Winter is here, there is no doubt about it. Yes it is mild and much warmer than the rest of the US but it is still winter, meaning the days are shorter the weather is colder and your daily exercise routine suffers. There are fewer opportunities for running and walking outside and more time is spent keeping warm and conserving energy during those long winter nights. With fewer options for exercise it can be challenging to come up with unique and exciting ways to observe heart health awareness month in February. There is always aerobics classes, cardio workout routines or simply visiting the gym but all of those options can become redundant and boring, resulting in less motivation to participate in all those heart healthy activities. Why not shake up your exercise regimen with the fun and interactive “Drum Yourself Healthy” class offered free of charge once a month in the Parkview Room. Once you try it, it will become a must have part of your workout and health routine.

Drumming has been around practically since the dawn of man and has been used in gatherings, festivities, religion and for personal enjoyment in all types of communities. It is an excellent way to get in some creative exercise and it is good for both body and mind. Drumming has been proven to provide many health benefits; below are the commonly accepted top 10 reason to give drumming a try:

1. It makes you happy by releasing endorphins, enkephalins and alpha brain waves
2. It can help induce deep relaxation
3. It can help control chronic pain by serving as a distraction as well as helps the body to produce natural pain killers and endorphins
4. It boosts your immune system and your production of T-cells to help keep you healthy
5. It Creates a sense of connectedness and synchronizes your body rhythms
6. It aligns your body and mind with the natural world such as when you feel the beat of life
7. It can provide a way to connect with a higher power; many cultures use drumming in their ceremonies and festivities for this very reason
8. It releases negative feelings as you drum out your aggressions, anxieties and emotions without ever having to say a word
9. It puts you in the present moment, you have to keep a beat which means you cannot dwell on the past or worry about the future
10. It allows for a personal transformation.

The Senior Center in Central Park offers a drumming class led by Lee Kicks from Lee Kix Percussions each month. All materials and instruments are provided. All you need to do is drop-in, be present and enjoy your time. Many participants at the Senior Center look forward to this monthly meeting and thoroughly enjoy themselves; not only is it a social outlet, it is also a healthy activity that gets the body and mind pumping. Please stop on by and enjoy the fun. For more info you can contact the front desk at (714) 536-5600.


The HBCOA seeks to enhance the dignity and quality of life of Huntington Beach seniors. They do this in a variety of ways. It could be assistance with a medical device that a senior could not otherwise afford such as a personal Rescue Alert button. Other times, the HBCOA sponsors activities and classes that assist seniors with active aging - optimizing opportunities for health, participation, and security to enhance quality of life. Studies continue to highlight the positive boost to health and mental well-being associated with social interaction and physical activity.

As an example, the HBCOA helps to sponsor and support such activities as senior meals, arthritis classes, dances, local travel trips, movie screenings, and much more. I encourage seniors in HB to keep an eye on the events section of the website (hbcoa.org), the monthly Outlook newsletter, and the Facebook page (facebook.com/hbcoa) for opportunities to stay active. This month, allow me to invite you to the HBCOA Valentine’s Dance on Friday evening, February 9, at the Senior Center in Central Park. The night will include a delicious dinner, dancing and music. Come as a single or a couple and enjoy a fantastic evening.

Let’s get out and get active!

Ed Pinchiff
HBCOA President
The Man Who Knew Infinity

The true story of friendship that forever changed mathematics. In 1913, Srinivasa Ramanujan (Dev Patel), a self-taught Indian mathematics genius, traveled to Trinity College, Cambridge, where over the course of five years, forged a bond with his mentor, the brilliant and eccentric professor, G. H. Hardy (Jeremy Irons) and fought against prejudice to reveal his true genius to the world. This is Ramanujan’s story as seen through Hardy’s eyes. 108 minutes. Rated PG-13 for some thematic elements and smoking.

A United Kingdom

In the 1940s, prince Seretse Khama (David Oyelowo) of Bechuanaland is studying law in Britain in prep for his ascent to rule. There he falls in love with a clerk, Ruth Williams (Rosamund Pike). They know their marriage will cause strife but were not prepared to the extent. Facing a divided citizenry leery of a white British woman as their Queen and against all odds, King Khama and Ruth must struggle to maintain their love and help their people in a land that would become the republic of Botswana. 111 minutes. NR

The Midwife

The story of the unlikely friendship that develops between Claire (Catherine Frot), a talented but tightly wound midwife, and Beatrice (Catherine Deneuve), the estranged, free spirited mistress of Claries late father. Though polar opposites in almost every way, the two come to rely on each other as they cope with the unusual circumstance that brought them together in this sharp character study from the Cesar award winning director Martin Provost. 117 minutes. NR.

