OPEN FOR BUSINESS AT LONG LAST...
We are finally in the Senior Center in Central Park, at long last. From my observation from the 8th of July through the 14th of July, the Volunteer Appreciation event, Opening Gala, Ribbon Cutting and the opening week of the center were all extremely successful events. You can go to https://youtu.be/VCGrFtInGTI and view Matt Leffering’s video of the Sunday Ribbon Cutting ceremony if you were not able to join the celebration.

Once more I must commend the City staff. They did a yeoman’s task of moving the Rodgers Senior Center and Outreach Center while simultaneously hosting the opening week of events. From what I saw in that first week, the staff was inundated with visitors wanting to see the building, learn about its program areas, and tour the beautiful park grounds.

Your HBCOA is looking forward to providing more support to the senior community as the list and needs of new attendees to the Senior Center in Central Park expands.

Bob Dettloff
HBCOA President
**My Big Fat Greek Wedding 2**

Parenting and marriage is becoming tougher and tougher for Toula (Nia Vardalos) and her husband. Not only has their relationship lost some of its spark, but they’re also dealing with a rebellious teenage daughter who clashes with Greek traditions. On top of that, Toula must contend with aging parents and the endless needs of cousins and friends. When a shocking family secret comes to light, the entire Portokalos clan makes plans to come together for an even bigger wedding than before. 94 minutes. Rated **PG-13** for some suggestive material.

**Sing Street**

Sing Street takes you back to 1980’s Dublin seen through the eyes of a 14 yr old boy named Connor (Ferdia Walsh-Peelo) who is looking for a break from a home strained by his parents’ relationship and money troubles. While trying to adjust to his new inner-city public school where the kids are rough and the teachers are rougher, he finds a glimmer of hope in the mysterious uber-cool and beautiful Rahina (Lucy Boynton). With the aim of winning her heart he invites her to star in his band’s music videos. There’s only one problem: he’s not part of a band...yet. 106 minutes. Rated **PG-13** for some suggestive material, strong language, bullying behavior, a suggestive image, drug material and teen smoking.

**Grandma**

Lily Tomlin as Elle has just gotten through breaking up with her girlfriend when her granddaughter Sage unexpectedly shows up needing $600 bucks before sundown. Temporarily broke, Grandma Elle and Sage spend the day trying to get their hands on the cash as their unannounced visits to old friends ends up rattling skeletons and digging up secrets. 79 minutes. Rated **R** for language and some drug use.
Greetings from Central Park!

Congratulations to the City of Huntington Beach for erecting the most significant Senior Center in Southern California! On Friday July 8th, over 300 volunteers got their “First Look” at the new Senior Center in Central Park – and the results were phenomenal! Walking around their new center nestled in beautiful Central Park was extremely emotional for a few volunteers who have been waiting for over ten years to see the center become a reality. Saturday, July 9th, the Center was transformed for the opening night Gala, Celebrating a Dream Come True – where nearly 300 people, dressed to impress, dined and danced the night away. The speeches were kept short so the guests could have fun and enjoy the new building – which they did. The Sunday afternoon Open House attracted nearly 4,000 people to the new Center. Hundreds arrived early and were treated to hot dogs, chicken, gelato, and other free giveaways! At one point in the afternoon every room and space at the center was filled with first time visitors – and the comments continued to come in letting us know how outstanding the building is – and how they are excited to come back!

Hundreds of seniors continue to pour into the Center on a daily basis – attendance in the lunch program is up, sign ups in the Fitness center are growing, and on July 15th, Friday Afternoon at the Movies hosted nearly 200 people. So join us – be part of the fun.

Randy Pesqueira
Director, Senior Services
COMMUNITY RESOURCES

Huntington Beach Senior Services
714-536-5600 Recreation, education, fitness, services, transportation, care management, home delivered meals, mobility equipment lending, nutrition, 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.aps.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 Health & Wellness Pavilion
Upcoming Events

Lectures
Mindfulness As Medicine
Thursday August 11th at 10:30 a.m.
Vitamin D - Hype or Reality
Wednesday August 17th at 10:30 a.m.

Screenings
Blood Pressure (walk-ins welcome)
Tuesday August 2nd: 11:30 a.m.
Tuesday August 16th: 11:30 a.m.

