

OUTLOOK

HBCOA.ORG

on active aging

OCT | 2026

SENIOR CENTER

Arts Open House

special show

Join us for a special Arts Open House, where our Woodcarvers, HandyCrafters, and various art groups come together to share their talents, display their work, and welcome new participants. This free event invites Senior Center members and the public to explore a variety of creative hobbies, meet group leaders, enjoy hands-on demonstrations, and learn how to get involved. Stop by the **Parkview Room** to celebrate our community's creativity and discover your next artistic passion!

WEDNESDAY, OCTOBER 21ST 12:30 PM – 2:30 PM



CITY OF HUNTINGTON BEACH SENIOR CENTER IN CENTRAL PARK

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

HOURS: MON-THU 8:00 AM - 8:00 PM | FRI 8:00 AM - 5:00 PM

SAT 8:00 AM - 12:00 PM | SUN CLOSED



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We Remember

Don
Reifman
1943 – 2026



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).



HBCOA President’s Message

We Still Have a Place in Today’s World!

Some people say we become more set in our ways as we age. I don’t believe that’s true. As seniors, we adapt every day. Technology moves quickly, and we keep up with texting, Venmo, paperless billing, phone-based plane tickets, and AI. We may not master it all, but we keep trying.

We may wonder, “It’s only \$3.25 – can’t I just pay cash?” Still, we tap our debit card, perhaps even skip the paper receipt, and carry on.

We also adapt to physical changes. When our balance falters, we don’t simply settle into a rocking chair. We ask questions, do our research, and make a plan to improve.

The future may belong to the young, but we still have a place in today’s world. I recently attended my niece’s wedding and enjoyed listening to her, my nephews, and their friends. Generation Z, or “Zoomers,” are full of hope, enthusiasm, and a desire to make the world better. Connecting with younger people can help us share in some of that optimism.

One of my favorite David Bowie songs includes the line, “Time may change me, but I can’t trace time.”

Time changes us all, and we can’t return to what once was. But there is still a world to explore, lessons to learn, people to meet, and fun to be had!

So come to the Senior Center and find something to celebrate. There’s still plenty of life ahead and plenty of ways to be part of it.

Lindsay DuFresne, HBCOA President



Randy started his career with a flourish at the City of Huntington Beach Art Center in the 1990s. He became a Senior Supervisor in the early 2000s and championed the building of the Senior Center in Central Park, advocating for more sophisticated services & programs for the growing older adult population. His genuine compassion, artistic mind, open heart, and fierce work toward inclusivity and justice will not be forgotten. We appreciate him and his legacy of making a difference at the Senior Center and for making the world a better place. Rest in peace, our Fearless Leader, Jeffe’, and Friend.

Sponsorship Disclaimer

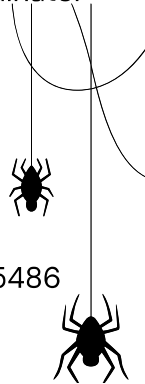
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Community & Library Services

Ashley Wysocki, Director
Kristin Martinez, Program & Services Manager

Senior Center in Central Park

Michelle Yerke, Social Services Supervisor
Eric Barraza, Recreation Supervisor
Caryn Kawamoto, Volunteer Services Coordinator
Lezly Castillo, 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

Happy Halloween

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

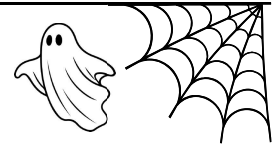
HB City Hall General Information
www.huntingtonbeachca.gov 714-536-5511

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



Greetings Friends,

Fall has arrived, and there is so much to look forward to at the Senior Center in Central Park! We hope you'll join us for our **Concert** on October 24th and **Luncheon** on October 30th.

October is HBCOA membership renewal time! Your membership supports transportation, social services, recreation, and fun community events - all year long. Plus, enjoy exclusive member discounts on travel and activities! Renew today and keep enjoying all the benefits of HBCOA membership!

