

New Year. New You. New Strength.

Make 2026 the year you move more, feel stronger, and live healthier. Stop by the Hoag Health & Wellness Pavilion to learn more about our membership options, personal training, and programs designed just for you. Enjoy easy-to-use, senior-friendly equipment, improve your overall health and mobility, and build meaningful social connections in a supportive, welcoming environment. In addition, the Senior Center hosts special fitness events throughout the year to keep you motivated and engaged! We look forward to you joining and becoming a part of our active and supportive community.



Fitness Center Membership Options

Ages 50 – 79 = \$120/year

Ages 80 & Up = \$80/year

1 Month Pass = \$20

1 Week Pass = \$10

Day Pass = \$5

Medicare Advantage Plans = \$0

- SilverSneakers
- One Pass/Renew Active
- Silver & Fit/Active & Fit



Need additional support or guidance on your fitness journey? Connect with Crave Fitness for a customized personal training or small group classes. For more information email: craveseniorcenter@gmail.com or call: 949-414-9014 for assistance.

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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 Stephanie Babkow, 1st Vice President
 John Villa, 2nd Vice President
 Phil Burtis, CFO
 Jera Rickertsen, Treasurer
 Beverly Mast, Administrative Secretary
 Mary DeGuelle, Assistant Administrative Secretary
 Barbara Scott, Assistant Recording Secretary
 Carolyn Ross, Past President

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Beverly Fleming	Edward Pinchiff
Ellen HopeKearns	Diana Zimmer

City Council Liaison

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

As the new President of HBCOA, it is my honor and privilege to extend a warm New Year's welcome to you! The year 2026 represents not only a fresh start, but also the 10th anniversary of our organization. Many people remark that they can't believe the Senior Center in Central Park has been open that long! Time has certainly flown, and with it, we have grown tremendously!

Over the past year, the Senior Center hosted 116,000 check-ins, welcomed 52,000 more at the Fitness Center, provided 22,000 rides to Huntington Beach residents, served 19,000 meals at the Senior Café, and delivered 83,000 meals to homebound seniors through our Home Delivered Meals program.

How do we accomplish all of this? It takes a dedicated, innovative, and tireless staff; strong and dependable city support, generous donations, and of course, our eager and enthusiastic volunteers. One more remarkable statistic: this year, volunteers contributed over 43,000 hours of service!

Our 10th anniversary marks a new chapter - one filled with an array of possibilities. As we celebrate our accomplishments, we also look ahead with excitement. I invite you to continue exploring the many offerings at the Senior Center and to consider new ways to get involved in 2026.

On behalf of the HBCOA Board of Directors, I extend heartfelt wishes for happiness, good health, and joy in the coming year. Thank you for being an essential part of our success.

With gratitude and enthusiasm,

Lindsay DuFresne
 HBCOA President



We Remember



Lili Wu
 1947-2025



Alex Mihailescu
 1957-2025



Tom Welch
 1940-2025



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

Supervisor's Message

From the Senior Center in Central Park Team to you, Happy New Year! Have you made any new year resolutions? Some of us are quick to break them while others are determined to succeed. If you haven't set any or are ready to *re-set* some goals, please know, it's never too late to commit to self-improvement or community engagement.

Our City's Community & Library Services Department offers countless opportunities to connect with community, serve locally, and to work on self-care. Here at the Senior Center you can volunteer your time, make new friends with similar interests, or donate through the HBCOA. The Library, Art Center, beaches, parks, and other community centers also engage with volunteers and donors throughout the year.

If you are interested in learning a new skill, consider taking a music or art class. Perhaps you've always wanted to dance or learn a new work-out but never found the time. We offer a variety of movement and fitness classes each quarter.

Are you short on time but have a generous heart? The HBCOA has a 4 star rating and 90% grade from Charity Navigator. HBCOA spends over 90% of funds brought in directly on programs and services. Less than 10% is spent on administrative costs and fundraising. Donating is a great way to support services and programs specifically for adults in the second half of life.