The Shack

After suffering a family tragedy, Mack Phillips (Sam Worthington) spirals into a deep depression that causes him to question his innermost beliefs. Facing a crisis of faith, he receives a mysterious letter urging him to an abandoned shack in the Oregon wilderness. Despite his doubts, Mack journeys to the shack and encounter an enigmatic trio of strangers led by a woman names Papa (Octavia Spencer). Through this meeting Mack finds important truths that will transform his understating of his tragedy and change his life forever. 132 minutes. Rated PG-13 for thematic material including some violence.

Covered Wagon Tour & Cookout

Tuesday, February 13th, 2018

Get ready for a real Old West Experience! Enjoy a chuck wagon meal accompanied by the sounds of live cowboy western music and panoramic views of the Coachella Valley. The delicious buffet includes BBQ tri-tip beef and chicken, coleslaw, cowboy beans, garlic bread and apple pie. Then board a mule-drawn covered wagon for a fun and fascinating narrated tour through the pristine 30,000 acre Coachella Valley Desert Preserve. There is no better way to get a close up look at the desert than out on the trail just like the early settlers experienced! While riding the trail the onboard naturalist will share much about the wildlife flora and fauna, the San Andreas Fault and local Indian customs. The covered wagon has padded seats and rubber wheels for a smooth ride. Member Price $116; Non-Member Price $126. Depart 8a.m. Return 5:30p.m.

Pie, Pottery & Pomona

W/ Included Buffet Lunch

Wednesday, February 28th, 2018

Take a trip back in time with the Pomona Historical Society. Begin with a visit to a prominent adobe house. Next its off to a guided tour of the Phillips Mansion, an example of a second-empire historic house. Next the group will visit the American Museum of Ceramic Art. A highlight of the tour will be the Mettlaich collection, a form of pottery invented in Germany in 1836 by Francois Boch and Nicolas Villeroy. Enjoy an included lunch buffet at the Cal Poly Pomona campus Kellogg West restaurant and a visit to the campus farm store to purchase fresh produce and local products. An included sweet treat from a local favorite pie stop tops off your day. Member price $86; Non-Member $96. Depart 8a.m. Return 6:30p.m.

Go Ahead, Bake My Day

W/ Step on Guide Curt & Tam O Shanter Inn

Tuesday, March 13th, 2018

Today the group is joined by step on guide Curt for the much loved LA “Foodie” tour where you will literally eat your way through the city. There is no better smell than that of fresh baked bread and today we are visiting some of the most wonderful bakeries in LA to sample their delicious baked goods. You will even get a chance to visit a bread lounge to do some olive oil tasting. Enjoy an included lunch at the Tam O Shanter Inn, a charming replica of a cozy Scottish Inn that was established by Lawrence Frank and Walter Van De Kamp. All Visits subject to change. Member price $96 Non-Members $106. Depart 8:230 Return 6pm

Annual Trip Schedule Available at the Senior Center

Register in advance at the Senior Center. Unless noted trips depart from the HB Sports Complex. For information or special accommodations call 714-374-1572 or go to www.hbcoa.org
Greetings Friends,

Happy Valentine’s Day! Love is in the air and we are celebrating Valentine’s Day with two great events sponsored by the Huntington Beach Council on Aging. Leave your Heart in Central Park with a spectacular night of dinner and dancing on Friday, February 9th from 7-10pm. Nick Peper trio will provide the entertainment and you will enjoy a great Italian feast along with wine, fun, and good company. An opportunity drawing and a photo booth sponsored by Orange Coast Memorial will make the night extra special. Tickets can be purchased at the front desk, $20 for HBCOA Members and $25 for non-members.

The HBCOA is excited to host its Annual Valentine’s Day Luncheon on Wednesday, February 14th at 10:00am. Tony O’dell will provide the entertainment and SeniorServ will provide the lunch. Please come and enjoy a wonderful lunch and good time! First come, first served. No advanced reservations required.

