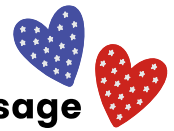




**CITY OF HUNTINGTON BEACH
SENIOR CENTER IN CENTRAL PARK**

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

- Lindsay DuFresne, President
- 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

HBCOA Board Members

- | | |
|------------------|-----------------|
| Patti Cody | Jose Juarez |
| Justin Deyle | Celine Keeble |
| Beverly Fleming | Edward Pinchiff |
| Ellen HopeKearns | Diana Zimmer |

City Council Liaison

Andrew Gruel and Butch Twining

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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HBCOA President's Message

What an exciting way to begin the month—celebrating our semiquincentennial! (*There's a future Jeopardy question!*) Simply put, we are recognizing the 250th anniversary of the signing of the Declaration of Independence.

Here in Huntington Beach, we are fortunate to have many beloved July 4th traditions. From the largest Independence Day parade west of the Mississippi to the Surf City Run, the Home Decorating Contest, and a spectacular fireworks show, the day is truly packed with fun for everyone.

Continuing our red, white, and blue celebrations, join us for Special Concert in honor of the Senior Center's 10th Anniversary on July 11th. Enjoy live music by The Dreamboats, a silent auction, a wine pull, and a special salute celebrating 10 wonderful years of the Senior Center in Central Park. (*If we had a dollar for every time someone said, "I can't believe it's been 10 years!"*)

An article from Stanford Medicine recently highlighted *5 Healthy Habits for Successful Aging*: strength training, balance and gait training, good nutrition, cognitive engagement and social connection, plus preventive health care monitoring.

The Senior Center proudly supports each of these healthy habits in addition to last month's bonus years' tips: growing, connecting, adapting, and giving.

Hooray for the 4th and for all the balmy, beautiful days of July ahead!

Lindsay DuFresne
HBCOA President



GRANDPARENT'S DAY

Saturday, August 8th 9:00 a.m. – 12:00 p.m.



Registration is open now!

The cost is \$15/family and you can sign up at HBSANDS.org or stop by the Senior Center's Front Desk.



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
Lezly Castillo, Acting Transportation Coordinator
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
HBCOA: 714-374-1524
Home Delivered Meals: 714-374-1717
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

Happy July to All!

Senior Center in Central Park is celebrating a decade of amazing accomplishments! The abundance and variety of programs and services offered here have helped transform the lives of thousands of older adults since 2016.

This incredible impact has been made possible through the dedication of our staff, compassion of our volunteers, strength of our community partners, and generous support of our donors. We are deeply grateful for the opportunity to serve our community every day.

During the past decade, together we have achieved:

- **Welcoming over 21,000 different guests who visited over 1,432,573 times**
- **2500+ days of opportunity** to join programs and classes such as art, fitness, education, technology, social activities, and more
- **Over 220,000 safe, reliable, friendly, rides** to a multitude of destinations through Surf City Seniors on the Go! Transportation
- **Nearly 1 million nutritious meals** coordinated, delivered, and served through Senior Lunch Cafe and Home Delivered Meals
- **More than 50,000 meaningful connections** made by our Care Managers, ensuring essential support and services reach older adults
- **More than 100 special events** offering joy, celebration, and connection to tens of thousands of guests
- An average **visitor rate of 500 per day**
- Over **½ million gym check-ins**
- **Nearly ½ million hours of volunteer services** supporting multiple areas of the Senior Center

Because of this collective effort, tens of thousands of residents and visitors have experienced meaningful connections, healthy opportunities, greater independence, and improved quality of life. We look forward to continuing our service to the community together for many more years to come.

Thank you for being an essential part of this journey.

- 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 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.