Most importantly, I want to take a moment to recognize and thank **Scott Getman, Recreation Supervisor**, as he begins his next chapter after 11 years of dedicated service to the Senior Center in Central Park.

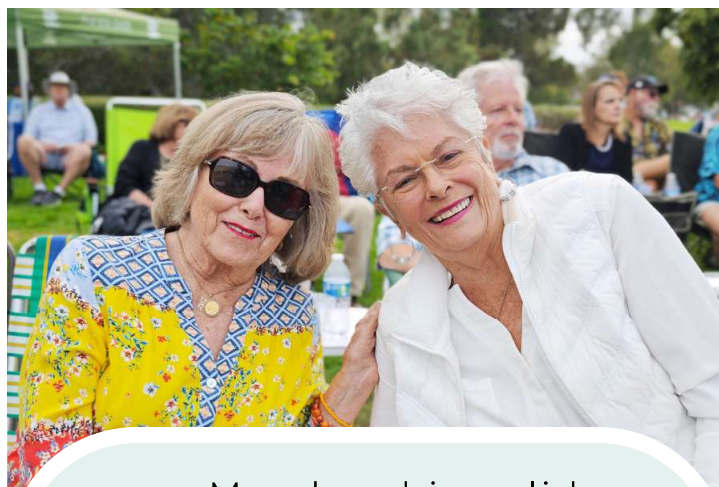
Scott played an instrumental role in opening the Center 10 years ago and has spent the past decade helping make it the warm, welcoming, and vibrant place it is today. Through his dedication, creativity, and commitment to providing high-quality programs and events, Scott has made a lasting difference in the lives of so many members of our community. His leadership and genuine care for the Center and the people it serves will be greatly missed.

Scott, thank you for 11 wonderful years of service, friendship, and memories. We are truly grateful for all you have done and wish you every happiness and success in the next chapter of your life.

Wishing you a beautiful fall season and a wonderful month ahead at the Senior Center!

Kristin Martinez, Program & Services Manager





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.



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

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.

CC Type: _____ & CC #: _____

Check # (Payable to HBCOA): _____

Cash Amount: \$ _____

**FOR
OFFICE
USE ONLY**

Total Paid: \$ _____

Initial & Date Daily Log: _____

Initial & Date Neon: _____

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.



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



An American Christmas



Rose Parade Showcase



Award Winning Broadway Musical

For more information contact:

Travel & Resource Room

Phone: 714-374-1572

Email: Travel@HBCOA.org

hey
Boo!



WEDNESDAY AFTERNOON AT THE MOVIES 1:00 PM

Don't Say Good Luck Wednesday, October 14th

Sunny Sandler gives a quietly affecting performance in a heartfelt, unsentimental coming-of-age drama about a high school musical, a mother's cancer recurrence, and the precarious coexistence of sorrow and joy. Musical/Comedy/Drama
PG-13, 1 h 35 m



Project Hail Mary Wednesday, October 28th

Science teacher Ryland Grace wakes up on a spaceship with no recollection of who he is or how he got there. As his memory slowly returns, he discovers he must solve the riddle behind a mysterious substance that's causing the sun to die out. As details of the mission unravel, he calls on his scientific training and sheer ingenuity. **PG-13, 2 h 36 m**



MOVIE REFRESHMENTS

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

Donations support the movie program.

Please give what you can.

Where in the World is Your Outlook?

Connie Arteaga took the Outlook to Yosemite... because even the bears deserve a good read!



