

Dinner and a Dance!!!! We are excited to announce a new and exciting format for the ballroom dance. This year dances will be held quarterly instead of monthly and will be a complete dinner dance with bigger entertainment, more food, more prizes and keepsakes from the night. The first dance of the year will be on **Friday, February 12th, from 7 p.m.-10 p.m.** and will be celebrating in the high seas fashion as you go **“Cruisin’ on a Love Boat”**. Bring a sweetheart, a friend or simply yourself for this exciting night of entertainment and dance. There will be a Captains Welcome Dinner Buffet, as well as a decadent dessert bar full of all the favorites sure to please every sweet tooth’s dreams. Entertainment will be provided by the big band swinging styling’s of the Fresh Experience. Make sure to take a break during the evening at the photo booth to commemorate the night with some silly snapshots or a cute picture with your valentine’s sweetheart. Throughout the night there will be themed games as well as opportunity drawings with marvelous prizes. **Transportation will be available through Surf City Seniors On the Go; please call dispatch at (714) 374-1742 to book your ride. Advance purchase tickets are available now at the Michael E. Rodgers Seniors Center front desk for \$5 per person for HBCOA members and \$7.50 per person for non HBCOA members. Pre-purchased tickets will receive double raffle tickets;** tickets will also be available for purchase at the door the night of the event. Don’t miss out on what is sure to be a splendid event.

—HD

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Senior Center In the Park: February Progress Report

The interior progress of the new Senior Center in Central Park is moving right along. Builders have started to install the drywall, interior fixtures, windows and have roughed in the parking lot. Check back next month for a new update as we enter into the home stretch of construction.



CITY OF HUNTINGTON BEACH SENIOR SERVICES

MICHAEL E. RODGERS SENIORS' CENTER
A Center for Active Aging
1706 Orange Ave, Huntington Beach, CA 92648
(714) 536-9387

SENIORS OUTREACH CENTER
Facilitating Independence for the Frail and Elderly
1718 Orange Ave, Huntington Beach, CA 92648
(714) 960-2478

Open Monday - Friday 8:30 A.M. to 5:00 P.M., Saturday 9:00 A.M. to 12:00 P.M., Sunday Closed

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PRESIDENT'S MESSAGE

Greetings,

At the city council meeting held on January 19th, I had the great honor as your president, and on behalf of the entire HBCOA membership, to present a check to the city from the HBCOA for \$100,000, to be used expressly for Senior Services at the Senior Center in Central Park.

It is hard to believe that we are already into the second month of 2016. We are all looking forward to the opening this summer of the Senior Center in Central Park. City staff is busily planning for the transition from the current centers into Central Park as well as all the festivities and events that will go along with the Grand Opening.

Along with our impending move comes some changes to the events calendar as well. The dance schedule has changed. There will be quarterly dinner dances held on February 12th - Cruisin' on a Love Boat, May 13th - The Last Dance, September 16th - Full Moon Dancing Under the Stars, and December 31st - New Years Eve Gala. Secondly, the quarterly membership luncheons format will change slightly as we join with the daily lunch program for our meetings on February 12th, May 6th, August 12th, and October 31st. I look forward to seeing you at our new events in this exciting year.

Bob Dettloff
HBCOA President



I WANT TO JOIN THE HB COUNCIL ON AGING AND ADD MY SAY TO THE VOICE OF SENIOR CITIZENS.

Date ___/___/___ 2016 New Member ___ 2016 Renewal

Membership Level: Bronze thru Lifetime members are recognized in the Outlook, at the senior center, and at www.hbcoa.org.

___\$10 General ___\$100 Bronze ___\$250 Silver ___\$500 Gold ___\$1000 Platinum ___\$2500 Diamond ___\$10,000+ Lifetime ___ Other

___List my plaque sponsorship

as: _____

___Keep my donation anonymous.

___I have enclosed a self-addressed stamped envelope for my membership card ___I will pick-up my card at the senior center.

___I do not wish to receive the Outlook by mail with my membership.

PLEASE PRINT

NAME (S) _____ COMPANY _____
Last First

ADDRESS _____ PHONE_() _____
Number Street Space/Apt#

ADDRESS _____
City State Zip

E-MAIL _____

The \$10 annual membership fee includes a subscription to the Outlook newsletter. You must renew annually. Make your check payable to HBCOA and mail to: 1706 Orange Avenue, Huntington Beach, CA 92648 or online at www.hbcoa.org. HBCOA Tax ID# 51-0179431



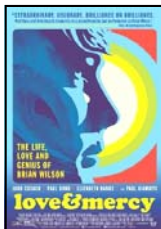
HUNTINGTON BEACH COUNCIL ON AGING

Access, Dignity and Quality of Life

Friday Afternoon at the Movies

12:30 p.m. Free!

MOVIES SUBJECT TO CHANGE



Love & Mercy

2/5

Brian Wilson (John Cusack) is the creative soul of the Beach Boys, but he paid a heavy price for his talent. That especially shows during his peak artistic years in the 1960s, as his inner demons and obsessions trying to please his abusive

father drive him to a mental breakdown that would plague him for years. In the 1980s, with Brian barely functional under the domination of the unscrupulous Dr. Landy, Brian meets and falls in love with Melinda Ledbetter (Elizabeth Banks). As their relationship grows, she observes Brian's crippling subservience to the therapist with growing alarm. Ultimately, she must take action with love, willing to stand up to oppression she cannot ignore. **121 minutes. Rated PG-13 for thematic elements, drug content and language.**

During a manned mission to Mars,

2/19

The Martian

Astronaut Mark Watney (Matt Damon) is presumed dead after a storm and left by his crew. But Watney has survived and finds himself stranded and alone on the hostile planet. With only meager supplies, he must draw upon his ingenuity, wit and spirit to subsist and find a way to signal to Earth.



