

# BRIGHT OUTLOOK

April 2010

## This month:

- ◆ HBCOA Spring Fling Luncheon  
Thursday, April 8, 1:00 p.m. (See Insert)
- ◆ Travel and Trips 2010 Slide Show Overview  
Friday, April 16 (See page 3)
- ◆ **Volunteers Rock!**  
Thursday, April 29 (See page 7)



CITY OF

MICHAEL E. RODGERS SENIORS CENTER  
1706 Orange Ave, Huntington Beach, CA 92648  
(714) 536-9387

SENIORS OUTREACH CENTER  
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(714) 960-2478

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## HBCOA PRESIDENT'S MESSAGE

**H**ello!  
 Happy Easter to all!

On your California tax form please check #402 for the California Senior Legislation (CSL). Local groups like your HBCOA have representatives on the CSL and the Senior Citizens Advisory Council (SCAC) which reports to the Board of Supervisors. From SCAC there are 7 members who are elected to the CSL. I am your representative on both CSL & SCAC. Please check box #402 and give a few dollars to help us continue to propose legislation helping senior causes. This is the only way CSL is funded. If you would like more information on CSL please go to their web site (4csl.org).

Are you interested in serving on the HBCOA board? We have several openings. Please contact me and we will send you an application. The HBCOA Board meets monthly on the first Thursday at 9 am at Rodger's Senior Center. All are welcome. My email: [donmacallister@msn.com](mailto:donmacallister@msn.com).

*Don MacAllister*  
 President

## EXECUTIVE DIRECTOR'S MESSAGE

**H**appy Spring Fever!

Hope everyone is planning on coming to the HBCOA luncheon on April 8, it should be a big one. We honor our HBCOA members of 10 years or more, who I would like to personally thank for all your dedication. The food will be great and as always, there will be fun prizes and great entertainment.

Spring is always a time for renewal, and I think a more appropriate time for resolutions. So it is time to spring into action! Its time to stop putting off the walking and exercise, time to Wii, or maybe time to dance. Please check out all of our classes, there is always something for you. Maybe a movie - although not known for burning calories, especially with the popcorn. *Oh, and a belated Happy Birthday to my dear Inez, you thought I forgot.*

Randy Pesqueira  
 Executive Director



**TRAVEL and TRIPS SLIDE SHOW**

Come join us on Friday, April 16, 2010 for a slide show highlighting all our future trips for 2010. All travel will be covered and refreshments will be served. There are many fun trips coming up to tempt you, so hope to see you there. The presentation will follow Friday Afternoon at the Movies at 2:30 p.m.

**Want to learn about e-bay?**

This class is for 1st time e-bay users. Get a taste of what this enormous auction web site is all about. This informative session will show you how to bid, buy and sell your favorite items. There is a \$5 fee to take this class. You must have basic computer skills and internet experience. Sign up today at the Rodgers Seniors Center's front counter.

Sat. March 13 9:00 a.m. – noon



**BLOOD PRESURE**

Huntington Beach Hospital will

provide a nurse to take blood pressures at Rodgers Senior Center the first Tuesday of the month, April 6, 2010 at 10:30am. Just come to the senior center front desk at 10:30 and get your reading. It's FREE!



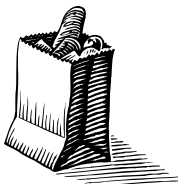
**G**reetings of the season to you!  
Isn't El Nino something else? We certainly don't know what to expect do we? The weather does have an impact on how many participate on a daily basis for lunch.

**Open Senior AA Meeting**

Every **Wednesday** of the month an open AA meeting for seniors takes place from **2 - 3 p.m.**

I order meals in advance by estimate of participation. Given time to prepare, we try make sure that we have enough meals for everyone because we don't want to turn anyone away. If we do run out of meals, we apologize. Our advice is to check in by 11:00 A.M.

**Government Surplus Food Distribution**



**Friday, April 9, 8:30 a.m. - 10 am**

Huntington Beach Residents only. Income Based Program.

Our meals are served at 11:30 a.m. each day. There is no reservation needed for Good Friday, April 2. Since it is the Friday before Easter, I'll wing it as to how many meals to order.

**Monthly Ballroom Dance**

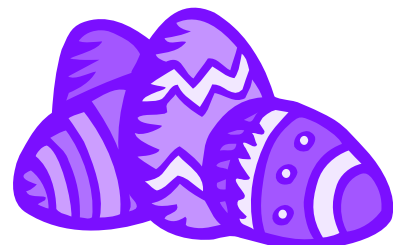
**\$7.50**

Friday, April 9, 2010  
7:30 - 10:30 p.m.

Featuring the **Bob Warren Trio**



Call Pat Mullins if you have any questions 714.536.8404.



## SENIOR SERVICES

The **Michael E. Rodgers Seniors Center** is a focal point for an array of programs and services important to the quality of life for the seniors in our community. The center is a multipurpose facility and offers opportunities for community involvement and companionship with a wide range of social, recreational, and educational programs promoting wellness.

A hot lunch is served daily at the center. Classes at the senior center are offered through the Community Services Department, as well as other classes offered through the Huntington Beach Adult School and Coastline College. Many of the services offered are free. Classes range from free/low cost to regular fees.

Please stop by the front desk for any further information on services, activities, classes and upcoming events or call us at **714-536-9387**.

**Seniors Outreach Center** - Representing the Frail and Elderly in our Community.

The Seniors Outreach Center provides services that assist the frail and elderly in the city with their physical, emotional and nutritional needs through professionally trained staff and volunteers. The center's goal is to promote self-sufficiency and independence for seniors. Outreach offers information & referral, a Meals to the Home program, a city-wide transportation program, care-management and a mobility equipment lending service. Please call **714-960-2478** for more information.

The following is a list of services and activities offered through senior services, please check the calendar for dates and times.

