

With tax day fast approaching in April, everyone is sure to be collecting and working with their personal records and sensitive documents. Once you have used your records or find that you have years of records piling up, what are you to do with them to ensure they are destroyed properly to protect your identity? To help, the HBCOA in conjunction with the OC Realtors and Republic Services are sponsoring a free drive-thru shred event at the Senior Center In Central Park. Your documents will be shredded on site when you drop them off and you don't even have to get out of your car as volunteers will be on hand to do the heavy lifting for you. Please limit the documents you wish to shred to 5 boxes/bags and refer to the list on the flyer to the right for allowed documents. Feel secure in protecting your identity as well as helping the earth by recycling all your old shredded records.

## FREE Paper Shredding Day !!!!

**ORANGE COUNTY REALTORS®**

**Shred Day**

**FREE!**

**Saturday, April 8**  
**9 AM - 12 PM**  
(or until truck is full)

**Senior Center in Central Park**  
18041 Goldenwest St., Huntington Beach

Dispose of your old transaction folders, personal documents, and financial records without fear of identity theft

**Limit:** Five (5) banker boxes or paper grocery bags filled with your personal papers and documents

Co-sponsored by OCR & the Huntington Beach Council on Aging

**Allowed:**  
any paper, any color  
paper with paper clips  
paper with rubber bands  
paper with staples  
file folders, except accordion type

**Not Allowed:**  
wet trash  
aluminum cans  
food products  
plastic bags  
cardboard boxes  
ringed binders  
newspapers  
magazines  
hazardous materials  
medical waste  
CDs  
videos or cassette tapes  
hard drives  
x-rays

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For more info please contact the Senior Center Front Desk at (714) 536-5600



**CITY OF HUNTINGTON BEACH SENIOR SERVICES**  
**SENIOR CENTER IN CENTRAL PARK**

18041 Goldenwest Street, Huntington Beach, CA 92648

(714) 536-5600

**Open Mon - Thur 8 A.M. to 9 P.M., Fri 8 A.M. to 5 P.M. Sat 8 A.M. to 1 P.M., Closed Sunday**

HB COUNCIL ON AGING EXECUTIVE BOARD

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For additional information please visit the HBCOA website at www.HBCOA.org or like their Facebook page at Huntington Beach Council on Aging @HBCOA



PRESIDENT'S MESSAGE

At the HBCOA we appreciate the support of our members and reward them with discounts throughout the year on travel, dances and other activities. We also keep members informed with the monthly HBCOA newsletter the "Outlook On Active Aging." Membership funds help support many programs & services for HB seniors and membership levels start at just \$15 a year. Please show your support and take a moment to renew your HBCOA membership or consider joining for the first time. You don't need to be a senior to join.

There are also other ways to contribute. In June, we will be hosting one of our major fundraisers of the year - the annual HBCOA On Course Golf Tournament. This is a fun day of golf followed by a buffet awards dinner with raffles, auctions and other fun activities. Check our website (www.hbcoa.org) for more information. You may also consider HBCOA in your planned giving including donations to our endowment fund. As a 501(c)3 non-profit charity, HBCOA depends on the generous support and philanthropy of the community and we are grateful for donations at any level.

This month's Outlook newsletter has many opportunities for mental & physical activity as well as social engagement - all of which are critical for staying healthy as we age. Let's get out and get active!

Ed Pinchiff
HBCOA President



I WANT TO JOIN THE HBCOA AND ADD MY SAY TO THE VOICE OF SENIOR CITIZENS.

Date \_\_\_/\_\_\_/\_\_\_ 2017 New Member \_\_\_ 2017 Renewal
Membership Level: Bronze-Lifetime members are recognized in the Outlook, and at www.hbcoa.org.

\_\_\_ \$15 General \_\_\_ \$100 Bronze \_\_\_ \$250 Silver \_\_\_ \$500 Gold \_\_\_ \$1000 Platinum
\_\_\_ \$2500 Diamond \_\_\_ \$10,000+ Lifetime

\_\_\_ 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 \_\_\_\_\_

Number/Spc/Apt City State Zip

PHONE (\_\_\_\_\_) \_\_\_\_\_

E-MAIL \_\_\_\_\_

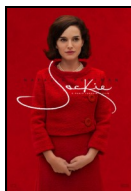
The \$15 annual membership fee includes a subscription to the Outlook newsletter. You must renew annually. Make your check payable to HBCOA and mail to: 18041 Goldenwest St., Huntington Beach, CA 92648 HBCOA Tax ID# 51-0179431

**Tuesday Afternoon at the Movies**  
**12:15 p.m. Free! (Movies & Times Subject to change)**

**Moonlight****3/7**

A timeless story of self-discovery and connection, *Moonlight* chronicles the life of a young black man from childhood to adulthood as he struggles to find his place in the world while growing up in a rough neighborhood of Miami. **111 minutes. Rated R for some sexuality, drug use, brief violence, and language throughout.**

A searing and intimate portrait of one of the most important and tragic moments in American history, seen through the eyes of the iconic First Lady, Jacqueline Kennedy (Natalie Portman). *JACKIE* places us in her world during the days immediately following her husband's assassination. Known for her extraordinary dignity and poise, here we see a psychological portrait of the First Lady as she struggles to maintain her husband's legacy and the world of "Camelot" that they created and loved so much. **100 minutes. Rated R for brief strong violence and some language.**

**Jackie****3/14**

**Manchester by The Sea** Lee Chandler (Casey Affleck) is a brooding loner handyman. One damp winter day he gets a call summoning him to his hometown. His brother's heart has given out suddenly, and he's been named guardian to his 16-year old nephew. As if losing his only sibling and doubts about raising a teenager weren't enough, his return to the past re-opens an unspeakable tragedy. **137 minutes. Rated R for language throughout and some sexual content.**

**3/21**

On April 20, 2010, the *Deepwater Horizon* drilling rig explodes in the Gulf of Mexico, catches fire and kills several crew members. Chief electronics technician Mike William (Mark Wahlberg) and his colleagues find themselves fighting for survival as the heat and the flames become stifling and overwhelming. Banding together, the co-workers must use their wits to make it out alive amid all the chaos. **107 minutes. Rated PG-13 for prolonged intense disaster sequences and related disturbing images and brief strong language.**

