OUTLOOK

on active aging

HBCOA.ORG

NOV | 2026



Thanksgiving LUNCHEON

Let's come together to give thanks, share a meal, and enjoy the season!

FRIDAY, NOVEMBER 20TH
11:00 AM - 1:00 PM

Reservations are required. Sign up by November 9th.
See Pg. 9 for additional information.

Thank you to our Sponsors

Alignment Health™

EDINGER MEDICAL GROUP

$3 suggested donation for those 60+
$5 fee for guests under 60 years old

DOORS OPEN: 10:45 AM
ENTERTAINMENT BEGINS: 11:00 AM
LUNCH SERVED: 11:30 AM

MEALS on WHEELS ORANGE COUNTY

HBCOA Huntington Beach COUNCIL ON AGING

CITY OF HUNTINGTON BEACH
SENIOR CENTER IN CENTRAL PARK

HBCOA Huntington Beach COUNCIL ON AGING

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

SENIOR CENTER in Central Park

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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.

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HBCOA President's Message

November is the month when our thoughts often turn to gratitude.

On Thanksgiving, families and friends often go around the table sharing what they're thankful for. While these sentiments come from a sincere place in our hearts, the moment can be brief before we move on to claim the turkey leg or turn our attention to the football game!

What if we made November "**My Month of Gratitude**"? Here are a few ideas you might want to consider:

End each day with gratitude. On your November calendar, write a daily response to this prompt: "Today was a good day because…"

Reach out to someone. Once a week, call or text someone and tell them how grateful you are to have them in your life. Imagine how wonderful it would feel to be on the receiving end of that message or call!

Start a gratitude journal. Gratitude journals have become quite popular lately. (Just search on Amazon and see!) Writing down your thoughts regularly might help you see your life as a glass half-full or perhaps even overflowing!

Make a list of 30 things you're thankful for. If you're an overachiever who loves checking things off a to-do list, this one might be for you! Create a list titled "30 Ways I Am Thankful." Feel free to decorate it with a handprint turkey, and take a moment each day to reflect on your blessings.

Spread gratitude with sticky notes. How about writing 30 sticky notes, each with a short message about something that made you feel grateful that day? I envision "papering" the bathroom mirror or refrigerator with messages like "I got up and did my stretches!" or "Today was a crisp fall day." (We can hope, right?)

I'm grateful for this space to share my thoughts each month and thankful to all of you for making HBCOA a strong community and the Senior Center my favorite place to be!

With appreciation,
Lindsay DuFresne - HBCOA President

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



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

Tis the season to be thankful and all of us here at the Senior Center are thankful for you. Whether you are a patron, visitor, volunteer, donor, sponsor, or a combination of all of these, like many of you are, we appreciate all you do to make this Center a great place to visit.

We have so much in store for the end of 2026 and hope you can join us for as many events and programs as possible, whether it be a Wednesday movie, chair volleyball, an exercise class, or one of the awesome lectures put on by our partners.

For many, the holiday season can be busy! For those living alone, it can be lonely, but we want you to know there are ways to communicate with others at the senior center. Embrace the importance of connecting with others, in-person or if need be, virtually. Be the initiator of communication and/or seek out in-person connections. Human connection has been shown to combat feelings of loneliness that are common during the holidays. We're here for you!

We offer many activities and space, making connecting easy. November is a time of giving thanks. This is the month to celebrate not only Thanksgiving, but also Veterans Day. It's a time to share our appreciation by acknowledging those who have given so much in serving our country.

I want to thank the HBCOA for their continued support of the Senior Center and remind you to renew your HBCOA membership before the end of the year to continue to enjoy discounts on events and travel through 2027. For those who are new to the Center and considering a membership, no need to wait, join now! Becoming a member is quick and easy, and your membership will be active immediately, allowing you to enjoy the end of 2026 and all of 2027 with us!

Don't forget to join us for the Thanksgiving Luncheon on November 20th from 11am-1pm

Eric Barraza – Community & Library Services Supervisor



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

Live Well. Age Well.
HBCOA
Huntington Beach COUNCIL ON AGING

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

THANK YOU FOR YOUR SUPPORT!
Your membership helps fund programs that enrich the lives of older adults in our community.

