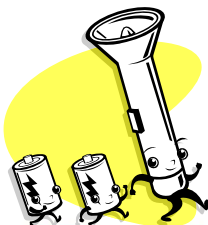


BRIGHT OUTLOOK
April 2012

Volunteers Shine!



**Celebrating
People in Action**

National Volunteer Week
April 15 - 21, 2012

THIS MONTH:

April 3	Blood Pressure Check	Pg 8
April 12	Travel & Trips: Vintage Train	Flyer
April 12	HBCOA Spring Fling Lunch	Flyer
April 13	Food Distribution	Pg 8
April 13	HBCOA Ballroom Dance	Pg 8
April 15	HB Symphony Orchestra	Pg *
April 20	Volunteer Appreciation Lunch	Pg 6
April 26	Bright Outlook Assembly	Pg 7



CITY OF HUNTINGTON BEACH SENIOR SERVICES

MICHAEL E. RODGERS SENIORS CENTER
1706 Orange Ave, Huntington Beach, CA 92648
(714) 536-9387

SENIORS OUTREACH CENTER
1718 Orange Ave, Huntington Beach, CA 92648
(714) 960-2478

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

HB COUNCIL ON AGING EXECUTIVE BOARD

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Cathy Meschuk, 1st Vice President
Drew Kovacs, 2nd Vice President
Adria Thomke, Chief Financial Officer
Carol Settimo, Treasurer
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- Stan Cohen, Richard Harlow, Norma Brandel Gibbs, Tom Livengood, Margie Bunten, Fr. Christian Mondor, Barbara Delgleize, Fred Speaker, Jean Granger

CITY COUNCIL LIASONS

- Keith Bohr, Joe Carchio, Joe Shaw



PRESIDENT'S MESSAGE

Special Recognition—Judith Rohrdanz

Thank you, to HBCOA member and volunteer, Judith Rohrdanz for applying for and receiving a \$1000 grant for the HBCOA from an IBM Volunteer Support Program. Judi took the initiative to find out what grants were out there from her previous employer and Cathy Meschuk, HBCOA 1st VP helped with the details. The money will help us in our mission to assist older adults in Huntington Beach.

April is Volunteer Appreciation Month; I want to thank all volunteers for their time and dedication. Rodgers Seniors Center, Seniors Outreach Center and the HBCOA could not offer the great active aging and senior support programs without the volunteers' generosity of spirit and time.

At the HBCOA membership luncheon on Thursday, April 12th at 1:00 P.M., the HBCOA will honor those who have been members for 10+ years. There will be opportunity drawings, a delicious lunch, and entertainment sponsored by Attentive Home Care. This is an official business meeting so you can ask questions and meet the board members. The lunches are always special events, so don't miss the fun. Purchase \$5 tickets at the Rodgers' front desk.

Sponsors & golfers are needed for the "On Course" Golf Tournament on June 22nd at Meadowlark Golf Club. This is such a reasonably priced tournament and a full day of fun. For \$100 players will get a round of golf, golf cart, buffet and awards dinner, and many prize opportunities! The tournament is open to all ages so check out our website www.hbcoa.org for entry or sponsorship information. I want to thank HBCOA board members Drew Kovacs and Susan Montoya for chairing this event.

Judy Ann Morris, HBCOA President
jamorris189@yahoo.com



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

Date ___/___/___ 2012 New Member ___ 2012 Renewal

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

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

___ 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 Bright Outlook by mail with my membership.

PLEASE PRINT

NAME (S) _____ PHONE () _____

Last First

ADDRESS _____

Number Street Space/Apt

ADDRESS _____

City State Zip

E-MAIL _____

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

SENIOR SERVICES STAFF

Randy Pesqueira, Executive Director
Chris Slama, Recreation Supervisor
Teri Simonis, Office Administrator
Diane Swarts, Volunteer Coordinator
Susan Abbond, Recreation Leader
Carole Davis, Recreation Leader
Jean Faulkner, Recreation Leader
Vickie Costilow, Care Manager
Mary McBride, Care Manager
Cheryl Robinson, Care Manager
Beverly Schulte, Care Manager
Michelle Yerke, Care Manager
Brandi Kelly-Contreras, Transportation Coordinator
Ray Adams, Transportation Assistant
Margaret Barker, Dispatcher
Jean Payne, Dispatcher
Tom Arnold, Driver
David Downs, Driver
Ron Lesovsky, Driver
June McCann, Driver
John McGrew, Driver
Charles Nelson, Driver
Craig Schaum, Driver
Philip Smith, Driver
Diane Stanton, Driver
Carol Benton, HDM Coordinator
Mary Siegel, HDM Coordinator
Bernie Garcia, Custodian
Mark Bishop, Assistant Custodian
Philip Roy, Assistant Custodian

COMMUNITY SERVICES DEPARTMENT

Paul Emery, Acting Director
Janeen Laudенback, Superintendent,
 Recreation, Human & Cultural Services

COMMUNITY SENIORSERV STAFF

Pat Mullins, Manager
Pat Masino, Kitchen Supervisor

BRIGHT OUTLOOK ADVERTISING

Chris Slama 714-374-1710

cslama@surfcity-hb.org

EDITOR

Teri Simonis 714-374-1517

tsimonis@surfcity-hb.org



SUPERVISOR'S MESSAGE

Hello and happy spring!

Under the definition of spring, we will see words like “rebirth,” “re-growth,” and “renewal.” One of my favorite things about this time of year is changing our clocks, and that wonderful extra sunlight at the end of the day. This is always a time that I like to “renew” an old hobby or activity that I may have set aside during the winter time; maybe a jog, bike ride, or head to the beach and enjoy the sunset on a cozy blanket with the family. We live in a nice place, don't we?

And speaking of light, April is Volunteer Recognition month, when we show extra appreciation to our volunteers for shining so brightly! Please make sure to give a big smile and “thanks” to a volunteer this month when you are eating lunch, getting a ride, or receiving a meal at home. There are so many services we offer in Huntington Beach that would not be possible without volunteer assistance. THANK YOU volunteers for brightening our days!