**Deepwater Horizon****3/28****TRAVEL & TRIPS PROGRAM****Getty Center & Lawry's Lunch****Thursday, March 30, 2017**

Spend a day high atop a hill in the Santa Monica mountains at the beautiful Getty Museum which houses the Getty collection of Western art spanning from the Middle Ages to the present. There are always new exhibits arriving so no two visits are ever the same. Explore at your leisure with a free docent-guided architectural and garden tour. The gardens are particularly beautiful during this time of year. Prior to your arrival at the museum you will be able to enjoy an included lunch at Lawry's in Beverly Hills, famed for their elegance and service. You will have your choice of entrée between Prime Rib, chicken or salmon along with sides and their famous spinning bowl salad and dessert. **Member Price \$96 Non-Member \$106. Depart 9:45 a.m. Return 6:45 p.m.**

**Gems & Geniuses**

**Gemological Inst., Salk Inst. & Included Lunch at the Green Dragon Tavern**  
**Thursday, April 13, 2017**

Begin your day with a guided tour of the Gemological Institute of America in San Diego. The G.I.A. is the world's foremost authority on diamonds, colored stones and pearls and the leading source of education, knowledge and standards of gems and jewelry. Next you will enjoy lunch at the Green Dragon Tavern and Museum which is a replica of the original location in Boston where Sam Adams, Paul Revere and the Founding Fathers met to plan the Boston Tea Party. Finish the afternoon with a visit and docent-guided architectural tour of the prestigious Salk Institute in La Jolla, California. *Suggested: walking shoes as there is considerable walking in this tour.* *Required when booking: legal name as it appears on License or gov. issued ID that you will present at the G.I.A. on the day of the tour.* **Members \$86 Non-Members \$96. Depart 9 a.m. Return 6:30 p.m.**

**Art Alive In Balboa Park**  
**Sunday, April 30, 2017**

See the San Diego Museum of Art in full bloom as you experience the *Art Alive* exhibit a floral interpretation of famous works of art that are created by more than 100 floral designers. The museum also features a renowned collection of paintings including Spanish and Italian old masters, South Asian paintings, and 19th and 20th century American paintings and sculptures. There will be time to visit the Balboa Park gardens and other museums (*addtl. Charge may apply*) or you can enjoy the free Spreckels Organ Concert. Enjoy lunch on your own in Balboa Park. **Members \$69 Non-Members \$79. Depart 8:30 a.m. Return 6:30 p.m.**



**Annual Trip Schedule Available at the Senior Center**  
 Register in advance at the senior center. Unless noted above, trips depart from the Senior Center. For information or special accommodations call 714-374-1572 or at [www.hbcoa.org](http://www.hbcoa.org)



**COMMUNITY SERVICES**

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*Chris Slama, Community Services Manager*

**SENIOR SERVICES**

*Randy Pesqueira, Executive Director*

*Kristin Martinez, Recreation Supervisor*

*Heather Dodd, Office Assistant*

*Scott Getman, Wellness Specialist*

*Teri Simonis, Volunteer Coordinator*

*Brandi Kelly-Contreras, Transp. Coord.*

*Ray Adams, Dispatcher*

*Michelle Yerke, Care Manager*

**Phone Directory**

***Community Services***

(714) 536-5486

***Senior Services***

(714)536-5600

***HBCOA***

(714) 374-1524

***Sr. Center Rentals & Marketing***

(714) 536-1570

***Transportation***

(714) 374-1742

***Care Management/Travel***

(714) 374-1572

***Home Delivered Meals***

(714) 374-1717

***Fitness Center***

(714) 374-1578

***SeniorServ***

(714) 375-8404

**EDITOR**

***Heather.Dodd@surfcity-hb.org***

**SPONSORSHIP**

***Judi.Rohrdanz@surfcity-hb.org***

**Sponsorship Disclaimer**

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**SUPERVISOR'S MESSAGE**

Greetings Friends,

Goodbye Winter and Hello Spring! March 20<sup>th</sup> marks the beginning of the Spring Season – the season of rebirth, renewal and new growth!

Let's spring into action and explore new activities this season! We recently launched table tennis hours in the game room and are looking forward to starting up a tennis ladder. The ladder will create opportunity for friendly competition and is a great vehicle for maintaining hand-eye coordination, exercise, creating new friendships, and engaging the mind! Also, new to our lineup is a beginning knitting class called the "Knitwits" taught by our lovely volunteer, Wendy Gingerich. The class begins March 29<sup>th</sup> at 12:30 p.m. and is limited in space, enroll today!

We are looking forward to a great month! To celebrate St. Patrick's Day, the Young at Heart Singing Group, will be singing old Irish favorites. Please drop in and enjoy a morning of good cheer. They meet at 10 a.m. every Wednesday.

Lastly, remember to set your clocks forward one hour! The time changes Sunday, March 12th as we spring forward

Kristin Martinez  
Recreation Senior Supervisor



**WHERE IS YOUR OUTLOOK**



Beverly Fleming and Ron Jagner took their newsletter to the floating islands of Lake Titicaca in Peru at an amazing elevation of 13,500 ft to visit the Uros people who live on forty two self fashioned islands. 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](mailto:Heather.Dodd@surfcity-hb.org)



**Senior Services Remembers**

Ruth Covert

Roi Ann Duke 1/22/1947 — 12/18/2016

Dan Hiendrick

## COMMUNITY RESOURCES

### **Adult Protective Services (APS)**

**800-451-5155** Prevents abuse and neglect of elder and disabled adults [www.ssa.ocgov.com](http://www.ssa.ocgov.com)

### **AlertOC**

**714-536-5978** a mass notification system designed to keep Orange County informed of emergencies [www.alertoc.org](http://www.alertoc.org)