PLEASE PRINT YOUR INFORMATION

Name(s): _____

_____

Address: _____

_____

City: _____

State/Zip: _____

Phone: _____

Email: _____

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



Reagan Library
Date: 12/9
Member: $175
Non-Member: $185
Depart: 8:30 a.m.
Return: 5:30 p.m.

An American Christmas



Float Fest
Date: 1/2
Member: $145
Non-Member: $150
Depart: 7:00 a.m.
Return: 2:00 p.m.

Rose Parade Showcase



Jersey Boys
Date: 1/31
Member: $195
Non-Member: $200
Depart: 4:00 p.m.
Return: 10:00 p.m.

Award Winning Broadway Musical

For additional trip information contact:

Travel & Resource Room
Phone: 714-374-1572
Email: Travel@HBCOA.org

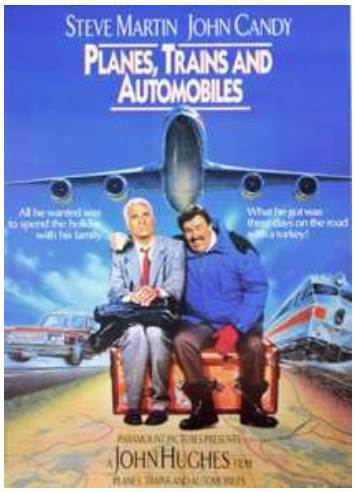
WEDNESDAY AFTERNOON AT THE MOVIES 1:00 PM

Planes, Trains and Automobiles

Wednesday, November 25th

Easily excitable Neal Page (Steve Martin) is somewhat of a control freak. Trying to get home to Chicago to spend Thanksgiving with his wife (Laila Robins) and kids, his flight is rerouted to a distant city in Kansas because of a freak snowstorm, and his sanity begins to fray. Worse yet, he is forced to bunk up with talkative Del Griffith (John Candy), whom he finds extremely annoying. Together they must overcome the insanity of holiday travel to reach their intended destination.

Rated R, 1 h 33 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?



Irene Garcia took her Outlook on vacation to Seattle, Canada & Alaska! Making memories, exploring new places, and taking in the beautiful views. Outlook was ready for an adventure!

Email: Alicia.Logan@surfcity-hb.org

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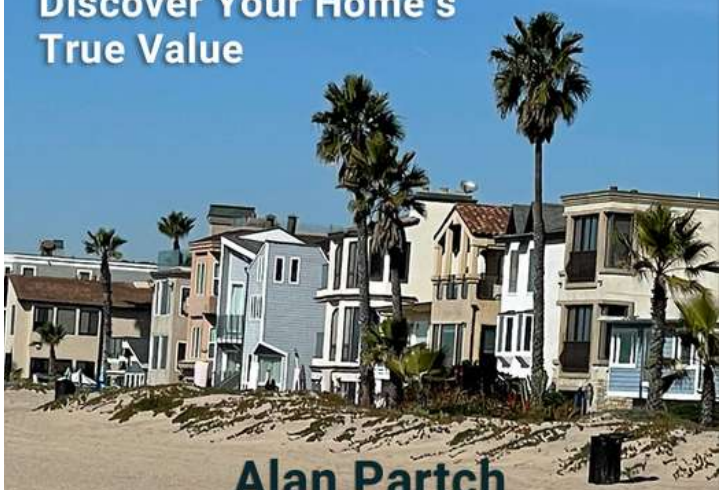
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Winter Class Registration
Tuesday, November 17th

- Friendly reminder that Winter class registration opens on Tuesday, November 17th at 8:00 a.m. The Winter session runs from January 4th through March 13th. As always with the first day of registration, please keep in mind:
- Checks should be made out to the City of Huntington Beach. We recommend waiting to fill out your check until the staff tells you the exact amount.
- If you're going to sign up online, please practice going into your account and registering for a free class before sign up day.
- If you're paying in cash, please bring exact amounts or close to it. We cannot always make change for large bills.
- Many fitness classes will fill up early. We recommend having backup options in case the class you prefer is full. There are also virtual options of many popular classes.

The Senior Center will be closed on Wednesday, November 11th in honor of Veterans Day

Drum Circle in November

Tuesday, November 10th at 12:30 p.m.





Surf City Gardeners

House Plants
Tuesday, November 3rd
10:00 a.m. - 11:30 a.m.

Thanksgiving LUNCHEON

Let's come together to give thanks, share a meal, and enjoy the season!

