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on active aging

SEP | 2026



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| • Bilhartz Desert Insurance Agency | • Isaac Kim | • Senior Living Options |
| • Comfort Keepers - HB | • Lucky Feet Shoes | • Shanti Orange County |
| | • John Damitz, Medicare Insurance Agent | |

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

18041 GOLDENWEST ST., HUNTINGTON BEACH, CA 92648 | 714-536-5600

HOURS: 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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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).



We Remember



Jerry Miller
1936-2026



Maria Garibaldi
1953 - 2026



Virginia Wells
1939 - 2026

Sponsorship Disclaimer

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HBCOA President's Message

Thank you to everyone who came out for the 10th Anniversary Concert Event in July. We've heard many wonderful comments about the band, food, and activities. I'm especially grateful to everyone who helped bring the event together, including our Senior Center staff, HBCOA Board members, and our terrific volunteers.

Grandparents' Day was another great success! Many thanks to Bev Mast and Claudia Ross for their leadership, organization, and hard work in creating such a special morning for our families.

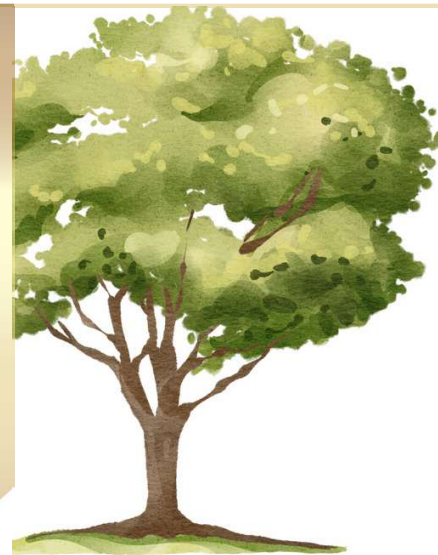
Senior Center in Central Park always seems to surprise the first-time visitors. I think grandkids and their parents expect something a little more "sedate," but instead find a vibrant, upbeat place.

We are beginning to plan events for 2027 and we want to hear from you! Look for details at Active Living Expo.

Enjoy the fall season, and I hope to see you at the Active Living Expo on the 19th!

Lindsay DuFresne, HBCOA President

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



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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.

Community & Library Services

Ashley Wysocki, Director

Kristin Martinez, Program & Services Manager

Senior Center in Central Park

Michelle Yerke, Social Services Supervisor

Scott Getman, Recreation Supervisor

Eric Barraza, Recreation Supervisor

Caryn Kawamoto, Volunteer Services Coordinator

Lezly Castillo, Acting Transportation Coordinator

Vivian Pla, Wellness Pavilion Coordinator

Noemi Munoz, Rental & Events 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

HICAP coasc.org/programs/hicap/
714-560-0424 Health Insurance Counseling & Advocacy for Medicare beneficiaries

Supervisor's Message

Hello Senior Center Fans!

The 2026 Active Living Expo is all about embracing vibrant, healthy living while enjoying the wonderful amenities our Senior Center provides. Please join us Saturday, September 19th, 10 a.m. – 1 pm. It's a great time to engage with local nonprofits and companies providing a variety of valuable services.

Since this is our biggest event of the year, bring a friend and plan to spend some time information gathering, enjoy the band, shop the HandyCrafters Boutique, & join a demonstration. This free event features over 55 vendors offering resources, products, and services to help you live your best, most active life. We have even more variety this year than last year so there's something for everyone!

Parking on-site is free, as is shuttle service to and from the Central Library parking lot near Goldenwest. Fill up a 'vender passport' or complete a customer survey for a chance to win gift baskets and door prizes. Thank you to the many sponsors, nonprofits, and volunteer groups who are supporting this event!

