

OUTLOOK

HBCOA.ORG

ON ACTIVE AGING

AUG 2026

2026 ACTIVE LIVING EXPO

IN PARTNERSHIP WITH **hoag**®

 Saturday, September 19th

 Senior Center in Central Park

 10:00 AM – 1:00 PM

Join us on Saturday, September 19th for our best and largest event of the year – the Active Living Expo! This year we are celebrating a decade of service. Explore 60+ booths with resources, giveaways, food, coffee, a free concert on the lawn, and more. Parking is available on-site, with overflow and free shuttles from the Central Library. Special thanks to our Title Sponsor, Hoag. We hope to see you there!



10
YEARS



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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.



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Sponsorship Disclaimer

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HBCOA President's Message

What a wonderful community Huntington Beach is!

Imagine my surprise when I was contacted by Fred's Mexican Cafe to let me know they wanted to make a donation to HBCOA.

Fred's is celebrating 25 years of serving our community, and to mark this milestone, they're donating to a different local nonprofit each month.

The giant check was impressive—both literally and figuratively—but what meant even more was the generosity and community spirit behind it.

I was honored to receive this generous gift in the City Council chambers, along with recognition certificates from Supervisor Janet Nguyen, Mayor Casey McKeon, and Senator Tony Strickland.

I wish everyone could see all the wonderful things happening in Huntington Beach and the many people and businesses committed to supporting our senior community. I feel incredibly fortunate to witness it firsthand. Lucky me!

Lindsay DuFresne
 HBCOA President



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

Hello Senior Center Members,

August is here, and while it may be the hottest month of the year – and for me growing up, the dreaded reminder that summer break was ending – that's definitely not the case around here anymore. At the Senior Center in Central Park, August has become one of our most active and energizing months.

First, I want to give one more big "Happy Birthday!" to our Senior Center. Our 10-year anniversary concert in July was a wonderful celebration of how much this community has grown and how many connections have been built over the past decade.

This month we're excited for our 4th annual **Grandparents Day**, an intergenerational favorite full of crafts, activities, and family fun. It's a day that truly brings all ages together and highlights the heart of our community.

We're also gearing up for our biggest event of the year – the **Active Living Expo** on Saturday, September 19th. With new vendors, fresh entertainment, and plenty of familiar favorites, it's the perfect opportunity to discover resources, connect with programs, and celebrate active aging. Our staff work incredibly hard to make this event shine, and we hope you'll join us and help make it another great success.

And don't forget – our new summer activity, Chair Volleyball, continues this month! Join us in the Parkview Room on August 19th. It's free, lighthearted, and a really fun way to get moving while sharing a few laughs.

From celebrations to new activities to gearing up for the Expo, August is full of opportunities to stay engaged and connected. Thank you for helping make the Senior Center in Central Park such a vibrant and welcoming place for all.

Scott Getman, Recreation 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?

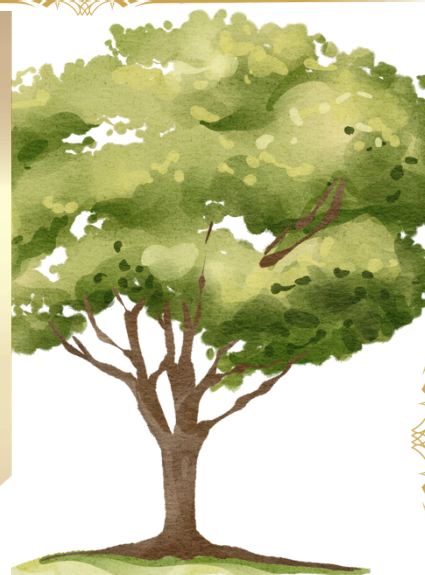
Help older adults in Huntington Beach live with independence, joy, and dignity.

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.

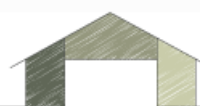


Assistance League
of Huntington
Beach
Dreamcatchers
Auxiliary
Hoag Memorial
Hospital
Presbyterian
Orange Coast
Memorial Medical
Center
Mike & Sloan
Galliepo
HandyCrafters
Stanley & Pauline
Lau
June Gidman



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.



**FAIR HOUSING
FOUNDATION**

Fair Housing Opening Doors

Virtual Fair Housing Workshop – Free **Tuesdays: 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:

- Information on COVID-19
- New Statewide Laws
- Federal & State Fair Housing Laws
- Housing Discrimination
- Modifications and Accommodation
- Families with Children
- Notices
- Evictions Process
- Security Deposits
- Habitability & Repairs
- Rent Increases
- Occupancy Standards

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.



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.