“If you want to lift yourself up, lift up someone else.” Booker T. Washington

Chris Slama
 Recreation Supervisor
cslama@surfcity-hb.org



MANAGER'S MESSAGE

Passover greetings and happy Easter

Spring is here and the sun is bright! Thank you to all the wonderful volunteers in the lunch program who brighten lives everyday.

Due to increased food and transportation costs, Community SeniorServ's Board of Directors has found it necessary to raise the suggested donation amount to \$3.00 and the guest fee (for those under 60) to \$5.00 effective April 1st, 2012. Government funding only covers 60-70% of the cost of operating the lunch program, and CSS depends heavily on fundraising and program donations to bridge the gap so we can continue to serve high-quality, tasty meals. Please note that donations are voluntary and no one will be turned away due to the inability to donate.

Each day a delicious lunch is served at 11:30 A.M. The lunch is a balanced meal formulated by a registered dietician and recommended by the Orange County Office on Aging. Check the menu to see if it fits your dietary needs. Sign-up by 11:00 A.M. Reservations are needed only on the special event days marked on the monthly menu. \$5.00 guest fee for under 60. \$3.00 recommended donation for 60+, but nobody 60+ is turned away for their inability to pay.

Pat Mullins, Manager
 714-536-8404 pmullins@communityseniorserv.com

HUNTINGTON BEACH SENIOR SERVICES

*Make a connection with Huntington Beach
Senior Services...the benefits are endless*

The **Michael E. Rodgers Seniors Center** is a multipurpose facility and offers opportunities for community involvement and companionship with a wide range of social, recreational, and educational programs promoting wellness. A hot lunch is served each weekday by Community SeniorServ. Please stop by the front desk for further information on services, activities, classes and upcoming events or call us at **714-536-9387**.

The **Seniors Outreach Center** provides services to assist older adults in the city with their physical, emotional and nutritional needs. The center's goal is to promote self-sufficiency and independence for seniors. Outreach offers information & referrals, a Meals to the Home program, a city-wide transportation program, care-management, a housing assistance program, a daily care call program, and a mobility equipment lending service. Please call **714-960-2478**.

The City of Huntington Beach and the Huntington Beach Council on Aging, make no warranties, presentations, or claims concerning the quality, quantity, or availability of services advertised in the Bright Outlook, and they reserve the right to exercise such discretion as they may deem appropriate in the selection of advertising material to be published in the Bright Outlook.

By viewing the advertisement section you agree not to hold the City of Huntington Beach, the Huntington Beach Council on Aging or its affiliates liable for the content of any advertisement, or for any delays, inaccuracies, errors or omissions in the transmission or delivery of such content. Your viewing/use of this section signals your acceptance of these terms, conditions and guidelines.



DONATE YOUR CAR

*Donate your car, truck,
boat or RV to Cars 4
Causes and Benefit the
HB Council on Aging*

800-766-2273 www.hbcoa.org



Shop at Ralphs or Food 4 Less and Raise Funds for HBCOA

It's easy and free! Every time you shop and swipe your registered Ralphs or Food4Less Reward card, HBCOA will receive a donation.

TO REGISTER YOUR RALPHS OR FOOD 4 LESS REWARD CARD ONLINE:

- Go to www.Ralphs.com or www.Food4Less.com > Click on **Sign In** > **My Ralphs or My Food4Less** > **Community Contribution** > **Participant – Enroll** and follow prompts to have **Huntington Beach Council on Aging** (organization # 91703) your designated Community Contribution Organization.
- If a new online customer click on **Create a New Account** and follow prompts to create an account. Then follow the previous steps under **Sign In**.

TO REGISTER YOUR RALPHS OR FOOD4LESS REWARD CARD AT THE STORE:

If you do not have access to the internet or an email address please bring this flyer to your local Ralphs or Food4Less store. You can go to the service counter or next time you are shopping and give this flyer to the cashier to scan the barcode below. This will enroll your card with the HBCOA Community Contribution Program. (If you use this flyer, please be aware that "HB COA" will not appear on your receipt as your designated Community Contribution Organization. You will need to call 1-800-660-9003 to update your information.)



Huntington Beach Senior Services Resources

Huntington Beach Senior Services

Michael E. Rodgers Seniors Center

714-536-9387 Recreation, education, nutrition, socialization, physical fitness

Seniors Outreach Center

714-960-2478 Transportation, care-management, meals to the home, housing assistance, information & referral

Seniors on the Go Transportation

714-374-1742 Appointments 9:00 A.M. - 3:00 P.M.

Huntington Beach Council on Aging (HBCOA)

714-536-9387 Recognized by the Huntington Beach City Council as representing its local senior citizens

www.hbcoa.org

Adult Protective Services (APS)

800-451-5155 Prevents physical abuse, financial abuse and neglect of elder and disabled adults

www.ssa.ocgov.com

AlertOC

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

www.alertoc.org

Alzheimer's Family Services Center

714-593-9630 For persons with Alzheimer's and related dementia www.afscenter.org

Caregiver Resource Center

800-543-8312 Caregiver support, respite care, and education www.caregiveroc.org

Info Link

2-1-1 or 1-888-600-4357 24-hour assistance & referrals to countywide health and human services for all ages

www.infolinkoc.org

Orange County Office on Aging

800-510-2020 Referrals for senior services in Orange County www.officeonaging.ocgov.com

Social Security Administration

714-966-2466 17075 Newhope Ste B, Fountain Valley, CA 92708 www.ssa.gov

Crazy 80 Lady!

By Teri Simonis



Patti Phillips' grandson, Scott, asked Patti what she wanted to do for her 80th birthday. Patti answered "Sky Dive!" The idea just popped into her head maybe because in the back of her mind she remembered that George Bush Sr. had done it for his 80th. Now 87, Patti is looking forward to her seventh jump. Friends and family call her the "Crazy 80 Lady" and ask that she simply tell them about her latest jump after it has occurred.

Patti jumps with Sky Dive San Diego. After a brief training session, Patti jumps from 13,000 feet with a trained tandem instructor. She freefalls for a short time, or as Patti describes it, "swims through the air" Patti finds skydiving "an awesome, spiritual adventure, calm peaceful, gentle, quiet, pure freedom! Certainly a tiny glimpse of what heaven must be like-pure joy!"

