

NOVEMBER 2025

Health & Wellness Pavilion Newsletter

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 our dance party with a live DJ. Retro attire is encouraged.

We can't wait to have a groovin' time with you.

📍 Register today at HBSANDS.org
☎ or call 714-536-5600 for assistance.

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

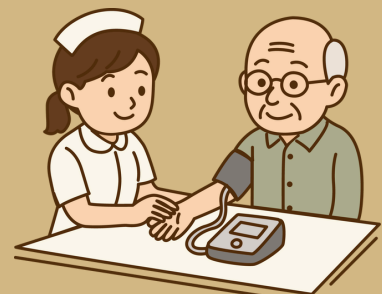
**Navigating Care for Your Aging
Parent Loved One**
Thursday, Nov 20
9:30-10:30AM

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*



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For more information Contact
Crave Fitness

CraveSeniorCenter@gmail.com

Phone: 949-414-9014

Crave Fitness Client Spotlight

"The strength training class has been a godsend for me. My mother recently fell and broke her femur; She has moved in with me and I have become a full-time caregiver.

I needed to do something for me mentally and physically. Class gets me to the gym where I have a good time and I'm also stronger than ever. I feel more secure helping my mom get in and out of the car, walk down the street and be able to help her as necessary. I'm no longer worried about throwing my back out or if I could hold her up if she started to fall again. I enjoyed the trainer Koa and the other participants in the class! I signed up again for another class."



– Donna Templeton



HOLIDAY GYM CLOSURE

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

Please note, gym will be open
Saturday, 11/29 from
8:00am-12:00pm



Vegetables & Fruits in Season

Vegetables: pumpkin, sweet potatoes, carrots, broccoli, asparagus, green beans, and brussels sprouts

Fruits: apples, pomegranates, pears, figs, and berries

Eating seasonal produce has many health benefits, including having higher nutritional value, better taste, and supporting your immune system.

Disclaimer: Please consult with your doctor for any dietary concerns or questions.