

— ★ ★ ★ —

Huntington Beach Council on Aging
Supporting programs, services, and events that enrich
the lives of older adults in our community

10TH ANNIVERSARY *Light Up The Night Gala*

SATURDAY, JULY 11TH

6:00 P.M. – 9:00 P.M.

SENIOR CENTER IN CENTRAL PARK

Enjoy dinner, live music & dancing, silent auction,
opportunity drawings, wine pull, and more!

Attire – Red, White & Blue Sparkle
Tickets available May 11th, starting at \$125

Sponsorship Opportunities Available
Learn More at www.HBCOA.org

**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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- Stephanie Babkow, 1st Vice President
- John Villa, 2nd Vice President
- Phil Burtis, CFO
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- Barbara Scott, Assistant Recording Secretary
- Carolyn Ross, Past President

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For additional information, please visit the HBCOA website, www.hbcoa.org and "like" the HBCOA Facebook page at Huntington Beach Council on Aging, [Facebook.com/hbcoa](https://www.facebook.com/hbcoa).



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Sponsorship Disclaimer

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HBCOA President's Message



Happy May to everyone, especially the mothers we will celebrate on May 10th. Many of you will be honored on that special day, while others will proudly watch as your daughters' journeys into motherhood are celebrated. Some may take a quiet moment to reflect on the moms no longer with us, yet forever held in our hearts. However you are connected, take a moment to cherish and appreciate the mothers who have touched your life.

Last week, we had the pleasure of honoring the dedicated volunteers who serve the Senior Center in Central Park with a special luncheon. Coordinating this remarkable group is Caryn Kawamoto, with invaluable support from Kathy Pace. Together, they help ensure that every event is well-staffed, safe, welcoming, and enjoyable for all.

Last month, I spoke about "mattering," the positive impact we have on those around us. This month, I encourage you to think about the people who brighten your day and take a moment to let them know. A small gesture of appreciation can mean more than you might expect.

And it wouldn't be an HBCOA message without mentioning our 10th annual fundraiser! The Gala and all the star-spangled fun will take place on Saturday, July 11th. We look forward to celebrating with you.

Here's to the start of an exciting summer. I can almost hear the Emperor's (classic rock band) playing at our May concert now!

With Appreciation,

Lindsay DuFresne
HBCOA President

Positive Vibes





Supervisor's Message



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

Hello Friends!

May is here, and so is Older Americans Month, a perfect time to celebrate vibrant aging, joyful living, and all the incredible older adults who make our community shine!

The 2026 national theme, Champion Your Health, puts the spotlight on taking charge of your well-being in ways that feel empowering, energizing, and fun.

This year's theme reminds us that prevention, wellness, and personal responsibility are the cornerstones of healthy aging. It's all about taking an active role in your health, advocating for yourself, staying on top of preventive care, making informed choices, and embracing habits that support independence and confidence at every stage of life.

And guess what? You don't have to do it alone! The Senior Center is overflowing with ways to help you champion your health in joyful, meaningful ways. We offer classes for physical fitness, mental wellness, social engagement, creativity, learning, and most importantly... FUN!

May is the perfect month to try something new, nurture your health, and celebrate the joy of community. Let's make it a month full of energy, optimism, and living life to its fullest—together!

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.

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 are 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 his/her beloved home.

Ready to become an Evergreen hero?
Help older adults in Huntington Beach live with independence, joy, and dignity.

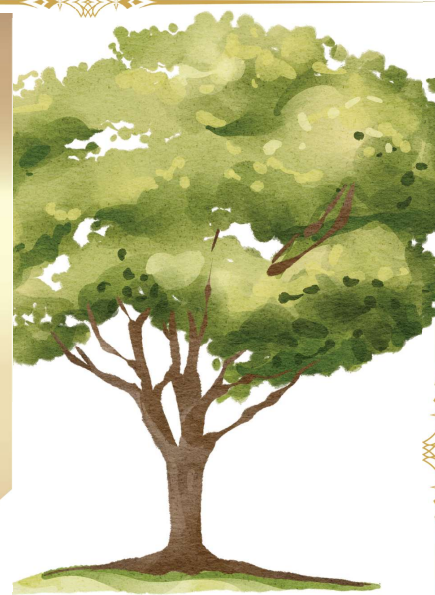
Visit hbcoa.org or contact Stephanie Babkow at (714) 374-1524 to learn how your membership can change lives today.