### **Alzheimer's Family Services Center**

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

### **Aging and Disability Resource Center**

**800-510-2020** Referrals for older persons, persons with disabilities & caregivers [www.adrcoc.org](http://www.adrcoc.org)

### **AR Mobility**

**714-841-6360** Discounted medical & mobility equipment, repairs & service [www.armobility.com](http://www.armobility.com)

### **California Senior Medicare Patrol**

**855-613-7080** helps Medicare and Medicaid beneficiaries avoid, detect, and report healthcare fraud [www.cahealthadvocates.org](http://www.cahealthadvocates.org)

### **Caregiver Resource Center**

**800-543-8312** Caregiver support, respite care, and education [www.caregiveroc.org](http://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](http://www.211oc.org)

### **OCTA Access**

**714-560-5956** Transportation throughout Orange County for persons unable to take the fixed bus system [www.octa.net](http://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](http://www.rescuealertofca.com)

### **Social Security Administration**

**800-772-1213** 17075 Newhope Ste B, Fountain Valley, CA 92708 [www.ssa.gov](http://www.ssa.gov)

### **Free Professional Services At The Senior Center**

- Notary: 2nd Friday of each month.
- Money Mentor: 3rd Friday of each month.
- Legal Aid: 3rd Wednesday of each month.
- HICAP: Every Friday except the last Friday of the month.

You can sign up for available appointments in the Travel & Resource Room or at the front desk. Services are free of charge but do require an appointment.



## Hoag Health & Wellness Pavilion

Join The Movement



### **Personal Training - Always in Motion**

Meet Carol Seaberry, one of six personal trainers at the Health & Wellness Pavilion. Carol is a Certified Personal Trainer, Corrective Exercise Specialist, and Yoga teacher. She has been a part of the fitness industry for over two decades and has a mission of sharing how to use your body effectively to maintain good posture, strength, flexibility, and endurance. Come meet Carol and see how she can help you reach your health goals in 2017.



### **St. Patrick's Day - The Low Down on Your Beer**

The words alcohol and health don't exactly go together. However, did you know that moderate drinking seems to be good for the heart & circulatory system, and may even protect against type 2 diabetes & gallstones? Now before you buy your own 12 pack of Guinness this St. Patrick's Day, be aware that heavy drinking is a major cause of preventable death. Heavy drinking can damage the liver & heart, harm an unborn child, increase the chances of developing cancer, and contribute to depression & violence. Alcohol's two-faced nature shouldn't come as a surprise. The active ingredient in alcoholic beverages, ethanol, affects the body in many different ways. It directly influences the stomach, brain, heart, gallbladder, and liver. It also affects levels of lipids (cholesterol and triglycerides) and insulin in the blood, as well as inflammation and coagulation. It also alters mood, concentration, and coordination. In conclusion, by keeping our alcohol consumption to "moderate", 1 drink per day, we're able to enjoy our favorite drinks AND avoid any health risks.

### **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

# Golden Age Dentistry

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

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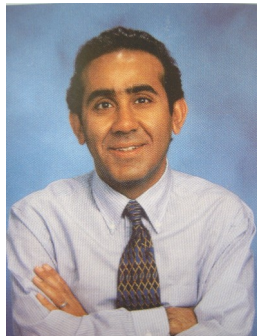
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Mention HB0317 to receive 10% off  
Offer expires March 31st, 2017



assistance league®  
Huntington Beach

# Thrift Shop

- 100% Volunteer Operated
- Proceeds Benefit Local Schools
- Learn More [www.ALHB.org](http://www.ALHB.org)



8071 Slater Avenue, Huntington Beach

Open Tues, Wed, Fri, Sat 11 am - 3 pm • Thurs 1 pm - 5 pm • 714 847-6511

Gently used donations accepted during business hours. • [www.facebook.com/assistanceleagueofhb](http://www.facebook.com/assistanceleagueofhb)







**Noelle Hipke 714-290-4500**

REALTOR® e-Pro, Seniors Real Estate Specialist

List with me and I'll pay the Home Warranty



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- Film Productions
- Free Market Analysis
- Senior Communities
- Social Media Kit



Check out our Website!

## EDWARD'S HAIR SALON

• "Family Atmosphere, Professional Stylist"

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

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

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

**Perm: \$35**  
(regular \$40)

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

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

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



5942 Edinger Ave. Suit 110  
Huntington Beach, CA 92649  
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- Monday: CLOSED
- Tue - Friday: 9 am - 7pm
- Saturday: 9 am - 6pm
- Sunday: 10 am - 5pm

**714-840-8997**

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## Caring for a loved one with memory loss?

CREATE HAPPIER AND HEALTHIER DAYS

- ✓ Dementia-Specific Day Services
- ✓ Adult Day Health Care
- ✓ Early-Stage Program
- ✓ Caregiver Support Services



Let's connect today!

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or  
**(714) 593-1844**

Alzheimer's Family Center  
www.AFSCenter.org

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**Canaan Home Care**

[www.canaanhomecare.com](http://www.canaanhomecare.com)

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Riverside County 760-904-4122 • [info@canaanhomecare.com](mailto:info@canaanhomecare.com)

Orange County DSS Home Care License 304700021 • San Diego County DSS Home Care License 374700014

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MEMORIALCARE HEALTH SYSTEM

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For more information or a referral to one of our physicians, visit [MemorialCare.org/OrangeCoast](http://MemorialCare.org/OrangeCoast) or call 1-800-MEMORIAL.

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- ❖ MemorialCare Heart & Vascular Institute
- ❖ MemorialCare Breast Center
- ❖ Digestive Care Center
- ❖ CyberKnife – pinpoint radiation therapy
- ❖ Award-winning Emergency Department
- ❖ MemorialCare Joint Replacement Center
- ❖ Senior Plus at Orange Coast Memorial – free program for adults 55 years or better: Call 714-378-5531



18111 Brookhurst Street • Fountain Valley, CA 92708 • 714-378-7000 • [www.memorialcare.org](http://www.memorialcare.org)



**SENIOR CENTER RECREATION**  
*Experts at Living Well*

**Surplus Food Distribution**  
**Friday, March 10th, 8:00 a.m.-10:30 a.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.