Patti lives a full life by her favorite motto, *Seize the Opportunity*. She was born in Los Angeles and has two children and six grandchildren. She has traveled twelve times to Sitka, Alaska to volunteer in a college dining room. She also traveled to South America for five months with just three days notice!

Patti's indomitable attitude helped her recover from an injury and keeps her young in spirit today. "I'm a klutz on the ground, I broke my neck in 2002 but up there, I'm free like a ballet dancer." Although recently, she stopped driving due to macular degeneration, she continues her activities by riding "Seniors on the Go", investigates volunteer possibilities at the senior center, and she looks out her window each day to see if it is cloudy day, a preference for skydiving. Floating above a blanket of clouds, she doesn't try to figure it out. She just believes. She knows she isn't in control. "God knows what he is doing. I don't"

Senior Services Remembers

Bill Watson 7/21/1928-2/4/2012

Leslie Cushing 2/4/1934-2/27/2012

Timothy Levens 6/16/1958-2/24/2012

Ophelia (Betty) Foster 9/30/1934-2/12

Geneval Alban 9/20/1915-3/2012

Carolyn Fahnstock 2/12/2012



20th Annual "On Course" Golf Tournament

Huntington Beach Council On Aging
Supporting Vital Services For Aging Adults

Save the Date!
Friday June 22, 2012

Meadowlark Golf Course, Huntington Beach, CA
12:30 pm Shotgun Start
info - 714.536.9387
www.hbcoa.org

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Stress-Free Travel Starts at City Hall!

City of Huntington Beach Passport Facility

Ready for a vacation? Tired of long lines? Your time is precious, and that is why our agents strive to make your passport application process as quick and easy as possible.

City Hall offices are open Monday - Friday, 8 a.m. - 5 p.m. (except holidays). Photo services are available - standard fees apply.

Location: 2000 Main Street @ Main/Yorktown, 2nd Floor

Phone: 714-374-1600

Website: www.huntingtonbeachca.gov/passports



VOLUNTEER NEWS

Volunteers Shine!

Volunteer Appreciation Week

April 15th—April 21st



Volunteer Appreciation week is set aside to celebrate the active people who fulfill needs in the community through volunteering. Volunteers make a huge difference for older adults in Huntington Beach. This week is a reminder to say "Thank You" for their efforts.

The Volunteer Appreciation Luncheon will be held on Friday, April 20, 2012. Volunteers who gave 40 or more hours of service in 2011 will be invited to attend. Look for your mailed invitation and save the date.

HATS OFF

Congratulations to the following participants who have graduated from the Age Wave class, a five week class on aging.

Robert Allen, Margaret Barker, Cathy Cardin, Roger Cardin, Sherry Dishon, Penny Driscoll, Linda Green, Melanie Hahn, Janelle Killingsworth, Olga Knustgrailhen, Walter Koenig, Blanche Kung, Trish Landau, Sandy Levinson, Cheri MacWilliams, Judy Rinker and Carmen Villar-Allen.



The Age Wave class will be offered again September 19th.

For these or other volunteer opportunities
Contact Diane Swarts
714-374-1544, dswarts@surfcity-hb.org

Home Delivered Meals Volunteers

As we celebrate "Volunteer Appreciation Month" We would like to acknowledge all the wonderful HDM volunteers. Thank you to the weekly drivers who deliver meals to homebound seniors, take the time to visit with them, and worry and report back when they notice anything wrong. You make such a difference in someone's life each week. To the substitute drivers who interrupt their plans to drive as needed, a very special thank you! Your willingness to make your time available without notice means more than you could possibly know. The Home Delivered Meals program would not work without all of you, so again a big



*Mary Siegel &
Carol Benton*

Holiday Meals

Thank you to the following Easter Bunnies who delivered a festive meal from Sunrise Senior Living to homebound Huntington Beach residents:

Darlene Bell, Sheryl Crockey, Don Karch, Brian Nofziger, June Severns, Mary Siegel, John Wiedrick, Harry and Shirlee Wilson.



Outreach Front Desk Volunteers



*Topic: Care Management
Wednesday, April 11th
11:30 A.M.-12:30 P.M.
Rodgers Room C*

Ol' Fishin' Hole Derby for Exceptional Youth

The City of Huntington Beach and the Huntington Beach Kiwanis are seeking volunteers to help with their **Ol' Fishin' Hole Fishing Derby** on **Friday, May 4th, 2012**, from 8:15 A.M. to 1:00 P.M. at Chris Carr Park located at



Springdale and Heil in Huntington Beach. Lunch will be provided by the Kiwanis. Many of these youth with special needs are fishing for their first time, and many are returning participants who look forward to this event every year!



Bright Outlook Assembly
Room D Rodgers Seniors Center
Thursday, April 26, 2012 8:30-11:30 A.M.
*Coffee, Music, Donuts ~ Join the fun!
All are welcome. Bring a friend!*

SENIOR CENTER

Age Strong! Live Long!

Missing Keys and Forgotten Names: Should I be Worried?

This class is designed to help participants gain a better understanding of the difference between normal forgetfulness and abnormal memory loss. Learn about the signs and symptoms of Alzheimer's disease, and other causes of dementia.

Registration limited.

Monday, April 16th
1:30 – 3:00 P.M. Room D
Free Class Sponsored By:
Alzheimer's Family Services



AARP 55 and Alive

Driver Safety Program
Wednesdays 4/18 and 4/25
9:00 A.M. – 1:00 P.M.



- Update driving knowledge
- Learn defensive-driving skills
- Compensate for age-related changes

Californians 55+ who take the eight-hour course may be eligible for a three-year auto insurance discount. \$12.00 members, \$14.00 non-members.

Surplus Food Distribution

Friday, April 13th 8:30 - 10:00 A.M.
 Huntington Beach Residents—Income Based



HBCOA Ballroom Dance

Friday, April 13th, 7:30 - 10:30 P.M.

Singles Welcome



Bob Warren Trio

HB Symphony Orchestra

Sunday, April 15th

Enjoy performances by the Huntington Beach Symphony Orchestra at the Central Library.