Hearing (by appointment only)
Wednesday August 10th: 9:30 a.m.—11:30 a.m.
Wednesday August 24th: 9:30 a.m.—11:30 a.m.

Glaucoma (by appointment only)
Thursday August 18th: 9:30 a.m.—11:30 a.m.

Medicare Consultation (by appointment only)
Thursday August 25th: 9:30 a.m.—11:30 a.m.

Cataract (by appointment only)
Friday August 26th: 9:30 a.m.—11:30 a.m.
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- 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)

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

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Walk-ins welcome!

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Thank you to our Sponsors!
The Senior Center in Central Park Grand Opening was an event celebrated by all!
A big thank you to our sponsors who supported this magnificent day!

Surplus Food Distribution
Friday, August 12th, 8:30 a.m. -10 a.m.
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.

Hawaiian Luau & HBCOA Luncheon
Friday, August 12th
Enjoy Live Entertainment by:
A Tu'u Mai I Te
10:30 a.m.—12:00 p.m.

Lunch Served at 11:00 a.m.
Sweet & Sour Chicken
Pineapple Rice
Green Beans w/ Almonds
Romaine Salad w/ Honey Sesame Dressing
Pineapple Upside Down Cake & Melon

Reservations Required In Person By
Monday August 8th
Limited space, register today!
For info please call 714-375-8404

Sponsored by:

Dancing Under the Stars
Enjoy an evening “Dancing Under the Stars” at the new Senior Center in Central Park! The evening will include:
- Delicious sit down dinner
- An evening of music and dancing featuring the Larry Fresch Experience
- Line dance event during the band break
- Commemorative Photo Opportunity
Friday, September 16th
7 p.m. -10 p.m.
HBCOA Members: $20
Non-Members: $25
Ticket purchase begins August 1st.
Free Transportation is available with Seniors on the Go! For more information call 714-536-5600

Fall Sands Classes
Fall Class Registration begins Tuesday, August 9th at 9:00am. You can register online at HBSANDS.org or in person. For more information please call 714-536-5600.

HB Senior Services Proudly Presents:
GEN Silent
Thursday, August 11th @ 6:00p.m.
GEN Silent is a highly acclaimed and educational LGBT documentary film. RSVP to Heather Dodd
heather.dodd@surfcity-hb.org
Sponsored by SCAN Health Plan
Volunteers Make Life Better!
Since the Grand Opening, we have been overwhelmed with the many interested and excited guests streaming through our doors. So, I sent out an S.O.S. to the volunteers “All Hands On Deck” and you responded! You gave extra hours during our opening weeks to make sure the public was well served. Thank you for all your extra hours, greeting, entering data, answering questions and showing off the center! We couldn’t have done it without you!

Senior Saturday September 10th
The HBCOA needs your help to raise $30K for senior services at the Senior Saturday Community Festival at Pier Plaza. The following volunteer shifts are available: 6:30 a.m.– 10:30 a.m. or 10:30 a.m.– 2:30 p.m.. Meet, greet, and enjoy the sun!

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

Steps to Volunteer at the Senior Center in Central Park
Submit a volunteer application. Applications are available at the senior center and online at www.hbcoa.org.
In person meeting with staff and tour of Senior Center in Central Park with an active Volunteer.
Volunteer Orientation, a 3 hour class designed to overview volunteer opportunities, introduce applicants to Huntington Beach Senior Services, and prepare new volunteers to serve the aging population
Clear Live Scan fingerprint and background check.

Volunteers First Look
Ribbon Cutting Pictures
To view and download pictures from the Volunteer Recognition First Look please go the following website: http://clients.kimberlyapril.com/hbseniors

Senior Center in Central Park Loves Our Volunteers
To view the Volunteer Video produced by John Ott especially for the Volunteer First Look of the Senior Center in Central Park follow this link: https://youtu.be/sZDGjFaFYQ or go to www.youtube.com and search for “Senior Center in Central Park Loves our Volunteers”

Food Distribution
Friday, August 14th
Volunteer Packers-6:30 a.m.
Registration Volunteers– 7:45 a.m.