Register for classes at the senior center front desk or [www.hbsands.org](http://www.hbsands.org)  
 To register or for information on activities, clubs, classes, & services call 714-536-5600

**ORANGE COAST MEMORIAL**  
 MEMORIALCARE HEALTH SYSTEM

**The Burning Truth about GERD**  
*Gastroesophageal Reflux disease*  
 Thursday, March 16th, 2017  
 6:00 p.m.-7:30 p.m.  
 Presented by Michael Russo, M.D  
 To reserve your seat, visit [memorialcare.org](http://memorialcare.org) or call  
**1-800 MEMORIAL (1-800-636-6742).**



**New! HB Knitwits**

The Knitwits want to learn to knit! Students will learn basic stitches and practice these stitches while choosing and completing a simple fun project.

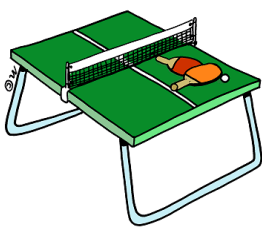
**251128-5A : \$6 : 3/29-5/17**  
**Wednesdays**



**New Table Tennis Ladder begins soon!**

Get exercise, maintain hand-eye coordination, meet old friends and make new ones! We're starting a table tennis club and **ladder**, for players of all skill levels. A ladder is a low-key way to foster friendly competition by recording match scores and ranking the members. Matches are played at the Senior Center during posted table tennis hours. The initial sign-up period will be March 6th-20th, 2017, after which ladder play will begin.

**For more information contact the Senior Center at 714-536-5600.**



**Huntington Beach Council on Aging**  
 Presents

**Fiesta!**

SENIOR CENTER in Central Park

**April 28th, 2017**  
 7:00 p.m. - 10:00 p.m.  
 Doors Open 6:30 p.m.

Join us for live entertainment  
 Dinner, Dancing & lots of fun!

**\$20 HBCOA Members**  
**\$25 Non-Members**

MEMORIALCARE MEDICAL GROUP      ORANGE COAST MEMORIAL MEMORIALCARE HEALTH SYSTEM

**Braille Institute Presentation**

The Braille Inst. will provide a presentation at the Senior Center about services provided thru their organization including library services, low vision wellness, education on eye diseases, classes, in-home appointments and Braille services. All Braille Inst. Services are free of charge.

**Monday, March 6th : 10 a.m.—11 a.m.**



**HB Fishing & Recreation Club**

The HB Fish & Rec. club enjoy activities such as fishing (fresh & salt water), lawn bowling, bowling, monthly meetings and social meet ups in the community. If you would like to join the group stop by their monthly meeting, March 1st at 10 a.m. at the Senior Center for more information.





**VOLUNTEER NEWS**  
*Volunteers Make Life Better!*



**Your Time is Valuable!**

Volunteers, thank you for the 55,000 hours of volunteer service that you gave to Huntington Beach seniors and Senior Services last year. The dollar value to the City of Huntington Beach for the hours you served is equivalent to 1.5 million dollars! Please know that the time that you have given the community is appreciated just as much, and demonstrates how much you value enhancing the lives of seniors in Huntington Beach.



**Handy Crafters**

The volunteer Handy Crafters have donated \$3,500 to Senior Services this year! Through the sale of their handcrafted items, this crafty group supports the Holiday Meals Program. On

Easter, Thanksgiving, and Christmas, hot meals are delivered to qualified homebound older residents, who are alone on the holiday. They also sponsor other craft classes offered at the center including Morning Masterpiece, Zen Doodling, and Cardkateers and will be sponsoring a new beginning knitting class that will be offered in Spring 2017. Their handiwork can be purchased from the display case in the lobby or from their full inventory on Fridays.

The Handy Crafters meet Fridays at 10:30 a.m. If you are interested in joining this friendly group, please contact Teri Simonis.



Huntington Beach FireMed Program

**Free CPR & AED Senior Services Volunteers**

Saturday, March 11th 10:00 a.m.-1:00 p.m.  
Wednesday, March 22nd 6:00 p.m.-9:00 p.m.

Sponsored by FireMed, a \$60 value

**Volunteers Must Pre-register with Teri Simonis**  
*The free class is only available to Senior Services volunteers. Others may register directly with FireMed 800-400-4CPR*

**Food Distribution**

2nd Friday, March, 10th  
Volunteer Packers-6:30 a.m.  
Registration Volunteers- 7:45 a.m

**Save the Date**

Saturday, May 6th, 11:00 a.m.-1:00 p.m.

**Volunteer Appreciation Barbecue**

The Volunteer Appreciation Committee, Jim and Kathy Dowling, Jane Burke, Heather Dodd, Kathy Pace, and Teri Simonis are planning a great celebration for volunteers with 40 or more hours of service in 2016.

**HBCOA Outlook Mailing**

4th Thursday, 3/23/2017 8:30 a.m.-10:30 a.m.

*We need extra hands due to an increase in HBCOA membership! Please join us!*

**Volunteer Opportunities**

- Afternoon Movie Volunteer Tuesdays 11:00-2:00
- HBCOA Shredding Event Saturday, 4/8/17
- Easter Holiday Meals Sunday, 4/16/17
- Fishing Derby Friday, 4/17/17
- HBCOA Spring Ahead Meet & Greet 4/21/17
- HBCOA Fiesta Lunch 4/28/17

For details, contact Teri Simonis or Kathy Pace

**Contact Volunteer Services**

**Teri Simonis, 714-374-1544 /**  
**TSimonis@Surfcity-hb.org**

**Kathy Pace, 714-374-1520**  
**Kathy.Pace@surfcity-hb.org**



**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



## Alzheimer's ORANGE COUNTY

### Dementia Caregiver Support Group

Every 3rd Tuesday of the month, 6:30 - 8:00 p.m. at the Senior Center in Central Park. Caring for a loved one with dementia can be an isolating experience. Learn coping strategies and ways to maintain personal, physical and emotional health while caring for a loved one. The group is free and sponsored by Alzheimer's Orange County. Before attending, and for information call Ellie (714) 642-9458 or Tina (714) 856-3909.