We have loads of exciting social activities taking place at the senior center daily. Looking to shake up your middle of the week? If you enjoy walking, drop in with the Wednesday Walkers. When you’re done, join our Wii Bowling crew for a game or two. Both are also excellent ways to observe heart health awareness month this February. Please feel free to explore all we have to offer! New suggestions are always welcome too!

I wish you a fabulous February!

Kristin
Recreation Supervisor

WHERE IS YOUR OUTLOOK

Don and Linda Morris brought the Outlook Newsletter to a Gobi Desert Ger/ Yurt camp in Mongolia. On the steppe of Mongolia they saw large herds of yaks, cattle, horses, Bactrian camels, sheep and goats.

Take your newsletter on vacation with you 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
COMMUNITY RESOURCES

**Adult Protective Services (APS)**
800-451-5155 Addresses 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 Center**
714-593-9630 Alzheimer’s and dementia care and support 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 for those with medicare

**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

**Rescue Alert Of California**
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

Free Professional Services At The Senior Center
- Notary: 2nd Friday of each month.
- Money Mentor: One Friday each month.
- Legal Consul: Most Wednesdays of each month.
- HICAP: Every Friday except the last of the month. You can sign-up for appointments in the Travel & Resource Room or at the front desk. Services are open to HB residents 60+ and are free of charge but do require an appointment.

**Fitness Center Info**
Hours of Operation
M-TH…8 a.m. - 8 p.m.
F…8 a.m. - 5 p.m.
SAT…8 a.m. - 1 p.m.
SUN…Closed

Membership Options
Ages 50-79…$120/12 months
Ages 80 and up…$80/12 months
SilverSneakers…Free

**Benefits of Fasting**
The practice of restricting your eating for 12-18 hours has a myriad of health benefits. At least a few days per week try skipping breakfast and having your first meal sometime between 11am-2pm. For the highest benefit avoid any liquids, foods, or supplements that would begin the digestive process. This includes coffee, tea, juice, omega 3, honey, etc. Instead drink only water for the first part of the day.

**BENEFITS OF FASTING**
- Reduces inflammation
- Enhances cognitive function
- Promotes fat burning
- Improves cholesterol
- Reduces blood sugar

**Alternative Health: Tongue Scraping**
The ancient Ayurvedic practice of tongue scraping is often overlooked or ambiguous altogether. There are many health benefits to this daily practice. Scraping the tongue daily removes any build-up on the tongue, which, if left untreated, can lead to bad breath and may house a significant number of bacteria. Also, by removing the build up on your tongue you improve your ability to taste your food. For best results scrape your tongue first thing in the morning and also prior to brushing your teeth at night. Cheers to keeping it healthy in 2018!
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- Senior Plus at Orange Coast Memorial – free program for adults 55 years or better: Call 714-378-5531

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---

**Surplus Food Distribution**
Friday, February 9th, 1:00-3:00 p.m.  
(While Supplies Last)

FREE Food commodities are available to all low income Huntington Beach residents on the second Friday of each month at the Senior Center in Central Park. Please bring proof of residency and self certify your income.

---

**Road Scholar Presentation**
March 9th at 1:30p.m.  
EMG 1

Jill Swaim will give a history of the Elderhostel Program which is now called Road Scholar. For 43 years, Road Scholar programs have expanded to encompass an extraordinary range of subjects and locations in every state of the U.S., the provinces of Canada, 150 countries around the world, and aboard vessels that transverse rivers and seas. Road Scholar offers programs in almost every area of interest. Whether you enjoy hiking through the Grand Canyon, birding in Costa Rica, or rebuilding homes on the Gulf Coast, there is something for everyone. The audience will hear about these programs that attract many people who never want to stop learning.

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**Register for classes at the senior center front desk or www.hbsands.org**

To register or for information on activities, clubs, classes, & services call 714-536-5600

---

**Each of us has a “Touch of Sage” within to share as we gather together in “CONVERSATIONS: FACE TO FACE”**

Come join us and contribute your thoughts and ideas and challenges in dialogue with others on various topics related to humor, growth, change and wisdom. These CONVERSATIONS will be facilitated by Betsy Crimi MA, MFT enabling you to realize the gifts of your years and the meaning of your life.

2/6, 2/20 10:00-11:00am

Topics include: Appreciating Others, The Loss of a Friend, Leaving a Legacy, Living Alone, Young in Spirit, Spice It Up!

