

# TEEN/ADULT

## AQUATIC FITNESS

FOR SPECIFIC AQUATIC FITNESS START/END DATES,  
CALL THE CITY GYM & POOL AT 714-960-8884

### AQUA ACTIVE

The perfect aquatic workout after work. Interval training in both deep and shallow water maximize your workout. Aqua paddles are available as well as Aqua-logix equipment. So come have fun and start the weekend right!

Debra Thurn		City Gym and Pool	
250800-3A	16 yrs + M,W,F	12:15-1:15pm	May \$84
250800-3B	16 yrs + M,W,F	12:15-1:15pm	April \$84
250800-3C	16 yrs + M,W,F	12:15-1:15pm	June \$84
250800-3D	16 yrs + Tu,Th	12:15-1:15pm	April \$58
250800-3E	16 yrs + Tu,Th	12:15-1:15pm	May \$58
250800-3F	16 yrs + Tu,Th	12:15-1:15pm	June \$58

### AQUA TONE FITNESS: AQUATIC BODYBUILDING

Hydro-Tone is a unique and intense Body Building workout course. This system accommodates variable resistance of water to movement through it. Hydro-Tone Bells and Boots are designed to fit any individual who is looking for greater muscle stimulation. Equipment rental \$3 per class to be paid each class. Questions: [aquatonefitness@aol.com](mailto:aquatonefitness@aol.com). March/April classes start 3/20.

Dawnette Lowry		City Gym and Pool	
250802-3A	13 yrs + M	8:15-9:25am	Mar/Apr \$63
250802-3B	16 yrs + W	8:15-9:25am	Mar/Apr \$63
250802-3C	13 yrs + M,W	8:15-9:25am	Mar/Apr \$120
250802-3D	13 yrs + M	8:15-9:25am	May \$45
250802-3E	13 yrs + W	8:15-9:25am	May \$54
250802-3F	13 yrs + M,W	8:15-9:25am	May \$111
250802-3G	13 yrs + M	8:15-9:25am	June \$45
250802-3H	13 yrs + W	8:15-9:25am	June \$54
250802-3I	13 yrs + M,W	8:15-9:25am	June \$92
250802-3J	13 yrs + F	6:45-8am	Mar/Apr \$63
250802-3K	13 yrs + F	6:45-8am	May \$45
250802-3L	13 yrs + F	6:45-8am	June \$45

### AQUA TONE FITNESS:H2O BOOT CAMP

This UNIQUE program is a rigorous cross-training of swimming, water polo, water aerobics, modified plyometrics, and traditional strength and cardiovascular exercises. H<sub>2</sub>O Boot Camp challenges swimmers of all ages and physical shape. Whether you are a recreational swimmer or not, this 45 minute session will be hard work. Questions: [aquatonefitness@aol.com](mailto:aquatonefitness@aol.com). March/April classes start 3/24

Dawnette Lowry		City Gym and Pool	
250821-3A	13 yrs + F	9:30-10:15am	Mar/Apr \$51
250821-3B	13 yrs + F	9:30-10:15am	May \$36
250821-3C	13 yrs + F	9:30-10:15am	June \$36

### AQUATIC EXERCISE: AQUA-EVENING

This fun and very challenging water workout class will take you to a new limit of resistance using Hydro-Tone's Water Weights. Move from shallow to deep water utilizing and concentrating on the weaker muscle groups of your body. No prerequisite for swimming ability. No equipment necessary. Questions: [aquatonefitness@aol.com](mailto:aquatonefitness@aol.com).

Dawnette Lowry		City Gym and Pool	
250804-3A	13 yrs + M	5:30-6:25pm	June \$36
250804-3B	13 yrs + W	5:30-6:25pm	June \$45
250804-3C	13 yrs + M,W	5:30-6:25pm	June \$74
250804-3D	13 yrs + M,W,F	5:30-6:25pm	June \$104

### AQUA-FIT: FAT BURNING

This calorie burning workout is performed in the deep end. Combining aqua aerobics, circuit training, and sprint work for the ultimate deep water exercise program. Monthly 2 times/week. No Class Dates: May-29

Debra Thurn and Jamie Fowler		City Gym and Pool	
250805-3A	16 yrs + M,W	1:15-2pm	April \$70
250805-3B	16 yrs + M,W	1:15-2pm	May \$70
250805-3C	16 yrs + M,W	1:15-2pm	June \$70
250805-3D	16 yrs + F	11-12pm	April \$45
250805-3E	16 yrs + F	11-12pm	May \$45
250805-3F	16 yrs + F	11-12pm	June \$45

### AQUA TONE FITNESS: AQUATIC EXERCISE

This class is designed for people with arthritis to gently improve range of motion, strength and endurance. Participants must be able to enter and exit the pool independently. A doctor's release is recommended if you have recently had surgery. March/April classes begin 3/25

Debra Thurn		City Gym and Pool	
250806-3A	13 yrs + Sa	7-8am	Mar/Apr \$51
250806-3B	13 yrs + Sa	7-8am	May \$36
250806-3C	13 yrs + Sa	7-8am	June \$36
250806-3D	13 yrs + M	7-8am	Mar/Apr \$51
250806-3E	13 yrs + W	7-8am	Mar/Apr \$51
250806-3F	13 yrs + M,W	7-8am	Mar/Apr \$96
250806-3G	13 yrs + M	7-8am	May \$36
250806-3H	13 yrs + W	7-8am	May \$45
250806-3I	13 yrs + M,W	7-8am	May \$74
250806-3J	13 yrs + M,W	7-8am	June \$36
250806-3K	13 yrs + W	7-8am	June \$45
250806-3L	13 yrs + M,W	7-8am	June \$74
250806-3M	13 yrs + M	5:30-6:25pm	Mar/Apr \$51
250806-3N	13 yrs + W	5:30-6:25pm	Mar/Apr \$51
250806-3O	13 yrs + M,W	5:30-6:25pm	Mar/Apr \$96
250806-3P	13 yrs + M,W,F	5:30-6:25pm	Mar/Apr \$141
250806-3Q	13 yrs + M	5:30-6:25pm	May \$36
250806-3R	13 yrs + W	5:30-6:25pm	May \$45
250806-3S	13 yrs + M,W	5:30-6:25pm	May \$66
250806-3T	13 yrs + M,W,F	5:30-6:25pm	May \$96
250806-3U	13 yrs + Tu,Th	7-8am	Mar/Apr \$96
250806-3V	13 yrs + Tu,Th	7-8am	May \$74
250806-3W	13 yrs + Tu,Th	7-8am	June \$74
250806-3X	13 yrs + Tu,Th	8:20-9:20am	Mar/Apr \$96
250806-3Y	13 yrs + Tu,Th	8:20-9:20am	May \$74
250806-3Z	13 yrs + Tu,Th	8:20-9:20am	June \$74



Parks & Recreation  
Spark Creativity

## HUNTINGTON BEACH MERMAID

Shed your day persona and slip into your mermaid tails with other mermaids and slim your waist away. Play and fantasy makes this class fun and mystical. Bring your own mermaid or instructor will hand out information for how to purchase your own tail. Monthly 1 day/week.

### Debra Thurn

				City Gym and Pool	
251166-3A	7 yrs +	Tu	1:30-2pm	April	\$45
251166-3B	7 yrs +	Tu	1:30-2pm	May	\$45
251166-3C	7 yrs +	Tu	1:30-2pm	June	\$45



## ART

### ART IN THE AFTERNOON

This class is designed for beginning and intermediate students who would like to improve their drawing and painting skills. Color theory, drawing exercises, right brain exercises, and elements of art will be incorporated in this course. Students in this class will be eligible to participate in an Art Show. Materials list.

#### Pati Kent

#### HB Art Center

250103-4A	12 yrs +	Tu	2:45-4:15pm	4/4-5/2	\$104/94
250103-4B	12 yrs +	Tu	2:45-4:15pm	5/9-6/6	\$104/94

### INTRO TO ACRYLIC PAINTING

The course is designed to introduce the basic elements of acrylic painting. All skill levels are welcome. All students will explore the many ways paint can be handled through demonstrations and observation based painting. Instruction will be given on preparation of materials, color, light, texture, transparency, composition, and technique.