For information on aging issues call the Travel/ Resource desk 714-374-1572 and ask to speak with a care manager.



Between the heavy winter storms in January, dedicated volunteers through Hope Chapel's *Nails in His Hands* ministry spent their Saturday helping a care management client in need of home improvement. The senior had leftover debris and wood from an unsafe addition that was torn down. The resident didn't have the resources to take care of the issue on his own. The volunteer group of 29 people put in a good days work to take care of the project, filled a large truck, weeded, rebuilt a set of entry stairs and added a new patio table and chairs. Thank you *Nails in His Hands* volunteers for another amazing project to benefit a Huntington Beach older adult!!!

### Care Management News

The focus of the Care Management team at Huntington Beach Senior Services is to help residents 60 and older age in place. This is done by helping to access services to meet unmet needs. Care Managers provide regular support to the Home Delivered Meals services. Family, friends and loved ones can also get information and referral to services from Care Managers. The move to the new Senior Center in Central Park brought increased attention to this service. In 2016, Care Management provided services to approx 300 seniors and countless others by conducting nearly 1,000 home visits, 500 office consultations and over 12,000 phone calls. Thanks to financial support from the HBCOA, 180 pieces of mobility equipment were lent out, and an average of 32 persons per month, who qualify, were provided with a Rescue Alert personal emergency response system. Thanks to support from the Assistance League DreamCatchers, over 100 gift bags were given out in 2016 and various other nutritional support services were provided to an average of 25 seniors per month. Care Management partners with various community programs to help Huntington Beach continue to be a great place to age!



**The Orange County Veterans Service Office:** schedules appointments for free benefits claims counseling and info & referral assistance to veterans, their dependents and survivors. This can include assistance with applications for Aid and Attendance, a benefit available to those who qualify based on wartime service, the need for regular care and financial need. Call 714-480-6555 or go to <https://veterans.ocgov.com/> to find out more.



### Volunteer Money Mentor at the Senior Center

Do you need help:

- Organizing bills
- Tracking monthly income & expenses
- Preparing checks
- Getting bills set up on auto-pay
- Developing a monthly budget?

If you are a Huntington Beach resident aged 60 + in need of help, please call 714-374-1572 for an in-office appointment.





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—Chris L.

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

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Lisa Derrick  
Director of Client Services  
**(714) 846-3728**  
[Lisa@familyfirsthomecareinc.com](mailto:Lisa@familyfirsthomecareinc.com)  
[www.FamilyFirstHomeCareInc.com](http://www.FamilyFirstHomeCareInc.com)

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- Alzheimer's care
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- 24-hour & holiday care
- Information & referral services
- Respite care for family members



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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.*



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 60 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 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 citas y mandados. Cuando reserva su sitio, digale a la administracion que Usted necesita un acompañante.

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

Llame entre las 9:00 de la mañana y las 3:00 de la tarde para reservar su transportacion. Clientes nuevos pueden registrarse por telefono. No hay costo para ancianos para transportacion, pero se aprecia donaciones para soportar este programa. *Servicios de transportacion son posibles con la ayuda de una donacion de Hoag Memorial Hospital Presbyterian.*



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

### Remember !!!

Daylight Savings time will begin Sunday March 12th. Don't forget to have your clocks spring ahead one hour overnight so you don't miss your rides



### 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](http://www.octa.net)



### Transportation Correspondence !!!!

The transportation department loves to hear from its riders. If you enjoyed your trip with your driver or your grocery shopping escort, please feel free to drop them a line and let them know how they are doing or how to serve you better. Comment cards are available in each vehicle or if you would like to send a personal note you can drop it off with any driver or mail it to the Senior Center

*Attn: Transportation Dept.  
18041 Goldenwest St.  
Huntington Beach, CA 92648*







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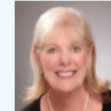
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## MANAGER'S MESSAGE

Greetings and hello from the Senior Café. Spring is fast approaching and there are all kinds of new and exciting things planned for the Senior Café this month. For those celebrating Lent there will be special fish menus on March 1st, 3rd, 10th and 31st. There will be special Vegetarian menu days on March 16th and March 24th. On March 17th there will be a special menu day in celebration of St Patrick's Day featuring the traditional corned beef and cabbage menu as well as live entertainment by Darryl Reed from 10:30 a.m.-11:30 a.m., lunch will be served at 11 a.m.. **An advanced RSVP will be required for the St Patrick's Day luncheon.** There will be a healthy menu day for National Nutrition Month on March 15th and the birthday celebration for all the March babies will be held on Friday the 31st. Enjoy the many events this month and see you in the café.