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**HUNTINGTON BEACH COUNCIL ON AGING PRESENTS**

**Left My Heart in Central Park**

Valentine’s Dance  
Friday, February 9th  
7-10pm  
$20 HBCOA Members  
$25 Non-Members

Sponsored by

---

**Valentines Day Luncheon**  
Wednesday, February 14th  
10-12pm  
Entertainment by TonyO’dell  
Food, Fun & Raffle Prizes!

---

**Senior Center in Central Park**
CLOSED  
MONDAY, FEBRUARY 19TH  
President’s Day
Late to Your New Year’s Resolution?
It’s Never Too Late to Volunteer!

If you have fallen into a New Year’s slump and lost focus on staying on your resolution, you may want to give volunteering a try! There are many ways to volunteer at the Senior Center in Central Park. Become a Volunteer Driver and transport your fellow seniors across Huntington Beach. Pack delicious meals or deliver them to homebound seniors. Sit beside the hardworking Senior Center staff and help keep seniors informed about the center’s many events, services, and activities. The list goes on!

Don’t let your resolutions and goals fall to the wayside. Do you want to develop new and positive behaviors? Are you interested in helping out your local Huntington Beach community? If so, let the Senior Center help guide your decision making! Stop by the front desk and ask for a Volunteer Application. Beyond that, we hope all present and future volunteers have a great 2018!

Food Distribution
2nd Friday, February 9th, 1 - 3pm
Volunteer Packers: 12 - 1pm
Registration Volunteers: 1 - 3pm

Is your CPR up to date?
February is American Heart Month. The Huntington Beach Fire Department FireMed program offers CPR/AED training 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 on completion of the training. This month’s classes are:

Saturday, February 10th (9:30 am - 1:30 pm)
Wednesday, February 21st (5:30pm - 9:00 pm)

Volunteers Must Pre-register with Kathy Pace
The free class is only available to Senior Services volunteers. Others may register directly with FireMed at 800-400-4CPR or 714-556-4277.

February Closure
The Senior Center in Central Park will be closed 1/19/2018 in honor of President’s Day.

2017 Hours Confirmation
You should have received your hours confirmation letter for your volunteer service in 2017. If you have not received your letter or if you believe you are missing hours please leave a note for Kathy Pace at the front desk.

HBCOA Outlook Mailing
4th Thursday, 2/22/18 8:30-10:30
We need extra hands due to the increase in HBCOA memberships! Coffee & donuts for all volunteers!

No Bingo
Thursday, February 15th
Monday, February 19th
Social Services
Facilitating independent living and developing a plan for facing late-life transitions.
Services made possible in part by Orange Coast Memorial Medical Center & HBCOA

New Medicare Cards in 2018
Medicare will start issuing new cards with new numbers to all Medicare beneficiaries between April 2018 and April 2019. The new Medicare Beneficiary Identifier (MBI) will be made up of 11 alpha and numeric characters (upper case letters and numbers only) and are intended to help prevent fraud and identity theft. There is no charge for the new card and Medicare will not call you about the card to ask you questions or charge you.

Be aware of SCAMS!!! Scammers are already starting to take advantage of this situation by calling and asking people for their Medicare numbers and/or asking for a fee for the new card. This is a SCAM! Medicare will not call and ask you for information or a fee of any kind. If you receive such calls HANG UP. Report potential scams to Senior Medicare Patrol at 855-613-7080.

Information provided by:
www.medicare.gov
Senior Medicare Patrol www.smpresource.org or 855-613-7080
www.cahealthadvocates.org

Volunteer Money Mentor Service
Do you need help: organizing bills, tracking monthly income & expenses, preparing checks, setting up auto-pay, or developing a monthly budget? Huntington Beach residents aged 60+ may call 714-374-1572 for an in-office appointment with an experienced volunteer.

