAL GYM HOURS

Saturday, Dec 20th 8 a.m. – 12 p.m.

Monday, Dec 22nd 8 a.m. – 12 p.m.

Tuesday, Dec 23rd 8 a.m. – 12 p.m.

Friday, Dec 26th 8 a.m. – 12 p.m.

Saturday, Dec 27th 8 a.m. – 12 p.m.

Monday, Dec 29th 8 a.m. – 12 p.m.

Tuesday, Dec 30th 8 a.m. – 12 p.m.



Friday, Jan 2nd 8 a.m. – 12 p.m.

Saturday, Jan 3rd 8 a.m. – 12 p.m.

*Upon visitation, please enter through the side
entrance door of the Fitness Center located
on the right hand side when entering the
Senior Center parking lot.*

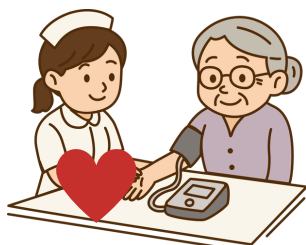


UPCOMING HOAG **BLOOD PRESSURE** **SCREENINGS**

Wednesday, 12/3 at 9:00 a.m.
Friday, 12/19 at 9:00 a.m.

*Held in Wellness Pavilion
Hoag Office*

Walk-ins welcomed





VOLUNTEER SERVICES



Volunteer Reminder!

The Senior Center will be closed
Monday, December 22nd –
Friday, January 2nd



Volunteer HOLIDAY DRAWING

**16 lucky winners will be selected to
win a \$25 Trader Joe's Gift Card!**

DECEMBER 1ST-10TH

- No need to be present to win.
- All active volunteers are placed on a numbered list and numbers will be selected at random.
- 2 names will be drawn each business day with witnesses to verify winners.
- One prize per winner.
- Winners will be contacted to either pick up their prize at the Senior Center or have it mailed.



Thank you for all your help throughout the year!



On Friday, November 7th the Stocking Stitches donated 130 handmade, stitched, stockings, to the Senior Center. Each stocking was filled with treats and will be delivered to Home Delivered Meals recipients this month to help spread some holiday cheer! The Stocking Stitches are a group of volunteers lead by our very own Senior Center Volunteer, Janis Patten, and consists of various sewers from both the Fundamental Sewing class and Huntington Landmark Surf City Quilters. Thank you to these lovely ladies for all their hard work!

Grateful for the HandyCrafters

Our HandyCrafters have worked hard this year crafting one of a kind items and thanks to your support and purchases, they have been able to recently provide the Senior Center with large donations totalling \$7,250! Their donations are directed to help support Social Services, holiday home delivered meals, new blinds for the lobby and new trees for the holidays. The next time you visit the Senior Center, know the HandyCrafters have had a huge part in making your time here more enjoyable and the services we offer more impactful. Thank you HandyCrafters, we are excited to see what creative new items you have in store for next year!



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





SOCIAL SERVICES



WINTER WISHES Holiday Gift Collection

If you picked up a gift request tag, please drop your gift off by December 8th at the latest so we can deliver to our Care Management and Home Delivered Meals clients for the holidays. If you didn't get a chance to pick up a tag, we are always accepting donations of nutrition supplement (such as Ensure, Glucerna, and Boost) as well as gift cards from most local stores.



One-on One Services

Senior Center in Central Park hosts support groups, a variety of workshops, presentations, as well as ongoing one-on-one services. All of these services are thanks to partnerships with local non-profits and talented volunteers. To find out more, stop by the Senior Center Travel & Resource Room between 8 a.m. and 3:30 p.m. to check out our flyers.

Special Note of Thanks

Shout out to the Huntington Beach Hospital Team and Senior Center Holiday Meals Volunteers. Hot turkey dinners were delivered with cheer to 75 senior center clients who were home on their own for the holiday. We are thrilled to collaborate in providing festive meals to the community!



Welcome to the Social Services Team, Judy!

In 2022, I concluded my career in the healthcare industry after serving in multiple positions within hospitals over several years. In my former role, I aided with Case Management operations to ensure effective throughput for services provided. My Healthcare journey was deeply enriched by experiences that have allowed me to grow personally & professionally. I have been a Volunteer usher at a nearby theatre since 2014. I have a keen interest in gardening & ceramics, which help me support a balanced life & keep my creativity flowing.

Services are made possible through the City of Huntington Beach Community and Library Services Department with priceless support from volunteers, grants, donations, local non-profits, and partnering agencies.

Food & Nutrition Resources

Senior Cafe is an on-site, donation-based, lunch program provided by Meals on Wheels OC for those who are 60+. More information is on page 18.

Additional local resources include:

- Hope Office
 - 714-846-3831
- Hoag Center for Healthy Living
 - 800-400-4624
- Oak View Family Resource Center
 - 714-842-4002
- Community Action Partnership OC
 - 714-667- 0717

Various faith based organizations offer food distribution. Directly contact those in your local area.