#### Jose Loza

#### HB Art Center

250135-4A	15 yrs+	Tu	6-7:45pm	4/4-5/2	\$114/103
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### INTERMEDIATE ACRYLIC PAINTING

The course is designed to explore advanced techniques in acrylic painting with an emphasis on color theory. Students will get the opportunity to experiment with acrylic glazing, impasto, and mixed media. Instruction will be given through demonstrations and observation based painting.

#### Jose Loza

#### HB Art Center

250152-4A	15 yrs +	Tu	6-7:45pm	5/9-6/6	\$114/103
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### DRAWING & RENDERING

Take your drawings to the next level! In this course students will explore classical and non-traditional drawing methods with a focus on improving the student's ability to draw from observation and render images realistically. All levels of experience are welcome. \$40 materials fee is due at first class.

#### Laura Black

#### HB Art Center

250154-4A	12 yrs +	Th	1-3pm	4/6-5/25	\$181/163
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### GARDEN MOSAIC ON STONE

Learn the art of mosaic with this beginning and intermediate class. Students will learn how to draw a design, cut glass, and create a mosaic on stone that is weather proof for home or garden. \$25 materials fee due at first class.

#### Anne Price

#### HB Art Center

250141-4A	12 yrs +	Sa	2:45-4:45pm	4/1-4/22	\$125/113
250141-4B	12 yrs +	Sa	2:45-4:45pm	5/13-6/3	\$125/113

### GRAPHIC DESIGN 101

An introductory class to graphic design. We'll start with the principles of design, learn about color, choosing fonts, and using a grid. Then we'll create a logo, business card, poster, and webpage. No computers will be used, this is the class you take before you sit at the computer. *No Class Dates: May-27*

#### Michelle Don Vito

#### HB Art Center

250156-4A	13 yrs +	Sa	12:30-2pm	5/20-6/10	\$91/82
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### HB PAINT NIGHT

Perfect for date night or girls/guys night out, HB Paint Night will help get you in touch with your inner Picasso! Led by artist Pati Kent, inspiring artists age 18+ will create a masterpiece of canvas. Easels, canvas & acrylic paint provided. Feel free to bring food and drinks to add to the party, although alcohol is not permitted. \$28 per painter and \$50 for two painters! Register in advance at [HBsands.org](http://HBsands.org).

#### Pati Kent

#### City Gym and Pool

250143-3A	18 yrs +	F	6-8pm	4/14	\$28
250143-3C	18 yrs +	F	6-8pm	6/9	\$28

#### Pati Kent

#### Murdy Community Center

250143-1A	18 yrs +	F	6-8pm	5/12	\$50
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### IMPROV

Improv is No Joke! If you are looking for a fun, but highly effective way to be free from shyness, fear of speaking, perfectionism, fear based planning or just build more creativity into your life, improv training is an excellent way to break through in a fun and safe environment. *No Class Dates: Apr-29, May-24, May-27*

#### Brenda Glim

#### HB Art Center

250145-4A	16 yrs+	Sa	1-3pm	4/8-4/29	\$71/64
250145-4B	16 yrs+	Sa	1-3pm	5/20-6/17	\$71/64

#### Brenda Glim

#### Senior Center in Central Park

250145-5A	16 yrs +	W	6-8pm	3/29-4/19	\$65
250145-5B	16 yrs +	W	6-8pm	5/3-5/31	\$65

### INTERIOR DESIGN FOR YOUR HOME

Learn from a professional interior designer how to create your dream home! The sky is the limit when it comes to color choices, fabrics, furniture and accessories, and how they are brought together. In this 2-day workshop you will learn step-by-step the basics of space planning, color concepts, and selection of the right elements such as furnishing, lighting, flooring and surfaces to create and decorate the home you always wanted. Supply list and a \$10 materials fee.

#### Lucia Henry

#### HB Art Center

250155-4A	18 yrs+	Sa	12:15-2:15pm	4/8-4/15	\$71/64
250155-4B	18 yrs+	Sa	12:15-2:15pm	5/6-5/13	\$71/64

## BEGINNING DIGITAL PHOTOGRAPHY

The beginning digital photography class will help students gain fluency with the basic technical skills of digital photography as it relates to image making. Expect to expand your understanding of the medium, acquire basic technical skills, and pursue your own photographic vision while using the digital camera of your choice.

**Kurt Weston** **HB Art Center**  
250109-4A 18 yrs + F 3:45-5:45pm 4/21-5/26 \$100/91

## INTERMEDIATE DIGITAL PHOTOGRAPHY

This intermediate class reinforces and enhances the basic concepts and skills acquired in the beginning digital photography class. Course emphasis is on the refinement of technical skills, technique, concept and development of a personal direction in photography. Theoretical, historical, and critical concerns will form part of our curriculum.

**Kurt Weston** **HB Art Center**  
250110-4A 18 yrs + F 2:45-3:45pm 4/21-5/26 \$51/46

## ADVANCED DIGITAL PHOTOGRAPHY

Today's lens-based artist has access to more image-capturing options and methods for creating images than ever before. The advanced class curriculum prepares artists to take full advantage of traditional and contemporary tools in pursuit of creating significant, conceptually rigorous artwork. Kurt Weston MFA will lead critiques and technical tutorials.

**Kurt Weston** **HB Art Center**  
250136-4A 18 yrs + F 12:30-2:30pm 4/21-5/26 \$100/91

## OIL PAINTING 1-FUNDAMENTALS

Beginning oil painting class covers materials and techniques commonly used in traditional oil painting. The class consists of lecture, demos and hands-on exercises. Participants will complete a still life painting as well as a landscape painting during the class. A good foundation for Intermediate Oil Painting Landscape class.

**Jim Ellsberry** **HB Art Center**  
250104-4A 18 yrs + W 5:30-7:30pm 3/29-4/26 \$125/113  
250104-4B 18 yrs + W 5:30-7:30pm 5/10-6/7 \$125/113

## OIL PAINTING 2-INTERMEDIATE, LANDSCAPE

Intermediate oil painting class designed to strengthen and develop the student's painting abilities using the landscape as subject. Color mixing, relationships of dark and light, composition and perspective. Emphasis is on traditional landscape painting techniques. The course also covers important historic and contemporary landscape painters, both European and American.

**Jim Ellsberry** **HB Art Center**  
250114-4A 18 yrs + W 9:30am-12pm 3/29-4/26 \$113  
250114-4B 18 yrs + W 9:30am-12pm 5/10-6/7 \$113

## PAINTING AND DRAWING

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

**Marilyn Oropeza** **Senior Center in Central Park**  
250115-5A 18 yrs + Tu 8:30-11:30am 4/4-5/9 \$50  
250115-5B 18 yrs + Tu 8:30-11:30am 5/16-6/20 \$50

## STUDIO ART

This is a chance to get together with other artists for social and unstructured painting and drawing.

**Marilyn Oropeza** **Senior Center in Central Park**  
250149-5A 18 yrs + Tu 11:30am-2:45pm 4/4-5/9 \$20  
250149-5B 18 yrs + Tu 11:30am-2:45pm 5/16-6/20 \$20

## WATERCOLOR PAINTING

This class is for beginning to advanced students to learn the joys and pitfalls of watercolor painting. The focus will be on skills and techniques with weekly demonstrations and critiques. Materials list provided on first day of class.

**Diane Merrill** **HB Art Center**  
250116-4A 13 yrs + Tu 9:30am-12:30pm 3/28-5/16 \$150/136

## WATERCOLOR BASICS 2

The goal of Watercolor Basics 2 is to teach the new and returning student painting techniques and basic design principles for watercolor painting. How light hits an object, shadows and shapes, values, surface textures and color shall be discussed along with the importance of creating a value study. WC painters of all levels are welcome. *No class 1 day in May, date to be announced in class.*

**Nancy Caldwell** **HB Art Center**  
250150-4A 16 yrs + Th 9:30am-12:30pm 3/30-5/25 \$150/136

## COMPUTERS

### ALL ABOUT GOOGLE

Two, 2-hour classes exploring the many outstanding and FREE Google programs. A discussion of the Google search engine, G-mail, Google maps, photos, calendar Google Pay and other items. Hands-on practice and a chance to ask questions and get answers.