Foods of the World

Date: 9/22

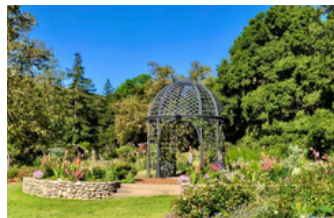
Member: \$165

Non-Member: \$175

Depart: 9:00 a.m.

Return: 4:30 p.m.

A Culinary Adventure Through L.A.



Descanso Gardens

Date: 10/5

Member: \$135

Non-Member: \$145

Depart: 10:30 a.m.

Return: 5:30 p.m.

Camellias in Bloom



Viejas Casino Getaway

Date: 10/15

Member: \$60

Non-Member: \$70

Depart: 8:30 a.m.

Return: 6:00 p.m.

A Southern California Premier Destination

Coming Soon...

Planes & Patriots

Date: 11/18



Reagan Library

Date: 12/9



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.

Pressure

Wednesday, August 12th

Pressure is a 2026 British – French historical war drama directed by Anthony Maras and adapted from David Haig's 2014 stage play. The film dramatizes the tense 72 hours before D-Day, focusing on the crucial weather forecasts that determined whether the Allied invasion of Normandy would proceed.

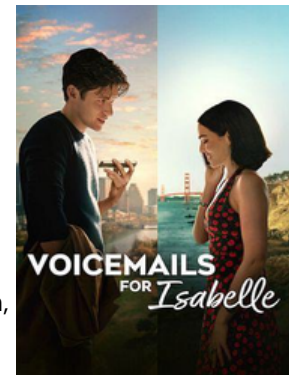
PG-13, 1 h 40 m



Voicemails for Isabelle

Wednesday, August 26th

Jill (played by Zoey Deutch), is grieving the death of her sister, Isabelle. Jill leaves heartfelt voicemails on her old phone, unaware that the number has been reassigned to a real estate agent. As Wes listens to Jill's messages, he gradually falls in love with the person behind them, leading to an unconventional romance. TV-14, 1 h 58 m



MOVIE REFRESHMENTS

HBCOA Board Members will provide snacks in the lounge before the movies. Stop by, chat, and grab a nibble.

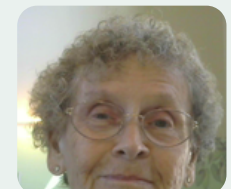
Donations support the movie program.

Please give what you can.

We Remember



June Endo
1921 – 2026



Betty McCauley
1934 – 2026

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www.parentisfoundation.org/volunteer

Or contact Eliza Siegel at
eliza.siegel@parentisfoundation.org



Shaimaa

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REAL ESTATE**

SG DRE #00745605. This is not intended to be a solicitation of another broker's listing.

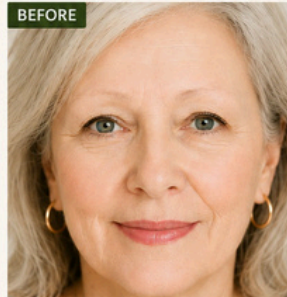
Where Did My Eyebrows Go?

YOU'RE NOT ALONE. *We can help.*

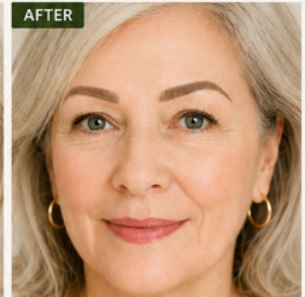
Hair loss, hormonal changes, and aging often cause eyebrows to become thin or patchy.

Permanent makeup can restore the appearance of fuller, natural-looking brows that save time every morning.

BEFORE



AFTER



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RECREATION



Chair Volleyball Summer Series

This summer we're playing Chair Volleyball in the Parkview Room. Join us at **12:30 p.m.** on **Wednesday, August 19th** and **Wednesday, September 30th**. This activity is completely free and open to all. The goal is just to have fun, laugh, be a little competitive, and move the body!

Let the fun begin!



Traffic Safety Presentation

Huntington Beach Police Department

HBPD will be doing two presentations on pedestrian safety and bicycle safety. Join Sgt. Gerrit De Jong for either of these two free lectures on **Saturday, August 15th**. There will be an **8:30 a.m.** and **10:30 a.m.** option, both sharing the same information. They will be held in classroom EMG2, and no RSVP is required. Simply show up and be ready to learn!



Drum Circle in August

Tuesday, August 11th
12:30 p.m.



First Day of Registration Fall Session

Tuesday, August 11th
Fall classes open at 8:00 a.m. Register in person or online at HBSANDS.org. If you need help registering online, please stop by the front desk in early August.