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 Galliepo
- 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.

CINCO DE MAYO Luncheon

Tuesday, May 5th
11am-1pm



SIGN UP AT SENIOR CAFE OR BY CALLING 714-375-8404

REGISTRATION BEGINS MONDAY, APRIL 6TH

\$3 SUGGESTED DONATION FOR THOSE 60+
\$5 FEE FOR GUESTS UNDER 60






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.



Freeway Series Showdown

Angels vs. Dodgers

Date: 5/17
 Member: \$185
 Non-Member: \$195
 Depart: 10:30 a.m.
 Return: 6:00 p.m.



Blue Whales in Long Beach

Whale Watching Advent.

Date: 5/28
 Member: \$169
 Non-Member: \$179
 Depart: 11:00 a.m.
 Return: 6:00 p.m.



A Behind the Scenes Stadium Tour

Sofi Stadium Experience

Date: 6/11
 Member: \$159
 Non-Member: \$169
 Depart: 9:30 a.m.
 Return: 5:30 p.m.

Also Check Out...



Hollywood Bowl Fireworks
 Date: 7/3



San Diego Sunset Luau
 Date: 7/23

For more info: Contact the Travel & Resource Room
 Phone: 714-374-1572 or Email: Travel@HBCOA.org

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

Moving On Wednesday, May 20th

Moving On is a dark comedy about two estranged friends, Claire (Jane Fonda) and Evelyn (Lily Tomlin), who reunite at a mutual friend's funeral and decide to confront the widower who wronged them decades earlier. As they reconnect, their quest for revenge turns into a journey of healing, friendship, and finding closure later in life.

R rated, Comedy/Drama, 1 h 25 m



Memorial Day Wednesday, May 27th

Memorial Day follows Kyle Vogel (Jonathan Bennett), who finds a box belonging to his grandfather Bud (James Cromwell), a World War II veteran. As Bud shares emotional stories from the war, Kyle gains insight into courage, sacrifice, and how those experiences shape family legacy across generations.

R rated, Drama, 1 h 44 m



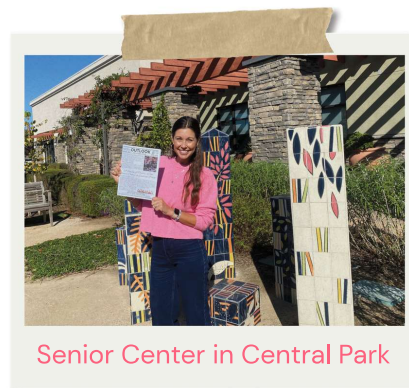
MOVIE REFRESHMENTS

HBCOA Board Members will provide snacks in 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?

Want to be featured in the Outlook?
 Send a photo of yourself on an adventure with your Outlook to:

Alicia.Logan@surfcity-hb.org



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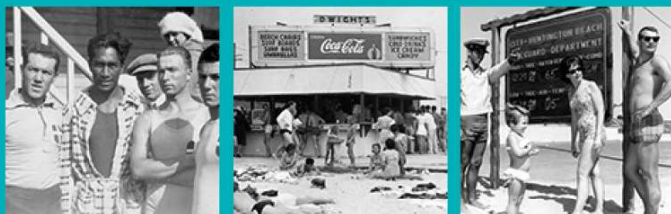


of Historical Downtown Huntington Beach

MONTHLY TOURS \$10 PER TICKET



TOURS EVERY MONTH



Orange County

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- Find a doctor (all our available doctors accept our Medicare health plan members)
- Learn about the new 2026 plan benefits and enhancements
- Add extra benefits like dental, vision, and hearing to your plan
- Learn how to enroll and how I can help you enroll*