### General Services and Activities

- AARP Safe Driving Classes
- Care Management & Information & Referral
- Income Tax Assistance
- Legal Counseling
- Meals to the Home
- Monthly Dances
- Saturday Bridge
- Notary
- Surplus Food Distribution
- Daily Care Calls
- SeniorServe Lunch Program
- Transportation
- Utility Tax Exemptions
- Volunteer Opportunities
- Utility Tax Exemption

### Medical Services

- Low Vision Classes - Braille Institute/Support Group
- Blood Pressure Testing
- Preventive Healthcare for Adults
- H I C A P (Health Insurance Counseling Advocacy)

### Classes and Clubs

Please see the calendar on pages 14 and 15 for a schedule of our many classes and clubs.



***The Economy is down and so is the Rent***  
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Active seniors, come see our lovely community, located just about two miles from the beach. Ask about our one (1) bedroom as low as \$1,230.00 or you may want to inquire about a one bedroom + den for only \$1,350.00. Need two bedrooms + 2 baths, just \$1,450.00

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- Free Parking.

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*16171 Springdale Street, Huntington Beach, CA 92649*

## PERIPHERAL / DIABETIC NEUROPATHY?

### 7 WARNING SIGNS OF PERIPHERAL NEUROPATHY

- |                 |                         |
|-----------------|-------------------------|
| 1) NUMBNESS     | 5) PAIN WHEN WALKING    |
| 2) BURNING PAIN | 6) DIFFICULTY WALKING   |
| 3) CRAMPING     | FROM LEG DISCOMFORT     |
| 4) SHARP PAIN   | 7) PRICKLING / TINGLING |

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An Honors graduate with a degree in  
Chiropractic currently working towards  
a diplomate in Functional Neurology

## VOLUNTEER NEWS

### VOLUNTEERS ROCK!

#### VOLUNTEER APPRECIATION WEEK

*Celebrating People in Action*  
April 18-24, 2010

Volunteer Appreciation Week is a time set aside to celebrate the active individuals who dedicate themselves to solving problems in their community.

Our volunteers make a huge difference in the every day lives of Huntington Beach seniors. Volunteer Appreciation week gives us a chance to say thank you to our wonderful volunteers and to applaud their efforts!

The most valuable contribution a person has to give is time and in 2009, Senior Services Volunteers gave over 51,000 hours of service to Huntington Beach seniors. The level of service provided is beyond measure!



Our volunteer appreciation luncheon will be held this month and all of our volunteers who gave 40 or more hours of service in 2009 will be invited to attend. Look for your invitation in the mail and please save the date, Thursday, April 29, 2010.

**Volunteers  
ROCK!!!**

For these or other volunteer opportunities  
Contact Diane Swarts  
714-374-1544, [dswarts@surfcity-hb.org](mailto:dswarts@surfcity-hb.org)



**BRIGHT OUTLOOK ASSEMBLY**  
**Room D Rodgers Seniors Center**  
**Thursday, April 22, 2010**  
*Music, donuts, coffee, fun!!!*  
*All are welcome. Bring a Friend!*

#### Hats Off!

Congratulations to the following participants for completing The Age Wave: Are you ready for the ride.



Skip Cook  
Kay Nichols  
Veronica Allenbaugh  
Bobbie Flood  
Carol Settimo  
Terri Karman  
Albert Flores  
Patty Jugan  
Don Graves  
Jackie Cleghorn  
Heidi Ross  
Robert Schuck

The graduates enjoyed this 5-week class which helped them to better understand the aging population. One graduate said, "*The weeks flew by and it was fun, informative and we were really well fed!*"

The Age Wave class is free and will be offered again starting Wednesday, September 29, 2010. For information about the fall class, contact Diane Swarts 714-374-1544 [dswarts@surfcity-hb.org](mailto:dswarts@surfcity-hb.org)



#### VOLUNTEERS SAVE ON TAXES

Our volunteers can cut their taxes because of their charitable ways:

*Haiti help.* 2010 donations for earthquake-stricken Haiti may be deducted on your 2009 taxes

*Volunteer mileage.* Deduct any unreimbursed mileage at 14 cents a mile.

*Volunteer Projects:* Deduct your time for projects you did for charity.

*Teacher's supplies.* Even non-itemizers get a \$250 dollar-for-dollar credit for classroom supplies.

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## NEWS AND ANNOUNCEMENTS

### HUNTINGTON BEACH SENIOR SERVICES RESOURCE GUIDE

#### Huntington Beach Senior Services

*Michael E. Rodgers Seniors Center*

**714-536-9387** Recreation, education, nutrition, socialization, physical fitness

**Seniors Outreach Center 714-960-2478**

Transportation, care-management, meals to the home, information & referral

**Seniors on the Go Transportation**

**714-374-1742** Appointments 9 a.m.—3 p.m.

#### Huntington Beach Council on Aging (HBCOA)

**714-536-9387** Recognized by the Huntington Beach city council as representing its local senior citizens [www.hbcoa.org](http://www.hbcoa.org)

#### Orange County Office on Aging 800-510-2020

Referrals for senior services in Orange County [www.officeonaging.ocgov.com](http://www.officeonaging.ocgov.com)

**Info Link-2-1-1 or 1-888-600-4357** 24-hour assistance & referrals to countywide health and human services for all ages [www.infolinkoc.org](http://www.infolinkoc.org)

#### Alzheimer's Family Services Center

**(714) 593-9630** For persons with Alzheimer's and related dementia [www.afscenter.org](http://www.afscenter.org)

#### Adult Protective Services (APS) 800-451-5155

Prevents physical abuse, financial abuse and neglect of elder and disabled adults

[www.ssa.ocgov.com](http://www.ssa.ocgov.com)

#### Caregiver Resource Center 800-543-8312

Caregiver support, respite care, and education [www.caregiveroc.org](http://www.caregiveroc.org)

#### Social Security Administration 714-966-2466

17075 Newhope Ste B, Fountain Valley, CA 92708 [www.ssa.gov](http://www.ssa.gov)

### AARP's TAX BREAKS Don't Itemize? Don't Worry.



Many older taxpayers don't have enough deductions to itemize. Here are a few above-the-line deductions:

**Property taxes.** You can deduct up to \$500 (\$1,000 for joint filers) of your state and local property taxes. This provision affects seniors most because many older people own their homes outright and no longer have a mortgage interest deduction, but they still pay property taxes.

