Saying goodbye to an old building that served us well.

In 1948 the building now standing at 1706 Orange Avenue served as barracks for the Santa Ana Air Force Base. In August of 1949, it became home to the City’s Parks and Recreation Department and continued to serve that purpose until the current City Hall was built in 1972. Back in 1949 the property looked entirely different from today. At the northeast corner (18th & Pecan) were 4 horseshoe pits, horseshoe pitching was very popular after WWII and on the Southeast corner (17th & Pecan) a softball field was surrounded by bleachers. The building at that time had two long halls, no kitchen area, and an assortment of rooms. As years passed the aging building coupled with an increased senior population called for a facelift; enter Michael E. Rodgers.

Rodgers had been involved in the needs and the interests of senior citizens of Huntington Beach since 1967. He was a co-founder of the HBCOA in 1973 and served eight years on the city’s Housing and Community Development Citizens Advisory Committee. The very popular Senior Club, a non-profit organization, sponsored many of the activities and trips at the fledgling center and at one time boasted a membership of over 1500 seniors. Michael Rodgers, along with his fellow senior advocates, lobbied City Hall for eight years until funds were located to remodel the building at 1706 Orange into the new senior center. Changes and improvements were made to the Center; the assembly hall was enlarged by 1,798 sq. ft., increasing maximum seating and table capacities; the addition of parking spaces and a newly configured parking lot helped to increase attendance. The new design created space for large meetings for social and recreational purposes, as well as classes in music, painting, and handicrafts. Senior Outreach was formed and located in Room E at the new center and the Michael E. Rodgers Senior Center was dedicated and reopened on April 27th, 1984, a well deserved tribute to honor the pioneering work of Mr. Rodgers.

32 years later, with a new senior center standing majestically in Central Park, the doors will close on Rodgers as the last classes end and the rooms stand quiet. 32 years of classes and activities, bingo and bridge, tap and jazz, aerobics, pilates, Zumba! Countless luncheons, parties, Maypole dances, Senior pageants – they are all part of the rich history that created untold memories for thousands of seniors. As one chapter closes the next begins; come July 10th the new center will open and the seniors in Huntington Beach will march forward to create new memories and stories at The Senior Center in Central Park.
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
In 1973 London, playwright Alan Bennett (Alex Jennings) develops an unlikely friendship with Miss Shepherd (Maggie Smith), a homeless woman who proceeded to live in a van in his driveway for the next 15 years. 104 minutes. Rated PG-13 for a brief unsettling image.

Joy

A story of a family across four generations, centers on the girl who becomes the woman (Jennifer Lawrence) who founded a business dynasty and became a matriarch in her own right. Facing betrayal, treachery, the loss of innocence and the scars of love, Joy becomes a true boss of family and enterprise. Allies become adversaries and adversaries become allies, both inside and outside the family, as Joy’s inner life and fierce imagination carry her through the storm she faces. 124 minutes. Rated PG-13 for brief strong language.

In World War II Casablanca, Rick Blaine (Humphrey Bogart), exiled America and former freedom fighter, runs the most popular nightspot in town. The cynical lone wolf Blaine comes into the possession of two valuable letters of transit. When Nazi Major Strasser (Conrad Veidt) arrives in Casablanca, the sycophantic police Captain Renault (Claude Rains) does what he can to please him, including detaining a Czechoslovakian underground leader Victor Laszlo (Paul Henreid). Much to Rick’s surprise, Laszlo arrives with Ilsa (Ingrid Bergman), Rick’s one time love. Rick is very bitter toward Ilsa, who ran out on him in Paris, but when he learns she had good reason to, they plan to run off together again using the letters of transit. 102 minutes. Rated PG for mild violence.

What’s New In San Diego
New Central Library, Lo Jolla & Coronado W/ Local Step-On Guide
Thursday, May 19, 2016
Discover “America’s Finest City” led by a charming local expert step-on guide. Begin with a visit to the Map & Atlas Museum in La Jolla. Continue with a driving tour through La Jolla Village and a scenic coastal drive toward downtown. Enjoy lunch on your own at Seaport Village or the new Headquarters on San Diego's bay front. In the afternoon visit the new $185 million Central library touted as the “Crown Jewel of Downtown” that was 30 years in the making and is a true work of art, featuring artfully crafted architecture like a shimmering steel dome, a huge lobby and staircases that seemingly lead to nowhere. The trip will continue with a driving tour through San Diego’s various downtown neighborhoods like the Gaslamp District, East Village and Barrio Logan highlighting their historical and architectural aspects, as well as their recent revival projects. Arrive at the Old Ferry terminal in Coronado for a short one way crossing. Members $65, Non-Members $75. Depart 8:00 a.m. Return 7:00 p.m.