As always, we look forward to seeing you here and wish you peace and joy each day.

Sincerely,

Michelle Yerke, Social Services Supervisor

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?

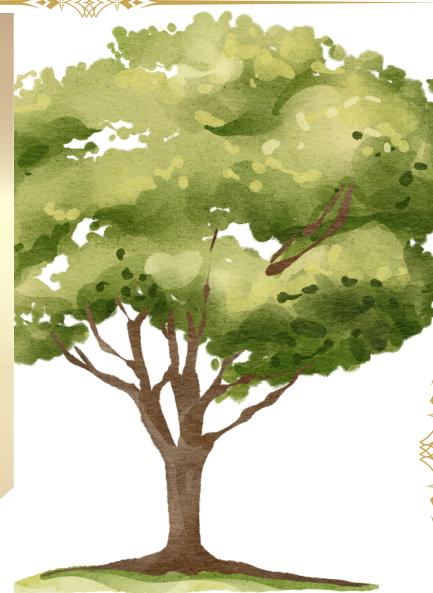
Help older adults in Huntington Beach live with independence, joy, and dignity.

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



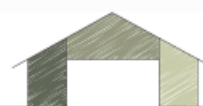
Because every older adult deserves to flourish, not just survive.

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.



**FAIR HOUSING
FOUNDATION**

Fair Housing Opening Doors

Virtual Fair Housing Workshop – Free

January 27, 2026 @ 1:30 p.m. – 3:00 p.m.

This workshop is for Tenants, Landlords, Managers, Property Owners, Attorneys, Realtors and Management Companies.

The workshop covers:

- Housing Discrimination
- Modifications and Accommodation
- Rental Application Process
- General Guidelines
- Families with Children
- Notices
- Evictions Process
- Security Deposits
- Habitability & Repairs
- Rent Increases
- Occupancy Standards
- And Lots More....

Register at: fhfca.org/events/ to receive a confirmation email with details to join.

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 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



Santa Anita A Race Day Experience

Date: 2/13

Depart: 10 a.m.
Return: 6:30 p.m.

This race day adventure delivers it all, from premium box seating, delicious food, refreshing drinks and the unforgettable thrill of live thoroughbred racing. The stadium itself features an Art Deco design created by Gordon Kaufmann. Enjoy views from the 3rd floor box seats and let the sunshine, blue skies, and thundering hooves sweep you into one of the most spectacular race-day experiences in America! Tour includes one beverage and a meal. \$150/\$160

For more Information:

Please visit or call the Travel & Resource Room at 714-374-1572

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

Playdate – Comedy, PG-13, 1h 34m
Wednesday, January 14th

When an innocent playdate goes off the rails, there's sure to be plenty of misfires and mayhem. Buckle up, Buckee. It's time for the blooper reel. Cast: Alan Ritchson, Kevin James, Sarah Chalke



Black Bag – Comedy, Rated R, 1h 33m
Wednesday, January 28th



From Director Steven Soderbergh, *Black Bag* is a gripping spy drama about legendary intelligence agents George Woodhouse (Michael Fassbender) and his beloved wife Kathryn (Cate Blanchett). When she is suspected of betraying the nation, George faces the ultimate test—loyalty to his marriage or his country.

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?

Don & Mary Julienne returned home from a three week tour of India and Nepal! It was a once in a lifetime experience. Here they are at the waterfront of the Ganges River in Varanasi India.