**Capital losses.** The loss from stocks, mutual funds or other securities sold in 2009 can cut your taxes.

**Casualty losses.** Non-itemizers can deduct losses due to thefts and natural disasters.



### Missed but not forgotten!

Correction to list of HBCOA members of 10 years or longer

#### 15+ YEARS

Jackie Page

#### 10+ years

Evalena Tuell

### SENIOR SERVICES REMEMBERS

JUNE HILTON 7/9/1922—2/2/2010

FRANK ALONSO 5/27/1925—2/26/2010

THOMAS NEWLAND

9/24/2010—2/2010

MARIA DELROSARI

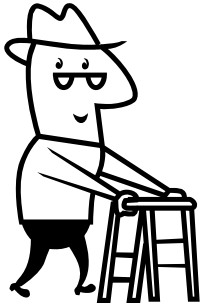
11/12/1912—2/26/2010



## SENIORS OUTREACH

*Facilitating independent living and developing a plan for facing late-life transitions*

### Health Tip- Mobility Devices



Your doctor may have told you to buy a walker to help you get around. Walkers can be used to help with both mobility and balance. To get the most out of your walker, it is important to buy one that has a perfect fit for you. Here are some tips from the Calgary Health Region in *HealthDay News* on how to make sure that the walker you buy will best fit your needs.

1. Try out the walker in the same shoes you will be wearing when you use the walker.
2. Put the walker in front of you and around you.
3. Place both of your hands on top of the handgrips of the walker.
4. With your elbows slightly bent, the hand grips should be at the same level as your wrist. If they are not, you should adjust the walker's height.
5. Make sure to stand up straight when using your walker.

**The Medicare Rights Center** is the largest independent source of Medicare information and assistance in the United States. Founded in 1989, Medicare Rights helps older adults and people with disabilities get high-quality, affordable health care. © 2010 by Medicare Rights Center, 520 Eighth Avenue, North Wing, 3rd Floor, New York, NY 10018.

For information or referrals on aging  
Call Seniors Outreach  
714-960-2478



### Video Games???

#### Survey Says....

Anyone who says that video games are just for kids might be mistaken. Some aging experts are saying that video games might be helpful for graceful aging.

Jason Allaire, associate professor of psychology at North Carolina State University and co-director of the Gains Through Gaming Lab, says, "*There's a growing body of evidence that suggests playing video games actually can improve older adults' reflexes, processing speed, memory, attention skills and spatial abilities.*"

Some video games might also help you make fast decisions and improve hand-eye coordination, or even hearing according to Dr. Ezriel Kornel of Brain and Spine Surgeons of New York in Westchester County in a WebMD article.

New video games such as the Nintendo Wii not only help with cognitive skills, but also provide the potential for in-home exercise. According to Allaire, many senior centers already have a Nintendo Wii console.

The article in *HealthDay News* discusses two studies that have been conducted about seniors using video games and also discusses future studies. One study of Wii Bowling at a senior center in Florida showed that the game increased the heart rate of the players by about 40 percent.

**WII BOWLING**  
Wednesdays, 9:00 a.m.—11:00 a.m.  
Rodgers Game Room  
Players of all skill levels welcome

Another study in 2008 had 40 people play Rise of Nations, a strategy computer game. They measured the cognitive abilities of the group and made sure that no one had played the game for at least two years. Then half the group played Rise of Nations for almost 24 hours over an eight-week period. Upon follow up, the seniors who had played the video games had increased performance on memory, reasoning and cognition tests. There were also improvements in "*executive control processes – abilities such as planning, scheduling, dealing with ambiguity and multitasking*".

## TRANSPORTATION

*SURF CITY SENIORS ON THE GO*



### Transportation Services (714) 374-1742

Senior Services provides transportation each weekday, from 8:30 a.m.—4:30 p.m., for all your transportation needs within Huntington Beach. The *Surf City Seniors on the Go* program buses seniors to Rodgers Seniors Center for the congregate lunch program, classes and activities. Medical Transportation is also available to Hoag Memorial Presbyterian Hospital, Fountain Valley Regional Hospital and to Orange Coast Memorial Medical Center.

*A Volunteer Escort is available to provide extra assistance on errands and appointments. When you book your ride, tell dispatch you need an escort.*

Our transportation appointments fill quickly. Please give as much notice as possible. **Five days notice is required.** *Same day service is offered on a space available basis.*

**24 hours notice is required for cancellations.** Call 714-374-1742 between the hours of 9:00 a.m. and 3:00 p.m. to schedule your ride. New client intakes are done after 3:00 p.m. Although, there is **no charge to seniors** for transportation, **donations are appreciated.**

### TIP OF THE MONTH

Remember to book rides early in order guarantee you're the date & time of your ride.

We start scheduling the 3rd week of the month for the next month.



### FUN FUN FUN!

Do you want to have a fun outing with a friend or your spouse? Call transportation 714-374-1742 and schedule a ride for any weekday to go anywhere in Huntington Beach.

We can take you to your favorite restaurant for lunch or to the Huntington Beach Pier for a walk on the beach. We could drop you off at Bella Terra to shop or for a matinee. Maybe you'd like to go to Barnes and Noble to browse the books and enjoy a cup of coffee. Not your cup of tea? We could pick you up as well as your friend and take you to Central Park for a lovely walk under the sycamores.

Transportation provides rides for pleasure trips in Huntington Beach as well as for necessary errands and medical excursions. Call today for a fun trip!



### Reminder-We GO Shopping!

Would you like to have your own personal driver take you to and from your local shopping store, an escort help you find the hard to locate items, and a great group of friends to go with and make the chore more fun? Transportation has shopping routes and we'll provide all those services.

A volunteer will call you the day before you are scheduled to go shopping to see if you would like to go and if so our driver will take you to the store and pick you up. We also have volunteer escorts that can assist you as you are shopping. Your location in Huntington Beach determines which day of the week you will go shopping. We go shopping twice a month. If you would like to sign up, call Transportation today 714-374-1742!

