

## Don't Let Medicare Stress You Out!

Tuesday, October 16  
4 - 6 p.m.

**Betty Yu, M.D.**, a family medicine physician with Edinger Medical Group, will present tips to help avoid added stress during Medicare's Annual Enrollment Period. A trail mix bar will be available for you to enjoy a healthy snack.

A Medicare question and answer opportunity will be available. This event is for educational purposes only and reservations are required. **To register, please call 1.800.636.6742 or visit [memorialcare.org](http://memorialcare.org).**



# FRIDAY NIGHT FUNTIME DANCES

The FunTime Dance is a special event for adults with developmental disabilities held on the 3rd Friday of every month at Edison Community Center from 7:30 to 9:30pm. The event is co-sponsored by the City of Huntington Beach, Kiwanis Club, The Sts. Simon & Jude Knights of Columbus and Men's Club. Recreation staff and kind, individual volunteers create a safe, positive environment that allows the participants to have a fun experience dancing the night away to music played by a DJ. Each dance has a different theme and dancers often dress-up accordingly. Additionally, refreshments including donuts, generously donated to the dance by Adams Avenue Donuts, are served. The dance is completely supported by donations from sponsors and a suggested donation of \$2 per dancer. Come out and join in the fun! For more information, call or email Recreation Supervisor John Valinsky 714-960-8870 [jvalinsky@surfcity-hb.org](mailto:jvalinsky@surfcity-hb.org)



## THIS FALL!

Unleash your inner islander with:  
Group

# Ukulele

Classes



Traditional Hawaiian and your favorite rock songs adapted for ukulele

All ages • All levels • Fun group setting

Sign up at [HBSands.org](http://HBSands.org) today! Taught by Mr. Greg!