Adriana Comparan
Kaiser Permanente Medicare specialist
Call me at 714-393-8183
Se habla español



Join me at a live neighborhood webinar or in-person seminar to learn more. Call me to RSVP or visit my website at mykpagent.org/AdrianaC

*You must meet all Medicare health plan enrollment requirements. Kaiser Permanente is an HMO plan with a Medicare contract. Enrollment in Kaiser Permanente depends on contract renewal. You must reside in the Kaiser Permanente Medicare health plan service area in which you enroll. Kaiser Foundation Health Plan, Inc., 393 E. Walnut St., Pasadena, CA 91188-8514

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For questions, contact: Marissa Camacho-Aggarwal
marissa.camacho@parentsfoundation.org
(949) 391-3451

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RECREATION



Drum Circle in May

Tuesday, May 19th
12:30 p.m.



Emperor's Concert - Saturday, May 30th

Join us on Saturday, May 30th, from 5:00 p.m. – 7:00 p.m. for our first concert of 2026! The Emperor's are returning after an awesome performance last year in our Parkview Room. This year, they will perform on the lawn! As always, tickets include sandwiches, chips, cookies, beer, wine, and water! Bring your lawn chair and enjoy a fun Saturday evening with us!

Tickets go on sale Thursday, April 30th, for \$20. Show your HBCOA membership card for a \$5 discount. There's a maximum of eight (8) tickets per purchase to ensure as many people as possible can attend. We expect this event to sell out quickly, so don't wait!



Surf City Gardeners

Citrus

Wednesday, May 13th
9:00 a.m.



Save The Dates - Upcoming Senior Center Events

- Cinco De Mayo Luncheon – Tuesday, May 5th
- 10th Anniversary Gala – Saturday, July 11th
- Grandparents' Day – Saturday, August 8th

Mark your calendars and get ready to celebrate with us at these exciting upcoming events! Join us on Tuesday, May 5th for a festive Cinco de Mayo Luncheon filled with great food and lively spirit. Then, dress to impress for our 10th Anniversary Gala on Saturday, July 11th as we celebrate a decade together. Finally, don't miss our heartwarming Grandparents' Day celebration on Saturday, August 8th, honoring the special role grandparents play in our lives. We look forward to seeing you there!

Happy Memorial Day

Monday, May 25th

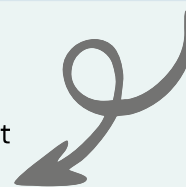
Remembering our heroes this Memorial Day. The Senior Center will be closed in their honor.

First Day of Registration - Summer

Tuesday, May 19th @ 8:00 A.M.

This year's summer session runs from June 15th through August 29th. As always, with the first day of registration, please keep in mind:

- Checks should be made out to the **City of Huntington Beach**. We recommend waiting to fill out your check until the staff tells you the exact amount.
- If you're going to sign up online, please practice going into your account and registering for a free class before sign up day.
- If you're paying in cash, please bring exact amounts or close to it. We cannot always make change for large bills.
- Many fitness classes will fill up early. We recommend having backup options in case the class you prefer is full. There are also virtual options of many popular classes.





HEALTH & WELLNESS



The Senior Center will be **CLOSED** on **Monday, May 25th** in observance of Memorial Day. Thank you to all who have served.

Please note, the Fitness Center will be closed. Normal operating hours will resume back on Tuesday, May 26th.

UPCOMING HOAG BLOOD PRESSURE SCREENINGS

Next Blood Pressure Screening will be held on



Wednesday, May 6th
9:00 a.m.-12:00 p.m.