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## Do you have the right Medicare Plan for 2010?

If you or a loved one need help understanding your Medicare Plan options, call Amber Field today. Amber is a licensed, local, and trained health care advisor working with seniors in your community.

Let Amber find the plan that is right for you!

**It's *not* too late to make a change** to your Medicare Advantage Plan. Annual enrollment is **Jan. 1 - Mar. 31.**



Amber Field



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[Amber@amberstarinsurance.com](mailto:Amber@amberstarinsurance.com)



## SENIOR SERVICES

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Seniors deserve special care and attention, particularly when it comes to health care. We provide you with highly skilled board certified physicians, help with understanding Medicare bills, and many other services:

- Geriatric-trained Primary Care physicians and specialists
- Coordination of all medical needs and services
- Medical treatment of chronic and acute illnesses and injuries
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MONDAY

TUESDAY

WEDNESDAY

*April*

*All dates and times on this calendar are subject to change. Not all activities are listed on this calendar.*

TLC Lunch<sup>\$</sup> Monday - Friday at 11:30 a.m.

9:00	Computer Lessons	L*\$	5
9:00	Italian	E*\$	
9:30	Stick Exercise	O	
<b>9:30</b>	<b>HICAP (Health Insurance)</b>	<b>3*</b>	
12:30	Bingo	A\$	
1:00	Chess Club	C	
2:00	Bridge - Beginning	E*\$	
5:00	Italian	E*\$	
5:30	Total Body Stretch	B*\$	
6:00	Italian	E*\$	
6:00	Tap	D*\$	
7:00	Italian	E*\$	

8:30	Oil Painting	D*	6
9:00	Computer Lessons	L*\$	
9:00	Fishing Club	E	
9:00	Phys Ed	B	
9:30	Pinochle	G	
<b>10:30</b>	<b>Blood Pressure</b>	<b>3</b>	
11:00	Int. Bridge Class	C	
<b>12:00</b>	<b>Tax Assistance</b>	<b>D*</b>	
12:30	Aloha Seniors-Hula	B	
12:30	Speak Up	E	
2:00	Int. Bridge Class	C	
2:00	Hawaiian Crafts	A	
2:30	Int. Bridge Class	E	
5:00	Family Martial Arts	B*\$	
6:00	Tap Intermediate	D*\$	
7:00	Jazz Dance	D*\$	

8:45	Singing Goodtimers	A	7
9:00	Computer Lessons	L*\$	
9:00	Rubber Stamp Art	E*\$	
9:00	Wii Bowling	G	
9:30	Stick Exercise	O	
<b>10:00</b>	<b>Legal Assistance</b>	<b>3*</b>	
10:00	Stamp Club	C	
11:00	Mah Jongg	G	
12:00	Tai Chi Chair	D*	
2:00	AA Meeting	E	
2:00	Tap Beginning	D*\$	
3:00	Tap Intermediate	D*\$	
6:30	Bridge Intermediate	E*	

TLC Lunch<sup>\$</sup> Monday - Friday at 11:30 a.m.

9:00	Computer Lessons	L*\$	12
9:00	Aerobics Level II	B*\$	
9:00	Italian	E*\$	
9:30	Stick Exercise	O	
10:30	Aerobics-Level I	B*\$	
12:30	Bingo	A\$	
1:00	Chess Club	C	
<b>1:30</b>	<b>HICAP (Health Insurance)</b>	<b>3*</b>	
2:00	Beginning Bridge	E*\$	
5:00	Italian	E*\$	
5:30	Total Body Stretch	B*\$	
6:00	Tap	D*\$	
7:00	Italian	E*\$	

8:30	Oil Painting	D*	13
<b>9:00</b>	<b>Public Health Nurse</b>	<b>3</b>	
9:00	Computer Lessons	L*\$	
9:00	Phys Ed	B	
9:30	Pinochle	G	
9:30	Ukulele	E*\$	
11:00	Int. Bridge Class	C	
<b>12:00</b>	<b>Tax Assistance</b>	<b>D*</b>	
12:30	Speak Up	E	
12:30	Aloha Seniors-Hula	B	
2:00	Int. Bridge Class	C	
2:00	Hawaiian Crafts	A	
5:00	Family Martial Arts	B*\$	
6:00	Tap-Intermediate	D*\$	
7:00	Jazz Dance	D*\$	

8:45	Singing Goodtimers	A	14
9:00	Computer Lessons	L*\$	
9:00	Rubber Stamp Art	C*\$	
9:00	Wii Bowling	G	
9:00	Aerobics Level II	B*\$	
9:30	Stick Exercise	O	
10:30	Aerobics Level 1	B*\$	
11:00	Mah Jongg	G	
12:00	Tai Chi Chair	D*	
1:00	Western Line Dancing	A*\$	
1:00	Life Story Writing	C	
2:00	AA Meeting	E	
2:00	Tap Dance Beginning	D*\$	
3:00	Tap Dance Intermediate	D*\$	
6:30	Bridge Intermediate	E*	

TLC Lunch<sup>\$</sup> Monday - Friday at 11:30 a.m.