LifeRing Secular Recovery Support Group:
Peer-to-peer, non 12-step support for abstinence-based recovery from alcohol & drug use. Meetings are in the Travel Resource Room, Thursday’s 7-8 pm. More information at www.lifering.org or email oclifering@gmail.com

Dementia Caregiver Support Group
1st & 3rd Tuesdays, 6:30pm. Learn coping strategies and gain support while caring for a loved one. Call Ellie 714- 642-9458 or Tina 714-856-3909 for more info. Sponsored by:

Alzheimer's Orange County

Free Monthly Walk-In Fair Housing Counseling for Tenants and Landlords
The Fair Housing Foundation will hold a monthly walk-in clinic at City Hall on Feb. 26, 10-Noon in the Fifth Floor Office of Business Development. A counselor will be available on a first-come, first-served basis to discuss any rental housing issues, tenant/landlord disputes and to ask questions about Fair Housing Laws. Services are also available by phone Monday through Friday at (800) 446-3247 More information is available at www.fhfca.org.
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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 60+ 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 the Senior 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.*

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**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

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**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 60 o más años. Nuestro departamento cubre toda la transportacion entre los limites de la ciudad de Huntington Beach, además, 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 Senior 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 sitas 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.

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**New Bag/ Package Policy**

Riders are limited to two packages the size of a grocery bag and may use small shopping carts to transport their items. Drivers are not required to assist riders with their packages or shopping carts. Both packages and carts may not take the space of another passenger. Riders are responsible for all items that they bring on board.

*New policy excludes grocery groups*
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OUTLOOK on Active Aging
MANAGER’S MESSAGE

Greetings and hello from the Senior Café and welcome to February. Though it may be the shortest month of the year it doesn’t lack for activities and events in the café. The month is jammed packed full of tasty menus as well as some special events. To begin there will be a special Pre Valentines menu on February 13th. There will be an HBCOA membership luncheon celebration on February 14th with live entertainment, a special menu as well as an HBCOA membership meeting and raffle prizes. On February 15th there will be a Chinese New Year celebration menu. For more information please check with the registration counter in the café. The café will be closed on Monday February 19th in observation of Presidents Day.

As always enjoy the month and I hope to see you for lunch. Have a Happy February.