Millions of miles away, NASA and a team of international scientists work to bring "the Martian" home, while his crewmates concurrently plot a daring rescue mission. As these stories of incredible bravery unfold, the world comes together to root for Watney's safe return. **144 minutes.**

Rated PG for some strong language, injury images, and brief nudity. ** SPECIAL 12:15 p.m. START TIME**

The Intern

2/26

Starting a new job can be a difficult challenge, especially if you're already retired. Looking to get back into the game, 70-year old widower Ben Whittaker (Robert De Niro) seizes the opportunity to become a senior intern at an online fashion site. Ben soon becomes popular with his younger co-workers,



including Jules Ostin (Anne Hathaway), the boss and founder of the company. Whittaker's charm, wisdom and sense of humor help him develop a special bond and growing friendship with Jules. **121 minutes. Rated PG-13 for some suggestive content and brief strong language.**



What's New In L.A.

**W/ Guide Jonathon & Included Lunch at Clifton's Cafeteria
Wednesday, February 10, 2016**

Step on Guide Jonathon will join the group to provide a fascinating perspective on the latest development in Downtown L.A. and along the "Miracle Mile". Some of the most anticipated changes to the Downtown were opened by late 2015. Enjoy an hour at leisure to explore the Broad, the new \$140 million art museum being hailed as an architectural masterpiece. The museum features an extensive contemporary art collection. See the burgeoning Arts District, the newest developments in the Grand Ave Project, as well as the Wilshire Grand Hotel, currently under construction, it will be the tallest building on the west coast when completed. Drive down the "Miracle Mile", then enjoy lunch at Clifton's Cafeteria known for its kitschy forest themed dining room and comfort food. **Price \$84 members \$94 non-members. Depart 8:45 a.m. Return 6:15 p.m.**

Redesigned & Reminiscent Peterson Auto Museum & Holocaust Museum



Tuesday, February 23, 2016

Explore two of LA's newest architectural designs—the redesigned Peterson Automotive Museum and the remodeled L.A. Museum of the Holocaust. The bold redesign of the Peterson's exterior has been compared to the iconic metallic design of the Disney Concert Hall. Marvel at the renovated interior which features 22 new galleries. Enjoy time for lunch on your own at Farmer's Market or the Grove. Continue the tour with a visit to the L.A. Museum of the Holocaust, which is the oldest Holocaust museum in the US. The architecture and layout play a significant role in the visitors' experience as the nine rooms descend and decrease in light as they progress towards the darkest part of history. A guided tour will provide an overview of the Holocaust by closely examining artifacts and museum exhibits.

Suggested: Walking shoes. Price \$54 members \$64 non-members. Depart 8:30 a.m. Return 5:30 p.m.

Annual Trip Schedule Available at the Senior Center

Register in advance at the senior center
Tues. 9:00–11:00 a.m., all day Thurs. and Fri. 1:00–5:00 p.m.
Unless noted above, trips depart from the senior center.
Information or special accommodations 714-536-9387
More details on above trips at www.hbcoa.org

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Ray Adams, Transportation Assistant
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Jean Payne, Dispatcher
Bruce Scott, Dispatcher
Auralio Carranza-Cruz, Driver
David Downs, Driver
Cindy Martina, Driver
Charles Nelson, Driver
Christine Opal, Driver
Craig Schaum, Driver
Philip Smith, Driver
Diane Stanton, Driver
Philip Roy, Assistant Custodian
Erik Wenberg, Assistant Custodian

EDITOR

Heather Dodd

Heather.Dodd@surfcity-hb.org

SPONSORSHIP

Judi Rohrdanz 714-536-2704

Judi.Rohrdanz@surfcity-hb.org

Sponsorship Disclaimer

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SUPERVISOR'S MESSAGE

Greetings Friends,

Happy Valentine's Day! Can you feel the love in the air? I can. It's an exciting time at Rodgers with lots of hustle and bustle getting ready for Valentine's celebrations and the opening of the Senior Center in Central Park. We are very excited to move in and get our programs going in our new home.

As we are concluding our time here at Rodgers, we will definitely go out with a bang. We have two fantastic opportunities to celebrate this month and hope that you can come. Join us on Friday, February 12th for the HBCOA luncheon. There will be live entertainment by *Jusstuss, the New Sonny and Cher*, at 10:30 a.m. and a SeniorServ lunch will be served at 12 noon.

In addition, we are looking forward to a very special dinner and dance on Friday, February 12th from 7 p.m.-10 p.m. Sponsored by the Huntington Beach Council on Aging, with band sponsorship by MemorialCare Medical Group. You will enjoy an evening "Cruisin' on a Love Boat". Dine at the Captain's Welcome Dinner, dance to the sounds of the *Fresh Experience* and enjoy gourmet desserts. Fun games and opportunity drawings will be held throughout the evening. Plus, we are excited to bring in a photo booth so you can take home memories from the night. **Purchase your tickets today at the front counter! \$5 for HBCOA members, \$7.50 for non members. Transportation is available through Surf City Seniors On the Go, (714) 374-1742.** We hope to see you there!



Kristin Martinez
 Recreation Supervisor



WHERE IS YOUR OUTLOOK?

Asta and Werner Puttner took their *Outlook* newsletter to Farsta Gard in Sweden. The area of Farsta Gard dates all the way back to the early 1400's.

Take your Outlook on vacation and pose with it for a picture and you could be featured in a later issue. Where in the world will the Outlook go next? Send your submissions to Heather.Dodd@surfcity-hb.org



HB Senior Service Remembers

Diane Campbell 3/31/1941 — 12/8/2015
 Shirlee Earley 11/27/2015
 Joseph Lee 7/17/1934—1/11/2016



COMMUNITY RESOURCES



Huntington Beach Senior Services

Michael E. Rodgers Seniors' Center

714-536-9387 Recreation, education, nutrition, fitness, services

Seniors Outreach Center

714-960-2478 Transportation, care-management, home delivered meals, mobility equipment lending, care calls & visits

Seniors on the Go Transportation

714-374-1742 8:30 A.M. - 4:30 P.M.