Stacy Bennett  
SeniorServ Site Manager








Huntington Beach Senior Café at the Center— March 2017

714-375-8404

**Lunch is served Mon-Fri @ 11:15 Sign up a half hour before service.**

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
<b>Suggested Donation - \$3.00</b>  <b>Meal Cost for Under Age 60 - \$5.00</b>	 Alignment Healthcare	<b>Ash Wednesday</b> Potato Crusted Pollock Bow Tie W/ Cherry Tomatoes W/ Lemon Dressing Whole Grain Bread Orange Juice Diet: Banana Pudding	Spaghetti W/ Meatballs W/ Marinara Sauce Brussels Sprouts Fruited Gelatin	<b>Pescitarian Day</b> Crab Salad Spinach Salad W/ Cranberries And Sliced Almonds Dressing Whole Wheat Dinner Roll Tropical Fruit
6	7	8	9	10
Turkey Taco Bowl (Shredded Carrots, Chopped Tomatoes, Light Sour Cream, Red Cabbage) Salsa Whole Wheat Tortilla Chips Cantaloupe	Entrée Salad (Chopped Vegetables and Couscous Salad W/ Sliced Beef) Dressing Mini Blueberry Muffin Reduced Sugar Apple Crisp	Cream of Celery Soup W/ Salt Free Crackers Grilled Chicken Breast Sandwich on WW Bun Lettuce & Tomatoes Vegetable Salad Fresh Fruit	Beef Stroganoff Over Egg Noodles Seasoned Baby Carrots Multi Grain Bread Orange Juice Sugar Free Cookie	<b>Pescitarian Day</b> Vegetable Soup W/ Salt Free Crackers Stuffed Salmon Boat W/ Newberg Sauce Seasoned Brussels Sprouts Fruited Gelatin W/ Mandarin Orange
13	14	15	16	<b>RSVP 17 RSVP</b>
Sweet and Sour Chicken Brown Rice Oriental Vegetable Blend Mandarin Oranges	Tortilla Soup W/ Tortilla Strips Taco Salad (Ground Beef, Tomatoes, Cheese, Corn, Black Beans, Diced Bell Peppers) Flour Tortillas Sugar Free Custard	<b>Nat. Nutrition Month</b> Tomato Florentine Soup W/ Salt Free Crackers, Open Face Turkey Sandwich, Whole Grain Bread, Broccoli Salad, Angel Food Cake, Blueberries & SF Whip Cream Top	<b>Vegetarian Day</b> Baked Ziti Mixed Green Salad W/ Diced Beets Vinaigrette Dressing Whole Grain Bread Pineapple Chunks	<b>St Patrick's Day</b> Corned Beef & Cabbage Whole Potatoes Baby Carrots Rye Bread Luck of The Irish Dessert 
20	21	22	23	24
Cream Of Pumpkin Soup W/ Salt Free Crackers Roast Turkey W/ Gravy Green Bean Almandine Cranberry Sauce Orange Pineapple Juice SF Vanilla Pudding	Chili Con Carne W/ Diced Onions Shredded Cheese California Blend Vegetables Served W/ Corn Muffin Orange Juice Pears & Peaches Medley	Corn Soup W/ Tortilla Strips, Chicken Salad on Lettuce Leaf Surrounded W/ Shredded Carrots and Succotash Whole Grain Bread Nectarine	Pot Roast W/ Brown Gravy, Baked Potato W/ Light Sour Cream Seasoned Carrots Orange Juice Sugar Free Chocolate Chip Cookies	<b>Vegetarian Day</b> Broccoli Frittata, Harvest Salad W/ Cranberries and Sliced Almonds Raspberry Dressing Whole Grain Bread Orange Juice SF Cookie
27	28	29	30	31
Chicken W/ Potatoes & Peas W/ Curry Sauce Jasmine Rice W/ Edamame Seasoned Carrots Mandarin Orange	Entrée Salad (Mixed Vegetables W/ Diced Beets, Cucumbers, Feta Cheese, Corn & Black Beans) WW Dinner Roll Melon	Swedish Meatballs W/ Egg Noodles Seasoned Broccoli Florets Whole Grain Bread Orange Juice Sugar Free Cookie	Egg Drop Soup W/ Salt Free Crackers Stir Fry Pork W/ Vegetables, Quinoa Pilaf, Orange Pineapple Juice, Sugar Free Pudding	<b>Pescitarian Day</b> Farmer Soup W/ Salt Free Crackers Mrs. Friday's Fish Baked Potatoes Seasoned Spinach Ambrosia

All Meals comply with the Dietary Guidelines for Americans (DGA) 2015 & 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. Please note condiments are not analyzed and may increase sodium.

[www.SeniorServ.org](http://www.SeniorServ.org)

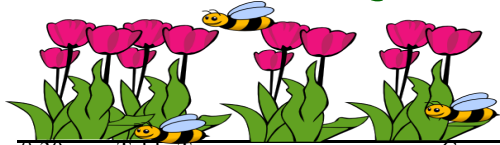


**MONDAY**

**TUESDAY**

**WEDNESDAY**

*March*  
*2017*



**I N D E X**

**L** Computer Room  
**D** Dance Room  
**1** Edinger Medical Group 1  
**2** Edinger Medical Group 2  
**G** Game Room 1,2,3  
**X** Group Exercise Room  
**H** Hoag Office  
**P** Parkview Room (N & S)  
**S** Services Office  
**O** Patio  
**\$** Participation fee  
**\*** Registration

8:30	Table Tennis	G
9:30	Kinetic Mindfulness	2*\$ 6
9:30	Stick Exercise	O
10:00	Chair Yoga	D*\$
10:00	Braille Inst Lecture	1*
10:00	Drum Yourself Healthy	P
10:15	Aerobics HBAS	X*\$
11:15	Chair Yoga	D*\$
12:30	Pilates Chair Sitting	X*\$
12:30	Bingo	P
1:00	Chess	G
2:00	Beg Bridge	1*\$
3:15	Line Dance Fitness 2-3	P*\$
8:30	Table Tennis	G
9:30	Kinetic Mindfulness	2*\$ 13
9:30	Stick Exercise	O
10:00	Chair Yoga	D*\$
10:15	Aerobics HBAS	X*\$
11:15	Chair Yoga	D*\$
11:45	Pilates Chair Sitting	X*\$
12:30	Bingo	P
12:30	Zen Doodling	1*\$
12:30	Pilates Chair	X*\$
1:00	Chess	G
2:00	Beg Bridge	1*\$
3:15	Line Dance Fitness 2-3	P*\$
8:30	Table Tennis	G 20
9:30	Kinetic Mindfulness	2*\$
9:30	Vision Screening	H*
9:30	Stick Exercise	O
12:30	Bingo	P
1:00	Chess	G
3:15	Line Dance Fitness 2-3	P*\$
5:30	Total Body Stretch	D*\$
6:45	Tai Chi Chuan Beginning	D*\$
6:45	Tai Chi Chuan Intermediate	X*\$
8:30	Table Tennis	G 27
9:30	Kinetic Mindfulness	2*\$
9:30	Stick Exercise	O
11:45	Pilates Chair Sitting	X*\$
12:30	Pilates Chair	X*\$
12:30	Bingo	P
12:30	Zen Doodling	1*\$
1:00	Polynesian Dance	D*\$
1:00	Chess	G
2:00	Beg Bridge	1*\$
2:00	Intermediate Polynesian Dance	D*\$
3:15	Line Dance Fit	P*\$
6:45	Tai Chi Chuan Beg	X*\$