Email: Alicia.Logan@surfcity-hb.org

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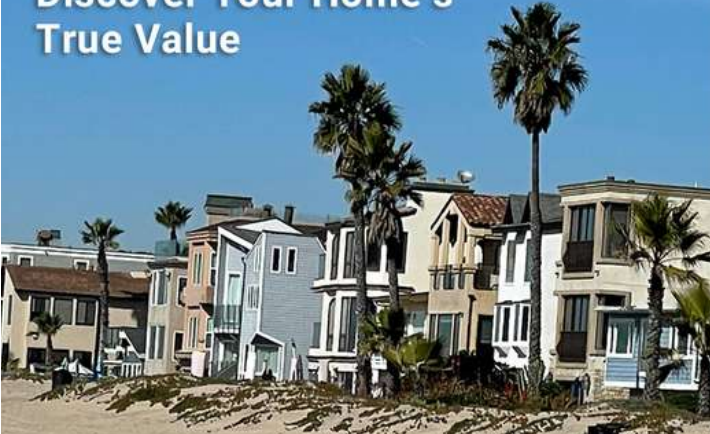
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www.parentisfoundation.org/volunteer

Or contact Eliza Siegel at

eliza.siegel@parentisfoundation.org



Shaimaa

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Lic #306005275

Arts Open House

Wednesday, October 21st
12:30 p.m. – 2:30 p.m.
Parkview North

Join us for a special arts open house, where our woodcarvers, HandyCrafters, and other art groups come together to share their talents, display their work, and welcome new participants. This free event invites Senior Center members and the public to explore a variety of creative hobbies, meet group leaders, enjoy hands-on demonstrations, and learn how to get involved. Stop by the Parkview Room to celebrate our community's creativity and discover your next artistic passion!

**Halloween Dress Up Day**

Friday, October 30th

Join staff and volunteers on the Friday before Halloween as we celebrate the holiday. Whether you're coming to lunch or to workout, we want to see you in costume!

Drum Circle in October

No Drum Circle class in October. Class will resume in November.

**Surf City Gardeners**

Orchids

Wednesday, October 14th
10:00 a.m. – 11:30 a.m.

October Concert

17th Street Band

Saturday, October 24th
4:00 p.m. – 6:00 p.m.

Join us for a beautiful October evening as we welcome back the popular 17th St. Band for a lively outdoor concert you won't want to miss. As the sun goes down, enjoy an evening filled with great music, dancing, and socializing with friends and neighbors. The event will feature complimentary beer, wine, soda, and water, and will be catered by Board & Brew, adding plenty of delicious options to enjoy throughout the night.

This fall concert is designed to bring the community together for a relaxed and fun night under the sky. Whether you've attended before or are joining us for the first time, the 17th St. Band never disappoints and always brings fantastic energy to the stage.

Tickets are \$20 per person, and HBCOA members who present a valid 2026 membership card at the time of purchase will receive \$5 off one ticket. Tickets are on sale now, with a maximum purchase of six tickets per person. Be sure to grab yours early so you don't miss out. Please remember to bring your own lawn chair to stay comfortable throughout the concert. Outside food and beverages are not permitted, as refreshments will be provided onsite.

We would like to extend our sincere thanks to Alignment Health and the Huntington Beach Council on Aging for generously sponsoring this event and helping us bring this wonderful community gathering to life.

We look forward to celebrating a memorable October evening with you – where good music, delicious food, wonderful company, and a great atmosphere await!



OCTOBER-HOAG LECTURES**Back Pain Basics: Causes, Myths, and Solutions**

Friday, October 2nd
2:00 p.m. – 3:00 p.m.

What You Should Know About Osteoporosis

Thursday, October 8th
9:30 a.m. – 10:30 a.m.

Breath Well, Age Well: Understanding Lung Health

Thursday, October 15th
9:30 a.m. – 10:30 a.m.

Medicare Basics

Thursday, October 15th
10:00 a.m. – 11:00 a.m.



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

CASUAL HIKING GROUP & OC PARKS HIKE COLLABORATION

The Senior Center's Casual Hiking Group enjoyed a wonderful day outdoors with a special collaboration with OC Parks. A total of 20 seniors joined Park Ranger, Shelbi, for a guided and educational hike at Laguna Coast Wilderness Park. The Casual Hikers hiked to Barbara Lake, the only natural, non-man-made lake in Orange County. Participants learned fascinating facts about the land's history, local geology, and the diverse wildlife that calls the park home. The group also enjoyed sampling native-grown plants from the park through warm and fragrant teas, adding a unique hands-on experience to the day's learning. A huge thank you to our volunteer group leader, Denny, for helping organize this great collaboration. We look forward to future adventures with OC Parks.