Egmont – L. van Beethoven

Cello Concerto – A. Dvorak; Ruslan Biryukov – cello
Storm and Triumph in Wagner's music

Flying Dutchman Overture

Tristan and Isolde Prelude

Siegfried's Rhine Journey

Ride of the Valkyres



Tickets are \$18 for adults 55+, and \$25 for under 55. The bus will depart from Rodgers Seniors Center at 2:30 P.M. and return approximately 5 P.M.. Reserve a ticket and spot on the bus. Space is limited.

Register for classes at the Rodgers Front Desk or www.hbsands.org

For information on activities, clubs and classes, Call 714-536-9387



PC Buddy Club

Thursday 4/5 & 4/26
2:00—4:00 P.M. Room D

The PC Buddy Club, a free social club for new and experienced computer users, meets the 2nd and 4th Thursday of the month.

Moderators answer troubling computer questions and address a variety of computer topics. Refreshments.

Active Aging



Fly Fishing-Casting & techniques for basic fly tying. Mondays 4/16-5/7 6:30-8:30 P.M. \$73.00

Hiking Beautiful Southern California—Great local hikes for men and women. Mondays beginning 4/13 or Fridays beginning 4/16. Includes four hikes through June. \$60.00. Transportation included.

History of American Musical Theater—Huntington Beach Adult School www.hbadultschool.com Wednesdays 4/25-6/13, 9:30-11:30 A.M., Early Bird \$48.00. Regular \$58.00.

Chair Yoga—Enjoy the therapeutic benefits of yoga from a chair. May reduce pain and blood pressure and improve sleep. Mondays 10:00-11:00 A.M. 4/2-6/21 \$60



Free Blood Pressure Check

Tuesday, April 3rd 10:30 - 11:30 A.M.

SENIORS OUTREACH

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

Marci's Medicare Answers

Dear Marci,
I just found out there's a Medicare Advantage plan in my area with a five-star quality rating. Can I leave my old plan and join that plan? -- Erin

Dear Erin,

Yes, you can. Starting in 2012, there's a new Special Enrollment Period (SEP) that you can use once a year at any point in the year to enroll in a Medicare Advantage plan or stand-alone Part D plan with a five-star rating. You have until November 30th to enroll in a plan and your new coverage starts the first of the month after you enroll.

The star rating is an overall performance rating based on measures such as customer service, pricing and member satisfaction. A one-star rating represents poor performance and a five-star rating represents excellent performance.

To use this SEP to enroll in a five-star plan, you must meet the plan's membership requirements and live in its service area. There are very few five-star plans in 2012, so they're not available in all areas. However, the ratings get updated every year so your five-star options may change from year to year.

If you're thinking about using the five-star SEP, consider whether your prescriptions are on the plan's formulary, your access to health care and how the plan affects your other benefits such as Medicare Advantage plan or retiree coverage.

Marci's Medicare Answers is a service of the Medicare Rights Center (www.medicarerights.org), the nation's largest independent source of information and assistance for people with Medicare. To subscribe to "Dear Marci," the Medicare Rights Center's free educational e-newsletter, simply e-mail dearmarci@medicarerights.org.



No Ice Coolers



To ensure the safety of Home Delivered Meals' (HDM) participants and prevent food born illnesses, the California Department of Aging mandated that Home Delivered Meals cannot be left in a cooler outside a participant's home.

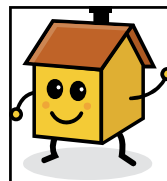
Because of this change in procedure, the Huntington Beach Senior Services HDM division recommends participants are home to receive their meals between 9:00 A.M. and 12:00 P.M. Monday through Friday. For any questions or concerns, call 714-960-2478 and ask to speak to the Home Delivered Meals Division.



Utility Tax Exemption

For qualifying residents, ages 62+ who are below the HUD Income level of "Very Low", the city tax is taken off all utility bills, electric, phone, gas, water/trash, and cable. There is also a 50% discount on the refuse collection charge. Forms are available at Rodgers Seniors Center. For more information, call 714-536-9387.

For information on aging
Call Seniors Outreach 714-960-2478



Home Equity

New website helps older homeowners make the most of their biggest asset.

Older homeowners looking to make the most of their biggest financial asset – their home – have a new tool at their fingertips – HomeEquityAdvisor.org.

Managed by the National Council on Aging (NCOA) and made possible by a grant from the Financial Industry Regulatory Authority (FINRA) Investor Education Foundation, the site walks older homeowners through a range of ways they can use their home equity to achieve their goals – whether it's to stay in their own home longer, retire, or reduce their debt. Visitors can take a free "Quick Check" based on their current situation and receive personalized, unbiased advice and resources.

Golden Age Dentistry



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Huntington Beach Hospital

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Saving Lives. Just Another Day in the ER.

Huntington Beach Hospital's Emergency Department stands ready to meet your family's emergency needs 24 hours a day, seven days a week. Our team of highly trained board-certified emergency medicine physicians, nurses, and other staff professionals are prepared with the latest advancements in medical technology and treatment. Isn't it good to know Huntington Beach Hospital is right here in your community with round-the-clock quality care? **Our ER is always open.**

We are conveniently located near the corner of Beach and Talbert.



TRANSPORTATION

Surf City Seniors on the Go!

Transportation Services (714) 374-1742



Senior Services provides transportation each weekday, from 8:30 A.M. - 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 Community SeniorServ lunch program, classes and activities. Medical transportation is also available to Hoag Memorial Hospital Presbyterian, Fountain Valley Regional Hospital, and to Orange Coast Memorial Medical Center. Vehicles are wheelchair accessible.

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

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

Call 714-374-1742 between the hours of 9:00 A.M. and 3:00 P.M. to schedule your ride. New clients are registered by phone after 3:00 P.M. Although there is **no charge to seniors** for transportation, **donations are appreciated.**



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



Get Access

Access provides transportation on evenings, weekends and to locations where the *Seniors on the Go* program does not travel. For an application, contact OCTA at 714-560-5956 or www.octa.net or pick one up at the centers.



Shuttle to the Appreciation Lunch

Seniors on the Go will provide rides to volunteers invited to the Volunteer Appreciation Lunch on Friday, April 20, 2012. Parking is limited at Meadowlark so, for your convenience, park at the senior center and take the *Surf City Seniors on the Go* shuttle. When you receive your invitation, call to reserve a ride.