Bingo Volunteers
No Bingo Thursday, August 18th

Is your CPR up to date?
AED and CPR
Wed., July 20th 6:00-9:00 p.m. Game Room
CPR is free for Senior Services Volunteers. Spaces fill quickly. You must register in advance with Teri Simonis. If you are not pre-registered, you will not be able to attend. Sponsored by FireMed
Social Services
Facilitating independent living and developing a plan for facing late-life transitions

A BIG THANK YOU to Palm Island for hosting Surf City Senior Service Providers networking lunch in August which hosts over 75 senior service professionals to strengthen community ties and improve senior services throughout the County!

Mobility Equipment Available
Through a generous partnership with HBCOA, Care Management offers to lend mobility equipment such as walkers, rollators and wheelchairs to HB residents 60 years of age and older who are unable to afford purchasing their own. Please call ahead to find out if we have what you need in stock or if we are accepting additional donations of gently used equipment 714-374-1572.

Free Movie Screening—GEN Silent
Thursday, August 11, 2016, 6:00-8:30 PM
Senior Center in Central Park
Refreshments available before the movie.
RSVP to heather.dodd@surfcity-hb.org by August 4th.

GEN Silent is a highly acclaimed and educational LGBT aging documentary film aimed at raising awareness regarding the unique challenges LGBT people often face as they age and utilize the "care system." Challenges that include real or feared discrimination, bullying, or harm by a system designed to assist and care for them.

Some reasons to attend:
- Meet LGBT inclusive aging service providers
- Learn about new LGBT classes and group events
- Educate yourself about this important topic
- Let LGBT people know you're out there and you care
- Provide valuable input on needed LGBT inclusive services in our community

Sponsored by SCAN Health Plan

Senior Scams — Tips to Prevent Fraud
About 24 million persons are victims of fraud crimes. Seniors can be targeted and at-risk for several reasons including: having large equity in their homes, being easily intimidated to make hasty decisions, don't want to be rude or question authority, are impressed by credentials and titles, have difficulty saying no.

One out of eight seniors is scammed.

Tips to prevent fraud:
- Never give out personal info to anyone on the phone, mail or internet.
- Never respond to an offer you did not initiate or do not understand
- Ask for information in writing
- Pay only when you have received a performed service
- Do not toss credit card receipts or statements in the trash whole
- Close unused credit card or bank accounts
- Do not do business at the door or with sales persons calling you
- Be wary of anybody offering a ‘free’ or ‘act now’ deal
- Do not sign forms or documents you don’t understand
- Don’t be pressured into making immediate purchases
- Understand contract terms and fees before signing
- Check charities to make sure they are legitimate before donating

From Senior Scams Tips to Prevent Fraud and Senior Self Defense by Senior Medicare Patrol 1-855-613-7080 www.smpresource.org/

City of Huntington Beach Home Improvement Loan
HB Homeowners may be eligible for a low-interest home improvement loan. The City lends up to $75,000 to pay for rehabilitation costs for a single family home, townhouse, or condominium. Grants are also available to low income households whose estimated repair costs do not exceed $10,000. All loans are deferred payment loans with no monthly payments; all loan principal and interest will be due when the title to the home is sold, assigned or transferred. The annual interest rate for all loans is 3%. There are qualifications, application and eligibility process. See more at: www.huntingtonbeachca.gov/government/departments/ed/housing/rehabilitation or call GRC Associates, Inc. at 626/331-6373

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-Respite care for family members
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 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 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 sitios 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.

“Dancing Under the Stars” at the Senior Center in Central Park is scheduled for Friday September 16th from 7 p.m.—10 p.m. Don’t forget to schedule your ride on the Twilight bus to the dance. Just call dispatch at (714) 374-1742 and book today.

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.

For schedule changes or booking rides please contact the dispatchers at (714) 374-1742.

Lunch is served daily in the Senior Café. Call today and book your rides for the month. The meal is served Mon.—Thur. @ 11:30 a.m. and on Fri. @ 11 a.m.
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- Turning 65?
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- A recipient of both Medicare and Medi-Cal/Medicaid benefits?
- Receiving Extra Help from Medicare to pay for medications?