Huntington Beach Council on Aging (HBCOA)

Recognized by the Huntington Beach City Council as representing its local senior citizens www.hbcoa.org

Adult Protective Services (APS)

800-451-5155 Prevents abuse and neglect of elder and disabled adults www.ssa.ocgov.com

AlertOC

714-536-5978 a mass notification system designed to keep Orange County informed of emergencies www.alertoc.org

Alzheimer's Family Services Center

714-593-9630 Alzheimer's and dementia www.afscenter.org

Aging and Disability Resource Center

800-510-2020 Referrals for older persons, persons with disabilities, & caregivers www.adrcoc.org

AR Mobility

714-841-6360 Discounted medical & mobility equipment, repairs & service www.armobility.com

California Senior Medicare Patrol

855-613-7080 helps Medicare and Medicaid beneficiaries avoid, detect, and report healthcare fraud

www.cahealthadvocates.org

Caregiver Resource Center

800-543-8312 Caregiver support, respite care, and education

www.caregiveroc.org

HICAP

714-560-0424 Health Insurance Counseling & Advocacy

Info Link

2-1-1 or 1-888-600-4357 24-hour referrals to countywide health and human services for all ages www.211oc.org

OCTA Access

714-560-5956 Transportation throughout Orange County for persons unable to take the fixed bus system www.octa.net

Project SHIP Senior Home Inspection Program

714-374-1615 For adults 60+, free home safety checks, smoke detectors and replacement of old batteries in current detectors

Rescue Alert

866-774-9600 Personal response systems; discount for HB residents www.rescuealertofca.com

Social Security Administration

800-772-1213 17075 Newhope Ste B, Fountain Valley, CA 92708 www.ssa.gov

Hoag Neurosciences Institute's Orange County Vital Brain Aging Program Presents

Healthy Brain Aging 2016: The Latest Update

Join us for an informative discussion on prevention of memory loss and other cognitive impairment due to Alzheimer's disease and related disorders (ADRD). Presented by William Shankle, MD Neurological Specialist in Alzheimer's Disease and related disorders

Hoag Irvine Auditorium,
Monday, February 22nd at 6p.m.
To register please call
800-400-Hoag (4624)



Coastkeepers Beach Clean-Up

The Coastkeepers host beach clean ups the 2nd Sunday of every month 9a.m.-11a.m. at Huntington State Beach Tower 2. Enter at Magnolia St. and mention Coastkeepers for parking. Info at (310)844-8524. Ask for Dyana Pena.



Surf City Marathon & Half Marathon Sunday February 7th 2016

The Surf City Marathon is a runners' dream. The oceanfront course takes you through the best of Huntington Beach. From Pacific Coast Highway to Central Park, the mostly flat course is perfect for new marathoners and is even used by some to qualify for the Boston marathon.



Bolsa Chica Wetlands

Take a guided tour of Bolsa Chica and learn about the history, wildlife, and restoration of the wetlands.

Public tours are held the second Saturday of each month 10 a.m.—12 p.m.
For more information call (714) 846-1114

Senior Services **CLOSED**
Monday February 15th
Presidents Day



Golden Age Dentistry

Do you have painful teeth, broken teeth, or missing teeth?

DR. FARHAT CAN HELP YOU!!!

Specializing in senior care for over 25 years

Are your existing dentures loose, ill-fitting, or broken?

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Call us today for your *free* consultation.

(714) 887-0177



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**Mention HB0216 to receive 10% off
Offer expires February 29th, 2016**

Treasures by the Sea **2016**

Annual Fundraiser

Saturday - April 2, 2016

*Hyatt Regency Huntington Beach Resort & Spa
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*Silent and Live Auction
Luncheon & Entertainment*

For reservation information and VIP seating:
assistanceleaguehb@aol.com

Learn more about us at our website:
ALHB.org



Does someone you love struggle with memory loss?

WE'RE HERE TO HELP.

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- ✓ Caregiver support groups
- ✓ Medical oversight
- ✓ Early-stage program



714-593-9630

www.AFSCenter.org





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- Senior Communities
- Social Media Kit



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Special for senior (over 55) on **TUESDAYS & WEDNESDAY**

Hair cut: \$12
(regular \$14)

Shampoo & set: \$13
(regular \$16)

Perm: \$35
(regular \$40)

Cut & Set: \$23
(regular \$25)



Perm & Cut & Set: \$50
(regular \$55)

Perm & Cut: \$42
(regular \$50)



5942 Edinger Ave. Suite 110
Huntington Beach, CA 92649
(Edinger & Springdale - Von's area)

- Monday: CLOSED
- Tue - Friday: 9 am - 7pm
- Saturday: 9 am - 6pm
- Sunday: 10 am - 5pm

714-840-8997

• Walk-ins welcome!



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to benefit
Project Self Sufficiency

**Saturday
May 7, 2016**

Join us in our new and exciting venue!
SeaCliff Country Club

Cheese and Silent Auction 6:00 pm
Program and Dinner with Wine 7:30 pm
Chocolate Dessert 8:45 pm

**Save
the
Date!**

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- ❖ Senior Plus at Orange Coast Memorial – free program for adults 55 years or better: Call 714-378-5531



18111 Brookhurst Street ♦ Fountain Valley, CA 92708 ♦ 714-378-7000 ♦ www.memorialcare.org



SENIOR CENTER
Experts at Living Well



*Dancing Through the Decades
Cruisin' on a*

L  **VE**
BOAT 

February 12th, 2016

7:00 p.m— 10:00 p.m
*Join us for an evening of
Dinner and Dancing!*

Transportation
Available
(714) 374-1742

Photo booth Fun!