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



Huntington Beach
Symphony Orchestra

Grant Sevdayan
Music Director

MOZART & Viennese Delight

SUNDAY, February 22, 2026 @ 3:30pm
Huntington Beach Library Theater
7111 Talbert Ave, HB 92648

MOZART

Symphony N40, Piano Concerto N23

Purchase (check, cash)

AB Music Studios
19171 Magnolia St. HB

Online: HBSymphony.org

Contact us:

info@hbsymphony.org
(714) 274-5524

TICKETS

\$30 (\$35 @ door)

Online Promo:
4 tickets for \$100



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Birgitta Ganz
BROKER ASSOCIATE

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BirgittaGanz.com
BirgittaGanz@gmail.com
DRE #00452197

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Empowering Readers OC
Guiding the Next Generation of Leaders

READING VOLUNTEERS NEEDED

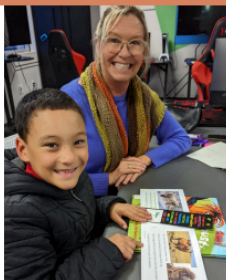
Are you 50+ and looking for a meaningful volunteer opportunity to help a child learn to read?

NO EXPERIENCE NECESSARY!

We provide all training, materials, and ongoing support!

JOIN AN INFORMATION SESSION TO LEARN MORE

Currently recruiting for H.B. & Buena Park locations



Option #1
Monday, December 15, 2025
10:00-11:00am over ZOOM

Option #2
Thursday, December 18, 2025
2:00-3:00pm over ZOOM

Contact: Marissa Camacho-Aggarwal
marissa.camacho@parentisfoundation.org
(949) 391-3451
Parentis Foundation a 501 C (3) non-profit #81-1188544

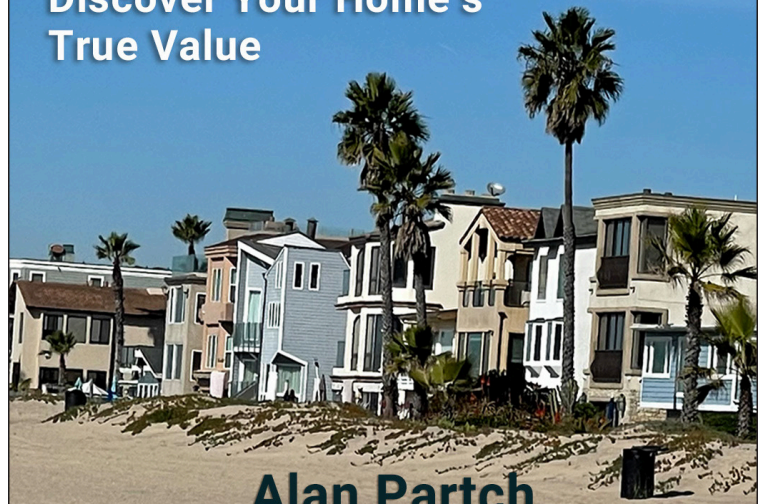
Scan QR Code
to Sign Up!



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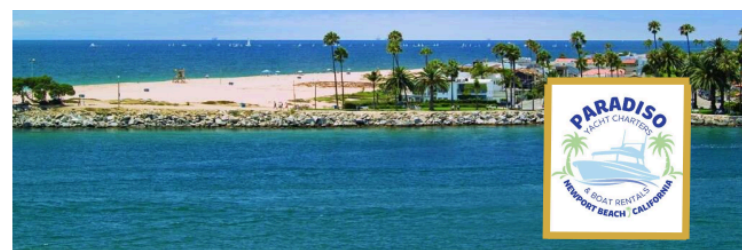
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**PARADISO YACHT CHARTERS PRESENTS
SENIORS' MORNING CRUISE & BINGO SOCIAL**

Breakfast • Harbor Views • Bingo & Prizes

A Relaxing Morning on the Water

Step aboard the *Paradiso Yacht* for a peaceful weekday morning cruise designed especially for our local seniors. Enjoy beautiful harbor views, a fresh, delicious continental-style breakfast, and a few friendly rounds of bingo led by our crew —**complete with fun *Paradiso* prizes!** *Family and friends are welcome to join the fun!*

What's Included

- ✓ 1.5-hour scenic harbor cruise aboard the luxurious 85 ft. *Paradiso* yacht.
- ✓ Continental-style breakfast
- ✓ Complimentary non-alcoholic beverages throughout
- ✓ Free bingo with *Paradiso* merch prizes
- ✓ Friendly crew assistance and full onboard amenities

A full bar is available for purchase for those who'd enjoy a morning mimosa or other libations



Special Morning Weekday Rate

9:00 to 10:30 * 9:30 to 11:00 * 10:00 to 11:30

\$2,025 special all-inclusive up to 24 guests

Includes relaxing harbor cruise, breakfast, beverages, crew gratuity and bingo fun!