Pageant of the Masters
Wednesday, July 27, 2016
This popular summer event in Laguna Beach presents magnificent works of art, both classical and contemporary, with real people posing to resemble their counterparts in the original piece of art, along with full orchestra and live narration. The 2016 Pageant show titled, “Partners” will explore the stories of compelling collaborations that lead to the creation of unforgettable artworks. Main tier section seats. Eat prior to departure, bring a picnic or purchase food available on the Pageant grounds. Suggested: sweaters, seat cushions and binoculars to see details. Member price $65 non-Members $75. Depart 6:00 p.m. Return 11:30 p.m.

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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
Greetings Friends,

Wow! Is it May already? We are excitedly preparing to move into the Senior Center in Central Park and planning lots of new activities for active and healthy aging! While planning the great opportunities to come, we are also winding down activities at Rodgers. All classes, activities, and rentals will come to a close by the end of May and we will be back up and running at the Senior Center in Central Park the week of July 18th. We will however, continue with the Congregate lunch in June at Rodgers and all other Outreach Services. I understand the time gap will be hard, but I assure you we will be working hard to transition smoothly and be ready to go upon your return!

Regarding summer classes, activities, and programs, all information will be in a very special edition of the SANDS, Community Services Recreation Guide, in celebration of the Senior Center in Central Park. This one time edition will be mailed to all Huntington Beach residents and will be available at Rodgers and other community centers the week of May 17th. **Registration for the Senior Center in Central Park classes will begin on Tuesday, May 31st at 9:00am.** Just a side note - the regular edition of the summer SANDS does not include Senior Center in Central Park classes.

Before I close, I’d like to take a moment to congratulate our Wii Bowling team, The Surf City Strikers on their victory against Fountain Glen! Go team!

Looking forward to great time ahead,
Kristin Martinez
Recreation Supervisor

WHERE IS YOUR OUTLOOK?
Claire & Sigmund Grozinger and Judi & Phil Smith took their Outlook newsletter to visit Earnest Hemingway’s house in sunny Havana Cuba.

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
Andrew Yeiser 05/05/1925 — 03/15/2016
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

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Senior Center in Central Park Grand Opening Celebration
Sunday July 10th
12:00 p.m.—3:00 p.m.
Official Ribbon Cutting at Noon

Please join Senior Services as they officially open the new Senior Center in Central Park with food, entertainment, tours and class demonstrations. Be part of the celebration as you step into a new era of recreation and services in Central park.

Information available at (714) 536-9387

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Huntington Beach Art Center Senior Exhibition
Time Lines
April 30 - June 18, 2016

Opening Reception: April 30, 6p.m.-9p.m.
Art For Lunch: May 12, 11:30a.m.-1:30p.m.
Senior Resources: May 21, 1p.m.-4p.m.
Artist Talk: June 9, 6:30p.m.-8:30p.m.
Closing Reception/Artist Talk: June 18, 2p.m.-4p.m.

The photo exhibition will focus attention on the topic of aging as seen though the eyes of six photographers. The works included will reflect compelling images of the impact of aging on homeless populations, celebrities, families and active seniors.
Golden Age Dentistry

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

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Offer expires May 31st, 2016

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www.AFSCenter.org

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Thurs 1 pm - 5 pm • 714 847-6511

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Cut & Set: $23 (regular $25)
Perm & Cut & Set: $50 (regular $55)
Perm & Cut: $42 (regular $50)

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

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* Seniors with moderate hearing loss are three times more likely to develop dementia over time than those who retain their hearing.

Providence Speech and Hearing Center, the leading service provider to the speech and hearing impaired of Orange County, is now open at the Hoag Health Center Huntington Beach. Visit our website to learn about the comprehensive hearing services and options we offer. You can even get started with an online hearing test. Visit www.pshc.org today!

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A portion of our proceeds goes to the non-profit 501(c)(3) Canaan Cares Foundation, funding research and care options for the elderly and disabled.