**TICKETS
AVAILABLE NOW
AT THE
FRONT DESK!**



\$5 HBCOA Members
\$7.50 Non-Members

**EXTRA RAFFLE
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ADVANCED PURCHASE**

Live Music featuring
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HBCOA
Huntington Beach COUNCIL ON AGING

The "Silent Killer"  
**A discussion on blood
pressure**

Join Nurse Lori, RN PHN Adult Public Health Nursing Services, for a discussion on blood pressure.

- What is it?
- Will it go away?
- How can I manage it?
- Medications used and lifestyle changes that can help control it.

Date: Thursday, February 18, 2016
Time: 10:00 a.m.-11:00 a.m.
Location: Michael E. Rodgers Sr. Center
Sign up at the front desk today!

**Valentine's Day Celebration
&
HBCOA Membership Luncheon
Friday February 12th**


Enjoy Live Entertainment
10:30 a.m. — 12:00 p.m.
By
"Jusstuss: the New Sonny & Cher"

**Michael E. Rodgers Seniors' Center
Senior Café**

**Reservations Required
RSVP In Person By
Monday, February 8th
Limited spaces, register today!**

Surplus Food Distribution

Friday, February 12th, 8:30-10 a.m. Room D
FREE Food commodities are available to all low income Huntington Beach residents on the second Friday of each month at Rodgers Seniors' Center. Please bring proof of residency and self certify your income. 

Register for classes at the senior center front desk
or www.hbsands.org
To register or for information on activities, clubs,
classes, & services call 714-536-9387

Michael E. Rodgers Seniors' Center will be
CLOSED Monday, February 15th in observance of
President's Day



VOLUNTEER NEWS



Volunteers enhance the quality of life for Huntington Beach Seniors



Is your CPR up to date?

February is American Heart Month. The Huntington Beach Fire Department FireMed program offers CPR AED free to Senior Services' Volunteers, a \$60 value. Classes cover emergency situations for adults and children. A two-year Heartsaver CPR AED certification is issued to each student. Pre-registration with Teri Simonis is required to attend. Non-registered volunteers will be turned away at the door.

Classes are offered on some Saturday mornings and Wednesday evenings through May at Rodgers Seniors Center. The next two dates are, Saturday 2/13/16 10:30 am-1:30 pm and Wednesday, 2/24/16 6:00-9:00 pm.



Evening and Weekend Volunteers Needed

The Transportation Program needs Data Entry volunteers to help them transition to a new computer program that will better serve our senior residents. Transportation is one of the most needed services for people as they age and this is your chance to assist our award-winning program. Flexible scheduling, contact Teri Simonis.



Decorations Volunteers All Hands on Deck

The Love Boat will soon be making another run. Come aboard, we are expecting you on Thursday, February 4th, 3:30p.m.-5:30p.m.. to decorate the sr center for the Valentine's dance, "Crusin' on the Love Boat".



Valentine Volunteers Needed

February 12th

SeniorServ Valentine's Lunch, 10:00 a.m.-1:00 p.m.

Help set-up, serve, and clean-up and this special lunch sponsored by the HBCOA. Enjoy entertainment and dessert bar.

Cruisin' on the Love Boat Dinner/Dance, 5:30-8:30 p.m.,

Help set-up, serve and clean-up at this Valentine's Dance with dessert bar, photo booth and cruise themed activities. Enjoy the live band and dancing sponsored by MemorialCare and the HBCOA

Contact Teri Simonis, Volunteer Coordinator
714-374-1544 / TSimonis@Surfcity-hb.org

Interested in Volunteering?

Register for a tour with an experienced volunteer. Call the senior center front desk at 714-536-9387. The next volunteer orientation will be held, Saturday, March 5th 9:00 a.m. to noon. To attend, you must pre-register with Teri Simonis



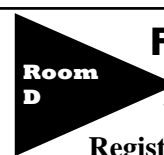
Your hours are valuable!

Have you turned in all of your volunteer hours? Currently the hours reported for 2015 are less than the hours reported in 2014.. The 2015 in-kind contribution to the City of Huntington Beach has gone down from the 1.5 reported in 2014 to 1.4 million dollars. As we solicit financial sponsors for the Senior Center in Central Park, your volunteer hours show how much we value senior services in Huntington Beach. Soon you will receive a letter which shows the hours you reported in 2015. If your hours differ from those reported, please let us know right away. If you know you haven't turned in hours, please do so. It is as easy as an email to TSimonis@Surfcity-hb.org



Bingo Volunteers-No Bingo

Monday, February 15th
Thursday, February 18th



Food Distribution

Friday, February 12th
Volunteer Packers-6:00 a.m.
Registration Volunteers- 8:15 a.m.



Outlook Mailing

Thursday, 2/25 Room D 8:30 a.m.
All are welcome, food, music, fun!



Name Badges

Wearing your name badge shows that you are part of a professional team and identifies you as a Senior Services volunteer. If you need a name badge, please contact Teri Simonis .

SENIORS OUTREACH

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



Beyond Our Belongings:

Serving adults whose belongings fill their homes & limit their lives. This confidential support group is offered once a month at the HB Senior Center. The support group is for people who are personally struggling with clutter &/or hoarding issues. If you are interested in participating, please call & leave a message- OC Task Force on Hoarding telephone message line: 657-234-3574. A support group facilitator will return your call.

For information on aging issues call
Seniors Outreach
714-960-2478

Free Housing Counseling by Fair Housing Foundation

Do you have a question about what repairs your landlord has to make or how to get your security deposit back? Get answers to common and complex housing situations. Call 1-800-446-3247 for a phone consultation. In person sessions are available from 10 a.m. to noon at the HB Civic Center, 2000 Main St. on the following 2016 dates:
February 29, March 28,
April 25, May 23, June 20, July 25, August 22, 2016, and
September 26.



The Many Benefits of Friendships

Friends are there for support during the hard times and help celebrate during good times. Friendships are important but, like any relationship, can be a challenge to maintain. Often pushed aside because of careers, family matters and just general changes in lifestyle, friendships can slip away over the years. Friendships are more important than you may realize.