Limited Rides

Friday, April 20, 2012

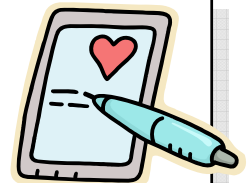
On Friday, April 20th, there will be no rides scheduled after 12:00 P.M. due to the Volunteer Appreciation Lunch. The Friday Afternoon Movie is cancelled.

Thank a Volunteer

Volunteer Appreciation week, 4/15-4/21 is a good time to remember to let the drivers, escorts and front desk volunteers know how much you appreciate them.

We post all your cards, notes and letters of thanks on the *Appreciation Board* for all to read. Volunteers enjoy the feedback from the passengers.

You can give your note directly to your driver, or mail it to Seniors Outreach Transportation, 1718 Orange Avenue, Huntington Beach, CA 92648.

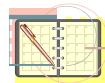


BINGO CANCELLED

Thursday April 12th

Thursday, April 19th

Movie Cancelled Friday, April 20th.



Mark your Calendars

Escort Meeting— Thursday, 4/12, 1:00 P.M., Rm E
Driver Safety Meeting—Thursday, 4/19, 4:30 P.M., Rm A



Barbara DELGLEIZE
 SENIOR REAL ESTATE SPECIALIST
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MONDAY

TUESDAY

WEDNESDAY

9:00	Zumba Gold	A*\$	2
9:30	Stick Exercise	O	
9:30	HICAP (Health Insurance)	3*	
10:00	Chair Yoga	D*\$	
10:30	Aerobics Level 1	B*\$	
12:30	Bingo	A\$	
12:30	Ballet for Seniors	D*\$	
12:30	Pilates for Seniors	G*\$	
1:00	Chess Club	C	
2:00	Ladies' Bridge	G	
2:00	Bridge, Beginning	E*\$	
5:00	Tap Beginning	D*\$	
5:30	Total Body Stretch	A*\$	
6:00	Tap Intermediate	D*\$	
6:30	Hoop Workout	B*\$	

8:30	Drawing & Painting	D*\$	3
9:00	Computers	L*\$	
9:00	Fish Club	E	
9:00	Cardiofit	B*\$	
9:30	Pinochle	G	
10:30	HB Hosp. Blood Pressure	3*	
11:00	Bridge Lecture Intermediate	C	
12:00	Income Tax Assistance	D*	
12:30	Aloha Seniors-Hula, Uke & Crafts	A/B	
12:30	Speak Up	E	
2:30	Bridge Intermediate	E*\$	
4:00	Latin Line Sizzle	B*\$	
6:00	Martial Arts	B*\$	
6:00	Tap Advanced	D*\$	
6:00	Spanish for Fun	C*\$	
6:00	Strength Training	A*\$	

8:45	Singing Goodtimers	A	4
9:00	Wii Bowling	G	
9:00	Computers	L*\$	
9:00	Hawaiian/Tahitian Dance	G*\$	
9:00	Rubber Stamp	E*\$	
9:30	Stick Exercise	O	
10:00	Stamp Club	C	
10:00	Legal Assistance	3*	
10:30	Aerobics Level 1	B*\$	
11:00	Mah Jongg	G	
12:30	Line Dance Fitness Intermediate	A*\$	
2:00	Tap Intermediate	D*\$	
2:00	Line Dance Fitness	A*\$	
3:00	Tap Advanced	D*\$	
2:00	AA Meeting	E	
6:30	Bridge Intermediate	E*\$	

9:00	Zumba Gold	A*\$	9
9:00	Computer	L*\$	
9:30	Stick Exercise	O	
10:00	Chair Yoga	D*\$	
12:30	Bingo	A\$	
12:30	Ballet for Seniors	D*\$	
12:30	Pilates for Seniors	G*\$	
1:00	Chess Club	C	
1:30	HICAP (Health Insurance)	3*	
2:00	Bridge, Beginning	E*\$	
5:00	Tap Beginning	D*\$	
5:30	Total Body Stretch	A*\$	
6:00	Tap Intermediate	D*\$	
6:30	Hoop Workout	B*\$	

8:30	Drawing & Painting	D*\$	10
9:00	Computers	L*\$	
9:00	RN Health Assessments	3*	
9:00	Cardiofit	B*\$	
9:30	Ukulele	E*\$	
9:30	Pinochle	G	
11:00	Bridge Lecture Intermediate	C	
12:00	Income Tax Assistance	D*	
12:30	Aloha Seniors-Hula, Uke & Crafts	B	
12:30	Speak Up	E	
2:30	Bridge Intermediate	E*\$	
4:00	Latin Line Sizzle	B*\$	
6:00	Martial Arts	B*\$	
6:00	Tap Advanced	D*\$	
6:00	Spanish for Fun	C*\$	
6:00	Strength Training	A*\$	

8:45	Singing Goodtimers	A	11
9:00	Wii Bowling	G	
9:00	Computers	L*\$	
9:00	Rubber Stamp	E*\$	
9:00	Hawaiian/Tahitian	G*\$	
9:30	Stick Exercise	O	
11:00	Mah Jongg	G	
11:30	Outreach Front Desk Meeting	C	
12:30	Line Dance Fitness Intermediate	A*\$	
1:00	Life Story Writing	C	
2:00	Tap Intermediate	D*\$	
2:00	Line Dance Fitness	A*\$	
2:00	AA Meeting	E	
3:00	Tap Advanced	D*\$	
6:30	Bridge Intermediate	E*\$	
7:00	Dinner Book Club	D*\$	

TLC Lunch^s Monday - Friday at 11:30 am

NATIONAL VOLUNTEER WEEK

9:00	Zumba Gold	A*\$	16
9:00	Hiking Orientation	E*\$	
9:00	Computers	L*\$	
9:00	HICAP (Health Insurance)	3*	
9:30	Stick Exercise	O	
10:00	Chair Yoga	D*\$	
12:30	Bingo	A\$	
12:30	Ballet for Seniors	D*\$	
12:30	Pilates for Seniors	G*\$	
1:30	AFS Class-Missing Keys	D*\$	
1:00	Chess Club	C	
2:00	Bridge Beginning	E*\$	
6:30	Intro to Fly Fishing	E*\$	