Please call us for groups greater than 24

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✉ Email: paula@paradisomail.com ☎

☎ www.paradisoyachtcharters.com ☎

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RECREATION



Special Presentation – The Dangers of Fentanyl

Wednesday, January 28th @ 9:30 a.m.

Join us for an important presentation on the dangers of fentanyl, a powerful synthetic opioid impacting communities nationwide. Designed especially for older adults, this session will cover how fentanyl appears in counterfeit medications, warning signs of overdose, and practical steps to stay safe. Please RSVP to reserve your spot.

About the Presenter

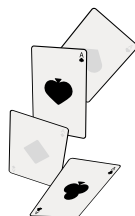
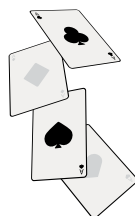
Ralph Ornelas is a retired law enforcement leader with over 36 years at the LA Sheriff's Department, rising to the rank of Commander and leading major narcotics, anti-gang, and federal task force operations. He later served as Chief of Police for the City of Westminster and now focuses on community safety and fentanyl education. He brings extensive frontline experience and a strong commitment to prevention.

New Game Room Activity

Hand, Knee & Foot

Wednesdays @ 9:30 a.m.

Come join us in the Game Room for Hand, Knee & Foot, a lively and social card game that's easy to learn and lots of fun to play! Hand, Knee & Foot is a rummy-style card game played in teams, using multiple decks of cards. Players work together to form sets of cards, moving through three stages of play: cards in your hand, then your knee, and finally your foot. The game is full of strategy, teamwork, and plenty of laughs—making it a favorite for players of all experience levels. Never played before? No problem! Friendly players are happy to teach beginners and all skill levels are welcome.



Drum Circle in January

Tuesday, January 13th
12:30 p.m.



Surf City Gardeners

Landscaping – The Thoughtful Gardener

Wednesday, January 14th
9:00 a.m.



Valentines Dance
Saturday, February 14th
6:00 p.m. – 8:00 p.m.



We're kicking off 2026 with the return of one of our favorite traditions: our Valentine's Day-themed dance! Join us on Saturday, February 14th, for an evening of good food, great company, and plenty of dancing as we toast to love and friendship.

Tickets go on sale Thursday, January 15th, for \$50 per person. You may purchase up to one table (8 tickets), and 2026 HBCOA members can show their membership card to receive a \$5 discount.

As always, we'll have a festive photo booth, a wonderful beer and wine selection, and Valentine's-Day-worthy sweets to round out the night. We look forward to celebrating with you!



HEALTH & WELLNESS



Craving a Fresh Start?

Begin the new year with
Crave Fitness!

Having support is one of the best ways to ensure your fitness journey is sustainable. A personal trainer can help you create a tailored workout plan based on your fitness level and goals.

Their support goes beyond just giving you exercises—they provide:

- ✱ Accountability
- ✱ Expert Guidance
- ✱ Motivation
- ✱ Customization

So why wait! Start today and make 2026 your year of strength, health, and transformation!

For more information Contact Crave Fitness

CraveSeniorCenter@gmail.com

Phone: 949-414-9014



HOLIDAY CLOSURE

Martin Luther King Day
Monday, January 19th



Happy New Year



From our
Senior Center Staff
to you!

HOAG JANUARY LECTURES

Caring for the Caregiver
Thursday, Jan 8th
9:30-10:30 a.m.