Friendship is beneficial on many levels and can:

- Increase your sense of belonging and purpose.
- Boost your happiness and reduce your stress.
- Improve your self-confidence and self-worth.
- Help you cope with traumas, such as divorce, serious illness, job loss or the death of a loved one.
- Encourage you to change or avoid unhealthy lifestyle habits, such as excessive drinking or lack of exercise.



Making new friends isn't easy for everyone but it doesn't have to be difficult. To help meet new people and develop friendships you can attend community events, join a faith community, volunteer, try a new hobby or take a new class.

To nurture friendships, try to remain positive. Too much complaining can put a strain on a relationship. Insecurity is a turn-off for most relationships so accept yourself and others. Refrain from judgment, no one is perfect. Be a good listener by asking open questions and not giving advice unless asked.

It's never too late to make new friends or rekindle old friendships. It will pay off in the longrun!

From: 'Friendships: Enrich Your Life and Improve Your Health'
www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/friendships/art-20044860?pg=1

Faced with a new year...something to contemplate.

Author Bronnie Ware, a palliative care worker for many years, wrote an inspiring blog touching on the top 5 "Regrets of the Dying." She notes, "People grow a lot when they are faced with their own mortality." Some common themes were recognized and she shared them beautifully. Just think of how we could change if we didn't wait until the end.

5 Top Common Regrets:

I wish I'd had the courage to live a life true to myself, not the life others expected of me.

I wish I didn't work so hard.

I wish I'd had the courage to express my feelings.

I wish I had stayed in touch with my friends.

I wish that I had let myself be happier.

For the full story, go to the source: "Regrets of the Dying," from inspirationandchai.com by Bronnie Ware, 2009

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The individuals pictured above are models and are not actual therapist and patient.

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TRANSPORTATION

Surf City Seniors on the Go!



Transportation Services (714) 374-1742

Senior Services provides transportation each weekday, from 8:30 a.m. to 4:30 p.m. to Huntington Beach residents 55+ for all their transportation needs within Huntington Beach and to the Social Security office in Fountain Valley. The *Surf City Seniors on the Go!* shuttle brings older adults to Rodgers Seniors' Center for the SeniorServ lunch program, classes, and activities. Medical transportation is also available to Hoag Memorial Hospital Presbyterian, Fountain Valley Regional Hospital, and to Orange Coast Memorial Medical Center. Vehicles are wheelchair accessible.

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

Transportation appointments fill quickly. Please give as much notice as possible. Five days notice is required to guarantee a ride. *Same day service is offered on a space available basis.* 24 hours notice is requested for cancellations.

Call between the hours of 9:00 a.m. and 3:00 p.m. to schedule your ride. New clients are registered by phone. Although there is no charge to seniors for transportation, donations are appreciated.



Transportation services are made possible through a grant from Hoag Hospital.



For schedule changes or booking rides please contact the dispatchers at (714) 374-1742. The drivers are not able to make changes to your ride or book future rides for you.

Donations are always appreciated and help to keep the program free for all.



Bingo Cancellations
Monday February 15th
Thursday February 18th

Transportation will be CLOSED
Monday February 15th



Servicios de Transporte (714) 374-1742

Servicios Para personas mayores provee transportacion cada dia de la semana, de las 8:30 de la mañana hasta las 4:30 de la tarde, para residentes de la ciudad de Huntington Beach que tienen 55 o mas años. Nuestro departamento cubre toda la transportacion entre los limites de la ciudad de Huntington Beach, ademas, van a la oficina de Seguridad Social en la ciudad de Fountain Valley. El servicio de transporte *Surf City Seniors on the Go!* trae adultos mayores a Rodgers Seniors Center para el programa de almuerzo SeniorServ, clases y actividades. Transportacion medical tambien esta disponible para Hoag Memorial Hospital Presbyterian, Fountain Valley Regional Hospital y Orange Coast Memorial Medical Center. Los vehiculos son accesible para personas con sillas de rueda.

Un acompañante voluntario esta disponible para dar asistencia adicional con citas y mandados. Cuando reserva su sitio, digale a la administracion que Usted necesita un acompañante.

Sitas para transportacion se llenan rapidamente. Favor de darnos aviso para poder reservar su transporte. Se necesita 5 dias de aviso para garantizar transportacion. Servicio para el mismo dia es ofrecido cuando hay espacio. Se pide aviso de 24 horas para cancelaciones.

Llame entre las 9:00 de la mañana y las 3:00 de la tarde para reservar su transportacion. Clientes nuevos pueden registrarse por telefono.

No hay costo para ancianos para transportacion, pero se aprecia donaciones para soportar este programa.



Servicios de transportacion son posibles con la ayuda de una donacion de Hoag Memorial Hospital Presbyterian.

Want to take a class or have lunch at the Senior Center but you don't drive?



Let transportation be your chauffeur. They will pick you up at your door, deliver you to the center and return you home all with ease .

After Hours Transportation

For transportation needs outside the regular hours of *Seniors On the Go* consider using the OCTA Access bus program. For an application or questions about the program, contact OCTA at 714-560-5956 or www.octa.net or pick an application up at the Seniors Outreach Center.





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Circle of Friends is a social organization that encourages members age 50+ to be active, healthy and informed. We offer local, national and international travel for our members. We offer a wide range of activities with the active senior in mind. Groups for crafts, walking, party bingo (card bingo), as well as brunch and supper clubs are available.

Annual membership is \$20 per person or \$35 for two persons. For more information please call our office. Our wonderful volunteers are happy to answer your questions and mail you our current newsletter. Please call (714) 843-5061. We are a non-profit organization.

Huntington Beach Hospital accepts many health plans, including Aetna, Anthem Blue Cross, Health Net and United Healthcare.



17772 Beach Blvd. Huntington Beach, CA 92647 (714) 843-5000 www.hbhospital.org

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- Receiving Extra Help from Medicare to pay for medications?