9:00	Computer Lessons	L*\$	19
9:00	Aerobics Level II	B*\$	
9:00	Italian	E*\$	
9:30	Stick Exercise	O	
<b>9:30</b>	<b>HICAP (Health Insurance)</b>	<b>3*</b>	
10:30	Aerobics Level I	B*\$	
12:30	Bingo	A\$	
1:00	Chess Club	C	
2:00	Beginning Bridge	E*\$	
5:00	Italian	E*\$	
5:30	Total Body Stretch	B*\$	
6:00	Italian	E*\$	
6:00	Tap Beginning	D*\$	

8:30	Oil Painting	D*	20
9:00	Computer Lessons	L*\$	
9:00	Phys Ed	B	
9:30	Pinochle	G	
9:30	Ukulele 101	E*\$	
10:45	Ukulele 102	E*\$	
11:00	Int. Bridge Class	C	
12:30	Speak Up	E	
12:30	Aloha Seniors-Hula	A	
12:30	Hawaiian Ukulele	D	
2:00	Int. Bridge Class	C	
2:00	Hawaiian Crafts	A	
5:00	Family Martial Arts	B*\$	
6:00	Tap- Intermediate	D*\$	
7:00	Jazz-- Beginning	D*\$	

8:45	Singing Goodtimers	A	21
9:00	Computer Lessons	L*\$	
9:00	Wii Bowling	G	
9:00	Aerobics Level II	B*\$	
9:00	Rubber Stamp Art	C*\$	
9:30	Stick Exercise	O	
10:00	Stamp Club	C	
<b>10:00</b>	<b>Legal Assistance</b>	<b>3*</b>	
10:30	Aerobics Level I	B*\$	
11:00	Mah Jong	G	
12:00	Tai Chi Chair	D*	
1:00	Western Line Dancing	A*\$	
2:00	AA Meeting	E	
2:00	Tap Dance Beginning	D*\$	
3:00	Tap Dance Intermediate	D*\$	

TLC Lunch<sup>\$</sup> Monday - Friday at 11:30 a.m.

9:00	Computer Lessons	L*\$	26
9:00	Aerobics Level II	B*\$	
9:00	Italian	E*\$	
9:30	Stick Exercise	O	
9:30	Mental Gymnastics	D*\$	
10:30	Aerobics Level I	B*\$	
12:30	Bingo	A\$	
1:00	Chess Club	C	
<b>1:30</b>	<b>HICAP (Health Insurance)</b>	<b>3*</b>	
5:00	Italian	E*\$	
5:30	Total Body Stretch	A*\$	
6:00	Intro to Fly Fishing	D*\$	
6:00	Tap Beginning	D*\$	
6:30	Basic Travel Photography	E*\$	

8:30	Oil Painting	D*	27
9:00	Computer Lessons	L*\$	
9:00	Phys Ed	B	
9:30	Pinochle	G	
9:30	Ukulele 101	E*\$	
10:45	Ukulele 102	E*\$	
11:00	Int. Bridge Class	C	
12:30	Speak Up	E	
12:30	Aloha Seniors-Hula	A	
12:30	Hawaiian Ukulele	D	
2:00	Int. Bridge Class	C	
2:00	Hawaiian Crafts	A	
5:00	Family Martial Arts	B*\$	
6:00	Tap Intermediate	D*\$	
7:00	Jazz Dance	D*\$	

8:45	Singing Goodtimers	A	28
9:00	Computer Lessons	L*\$	
9:00	Wii Bowling	G	
9:00	Aerobics Level II	B*\$	
9:00	Rubber Stamp Art	E*\$	
9:30	Stick Exercise	O	
10:30	Aerobics Level I	B*\$	
11:00	Mah Jongg	G	
12:00	Tai Chi Chair	D*	
1:00	Western Line Dancing	A*\$	
1:00	Life Story Writing	C	
2:00	AA Meeting	E	
2:00	Tap Dance Beginning	D*\$	
3:00	Tap Dance Intermediate	D*\$	
6:30	Bridge Intermediate	E*	

TLC Lunch<sup>\$</sup> Monday - Friday at 11:30 a.m.

**THURSDAY**

**FRIDAY**

**SATURDAY**

9:00 Computer Lessons L\*\$ 1  
 9:00 COA Board Meeting D  
 12:00 Poetry C  
 12:30 Bridge G  
 12:30 Bingo A\$  
 5:00 Family Martial Arts B\*\$  
 6:00 Adult Martial Arts B\*\$  
 6:00 Tap Beginning D\*\$  
 6:30 Woodcarving Class E

9:00 TOPS D\$ 2  
 9:00 Computer Lessons L\*\$  
 9:30 Pinochle G  
 10:30 Handy Crafters D  
 12:30 Movie A  
**12:30 Notary 3\***  
 1:30 Chinese Brush Painting D\*\$  
 2:00 Italian E\*\$  
 3:00 Intro to Line Dancing B\*\$

9:00 Zumba Gold B\*\$ 3



**9:00 Public Health Nurse 3\*** 8  
 9:00 Computer Lessons L\*\$  
 9:00 Tai Chi Chuan B\*\$  
**10:00 Legal Assistance C\***  
 10:00 Yoga E\*\$  
 11:00 Yoga E\*\$  
 12:00 Poetry C  
 12:30 Bridge G  
**1:00 HBCOA Luncheon A\*\$**  
 2:00 PC Buddy Club D  
 3:00 Spanish C\*\$  
 5:00 Family Martial Arts B\*\$  
 6:00 Adult Martial Arts B\*\$  
 6:00 Tap Beginning D\*\$  
 6:30 Woodcarving Class C

8:30 Food Distribution B 9  
 9:00 TOPS D\$  
 9:00 Computer Lessons L\*\$  
 9:00 Phys Ed D  
 9:30 Pinochle G  
 10:00 Free Your Mind C\*  
 10:30 Handy Crafters D  
 1:30 Chinese Brush Paint D\*\$  
 2:30 Italian E\*\$  
**7:30 Ballroom Dance A\$**

9:00 Zumba Gold A\*\$ 10  
 9:00 E-Bay Class L\*\$  
 9:30 Martial Arts B\*\$

9:00 Tai Chi Chuan B\*\$ 15  
 9:00 Computer Lessons L\*\$  
 10:00 Yoga E\*\$  
 11:00 Yoga E\*\$  
 12:00 Poetry C  
 12:30 Bridge G  
 12:30 Bingo A\$  
 12:30 Surf City Senior Providers A  
 3:00 Spanish Beginning C\*\$  
 4:15 Spanish—Intermediate C\*\$  
 4:30 Seniors on the Go Meeting A  
 5:00 Family Martial Arts B\*\$  
 5:30 Radio Club E  
 6:00 Adult Martial Arts B\*\$  
 6:00 Tap D\*\$  
 6:30 Woodcarving Class C