From Holiday Hustle to Healthy Habits
Thursday, Jan 15th
9:30-10:30 a.m. in EMG1

Medicare Open Enrollment
Thursday, Jan 15th
9:00-10:00 a.m. in The Lab

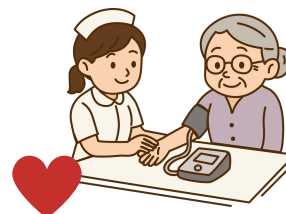
RSVP Required
Register at HBSANDS.org or
call 714-536-5600

UPCOMING HOAG BLOOD PRESSURE SCREENINGS

Wednesday, 1/7 at 9:00 a.m.
Friday, 1/16 at 9:00 a.m.
Wednesday, 1/28 at 9:00 a.m.

Held in Wellness Pavilion
Hoag Office

Walk-ins welcomed





VOLUNTEER SERVICES



'Twas the Season of Giving



Thank you to all the local groups who helped make ornaments, placemats and cards for our seniors this past holiday season. We received over 300 handmade ornaments from various groups including Scouting America, Girl Scouts OC and National Charity League: Pacific Chapter. We also had a young scout named, Ariel Greenspan who raised her own money to purchase ornaments as a way to give back to her community. All ornaments were collected and divided out to Holiday Home Delivered Meals recipients, Senior Cafe participants, and guests attending the Senior Center. We appreciate all the support and community involvement to help make the holidays a little brighter for everyone!

Thank You

New Years Resolution: Volunteer!

Can't decide on a New Year's resolution? Try volunteering! At the Senior Center, we are currently looking for individuals to help deliver meals, drive participants through the transportation program and help with receptionist positions. When you are volunteering you are not only helping others, but you are also helping yourself.

Benefits of Volunteering:

- Improves mental and physical health.
- Provides a sense of purpose and teaches valuable skills.
- Nurtures new or existing relationships.

Apply today or reach out to your volunteer team for more information.

Happy New Year

Volunteer Reminder!

The Senior Center will be closed
Jan. 1st - 2nd for the New Year and
Jan 19th for Martin Luther King Jr. Day



Volunteer HOLIDAY DRAWING

CONGRATULATIONS TO OUR WINNERS!

Congratulations to all the lucky winners during the Volunteer Holiday Drawing! Even if you didn't win a prize, you are all winners to us here at the Senior Center. We appreciate everything that each of our volunteers do and hope you all enjoy our little tokens of appreciation. Thank you and we look forward to another great year!

Thank you for all your help throughout the year!

Current Volunteer Opportunities

- Transportation Drivers
- Home Delivered Meals
- Recreation Desk

Upcoming Events

- Valentine's Dance 2/14/26

Contact the Volunteer Team

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

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

thank you!



SOCIAL SERVICES



The Senior Center in Central Park partners with Meals on Wheels Orange County to provide an in person lunch at the senior center most weekdays. See page 18 for more information and the menu. Huntington Beach older adults who are homebound and struggle to maintain their nutritional needs may call 714-374-1717 to learn more about Home Delivered Meals and other nutrition resources.

A big thank- you to Sts. Simon & Jude Catholic Church for their Christmas Donation Drive which collected and donated hundreds of practical items for clients such as cleaning supplies, paper goods, nutritional drinks, and more.



thank you!



A big thank - you to the DreamCatchers Auxiliary of the Assistance League of HB. This amazing group raised funds, coordinated, and donated 50 holiday gift bags which contained fun and practical items.

New Care Management Receptionist Office!

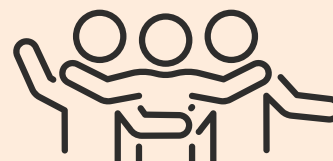
The Care Management Team will have a volunteer receptionist in their front office area most weekdays to help visitors and callers book one-on-one appointments, check out wheelchairs and walkers, and connect with a care manager for consultations and other resources. We thank our volunteers for their priceless support in serving the community!

One-on-one and Group Services

Available to Huntington Beach residents aged 60 or older.