Joanie Webb O'Toole 1-714-325-8528

Calling this number will connect you to a licensed insurance agent/broker.

SCAN Health Plan® is an HMO plan with a Medicare contract. Enrollment in SCAN Health Plan depends on contract renewal. SCAN also has a contract with the California Department of Health Care Services (DHCS) Medi-Cal program. This information is available for free in other languages. For more information, contact the plan. Esta información está disponible gratuitamente en otros idiomas. Comuníquese con el plan para obtener más información.

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2016 Annual Sweetheart Screening

All couples and loved ones are welcome to attend a complimentary cardiovascular screening. Bring your sweetheart for a screening and enter the sweetheart drawing for a chance to win a Valentines Day heart healthy gift basket

Screening includes

- Blood Pressure Check
- Stroke Screening
- Body Fat Composition
- Total Cholesterol (Non Fasting)
- Glucose



When: Thursday, February 11th
3:30 p.m. — 7:30 p.m.

Where: Orange Coast Memorial Medical Center
9920 Talbert Ave,
Fountain Valley, CA 92708

****Registration is required. By appointment only**
For more information please contact Orange Coast Memorial Medical center at (714) 378-7000

ATICEA Senior MANAGER'S MESSAGE

Greetings and Hello from the Senior Café. Though February may be the shortest month it is defiantly not shy on celebrations. Please come and enjoy with us in the café on any of our many celebrations this month.

- Monday February 8th there will be a special lunch to celebrate the Chinese New Year.
- Wednesday February 10th there will be a special lunch to celebrate Ash Wednesday.
- **Friday February 12th will be the HBCOA Valentines luncheon with live entertainment by 'Jusstuss, the New Sonny and Cher' at 10:30 and lunch will be served at noon. RSVP required by or before 2/8/16. No phone reservations allowed.**
- The café will be closed for Presidents Day Monday February 15th.
- Tuesday February 16th there will be a special Post Presidents Day lunch.
- Friday February 26th there will be cake and ice cream for the February birthday celebration.



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Huntington Beach Senior Café at the Center— February 2016
714-375-8404 Lunch is served at 11:30 a.m. Sign up by 11 a.m.

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Minestrone Soup w/ Crackers Linguine & Sausage Sauce Brussels Sprouts Fruited Gelatin	Chicken a la King Over Brown Rice 4 Way Mix w/ Balsamic Dressing WW Dinner Roll Chocolate Chip Cookie	Cream of Pumpkin Soup w/ Crackers Open Face Turkey Sandwich w/ Gravy Mashed Potatoes WW Bread Melon & Juice Cranberry Sauce	** Swedish Meatballs w/ Egg Noodles Peas Whole Baby Carrots Fresh Fruit	Tilapia w/ Lemon Pepper Sauce Rice Pilaf Broccoli Fresh Fruit
8	9	10	11	12
*Chinese New Year Chicken and Vegetables Stir Fry w/ Sauce Jasmine Rice Whole Baby Carrots SF Fruited Gelatin Banana Pudding	Butternut Squash Soup w/ Crackers Roasted Pork w/ Raspberry Sauce Country Mix Vegetables Redskin Potatoes Pineapple Tidbits	**Ash Wednesday Ms. Friday's Fish w/ tartar Sauce Potatoes AuGratin Green Beans w/ Almonds Dinner Roll & Margarine Cherry Chip Cake	** Cream of Asparagus Soup w/ Crackers Cheese Omelet topped w/ Bell Peppers tater tots Parkerhouse Roll & Margarine Apple Crisp	**Valentine's Day Celebration Stuffed Cabbage Rolls Mashed Potatoes Chef Cut Vegetables Dinner Roll & Margarine Red Velvet Cake Diet Ambrosia
15	16	17	18	19
CLOSED Presidents Day 	** Post Presidents Day Roast Beef & Gravy Baked Potatoes Sour Cream & Margarine Broccoli Florets Apple Pie & Ice Cream Diet: SF Pie	Beef Fajitas w/ Fajita Vegetables Spanish Rice Black beans Flour Tortilla Sugar Free Custard	Turkey Meatballs Over Egg Noodles w/ Fricassee Sauce Capri Blend Vegetables WW Roll Fresh Fruit	Salmon Boat w/ Creole Sauce Baby Bakers Potatoes Spinach Salad w/ Dressing Tropical Fruit Mix
22	23	24	25	26
Pork w/ Hawaiian Sauce Fried Rice Oriental Blend Vegetables WW Roll Honeydew Melon	Lentil Soup & Crackers Grilled Chicken Sandwich Shredded Lettuce Coleslaw WW Bread Chocolate Chip Cookie	Mexican Corn Soup Chile Relleno Casserole Tomato & Onion Salad Cantaloupe	Homemade Beef Stew Broccoli Florets Cucumber & Sour Cream Hawaiian Roll Orange Sherbet	Baked Ziti Green Beans w/ Almonds Fiesta Blend Vegetables Red Grapes
29				
Black Bean Soup & Crackers Shredded Beef Burrito w/ Red Sauce Tortilla, Shredded Lettuce & Tomatoes, Shredded Cheese, Orange Juice, Cantaloupe	Sponsored By:   	Sponsored By:  It's what we do. SM <small>Proudly Sponsored by AHMC ANAHEIM Regional Medical Center 1111 West La Palma Avenue • Anaheim, CA 92801 www.anaheimregionalahmc.com • 714.774.1450</small>		Suggested Donation \$3.00 Meal Cost for Under Age 60 \$5.00

All Meals comply with the Dietary Guidelines for Americans (DGA) 2010 & 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 SeniorServ's Lunch Program may change the menu for reasons of quality control, price or vendor problems. 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. 1% milk served daily.  Indicates sodium content over 1,000 mg. *indicates a special event or Holiday and the menu MAY exceed 1,000 mg. Low Cholesterol, 0% transfat buttery spread served with bread and rolls. Weekly average lunch meal provides >550 calories