**Joel Lander** **Senior Center in Central Park**  
250220-5A 18 yrs + Th 10am-12pm 4/6-4/13 \$48  
250220-5B 18 yrs + F 10am-12pm 5/26-6/2 \$48  
250220-5C 18 yrs + Sa 10am-12pm 6/3-6/10 \$48

### BEGINNING COMPUTER

Learn to properly turn a computer on and off; use a pointing device (mouse); correct typing mistakes; write, send, read, print, reply, forward and delete e-mail; surf the World Wide Web. \$5 suggested donation is due at the first class.

**Senior Center Volunteer** **Senior Center in Central Park**  
250200-5A 18 yrs + Tu 9-11:30am 5/9-5/30 \$15

### ESSENTIAL COMPUTER SKILLS

Hands-on instruction of basic but essential computer skills. Learn the keyboard, word processing and the Windows filing system to properly save and find information. Learn proper attachments to emails, downloading, backing-up info to your computer and more. Friendly atmosphere. Patient teacher. A VERY useful class! Useful whether you use Windows 10 or Windows 7.

**Joel Lander** **Senior Center in Central Park**  
250205-5A 18 yrs + Th 9am-12pm 4/6-4/20 \$72  
250205-5B 18 yrs + F 9am-12pm 5/5-5/19 \$72  
250205-5C 18 yrs + F 9am-12pm 6/16-6/30 \$72



## INTERNET TIPS FOR TRAVEL

Tourism is an information-intense industry. Social media and the internet have gained substantial popularity in traveler's use of the internet. We will point you to the must-have travel apps that will save you time and money before you leave, during your trip, and after.

Marga Rekers		Senior Center in Central Park		
<b>250221-5A</b>	55 yrs + M	10-11am	4/3-4/24	\$46
<b>250221-5B</b>	55 yrs + M	10-11am	5/1-5/22	\$46

## MS WORD ESSENTIALS

Get started with familiarizing yourself with the Tabs and its associated Ribbon. Learn to text size your document to make it more readable. Create a document, save, retrieve, edit, and delete the document. Other topics include the use of the Ribbon buttons to format your document, paragraph alignment, line spacing, select techniques, cut, copy and paste, plus Spelling and Grammar.

Senior Center Volunteer		Senior Center in Central Park		
<b>250209-5A</b>	18 yrs + W	9am-12pm	4/5-4/26	\$15

## ORGANIZE YOUR COMPUTER ONCE AND FOR ALL

Clean up and organize old files and your desktop. Put information where you can find it. Make shortcuts to favorite programs and files. Back up critical information. Get free programs to optimize your computer. Skills are universal whether you have Windows 7 or 10. Ask questions, get answers, have fun!

Joel Lander		Senior Center in Central Park		
<b>250210-5A</b>	18 yrs + F	9am-12pm	4/7-4/14	\$66
<b>250210-5B</b>	18 yrs + Th	9am-12pm	6/1-6/8	\$66

## PHOTOS BY GOOGLE

A single, 3-hour class exploring the new Google Photo application. Learn the manual and auto photo enhancement features plus backup features from your phones, tablets or computers. Find out about unlimited free storage of your photos. Discuss the pros and cons of this new system.

Joel Lander		Senior Center in Central Park		
<b>250214-5A</b>	18 yrs + Th	2-5pm	4/20-4/20	\$38
<b>250214-5B</b>	18 yrs + Th	2-5pm	5/25-5/25	\$38
<b>250214-5C</b>	18 yrs + Th	2-5pm	6/15-6/15	\$38

## PROTECTING YOUR ONLINE IDENTITY

We will explain how to set up strong passwords and '2-step verification', why you should have multiple email addresses, how to detect identity theft early, how to protect your computer(s), and steps to consider when using the internet, social media and that free wireless connection at the airport.

Marga Rekers		Senior Center in Central Park		
<b>250217-5A</b>	55 yrs + Th	1-2pm	4/6-4/27	\$46

## SHOPPING ON THE INTERNET

Discuss advantages to purchasing on the internet, including comparison shopping, product details and reviews from other buyers. Learn how to efficiently search the internet using various search engines, search bars and address bars. Acquire the skills and comfort to help you get the best bang for your buck online! Advanced registration strongly advised.

Joel Lander		Senior Center in Central Park		
<b>250202-5A</b>	18 yrs + F	2-5pm	4/14-4/14	\$38

## FUN WITH CRAIGSLIST

What you always wanted to know about Craigslist! Don't miss it! Buy or sell anything FOR FREE! Buy: Make offers, buy items. Sell: Write & edit ads, attach photos. Protection: Learn to protect yourself when using Craigslist. Opportunity: To learn to use one of the most popular shopping websites.

Joel Lander		Senior Center in Central Park		
<b>250201-5A</b>	18 yrs + F	2-5pm	4/7-4/7	\$38
<b>250201-5B</b>	18 yrs + Th	2-5pm	5/11-5/11	\$38
<b>250201-5C</b>	18 yrs + F	9am - 12pm	6/9 - 6/9	\$38
<b>250201-5D</b>	18 yrs + Th	2 - 5pm	6/22-6/22	\$38

## HOW TO USE WINDOWS 10

Two, 2-hour, hands-on classes in the new computer lab. Explore most of the new features of Windows 10, the new Start screen, tiles, desktop, settings and how to navigate and customize Windows 10. NOTE: this class is for individuals with basic computer experience, not for beginners.

Joel Lander		Senior Center in Central Park		
<b>250212-5A</b>	18 yrs + Sa	10am-12pm	4/8-4/15	\$48
<b>250212-5B</b>	18 yrs + F	10am-12pm	4/21-4/28	\$48
<b>250212-5C</b>	18 yrs + Th	9-11am	5/4-5/11	\$48
<b>250212-5D</b>	18 yrs + Sa	10am-12pm	5/13-5/20	\$48
<b>250212-5E</b>	18 yrs + Th	2-4pm	6/1-6/8	\$48
<b>250212-5F</b>	18 yrs + Sa	10am-12pm	6/10-6/17	\$48

## INTRODUCTION TO FACEBOOK

You will set up your Facebook account, adjust basic settings and learn how to use it. At the end of this class you will understand the Facebook lingo and you will know the latest on the do's and don'ts of Facebook.

Marga Rekers		Senior Center in Central Park		
<b>250218-5A</b>	55 yrs + M	11:15am-12:15pm	4/3-4/24	\$46
<b>250218-5B</b>	55 yrs + M	11:15am-12:15pm	5/1-5/22	\$46

## INTRODUCTION TO SMARTPHONES

This 1-hour walk-in is for those of you who have a smartphone or a tablet and are still struggling with a few settings or are running into technical issues while using them. We will give you some tips and tricks on how to get the most out of your phone or tablet. Please bring your phone or tablet with a fully charged battery.

Marga Reker		Senior Center in Central Park		
<b>250219-5A</b>	18 yrs + M	2:45-3:45pm	4/3-4/24	\$46
<b>250219-5B</b>	18 yrs + M	2:45-3:45pm	5/1-5/22	\$46



Parks & Recreation  
Teach Vital Life Skills

## SPECIAL APPS & PROGRAMS FOR SENIORS

A presentation of what computer programs, smart phone and tablet apps can be useful to seniors. A look at Facebook, YouTube, Skype, Uber, Pandora, Lumosity and more. Introductory instructions on how to find, obtain and use these free applications. Two, 2-hour sessions. Ask questions, get answers.

Joel Lander		Senior Center in Central Park			
250222-5A	18 yrs + F	2-4pm	4/21-4/28	\$48	
250222-5B	18 yrs + Th	10am-12pm	5/18-5/25	\$48	
250222-5C	18 yrs + Th	10am-12pm	6/15-6/22	\$48	

## SMARTPHONES: BEYOND THE BASICS

Get to know more features and apps that let you do more with your smartphone. You'll learn the new tools and options that are available on your device. You will also learn how all your devices (computer, phone, tablet) can work together.

Marga Rekers		Senior Center in Central Park			
250224-5A	55 yrs + M	1:30-2:30pm	4/3-4/24	\$46	
250224-5B	55 yrs + M	1:30-2:30pm	5/1-5/22	\$46	

## COOKING

### ASIAN COOKING

Asian Cuisine is so diverse—from Chinese to Thai, spicy to mild. We will be making dishes from several regions with a variety of tastes, seasoning, and techniques. There is some hands on so bring your apron and come hungry! \$15 materials due at first class.