8:00	Painting & Drawing	1*\$ 7
9:00	Beginning Computers	L*\$
9:00	Exercise For Balance	X*\$
9:00	Pilates Stroller	O*\$
9:00	Senior Cardiofit	P*\$
9:30	Guava Groove Ukulele	G*\$
9:30	Blood Pressure Check	H*
10:15	Flex & Stretch	P*\$
10:30	Yoga	D*\$
10:45	Guava Groove Ukulele	G*\$
11:30	AARP Tax Aid	L*\$
11:30	HB Studio Art	1*\$
12:15	Movie: Moonlight	P
8:00	Painting & Drawing	1*\$ 14
9:00	Beginning Computers	L*\$
9:00	Exercise For Balance	X*\$
9:00	Pilates Stroller	O*\$
9:00	Senior Cardiofit	P*\$
9:30	Guava Groove Ukulele	G*\$
10:15	Flex & Stretch	P*\$
10:30	Yoga	D*\$
10:45	Guava Groove Ukulele	G*\$
11:30	AARP Tax Aid	L*\$
11:30	HB Studio Art	1*\$
12:15	Movie: Jackie	P
12:30	Wards Duplicate Bridge	2*\$
8:00	Painting & Drawing	1*\$ 21
9:00	Exercise For Balance	X*\$
9:00	Senior Cardiofit	P*\$
10:15	Flex & Stretch	P*\$
11:30	AARP Tax Aid	L*\$
11:30	HB Studio Art	1*\$
12:30	Wards Duplicate Bridge	2*\$
12:30	Scrabble	G*\$
12:00	Movie: Manchester By The Sea	P
2:30	Line Dance Fitness New	D*\$
4:00	Line Dance Fitness New	D*\$
5:00	Family Martial Arts	X*\$
6:00	Zumba Ages 6 to 86	D*\$
8:00	Painting & Drawing	1*\$ 28
9:00	Exercise For Balance	X*\$
9:00	Pilates Stroller	O*\$
9:00	Beginning Computers	L*\$
9:30	Ukulele Beginning	G*\$
10:15	Guava Groove ukulele	G*\$
11:30	AARP Tax Aid	L*\$
11:30	HB Studio Art	1*\$
12:30	Wards Duplicate Bridge	2*\$
12:30	Scrabble	G*\$
12:30	Movie; Deepwater Horizon	P*\$
2:30	Line Dance Fitness New	D*\$
3:00	Bridge Intermediate	1*\$

9:00	HB Fishing Club	I
9:00	Wii Bowling	G 1
9:30	Hula Dance	X*\$
9:30	Stick Exercise	O
10:00	Aerobics	D
10:00	Young At heart Singers	P
10:30	Cardkateers	2*\$
11:00	Mah Jongg	G*\$
11:30	AARP Tax Aid	L*
11:30	Pilates Chair Plus	X*\$
12:30	Pilates Chair	X*\$
1:00	Arthritis Chair	D*\$
1:00	Line Dance 3-4	P*\$
9:00	MS Word 2013	L*\$ 8
9:00	Wii Bowling	G
9:30	Hula Dance	X*\$
9:30	Hearing Screening	H*
9:30	Stick Exercise	O
10:00	Young At Heart Singers	P*\$
10:00	Aerobics	D
10:30	Morning Masterpiece	2*\$
11:00	Mah Jongg	G*\$
11:30	Pilates Chair	X*\$
12:00	AARP Tax Aid	L*
12:30	Pilates Chair	X*\$
1:00	Arthritis Chair	D*\$
9:00	Wii Bowling	G 15
9:00	MS Word 2013	L*\$
9:30	Hula Dance	X*\$
9:30	Stick Exercise	O
10:00	Aerobics	D
10:30	Cardkateers	2*\$
11:00	Mah Jongg	G*\$
11:30	Pilates Chair Plus	X*\$
12:00	AARP Tax Aid	L*
12:30	Pilates Chair	X*\$
1:00	Arthritis Chair	D*\$
1:00	Line Dance 3-4	P*\$
2:45	Line Dance 2	P*\$
9:00	Wii Bowling	G 22
9:00	MS Word 2013	L*\$
9:30	Hula Dance	X*\$
9:30	Stick Exercise	O
10:00	Aerobics	D
10:00	Young At Heart Singers	P
10:30	Morning Masterpiece	2*\$
11:00	Mah Jongg	G*\$
12:00	AARP Tax Aid	L*
1:00	Arthritis Chair	D*\$
1:00	Line Dance 3-4	P*\$
2:45	Line Dance 2	P*\$
5:45	Fitness For Life	X*\$
9:00	Wii Bowling	G 29
9:00	MS Word 2013	L*\$
9:30	Hula Dance	X*\$
9:30	Stick Exercise	O
10:00	Aerobics	D
10:00	Young At Heart Singers	P
10:30	Cardkateers	2*\$
11:00	Mah Jongg	G*\$
11:30	Pilates Chair	X*\$
12:00	AARP Tax Aid	L*
12:30	Pilates Chair	X*\$
1:00	Arthritis Chair	D*\$
5:30	Pilates Chair Restoration	D*\$