MONDAY			TUESDAY			WEDNESDAY			
9:30	Stick Exercise	O	8:30	Painting and Drawing	D*\$	8:30	Singing Goodtimers	A	
9:30	Kinetic Mindfulness	E*\$ 1	9:00	HB Pilates Stroller	O*\$	9:00	Wii Bowling	G	
10:00	Chair Yoga	D*\$	9:00	Fish Club	E	9:30	Stick Exercise	O	
10:30	Low Impact Aerobics	B*\$	9:00	Senior Cardiofit	A*\$	10:30	Low Impact Aerobics	A	
10:30	Bingo Cards	CS	10:30	Blood Pressure Check	3	10:30	Cardkateers	D	
11:15	Chair Yoga	D*\$	11:00	Wards Bridge Group	C	11:00	Mah Jongg	C	
11:45	Pilates Chair	E*\$	12:00	Tax Preparation	D*	12:00	Pilates Chair	E	
12:30	Bingo	A	12:30	Speak Up	E	1:00	Arthritis Chair	G*\$	
1:00	Chess Club	C	1:00	Scrabble	C	1:00	Line Dance 3-4	A*\$	
2:00	Beginning Bridge	E*\$	2:30	Bridge Intermediate	E*\$	2:00	AA	E	
3:15	Line Dance Fitness 2-3	A	5:00	Family Martial Arts	A*\$	3:00	Line Dance 2	A*\$	
5:30	Total Body Stretch	A*\$	6:00	Spanish For Fun	C*\$	6:00	Fitness For Life	G*\$	
6:45	Tai Chi Chuan	A*\$	6:00	Zumba Ages 6 to 86	A*\$	6:30	Intro to Windows 10	L*\$	
						6:30	Beg Bridge	E*\$	
9:30	Stick Exercise	O	8:30	Painting and Drawing	D*\$	8:30	Singing Goodtimers	A	
9:30	Kinetic Mindfulness	E*\$ 8	9:00	HB Pilates Stroller	O*\$	9:00	Wii Bowling	G	
10:00	Chair Yoga	D*\$	9:00	Fish Club Board Meeting	C	9:30	Stick Exercise	O	
10:30	Low Impact Aerobics	B*\$	9:00	Fish Club	E	10:30	Low Impact Aerobics	b*\$	
10:30	Bingo Cards	CS	9:00	Senior Cardiofit	A*\$	10:30	Cardkateers	D	
11:15	Chair Yoga	D*\$	10:30	Blood Pressure Check	3	11:00	Mah Jongg	C	
11:45	Pilates Chair	E*\$	11:00	Wards Bridge Group	C	12:00	Pilates Chair	E	
12:30	Bingo	A	12:00	Tax Preparation	D*	1:00	Arthritis Chair	G*\$	
1:00	Chess Club	C	12:30	Speak Up	E	1:00	Line Dance 3-4	A*\$	
2:00	Beginning Bridge	E*\$	1:00	Scrabble	C	2:00	AA	E	
3:15	Line Dance Fitness 2-3	A*\$	2:30	Bridge Intermediate	E*\$	3:00	Line Dance 2	A*\$	
5:30	Total Body Stretch	A*\$	5:00	Family Martial Arts	A*\$	6:00	Fitness For Life	G*\$	
6:45	Tai Chi Chuan	A*\$	6:00	Spanish For Fun	C*\$	6:30	Intro to Windows 10	L*\$	
			6:00	Zumba Ages 6 to 86	A*\$				
CLOSED 15 PRESIDENTS DAY			8:30	Painting and Drawing	D*\$	8:30	Singing Goodtimers	A	
			9:00	HB Pilates Stroller	O*\$ 16	9:00	Wii Bowling	G	
			9:00	Fish Club	E	9:30	Stick Exercise	O	
			9:00	Senior Cardiofit	A*\$	10:30	Low Impact Aerobics	A	
			10:30	Blood Pressure Check	3	10:30	Morning Masterpiece	D	
			11:00	Wards Bridge Group	C	11:00	Mah Jongg	C	
			12:00	Tax Preparation	D*	12:00	Pilates Chair	E	
			12:30	Speak Up	E	1:00	Arthritis Chair	G*\$	
			1:00	Scrabble	C	1:00	Line Dance 3-4	A*\$	
			2:30	Bridge Intermediate	E*\$	2:00	AA	E	
			5:00	Family Martial Arts	A*\$	3:00	Line Dance 2	A*\$	
			6:00	Spanish For Fun	C*\$	6:00	Fitness For Life	G*\$	
			6:00	Zumba Ages 6 to 86	A*\$	6:30	Intro to Windows 10	L*\$	
						6:30	Beg Bridge	E*\$	
9:30	Stick Exercise	O	8:30	Painting and Drawing	D*\$	8:30	Singing Goodtimers	A	
9:30	Kinetic Mindfulness	E*\$ 22	9:00	HB Pilates Stroller	O*\$ 23	9:00	Wii Bowling	G	
10:00	Chair Yoga	D*\$	9:00	Senior Cardiofit	A*\$	9:30	Stick Exercise	O	
10:30	Low Impact Aerobics	B*\$	11:00	Wards Bridge Group	C	10:30	Low Impact Aerobics	A	
10:30	Bingo Cards	CS	12:00	Tax Preparation	D*	10:30	Cardkateers	D	
11:15	Chair Yoga	D*\$	12:30	Speak Up	E	11:00	Mah Jongg	C	
11:45	Pilates Chair	E*\$	1:00	Scrabble	C	12:00	Pilates Chair	E	
12:30	Bingo	A	2:30	Bridge Intermediate	E*\$	1:00	Arthritis Chair	G*\$	
1:00	Chess Club	C	5:00	Family Martial Arts	A*\$	1:00	Line Dance 3-4	A*\$	
2:00	Beginning Bridge	E*\$	6:00	Zumba Ages 6 to 86	A*\$	2:00	AA	E	
3:15	Line Dance Fitness 2-3	A*\$				3:00	Line Dance 2	A*\$	
5:30	Total Body Stretch	A*\$				6:00	Fitness For Life	G*\$	
6:45	Tai Chi Chuan	A*\$				6:30	Intro to Windows 10	L*\$	
						6:30	Beg Bridge	E*\$	
9:30	Stick Exercise	O	<i>February</i>						
9:30	Kinetic Mindfulness	E*\$ 29							
10:00	Chair Yoga	D*\$							
10:30	Low Impact Aerobics	B*\$							
10:30	Bingo Cards	CS							
11:15	Chair Yoga	D*\$							
11:45	Pilates Chair	E*\$							
12:30	Bingo	A							
1:00	Chess Club	C							
2:00	Beginning Bridge	E*\$							
3:15	Line Dance Fitness 2-3	A*\$							
5:30	Total Body Stretch	A*\$							
6:45	Tai Chi Chuan	A*\$							