FRIDAY, NOVEMBER 20TH
11:00 A.M. - 1:00 P.M.

Reservations are required. Sign up by November 9th. You may sign up in person at Senior Cafe or call and leave a message at 714-375-8404.

Thank you to our Sponsors

Alignment Health™
EDINGER MEDICAL GROUP

$3 suggested donation for those 60+
$5 fee for guests under 60 years old

All attendess will need to complete a Senior Cafe registration form.

DOORS OPEN: 10:45 AM
ENTERTAINMENT BEGINS: 11:00 AM
LUNCH SERVED: 11:30 AM

MEALS on WHEELS ORANGE COUNTY

Live Well. Age Well. HBCOA Huntington Beach COUNCIL ON AGING

Save The Date
Upcoming Senior Center Event

December Dance - Saturday, December 12th

Mark your calendar and get ready to celebrate another year at the December Dance, guaranteed to bring great food & drink, entertainment, and a night of dance. Dress your best and join us for an elegant night of fun.

Tickets go on sale Thursday, November 12th at 8 a.m.

NOVEMBER-HOAG LECTURES

Outpatient Spine Surgery Innovations
Friday, November 6th
2:00 p.m. - 3:00 p.m.

Aging Well: Managing Pain
Thursday, November 12th
9:30 a.m. - 10:30 a.m.

Medicare Basics
Friday, November 13th
1:00 p.m. - 2:00 p.m.

Wednesday, November 18th
2:00 p.m. - 3:00 p.m

Cancer Screenings & Warning Signs
Thursday, November 19th
9:30 a.m. - 10:30 a.m.



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



Our part time staff Will Trammell has been an outstanding staff of our Fitness Center team for the past two years, and we are excited for him as he begins a new chapter in his life. We extend our heartfelt thanks for his dedication, service, and positive impact he's had at the Senior Center in Central Park. Thank you, Will, for your contributions to the HB community. You will be missed. Cheers on your next adventure!



The Senior Center will be CLOSED
on Thursday, 11/26 and Friday, 11/27.





Wednesdays
October 21st - December 2nd
4:30 p.m. - 5:30 p.m.
Price: $106

Located in the Dance Room
Instructor: Sarah Evangelista

Register online at HBSANDS.org or contact
714-536-5600 for more information.

Register for our upcoming Mindfulness & Sound Relaxation class for Seniors. This is a 6 week series which invites participants to slow down and reonnect with peace of mind. Through simple breathing practices, guided mindfulness, and soothing sound healing, you'll learn to release tension, improve focus, and nurture emotional well-being. All levels of mobility are welcome.

UPCOMING HOAG BLOOD PRESSURE SCREENINGS

Next Blood Pressure Screening
will be held:

Wednesday, November 4th
Friday, November 20th
Wednesday, November 25th

9:00 a.m. - 12:00 p.m.

Located in the Wellness Pavilion
Hoag Office
Walk-ins welcomed

Handy Crafters Holiday Boutique

Tuesday, November 17th
8:00 a.m. - 12:00 p.m.
Senior Center Lobby

Stop by to purchase beautiful, handmade holiday items! Find great gifts and stocking stuffers for family, friends or yourself to enjoy.

All sales are cash or check only.

Proceeds are donated to support Senior Center programs and Holiday Meals.

Thankful For Our Volunteers!

As Thanksgiving approaches, it is a good time to stop and reflect on all the things we are thankful for in our lives. At the Senior Center in Central Park we could not be more thankful for all of our wonderful volunteers! We have close to 400 volunteers who help in various areas of the Senior Center and generously give their time to support their community. Thank you to all of our volunteers, we hope you know what you do is truly valued.

Volunteer Survey

Thank you to all the volunteers who participated in the volunteer survey last month. We received over 150 responses in return! We appreciate all your input so we can continue to improve and build upon our volunteer program. As we continue to review the responses, we are excited to see all the positive feedback. Thank you!

Holiday Reminders

Wednesday Volunteers
The Senior Center will be closed November 11th in honor of Veterans Day

Thursday & Friday Volunteers
The Senior Center will be closed November 26th & 27th for the Thanksgiving Holiday



VOLUNTEER Holiday DRAWING

DECEMBER 7TH - 16TH

The Volunteer Holiday Drawing is quickly approaching! To be included in the drawing, please make sure you are recording your volunteer hours. All currently active volunteers will be included in the drawing. No need to be present to win. One prize per winner. This is a fun way during the holidays for us to give back and show our appreciation for all you do!