Visit 211OC.org (or call '211' from your phone) for additional nutrition resources throughout the County.





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.

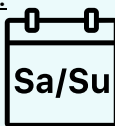
After-Hours Transportation

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: 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.



Holiday Shopping

The busy holiday season is upon us. With that comes the hassle of busy shopping centers and crowded parking lots. Did you know that Seniors on the Go! can take you around town for your shopping needs?

Call the dispatch line at **714-374-1742** to book your rides.

Happy Holidays!



Make a Volunteers Day

Did you know that there is an appreciation board for the transportation volunteers? If you would like to thank the volunteers that make transportation possible or would like to share a story about your experience with the program, you can send a note or leave a card with your driver. All cards will be posted on our Volunteer Appreciation Board.



Holiday Closure Notice

Seniors on the Go! will be closed **December 24th through January 2nd and will reopen for services Monday, January 5th.** During the holiday closure, there will be no rides, booking services, or reminder calls.

Have a safe and happy winter break.



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BINGO

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

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Arrive by 11:15 a.m.
Lunch is served from 11:30 a.m. - 12 p.m.

JOLLY HOLIDAY LUNCHEON

WEDNESDAY, DECEMBER 17TH
11 A.M. - 1 P.M.

ENTERTAINMENT BY: THE AUDIO GEER BAND

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



Doors open at 10:45 A.M.
Lunch served 11:30 A.M. - 12:15 P.M.

As a reminder the Senior Cafe will be closed **December 22nd thru January 2nd**. Lunch will resume Monday, January 5th.

****Stop by the front Lobby of the Senior Center for a copy of the December menu.****

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 Big Band Swing Dance 12/15

Fee Required

- 8:30 Better Life Boxing
- 9:00 Nature Meditation Walk 12/8
- 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 Line Dancing Level 1
- 2:00 Zumba Gold Dance Fitness
- 3:00 Quilting with Brandi *
- 3:30 Line Dancing Level 3
- 6:30 Tai Chi Chaun

THURSDAYS

Free Activities

- 8:00 Outlook Assembly 12/18
- 8:30 Table Tennis
- 9:30 Hoag Lecture 12/18
- 11:00 Senior Café Lunch
- 12:30 Canasta, Scrabble, Gin & Cribbage
- 1:00 Legal Consultation 12/18
- 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



TUESDAYS

Free Activities

- 9:00 Blood Pressure 12/3
- 9:30 Duplicate Bridge
- 11:00 Senior Café Lunch
- 12:00 Scrabble
- 12:30 Drum Circle 12/9
- 1:30 Shanti
- 4:00 Puzzle Swap 12/16
- 5:30 Alzheimer's Caregiver Support 12/2 & 12/16

Fee Required

- 8:15 Pilates Mat
- 8:15 Senior Cardiofit
- 9:00 Pilates Chair
- 9:30 Flex & Stretch
- 10:30 Yoga: SCCP
- 2:30 Line Dance Beginner
- 3:00 Yoga with Diane Outdoor 12/2
- 4:00 Line Dance Beginner
- 6:30 Sr./Adult Martial Arts



FRIDAYS

Free Activities

- 8:30 Mexican Train, Open Play
- 9:00 Blood Pressure 12/19
- 9:00 TOPS
- 9:30 Dup. Bridge, Rummy Cube
- 10:30 HandyCrafters
- 11:00 Senior Café Lunch
- 12:00 Backgammon
- 2:00 Hoag Lecture 12/5

Fee Required

- 8:15 Senior Cardiofit
- 9:00 Zumba Gold & Toning
- 9:30 Circuit Training
- 10:00 Yoga SCICP
- 11:00 Acrylic Painting, Beginning
- 11:00 Senior Fitness
- 11:30 Flex & Stretch
- 1:00 Pilates Chair
- 1:30 Line Dance, Level 2-3
- 6:30 Holiday Ball 12/12



WEDNESDAYS

Free Activities

- 8:30 Chess
- 8:30 Wednesday Walkers
- 9:00 Blood Pressure 12/3
- 9:00 Surf City Gardeners 12/10
- 9:00 Fishing Club 12/3
- 10:00 Young At Heart Singers 12/17
- 11:00 Senior Café Lunch
- 11:00 Holiday Lunch 12/17
- 12:00 Mah Jong, Backgammon
- 1:00 Movie, Red One 12/10

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 Level 3, Easy
- 2:30 HBCOA Tour 12/17
- 5:30 Fire Med 12/10
- 6:30 Book Club



SATURDAYS

Fee Required

- 7:00 Breakfast with Santa 12/6
- 9:30 FireMed members 12/19
- 10:00 Family Martial Arts
- 11:00 Senior Martial Arts



For specific dates, prices, and locations, contact the center, 714-536-5600, or browse the City's SANDS magazine at hbsands.org

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