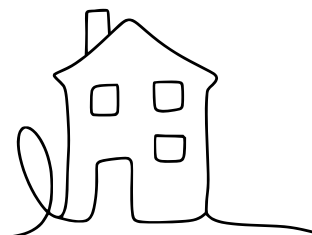
Call 714-374-1528 for an appointment or more information.

- ~Notary
- ~Tech Coach
- ~Legal Consultation
- ~Support Groups
- ~Care Management Consultations
- ~Health Insurance Counseling and Advocacy Program



Shared Housing Connection

Considering renting out a room for some practical help or income? Knowing that some homeowners have extra room and others struggle with rent prices, Senior Center in Central Park offers a self-help station in the Travel & Resources Room where individuals can list a room they have to rent out or a place an ad that they are looking for a room to rent. An information packet with additional resources is also available. This is a low tech way to learn about shared housing and connect with others.



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.



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.

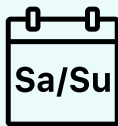
After-Hours Transportation

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.

WELCOME

Ray Gilinsky

The newest staff driver to join Surf City Seniors on the Go! Ray was born in Johannesburg South Africa and is the youngest of 4 children. He went to trade school to study Auto Mechanics and shortly after served 9 months in the South African Army. In 1996 he decided to make the U.S his new home and bought a gas station in Cerritos, CA. In 2000 he bought a Automotive Tire and Repair Shop and sold the business in 2021. He plays golf, loves British soccer (Manchester United).

***Fun Fact*:** He is now the 4th Ray we have on the Transportation Team.



Holiday Closure Notice

Surf City Seniors on the Go will be closed on Thursday & Friday, January 1st and 2nd for New Years &
Monday, January 19th for Martin Luther King Jr Day



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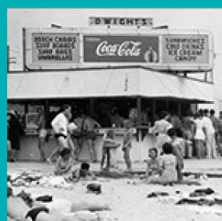


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Cathy Gaertner
 Placement Specialist



January

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

Monday	Tuesday	Wednesday	Thursday	Friday
Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00 Meatless Meal			1 	2 Salisbury Steak Brown Gravy Egg Drop Soup Mashed Potatoes WW Dinner Roll Canned Apricot 1% Milk
5 White Chicken Chili w/Pinto Beans ½ Baked Potato WW Dinner Roll w/Smart Balance Canned Pears 1% Milk	6 Beef Enchilada Casserole Peas & Carrots WW Dinner Roll Fresh Apple 1% Milk	7 Diced Chicken Orange Sauce Egg Drop Soup Oriental Vegetable Blend Brown Rice Canned Mandarin Orange 1% Milk	8 Ground Beef Spaghetti Marinara Sauce Parmesan Cheese (1pk) Winter Veg Blend Fresh Orange 1% Milk	9 ✓ Fish Sticks Taco Pico de Gallo Tortilla Soup Red & White Cabbage Black Beans Lemon Slice WG Tortillas (2) Canned Peaches 1% Milk
12 Pork Loin Caramel Sauce Broccoli Brown Rice Fresh Apple 1% Milk	13 Turkey Roast Brown Gravy Lentil Soup Scandinavian Veg Blend Sweet Potatoes WW Dinner Roll w/Smart Balance Pineapple Chunks 1% Milk	14 Cubed Beef Red Chili Sauce Carrots Brown Rice Fresh Orange 1% Milk	15 ✓ Baked Tilapia Creamy Garlic Sauce Brussel Spouts Orzo w/Vegetable Pilaf WW Dinner Roll Canned Pears 1% Milk	**16** *Martin Luther King Jr Menu* BBQ McRib w/BBQ Sauce Baked Beans Collard Greens Chicken Noodle Soup Parkerhouse Roll SF Cake Fresh Orange 1% Milk
19 	20 Barbacoa Beef Pico De Gallo Oregon Bean Medley Mexican Rice WG Tortilla (1) Fresh Orange 1% Milk	21 ✓ Tuna Salad Spring Mix Balsamic Vinaigrette Dressing Old Fashioned Potato Soup WW Bread (2) Fresh Apple 1% Milk	22 Chicken Breast Asian Sauce Scandinavian Veg Blend Brown Rice Canned Mandarin Orange 1% Milk	23 Cubed Beef Stroganoff Sauce Egg Noodle Creamy Mushroom Soup Carrots Canned Apricot 1% Milk
26 ✓ Veggie Egg Salad Baked Red Chunk Potatoes Moroccan Lentil & Vegetable Soup WW Bread Fresh Orange 1% Milk	27 Pork Loin Sweet Citrus Glaze 5-way Mixed Veg Quinoa Pilaf Canned Mandarin Orange 1% Milk	28 Chicken Breast Florentine Sauce Peas & Carrot Cream of Spinach Soup Brown Rice Tropical Fruit Mixed 1% Milk	29 Beef Cheeseburger Sliced Cheese Shredded Lettuce, Tomato & Red Onion WG Hamburger Bun Mustard & Ketchup Tomato & Cucumber Salad Fresh Apple 1% Milk	30 Chicken Strips Kung Pao Sauce Oriental Veg Blend Pineapple Fried Rice Canned Pears 1% Milk