Please note, **NO** Blood Pressure on Friday, May 15th & Wednesday, May 27th

Held in Wellness Pavilion Hoag Office
Walk-ins welcomed



MAY-HOAG LECTURES

Current Advances in Osteoarthritis Treatment

Friday, May 1st
2:00 – 3:00 p.m.

Building Strength for Better Stability

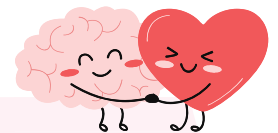
Thursday, May 14th
9:30 – 10:30 a.m.

Pain: Why Tough it Out?

Thursday, May 21st
9:30 – 10:30 a.m.

RSVP Required

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



MENTAL HEALTH MONTH

Mental health is especially important for older adults, as many face significant life changes, such as the loss of loved ones and increased health challenges. It plays a vital role in overall well-being, impacting physical, social, and emotional health.

Specialized professionals; such as geriatric psychiatrists, are trained to support the unique needs of the older adult population. Therapy and counseling are valuable tools that can help individuals navigate life transitions, manage stress, and move forward without becoming overwhelmed.

If someone feels they may benefit from services, they are encouraged to reach out to a qualified professional or speak with their healthcare provider for guidance and support.

For more information, contact
Hoag Mental Health Services at:
949-764-4624



VOLUNTEER SERVICES



Springtime Placemats

Over 40 ladies with the Saints Simon & Jude Quilt Group worked hard during the last several months to create 125 placemats for the Senior Center Home Delivered Meals (HDM) program. Volunteer drivers then helped deliver placemats to each HDM client this spring season to help spread some springtime cheer. Thank you to all the individuals who volunteered their time to make the placemats, and thank you to our volunteer drivers who helped delivered them.



Cookies for Transportation

This past spring was Girl Scout Cookie Season and who doesn't love Girl Scout cookies! One of the amazing Girl Scout Troops we partner with through the Senior Center's Volunteer Program, Troop 8395, had reached out and expressed interest in doing their very own Cookie Share this year. For the Cookie Share, the troop worked with the Senior Center in Central Park to donate cookies to the Transportation Program participants. With each cookie purchase made through the troop, customers were also given the option to donate a box to the Senior Center. Through everyone's hard work, 144 boxes of cookies were donated and brought to the Senior Center on April 7th. Several of the girls from Troop 8395 came by to drop off the boxes to our volunteer drivers who then delivered the cookies to Transportation participants throughout the day.

Handy Crafters Summer Boutique



Tuesday, May 19th
8:00 a.m. - 12:30 p.m.
Senior Center Lobby

Stop by to purchase beautifully handmade gifts for either you or a loved one to enjoy! Proceeds help support Senior Center in Central Park activities and Holiday Meals.

ALL PURCHASES ARE CASH OR CHECK ONLY.



Reminder Monday Volunteers

The Senior Center will be closed on Monday, May 25th for Memorial Day

Thank you!

Girl Scout Troop 8395



Current Volunteer Opportunities

- Transportation Drivers
- Home Delivered Meals
- Recreation Desk
- Care Management Receptionist

Upcoming Events

- May Concert: 5/30/26

Contact the Volunteer Team

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

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





SOCIAL SERVICES



FACING THE UNKNOWN:

COPING WITH NEW AND UNEXPECTED MEDICAL DIAGNOSES

Learn practical ways to manage the emotional impact of receiving a new health diagnosis. This supportive session explores common reactions and strategies for reducing fear and overwhelmed feelings, and provides tools for staying grounded while making informed decisions. Participants will gain skills to communicate effectively with healthcare providers, seek meaningful support, and maintain a sense of control and hope during times of change.

Presentation provided by



independenceathome.org



sign up
required

Thursday, June 11th from 11am-12pm

Sign up in the
Travel & Resources Room 714-374-1572



Looking for Some Support?

Trained staff, skilled volunteers, and non-profits provide support groups, presentations, and individual appointments on various topics at Senior Center in Central Park. Individual appointments are typically available to HB residents aged 60+. Support Groups and classes are available to those who meet the criteria of the specific purpose. Call 714-374-1572 for information or to make an appointment.