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

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2124 Main Street, Suite 220
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Greetings and Hello from the Senior Café. There is lots planned for the month and I hope you can join us for the many exciting events. **Fridays lunch will now be served at 11 a.m. and will be followed by the weekly movie on the big screen. Make sure to sign up for lunch by 10:30 a.m. on Fridays.** On August 12th there will be a summer *Luau Celebration* with a special menu of chicken rice bowls w/salad, fun luau drinks and live entertainment with dancing by *A Tu ‘u Mai I Te*. Space is limited for this event so make sure you RSVP in person by Monday 8/8 at the SeniorServ counter in the lounge. There will be an August birthday celebration on Friday 8/26. As always enjoy lunch and I hope to see you in the café.

SeniorServe Kitchen Supervisor
Ann Zraick
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<tr>
<td>Baked Meatloaf w/ Mushroom Gravy</td>
<td>Sesame Chicken w/ Broccoli</td>
<td>Crab Salad w/ Spinach</td>
<td>Homemade Beef Stew</td>
<td>Farmer’s Soup &amp; Crackers, Breaded Fish</td>
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<td>Mashed Potatoes</td>
<td>Jasmine Rice w/ Edamame</td>
<td>Whole Grain Roll</td>
<td>4 Way Green (Salad, Tomatoes, Dressing)</td>
<td>Potatoes O’Brien, Tartar Sauce, Peach Halves, Packed In Juice</td>
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<td>Sliced Carrots</td>
<td>Sugar Free Cake w/ Fat Free Topping</td>
<td>Cucumber &amp; Tomato Slices</td>
<td>Mini Muffin</td>
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<td>Melon</td>
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<td>Orange juice</td>
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<td>Roast Pork w/ Herb Gravy</td>
<td>Vegetarian Chili w/ Cheese &amp; Onions</td>
<td>Roasted Plum Tomato Soup &amp; Crackers</td>
<td>Cheese Enchiladas w/ Enchilada Sauce</td>
<td>Hawaiian Luau Celebration, RSVP Req.</td>
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<td>Brown Rice</td>
<td>Scandinavian Blend Vegetables</td>
<td>Egg Salad Sandwich</td>
<td>Black Beans</td>
<td>Sweet &amp; Sour Chicken Pineapple Rice</td>
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<tr>
<td>Chef’s Blend Vegetables</td>
<td>Coleslaw</td>
<td>Whole Grain Bread</td>
<td>Spanish Rice</td>
<td>Green Beans w/ Almonds</td>
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<td>Seasonal Fresh Fruit</td>
<td>Whole Grain Roll Peaches/Pears</td>
<td>Couscous Salad Sugar Free Pudding Sliced Pineapple</td>
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<td>Croutons and Honey Sesame Dressing</td>
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<td>Tostada Salad (Ground Beef, Mixed Salad, Corn, Black Beans, Cheese, Tomatoes)</td>
<td>Baked Potato Crusted Pollock Garlic Herb Rice Brussel Sprouts Tartar Sauce Diet Cookie</td>
<td>Roast Turkey w/ Gravy Yams/Marshmallows Green Beans Cranberry Sauce Pineapple Chunks</td>
<td>Holly Farm Chicken Mashed Potatoes Whole Baby Carrots Tropical Mixed Fruit</td>
<td>Meatballs w/ Marinara Sauce Over Linguine Italian Vegetables Apple Crisp Diet: Apple Crisp</td>
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<td>Chile Relleno Casserole; Tomato &amp; Onion Salad Salsa</td>
<td>Cheese Omelet w/ Fajita Vegetables Red Potatoes Spinach Mini Muffins Melon</td>
<td>Grilled Hamburger Whole Wheat Bun Shredded Lettuce Sliced Tomatoes, Onions Carrot &amp; Raisin Salad Orange Juice Watermelon</td>
<td>Baked Ziti Green Beans w/ Sliced Almonds Scandinavian Vegetables Low Fat Yogurt Fruit Cocktail</td>
<td>Gumbo Soup &amp; Crackers Chicken Breast &amp; Gravy Rice Pilaf Zucchini Diet Cookies</td>
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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% trans fat buttery spread served with bread and rolls. Weekly average lunch meal provides >550 calories.

www.SeniorServ.org
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OUTLOOK on Active Aging
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* Subject to change. Not all activities are listed on this calendar. Participation fee applies. Registration required for some activities.
IN MEMORIUM
In Memory of Marie F. Carranza, In Memory of Flora Griswold, In Memory of Thomas LaMonte, In Memory of Dick White
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Dennis Ryan
2016 PLATINUM PLAQUE SPONSORS
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