



# HUMAN SERVICES

## HUNTINGTON BEACH SENIOR SERVICES

### MICHAEL E. RODGERS SENIORS CENTER

1706 Orange Avenue, (714) 536-9387; FAX (714) 374-1543

Office Hours: Monday through Friday, 8:30 AM to 5:00 PM; Saturday 9:00 AM – Noon

The Michael E. Rodgers Seniors' Center is a focal point for an array of programs and services important to the quality of life for the seniors in our community. The center is a multi-purpose facility and offers opportunities for community involvement and companionship with a wide range of social, recreational, and educational programs promoting wellness. Volunteer and internship opportunities are available.

#### Services

- AARP Safe Driving Course
- Financial Planning
- Health Insurance Counseling and Advocacy Program (HICAP)
- Information and Assistance
- Legal Services
- Preventive Health Care for the Aging
- Surplus Government Food Distribution
- Tax Assistance
- Transportation
- Utility Tax Exemption/Trash Fee Discount

#### Classes *\*indicates class listed in SANDS*

- Beginning Bridge & Intermediate Bridge\*
- Book Club\*
- Chinese Brush Painting\*
- Computer Classes\*
- Craft Classes
- Fly Fishing\*
- Hiking Beautiful Southern California\*
- Italian\*
- Jazz Dance\*
- Life Story Writing
- Longevity Stick
- Mah Jongg
- Martial Arts\*
- Oil Painting
- Physical Fitness
- Spanish\*
- Tai Chi\* / Tai Chi Chair
- Beginning Tap Dance & Intermediate Tap Dance\*
- Total Body Stretch\*
- Ukulele Class\*
- Western Line Dance Class
- Woodcarving Class
- Yoga\*
- Zumba Gold\*

#### Activities and Clubs

- Amateur Radio Club
- Ballroom Dances
- Bowling – Nintendo Wii
- Bingo
- Chess
- Conversation (Speak Up) Group
- Council on Aging
- Cribbage Group
- Fishing and Recreation Club
- Game Room (Billiards & Card Tables)
- Handy Crafters
- Hawaiian Crafts
- Hula Dance
- Bridge Club
- Poetry for Pleasure
- Pinochle
- Saturday Party Bridge (two Saturdays each month)
- Singing Goodtimers
- Stamp Club
- Wednesday Walking Group

#### PC BUDDY CLUB

The PC Buddy Club is a FREE social club for new and experienced computer users. The club meets the 2nd and 4th Thursday of each month, from 2:00 - 4:00 PM, at the Michael E. Rodgers Seniors' Center. Experienced teachers who are able to answer your most troubling computer questions will moderate the club. Guest speakers will address a variety of topics current in the computer industry.

#### COMMUNITY SENIORSERV LUNCH PROGRAM

Community SeniorServ serves a wide variety of delicious, nutritious lunches each weekday at 11:30 AM. A donation of \$2.50 per meal is suggested for people 60 years of age and older. Meal costs for those under 60 years of age is \$3.50. For more information regarding the lunch program, call (714) 536-8404.

#### SENIORS OUTREACH CENTER

1718 Orange Avenue, (714) 960-2478; FAX (714) 374-1620

Office Hours: Monday through Friday, 8:00 AM to 4:30 PM

Transportation Office – (714) 374-1742

Outreach services, under the direction of the Community Services Department since 1974, assist the frail and elderly in the city with their physical, emotional, and nutritional needs through professionally trained staff and volunteers. The center's goal is to promote self-sufficiency and independence for seniors. The center provides resources, information and consultation for older adults and families in need. In addition, Outreach offers a citywide free transportation program for seniors.

#### Services

- Meals to the Home - Monday through Friday, between 10:00 AM – Noon
- Holiday Meals - Easter, Thanksgiving, Christmas, and Valentine's Day
- Transportation – to any destination in Huntington Beach, free/donations, schedule 5 days in advance
- Care Management – advocacy, support services and linkage for older adults
- Information and Assistance
- Free Lending Service - wheelchairs, walkers, and other equipment
- CHERISH - Community Helpers Engaged In Restoring and Improving Seniors' Homes
- Emergency Food Certificates
- Friendly Visitors
- College Internships
- SC-SSP - Surf City Senior Service Providers Network

# Register Early!

See page 61 for information on how to register.