Stop by the
fitness
center on
Friday,
October 30th
for a small
treat!

**UPCOMING HOAG BLOOD PRESSURE SCREENINGS**

Next Blood Pressure Screening
will be held:

Friday, October, 16th
Wednesday, October 28th

9:00 a.m. – 12:00 p.m.

Located in the Wellness Pavilion
Hoag Office
Walk-ins welcomed





Volunteers

A huge thank you to all of our Active Living Expo volunteers who helped make this year's event such a success! We had close to 25 volunteers who assisted throughout the day with check-in, greeted and welcomed guests, provided information, captured photos, and supported the Travel & Resource Room. We're also incredibly grateful to our volunteer board members from HBCOA who represented the organization, connected with guests, and shared valuable information about the board and its work. We truly couldn't be more appreciative of your time, energy, and hard work. You help make the Active Living Expo the success it is, and we couldn't do it without you! Thank you for being such an important part of our event!

Thank you

HAPPY HALLOWEEN

Halloween is on a Saturday this year, but we are going to be celebrating a little earlier here at the Senior Center! On Friday, October 30th, we are encouraging all volunteers to have a little fun! Come dressed for your shift in your best costume or festive Halloween attire. Be creative, but please make sure your costume does not prevent you from safely completing your volunteer duties. Happy Halloween!

National Charity League: Pacific Chapter Supporting the Senior Center



The National Charity League: Pacific Coast Chapter (NCL: PCC) has been supporting the Senior Center for more than 10 years. The NCL: PCC consists of local mothers and daughters committed to community service, leadership growth and cultural experiences. Last year, the group provided close to 350 hours of service to the Senior Center. They have provided in-person volunteer support at events including event prep, serving lunch in our Senior Cafe and more. In addition to their in person volunteer time, they also assist with various off-site volunteer work that most people don't know about. NCL helps decorate placemats throughout the year for the lunch program. They make the decorated seasonal cards and bookmarks for individuals to pick up and enjoy by the Game Room. They have made baked goods for events, crafted blankets, ornaments, gift baskets, and other items for programs and events. Through the hard work of our NCL: PCC volunteers, we have been able to help enhance our programs with an extra special touch. Thank you to all our NCL: PCC volunteers, we look forward to many more years of working together.

Thank you!



Current Volunteer Opportunities

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

Upcoming Events

- October Concert 10/24



Contact the Volunteer Team

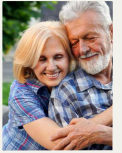
Caryn Kawamoto: 714-374-1544
Caryn.Kawamoto@surfcity-hb.org

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



Allies across the globe recognize Ageism Awareness Day on October 9th. Ageism is one of the most widespread and socially accepted forms of prejudice. The World Health Organization defines ageism as “the stereotypes (how we think), prejudices (how we feel) and discrimination (how we act) towards others or oneself based on age.” Common myths and the realities include:

- **Myth:** If I avoid aging, I'll be happier and healthier. **Reality:** We can and should change our views about aging. Negative self-perceptions of aging decrease quality of life and can shorten lifespan by 7.5 years.
- **Myth:** Aging is the same for everyone. **Reality:** Our experience of aging ranges widely, depending on many factors, from genetics to encompassing factors like policies and culture. Ageism exacerbates other experiences of discrimination.
- **Myth:** Older adults can't learn new things, are hoarding wealth – and many other negative stereotypes portrayed in the media. **Reality:** We learn and engage at every age and older adults are not uniform in wealth, beliefs or any other aspect of who they are.
- **Myth:** Differences between generations are substantial. **Reality:** Differences between generations have been overblown, and we often share as much across generations as within them. These beliefs keep us from working together on issues that impact people of every age.



