



Active Aging

What is “Active Aging?” Simply put, Active Aging is the process of taking part in a variety of activities in order to optimize wellness and enhance quality of life as you age. The Active Aging movement is important for all people because it extends healthy life expectancy and quality of life. Social participation and social support are strongly associated with good health and well-being throughout life. Participation in physical, social, cultural and spiritual activities allows older adults

to continue to exercise their competence, maintain positive relationships, and improve their overall wellness. From creative art classes to educational computer classes, the Senior Center in Central Park will afford community members a myriad of inclusive social activities, programs, classes and events designed to make an Active Aging lifestyle achievable. Keep browsing to explore all that we have to offer and discover how you can transform your well being today!



ARTS & CRAFTS

CARDKATEERS

Have you ever thought of making your own greeting cards? Do you love trying new things? Then we have the class for you. As a Cardkateer, you will make personalized greeting cards to give to your loved ones or friends. Through the course of the class, you will learn and share card-making techniques and ideas. Class meets 1st and 3rd Wednesdays.



Debbie Kellar Senior Center in Central Park
351114-5A 18 yrs + W 10:30-11:30am 7/20-9/7 \$6

MORNING MASTERPIECE

Come and join this fun unique craft class. Bring a friend or make a friend! All skill levels are welcomed. Every class is different and all materials are provided. Meet our Wednesday class at the Senior Center in Central Park. Class meets the 2nd and 4th Wednesday of each month.

Angel Velasquez Senior Center in Central Park
351113-5A 18 yrs + W 10:30-11:30am 7/27-9/14 \$6

PAINTING AND DRAWING

Develop painting and drawing skills using different techniques through demos and lectures, or use class as studio time. Watercolor, oil, acrylics, pastels, pencils and more are welcome!

Marilyn Oropeza Senior Center in Central Park
350115-5A 18 yrs + Tu 8:30-11:30am 7/19-8/2 \$35
350115-5B 18 yrs + Tu 8:30-11:30am 8/9-8/30 \$45

STUDIO ART

This is a chance to get together with other artists for social and unstructured painting and drawing. \$25 supply fee for new students.

Marilyn Oropeza Senior Center in Central Park
350149-5A 18 yrs + Tu 12-3pm 7/19-8/2 \$25
350149-5B 18 yrs + Tu 12-3pm 8/9-8/30 \$35

**Parks
Make
Life
Better!**

Parks & Recreation
Spark Creativity



Volunteers

are essential to HB
Senior Services programs.

With the opening of the new Senior Center in Central Park, more volunteers will be needed to assist in various programs. Research shows that people receive mental and physical health benefits through volunteering. If you have a heart for seniors, there are opportunities for you to serve.

- Ambassadors
- Bingo Program
- Concierge
- Home Delivered Meals
- Office Support
- SeniorServ Lunch Program
- Transportation
- Wellness Pavilion Assistants

Volunteers donate over 50,000 hours per year, which is equivalent to an in-kind donation of \$1.5 million to the City.

For more information and applications, visit HBCOA.org or contact Volunteer Coordinator Teri Simonis at Tsimonis@surfcity-hb.org.