8:30	Drawing & Painting	D*\$	17
9:00	Cardiofit	B*\$	
9:00	Computers	L*\$	
9:00	Fishing Club Board Meeting	C	
9:30	Pinochle	G	
9:30	Ukulele	E*\$	
11:00	Bridge Lecture Intermediate	C	
12:30	Aloha Seniors-Hula, Ukulele & Crafts	B	
12:30	Speak Up	E	
2:30	Bridge Intermediate	E*\$	
4:00	Latin Line Sizzle	B*\$	
6:00	Martial Arts	B*\$	
6:30	Bridge Intermediate	E*\$	
6:00	Spanish for Fun	C*\$	
6:00	Strength Training	A*\$	

8:45	Singing Goodtimers	A	18
9:00	AARP Driver Safety	D*\$	
9:00	Hawaiian/Tahitian	G*\$	
9:00	Computers	L*	
9:00	Wii Bowling	G	
9:00	Rubber Stamp	D*\$	
9:30	Stick Exercise	O	
10:00	Stamp Club	C*\$	
10:00	Legal Assistance	3*\$	
11:00	Mah Jongg	G	
12:30	Line Dance Fitness	A*\$	
2:00	AA Meeting	E	
2:00	Tap Dance	D*\$	
6:30	Bridge Intermediate	E*\$	
6:00	Rock Harbor	A	

TLC Lunch^s Monday - Friday at 11:30 am

8:00	Hiking Beautiful SoCal	O*\$	23
9:00	Computers	L*\$	
9:00	Zumba Gold	A*\$	
9:30	Stick Exercise	O	
10:30	Chair Yoga	D*\$	
12:30	Bingo	A\$	
12:30	Ballet for Seniors	D*\$	
12:30	Pilates for Seniors	G*\$	
1:00	Chess Club	C	
1:30	HICAP (Health Insurance)	3*	
2:00	Bridge Beginning	E*\$	
5:30	Total Body Stretch	A*\$	
6:30	Hoop Workout	B*\$	
6:30	Intro to Fly Fishing	E*\$	

8:30	Drawing & Painting	D*\$	24
9:00	Computers	L*\$	
9:00	Cardiofit	B*\$	
9:30	Pinochle	G	
9:30	Ukulele101	E*\$	
10:45	Ukulele 102	E*\$	
11:00	Bridge Lecture Intermediate	C	
12:30	Aloha Seniors-Hula, Uke & Crafts	B	
12:30	Speak Up	E	
2:30	Bridge Intermediate	E*\$	
4:00	Latin Line Sizzle	B*\$	
6:00	Martial Arts	B*\$	
6:00	Tap Advanced	D*\$	
6:00	Spanish for Fun	C*\$	
6:00	Strength Training	A*\$	
6:30	Bridge Beginning	E*\$	

8:45	Singing Goodtimers	A	25
9:00	Computers	L*\$	
9:00	Hawaiian/Tahitian Dance	B*\$	
9:00	Wii Bowling	G	
9:00	Rubber Stamp	E*\$	
9:00	AARP Driver Safety	D*\$	
9:30	Stick Exercise	O	
9:30	History of American Music Theater	C*\$	
11:00	Mah Jongg	G	
1:00	Life Story Writing	C	
2:00	Tap Intermediate	D*\$	
2:00	Line Dance Fitness	A*\$	
2:00	AA Meeting	E	
3:00	Tap Advanced	D*\$	
6:30	Bridge Intermediate	E*\$	

TLC Lunch^s Monday - Friday at 11:30 am

9:00	Zumba Gold	A*\$	30
9:00	Computers	L*\$	
9:30	HICAP (Health Insurance)	3*	
9:30	Stick Exercise	O	
10:00	Chair Yoga	D*\$	
12:30	Bingo	A\$	
12:30	Pilates	D*\$	
12:30	Ballet	D*\$	
1:00	Chess Club	C	
2:00	Bridge Beginning	E*\$	
5:00	Tap	D*\$	
6:30	Free Your Mind	C*\$	
6:30	Hoop Workout	B*\$	
6:30	Intro to Fly Fishing	E*\$	

TLC Lunch^s Monday - Friday at 11:30 am



THURSDAY

FRIDAY

SATURDAY

9:00	HBCOA Board Meeting	D	5
9:00	Tai Chi Chuan	B*\$	
9:00	Computers	L*\$	
10:00	Yoga	E*\$	
12:00	Poetry	C	
12:30	Party Bridge	G	
12:30	Bingo	A\$	
1:00	Computer Class	L*\$	
2:00	PC Buddy Club	D	
3:00	Spanish	E*\$	
5:00	Tap Beginning	D*\$	
5:00	Family Martial Arts	B*\$	
6:00	Tap Intermediate	D*\$	
6:00	Martial Arts	B*\$	
6:00	Woodcarving Class	E	
6:00	Hawaiian & Tahitian Dance	G*\$	

9:00	Tops	D\$	6
9:00	Computer Class	L*\$	
9:00	Cardiofit	B*\$	
9:30	Pinochle	G	
10:30	Handy Crafters	D	
12:30	Afternoon Movie	A	
1:00	Computer Class	L*\$	
1:30	Chinese Brush Painting	D*\$	
3:00	Line Dance Fitness	A*\$	

8:00	Circuit Training	O*\$	7
9:00	E-Bay	L*\$	
9:00	Zumba Gold	B*\$	
10:00	Pilates Mat Class	D*\$	
5:00	H2O	A	

9:00	Tai Chi Chuan	B*\$	12
9:00	Computer Class	L*\$	
9:00	RN Health Assessments	3*	
9:00	Travel & Trips: Vintage Train	O*\$	
10:00	Legal Assistance	C*	
10:00	Yoga	E*\$	
12:00	Poetry	C	
12:30	Bingo Cancelled		
1:00	HBCOA Spring Fling	A*\$	
1:00	Escort Meeting		
1:00	Computer Class	L*\$	
3:00	Spanish for Fun	E*\$	
5:00	Tap	D*\$	
6:00	Martial Arts	B*\$	
6:00	Hawaiian & Tahitian	G*\$	
6:00	Woodcarving Class	A	

8:30	Food Distribution		13
9:00	Computer Class	L*\$	
9:00	Hiking Orientation	E*\$	
9:00	Tops	D\$	
9:00	Cardiofit	B*\$	
9:30	Pinochle	G	
10:30	Handy Crafters	D	
1:00	Computer Class	L*\$	
1:30	Chinese Brush Painting	D*\$	
3:00	Line Dance Beg.	A*\$	
7:30	HBCOA Dance	A\$	

8:00	Circuit Training	O*\$	14
9:00	Facebook	L*\$	
9:00	Zumba Gold	A*\$	
9:30	Doll Collection	C*\$	
10:00	Pilates Mat Class	D*\$	

THANK A VOLUNTEER!