With gratitude,

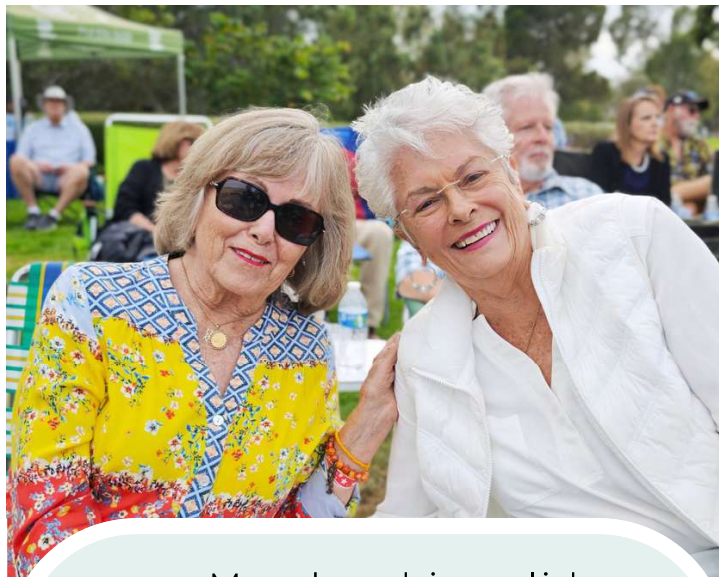
Michelle Yerke, Social Services Supervisor

Welcome! **Eric Barraza,**
Recreation Supervisor!

Eric previously worked at City Hall where he oversaw contract programs, HBSANDS, marketing, recreation software, sponsorships, and more, Eric is a real asset to have at the Senior Center. We are happy to add him to our team! As an additional



Recreation Supervisor, he will be primarily responsible for rentals, recreation events, volunteer services, and the Outlook newsletter. Please join us in welcoming Eric, we are thrilled to have him on board!



Membership valid
through **12/31/2027**
Renew annually,
each calendar year.



2027 MEMBERSHIP MAKE A DIFFERENCE



Your membership is more than a benefit - it's an investment in our Huntington Beach community. Every Bronze, Silver, or Gold membership helps support transportation, social services, wellness programs, and community events at the Senior Center in Central Park, while giving you exclusive discounts on events and travel.

Join today and help ensure local older adults stay connected, active, and supported.

Ready to make an even greater impact in our community? Become an [Evergreen](#) donor.

Visit www.HBCOA.org.

3 WAYS TO JOIN OR RENEW:



ONLINE

www.hbcoa.org/membership



BY MAIL

18041 Goldenwest St.
Huntington Beach, CA 92648



IN PERSON

Senior Center in Central Park



HBCOA MEMBERSHIP LEVEL

- ☐ **New Member** ☐ **Renew**
- ☐ \$20: General Member
- ☐ \$35: Dual (2 at same residence)
- ☐ \$100: Bronze
- ☐ \$250: Silver
- ☐ \$500: Gold



PLEASE PRINT YOUR INFORMATION

Name(s): _____

Address: _____

City: _____

State/Zip: _____

Phone: _____

Email: _____



THANK YOU FOR YOUR SUPPORT!

Your membership helps fund programs that enrich the lives of older adults in our community.



Your membership includes the Outlook newsletter.

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Access it online and help save paper and postage by opting out of mailed copies.

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.



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



Planes & Patriots

Date: 11/18

Member: \$165

Non-Member: \$175

Depart: 9:00 a.m.

Return: 5:30 p.m.

A Day of Heros, History, & Aviation



Reagan Library

Date: 12/9

Member: \$175

Non-Member: \$185

Depart: 8:30 a.m.

Return: 5:30 p.m.

An American Christmas

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.

Disclosure Day

Wednesday, September 9th

A 2026 science fiction thriller film directed by Steven Spielberg about extraterrestrial cover-ups, government secrecy, and global whistleblowing. It follows a TV meteorologist and a cybersecurity analyst trying to expose alien life to the world while evading a private defense contractor. **PG-13, 2 h 25 m**



Sheep Detectives

Wednesday, September 23rd

It's a herder mystery, George (Hugh Jackman) is a shepherd who reads detective novels to his beloved sheep every night, assuming they can't possibly understand. But when a mysterious incident disrupts life on the farm, the sheep realize they must become the detectives. **PG, 1 h 54 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?

Randy Pesqueira & Teri Simonis having a blast at Senior Center in Central Park's 10th anniversary concert!