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. Please note condiments are not analyzed and may increase sodium. www.MealsOnWheelsOC.org

JANUARY

MONDAYS

Free Activities

- 8:30 Table Tennis
- 11:00 Senior Café Lunch
- 12:30 Party Bridge & Chess
- 6:00 NAMI (Mental Health Support Group) 1/26
- 7:00 Big Band Swing Dance 1/26

Fee Required

- 8:30 Brainwave Boxing
- 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 1/22
- 8:30 Table Tennis
- 9:00 Hoag Medicare Lecture 1/15
- 9:30 Hoag Lecture 1/8, 1/15
- 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 1/13, 1/20
- 9:00 Duplicate Bridge
- 11:00 Senior Café Lunch
- 12:00 Scrabble
- 12:30 Drum Circle 1/13
- 1:30 Shanti
- 4:00 Puzzle Swap 1/27
- 5:30 Alzheimer's Caregiver Support

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: SCICP
- 1:30 Essentrics Aging Backwards
- 2:30 Line Dance Beginner
- 3:00 Bridge Intermediate
- 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 1/16
- 9:00 TOPS
- 9:00 Rummy Cube
- 9:00 Duplicate Bridge
- 10:30 HandyCrafters
- 11:00 Senior Café Lunch
- 12:00 Backgammon

Fee Required

- 8:15 Senior Cardiofit
- 8:50 Zumba Gold & Toning
- 9:00 FUNDamental Sewing
- 9:30 Circuit Training
- 10:00 Yoga: SCICP
- 11:00 Beginner Acrylic Painting
- 11:00 Senior Fitness
- 11:30 Flex & Stretch
- 1:30 Line Dance Level 2-3
- 2:00 Intro to Computers

WEDNESDAYS

Free Activities

- 8:00 Tax Prep Game Rm. Closed
- 8:30 Wednesday Walkers
- 9:00 Blood Pressure Screening 1/7, 1/28
- 9:00 Surf City Gardeners
- 9:30 Hand, Knee & Foot 1/28
- 10:00 Fishing Club 1/7
- 10:00 Young At Heart Singers
- 11:00 Senior Café Lunch
- 1:00 Movies 1/14, 1/28
- 4:30 Mindfulness & Sound Relax DEMO 1/7

Fee Required

- 9:00 Zumba Gold Dance Fitness
- 10:00 Yoga Chair
- 11:00 Line Dance Level 1
- 12:00 Line Dance Level 2
- 1:00 Line Dance 3
- 4:30 Mindfulness & Sound Relaxation
- 5:30 Fire Med 1/7
- 6:00 Bridge for Beginners
- 6:30 Book Club

SATURDAYS

Fee Required

- 9:30 Fire Med 1/24
- 10:00 Family Martial Arts
- 11:00 Sr. & Adult Martial Arts



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

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