April Berg		Edison Community Center			
250305-2A	18 yrs + Tu	6:15-9:15pm	5/9	\$35	

### MEXICAN COOKING

In this class you will learn to make incredible sauce, how to cook different meats and fish, breads and tortillas and so much more. This is a part hands on class so bring an apron and come hungry! \$15 materials fee due at first class.

April Berg		Edison Community Center			
250306-2A	18 yrs + Tu	6:15-9:15pm	6/13	\$35	

### MEDITERRANEAN COOKING

We will be experiencing a variety of different dishes from Italy, Spain, and Greece. We will be learning about the herbs and ingredients that make this cuisine unique. We will be making everything from scratch. Come hungry! \$15 materials fee due at first class.

April Berg		Edison Community Center			
250308-2A	18 yrs + Tu	6:15-9:15pm	4/11	\$35	



## DANCE

### ADULT BALLET: BEGINNING

Love the grace and poise of ballet dancers? Looking to improve posture, gain strength, and increase flexibility? Join other beginners in learning a new skill while experienced dancers refine the basics. Wear comfortable clothing and bring an exercise mat or towel. *No Class Dates: Apr-17, Apr-19, May-29*

Huntington Academy of Dance		City Gym and Pool			
250442-3A	13 yrs + M	7-8pm	3/27-6/19	\$115	
Huntington Academy of Dance		16601 Gothard Street, Suite A			
250442-1A	16 yrs + W	7:30-8:30pm	3/29-6/21	\$125	

### BALLET/BALLET STRETCHING FOR SENIORS

Please join us in learning and practicing the beautiful graceful movements of Ballet. An opportunity to improve fitness through fun, working on flexibility, coordination, strength, balance, endurance and healthy attractive posture. No experience necessary. The class is non-competitive and we become great friends in the process.

Huntington Academy of Dance		Senior Center in Central Park			
250426-5A	18 yrs+ M	3:15-4:15pm	4/3 - 5/8	\$49	
250426-5B	18 yrs+ M	3:15-4:15pm	5/15 - 6/26	\$49	

### BALLROOM DANCE BASICS

Never be a wall-flower again. From the Waltz to the Salsa, we'll teach you how to own the dance floor! Join our ballroom group class, followed immediately by a lively practice party. Our dynamic steps and techniques will last a lifetime, and we make learning fun! No partner needed.

Amanda Mykitta		Senior Center in Central Park			
250441-5A	16 yrs+ Th	7-8:30pm	3/30 - 5/4	\$40	
250441-5B	16 yrs+ Th	7-8:30pm	5/11 - 6/15	\$40	

### BROADWAY DANCE FITNESS

Join us at this brand new dance fitness class with a Broadway flair! Dance to upbeat, fun Broadway musical tunes, as well as songs from past era's through today. Combining aerobics with simple dance steps make you want to move! See why dance is top-rated for your brain, your heart, and your soul! Free Demo 3/23-Please call the Senior Center in Central Park to reserve a spot.

Cathy Badum		Senior Center in Central Park			
250456-5A	18 yrs + Th	1:30-2:15pm	3/30-5/4	\$66	
250456-5B	18 yrs + Th	1:30-2:15pm	5/11-6/15	\$66	

### COUNTRY TWO STEP AND COWBOY CHA CHA

Country 2 Step and Cowboy Cha Cha let you dance at the country club. Listen to favorite country songs. No partner needed.

Kaylaa Fox		Edison Community Center			
250415-2A	16 yrs + W	8:15-9pm	3/29-4/26	\$49	
250415-2B	16 yrs + W	8:15-9pm	5/3-5/31	\$49	
Kaylaa Fox		Murdy Community Center			
250415-1A	16 yrs + Th	6:15-7:15pm	3/30-4/27	\$62	
250415-1B	16 yrs + Th	6:15-7:15pm	5/4-6/1	\$62	

Register Online! [www.hbsands.org](http://www.hbsands.org)

**DANCE: BRIDE AND GROOM'S FIRST DANCE**

Bride & Groom's first Dance Class: Bride & Groom will learn how to dance to their FIRST DANCE music. One meeting class for one hour. Great for FATHER DAUGHTER Dance and MOTHER SON Dance, too. Just bring your music or choices.

<b>Kaylaa Fox</b>				<b>Murdy Community Center</b>	
<b>250449-1A</b>	18 yrs +	Th	7-8pm	3/23	\$25
<b>250449-1B</b>	18 yrs +	Th	5:15-6:15pm	4/27	\$25

**DANCE: BALLROOM**

Ballroom social dances: Foxtrot and Cha Cha. Dance to classic and popular music with easy patterns. Classic dance moves will give you confidence at parties, nightclubs, weddings, and cruises. No partner needed. *No Class Dates: May-29*

<b>Kaylaa Fox</b>				<b>Edison Community Center</b>	
<b>250407-2A</b>	16 yrs +	M	7-8pm	3/27-4/24	\$62
<b>250407-2B</b>	16 yrs +	M	7-8pm	5/1-6/5	\$62

**DANCE: COUNTRY LINE**

Country friends are waiting for you at the country clubs! Kick up your boots to oldies and newbie country line dances. Easy instruction! Meet NEW friends for country good fun. \$2 materials fee due at first class. Instructor: Kaylaa Fox 714-205-4425 [kaylaa@dancequick.com](mailto:kaylaa@dancequick.com) or [www.dancequick.com](http://www.dancequick.com).

<b>Kaylaa Fox</b>				<b>Edison Community Center</b>	
<b>250413-2A</b>	16 yrs +	W	7:30 - 8:15pm	3/29-4/26	\$49
<b>250413-2B</b>	16 yrs +	W	7:30 - 8:15pm	5/3-5/31	\$49

<b>Kaylaa Fox</b>				<b>Murdy Community Center</b>	
<b>250413-1A</b>	16 yrs +	Th	7:15-8:15pm	3/30-4/27	\$62
<b>250413-1B</b>	16 yrs +	Th	7:15-8:15pm	5/4-6/1	\$62

**DANCE: SALSA**

SALSA dance is exploding in clubs and parties with its exotic rhythms just waiting to be danced to. Easy patterns in this class will take you out socializing and dancing immediately. \$2 materials fee due at first class. Instructor: Kaylaa Fox 714-205-4425 [kaylaa@dancequick.com](mailto:kaylaa@dancequick.com) or [www.dancequick.com](http://www.dancequick.com).

<b>Kaylaa Fox</b>				<b>Murdy Community Center</b>	
<b>250421-1A</b>	16 yrs +	Th	8:15-9:15pm	3/30-4/27	\$62
<b>250421-1B</b>	16 yrs +	Th	8:15-9:15pm	5/4-6/1	\$62

**DANCE: SWING**

SWING to both classic and modern music which covers ALL social events. Have FUN with this rhythm dance and best part, you don't need a partner! *No Class Dates: May-29*

<b>Kaylaa Fox</b>				<b>Edison Community Center</b>	
<b>250452-2A</b>	16 yrs +	M	8-9pm	3/27-4/24	\$62
<b>250452-2B</b>	16 yrs +	M	8-9pm	5/1-6/5	\$62

**DANCE: SWING BASICS**

Fun and easy Swing Dance. Basics steps are taught to beginners so they may dance immediately with confidence. Swing dance is the most versatile and fun social dance since it can be danced to almost any kind of music. No partner necessary. HOSTED BY MICHAEL and OLIVIA LAI.

<b>Kaylaa Fox</b>				<b>Murdy Community Center</b>	
<b>250423-1A</b>	16 yrs +	Th	8:15-9:15pm	3/30-4/20	\$40
<b>250423-1B</b>	16 yrs +	Th	8:15-9:15pm	4/27-5/18	\$40

**DANCE: SWING INTERMEDIATE**

Move on to Swing intermediate. Combine and expand on your basic swing skills. Go beyond the basics to explore Lindy Hop, West Coast, and Charleston rhythms that will make your dancing more enjoyable. No partner needed. hosted by MICHAEL and OLIVIA LAI.