Email: Alicia.Logan@surfcity-hb.org

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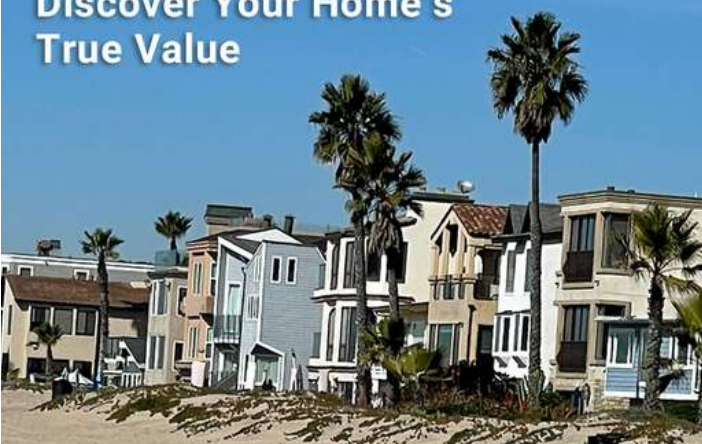
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eliza.siegel@parentisfoundation.org



Shaimaa

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See you at the Expo! 10 YEARS

📅 Saturday, September 19th
 🕒 10:00 a.m. – 1:00 p.m.
 📍 Senior Center in Central Park

🚗 Parking available on site, with overflow parking at the Library, Sports Complex (\$), Shipley parking lot, and across the park off of Edwards Street.

🚌 A shuttle service will be available at the Central Library.

☒ Live Band
 ☒ Coffee Bar
 ☒ Food
☒ Demo Classes
 ☒ Giveaways

60+ Vendors!

hoag.



Scams Presentation Scams 101: Changing Patterns

Friday, September 4th
 2:00 p.m. – 4:00 p.m.

This quarter's presentation will offer a general introduction to the topic, including what defines a scam, the common characteristics many scams share, why seniors are frequently targeted, examples of various scam sub-categories such as impersonation, romance, investment, and family or grandparent scams, how to recognize red flags that indicate a scam may be occurring, and steps individuals can take to protect themselves from becoming victims. Educational handouts will be provided, and the presentation is free and open to all interested individuals. No need to RSVP – just show up and head to the Parkview Room!

Senior Center Closed

Monday, September 7th



Drum Circle in September



Tuesday, September 8th
 12:30 p.m.

Surf City Gardeners

Cool Season Plants
 Wednesday, September 9th
 10:00 a.m.



Come visit the Hoag Health & Wellness Pavilion at the Active Living Expo!



Discover everything we have to offer at our gym. Our friendly team will be available to share details about gym memberships, personal training, group fitness classes, and wellness services that support healthy aging.

Curious about our facility?

Join us for guided gym tours to see the space, and ask questions. We look forward to meeting you and helping you take your wellness to the next level.



Want to learn more about our Personal Training Services?



Visit **Crave Fitness**, one of our event sponsors, who will be on-site during the Active Living Expo to answer your questions and share how you can get started on your fitness journey.

SPECIAL GYM HOURS

Friday, September 18th
8:00 a.m. – 12:00 p.m.

Saturday, September 19th
10:00 a.m. – 1:00 p.m.



SEPTEMBER-HOAG LECTURES

Foot Pain: Common Foot and Ankle Condition

Friday, September 4th
2:00 p.m. – 3:00 p.m.

Thinking Ahead: The Power of Advance Care Planning

Thursday, September 10th
9:30 a.m. – 10:30 a.m.

Medicare Basics

Thursday, September 17th
9:30 a.m. – 10:30 a.m.

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



UPCOMING HOAG BLOOD PRESSURE SCREENINGS

Next Blood Pressure Screening
will be held on

9:00 a.m. – 12:00 p.m.

Wednesday, September 2nd

Friday, September 18th

Held in Wellness Pavilion
Hoag Office
Walk-ins welcomed



Senior Center will be **CLOSED**
on **Monday, September 7th**
in observance of Labor Day.

Fitness Center will resume
normal operating hours
on Tuesday, 9/8.

Active Living Expo Volunteer Support

It takes quite a bit of staff and volunteer support to put on the Active Living Expo each year. From our Senior Center volunteers to the philanthropic groups we partner with, volunteers help with aspects of the event from setup, clean up, to overall support. Our volunteers work hard to help create the best experience for all attendees. If you see a volunteer while attending the Active Living Expo this year, please be sure to thank them for their time.