Thank you 

Social Services are made possible through the City of HB Community & Library Services Department with priceless support from volunteers, grants, donations, local non-profits, and partnering agencies.

Medicare Annual Enrollment Period (AEP) is Oct. 15-Dec. 7, 2027

During Medicare Open Enrollment HICAP can help you review:

- ▶ Health or drug plan changes
- ▶ Higher premium or copays
- ▶ Prescription coverage changes
- ▶ Medicare options that may save you money



**Schedule your Appointment today:
(714) 536-5600**

Where: Senior Center in the Central Park
When: Thursday, November 19
Time: 9:00 AM - 3:00 PM

Health Insurance Counseling & Advocacy Program (HICAP)
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HICAP
a Program of Council on Aging



SHIP
The Center is approved by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as a designated Medicare counseling center. SHIP is a free, confidential, and confidential service for Medicare beneficiaries. For more information, call 1-800-455-5797.

Services

Skilled staff, volunteers and local non-profits provide a variety of services to Huntington Beach residents age 60 and over. Call 714-374-1572 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 at 714-374-1572 to see if we have what you're looking for.

Shared Housing

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.

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 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 an open availability 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.



Thank you to all of our Surf City Seniors on the Go! transportation drivers, office assistants, and grocery shopping escorts. Because of you we are able to provide a great service for our HB senior community.

We appreciate all that you do!



REMINDER

Surf City Seniors on the Go!

- Earliest appointments we provide are 9:00 a.m. appointments.
- For round-trip service, your appointment must be before 2:00 p.m.
- All appointments scheduled for 2:00 p.m. and after will be a one-way ride only.
- For passengers with round-trip service, the last return ride pick-up time is 3:30 p.m.
- If you only need a one-way ride to your destination, inform the dispatcher during your ride reservation.

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

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October



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 Huli Huli Pineapple Sauce Brown Rice Scandinavian Veg Canned Pears 1% Milk	2 Cubed Beef Pepper Garlic Sauce Carrots Brown Rice Fresh Apple 1% Milk
			8 Beef Cheeseburger Sliced Cheese Shredded Lettuce, Tomato & Red Onion WG Hamburger Bun Mustard & Ketchup Tomato & Cucumber Salad Canned Apricots 1% Milk	9  Classic Egg Salad Wrap WG Flour Tortilla Guacamole Baby Baked Potatoes Spring Mix Italian Dressing Lentil Soup Fresh Orange 1% Milk
5 Vegetarian Lasagna Chicken Meatballs Marinara Sauce Green Beans & Carrots WW Dinner Roll Fresh Orange 1% Milk	6 Pork Loin Sweet Citrus Sauce Mixed Veg Blend Brown Rice Canned Peaches 1% Milk	7 Chicken Breast Florentine Sauce Green Beans Quinoa Pilaf Cream of Spinach Soup Fresh Apple 1% Milk	15  Baked Tilapia Salsa Ranchera Broccoli Mexican Rice WG Tortilla (1) Canned Pears 1% Milk	16 Ground Beef TriColor Pasta Alfredo Sauce Brussel Sprouts Butternut Squash Soup Canned Mandarin Orange 1% Milk
12 Pork Loin Chipotle BBQ Sauce California Veg Blend Mashed Potatoes WW Dinner Roll Fresh Orange 1% Milk	13 Turkey Bolognese Italian Veg Blend Penne Pasta Parmesan Cheese (1pk) Canned Peaches 1% Milk	14 Mexican Beef Cocido Soup Beef Broth Mixed Vegetables WG Tortillas (2) Fresh Apple SF Pudding 1% Milk	22  Tofu Burrito Bowl Pico De Gallo Guacamole Fajita Veg Blend Black Beans Cilantro Lime Rice Chicken Rice Soup Canned Apricots 1% Milk	23 SENIOR CAFE CLOSED
19 Chicken Strips Lemongrass Sauce Oriental Veg Blend Brown Rice Creamy Mushroom Soup Fresh Apple 1% Milk	20 Pork Carnitas Salsa Verde Green Beans Tomato Cilantro Rice WG Tortilla Fresh Orange 1% Milk	21 Roast Beef Mushroom Brown Gravy Carrots Rice Pilaf Canned Pineapple Tidbits 1% Milk	29 Ground Beef Spaghetti Marinara Sauce Winter Veg Blend Parmesan Cheese (1pk) Fresh Apple 1% Milk	30  *Halloween Menu* Cubed Beef Stew Vegetables Stew Gravy Baby Baked Potatoes WG Corn Muffin Canned Pears Pistachio Pudding 1% Milk
26 Beef Enchilada Casserole Peas & Carrots WW Dinner Roll Fresh Orange 1% Milk	27  Fish Stick Tacos Pico De Gallo Red & Green Cabbage Lemon Slice Black Beans WG Tortillas (2) Tortilla Soup Canned Fruit Salad 1% Milk	28 Diced Chicken Orange Sauce Oriental Veg Blend Brown Rice Egg Drop Soup Canned Peaches 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