THURSDAY

FRIDAY

SATURDAY

9:00 HB Pilates Stroller O*\$ 9:00 Tai Chi Chuan for Beg B*\$ 4 10:00 Yoga E*\$ 10:30 Bingo Card Sale B\$ 11:00 Yoga E*\$ 12:00 Poetry C 12:00 Tax Preparation D* 12:30 Party Bridge G 12:30 Bingo A\$ 3:00 Spanish For Fun C*\$ 5:00 Family Martial Arts A*\$ 6:15 Martial Arts For Adults A*\$ 6:30 Woodcarving Class E	9:00 Senior Cardiofit A*\$ 9:00 TOPS D 5 9:30 Pinochle G 10:30 Handy Crafters D 12:30 Movie A 12:30 Pilates Chair E*\$ 1:00 Practice Bridge D*\$ 1:30 Arthritis Chair E*\$ 3:00 Line Dance Intro A*\$ 4:00 Line Dance Fitness A*\$	6 9:00 CPR/AED for Infants C*\$ 9:15 Zumba Gold Beg A*\$ 10:00 Martial Arts For Adults A*\$
9:00 HB Pilates Stroller O*\$ 11 9:00 Tai Chi Chuan for Beg A*\$ 10:30 Bingo Card Sale B\$ 12:00 Poetry C 12:00 Tax Preparation D* 12:30 Party Bridge G 12:30 Bingo A\$ 3:00 Spanish For Fun C*\$ 5:00 Family Martial Arts A*\$ 6:15 Martial Arts For Adults A*\$ 6:30 Woodcarving Class E	8:30 Food Distribution D 9:00 Senior Cardiofit A*\$ 12 9:00 TOPS D 9:30 Pinochle G 10:30 Handy Crafters D 12:30 Pilates Chair E*\$ 1:00 Practice Bridge D*\$ 1:30 Arthritis Chair E*\$ 3:00 Line Dance Intro A*\$ 4:00 Line Dance Fitness A*\$	13 9:00 CPR/AED for Infants C*\$ 9:15 Zumba Gold Beg B*\$ 10:00 Martial Arts For Adults A*\$
9:00 HB Pilates Stroller O*\$ 18 9:00 Tai Chi Chuan for Beg A*\$ 12:00 Poetry C 12:00 Tax Preparation D* 12:30 Party Bridge G 3:00 Spanish For Fun C*\$ 5:00 Family Martial Arts A*\$ 6:15 Martial Arts For Adults A*\$ 6:30 Woodcarving Class E	9:00 Senior Cardiofit A*\$ 19 9:00 TOPS D 9:30 Pinochle G 10:30 Handy Crafters D 12:30 Pilates Chair E*\$ 1:00 Practice Bridge D*\$ 1:30 Arthritis Chair E*\$ 3:00 Line Dance Intro A*\$ 4:00 Line Dance Fitness A*\$	20 9:00 CPR/AED for Infants C*\$ 9:00 Intro to Windows 10 L*\$ 9:15 Zumba Gold Beg A*\$ 10:00 Martial Arts For Adults A*\$
9:00 HB Pilates Stroller O*\$ 25 9:00 Tai Chi Chuan for Beg A*\$ 10:00 Yoga E*\$ 10:30 Bingo Card Sale B\$ 11:00 Yoga E*\$ 12:00 Poetry C 12:00 Tax Preparation D* 12:30 Party Bridge G 12:30 Bingo A\$ 5:00 Family Martial Arts A*\$ 6:15 Martial Arts For Adults A*\$ 6:30 Woodcarving Class E	9:00 Senior Cardiofit A*\$ 26 9:00 TOPS D 9:30 Pinochle G 10:30 Handy Crafters D 12:30 Pilates Chair E*\$ 1:00 Practice Bridge D*\$ 1:30 Arthritis Chair E*\$ 3:00 Line Dance Intro A*\$ 4:00 Line Dance Fitness A*\$	27 9:15 Zumba Gold Beg A*\$ 10:00 Martial Arts For Adults A*\$

I N D E X

A-B-C-D-E-G-L-3.....Room #'s

O Outside

P Patio

S Seniors Outreach

\$ Participation fee

* By Appointment or Registration

Open Game Room-The Game Room (G) is open for card & board games unless there is an activity scheduled on the calendar below. For information on Bridge, Chess, Pinochle, Mah jongg and other games call the senior center 714-536-9387.



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Francis Nagle, Crystal Orr, Doris Pitcher, James & Frieda Poulos, Stanley & Elinor Rodriguez, Roger & Judi Rohrdanz,
Terry Rylski, Bernice Schwartz, Carol Settimo, Edith Severns, Beverly Steinbeck, Alice Stephenson, Patry Stephenson,
Charles & Rose Stevens, Duke & Diane Swarts, Donna Lee Taylor, Maxine Thuestad, William & Dorothy Tomsic, Eva-
lena Tuell,, Thomas & Jean Worden, Barbara & Tom Young, Lou & Olga Zulka