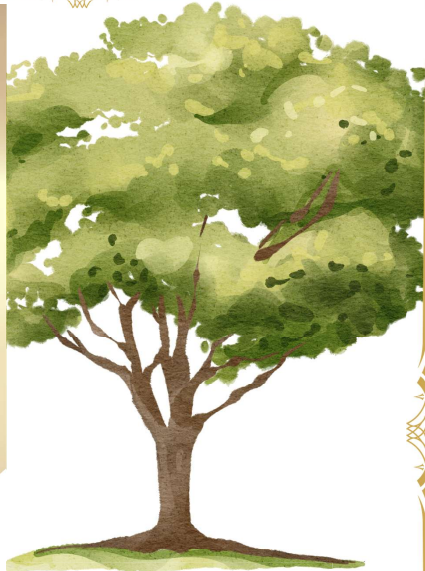
Real Stories, Real Impact! Every Evergreen dollar creates ripple effects. The older adult who attends chair yoga discovers new friends. The widower who joins the travel group finds purpose again. The neighbor who receives meal delivery gains confidence to stay in his/her beloved home.

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 Galileo
 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.



HOST YOUR EVENT AT THE SENIOR CENTER!

Did you know that many of the rooms at the Senior Center are available to rent? We often host private events that include birthday parties, meetings, fundraisers, banquets, and even weddings!

Our ability to host your event is based on availability and is offered on a first-come, first-served basis. We typically cannot host events during our normal hours of operation due to our regular classes and activities. Rental fees and guidelines for food, drinks, and alcohol apply; our team can walk you through the options.

Reach out to SCRentals@SurfCity-HB.org to get a quote or see if rooms are available.



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.



Route 66 - L.A. Style

Date: 9/2

Member: \$170

Non-Member: \$180

Depart: 9:00 a.m.

Return: 4:30 p.m.

Get Your Kicks on America's Highway.

Join us for a nostalgic journey along the legendary Mother Road as we explore some of Southern California's most iconic Route 66 landmarks and roadside attractions. **Donut and lunch included.**



Foods of the World

Date: 9/22

Member: \$165

Non-Member: \$175

Depart: 9:00 a.m.

Return: 4:30 p.m.

A Culinary Adventure Through L.A.

Leave your passport at home and bring your appetite as we take a culinary journey around the globe to experience the incredible flavors of Los Angeles. **Tastings at all stops included. Lunch is not included.**

Also Check Out...



Descanso Gardens

Date: 10/5



Viejas Casino Getaway

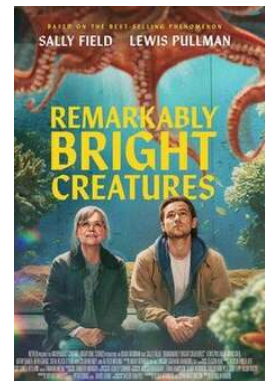
Date: 10/15

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.

Remarkably Bright Creatures Wednesday, July 1st

Based on the bestselling phenomenon by Shelby Van Pelt comes the story of Tova, a widow who forms an unlikely friendship with the curmudgeonly Marcellus – a giant pacific octopus that lives at the aquarium where she works. Marcellus is on a mission to solve a mystery that will heal the widow's heart and lead her to a life-changing discovery. **PG-13, 1 h 51 m**



Tom Clancy's Jack Ryan: Ghost War Wednesday, July 22nd

American political action thriller film based on a story by Krasinski and Noah Oppenheim. Follows Jack Ryan who reunites with CIA operatives to navigate a treacherous web of betrayal against an enemy who knows their every move, facing a past they thought was long put to rest. **R, 1 h 45 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?

Michelle Pilon traveled with her husband to Alaska for their bucket list trip!

"This was a once in a lifetime 7 day cruise throughout Alaska. We saw bald eagles & whales, and learned the wonderful history and folklore of the Alaskan tribes. We walked through beautiful forests and visited some quaint towns along the Alaskan shores such as Juneau, Sitka and Ketchikan. We were happy to bring our Outlook with us to catch up on events at the Senior Center in Central Park."