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18111 Brookhurst Street • Fountain Valley, CA 92708 • 714-378-7000 • www.memorialcare.org
Michael E. Rodgers Seniors’ Center will be CLOSED Monday, May 30th in observance of Memorial Day.

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

Surplus Food Distribution
Friday, May 13th, 8:30-10 a.m. Room B
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.

Don’t miss out on Free Mother’s Day Facials with Maggie!
May 2, 2016 10:30am Room C
First Come, First Served

SUMMER SANDS 2016
Community Services Recreation Guide
Senior Center in Central Park Edition

In celebration of the new Senior Center in Central Park, each resident will receive a Special Senior Edition of the SANDS in the mail the week of May 17th.

This unique edition will feature: CLASSES, SOCIAL ACTIVITIES, EVENTS, AND MORE! at the Senior Center in Central Park beginning the week of July 18th.
Senior Center in Central Park online and in-person registration for summer classes begins:
Tuesday, May 31st at Michael E. Rodgers’ Senior Center

Mother’s Day Celebration & HBCOA Membership Luncheon
Friday May 6th
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 with SeniorServ Limited spaces, register today!

24th Annual “On Course” Golf Tournament
Friday, June 17th
Meadowlark Golf Club
Players Wanted!
The Huntington Beach Council on Aging invites you to participate in the 24th Annual ON COURSE Golf Tournament. Proceeds for this event will help to provide a wide variety of services, classes, activities and clubs designed to support seniors in Huntington Beach to stay active and healthy!
Call 714-536-9387 for more information.

Moving on up!
All classes and activities will be closed in June and the first two weeks in July. We look forward to resuming our full schedule the week of July 18th at the Senior Center in Central Park! Congregate Meals at the Senior Center and other Outreach Services will continue in June.
Volunteers enhance the quality of life for Huntington Beach Seniors

July Opportunities
Senior Center in Central Park Gala, Celebrating a Dream Come True-
Saturday, July 9th 4:00-10:30 pm, set-up, give tours, directions, check-in guests, clean-up
Free Public Grand Opening -Sunday, July 10th, 11:00-4:00 pm, set-up, give tours and directions, clean-up.
Fitness Center Volunteers-give tours, register and check-in guests. Morning, afternoon, evening, and weekend shifts
Concierge register guests, check-in members on the new My SeniorCenter system, provide information about services and activities, Computer experience necessary. Morning, afternoon, evening, and weekend shifts available.
Tour and Wayfinder Volunteers-Give tours and direction, walk guests to destination, provide information about services, classes, and activities.
Resource Volunteers-Provide resources and information, provide social support through daily care calls to the homebound, provide sponsorship information to vendors, maintain the resource library.
Walking Group Leader-One morning a week lead a group of walkers through Central Park.

To volunteer, contact
Teri Simonis
714-374-1544 / TSimonis@Surfcity-hb.org

Volunteers Needed! (NEW)
Mother’s Day Lunch Servers, Friday, May 6th 9:30 am –1:00 pm, set-up, serve, and clean-up
Drive seniors in city vehicles to medical appointments, shopping, & activities. See if this opportunity is for you with a no obligation ride-a-long. Mon. and Fri. afternoon shifts available. Must have attended orientation and cleared background check.
Call bingo, award prizes, Mondays or Thursdays 12:30—2:45 pm. Come enjoy the fun! Training provided. Get started now!

“On Course” Golf Tournament
Friday, June 17th
The golf tournament is one of two Huntington Beach Council on Aging fundraisers that support vital services, programming, and activities for older residents. There are many ways to help:
1. Golf pick up a registration form at the senior center or register online at www.hbcoa.org
2. Spread the word to your golfing buddies.
3. Volunteer for the event contact Teri Simonis
4. Donate gift cards from local businesses for the raffle baskets or silent auction.
5. Sponsor pick up a sponsorship packet at the senior center or online at www.hbcoa.org

Volunteers Needed!
"Of Fishin’ Hole" Fishing Derby for children with special needs
Friday, May 13, 2016 9:30am – 1:00pm
Chris Carr Park (Springdale and Holl) To

AARP Tax Team
The Tax-aide volunteers logged in 1392 hours, met or spoke with 635 clients, filed 520 returns, one extension, and answered 102 questions. They saw 100 more clients than last year. Terrific Tax team!!