**THURSDAY**

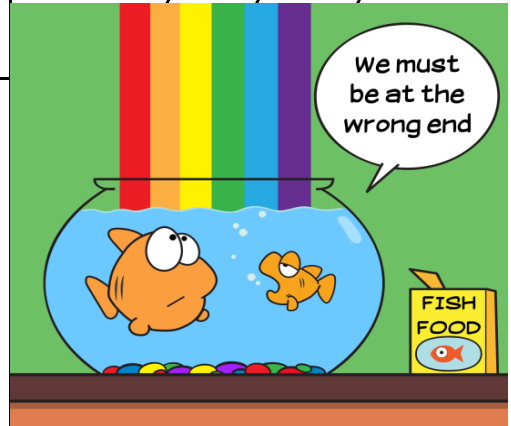
**FRIDAY**

**SATURDAY**

8:00 HBCOA Board Mtg. 1	8:30 Mexican Train G	9:00 Lecture 1*\$ 4
9:00 Tai Chi Chuan Inter G*\$ 2	9:00 Zumba Gold D*\$ 3	9:00 Power Yoga X*\$
9:00 Zumba Gold X*\$	9:00 Tops 1	9:00 AARP Driver Safety 2*\$
9:00 Pilates Stroller O*\$	9:00 Senior Cardiofit P*\$	10:00 Lean & Fit For Life D*\$
9:00 Tai Chi Chuan Beg P*\$	9:00 Power Yoga X*\$	
10:00 Yoga D*\$	<b>9:30 HICAP S*</b>	
10:00 Writing Life Story 2*\$	10:00 Stress Mgmt 2*\$	
10:15 Pilates Lean For Life X*\$	10:15 Circuit Training X*\$	
10:40 Flex & Stretch P*\$	10:30 Handy Crafters 1*\$	
11:00 Yoga D*\$	11:45 Pilates Chair Sitting X*\$	
12:30 Party Bridge G*\$	12:30 Practice Bridge 2*\$	
12:30 Bingo P	1:00 Arthritis Chair D*\$	
5:00 Family Martial Arts X*\$	1:00 Ukulele Strum 1*\$	
9:00 Tai Chi Chuan Inter G*\$	8:00 Food Distribution O 10	9:00 AARP Driver Safety 1*\$ 11
9:00 Zumba Gold X*\$	8:30 Mexican Train G	9:00 Pilates Power Yoga X*\$
9:00 Pilates Stroller O*\$	9:00 Photos By Google L*\$	10:00 Pilates Lean & Fit D*\$
9:00 Tai Chi Chuan Beg P*\$	9:00 Zumba Gold D*\$	10:00 Learning Black History 2*\$
10:00 How to Use Windows 10 L*\$	9:00 Tops 1	10:00 FireMed CPR G*\$
10:00 Yoga D*\$	9:00 Senior Cardiofit P*\$	
10:00 Writing Life Story 2*\$	<b>9:30 HICAP S*</b>	
10:15 Pilates Lean For Life X*\$	10:15 Circuit Training X*\$	
10:40 Flex & Stretch P*\$	10:30 Handy Crafters 1*\$	
11:00 Yoga D*\$	11:45 Pilates Chair X*\$	
12:30 Party Bridge G*\$	12:30 Pilates Chair X*\$	
12:30 Bingo P	12:30 Practice Bridge L*\$	
2:00 Fun With Craigslist L*\$		
9:00 Tai Chi Chuan Inter G*\$	8:30 Mexican Train G 17	9:00 Power Yoga X*\$ 18
9:00 Zumba Gold X*\$	9:00 Zumba Gold D*\$	10:00 How to Use Windows 10 L*\$
9:00 Pilates Stroller O*\$	9:00 Tops 1	10:00 Pilates Lean For Life D*\$
9:00 Tai Chi Chuan Beg P*\$	9:00 Senior Cardiofit P*\$	
10:00 Writing Life Story 2*\$	<b>9:30 HICAP S*</b>	
10:00 How To Use Windows 10 L*\$	10:00 Special Apps & Programs L*\$	
10:00 Yoga D*\$	10:15 Circuit Training X*\$	
10:15 Pilates Lean For Life X*\$	10:30 Handy Crafters 1*\$	
10:40 Flex & Stretch P*\$	11:45 Pilates Chair X*\$	
11:00 Yoga X*\$	12:30 Pilates Chair X*\$	
12:30 Party Bridge G*\$	12:30 Practice Bridge 2*\$	
12:30 Bingo P	1:00 Arthritis Chair D*\$	
2:00 All About Google L*\$	1:00 Ukulele Strum 1*\$	
8:00 Outlook Assembly 1		
9:00 Tai Chi Chuan Inter G*\$ 23	8:30 Mexican Train G 24	10:00 How to Use Windows 10 L*\$ 24
9:00 Zumba Gold X*\$	9:00 Zumba Gold D*\$	10:00 Learning Black History 2*\$
9:00 Pilates Stroller P*\$	9:00 Tops 1	10:00 Family Martial Arts D*\$
9:00 Tai Chi Chuan Beg P*\$	9:00 Senior Cardiofit P*\$	
10:00 Writing Life Story 2*\$	<b>9:30 HICAP S*</b>	
10:40 Flex & Stretch P*\$	10:00 Special Apps & Programs L*\$	
12:30 Party Bridge G*\$	10:15 Circuit Training X*\$	
12:30 Bingo P	10:30 Handy Crafters 1*\$	
12:30 Zumba Gold Chair D*\$	1:00 Arthritis Chair D*\$	
1:30 Broadway Dance Demo D*\$	1:00 Practice & Play Bridge 2*\$	
2:00 All About Google L*\$	1:00 Table Tennis G*\$	
2:00 Sr. Tech Club 1*\$	2:00 Line Dance New Beg P*\$	
5:00 Family Martial Arts X*\$		
8:30 Tai Chi Chuan Inter G*\$	8:30 Mexican Train G 31	
9:00 HB Pilates Stroller O*\$ 30	9:00 Tops 1	
9:00 Tai Chi Chuan Beg P*\$	10:30 Handy Crafters 1*\$	
10:00 Lecture 1*	12:30 Pilates Chair X*\$	
10:00 Mental Gymnastics 2*\$	1:00 Arthritis Chair D*\$	
10:15 Pilates Lean For Life X*\$	1:00 Practice & Play Bridge 2*\$	
11:15 Gentle Pilates Mat X*\$	1:00 Table Tennis G*\$	
12:30 Party Bridge G*\$	1:00 Ukulele Strum 1*\$	
12:30 Bingo P		
12:30 Zumba Gold Chair D*\$		
1:30 Broadway Dance Demo D*\$		
1:30 Broadway Dance Fitness D*\$		
5:00 Family Martial Arts X*\$		



P.S. Purposely Silly 



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Huntington Beach Council on Aging  
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