16 lucky volunteers will be selected to win a $25 gift card to Trader Joes!

Current Volunteer Opportunities

- Transportation Drivers
- Home Delivered Meals
- Recreation Desk

Upcoming Events

- Holiday Dance 12/12

Happy THANKSGIVING

Contact the Volunteer Team

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

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

Services at Senior Center in Central Park

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 appoinement:

- Notary Volunteer
- Tech Coach Volunteer
- Legal Consultations by non-profits
- Health Insurance Counseling & Advocacy (HICAP) by Council on Aging Southern California
- NAMI - Mental Health Friends & Family Support
- AlzOC - Dementia Caregiver Support
- Grief Support- Common Ground Grief
- Care Management
- Information & Referrals
- Home Delivered Meals

Thank you ♡ MemorialCare Orange Coast Medical Center

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.



November is a special time to honor Veterans. At HB Public Library's Veterans Resource Center (VRC), experienced volunteers can assist with applications for benefits, obtaining military records, finding housing and employment, and more. Visit them at HB Central Library 7111 Talbert Ave on the main level or reach out by phone or email.
Hours: M - Th, 2 - 6 p.m., Fri 9 a.m. - 1 p.m.
714-374-5111 or HBPLVetCenter@gmail.com

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.

WINTER WISHES
Holiday Gift Collection



Help make the holidays bright! Senior Center in Central Park is collecting holiday gifts for Care Management and Home Delivered Meals clients in HB. Simply pick up a wish tag from the Travel & Resources Room holiday tree between November 12th and December 1st. Purchase the gift and return it, along with the tag, to the Senior Center by December 5th so our team can deliver them with cheer before the holidays!



Travel & Resources Room is typically open Monday - Friday, 8 a.m. - 4 p.m.,
This collection does not accept any used items.
Items can be unwrapped or in a gift bag.
Call 714-374-1572 for more information.

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 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.



November Closure Notice

Surf City Seniors on the Go!
Transportation services will be closed on:

- Wednesday, November 11th - Veterans Day
- Thursday, November 26th - Thanksgiving Day
- Friday, November 27th - Day after Thanksgiving

There will be no rides, booking services, or reminder calls on those dates. Have safe and fun holiday.

CONGRATS LEZLY CASTILLO!!

Lezly has worked in Community Services for over 11 years. Prior to joining the City of Huntington Beach, she worked for the LA County Probation Department for three years but deeply missed interacting with community members. Lezly decided to return to community services and has been with the City of Huntington Beach for approximately 8 years, working in its senior transportation program, *Surf City Seniors on the Go*. Serving the Huntington Beach senior community has been an amazing and fulfilling experience for her. Lezly looks forward to this exciting new chapter as Transportation Coordinator for *Surf City Seniors on the Go*.



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/oc-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.



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MEALS on WHEELS ORANGE COUNTY