9:00	Tai Chi Chuan	B*\$	19
9:00	Computers	L*\$	
10:00	Yoga	E*\$	
12:00	Poetry	E	
12:30	Party Bridge	G	
12:30	Bingo Cancelled		
1:00	Surf City Senior Providers	A*	
1:00	Computer Class	L*\$	
3:00	Spanish for Fun	E*\$	
4:30	Transportation Safety Meeting	A	
5:00	Tap	D*\$	
5:30	Radio Club	E	
6:00	Martial Arts	B*\$	
6:00	Woodcarving Class	A	
6:00	Hawaiian & Tahitian Dance	G*\$	

8:00	Hiking SoCal	O*\$	20
9:00	Cardiofit	B*\$	
9:00	TOPS	D\$	
9:00	Computers	L*\$	
9:30	Pinochle	G	
10:30	Handy Crafters	D	
12:30	Movie Cancelled		
12:30	Notary	3*	
1:00	Appreciation Lunch	O	
1:30	Chinese Painting	D*\$	
3:00	Line Dance Fitness-Intro	A*\$	

8:00	Circuit Training	O*\$	21
9:00	Facebook	L*\$	
9:00	Zumba Gold	A*\$	
10:00	FireMed	B*\$	
10:00	Martial Arts	B*\$	
10:00	Pilates Mat	D*\$	
5:00	H2O	A	

8:30	B.O. Assembly	D	26
9:00	Tai Chi Chuan	B*\$	
9:00	Computers	L*\$	
10:00	Legal Assistance	C*	
10:00	Yoga	E*\$	
12:00	Poetry	E	
12:30	Party Bridge	G	
12:30	Bingo	A\$	
2:00	PC Buddy Club	D	
3:00	Spanish for Fun	E*\$	
1:00	Computer Class	L*\$	
5:00	Tap Beginning	D*\$	
6:00	Martial Arts	B*\$	
6:00	Hawaiian/Tahitian Dance	A*\$	
6:00	Woodcarving Class	E	
6:00	Tap Intermediate	D*\$	

9:00	TOPS	D\$	27
9:00	Computers	L*\$	
9:00	Cardiofit	B*\$	
9:30	Pinochle	G	
10:30	Handy Crafters	D	
12:30	Friday Movie	A	
1:30	Chinese Painting	D*\$	
3:00	Line Dance Fitness	A*\$	
6:00	Rock Harbor Women	A	

8:00	Circuit Training	O*\$	28
9:00	Zumba Gold	A*\$	
9:00	Facebook	L*\$	
10:00	Martial Arts	B*\$	
10:00	Pilates Mat	D*\$	

I N D E X	
A-B-C-D-E-G-L-3.....	Room #'s
O	Outside
S	Seniors Outreach
\$	Participation fee
*	By Appointment or Registration

All dates and times on this calendar are subject to change. Not all activities are listed on this calendar.



City of Huntington Beach
 Huntington Beach Council on Aging
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Huntington Beach Council on Aging Travel & Trips

Fillmore & Santa Paula Vintage Lunch Train Wednesday, April 11, 2012



All aboard the *movie train* for a scenic ride through Ventura County's beautiful Heritage Valley where the beautiful mountains and fruit blossoms will delight your senses and remind you of the way train travel used to be. The Fillmore & Western Railway has been the home of the Hollywood movie trains ever since it was owned by three major studios and it's been featured in over 400 films. You'll travel in style onboard vintage 1930s passenger cars and enjoy an included three-course lunch consisting of a garden salad, orange blossom chicken, rice pilaf, vegetables and dessert as the train travels between the rural towns of Fillmore and Santa Paula. Docents will meet the train at the Santa Paula depot and guide you on a walking tour of a few of the downtown murals on your way to the California Oil Museum and then the Santa Paula Art Museum, or to the new California Farm Museum. Or spend the time at your leisure in Santa Paula. Re-board the train for a scenic relaxing ride back to Fillmore with a stop at a garden center and gift emporium where you will find garden art, fountains, koi ponds, honey tasting, and a variety of one-of-a-kind gift items. A truly wonderful way to spend a spring day. **Price: \$96.** Depart Rodgers Seniors Center **9:00 A.M.** Return **5:45 P.M.**

SOLD OUT

TEA, GARDENS & ART

Norton Simon Museum, L.A. Arboretum & Rose Garden Tea Room

Wednesday, May 16, 2012



Spend a beautiful spring day in Pasadena and immerse yourself in the art and gardens and enjoy a high tea at a beautiful tea room. The Norton Simon Museum is known around the world as one of the most remarkable private art collections ever assembled. Over a 30-year period, 20th century industrialist Norton Simon amassed an astonishing collection of European art from the Renaissance to the 20th century and a stellar collection of Degas sculptures and paintings. A docent-guided tour will showcase the art on view in both the galleries and in the lovely gardens. Occupying the heart of historic Rancho Santa Anita, the L.A. County Arboretum and Botanic Garden covers 127

acres and is home to plant collections from all over the world, including many rare and endangered species. This rich historical site includes Native American, Rancho Period, and late 19th century treasures and this time of year the gardens should be in full bloom! Enjoy a narrated tram tour to view the timeless botanical gardens, natural 'sag' ponds and historic sites, like Queen Anne's Cottage. Be sure to smile, you never know when a Hollywood movie might be filming on the grounds! A delicious afternoon tea lunch at a new tea room in Pasadena that displays an elegant array of fresh flowers and English garden floral arrangements making a for a cozy and tranquil place to enjoy a tea complete with finger sandwiches, scones, fresh fruit, cake and hot or cold tea – it is plentiful enough for lunch. Or enjoy lunch on your own at one of the many restaurants in Old Town Pasadena. **Price: \$59 or \$79 with included tea lunch.** Depart Rodgers Seniors Center: **8:15 A.M** Return approximately **5:45 P.M.**

Register in advance at Rodgers, 1706 Orange Avenue, Huntington Beach.
Tuesdays 9:00–11:00 A.M. or Thursday and Friday 1:00–5:00 P.M.
Please let us know if you need special accommodations 714-536-9387



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SPRING FLING Luncheon

THURSDAY, APRIL 12, 2012

1 PM

RODGERS SENIORS CENTER

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\$5.00 Pre-paid reservation required.