Is your CPR up to date?
Sat., 5/14/16 10:00-1:00 Wed., 5/24/16 6:00-9:00
CPR is free for Sr. Services Volunteers. Spaces fill quickly. You must register in advance with Teri Simonis
Sponsored by FireMed

Moving On Up…to the Big House
As we move to the Senior Center in Central park many classes and activities at the senior center will be closed in June. Volunteer activities for Bingo, Wii Bowling, Handy Crafters, Longevity Stick will resume after July 18th. Volunteers providing services such as transportation, home delivered meals, and the SeniorServ lunch program will continue through June. If you have questions, check with your supervisor or Teri

Outlook Mailing Thursday, 5/26, Room D, 8:30 am

Bingo Volunteers
No Bingo Monday, 5/30/16

Food Distribution Friday, May 13, 2016 Packers-6:00 a.m. Registration - 8:15 a.m.
### SENIORS OUTREACH

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

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#### May is Mental Health Awareness Month

Everyone, in some way, is impacted by mental health conditions. 1 in 5 Americans will be personally affected by a mental health condition in their lifetime and 1 in 25 lives with a serious mental illness. Unfortunately, only 60% receive mental health care.

Family, friends and other loved ones can play a key role in supporting those with mental illness. Maintaining a healthy relationship is not always easy and will take some work. *Some strategies are below.*

- **Acknowledge that you can’t change the other person, only yourself.**
- **Educate yourself on the diagnosis so that you can better understand what the person is experiencing.** Symptoms may make the person’s perceptions different than you expect. The person may be experiencing strong emotions even if not expressing them.
- **Don’t buy into stigma.** Learn to separate the person from the illness.
- **Understand confusing or seemingly hurtful behavior may be a symptom, not necessarily deliberate or conscious.**
- **Expect decent behavior and certain standards, such as a safe living environment.** Make the expectations clear and reasonable.
- **See improvement opportunities & make conscious choices.** For example, work on better communication or agree to therapy.
- **Learn how to communicate effectively.** Rather than judging perceived behavior, use statements that give your perspective. For example, “I am concerned because I feel like you are not interested in what I am saying.” rather than “You’re not listening.”
- **Focus on larger goals and don’t get wrapped up in the small stuff.** Focus on the facts and let go of resentment.
- **Use direct, clear and simple language if necessary.** Cover one topic at a time as not to overwhelm the person with too much.

For linkage to mental & behavioral health services call the County OC LINKS info & referral line at 855-625-4657 or www.ochealthinfo.com/oclinks. * List compiled from www.nami.org/Find-Support/Family-Members-and-Caregivers/Maintaining-a-Healthy-Relationship

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#### Considering Hiring In-Home Care?

In – Home Care Agencies are invested in providing quality care to customers. To help lead to a successful experience, below are some points to consider before calling for in-home care.

- **What kind of care is needed?** Is companion care enough or is personal, hands-on care needed to lift or assist with transferring?
- **Are any special language services needed, perhaps due to hearing or cognitive loss?**
- **What kind of duties will the care provider be expected to perform?**
- **Are skilled medical services, like blood pressure or blood sugar testing, medication administration or tube/ bag maintenance, needed?**
- **Will transportation to appointments be needed?** If so will the care provider use the customers car or their own?
- **Are memory issues, confusion or forgetfulness a factor?**
- **Is any specialized training needed for situations such as hospice care, major mobility limitations, memory loss?**
- **Make note of a preferred weekly schedule and any dietary requirements, likes or dislikes.**

Compiled from *Home Care Preparation Kit* at brightstarcare.com/blog/wp-content/uploads/2009/12/freeguide.pdf

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The April Surf City Senior Service Providers networking meeting hosted approximately 70 senior service providers who were treated to an excellent educational talk on palliative care by the renowned Homayoon Sanati, MD, MS, Chair of the Palliative Care Committee at Orange Coast Memorial Medical Center. A delicious lunch was generously sponsored by BrightStar Care of Huntington Beach and North Orange County, who we sincerely thank.

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

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- 24-hour & holiday care
- Information & referral services
- Respite care for family members
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 shopping trips. For more information ask the dispatchers.

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.

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

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 maana 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.