November

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

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5 (V)	6
Meatloaf Scandinavian Veg Mashed Potatoes WW Dinner Roll Brown Gravy Fresh Orange 1% Milk	**Chicken Breast** Peas & Carrots Jasmine Rice Pepper Garlic Sauce Lentil Soup Canned Apricots 1% Milk	**Cubed Beef** Capri Blend Vegetables Mexican Rice WG Tortilla (1) Red Chili Sauce Fresh Apple 1% Milk	**Baked Tilapia** Brussels Sprouts Orzo Vegetable Pilaf Creamy Garlic Sauce Homestyle Chicken Noodle Soup Canned Mandarin Orange 1% Milk	**Pork Loin** Caramel Sauce Broccoli Brown Rice Canned Pineapple Tidbits 1% Milk
9	**10**	11	12	13
Chicken Strips Parmesan & Sundried Tomato Sauce Peas & Carrots Tri-Color Pasta Creamy Roasted Cauliflower Soup Fresh Tropical Fruit Salad 1% Milk	**Veteran's Day Menu** **Roast Beef** Mushroom Gravy Broccoli Baby Baked Potatoes WW Dinner Roll Fresh Orange Apple Pie 1% Milk	**CLOSED**	**Chicken Breast** Scandinavian Veg Brown Rice Huli Huli Pineapple Sauce Canned Pears 1% Milk	**Cubed Beef** Carrots Brown Rice Pepper Garlic Sauce Fresh Apple 1% Milk
16	17	18	19	20
Vegetarian Lasagna Chicken Meatballs Marinara Sauce Green Beans & Carrots WW Dinner Roll Fresh Orange 1% Milk	**Pork Loin** Citrus Sweet Glaze Mixed Veg Blend Brown Rice Canned Peaches 1% Milk	**Chicken Breast** Green Beans Quinoa Pilaf Florentine Sauce Cream of Spinach Soup Fresh Apple 1% Milk	**Beef Cheeseburger** Sliced Cheese Shredded Lettuce, Tomato & Red Onion WG Hamburger Bun Mustard & Ketchup Tomato & Cucumber Salad Canned Apricots 1% Milk	**HBCOA SPONSORED** **THANKSGIVING LUNCHEON** **RESERVATIONS REQUIRED by 11/9/26** **LEAVE A MESSAGE AT 714-375-8404**
23	24	25	26	27
Pork Loin Chipotle BBQ Sauce California Veg Blend Mashed Potato WW Dinner Roll Fresh Orange 1% Milk	**Turkey Bolognese** Italian Veg Blend Penne Pasta Parmesan Cheese (1pk) Canned Peaches 1% Milk	**Thanksgiving Brunch Menu** **Sliced Ham** Apricot Sauce Sweet Potatoes Collard Green Parker House Roll Ambrosia 1% Milk	**CLOSED**	**CLOSED**
30				
Chicken Strips Lemongrass Sauce Oriental Veg Blend Brown Rice Creamy Mushroom Soup Fresh Apple 1% Milk	**Voluntary Contribution - $3.00** **Meal Cost for Under Age 60 - $5.00** **(V) 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 an may increase sodium. www.MealsOnWheelsOC.org

November

MONDAYS

Free Activities

8:30 Table Tennis
11:00 Senior Café Lunch
12:00 Game Room Open
6:00 NAMI (Mental Health Support Group) 11/23
7:00 Big Band Swing Dance 11/23

$ Fee Required

8:30 Brainwave Boxing
9:00 Hawaiian Hula Basics
9:30 Ukulele Intermediate
10:00 Beginner Acrtlic 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

TUESDAYS

Free Activities

8:30 Game Room Open
9:00 MemorialCare Lecture 11/10, 11/17
11:00 Senior Café Lunch
12:30 Drum Circle 11/10
1:30 Shanti
4:00 Puzzle Swap 11/24
5:30 Alzheimer's Caregiver Support 11/3, 11/17

$ Fee Required

8:15 Pilates Mat
8:15 Senior Cardiofit
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
5:30 Family Martial Arts
6:30 Sr. & Adult Martial Arts

WEDNESDAYS

Free Activities

8:00 Outlook Assembly 11/25
8:30 Game Room Open
8:30 Wednesday Walkers
8:30 Blood Pressure 11/4, 11/20, 11/25
9:00 Surf City Gardeners 11/3
9:00 Fishing Club 11/4
10:00 Young At Heart Singers
11:00 Senior Café Lunch
1:00 Movies 11/25
1:00 It's Your Money Lectures
2:00 Hoag Lecture 11/18
5:30 FireMed 11/4

$ 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
4:30 Mindfulness & Sound Relaxation
6:00 Bridge for Beginners
6:30 Book Club 11/4

In all things, give Thanks



THURSDAYS

Free Activities

8:30 Table Tennis
9:30 Hoag Lecture 11/12, 11/19
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 11/19
10:45 Flex & Stretch
11:30 Zumba Chair
1:00 Balance and Stability
1:00 Therapeutic Art
1:30 Line Dance Level 2
3:00 Line Dance Level 1
5:45 Belly Dancing Beginning
6:30 Belly Dancing Intermediate



FRIDAYS

Free Activities

8:30 Game Room Open
9:00 Blood Pressure 11/20
9:00 TOPS
10:30 HandyCrafters
11:00 Senior Café Lunch
1:00 Hoag Lecture 11/13
2:00 Hoag Lecture 11/6

$ 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 Adrianne
1:30 Line Dance Level 2-3



SATURDAYS

Free Activities

9:30 FireMed 11/21

$ Fee Required

10:00 Family Martial Arts
11:00 Sr. & Adult Martial Arts

SENIOR CENTER in Central Park

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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