9:00 TOPS D\$ 16  
 9:00 Phys Ed B  
 9:00 Computer Lessons L\*\$  
 9:30 Pinochle G  
 10:00 Free Your Mind C\*  
 10:30 Handy Crafters D  
 12:30 Movie A  
**12:30 Notary 3\***  
 1:30 Chinese Brush Paint D\*\$  
 2:00 Italian E\*\$  
 3:00 Line Dance—Intro A\*\$

9:00 Zumba Gold B\*\$ 17  
 9:30 Martial Arts E\*\$  
 6:00 AA/Al-Anon D

**8:30 B.O. Assembly D** 22  
 9:00 Computer Lessons L\*\$  
 9:00 Tai Chi Chuan B\*\$  
**10:00 Legal Assistance 3\***  
 10:00 Yoga E\*\$  
 10:30 Bingo Cards B  
 11:00 Yoga E\*\$  
 12:00 Poetry C  
 12:30 Bridge E  
 12:30 Bingo A\$  
 2:00 PC Buddy Club D  
 3:00 Spanish Beginning C\*\$  
 5:00 Family Martial Arts B\*\$  
 6:00 Tap Beginning D\*\$  
 6:30 Woodcarving Class C

9:00 TOPS D\$ 23  
 9:00 Hiking California O\*\$  
 9:00 Computer Lessons L\*\$  
 9:00 Phys Ed B  
 9:30 Pinochle G  
 10:00 Free Your Mind C\*  
 10:30 Handy Crafters D  
 12:00 Party Bridge G  
 12:30 Movie A  
 1:30 Chinese Brush Painting D\*\$  
 2:00 Italian E\*\$  
 3:00 Line Dance—Intro A\*\$

9:00 Zumba Gold B\*\$ 24  
 9:30 Martial Arts D\*\$

9:00 Tai Chi Chuan B\*\$ 29  
 9:00 Google Galore L\*\$  
 10:00 Yoga E\*\$  
 11:00 Yoga E\*\$  
 12:00 Poetry C  
 12:30 Bridge G  
 12:30 Bingo A\$  
 1:00 Google Galore L\*\$  
 3:00 Spanish Beginning C\*\$  
 4:15 Spanish—Intermediate C\*\$  
 5:00 Family Martial Arts B\*\$  
 6:00 Adult Martial Arts B\*\$  
 6:00 Tap D\*\$  
 6:30 Woodcarving Class C

8:00 Hiking California O\*\$ 30  
 9:00 TOPS D\$  
 9:00 Computer Lessons L\*\$  
 9:00 Phys Ed B  
 9:30 Pinochle G  
 10:00 Free Your Mind C\*  
 10:30 Handy Crafters D  
 12:00 Party Bridge G  
 12:30 Movie A  
 1:30 Chinese Brush Painting D\*\$  
 2:00 Italian E\*\$  
 3:00 Line Dance—Intro A\*\$

**I N D E X**

**A-B-C-D-E-G-L-3.....Room #'s**  
**O..... Outside**  
**\$.....Participation fee**  
**\*.....Appointment or registration needed**

City of Huntington Beach  
 Huntington Beach Council on Aging  
 1706 Orange Avenue  
 Huntington Beach, CA 92648

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 Carol Settimo Willa Sigler Donald Silk Marie Slovacek Charles & Rose Stevens David & Kathleen Sullivan Jonkie Suwarsa  
 Janina Szebert William & Dorothy Tomsic James Townsend Evalena Tuell Robert Villegas Catherine Walter Billie Wells  
 Dick & Dr. Barbara White Tom & Jean Worden Edwina Worsham Gretchen Yeh Lou & Olga Zulka

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## **SENIOR ADVISORY**

### **CALIFORNIA DEPARTMENT OF INSURANCE**

*Medicare Supplement insurance, sometimes known as “Medigap” insurance, may be purchased by anyone enrolled in Medicare. Medigap Plans are designed to pay some of the out-of-pocket expenses that people have to pay when using their Medicare benefits. Under the new law, all of the Medigap Plans have been revised; some of the lettered plans were changed, some were dropped and some new ones added. These new Medigap Plans will not take effect until June 1, 2010-but they may be advertised and marketed early in 2010. HICAP appointments are available at Rodgers Seniors Center, call 714-536-9387 and ask to see a HICAP counselor.*

**Q: Do I need to buy one of the new Medigap Plans?**

A: No. If you are satisfied with your current Medigap Plan, you can keep it as long as you continue to pay the premiums. You should only buy one of the new Medigap Plans if your old Plan no longer meets your needs or if the premium is too high and you can buy a new Plan that meets your needs with a lower premium.

**Q: What happens to the Medigap Plans people already have or buy before June 1, 2010?**

A: Nothing happens to them. A Medigap Plan is guaranteed renewable for as long as you want to keep it and the premiums are paid. If you keep your current Medigap policy, your benefits will stay the same regardless of the changes to the law.

**Q: How do these changes affect me?**

A: In order to understand how the new law affects you, you need to know which type of Medigap Plan you have. If you are not sure, contact your insurance agent or the insurance company that issued your policy and ask.

**Q: What changes did the new law make to Medigap Plans?**

A: The following changes were made to the Medigap Plans and will become effective June 1, 2010.

- ✓ To new Medigap Plans were added, Plans M and N, with new cost sharing rules.
- ✓ Hospice benefit was added to the basic benefits of Plans A through D and Plans F and G (plan E will no longer be available).
- ✓ Benefits for excess charges in Plan G were increased to 100%
- ✓ Medigap Plans E, H, I, and J, including high-deductible Plan J, were dropped.
- ✓ Preventative Care benefits were dropped from all Plans because Medicare now covers many of those benefits.
- ✓ Home Recovery benefit was dropped from all Plans due to underuse.

**Q: What other changes did the new law make to Medigap?**

A: The following changes were made to the Medigap rules that require companies to issue a Medigap policy without health screening and without a new waiting period limitation.