To be considered for a highlight spot email: Alicia.Logan@surfcity-hb.org



GUIDED WALKING TOURS



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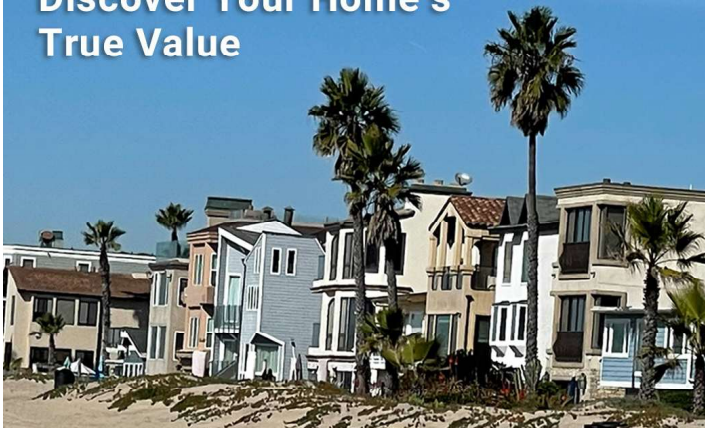
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RECREATION



Save The Date
Active Living Expo 2026
Saturday, September 19th



Our largest event of the year is set to return again this fall. Join us for a day of fun, food, music, giveaways, and most of all – information sharing! We hope to once again have over 60 vendors, offering a variety of services, resources, and products to seniors. In addition, we’re having a live concert on the lawn. Come dance and enjoy music from **The Smokin’ 60s**. As always, we’re hoping to have food for sale on the lawn, along with free coffee & drinks at our bar area. We’d also like to thank our *Title Sponsor*, **Hoag**, for their partnership on this great event! Be sure to stop by the Hoag booth on the back patio.



Drum Circle in July

Tuesday, July 7th
12:30 p.m.



Independence Day

Friday, July 3rd
Saturday, July 4th

Friendly reminder that the Senior Center will be closed these two days in honor of the United States turning 250 years old.

Surf City Gardeners

Mammal Pests
Wednesday, July 8th
10:00 a.m.



Celebrating Parks Make Life Better Month



July is Parks Make Life Better Month, celebrating how parks and recreation support health, happiness, and community. Here in Huntington Beach, our Senior Center programs bring these benefits to life every day. Our Wednesday Walking Club explores Central Park at 8:30 a.m., offering movement and friendly connection. The Casual Hiking Group adds light adventure with easy-to-moderate weekly hikes, and our outdoor yoga class provides a calming way to stay active in nature. We’re also looking forward to Grandparents Day, the Active Living Expo, and our October Concert on the Lawn—great chances to gather and enjoy the outdoors together. Alongside these activities, the Senior Center continues to offer a wide range of programs and classes that support active aging and keep our community engaged. And of course, a big thank-you to our wonderful instructors for all they do.



HEALTH & WELLNESS



Get ready! **Save the Date** for our first ever Wellness Camp on **Tuesday, September 1st** from **9:00 a.m. – 1:30 p.m.** at the Senior Center.

Enjoy a fun and energizing day filled with wellness & fitness workshops engaging activities, and meet new friends.

Register online at HBSANDS.org or visit the gym desk to sign up!

Registration
Opens
7/6
Fee \$15

- ✓ Instructor Led Workshops
- ✓ Fitness
- ✓ Art
- ✓ Qigong
- ✓ Icebreakers
- ✓ Coffee & Snacks
- ✓ Lunch Provided



Independence Day Senior Center Closure Update

Friday, July 3rd

Saturday, July 4th



Friendly reminder that the Senior Center and Fitness Center **will be closed** in celebration of 4th of July. The United States will be celebrating it's 250th year! Normal business hours will resume back on Monday, 7/6.

Feeling stuck or need help reaching your fitness goals?
The Senior Center in partnership with
Crave Personal Training offers:

- 1X1 Personal Training
- Semi-Private Training
- Small Group Training Classes



To learn more information contact Crave Fitness at 949-414-9014 or email CraveSeniorCenter@gmail.com

UPCOMING HOAG BLOOD PRESSURE SCREENINGS

Next Blood Pressure Screening will be held:

9:00 a.m. – 12:00 p.m.