<b>Kaylaa Fox</b>				<b>Murdy Community Center</b>	
<b>250424-1A</b>	16 yrs +	Th	7:15-8:15pm	3/30-4/20	\$40
<b>250424-1B</b>	16 yrs +	Th	7:15-8:15pm	4/27-5/18	\$40

**DANCE: SWING ADVANCED**

Move way beyond the basics. Advanced Swing moves to 4, 6 and 8 swing rhythms that will challenge you and make you shine on the dance floor. No partner necessary. HOSTED BY MICHAEL and OLIVIA LAI.

<b>Kaylaa Fox</b>				<b>Murdy Community Center</b>	
<b>250422-1A</b>	16 yrs +	Th	6:15-7:15pm	3/30-4/20	\$40
<b>250422-1B</b>	16 yrs +	Th	6:15-7:15pm	4/27-5/18	\$40

**HULA'AUANA 'O KEKULAKAPU**

Aloha Mai - This is a beginning class, which will focus on hula basics, movement, and mele (Hawaiian poetry) from THE ERA OF King David Kalakaua to the present. Please bring a pencil and paper to the first class meeting.

<b>Guava Groove</b>				<b>Senior Center in Central Park</b>	
<b>250451-5A</b>	18 yrs+	W	9:30-10:30am	3/29 - 5/3	\$65
<b>250451-5B</b>	18 yrs+	W	9:30-10:30am	5/10 - 6/14	\$65

**LINE DANCE NEW BEGINNER**

Been wanting to learn to dance but don't know how to get started? Have fun learning the basic steps and applying them in very easy line dances. Invite a friend so you can both experience the mental and physical benefits of dance along with the joy of moving to music. *No class dates: Apr.11*

<b>Suzy Hazard</b>				<b>Senior Center in Central Park</b>	
<b>250419-5A</b>	18 yrs +	F	2-3pm	4/21-6/9	\$45

<b>Linda Maarleveld</b>				<b>Senior Center in Central Park</b>	
<b>250450-5A</b>	18 yrs +	Tu	2:30-3:30pm	3/28-6/13	\$61
<b>250450-5B</b>	18 yrs +	Tu	4-5pm	3/28-6/13	\$61

<b>Carolyn Cragun</b>				<b>Senior Center in Central Park</b>	
<b>250454-5A</b>	18 yrs +	F	2:30-3:30pm	4/21-6/9	\$45

**LINE DANCE LEVEL 1**

Now that you know some of the basic steps and patterns, it's time to have fun learning dances that are a bit more difficult. An Albert Einstein College of Medicine study showed that line dancing frequently can reduce your risk of dementia by up to 76%! Prerequisite: New Beginner Line Dance.

<b>Suzy Hazard</b>				<b>Senior Center in Central Park</b>	
<b>250420-5A</b>	18 yrs +	F	3:15-4:15pm	4/21-6/9	\$45

<b>Linda Maarleveld</b>				<b>Senior Center in Central Park</b>	
<b>250453-5A</b>	18 yrs+	W	7:30-8:30pm	3/29 - 6/14	\$83



Parks & Recreation  
Promote good health

## LINE DANCE LEVEL 2

Dancing is a great way to reduce stress and get mentally and physically fit while having fun. Dancers who have knowledge and experience with the basic steps and dances are now ready to learn some more challenging dances and all-time favorites. Recommended prerequisite: Introduction Class or previous dance experience.

**Suzy Hazard** Senior Center in Central Park  
250428-5A 18 yrs + W 2:45-4:15pm 4/19-6/7 \$45

## LINE DANCE FITNESS: LEVEL 2-3

Dancing more than once per week is essential in becoming a more skilled and confident dancer. This new class is specially designed for Level 2 dancers who want to DANCE MORE OFTEN and/or hone their skills in preparation for the Level 3-4 class. *No Class Dates: May-29*

**Suzy Hazard** Senior Center in Central Park  
250433-5A 18 yrs + M 3:15-4:45pm 4/17-6/5 \$40

## LINE DANCE FITNESS: LEVEL 3-4

Dancers who have knowledge and experience with beginning dances and cues are now ready to have even more fun learning more challenging dances along with the latest favorites. Great Physical and mental exercise. Instructor is certified in dance and has been teaching over 20 years.

**Suzy Hazard** Senior Center in Central Park  
250434-5A 18 yrs + W 1-2:30pm 4/19-6/7 \$45

## POLYNESIAN DANCE WITH TUPUA

Aloha! Introduction to the fundamentals of Hawaiian Hula and Tahitian dance. Great for fine-tuning motor skills, building self-esteem and showmanship. Have fun dancing to the rhythms of the islands! Class fills quickly. Pre-registration is required.

**Melody Seanoa** Senior Center in Central Park  
250440-5A 13 yrs + M 1-2pm 3/27-5/1 \$65  
250440-5B 13 yrs + M 1-2pm 5/8-6/12 \$65

## INTERMEDIATE POLYNESIAN DANCE

Dance your way to better fitness with the rhythms of the South Pacific! Students should wear comfortable clothing; bring a pareo (sarong) and water bottle. Routines learned will be performed at our "Luau."

**Melody Seanoa** Senior Center in Central Park  
250439-5A 13 yrs + M 2-3pm 3/27-5/1 \$65  
250439-5B 13 yrs + M 2-3pm 5/8-6/12 \$65

## PRIVATE DANCE LESSON

Get ready for that special event with a 1 hour private lesson tailored to your specific goals. Choose from Wedding First Dance, Ballroom dances, Salsa, Swing and more. Lessons arranged at your convenience at Edison Community Center. Two people maximum (you alone or bring a friend or partner). Time and date to be arranged with instructor.

**SockhopFitness** Edison Community Center  
250402-2A 6 yrs + TBA TBA TBA \$60

## SPECIAL NEEDS BALLROOM

Join us for a dynamic ballroom dance class for people with all types of special needs and developmental disabilities! Taught by our lead instructor, Mandy Mykitta, many dances will be represented. From the Waltz to the Hustle, we'll teach you all the moves you need to own any dance floor! *No Class Dates: Mar-29*

**Dare to Dance** Murdy Community Center  
250455-1A 16 yrs + W 7-8pm 4/5-6/7 \$24  
250455-1B 16 yrs + W 8-9pm 4/5-6/7 \$24

## DOG TRAINING

### DOG TRAINING: DOG OBEDIENCE BEGINNING

For dogs 5 months and older and handlers 10 years to adult. Obedience commands (heel, sit, down, stay, stand, come), long distance work, hand signals, and correcting bad habits (chewing, jumping, digging, etc.). Trophies and certificates awarded at graduation. First meeting held WITHOUT DOGS. Bring shot records and \$10 materials fee (includes training manual).

**Dog Services Unlimited** Edison Community Center  
250504-2A 10 yrs + Tu 7:30-8:30pm 3/28-5/9 \$95

### DOG TRAINING: CRASH COURSE IN CANINE MANNERS

Establish better manners and correct behavior problems in four 75-minute lessons! Dogs five months or older will learn to stay, come, sit, lie down, and walk without pulling on a leash. Dogs attend all meetings. Bring current shot records and \$5 materials fee to first lesson. Pre-registration is required.

**Dog Services Unlimited** Murdy Community Center  
250506-1A 10 yrs + Th 6:30-7:45pm 4/20-5/11 \$82

### DOG-FRISBEE: CATCH THE FUN!

In this one-day workshop, you & your dog can start learning the fun sport of Frisbee Toss-N-Fetch! Includes throwing techniques, safety, and motivating your dog to go for a disc, and bring it back. Pre-registration is required! Bring current shot records & \$5 materials fee. (includes Frisbee) Class meets on grass near Dog Park, Edwards Street & Inlet Drive.