Possible Service Disruption

During the months of May and June Transportation will be transitioning to a new booking system for the new Senior Center. Please be patient if you experience longer phone wait times or booking procedures while we transition. Thank you for being so understanding as the system is upgraded.
Catch the Next Wave

FULL SERVICE SENIOR LIVING WITH A FRESH NEW LOOK

• Active Campus Lifestyle in the Heart of Huntington Beach
• Experienced Assisted Living Care Team
• Healthy Gourmet Dining
• Coming Soon – Personalized Memory Care Program

Come see What's Up at Huntington Terrace!

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Huntington Beach, CA
www.mbseniorliving.com
License #390991431

Huntington Beach Hospital

Dedicated to the Huntington Beach community since 1967.

Don’t Miss The Bus...Join Circle of Friends!

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
Did you know you may qualify for year-round enrollment?

Are you...
- Living with a chronic condition such as diabetes or heart disease?
- Turning 65?
- Losing coverage with an employer?
- Living in a new area from a recent move?
- A recipient of both Medicare and Medi-Cal/Medicaid benefits?
- 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.

Y0057_SCAN_9532_2015F File & Use Accepted 11022015

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24 hour peace of mind

- When you need us - available 24/7
- Help with daily living needs including transportation and light house keeping
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- Nutritional meal preparation geared toward seniors
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Complimentary home safety assessment and evaluation
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---

Work with the best Realtors!

- * Two Agents working for your best interests with a combined 50 years of experience!
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- * Free Market Evaluation of your home
- * Helping you locate your next move
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- * Full-color brochures when selling your home!
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SALLY DICKSON
(714) 322-4593
BRE#01609142

JIM CERTO
(714) 514-0630
BRE#01742598

2124 Main Street, Suite 220
Huntington Beach, 92648
Greetings and hello from the Senior Café. There is much going on at the center this month and we hope that you can join us for lunch with the delicious menu we have for May. There will be a Mothers Day luncheon on Friday May 6th sponsored by the HBCOA with live entertainment by “Jusstuss: the new Sonny & Cher” and a special menu. Please sign-up in the café in advance, space is limited. There will also be a May Birthday celebration on Friday the 27th. Don’t forget if you would like a ride to the cafe each day so you do not miss lunch please contact the Seniors on the Go transportation program at (714) 374-1742 to schedule your rides. Have a wonderful Spring and I hope to see you in the Cafe this month.

SeniorServe Kitchen Supervisor
Ann Zraick
### Huntington Beach Senior Café at the Center— May 2016