Wednesday, July 1st

Friday, July 17th

Wednesday, July 22nd

Held in Wellness Pavilion

Hoag Office

Walk-ins welcomed



JULY-HOAG LECTURES

Dementia 101

Thursday, July 9th

9:30 a.m. – 10:30 a.m.

All About Parkinson's Disease

Thursday, July 16th

9:30 a.m. – 10:30 a.m.

Medicare Coverage Strategies

Thursday, July 16th

6:00 p.m. – 7:30 p.m.

RSVP Required

Register at HBSANDS.org

or call:

714-536-5600



VOLUNTEER SERVICES



HBCOA Travel & Tours

The Huntington Beach Council on Aging (HBOCA) Travel & Tours program has been running for over 20 years providing trips all over Southern California. This program is fully run by volunteers and lead by two HBCOA volunteer board members, Ellen HopeKearns and Bev Mast. A lot of work goes into ensuring each tour runs smoothly from start to finish. and that all guests have an amazing experience. Thank you to all our wonderful volunteers who help put on these tours and allow our community to experience so many new adventures outside of our city.



For more registration or information on upcoming tours, please stop by the Travel & Resource Room or call 714-374-1525.



ACTIVE LIVING EXPO
Saturday, September 19th
Senior Center in Central Park



If you would like to volunteer,
 please contact:

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

Reminder Friday & Saturday Volunteers

The Senior Center will be closed on
 Friday, July 3rd and 4th in honor of
 America's 250th birthday!

The Woman Behind the Camera

Since opening our doors in 2016, countless moments have been frozen in time, from the Grand Opening Celebration, to concerts, dances, the Active Living Expos, and many more. We would not have most of these amazing images if it were not for the talents of our volunteer photographers. One volunteer in particular, Kitty Kwan, has been a volunteer photographer with the Senior Center over 10 years! During that time, she has captured some of the most iconic and memorable images of our center. You may not see her in photos or during events, but she is always working hard to capture the excitement, joy, and beauty within each moment. Her photos have been used to help promote the Senior Center, various programs, and events over the past decade. The Senior Center in Central Park would like to give a special Thank You to Kitty for all of her years of service and we look forward to many more years of her beautiful photography.



Grand Opening photo in 2016, taken by Kitty Kwan

Current Volunteer Opportunities

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

Upcoming Events

- Light Up the Night Outdoor Concert: 7/11/2026

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



AARP Smart Driver Course

Limited space,
signing up
is required

Ready to brush up on your road skills?

When: Tues. & Wed., Sept. 1 & 2 from 9:00-1:00

Where: Senior Center In Central Park

Sign-up: at the Front Desk 714-536-5600

Attending both days is required to receive
the Mature Driver Improvement Certificate.



Mobility Equipment Available

Need to borrow a wheelchair or walker? Or maybe you are thinking of adding grab bars for safety. Give us a call to see if we have what you're looking for 714-374-1572.



Celebrating
— 10 YEARS —
of Service Together
in Central Park

Over the past decade, the Social Services Team at the Senior Center in Central Park has helped transform the lives of thousands of older adults. Thank you to Huntington Beach Council on Aging, MemorialCare, and Assistance League DreamCatchers for their significant financial support of Care Management and Home Delivered Meals services for over 10 years. Together, we continue to make a difference each day.

**Thank you for being an essential part
of this journey.**

One-on-One and Group Services

Skilled volunteers and local non-profits provide a variety of services to Huntington Beach residents age 60 and older. Call 714-374-1528 for more information or an appointment:

- Notary Volunteer
- Tech Coach Volunteer
- Legal Consultations
- Tech Coach Volunteer
- Health Insurance Counseling & Advocacy (HICAP)
- NAMI- Mental Health Friends & Family Support
- AlzOC- Dementia Caregiver Support

GRIEF ALONG THE WAY:

**COPING WITH ONGOING LOSS IN THE
CAREGIVER JOURNEY**



**Thurs., Sept. 3rd from 11:00-12:00
at Senior Center in Central Park**

**Sign up in the Travel & Resource
Room or at 714-374-1528**

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. You can also fill out a form for the Shared Housing Binder, a low tech way to get connected with potential renters. Typical room 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.