**Dog Services Unlimited** Dog Park-Edwards Street & Inlet Drive  
250509-1A 10 yrs + Su 4-5:30pm 4/2 \$29

### FLYBALL DOG TRAINING BEGINNING

Flyball is a fast paced sport for dogs that involves running, jumping and retrieving a ball. Dogs must be at least 6 months old, in good physical condition, well socialized and have a fairly reliable "come when called". First class held without dogs. *No Class Dates: May-27*

**Surf City Flyball** Central Park- Slater Ave/Goldenwest St  
250507-1A 18 yrs + Sa 9-10am 4/8-6/3 \$95

### FLYBALL DOG TRAINING INTERMEDIATE

For dogs who have at least 2 sessions of Flyball Beginning and/or prior Flyball training. This class teaches the skills necessary for actual Flyball competition. *No Class Dates: May-27*

**Surf City Flyball** Central Park- Slater Ave/Goldenwest St  
250508-1A 18 yrs + Sa 10-11:30am 4/8-6/3 \$95

Register Online! [www.hbsands.org](http://www.hbsands.org)

## EDUCATIONAL

### ITALIAN: CONVERSATIONAL ITALIAN 1A

If you like Italy and its culture, you will enjoy this fun and relaxed beginning conversational class. A native born Italian instructor will teach you how to speak in the present tense about yourself and a variety of topics relating to day-to-day life. Focus on creating a fun and interactive class.

**Spectrum Languages** **Edison Community Center**  
250601-2A 18 yrs + Th 6:30-7:30pm 4/6-6/8 \$168

### ITALIAN: CONVERSATIONAL ITALIAN 1B

Do you already know some Italian? Have you already attended the Beginning Conversational Italian 1 class? Then this course is for you. A native born Italian teacher will help you move forward with your journey through the Italian language while also having a lot of fun.

**Spectrum Languages** **Edison Community Center**  
250603-2A 18 yrs + Th 7:30-8:30pm 4/6-6/8 \$180

### LEARNING BLACK HISTORY

Learn the truth about Black History from Africa to African-American. Celebrating and discussing our past struggles, accomplishments, inventors, leaders, and heroes. Classes are every 2nd and 4th Saturdays, 10:00am-12:00pm.

**OC Learning Black History** **Senior Center in Central Park**  
250610-5A 8 yrs + Sa 10am-12pm 4/8-6/24 \$10

## HEALTH & FITNESS

### CARDIO STEP FOR THE HEART

This class raises the heart rate by stepping up and down on 4 or 8 -inch steps. A step workout effectively burns fat while strengthening your heart and toning lower body. Different size steps are provided for beginners through advanced levels. \*Sign-up for **CARDIO STEP FOR THE HEART** plus **HEAD TO TOE WORKOUT** together for only \$141. *No Class Dates: May-29*

**Susan Hardy** **Murphy Community Center**  
250835-1A 18 yrs + M,W,F 9:15-10am 3/27-6/12 \$117



### SENIOR CARDIOFIT

As we age, leading an active lifestyle becomes more important than ever. Regular exercise helps seniors maintain health, boost energy and improve confidence! Come experience Senior CardioFit, a class designed for folks 50+ with fun music and easy to follow low impact routines. Stay motivated!

**Marianne Grossman** **Senior Center in Central Park**  
250837-5A 50 yrs + Tu,F 9-9:45am 4/11-6/16 \$70

### CIRCUIT TRAINING

Lively music and fun routines will motivate you to keep moving in this faster-paced low impact class designed specifically for older adults. The low impact (cardio) routines are mixed with strength and balance work for an interval style of workout that is great for the whole body! Bring a pair of handweights (3-5 lbs.), Dynaband and tubing (Dynaband \$4 and tube \$12 available for purchase first day of class). Also bring a mat for a short session of corework done on the floor.

**Marianne Grossman** **Senior Center in Central Park**  
250816-5A 50 yrs + F 10:15-11:15am 4/14-6/16 \$60

### CARDIO STRENGTH & STRENGTH TRAINING

Whether you are a beginner or advanced, see results faster! Join us for a mix of step cardiovascular training, low impact, core, and muscular strength training to blast calories and improve total health. Steps and hand-held weights provided. Please bring mat, towel, and water.

**Joanne Pridomirski** **Edison Community Center**  
250850-2A 13 yrs + Tu,Th 8:45-9:45am 3/28-6/1 \$65

### CARDIO STEP & BODY SCULPT

Step aerobics is a high calorie-burning workout with less stress on ankles and joints compared to other impact classes. Steps range from 4 to 8 inches accommodating beginner through advanced. Upper body workout with light weights and abdominal work finishes up the class. Bring hand weights and a mat. *No Class Dates: May-29*

**Susan Hardy** **Edison Community Center**  
250851-2A 13 yrs + M,W,F 5:15-6:15pm 3/27-6/12 \$123

### EXERCISE FOR BALANCE

Have you noticed a change in your balance over the past year? Do you feel you are not as stable or strong when walking or going up and down stairs? Join us for a five-week session that will include discussion and exercise to help improve your balance. These classes are designed for participants of all activity levels. Please select one of the 5-week sessions. Instructor: Hoag Licensed Therapist.

**HB Pilates** **Senior Center in Central Park**  
250899-5A 18 yrs + Tu 9-10am 5/2-5/30 \$0

### FITNESS FOR LIFE

Come join our work-out using body weights, bands, stretching and exercise balls. First class will include an assessment. We'll set goals to get you fit to enjoy whatever it is you love to do! Enrollments are kept low to insure personal attention and training. Bring mat or towel to class. *No Class Dates: May-3, May-10*

**Phil Hart** **Senior Center in Central Park**  
250838-5A 40 yrs + W 5:45-6:45pm 3/22-5/24 \$95





## FLEX & STRETCH

This stretch and strength class in a chair is excellent for increasing joint mobility and muscle flexibility while building strength, stamina and balance. Designed to improve posture and support arthritic joints, you'll be guided through a variety of exercises (both seated and standing) using bands and light hand weights. Bring a pair of weights (2-3 lbs). Materials fee of \$4 for Dynaband payable in class.

<b>Marianne Grossman</b>		<b>Senior Center in Central Park</b>		
<b>250817-5A</b>	50 yrs + Tu	10:15-11am	4/11-6/13	\$45
<b>250817-5B</b>	50 yrs + Th	10:40-11:25am	4/13-6/15	\$45

## HB PILATES: AB-CORE BLAST

Join us for a 30-minute blast of abdominal/core-strengthening exercises that will have you feeling your abs for days! Properly engaging these muscles can help you obtain a flatter looking abdomen region, better posture and more! Core strength can also help you reduce the risk for certain back problems and can help alleviate most chronic back pain. All levels welcome! Bring mat, towel, water, exercise ball (65cm), & grip socks. *No Class Dates: May-29*

<b>HB Pilates</b>		<b>Murdy Community Center</b>		
<b>250833-1A</b>	16 yrs + M	11-11:30am	3/27-5/1	\$48
<b>250833-1B</b>	16 yrs + M	11-11:30am	5/8-6/12	\$40

## HB PILATES: LEAN AND FIT

Join us for a fun and energizing workout that will help you burn fat, build lean muscle, and give you that extra energy boost for the day! Incorporating strength, power, stability, and cardio circuit exercises, we promise to sculpt and tighten your entire body so you will look and feel your absolute best! All ages and abilities welcome. Bring a mat, towel, water, and dumbbells. All other equipment provided. *No Class Dates: May-29*

<b>HB Pilates</b>		<b>Edison Community Center</b>		
<b>250839-2A</b>	16 yrs + M	9-10am	3/27-5/1	\$78
<b>250839-2B</b>	16 yrs + M	9-10am	5/8-6/12	\$68
<b>250839-2C</b>	16 yrs + F	9-10am	3/31-5/5	\$78
<b>250839-2D</b>	16 yrs + F	9-10am	5/12-6/16	\$78

<b>HB Pilates</b>		<b>Senior Center in Central Park</b>		
<b>250839-5A</b>	18 yrs + W	7-8pm	3/29-5/3	\$78
<b>250839-5B</b>	18 yrs + Th	10:15-11:15am	3/30-5/4	\$78
<b>250839-5C</b>	18 yrs + Sa	10-11am	4/1-5/6	\$78
<b>250839-5D</b>	18 yrs + W	7-8pm	5/10-6/14	\$78
<b>250839-5E</b>	18 yrs + Th	10:15-11:15am	5/11-6/15	\$78
<b>250839-5F</b>	18 yrs + Sa	10-11am	5/13-6/17	\$78

## HB PILATES: 5 CLASS PASS

Interested in adding a few extra classes to your busy schedule but can't commit to a full session? This is the pass for you! This 5 pack of classes is good for any HB Pilates class: Ab-Core Blast, Lean & Fit, Pilates Barre with Cardio, Pilates Chair, Pilates Mat, Power Yoga Restorative Yoga, Prenatal/Postnatal Pilates, and Stroller Workout! Limited spaces available/some restrictions apply. Email [info@hbpilates.com](mailto:info@hbpilates.com) for questions.