**Registration on page 61**



## HUNTINGTON BEACH COUNCIL ON AGING

The Huntington Beach Council on Aging (COA) is officially recognized by the City Council of Huntington Beach as representing its local senior citizens. The mission of this nonprofit corporation is to work with city staff and volunteers to enhance the dignity and quality of life for seniors through comprehensive services, education, and advocacy aimed to empower and meet the needs of a diverse population. As the senior population continues to grow, the COA will respond to the broadening needs of our senior community and advocate on their behalf. For more information and to view the monthly newsletter, visit [www.hbcoa.org](http://www.hbcoa.org)

The Executive Board meets at 9:00 AM on the first Thursday of each month at the Michael E Rodgers Seniors' Center; and general membership meetings are held four times a year. Please help us continue our efforts by becoming a member of the COA, or by making a donation. The Council on Aging and the seniors who benefit directly from your generosity appreciate your support of senior programs. Please call Rodgers Seniors' Center at (714) 536-9387 for additional information.

## VOLUNTEERS NEEDED

to support Outreach Services/Michael E. Rodgers Seniors' Center

- Deliver meals to Huntington Beach frail elderly
- Transport seniors to medical appointments and grocery shopping
- Assist with special events, Senior Events Committee
- Assist in the office. Computer Skills a Plus!
- Project SHIP – Safety Education
- Bright Outlook Newsletter Collating
- Friendly Visitation of Seniors
- Senior Services Golf Tournament
- Senior Saturday Community Festival – Volunteers needed for set-up, assistance during the day and clean-up!
- For additional information on these exciting volunteer opportunities, call Diane Swarts, Volunteer Coordinator, (714) 374-1544.

## PROJECT SELF-SUFFICIENCY

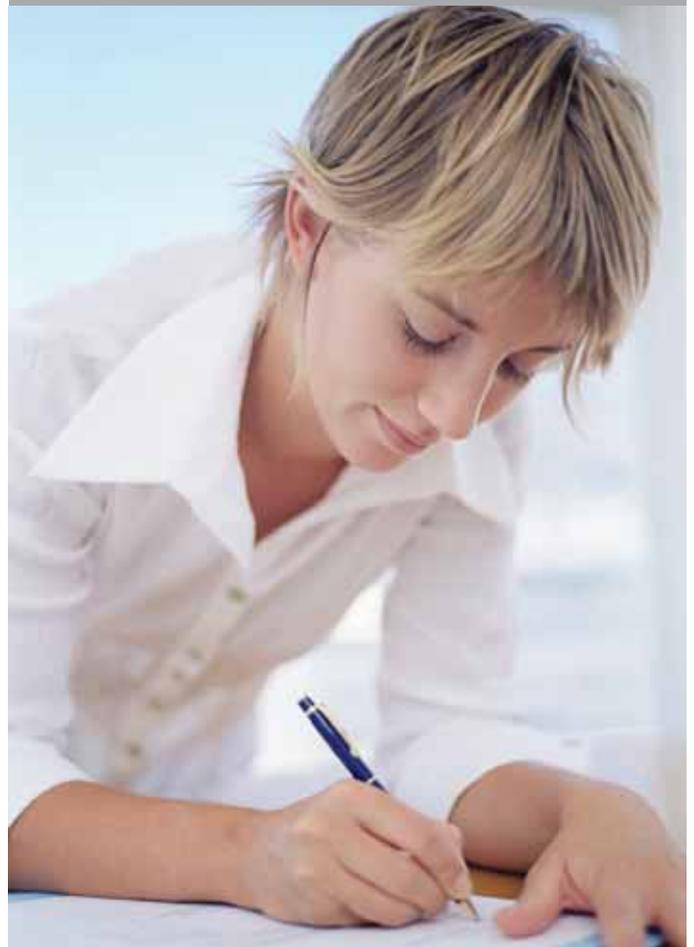
Project Self-Sufficiency is a local Huntington Beach program that assists low-income, single parents to achieve economic independence from governmental assistance through a vast community and county network of human services. To insure Project Self-Sufficiency's success, it is vital that the local community play a role in its implementation. Private and nonprofit agencies and individuals can and are encouraged to assist the Project Self-Sufficiency Program in the following ways:

- Job training and placement
- Educational scholarships
- Child care scholarships
- Food donations
- Clothing donations
- Furniture donations
- Mentoring Program
- Easter, Thanksgiving and Christmas "Adopt-A-Family" programs
- Project Self-Sufficiency Foundation (meets at the HB Chamber of Commerce on the first Tuesday of each month)

All contributions are tax deductible to the extent provided by the law. For more information, please call (714) 536-5439 or (714) 536-5263.

SANDS available online at  
[www.hbsands.org](http://www.hbsands.org)

# Register Early!



Classes fill up quickly!

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information on  
how to register.