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For more information, call (714) 536-9387.

FRIDAY AFTERNOON MOVIES

SPONSORED BY THE HUNTINGTON BEACH COUNCIL ON AGING

The Descendants

April 6

Oscar winner for best adapted screenplay, this family drama is a sometimes humorous, sometimes tragic journey based on the novel by Kauai Hart Hemmings. Matt King (George Clooney), an indifferent husband and father of two girls, is forced to re-examine his past and embrace his future when his wife is severely injured in a boating accident off Waikiki. The event leads Matt to repair his fractured relationship with his young daughters while he wrestles with a decision to sell the family's land handed down from Hawaiian royalty and missionaries. *R for language including some sexual references. 1 hr 50 minutes.*



The Artist

April 27

Oscar winner for best picture, this movie returns to the glamour of 1927 Hollywood. George Valentin (Jean Dujardin) is a silent movie superstar, but the advent of the talkies sounds the death knell for his career. While he falls into oblivion, young extra Peppy Miller (Berenice Bejo) becomes the darling of the “talkies”. This modern-day silent film artfully recounts the poignant end of the silent-movie era. *PG-13 for a disturbing image and a crude gesture. 1 hr 40 minutes*

IF YOU ARE RIDING THE BUS, RESERVE YOUR RIDES FOR THE MONTH. 714-374-1742

MOVIES SUBJECT TO CHANGE

FREE!

APRIL 2012

RODGERS SENIORS CENTER

12:30 pm

714-536-9387




Huntington Beach Senior Lunch Menu – April 2012

714-536-8404 Lunch is served at 11:30 A.M. Show-up early! Meals may sell-out.

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6 	
Cheese Enchiladas Spanish Rice Black Beans Garden Salad w/Ranch Dressing Fresh Melon	Hamburger on a Wheat Bun w/Lettuce, Tomatoes & Sliced Onions Coleslaw Homemade Potato Salad Seasonal Fresh Fruit	Tuna Salad Sandwich on Wheat Bread Vegetable Soup w/ Crackers 4 Way Salad Mix w/ Raspberry Vinaigrette Dressing Sliced Peaches	Chicken Chow Mein Lo Mein Noodles Oriental Blend Vegetables Mandarin Oranges	Fish Fillets w/Creole Sauce Seasoned Brown Rice Green Beans Wheat Bread Pudding <i>Diet: Pudding</i>	
9	10	11	12	13	
Let's Celebrate Spring Ham w/Fruit Glaze Sweet Potatoes Peas & Carrots Wheat Bread Pineapple Cake  <i>Diet: Diet Cake</i>	Southwestern Grilled Chicken Salad w/ Tomatoes Black Beans Salsa Roasted Corn Chowder Soup w/Crackers Wheat Bread Chilled Fruit Cocktail	Macaroni & Cheese Casserole California Blend Vegetables Garden Green Salad Ranch Dressing Wheat Bread Fruited Gelatin Diet Fruited Gelatin	Turkey Pot Roast Homemade Mashed Potatoes Country Blend Vegetables Wheat Bread Tropical Fruit Mix	Roast Pork w/Pork Gravy Seasoned Brown Rice Capri Blend Vegetables Wheat Bread Applesauce Pineapple Juice	
16	17	18	19	20	
It's Back Holly Farm Chicken Rice Pilaf Spinach Wheat Bread Seasonal Fresh Fruit	Brunch For Lunch Egg Omelet Pancakes w/Syrup Ham Slice Orange Juice Melon	Beef Stroganoff Fettuccini Sliced Carrots Wheat Bread Chilled Tropical Fruit Mix Apple Juice	Turkey Sandwich on Wheat Bread w/Lettuce & Tomatoes Vegetable Soup w/ Crackers Carrot Raisin Mandarin Oranges	Mexican Tamale Casserole 3 Way Salad Mix Oil & Vinegar Blend Dressing Mexican Rice Salsa Seasonal Fresh Fruit	
23	24	25	26	27	
Salisbury Steak with Pepper Sauce Mashed Potatoes Green Peas Wheat Bread Orange-Pineapple Blend Juice Fresh Fruit	Fish Tacos Shredded Cabbage Diced Tomatoes Fiesta Corn Salad Spanish Rice Flour Tortilla Vanilla Pudding <i>Diet: Diet Vanilla Pudding</i>	Turkey Chili w/Cheese & Onions 4 Way Salad Mix 1,000 Island Dressing Cornbread Muffin Seasonal Fresh Fruit 	Chicken Curry Brown Rice Mixed Vegetables Wheat Bread Fruit for Salad	Egg Salad Sandwich On Wheat Bun Creamy Spinach Soup w/Crackers Spinach Salad w/ Raspberry Dressing Ambrosia *	
30	<div style="background-color: yellow; padding: 10px;"> <p style="text-align: center;">Lunch Desk is open to register for meals at 9:30 A.M.</p> <p style="text-align: center;">Suggested Donation - \$3.00</p> <p style="text-align: center;">Age 60 and Under Meal Fee \$5.00</p> </div>				

All Meals comply with the Dietary Guidelines for Americans (DGA) 2005 & 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. All * desserts are Sugar-Free. 1% milk served daily.  Has 1,000 mg or more of sodium. Low Cholesterol, 0% transfat buttery spread served with bread and rolls