<b>HB Pilates</b>		<b>All Community Center Locations</b>		
<b>250611-1A</b>	16 yrs +	Attend any HB Pilates class	3/27-5/6	\$85
<b>250611-1B</b>	16 yrs +	Attend any HB Pilates class	5/8-6/17	\$85

## HB: PILATES 10 CLASS PACK

Interested in adding a few extra classes to your busy schedule but can't commit to a full session? This 10 class the pass for you! Mix and match your classes with any HB Pilates classes: Ab-Core Blast, Lean & Fit, Pilates Barre with cardio, Power Yoga, Restorative Yoga, Pilates Chair, Pilates Mat, Prenatal/Postnatal Pilates, and Stroller Workout! Limited spaces available/some restrictions apply. Email [info@hbpilates.com](mailto:info@hbpilates.com) for questions.

<b>HB Pilates</b>		<b>All Community Center Locations</b>		
<b>250612-1A</b>	16 yrs +	Attend any HB Pilates class	3/27-5/6	\$160
<b>250612-1B</b>	16 yrs +	Attend any HB Pilates class	5/8-6/17	\$160

## HB PILATES: PILATES MAT

HB Pilates mat exercises are low impact with high results. HB Pilates' highly certified instructors will help you improve: posture, strength, flexibility, balance, coordination, and total mind-body awareness. Focusing on core strength, we promise to condition your entire body in every class! All ages/abilities welcome. Drop-ins welcome: \$18. Bring: mat, towel, grip socks, and water. *No Class Dates: May-29*

<b>HB Pilates</b>		<b>City Gym and Pool</b>		
<b>250811-3A</b>	16 yrs + W	9-10am	3/29-5/3	\$78
<b>250811-3B</b>	16 yrs + Th	6-7pm	3/30-5/4	\$78
<b>250811-3C</b>	16 yrs + W	9-10am	5/10-6/14	\$78
<b>250811-3D</b>	16 yrs + Th	6-7pm	5/11-6/15	\$78

<b>HB Pilates</b>		<b>Edison Community Center</b>		
<b>250811-2A</b>	16 yrs + M	6:30-7:30pm	3/27-5/1	\$78
<b>250811-2B</b>	16 yrs + M	6:30-7:30pm	5/8-6/12	\$68
<b>250811-2C</b>	16 yrs + Tu	9-10am	3/28-5/2	\$78
<b>250811-2D</b>	16 yrs + Tu	9-10am	5/9-6/13	\$78
<b>250811-2E</b>	16 yrs + F	10-11am	3/31-5/5	\$78
<b>250811-2F</b>	16 yrs + F	10-11am	5/12-6/16	\$78

<b>HB Pilates</b>		<b>Murdy Community Center</b>		
<b>250811-1A</b>	16 yrs + M	10-11am	3/27-5/1	\$78
<b>250811-1B</b>	16 yrs + M	10-11am	5/8-6/12	\$68
<b>250811-1C</b>	16 yrs + Tu	6-7pm	3/28-5/2	\$78
<b>250811-1D</b>	16 yrs + Tu	6-7pm	5/9-6/13	\$78
<b>250811-1E</b>	16 yrs + Th	5-6pm	3/30-5/4	\$78
<b>250811-1F</b>	16 yrs + Th	5-6pm	5/11-6/15	\$78
<b>250811-1G</b>	16 yrs + Sa	9-10am	4/1-5/6	\$78
<b>250811-1H</b>	16 yrs + Sa	9-10am	5/13-6/17	\$78

## HB PILATES: STROLLER WORKOUT

Why hire a babysitter AND a trainer when you can work out with your little ones?! Join us for a one-hour workout at the beach that will sculpt and tighten your entire body while you are bonding with your babies and making new parent friends! Kids 0-4 welcome. 2 kids max. Bring stroller, hand weights, mat, water, and snacks. Meet at the back entrance of the Senior Center in the Park. One registration per adult. Family discount available. Email: [info@hbpilates.com](mailto:info@hbpilates.com) for questions.

<b>HB Pilates</b>		<b>Senior Center in Central Park</b>		
<b>250825-5A</b>	18 yrs + Tu	9-10am	3/28-5/2	\$78
<b>250825-5B</b>	18 yrs + W	6-7pm	3/29-5/3	\$78
<b>250825-5C</b>	18 yrs + Th	9-10am	3/30-5/4	\$78
<b>250825-5D</b>	18 yrs + Tu,Th	9-10am	3/28-5/4	\$120
<b>250825-5E</b>	18 yrs + Tu	9-10am	5/9-6/13	\$78
<b>250825-5F</b>	18 yrs + W	6-7pm	5/10-6/14	\$78
<b>250825-5G</b>	18 yrs + Th	9-10am	5/11-6/15	\$78
<b>250825-5H</b>	18 yrs + Tu,Th	9-10am	5/9-6/15	\$120

Register Online! [www.hbsands.org](http://www.hbsands.org)

## HB PILATES: PILATES CHAIR-PLUS

Pilates Chair-Plus is the most advanced version of our chair classes. This class will integrate the use of a variety of equipment in the fitness facility, and will move at a quicker pace. We will focus on improving: strength, flexibility, posture, functional fitness, and an enhanced mind-body connection. Pre-requisites: one session of Pilates Chair, and instructor approval. Not suitable for those relying on a walker and/or cane. Bring water and grip socks.

HB Pilates		Senior Center in Central Park			
250826-5A	18 yrs + W	11:30am-12:30pm	3/29-5/3	\$68	
250826-5B	18 yrs + W	11:30am-12:30pm	5/10-6/14	\$68	

## HB PILATES: PILATES CHAIR-SITTING ONLY

Pilates-Chair-Sitting only is a more gentle approach to Pilates Chair and a great introduction to the class because all exercises are done while sitting in a chair. Ingegrating resistance bands and small exercise balls, we will work on improving: core strength, flexibility, posture, upper and lower body strength, and enhanced mind-body connection. Great for individuals needing assistance walking and/or using walkers, canes, wheel chairs and/or motor scooters. Bring water and grip socks. *No class dates: 5/29*

HB Pilates		Senior Center in Central Park			
250895-5A	18 yrs+ M	11:45am-12:30pm	3/27 - 5/1	\$60	
250895-5B	18 yrs+ F	11:45am-12:30pm	3/31 - 5/5	\$60	
250895-5C	18 yrs+ M/F	11:45am-12:30pm	3/27 - 5/5	\$96	
250895-5D	18 yrs+ M	11:45am-12:30pm	5/8 - 6/12	\$50	
250895-5E	18 yrs+ F	11:45am-12:30pm	5/12 - 6/16	\$60	
250895-5F	18 yrs+ M/F	11:45am-12:30pm	5/8 - 6/16	\$88	



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## HB PILATES: PILATES BARRE WITH CARDIO

Burn mega calories and feel fit and fabulous in no time! This high energy class fuses Pilates, barre, and cardio intervals with the use of resistance bands, exercise balls, and your own body weight to help you get the lean and toned body you have been waiting for! Fitness level: Intermediate. Bring mat, towel, grip socks, and water. No Class Dates: May-29

HB Pilates		City Gym and Pool			
250855-3A	16 yrs + W	10-11am	3/29-5/3	\$78	
250855-3B	16 yrs + Th	7-8pm	3/30-5/4	\$78	
250855-3C	16 yrs + W	10-11am	5/10-6/14	\$78	
250855-3D	16 yrs + Th	7-8pm	5/11-6/15	\$78	

HB Pilates		Edison Community Center			
250855-2A	16 yrs + M	7:30-8:30pm	3/27-5/1	\$78	
250855-2B	16 yrs + M	7:30-8:30pm	5/8-6/12	\$68	

HB Pilates		Murdy Community Center			
250855-1A	16 yrs + Tu	7-8pm	3/28-5/2	\$78	
250855-1B	16 yrs + Tu	7-8pm	5/9-6/13	\$78	
250855-1C	16 yrs + Sa	10-11am	4/1-5/6	\$78	
250855-1D	16 yrs + Sa	10-11am	5/13-6/17	\$78	

## HB PILATES: PRENATAL/POSTNATAL PILATES

Pilates is a safe and gentle way for women to exercise throughout their pregnancy as they prepare for childbirth, and after pregnancy when their body is recovering. All exercises are specifically designed for prenatal/postnatal women. This class is suitable for women in their 1st, 2nd, and 3rd trimester and postpartum. (women at minimum 6-8 weeks postpartum, with doctor's approval) Drop-Ins: \$18. Please bring: mat, towel, grip socks, and water.