Surf City Gardeners

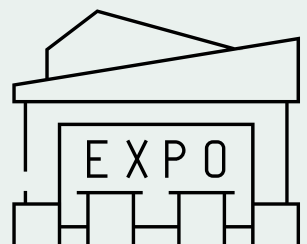
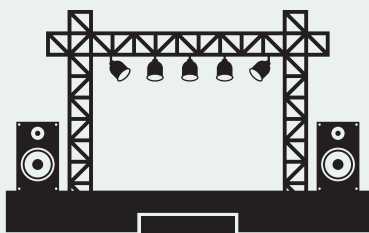
Weeds & Invasive Plants
Wednesday, August 12th
10:00 a.m.



Active Living Expo **Saturday, September 19th** **10:00 AM - 1:00 PM**



Our largest event of the year will be here next month. Join us for a day of fun, food, celebration, music, giveaways, and most of all – information sharing! We will once again transform our entire campus with 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. Thank you so much to our *Title Sponsor*, **Hoag**, for their partnership with this great event! Be sure to stop by the Hoag booth on the back patio.



HEALTH & WELLNESS




ACTIVE LIVING EXPO
Saturday, September 19th
10:00 a.m. – 1:00 p.m.
Senior Center in Central Park



-  60 Vendors
-  Giveaways
-  Coffee
-  Free Concert
-  Food
-  Resources

UPCOMING HOAG BLOOD PRESSURE SCREENINGS

Next Blood Pressure Screening will be held:

9:00 a.m. – 12:00 p.m.

Wednesday, August 5th

Friday, August 21st

Wednesday, August 26th

Held in Wellness Pavilion
Hoag Office
Walk-ins welcomed



WELLNESS CAMP 2026



GET READY!

Registration is officially open for our first ever Wellness Camp.

Tuesday, September 1st

9:00 a.m. – 1:30 p.m.

at the Senior Center in Central Park

Enjoy a fun and energizing day filled with wellness & fitness instructor led workshops, engaging activities, and meet new friends. Lunch is provided. Don't miss out!

Register at HBSANDS.org or call the Wellness Pavilion 714-536-1578.



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

AUGUST-HOAG LECTURES

Fall Prevention, Balance, and Home Safety

Friday, August 7th

2:00 p.m. – 3:00 p.m.

High Protein, High Fat, High Problems?

Thursday, August 13th

9:30 a.m. – 10:30 a.m.

Navigating Care for your Aging Parent or Loved One

Thursday, August 20th

9:30 a.m. – 10:30 a.m.

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

VOLUNTEER SERVICES

New Class! - Therapeutic Art: **Pen & Ink Watercolor**

2nd and 4th Thursdays

September 10th - December 10th

1:00 p.m. - 2:00 p.m.

\$6 Session Fee



Create art through guided free-form drawing techniques which promote mindfulness, brain connectivity, stress reduction, and emotional processing. This type of art is designed to transform feelings of chaos and fear into calmness and beauty. It helps create new neural pathways in the brain, allows creators to lose track of time, and detach from anxiety. No previous art experience needed. Registration is required.

All art supplies will be provided. Participants are welcome to bring their own items if preferred.

Registration opens August 11th at HBSands.org or stop by the front desk for assistance. 714-536-5600



Handy Crafters **Fall Boutique**

Tuesday, August 11th

8:00 a.m. - 12:00 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.

2026 ACTIVE LIVING EXPO

Saturday, September 19th
Senior Center in Central Park

If you would like to volunteer,
please contact:

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



Transportation Drivers Needed: **Surf City Seniors on the Go!**

Help make a difference in your community by becoming a volunteer driver with Senior Center Transportation. Volunteers within this program help participants with commuting around town for basic errands or medical appointments. *Surf City Seniors On the Go!* is free transportation offered to Huntington Beach residents 60 years of age and older. This is a truly rewarding volunteer opportunity to help your community and make a difference in the lives of others.



Pick up your volunteer application from the Senior Center in Central Park today! Applications can be turned into the front desk or emailed to caryn.kawamoto@surfcity-hb.org

Current Volunteer Opportunities

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

Upcoming Events

- Grandparent's Day 8/8/26

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


 MemorialCare™
Orange Coast Medical Center


The Senior Center in Central Park partners with Meals on Wheels Orange County to provide two nutrition services through the Senior Center most weekdays. See page 18 for the Senior Lunch Cafe' menu. Older adult residents 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.

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.



GRIEF ALONG THE WAY:
COPING WITH ONGOING LOSS IN THE
CAREGIVER JOURNEY



Independence at Home
A SCAN Community Service™

**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**

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
- Health Insurance Counseling & Advocacy (HICAP)
- NAMI- Mental Health Friends & Family Support
- AlzOC- Dementia Caregiver Support


 caregiver oc
RESOURCE CENTER


 SENIOR CENTER
in Central Park

Understanding Alzheimer's and Dementia

WHEN:

Wednesday August 26, 2026

TIME:

12:00 PM - 1:00 PM

WHERE:

Huntington Beach Senior
Center in Central Park
18041 Goldenwest St.
Huntington Beach, CA 92648



THIS CLASS GIVES CAREGIVERS TOOLS!