714-375-8404  Lunch is served at 11:30 a.m. Sign up by 11 a.m.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
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<tbody>
<tr>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6 R.S.V.P</td>
</tr>
<tr>
<td>Chicken Marsala w/ Mushrooms</td>
<td>BBQ Pork Sandwich</td>
<td>Salmon Boats/ Newberg Sauce</td>
<td>Cinco De Mayo</td>
<td>Mothers Day Celebration</td>
</tr>
<tr>
<td>Bow Tie Pasta</td>
<td>Whole Wheat Bun</td>
<td>Roasted Red Potatoes</td>
<td>Chilli Relleno</td>
<td>Chicken Cordon Bleu</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Shredded Cabbage</td>
<td>Spinach</td>
<td>Pinto Beans</td>
<td>Baked Potatoes w/ Margarine, Sour Cream</td>
</tr>
<tr>
<td>Sugar Free Apple Pie</td>
<td>Carrots</td>
<td>Whole Grain Bread</td>
<td>Spanish Rice</td>
<td>Chef Cut Vegetables</td>
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<tr>
<td></td>
<td>Potato Wedges</td>
<td>Watermelon</td>
<td>Salsa Picante</td>
<td>Dinner Roll</td>
</tr>
<tr>
<td></td>
<td>Tangerine</td>
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<td>SF Custard</td>
<td>Lemon Meringue Pie</td>
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<th>13</th>
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</thead>
<tbody>
<tr>
<td>Homemade Beef Stew</td>
<td>Sesame Chicken w/ Broccoli</td>
<td>Farmer’s Soup &amp; Crackers</td>
<td>Crab Salad w/ Spinach</td>
<td>Baked Meatloaf w/ Mushroom Gravy</td>
</tr>
<tr>
<td>4-Way Green Salad/Tomatoes/ Dressing</td>
<td>Jasmine Rice w/ Edamame</td>
<td>Mrs. Friday’s Fish</td>
<td>Whole Grain Roll</td>
<td>Mashed potatoes</td>
</tr>
<tr>
<td>Mini Cornbread</td>
<td>Sugar Free Cake w/ Sugar Free Topping</td>
<td>Peach Halves Packed in Juice</td>
<td>Cucumber &amp; Tomato Slices</td>
<td>Sliced Carrots</td>
</tr>
<tr>
<td>Pineapple Chunks</td>
<td></td>
<td></td>
<td>Orange Juice</td>
<td>Melon</td>
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</thead>
<tbody>
<tr>
<td>Roast Pork w/ Herb Gravy</td>
<td>Vegetarian Chili w/ Cheese &amp; Onions</td>
<td>Cheese Enchiladas w/ Enchilada Sauce</td>
<td>Roasted Plum Tomato Soup &amp; Crackers</td>
<td>Greek Salad w/ Beef Strips</td>
</tr>
<tr>
<td>Brown Rice</td>
<td>Scandinavian Blend Vegetables, Coleslaw</td>
<td>Black Beans</td>
<td>Egg Salad Sandwich</td>
<td>(Chopped Romaine, Red Onion Slices, Provolone Cheese)</td>
</tr>
<tr>
<td>Chef’s Blend Vegetables</td>
<td>Whole Grain Roll</td>
<td>Spanish Rice</td>
<td>Whole Grain Sandwich</td>
<td>Raspberry Vinaigrette</td>
</tr>
<tr>
<td>Seasonal Fresh Fruit</td>
<td>Peaches/Pears</td>
<td>Ambrosia</td>
<td>Couscous Salad</td>
<td>Wheat crackers</td>
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<table>
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<tr>
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<th>24</th>
<th>25</th>
<th>26</th>
<th>27</th>
</tr>
</thead>
<tbody>
<tr>
<td>Holly Farm Chicken</td>
<td>Breaded Potato Crusted Pollock</td>
<td>Tostada Salad (Entrée Size)</td>
<td>Roast Turkey w/ Gravy</td>
<td>Pre Memorial Celebration</td>
</tr>
<tr>
<td>Mashed Potatoes w/ Chicken gravy</td>
<td>Garlic Herb Rice</td>
<td>(Ground Beef, Mixed Salad, Corn, Black Beans, Cheese, Tomatoes)</td>
<td>Yams/Marshmallows Green beans</td>
<td>Hot Dogs on WW</td>
</tr>
<tr>
<td>Whole Baby Carrots</td>
<td>Brussels Sprouts</td>
<td>Chips, Salsa</td>
<td>Cranberry Sauce</td>
<td>Diced Onions &amp; Relish</td>
</tr>
<tr>
<td>Tropical Mixed Fruit</td>
<td>Diet: Cookie</td>
<td>Seasonal Fresh Fruit</td>
<td>Pineapple Chunks</td>
<td>Potato Wedges</td>
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<tbody>
<tr>
<td>Cheese Omelet w/ Fajita Vegetables</td>
<td>Suggested Donation — $3.00</td>
<td></td>
<td>Sponsored by:</td>
<td>MAY</td>
</tr>
<tr>
<td>Red Potatoes</td>
<td></td>
<td></td>
<td>CAREMore Medical Group</td>
<td>Cigna</td>
</tr>
<tr>
<td>Spinach</td>
<td></td>
<td></td>
<td>St. Joseph Hospital Health</td>
<td></td>
</tr>
<tr>
<td>Mini Muffins</td>
<td></td>
<td></td>
<td><a href="http://www.SeniorServ.org">www.SeniorServ.org</a></td>
<td></td>
</tr>
<tr>
<td>Melon</td>
<td></td>
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<td></td>
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</tr>
</tbody>
</table>

*Cafe Closed*  

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.