Travel & Resource Room

Open During Active Living Expo!
Saturday, September 19th
10:00 a.m. – 1:00 p.m.

Volunteers will be available in the Travel & Resource Room during the Active Living Expo to assist guests with purchasing/renewing their HBCOA membership and signing up for one of our upcoming day tours! Be sure to stop by to check out all the exciting tours we have coming up.

Reminder for Monday Volunteers!

The Senior Center will be closed on Monday, September 7th for Labor Day.



Handy Crafters Active Living Expo Boutique

Saturday, September 19th
Senior Center in Central Park
Room: EMG 1
10:00 a.m. – 1:00 p.m.



Stop by and shop unique, one of a kind items created by our talented HandyCrafter volunteers. Sale items may include: jar openers, scrubbies, towel holders, purses, stuffed animals, baby clothes, booties, beanies, and much more! Shop for yourself or for someone else. There is a little something for everyone.



ACTIVE
LIVING
EXPO

All proceeds help support Senior Center programs and Holiday Home Delivered Meals.

All purchases are cash or check only.

Remembering Sans

We would like to take a moment to remember one of our loyal volunteers who recently passed, Sans Fritsch. Sans, had been a volunteer here with the Senior Center for about the past 10 years and gave close to 3,000 hours of her time to serve the community. During that time, she volunteered with Food Distribution, Events, the Outlook Assembly and at the Concierge Desk. She was sometimes

considered the face of the Senior Center as she was here so often, occasionally 3-4 times a week welcoming guests at the concierge desk. She loved being at the Senior Center helping others, training new volunteers and meeting new friends. She put her heart into her work and considered all of us her family. We will never forget her.



Current Volunteer Opportunities

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

Upcoming Events

- Active Living Expo 9/19

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!

A sincere THANK YOU to Memorial Care for their ongoing support of Senior Center in Central Park Care Management, which focuses on assisting under-supported older adults in our community age with dignity & purpose.



Stop by Saturday, September 19th and visit some of the local non-profits, volunteer groups, and City departments serving with purpose and making a difference in our community!

- Veterans Resource Center
- Shipley Nature Center
- Assistance League of HB
- HandyCrafters Volunteers
- Alzheimer's Family Services
- Shanti Orange County
- WAGS Pet Adoption
- Braille Institute- Vision Loss Services
- End of Life Choices CA
- Amigos de Bolsa Chica
- Surf City Rotary
- Alzheimer's Orange County
- US Securities & Exchange
- HB Reads One Book
- HB Public Library
- HB Art Center
- HB City Treasurer's Office
- HB Housing Division
- HB Public Works - Kitchen Pail Giveaways
- HB City Clerk's Office - Passport Svs. Info.
- HB Police Department- Scam Prevention
- HB Fire Department - Fall Prevention



Social Services

Skilled staff, 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
- Care Management
- Information & Referrals
- Home Delivered Meals

Grab Bars Available

Need to boost your home safety? Care Management has grab bars available in a variety of sizes. Gently used walkers and wheelchairs are also available to borrow. Give us a call to see if we have what you're looking for.

Shared Housing Connection

Interested in learning more about renting out a room in your home? Stop by for an information packet and take a look at the Shared Housing Binder, a self-help, low-tech way to connect with potential renters. Travel & Resources Room is typically open 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.

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 new dispatcher **Valerie Swirczek**. After retiring from a career in local government administration in Nevada, she decided to return to HB, her home town. She is proud of her son who serves in the U.S Air Force. In her free time, she enjoys Pilates classes and reading a good mystery or thriller book. She is excited for this new chapter and looks forward to serving our HB community.

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.

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.



Transportation office
and all services will be
closed **Monday,**
September 7th, in
observance of Labor
Day. Have a safe and
happy holiday!