Sandra Yepez
SeniorServ Site Supervisor
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tbody>
<tr>
<td>Beef Bolognese On Spaghetti Fresh Spinach W/ Dried Cranberry Vinaigrette Whole Grain Breadstick Fresh Melon</td>
<td>Chicken Fajitas W/ Fajitas Vegetables Spanish Rice &amp; Black Beans Flour Tortilla Custard Diet: Diet Custard</td>
<td>Clam Chowder Soup SF Crackers Mediterranean Tuna Salad On Bed Of Spinach Tomato &amp; Zucchini Salad Chilled Tropical Fruit</td>
<td>Egg Drop Soup SF Crackers Thai Chicken Salad Thai Salad Dressing Whole Wheat Roll Mandarin Orange</td>
<td>Baked Pollock (Cod) W/ Pico De Gallo Mexican Rice Brussels Sprouts Canned Apricots</td>
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<td>Turkey Pot Roast W/ Gravy Baked Potato W/ Sour Cream Capri Blend Vegetables Fresh Fruit</td>
<td>Valentina Day Stuffed Bell Peppers Scalloped Potatoes Chef Cut Vegetables Parker House Roll Chocolate Cake W/ Whip Topping &amp; Ice Cream Diet: Melon</td>
<td>Ash Wednesday Mrs. Fridays Fish Couscous W/ Peas &amp; Parmesan Cheese Broccoli Chilled Fruit Cocktail</td>
<td>Chinese New Year Chicken Chow Mein W/ Noodles Oriental Blend Vegetables Blueberry Pie Diet: Fresh Fruit</td>
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*Suggested Donation $3.00*  
*Meal Cost for Under Age 60 $5.00*
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<th>MONDAY</th>
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<tr>
<td>8:15  Silver Glove Fitness</td>
<td>8:00  Small Group Circuit</td>
<td>8:00  Total Body TRX X$</td>
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<tr>
<td>8:30  Table Tennis</td>
<td>8:30  Painting &amp; Drawing</td>
<td>8:15  Silver Glove Fitness</td>
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<td>9:30  Small Group Sampler</td>
<td>9:00  Pilates Mat D$</td>
<td>9:00  Wii Bowling G</td>
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<td>2/5, 2/12, 2/26</td>
<td>9:00  Stroller Workout O$</td>
<td>9:30  Hearing Screening H*</td>
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<td>9:30  Stick Exercise</td>
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<td>9:00  Senior Cardioli P$</td>
<td>9:30  Hula Beg X$</td>
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<td>9:30  Stick Exercise O</td>
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<td>10:00 Drum Yourself Healthy</td>
<td>9:00  Exercise For Balance X$</td>
<td>10:00  Young At Heart Singers P</td>
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<td>10:00 Chair Yoga</td>
<td>9:00  Beginning Computer L$</td>
<td>10:15  HBAS Aerobics D$</td>
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<td>2/5, 2/12, 2/26</td>
<td>10:00 Conversations Face To Face</td>
<td>10:30  Cardkateers 2/7, 2/21</td>
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<td>10:00 Internet Tips</td>
<td>2/6, 2/13, 2/20, 2/27</td>
<td>10:30  Morning Masterpiece 2/14, 2/28</td>
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<td>L$</td>
<td>10:15  Pilates Lean &amp; Fit X$</td>
<td>11:00  Mah Jongg G 2/7, 2/14, 2/21, 2/28</td>
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<td>11:30  Pilates Chair Plus 2/7, 2/14, 2/21, 2/28</td>
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<td>12:30 Bingo</td>
<td>10:15  Flex &amp; Stretch P$</td>
<td>12:00  AARP Tax Prep L*</td>
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<td>10:30  Yoga D$</td>
<td>12:30  Pilates Chair X$</td>
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<td>12:30  HB Knitwits 2</td>
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<td>1:00 HB Party Bridge</td>
<td>10:45  Guava Groove Ukulele Beg G$</td>
<td>1:00  Arthritis Chair 2/7, 2/14, 2/21, 2/28</td>
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<td>G$</td>
<td>12:15  Studio Art 1$</td>
<td>1:00  Line Dance Level 3-4 P$</td>
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<td>1:30  Hoag Lecture: 2/14</td>
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<td>1:00 Chess</td>
<td>12:30  Wards Duplicate Bridge 2$</td>
<td>1:30  Hoag Lecture: 2/14</td>
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<td>1:30 Spanish</td>
<td>12:30  Scramble G</td>
<td>2:00  Small Group Circuit 2/7, 2/14, 2/21, 2/28</td>
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<td>2:45  Line Dance Level 2 P$</td>
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<td>2:00 Beg Bridge</td>
<td>12:30  Pilates Chair X$</td>
<td>3:00  Deep Stretch D$</td>
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<td>3:00  Traditional Hawaiian 2$</td>
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<td>1:15  Brain Fitness L$</td>
<td>4:00  Deep Stretch D$</td>
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<td>2:00 Small Group Circuit</td>
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<td>5:30  Restorative Yoga D$</td>
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<td>12:30  Deep Stretch D$</td>
<td>5:45  Fitness For Life X$</td>
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<td>6:00  Stroller Workout O$</td>
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<td>2:30 Spanish</td>
<td>3:00  Bridge Intermediate 1$</td>
<td>6:00  Improv 4 Everyone P$</td>
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<td>6:30  Power Yoga G$</td>
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<td>2:30 Smartphones Beginners</td>
<td>3:00  Brain Fitness L$</td>
<td>6:30  Bridge Beg 1$</td>
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<td>7:00  Line Dance Level 1 D$</td>
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<td>2:30  Line Dance New Beg D$</td>
<td>7:00  Lean &amp; Fit X$</td>
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<td>3:00 Deep Stretch</td>
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<td>7:00  Dinner Book Club 2/14</td>
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<td>3:00  Bridge Intermediate 1$</td>
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<td>3:00  Brain Fitness L$</td>
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<td>3:15 Line Dance Level 2-3</td>
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<td>3:30  French 2$</td>
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<td>4:00  Line Dance New Beg D$</td>
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<td>5:00 Gentle Pilates Mat</td>
<td>4:30  French 2 2/6, 2/13, 2/20, 2/27</td>
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<td>6:00  Family Martial Arts X$</td>
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<td>6:00  Zumba Ages 6 to 86 D$</td>
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<td>5:30 Total Body Stretch</td>
<td>6:15  Martial Arts For Adults X$</td>
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<td>6:30  Alzheimer's Support Grp R 2/13, 2/27</td>
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<td>Outlook Assembly</td>
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<td>Writing Your Life Story</td>
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<td>How To Use Windows 10</td>
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LIFETIME PLAQUE SPONSORS

Assistance League of Huntington Beach Dreamcatchers Auxiliary, Hoag Memorial Hospital Presbyterian, Orange Coast Memorial Medical Center

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