Individual Appointments

- **Care Management**- Experienced staff provides a variety of short & long-term services based on unmet needs.
- **Notary**- Volunteer can notarize up to 2 completed documents per person/ visit
- **Tech Coach**- Volunteers provide 30-45 minute appointments to help with your device
- **Legal Consultation**- Non-profits provide 20-30 minute consultations
- **Health Insurance Counseling and Advocacy (HICAP)**- Council on Aging So. Cal., unbiased Medicare information to beneficiaries

Support Groups

- **Dementia Caregiver Support**- Call Ellie with Alzheimer's Orange County at 714-642-9458. alzoc.org/services/support-groups/
- **Mental Illness Friends & Family Support**- Call Lynne with NAMI at 714-299-1405. namioc.org/support-groups

Presentations

- Keep an eye out for flyers on caregiver related presentations this summer.

Grab Bars, Walkers, & Wheelchairs

The senior center lends gently used wheelchairs and walkers to HB residents, aged 60+. Thanks to a generous donation, grab bars are also available, while supplies last. Call 714-374-1572 to determine if we have what you need to support your home safety and mobility needs.

Thank you, DreamCatcher volunteers and donors for helping us meaningfully serve our community!



Shared Housing Connection

Interested in learning more about renting out a room in your home? Stop by the self-help station to pick up an information packet from the Travel & Resources Room. Typical hours are weekdays from 8:00 a.m. - 4:00 p.m.



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 advance 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

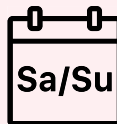
Consider using Orange County Transportation Authority's (OCTA) Access bus program for your ride needs outside of our service area or hours.

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.

We are more than happy to introduce our new Transportation Dispatchers **Ellen Schwartzmeyer** and **Lynette Klein**, and our new Class B Driver **Fred Singer**

Ellen recently retired after 20 years of working in an emergency room. She and her husband moved from the small town of Placerville in Northern California, and while they miss the charm of small-town life, they truly enjoy living in Huntington Beach, especially the beautiful weather. Ellen takes care of her 99 year old mother. This year she looks forward to celebrating her 100th birthday.

Lynette is a retired police dispatcher. She enjoys being involved in the community and helping people. Outside of work, she loves spending time with family, friends, and her dog. She loves to travel, especially to places with plenty of sunshine and water.

Fred is a 34 year resident of HB and a retired aerospace engineer. In addition to retirement activities such as softball and pickleball, Fred obtained a commercial drivers license and is happy putting it to use serving HB seniors.