Alternate Transportation Resources

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

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

Abrazar
www.abrazarinc.com
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September

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3 ✓	4
Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00 Meatless Meal	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
7	8** 🍷	9	10	11
	Labor Day Menu Pork Carnitas w/BBQ Sauce Coleslaw Salad Pinto Beans WG Corn Muffin Peach Crisp 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
14	15	16	17	18** 🍷
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	**Western Day Menu** Chicken Breast Brown Gravy Oriental Veg Blend Rice Pilaf Tortilla Soup Lemon Cake Cup Fresh Orange 1% Milk
21** 🍷	22	23	21 ✓	25
First Day of Fall Menu Cubed Beef Goulash Sauce Egg Noodles California Veg Blend Tiramisu Cake Cup 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	Chicken Meatballs Mashed Potatoes Brown Gravy Peas WW Dinner Roll Chicken Noodle Soup Fresh Orange 1% Milk
28	29	30 ✓		
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		

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



September

MONDAYS

Free Activities

- 8:30 Table Tennis
- 11:00 Senior Café Lunch
- 12:00 Game Room Open
- 6:00 NAMI (Mental Health Support Group) 9/28
- 7:00 Big Band Swing Dance 9/28

\$ Fee Required

- 8:30 Brainwave Boxing
- 9:00 Hawaiian Hula Basics
- 9:30 Ukulele Intermediate
- 10:00 Beginner Acrylic Painting
- 10:00 Yoga Chair
- 10:45 Ukulele Advanced
- 10:45 Flex & Stretch Floor Edition
- 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 9/24
- 8:30 Table Tennis
- 9:30 Hoag Lecture 9/10, 9/17
- 11:00 Senior Café Lunch
- 12:00 Game Room Open
- 6:00 Woodcarvers

\$ Fee Required

- 8:15 Tai Chi Chaun
- 9:20 Tai Chi Chaun
- 10:00 Yoga with Diane
- 10:30 Aging Well
- 10:45 Flex & Stretch
- 11:30 Zumba Chair
- 1:00 Balance and Stability
- 1:00 Line Dance Level 2
- 1:30 Therapeutic Art
- 3:00 Line Dance Level 1
- 5:45 Belly Dancing Level 1
- 6:30 Belly Dancing Level 2 & 3

TUESDAYS

Free Activities

- 8:30 Game Room Open
- 9:00 MemorialCare Lecture 9/8, 9/15
- 11:00 Senior Café Lunch
- 12:30 Drum Circle 9/8
- 1:30 Shanti
- 4:00 Puzzle Swap 9/22
- 5:30 Alzheimer's Caregiver Support 9/1, 9/13

\$ Fee Required

- 8:15 Senior Cardiofit
- 8:15 Pilates Mat
- 9:00 Pilates Chair
- 9:30 Flex & Stretch
- 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
- 5:00 Basic Art Techniques
- 6:30 Sr. & Adult Martial Arts



FRIDAYS

Free Activities

- 8:30 Game Room Open
- 9:00 Blood Pressure 9/18
- 9:00 TOPS
- 10:30 HandyCrafters
- 11:00 Senior Café Lunch
- 2:00 Hoag Lecture 9/4

\$ 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
- 1:00 Zumba with Adrienne
- 1:30 Line Dance Level 2-3
- 2:00 Intro to Computers

WEDNESDAYS

Free Activities

- 8:30 Game Room Open
- 8:30 Wednesday Walkers
- 9:00 Blood Pressure 9/2
- 10:00 Fishing Club 9/2
- 10:00 Young At Heart Singers
- 10:00 Surf City Gardeners 9/9
- 11:00 Senior Café Lunch
- 1:00 It's Your Money
- 1:00 Movies 9/9, 9/23

\$ Fee Required

- 8:15 Barre Strength & Stretch
- 9:00 Zumba Gold Dance Fitness
- 10:00 Yoga Chair
- 11:00 Line Dance Level 1 / Beginner
- 12:00 Line Dance Level 2 / Improver
- 1:00 Line Dance Level 3 / Easy Inter.
- 4:30 Mindfulness & Sound Relaxation
- 5:30 FireMed 9/9
- 6:00 Bridge for Beginners
- 6:30 Book Club 9/9



SATURDAYS

\$ Fee Required

- 9:00 FireMed 9/26
- 10:00 Family Martial Arts
- 11:00 Sr. & Adult Martial Arts



For specific dates, pricing, and location details, please contact the Senior Center in Central Park at: 714-536-5600.

You can also find the latest information in the City's SANDS magazine at: hbsands.org

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