www.SeniorServ.org
### MONDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00</td>
<td>Stick Exercise</td>
<td>O*S</td>
</tr>
<tr>
<td>9:30</td>
<td>Kinetic Mindfulness</td>
<td>E*S</td>
</tr>
<tr>
<td>10:00</td>
<td>Chair Yoga</td>
<td>D*S</td>
</tr>
<tr>
<td>10:30</td>
<td>Low Impact Aerobics</td>
<td>B</td>
</tr>
<tr>
<td>10:30</td>
<td>Bingo Cards</td>
<td>G</td>
</tr>
<tr>
<td>11:15</td>
<td>Chair Yoga</td>
<td>D*S</td>
</tr>
<tr>
<td>11:15</td>
<td>Protect Online Identity</td>
<td>L*S</td>
</tr>
<tr>
<td>11:15</td>
<td>Pilates Chair</td>
<td>E*S</td>
</tr>
<tr>
<td>12:30</td>
<td>Pilates Chair</td>
<td>E*S</td>
</tr>
<tr>
<td>12:30</td>
<td>Bingo</td>
<td>A</td>
</tr>
<tr>
<td>1:00</td>
<td>Chess Club</td>
<td>C</td>
</tr>
<tr>
<td>1:30</td>
<td>Into to Face</td>
<td>L*S</td>
</tr>
<tr>
<td>2:00</td>
<td>Beginning Bridge</td>
<td>E*S</td>
</tr>
<tr>
<td>2:45</td>
<td>Smart Phone &amp; Tablets</td>
<td>D*S</td>
</tr>
<tr>
<td>3:15</td>
<td>Line Dance Fitness 2-3</td>
<td>A*S</td>
</tr>
<tr>
<td>5:30</td>
<td>Total Body Stretch</td>
<td>A*S</td>
</tr>
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### TUESDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00</td>
<td>Beg Computers</td>
<td>L*S</td>
</tr>
<tr>
<td>9:00</td>
<td>HB Pilates Stroller</td>
<td>O*S</td>
</tr>
<tr>
<td>9:00</td>
<td>Senior Cardiofit</td>
<td>A*S</td>
</tr>
<tr>
<td>9:00</td>
<td>Fish Club</td>
<td>E</td>
</tr>
<tr>
<td>10:45</td>
<td>Uke Players Anonymous</td>
<td>E*S</td>
</tr>
<tr>
<td>11:00</td>
<td>Wards Bridge Group</td>
<td>C</td>
</tr>
<tr>
<td>12:30</td>
<td>Aloha Seniors</td>
<td>A</td>
</tr>
<tr>
<td>12:30</td>
<td>Bridge Intermediate</td>
<td>E*S</td>
</tr>
<tr>
<td>1:00</td>
<td>Family Martial Arts</td>
<td>A*S</td>
</tr>
<tr>
<td>2:30</td>
<td>Zumba Ages 6 to 86</td>
<td>A*S</td>
</tr>
<tr>
<td>6:15</td>
<td>Martial Arts For Adults</td>
<td>A*S</td>
</tr>
<tr>
<td>6:30</td>
<td>Tupaus Beg Polynesian</td>
<td>E*S</td>
</tr>
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</table>

### WEDNESDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Room</th>
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</thead>
<tbody>
<tr>
<td>8:30</td>
<td>Singing Goodtimers</td>
<td>A</td>
</tr>
<tr>
<td>9:00</td>
<td>Wii Bowling</td>
<td>G</td>
</tr>
<tr>
<td>9:00</td>
<td>MS Word</td>
<td>L*S</td>
</tr>
<tr>
<td>9:30</td>
<td>Stick Exercise</td>
<td>O</td>
</tr>
<tr>
<td>10:30</td>
<td>Low Impact Aerobics</td>
<td>B*S</td>
</tr>
<tr>
<td>10:30</td>
<td>Cardkaters</td>
<td>D</td>
</tr>
<tr>
<td>11:00</td>
<td>Mah Jongg</td>
<td>C</td>
</tr>
<tr>
<td>12:00</td>
<td>Pilates Chair</td>
<td>E</td>
</tr>
<tr>
<td>1:00</td>
<td>Line Dance Fitness</td>
<td>A*S</td>
</tr>
<tr>
<td>1:00</td>
<td>Arthritis Chair</td>
<td>G</td>
</tr>
<tr>
<td>2:00</td>
<td>AA</td>
<td>E</td>
</tr>
<tr>
<td>3:00</td>
<td>Line Dance 2</td>
<td>A*S</td>
</tr>
<tr>
<td>6:00</td>
<td>Fitness For Life</td>
<td>G*S</td>
</tr>
<tr>
<td>6:30</td>
<td>Intro To Windows 10</td>
<td>L*S</td>
</tr>
</tbody>
</table>