Ellen




Lynette



Fred






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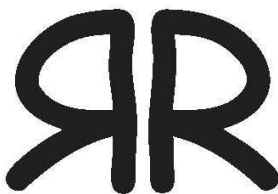
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Arrive by 11:15 a.m.
Lunch is served from 11:30 a.m. – 12 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday
			Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00 Meatless Meal	1 Chicken Breast Alfredo Sauce Brussel Sprouts WG TriColor Pasta Butternut Squash Soup Canned Mandarin Orange 1% Milk
			4 Chicken Strips Lemongrass Sauce Oriental Veg Blend Brown Rice Creamy Cauliflower Soup Fresh Apple 1% Milk	**5** CINCO DE MAYO LUNCHEON HBCOA SPONSORED RESERVATION REQUIRED 714-375-8404
11 White Chicken Chili w/Pinto Beans ½ Baked Potato WW Dinner Roll w/Smart Balance Canned Pears 1% Milk	12 Beef Enchilada Casserole Peas & Carrots WW Dinner Roll Fresh Apple 1% Milk	**13** SENIOR CAFÉ CLOSED	14 Ground Beef Spaghetti Marinara Sauce Parmesan Cheese (1pk) Winter Veg Blend Fresh Orange 1% Milk	15 Fish Tacos Pico de Gallo Tortilla Soup Red & White Cabbage Black Beans Lemon Slice WG Tortillas (2) Canned Peaches 1% Milk
18 Pork Loin Caramel Sauce Broccoli Brown Rice Fresh Apple 1% Milk 	19 Roast Turkey Brown Gravy Scandinavian Veg Blend Sweet Potatoes Lentil Soup WW Dinner Roll w/Smart Balance Pineapple Chunks 1% Milk	20 Cubed Beef Red Chili Sauce Carrots Brown Rice Fresh Orange 1% Milk 	21 Baked Tilapia Creamy Garlic Sauce Brussel Spouts Orzo w/Vegetable Pilaf WW Dinner Roll Canned Pears 1% Milk	**22** *Memorial Day Menu* BBQ McRib w/BBQ Sauce Corn and Carrots Brown Rice Chicken Noodle Soup Red Velvet Cake Fresh Orange 1% Milk
25 	26 Barbacoa Beef Pico De Gallo Oregon Bean Medley Mexican Rice WG Tortilla (1) Fresh Orange 1% Milk	27 Tuna Salad Spring Mix Balsamic Vinaigrette Dressing Old Fashioned Potato Soup WW Bread (2) Fresh Apple 1% Milk	28 Chicken Breast Asian Sauce Scandinavian Veg Blend Brown Rice Canned Mandarin Orange 1% Milk	29 Cubed Beef Stroganoff Sauce Egg Noodles Carrots Creamy Mushroom Soup Canned Apricot 1% Milk

All meals comply with the Dietary Guidelines for Americans (DGA) 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

May

MONDAYS

Free Activities

- 8:30 Table Tennis
- 11:00 Senior Café Lunch
- 12:30 Party Bridge & Chess
- 6:00 NAMI (Mental Health Support Group) 5/25
- 7:00 Big Band Swing Dance 5/18

Fee Required

- 8:30 Brainwave Boxing
- 9:00 Hawaiian Hula
- 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 5/28
- 8:30 Table Tennis
- 9:30 Hoag Lecture 5/14, 5/21
- 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 Lect. 5/12, 5/19
- 9:00 Duplicate Bridge
- 11:00 Senior Café Lunch
- 12:00 Scrabble
- 12:30 Drum Circle 5/9
- 1:30 Shanti
- 4:00 Puzzle Swap 5/26
- 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
- 10:30 Yoga: SCICP
- 10:30 Setting Boundaries
- 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 5/16
- 9:00 TOPS
- 9:00 Rummy Cube
- 9:00 Duplicate Bridge
- 10:30 HandyCrafters
- 11:00 Senior Café Lunch
- 12:00 Backgammon
- 2:00 Hoag Lecture 5/1

Fee Required

- 8:15 Senior Cardiofit
- 8:50 Zumba Gold & Toning
- 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 Wednesday Walkers
- 8:30 Blood Pressure Screening 5/6,5/27
- 9:00 Surf City Gardeners 5/13
- 9:00 Fishing Club 5/6
- 9:00 Young At Heart Singers
- 9:30 Hand, Knee & Foot
- 10:00 Senior Café Lunch
- 11:00 Movies 5/27
- 12:00 Backgammon and Mah Jong
- 1:30 It's Your Estate
- 5:30 FireMed 5/6

Fee Required

- 9:00 Zumba Gold Dance Fitness
- 9:00 Fundamental Sewing
- 11:00 Line Dance Level 1
- 12:00 Line Dance Level 2
- 1:00 Line Dance 3
- 4:30 Mindfulness & Sound Relaxation
- 6:00 Bridge for Beginners
- 6:30 Book Club



SATURDAYS

Free Activities

- 10:00 Traffic Safety Presentation 5/9
- 10:00 Family Martial Arts
- 11:00 Sr. & Adult Martial Arts

Fee Required

- 9:30 Create Your Life Story
- 5:00 May Concert 5/30



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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