HAPPY Retirement!



A big Thank-you to Ray Adams, long time Seniors on the Go Transportation expert and morning music man, who re-retired at the end of June. We appreciate your great work, peaceful nature, endless puns, and magical piano playing. We hope you enjoy the good life, Ray!



Ride Cancellations



Friendly Reminder
Don't wait, we have a 24-hour cancellation line. Call 714-374-1742 & press 1.

Cancelling in advance will open the schedule for new reservations. Please call the office to make any changes to your ride instead of informing the drivers.



Alternate Transportation Resources

Access - OCTA
www.octa.net
714-560-5956

Transit Training
(learn to ride the bus)
octa.net/getting-around/bus/octa-bus/how-to-ride/transit-training

Abrazar
www.abrazarinc.com
714-891-9500

Am. Cancer Society
cancer.org
800-227-2345

211OC
211oc.org/
Transportation

You can also check with your medical insurance to find out if they offer rides.



In Central Park

The City's Senior Transportation service has been around for decades, evolving and growing to meet the needs of our community. Many of our dedicated staff and volunteers, and even some of our passengers, have been with us since 2016 when Senior Center in Central Park opened. Since then, we've provided over 220,000 trips to thousands of residents. We look forward to continuing our journey serving the community together!



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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 Cubed Beef Red Chili Sauce Carrots Brown Rice Fresh Orange 1% Milk	**2** *Independence Day Menu* Shredded Chicken w/BBQ Sauce Broccoli Black Beans WW Dinner Roll Ice Cream Cup Fresh Orange 1% Milk	3
6	7	8 ✓	9	10
Chicken Breast Parmesan/Sundried Tomato Tri-Color Pasta Peas & Carrots Tropical Fruit Cocktail 1% Milk	Barbacoa Beef Pico De Gallo Oregon Bean Medley Mexican Rice WG Tortilla (1) Fresh Orange 1% Milk	Tuna Salad Spring Mix Balsamic Vinaigrette Dressing Old Fashioned Potato Soup WW Bread (2) Fresh Apple 1% Milk	Chicken Breast Asian Sauce Scandinavian Veg Blend Brown Rice Canned Mandarin Orange 1% Milk	Cubed Beef Stroganoff Sauce Egg Noodles Carrots Creamy Mushroom Soup Canned Apricot 1% Milk
13 ✓	14	15	16	17
Veggie Egg Salad Roasted Red Chunk Potatoes Moroccan Lentil & Vegetable Soup WW Bread Fresh Orange 1% Milk	Pork Loin Sweet Citrus Glaze Mixed Vegetables Quinoa Pilaf Canned Mandarin Orange 1% Milk	Chicken Breast Florentine Sauce Peas & Carrots Brown Rice Cream of Spinach Soup Tropical Mixed Fruit 1% Milk	Beef Cheeseburger Sliced Cheese Shredded Lettuce, Tomato & Red Onion WG Hamburger Bun Mustard & Ketchup Tomato & Cucumber Salad Fresh Apple 1% Milk	Chicken Strips Kung Pao Sauce Oriental Veg Blend Pineapple Fried Rice Canned Pears 1% Milk
20	21	22	23 ✓	24
Mexican Beef Cocido Soup Beef Broth Mixed Vegetables WG Mini Tortillas (2) Fresh Apple 1% Milk	Turkey Bolognese Parmesan Cheese (1pk) Italian Veg Blend Bow Tie Pasta Canned Peaches 1% Milk	Cubed Beef Pepper Garlic Sauce Carrots Brown Rice Pineapple Chunks 1% Milk 	Baked Tilapia Ranchera Sauce Broccoli Mexican Rice WG Tortilla (1) Fresh Orange 1% Milk	Chicken Breast Alfredo Sauce Brussel Sprouts WG TriColor Pasta Butternut Squash Soup Canned Mandarin Orange 1% Milk
27	28	29	30	31
Chicken Strips Lemongrass Sauce Oriental Veg Blend Brown Rice Creamy Cauliflower Soup Fresh Apple 1% Milk	Tofu Burrito Bowl Pico De Gallo Guacamole Fajita Veg Blend Black Beans Cilantro Lime Rice Fresh Orange 1% Milk	Pork Carnitas Salsa Verde Carrots Tomato Cilantro Rice WG Mini Tortillas (2) Canned Mandarin Orange 1% Milk	Turkey Pot Roast Mushroom Gravy Capri Veg Blend Rice Pilaf Fresh Apple 1% Milk	Salisbury Steak Brown Gravy Peas Mashed Potatoes Healing Chicken Rice Soup WW Dinner Roll 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