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**MEMORIAL DAY**

**OUTLOOK on Active Aging**

**SeniorServ Lunch Monday-Friday at 11:30**

**CLOSED**

**INDEX**

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.
<table>
<thead>
<tr>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00</td>
<td>Windows 7</td>
<td>9:00</td>
</tr>
<tr>
<td>9:00</td>
<td>HB Pilates Stroller</td>
<td>9:30</td>
</tr>
<tr>
<td>9:00</td>
<td>Tai Chi Chuan For Beg</td>
<td>9:30</td>
</tr>
<tr>
<td>10:30</td>
<td>Bingo Card Sale</td>
<td>10:30</td>
</tr>
<tr>
<td>11:00</td>
<td>Yoga</td>
<td>12:00</td>
</tr>
<tr>
<td>12:00</td>
<td>Poetry</td>
<td>12:30</td>
</tr>
<tr>
<td>12:30</td>
<td>Party Bridge</td>
<td>1:00</td>
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<tr>
<td>12:30</td>
<td>Bingo</td>
<td>1:30</td>
</tr>
<tr>
<td>2:00</td>
<td>Org Your Computer</td>
<td>3:00</td>
</tr>
<tr>
<td>3:00</td>
<td>Spanish For Fun</td>
<td>4:00</td>
</tr>
<tr>
<td>5:00</td>
<td>Family Martial Arts</td>
<td>8:30</td>
</tr>
<tr>
<td>6:15</td>
<td>Martial Arts For Adults</td>
<td>9:00</td>
</tr>
<tr>
<td>6:30</td>
<td>Woodcarving Class</td>
<td>9:00</td>
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<tr>
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<td>Windows 7 Made Easy</td>
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<td>9:00</td>
<td>HB Pilates Stroller</td>
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<tr>
<td>9:00</td>
<td>Tai Chi Chuan Beg</td>
<td>10:30</td>
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<tr>
<td>10:00</td>
<td>Legal Assistance</td>
<td>12:30</td>
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<tr>
<td>10:30</td>
<td>Bingo Cards</td>
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<tr>
<td>12:00</td>
<td>Poetry</td>
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<tr>
<td>12:30</td>
<td>Party Bridge</td>
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<tr>
<td>12:30</td>
<td>Bingo</td>
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<tr>
<td>2:00</td>
<td>PC Buddy Club</td>
<td>9:00</td>
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<tr>
<td>3:00</td>
<td>Spanish For Fun</td>
<td>9:00</td>
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<tr>
<td>5:00</td>
<td>Family Martial Arts</td>
<td>9:00</td>
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<td>5:30</td>
<td>Radio Club</td>
<td>9:30</td>
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<tr>
<td>6:15</td>
<td>Martial Arts For Adults</td>
<td>10:30</td>
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<tr>
<td>6:30</td>
<td>Woodcarving Class</td>
<td>12:30</td>
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<tr>
<td>8:30</td>
<td>Outlook Assembly</td>
<td>9:30</td>
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<tr>
<td>9:00</td>
<td>Intro to Windows 10</td>
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<td>9:00</td>
<td>HB Pilates Stroller</td>
<td>12:30</td>
</tr>
<tr>
<td>9:00</td>
<td>Tai Chi Chuan Ben</td>
<td>1:00</td>
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<tr>
<td>10:00</td>
<td>Legal Assistance</td>
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<tr>
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<td>Yoga</td>
<td>3:00</td>
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<tr>
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<td>Bingo Cards</td>
<td>4:00</td>
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<tr>
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<td>Yoga</td>
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<td>Party Bridge</td>
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<tr>
<td>12:30</td>
<td>Bingo</td>
<td>19</td>
</tr>
<tr>
<td>2:00</td>
<td>PC Buddy Club</td>
<td>20</td>
</tr>
<tr>
<td>3:00</td>
<td>Spanish For Fun</td>
<td>21</td>
</tr>
<tr>
<td><strong>P.S. Purposely Silly</strong></td>
<td><strong>“Have you seen the ca....”</strong></td>
<td></td>
</tr>
</tbody>
</table>
IN MEMORIUM

In Memory of Marie F. Carranza, In Memory of Thomas LaMonte, In Memory of Dick White

LIFETIME PLAQUE SPONSORS
Assistance League of Huntington Beach Dreamcatchers Auxiliary, Don & Jean Griswold, Hoag Memorial Hospital Presbyterian

2016 DIAMOND SPONSORS
Dennis Ryan

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