- ✓ “Guaranteed issue” coverage now includes the right to buy a Medigap policy without health screenings or a new waiting period when an employer stops providing insurance that covers all of the cost for Medicare’s 20% co-insurance.
- ✓ “Open Enrollment” rights have been extended to include COBRA and CalCOBRA when this extension of employer coverage is lost, or when a person is only eligible for “Medi-Cal with a share of cost” because of an income or their assets.
- ✓ When a person is entitled to “guaranteed issue” coverage or is applying under “open enrollment” rights, insurance companies cannot request, require or obtain medical information as part of the application process. The one exception to this rule occurs when a person is first enrolled in Medicare Part B; and insurance company can require answers to health questions as part of the application for a Medigap policy.

**Q: What is the “Birthday Rule” and how does it apply to the new Medigap Plans?**

A: If you already have Medigap insurance, you have 30 days of “open enrollment” following your birthday each year when you can buy a new Medigap policy without a medical screening or a new waiting period. The new policy must have the same or lesser benefits as your old policy. To avoid confusion, the new law specifies which of the new Plans are equal to the old Plans.

**Q: Who can sell Medigap Plans?**

A: Medicare/Medigap has no official sales agents. Licensed insurance agents can sell Medigap Plans to people with Medicare. Be wary of any salesperson who says that he/she is a Medicare representative. Medicare does not send ‘representatives’ to solicit your business. Check on your insurance agent by contacting the California Department of Insurance at 1-800-927-4357 or visit our website at [www.insurance.ca.gov](http://www.insurance.ca.gov).

**Q: Who can explain these Medigap changes to me?**

A: Contact your insurance agent or the insurance company if you have questions about your Medigap policy and the new changes in Medigap Plans. You may also contact HICAP (Health Insurance Counseling and Advocacy Program) at 1-800-434-0222 for answers to many health insurance questions. For information about Medicare or Medigap call: 1-800-MEDICARE (1-800-633-4227) or visit [www.medicare.gov](http://www.medicare.gov).

# Huntington Beach Council on Aging Travel and Trips

## April – Santa Anita Races

Join up for a day of thoroughbred horse racing at one of America's most celebrated sporting landmarks: Southern California's world-famous Santa Anita Park – "The Great Race Place." Santa Anita racetrack is known for offering some of the most prominent racing events in the United States and is considered the best in wintertime horse racing around the world. Because of its proximity to Hollywood, it has traditionally been associated with the film and television industries. We'll enjoy a waiter-served luncheon, followed by exciting thoroughbred horse racing. We have clubhouse loge seating with a great view of the races, a race program and a professional handicapper to go over the day's races. We will stay for all the races. **Price \$58.**



Thursday April 15. Depart Rodgers Senior Center 10AM and return approximately 6PM.  
**Sign up starting March 2, 2010**

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## May – Doheny Mansion Tour St. Vincent de Paul Church

The Doheny mansion located on the grounds of Mount St Mary's College in L.A., was once home to oil baron Edward and Carrie Estelle Doheny. Step back in time as you learn the history of this fascinating family and the lifestyle of these rich and famous Angelenos 100 years ago. This Gothic Renaissance-style Victorian mansion was designed in 1898, and boasts a marble-pillared great hall, the Pompeian room with imported Siena marble and a Tiffany iridescent glass dome. Enjoy a guided tour of the first floor and the outside grounds. Also a visit to the spectacular St. Vincent de Paul Church built in 1925 as a gift from Edward Dohney. Prior, enjoy an optional full tea lunch at a downtown Los Angeles Tea Room or lunch on your own at Farmer's Market. There is considerable walking on this tour and appropriate shoes should be worn. **Price \$60 without tea lunch \$80 with tea lunch.**

Wednesday May 19, 2010. Depart Rodgers Senior Center 10AM returning approximately 6P.M. **Sign up starting March 30**



Register in advance at the front counter for all of these trips on:  
**Tuesdays 9 a.m. – 11 a.m. or Thursday and Friday, 1pm – 5pm.**  
Please let us know if you need special accommodations.



S

## Huntington Beach Senior Lunch Program – April 2010

(714) 536-8404 Lunch is served at 11:30 am. Show up early, meals may sell out!

Monday	Tuesday	Wednesday	Thursday	Friday
	Suggested Donation - \$2.50  Meal Cost for Under Age 60 - \$3.50		<b>1</b>	<b>2</b>
			<b>Chicken Marsala</b> Penne Pasta Brussels Sprouts Wheat Roll Assorted Cake Diet: Diet Cake	<b>Spring Brunch Cheese Omelet</b> Topped w Asparagus & Cream Sauce Rosemary Potatoes Mini- Muffin Fresh Fruit Cup
<b>5</b>	<b>6</b>	<b>7</b> 🥄	<b>8</b>	<b>9</b>
<b>Spring Celebration Honey Baked Ham</b> Sweet Potatoes Chef Cut Blend Vegetables Parker House Roll Carrot Cake Diet: Fruit Mix	<b>Beef Pot Roast w/ Gravy</b> Mashed Potatoes Tossed Green Salad w/ Italian Dressing Wheat Roll Seasonal Fresh Fruit	<b>Chicken Chow Mein</b> Brown Rice Oriental Stir-Fried Vegetables Almond Cookie Fortune Cookie Diet: Diet Cookie	Farmers Soup/Crackers <b>Tuna Salad Sandwich</b> on Whole Wheat Bun Marinated California Salad Assorted Pudding Diet: Diet Pudding	Tortilla Soup <b>Beef Taco Salad with Chips</b> Cheese, Sour Cream Taco Sauce Lettuce Spanish Rice Fresh Fruit
<b>12</b>	<b>13</b>	<b>14</b> 🥄	<b>15</b>	<b>16</b>
<b>Turkey Salad Sandwich</b> on Whole Wheat Bread Carrot Raisin Salad Broccoli Slaw Jello Diet: Diet Jello	<b>Baked Meatloaf w/ Brown Gravy</b> Tri-Color Potatoes Country Blend Vegetables Whole Wheat Roll Assorted Pudding Diet: Diet Pudding	<i>Italian Soup / Crackers</i> <b>Manicotti w/ Marinara Sauce</b> Spring Salad Mix w/ Italian Dressing Sourdough Roll Chilled Fruit	<i>California Soup/Crackers</i> <b>Hamburger on Bun</b> Lettuce/Tomato / Ketchup Potato Wedges Chunky Fruit mix	Egg Drop Soup/Crackers <b>Chicken with Polynesian Sauce</b> Steamed White Rice Japanese Blend Vegetables Seasoned Fresh Fruit
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b> 🥄	<b>23</b> 🥄
<b>Open-Faced Turkey Sandwich</b> Whole Wheat Bread Mashed Potatoes Peas and Carrots Cookie Diet: Diet Cookie	<i>Zuni Corn Soup/Crackers</i> <b>Chicken Diane</b> Rice Pilaf California Blend Vegetables Wheat Dinner Roll Melon	<b>Roast Pork with Gravy</b> Sweet Potato Casserole w/ Marshmallow Green Beans Chilled Applesauce	<b>Spaghetti w/ Meatballs w/ Marinara Sauce</b> Broccoli Sourdough Roll Angel Food Cake w/ Diet Topping	<b>Hot Dog on Wheat Bun</b> Crinkle Cut Potatoes Coleslaw Fruit Cup Condiments: Onion/Relish/ Ketchup
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b> 🥄	<b>30</b>
<b>Beef Fajitas Fajita Vegetables</b> Sour Cream Spanish Rice Flour Tortillas Seasonal Fresh Fruit	<b>Honey-Glazed Chicken</b> Garlic Rice Brussels Sprouts Whole Grain Roll Fruit Mix	<b>Chili Verde with</b> Black Beans Chuckwagon Corn Flour Tortilla Assorted Pudding Diet: Diet Pudding	<b>Salisbury Steak w/ Mushroom Sauce</b> Mashed Potatoes Broccoli 7-Grain Roll Cake Diet: Diet Cake	<b>Vegetable Lasagna</b> Tossed Green Salad With Ranch Dressing Sourdough Roll Chilled Mandarin Orange