july USA

MONDAYS

Free Activities

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

Fee Required

- 8:30 Brainwave Boxing
- 9:00 Hawaiian Hula Basics
- 9:30 Ukulele Intermediate
- 10:00 Yoga Chair with Diane
- 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 7/23
- 8:30 Table Tennis
- 9:30 Hoag Lecture 7/9 & 7/16
- 11:00 Senior Café Lunch
- 12:30 Canasta, Scrabble, Gin & Cribbage
- 6:00 Woodcarvers
- 6:00 Hoag Lecture 7/16

Fee Required

- 8:15 Tai Chi Chaun
- 9:20 Tai Chi Chaun
- 10:00 Yoga with Diane
- 10:30 Boundaries Lab. Resolution Skill
- 10:45 Flex & Stretch
- 11:30 Zumba Chair
- 1:00 Balance and Stability
- 1:30 Line Dance Level 2
- 2:00 Digital Photo Org. & Editing
- 3:00 Line Dance Level 1
- 5:45 Belly Dancing Level 1
- 6:30 Belly Dancing Level 2 & 3

TUESDAYS

Free Activities

- 9:00 MemorialCare Lect. 7/14, 7/21
- 9:00 Duplicate Bridge
- 11:00 Senior Café Lunch
- 12:00 Scrabble
- 12:30 Drum Circle 7/7
- 1:30 Shanti
- 4:00 Puzzle Swap 7/28
- 5:30 Alzheimer's Caregiver Support 7/7, 7/21

Fee Required

- 8:15 Pilates Mat
- 8:15 Senior Cardiofit
- 9:00 Pilates Chair
- 9:30 Flex & Stretch
- 10:00 Basic Art Techniques
- 10:30 Yoga: SCICP
- 1:30 Essentrics Aging Backwards
- 2:00 Introduction to Genealogy
- 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 7/17
- 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
- 9:30 Circuit Training
- 10:00 Yoga: SCICP
- 11:00 Senior Fitness
- 11:30 Flex & Stretch
- 1:30 Line Dance Level 2-3

WEDNESDAYS

Free Activities

- 8:30 Wednesday Walkers
- 9:00 Blood Pressure Screening 7/1, 7/22
- 9:30 Hand, Knee & Foot
- 10:00 Fishing Club 7/1
- 10:00 Surf City Gardeners 7/8
- 10:00 Young At Heart Singers
- 11:00 Senior Café Lunch
- 12:00 Backgammon and Mah Jong
- 1:00 Movies 7/1, 7/22
- 5:30 FireMed 7/8

Fee Required

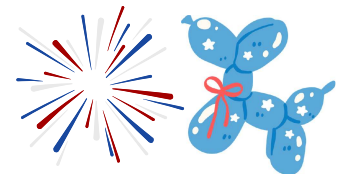
- 9:00 FUNdamental Sewing on W
- 9:00 Zumba Gold Dance Fitness
- 11:00 Line Dance Level 1
- 12:00 Line Dance Level 2
- 1:00 Line Dance Level 3
- 4:30 Mindfulness & Sound Relaxation
- 6:00 Bridge for Beginners
- 6:30 Book Club



SATURDAYS

Fee Required

- 9:00 FireMed 7/25
- 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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