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 Travel and Resource room hours are weekdays: 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.



We are more than happy to introduce our new dispatcher **Jessica Espinoza**. Jessica recently moved back to HB from Mendocino County where she worked in the Public Health Department. She has professional background experience as a senior data analyst and program administrator. In her free time she hosts free pop-up roller skating events in partnership with the City of Ukiah. She formerly skated with the OC Roller Girls and is a devout cat lady.



Active Living Expo

Save the Date!

Active Living Expo will be held
Saturday, September 19th, 2026.

10:00 a.m. – 1:00 p.m.

Seniors on the Go! transportation will be offering shuttle services from the Central Library parking lot to the Senior Center.



*Stop by our
Transportation
booth to inquire
about our services
and say Hello! *



Ride Cancellations



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

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August



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

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7 ✓
White Chicken Chili w/Pinto Beans ½ Baked Potato WW Dinner Roll w/Smart Balance Canned Pears 1% Milk	Beef Enchilada Casserole Peas & Carrots WW Dinner Roll Fresh Apple 1% Milk	Diced Chicken Orange Sauce Oriental Veg Blend Brown Rice Egg Drop Soup Canned Mandarin Orange 1% Milk	Ground Beef Spaghetti Marinara Sauce Winter Veg Blend Parmesan Cheese (1pk) Fresh Orange 1% Milk	Fish Tacos Pico de Gallo Red & White Cabbage Lemon Slice WG Tortillas (2) Black Beans Tortilla Soup Canned Peaches 1% Milk
10	11	12	13 ✓	**14**
Pork Loin Caramel Sauce Broccoli Brown Rice Fresh Apple 1% Milk	Roast Turkey Brown Gravy Scandinavian Veg Blend Sweet Potatoes Lentil Soup WW Dinner Roll w/Smart Balance Pineapple Chunks 1% Milk	Cubed Beef Red Chili Sauce Carrots Brown Rice Fresh Orange 1% Milk	Baked Tilapia Creamy Garlic Sauce Brussel Spouts Orzo w/Vegetable Pilaf WW Dinner Roll Canned Pears 1% Milk	*Hawaiian Luau Special Menu* Chicken Strips Teriyaki Sauce Broccoli Jasmine Rice Chicken Noodle Soup Pineapple Chunks Coconut Pudding 1% Milk
17	18	19 ✓	20	21
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
24 ✓	25	26	27	28
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
31				
Mexican Beef Cocido Soup Beef Broth Mixed Vegetables WG Mini Tortillas (2) Fresh Apple 1% Milk				
	Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00 ✓ Meatless Meal			

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



MONDAYS

Free Activities

- 8:30 Table Tennis
- 11:00 Senior Café Lunch
- 12:30 Party Bridge & Chess
- 6:00 NAMI (Mental Health Support Group) 8/24
- 7:00 Big Band Swing Dance 8/24

\$ 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 Friends
- 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 8/27
- 8:30 Table Tennis
- 9:30 Hoag Lecture 8/13, 8/20
- 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
- 10:30 Boundaries Lab. Resolution Skill
- 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 Level 1
- 6:30 Belly Dancing Level 2 & 3



TUESDAYS

Free Activities

- 9:00 Duplicate Bridge
- 9:00 MemorialCare Lecture 8/18
- 11:00 Senior Café Lunch
- 12:00 Scrabble
- 12:30 Drum Circle 8/11
- 1:30 Shanti
- 4:00 Puzzle Swap 8/25
- 5:30 Alzheimer's Caregiver Support 8/4, 8/18

\$ 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
- 2:00 Cut the Cable
- 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 8/21
- 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 8/7

\$ 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

- 8:30 Wednesday Walkers
- 9:00 Blood Pressure 8/5, 8/26
- 9:30 Hand, Knee & Foot
- 10:00 Fishing Club 8/5
- 10:00 Young At Heart Singers
- 10:00 Surf City Gardeners 8/12
- 11:00 Senior Café Lunch
- 12:30 Backgammon and Mah Jong
- 1:00 Movies 8/12, 8/26

\$ Fee Required

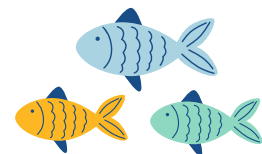
- 9:00 Zumba Gold Dance Fitness
- 11:00 Line Dance Level 1
- 12:00 Line Dance Level 2
- 1:00 Line Dance Level 3
- 4:30 FireMed 8/5
- 6:00 Bridge for Beginners
- 6:30 Book Club



SATURDAYS

\$ Fee Required

- 9:00 FireMed 8/22
- 9:30 Create Your Life Story
- 10:00 Family Martial Arts
- 11:00 Sr. & Adult Martial Arts



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