All Meals comply with the Dietary Guidelines for Americans (DGA) 2005 & the Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Health and Human Services Agency & the U.S. Department of Agriculture. Community Senior Serv's Lunch Program may change the menu for reasons of quality control, price or vendor problems. Please see your Site Manager for menu changes. This project is funded in part through funds from the Federal Older Americans Act as allocated by the Orange County Board of Supervisors.

\*Sugar free gelatins and water packed fruits are used throughout the menu to accommodate diabetics. All \* desserts are *Sugar-Free*. 1% milk served daily 🥄 indicates 1,200 mg or more of sodium. Low Cholesterol, 0% transfat buttery spread served with bread and rolls.

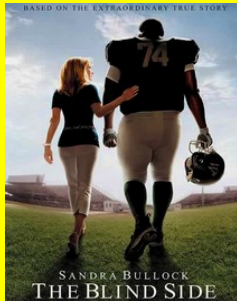
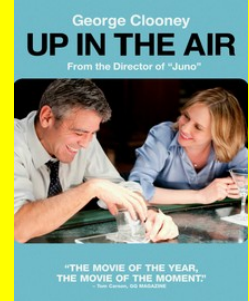
# FRIDAY AFTERNOON MOVIES

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## Up in the Air

APRIL 2

Ryan Bingham (George Clooney), a corporate downsizing expert, has perfected the unencumbered lifestyle of the frequent flyer. Just as Ryan is on the verge of reaching ten million frequent flyer miles, his boss, Craig Gregory (Jason Bateman), threatens to ground him. Young, upstart efficiency expert Natalie Keener (Anna Kendrick) has convinced Gregory to replace face-to-face downsizing meetings in favor of video conferencing. Ryan must now explore connections outside of airports and he turns to fellow frequent traveler, Alex Goran (Vera Farmiga). Written and directed by Jason Reitman (Juno), this comedy was nominated for six Oscars, including best picture, and won the Golden Globe for Best Screenplay. *Rated R for Language and some Sexual Content . 109 minutes*



## The Blind Side

APRIL 16

2010 Best Actress Sandra Bullock plays Leigh Ann Touhy in this remarkable true story. The Touhys, an affluent southern white family, bring a homeless, African American teen, Michael Oher (Quinton Aaron) into their home. Michael gains a family and the Touhys gain a beloved son and brother. Michael knows little about football or schoolwork but the Touhys help him to fulfill his potential as a college All-American and first-round NFL draft pick. Also starring Kathy Bates and Tim McGraw, you will cheer at this movie with its mix of gridiron action and heartwarming emotion. *Rated PG -13 for brief violence, drug and sexual references. 129 minutes*

## Precious: Based on the novel Push by Sapphire

APRIL 23

Viciously abused by her mother (a riveting, Oscar-winning Mo'Nique), raped and impregnated twice by her father, obese, illiterate, 16 year-old Precious Jones (Oscar nominee Gabourey Sidibe) has an unexpected chance at a different life when she enrolls in a Harlem alternative school. Teacher Blu Rain (Paula Patton) and social worker Ms. Weiss (Mariah Carey) encourage Precious and despite the unimaginable barriers Precious battles, there is hope. Lee Daniels directs. *Rated R for child abuse including sexual assault, and pervasive language .109 minutes*



## The Young Victoria

APRIL 30

Victoria (Emily Blunt) is in the middle of a royal power struggle. Her uncle, King William is dying and Victoria is in line for the throne. Everyone is trying to curry her favor. Victoria's overbearing mother, the Duchess of Kent, and an ambitious controlling step-father, try to keep her under their thumb. Victoria's handsome cousin, Prince Albert (Rupert Friend), woos her, but has been coached to win her hand by his uncle, King Leopold of Belgium. Charming Lord Melbourne (Paul Bettany) seeks to advise her. Who can she trust? Oscar winner for Costume Design, this lush film was produced by Martin Scorsese and Sara Ferguson, the Duchess of York. *Rated PG for some mild sensuality, a scene of violence, and brief incidental language and smoking. 105 minutes*

12:30  
FREE!

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