**MONDAYS****Free Activities**

- 8:30 Table Tennis
- 11:00 Senior Café Lunch
- 12:00 Game Room Open
- 6:00 NAMI (Mental Health Support Group) 10/26
- 7:00 Big Band Swing Dance 10/26

\$ Fee Required

- 8:30 Brainwave Boxing
- 9:00 Hawaiian Hula Basics
- 9:30 Ukulele Intermediate
- 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 10/22
- 8:30 Table Tennis
- 9:30 Hoag Lecture 10/8, 10/15
- 10:00 Hoag Lecture 10/15
- 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 Therapeutic Art
- 1:30 Line Dance Level 2
- 2:00 Digital Photo Org. 10/22, 10/29
- 3:00 Line Dance Level 1
- 5:45 Belly Dancing Beginning
- 6:30 Belly Dancing Intermediate

TUESDAYS**Free Activities**

- 8:30 Game Room Open
- 9:00 MemorialCare Lecture 10/13, 10/20
- 11:00 Senior Café Lunch
- 12:30 Drum Circle (Not meeting in Oct)
- 1:30 Shanti
- 4:00 Puzzle Swap 10/27
- 5:30 Alzheimer's Caregiver Support 10/6, 10/20

\$ Fee Required

- 8:15 Pilates Mat
- 8:15 Senior Cardiofit
- 9:00 Pilates Chair
- 9:30 Flex & Stretch
- 10:30 Yoga: SCICP
- 10:30 Setting Boundaries
- 1:30 Essentrics Aging Backwards
- 2:00 Intro to Genealogy 10/13, 10/20
- 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
- 5:30 Family Martial Arts
- 6:30 Sr. & Adult Martial Arts

FRIDAYS**Free Activities**

- 8:30 Game Room Open
- 9:00 Blood Pressure 10/16
- 9:00 TOPS
- 10:30 HandyCrafters
- 11:00 Senior Café Lunch
- 2:00 Hoag Lecture 10/2

\$ 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

**WEDNESDAYS****Free Activities**

- 8:30 Game Room Open
- 8:30 Wednesday Walkers
- 8:30 Blood Pressure 10/7, 10/28
- 9:00 Fishing Club 10/7
- 10:00 Surf City Gardeners 10/14
- 10:00 Young At Heart Singers
- 11:00 Senior Café Lunch
- 12:30 Art Show 10/21
- 1:00 Movies 10/14, 10/28
- 1:00 It's Your Money Lectures
- 5:30 FireMed 10/7

\$ Fee Required

- 8:15 Barre Strength & Stretch
- 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 Level 3
- 2:00 Cut the Cable 10/28
- 4:30 Mindfulness & Sound Relaxation
- 6:00 Bridge for Beginners
- 6:30 Book Club

**SATURDAYS****Free Activities**

- 9:00 FireMed 10/17

\$ Fee Required

- 9:30 Create Your Life Story
- 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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