HB Pilates		Murdy Community Center			
250856-1A	18 yrs + Th	6-7pm	3/30-5/4	\$84	
250856-1B	18 yrs + Th	6-7pm	5/11-6/15	\$84	
250856-1C	18 yrs + Private Lesson	30 Minutes	3/30-6/15	\$46	
250856-1D	18 yrs + Private Lesson	1 Hour	3/30-6/15	\$76	



## HB PILATES: POWER YOGA

Join us for an hour of Power! This dynamic yoga class will focus on increasing strength and flexibility while utilizing rhythmic breath, and building heat and stamina in the body and mind. Bring mat, towel, water. Suggested props: yoga strap, yoga blocks (1-2).

HB Pilates		Senior Center in Central Park			
250878-5A	18 yrs + W	6:30-7:30pm	3/29-5/3	\$78	
250878-5B	18 yrs + Sa	9-10am	4/1-5/6	\$78	
250878-5C	18 yrs + W	6:30-7:30pm	5/10-6/14	\$78	
250878-5D	18 yrs + Sa	9-10am	5/13-6/17	\$78	

## HB PILATES: PILATES CHAIR

Pilates chair is designed for all ages and ability levels and is great for people over 50 because of its low impact/gentle exercises. Chair Pilates uses resistance bands for sitting/standing exercises. Improve: balance, flexibility, strength, posture and enhance mind-body connection to help reduce the risk of falls. Bring water and grip socks. \*Please note classes may move to the NEW Senior Center starting in July. No Class Dates: May-29

HB Pilates		Senior Center in Central Park			
250879-5A	18 yrs + M	12:30-1:30pm	3/27-5/1	\$68	
250879-5B	18 yrs + W	12:30-1:30pm	3/29-5/3	\$68	
250879-5C	18 yrs + F	12:30-1:30pm	3/31-5/5	\$68	
250879-5D	18 yrs + Any 2 days	12:30-1:30pm	3/27-5/5	\$120	
250879-5E	18 yrs + M,W,F	12:30-1:30pm	3/27-5/5	\$144	
250879-5F	18 yrs + M	12:30-1:30pm	5/8-6/12	\$58	
250879-5G	18 yrs + W	12:30-1:30pm	5/10-6/14	\$68	
250879-5H	All F	12:30-1:30pm	5/12-6/16	\$68	
250879-5I	18 yrs + Any 2 days	12:30-1:30pm	5/8-6/16	\$120	
250879-5J	18 yrs + M,W,F	12:30-12:30pm	5/8-6/16	\$136	

## HB PILATES: GENTLE PILATES MAT

This class will include all of the classic Pilates Mat exercises but will move at a slower pace, to be more inviting for 50+. With an emphasis on core strength and posture, we will work on overall strength, flexibility and coordination to help improve balance and your overall quality of life. All ages/abilities welcome. Drop-ins welcome: \$18. Bring: Mat, towel, water, and grip socks.

HB Pilates		Senior Center in Central Park			
250883-5A	18 yrs + Th	11:15am-12:15pm	3/30-5/4	\$78	
250883-5B	18 yrs + Th	11:15am-12:15pm	5/11-6/15	\$78	

## HB PILATES: PRIVATE PILATES/PERSONAL TRAINING

It's time to take your training to the next level! Whether you're looking to lose serious weight, change up your workouts, or just tone up and get stronger, working one-on-one with a Personal Trainer and/or Pilates Instructor will change your life. Each one-hour workout is designed to target your personal health and fitness goals which will help maximize your results. Discounts given for multiple lessons. Group rates available. Times and dates TBD. No Class Dates: May-29

HB Pilates		Murdy Community Center			
250897-1A	18 yrs + M-Sa	1 Session	3/27-6/17	\$76	
250897-1B	18 yrs + M-Sa	10 Sessions	3/27-6/17	\$700	
250897-1C	18 yrs + M-Sa	20 Sessions	3/27-6/17	\$1300	

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## HB PILATES: RESTORATIVE YOGA

Restorative Yoga is a gentle yoga class that focuses on healing the aches and pains of daily life through gentle movements and stillness by aligning the body and mind. Whether you are seated at a desk all day, working in a fast paced environment, or a fitness addict, everyone needs a little bit of Restorative Yoga in their life to create balance. All levels welcome. Bring yoga mat. Suggested props: yoga strap, yoga blocks (1-2).

HB Pilates		Senior Center in Central Park			
250828-5A	18 yrs+ W	5:30-6:30pm	3/29-5/3	\$78	
250828-5B	18 yrs+ W	5:30-6:30pm	5/10-6/14	\$78	

## UNLIMITED HB PILATES CLASSES

Unlimited HB Pilates and Fitness Classes allow you to access all HB Pilates classes: Ab-Core Blast, Lean and Fit, Pilates Barre with Cardio, Pilates Chair, Pilates Mat, Prenatal/Postnatal Pilates, Stroller Workout and Power Yoga and Restorative Yoga! Enjoy the convenience of making your own schedule and the opportunity to come to an unlimited number of classes per week. Limited spaces available and some restrictions apply. E-mail: [info@hbpilates.com](mailto:info@hbpilates.com).

HB Pilates		All Community Center Locations			
250896-1A	16 yrs + M-Sa	TBD	3/27-5/6	\$234	
250896-1B	16 yrs + M-Sa	TBD	5/8-6/17	\$234	

## HEAD TO TOE WORKOUT

A total body workout accommodating all fitness levels. Using body weight, hand weights, bands or tubes as resistance. This workout includes arms, upper body as well as targeting legs, lower body and abs. Exercises emphasize injury prevention. Bring mat and weights. \*Sign-up for HEAD TO TOE WORKOUT plus CARDIO STEP FOR THE HEART together for only \$141. No Class Dates: May-29

Susan Hardy		Murdy Community Center			
250841-1A	18 yrs + M,W,F	8:30-9:15am	3/27-6/12	\$117	

## TOTAL BODY WORKOUT/CARDIO STEP

Take Head to Toe Workout with Cardio Step (or low impact on floor) for a total body 90 Minute Workout at one Low Price. All fitness levels welcome. Bring mat and hand weights. No Class Dates: May-29

Susan Hardy		Murdy Community Center			
250886-1A	18 yrs + M,W,F	8:30 - 10:00am	3/27-6/12	\$141	

## KINETIC MINDFULNESS

The process called "Kinetic Mindfulness" is a form of active meditation. The process focuses on breathing techniques, urban meditation and creative imaging for practical and fulfilled living. No Class Dates: May-29

David Phears		Senior Center in Central Park			
250815-5A	18 yrs + M	9:30-10:30am	4/3-6/12	\$125	



## JAZZERCISE

Torch fat, sculpt lean muscle and CRUSH calories with this dance party workout that mixes hot playlist cardio with strength training and stretching. Fresh pulse-pounding music and body blasting moves jam up the fun to transform your body, boost your mood, and IGNITE your energy! Classes will be Monday, Wednesday, & Friday's from 8:45-9:45 am and Tuesday's from 5:30-6:40 pm.

<b>Erica Den Hartog</b>		<b>City Gym and Pool</b>		
<b>250853-3A</b>	13 yrs +	10 class pack	3/27-6/9	\$70
<b>250853-3B</b>	13 yrs +	20 class pack	3/27-6/9	\$100

## MENTAL GYMNASTICS

Keep senior moments from becoming senior months by learning the latest research on the brain and how you can use it to become stronger and sharper as you get older. Join this fun and supportive group and explore nutrition, exercise, attitude changes, and puzzles that can empower you on a daily basis.

<b>Sharon Fleming</b>		<b>Senior Center in Central Park</b>		
<b>250877-5A</b>	18 yrs +	Th	10am-12pm	3/30-5/4 \$79

## QIGONG

Esteemed by the Chinese for thousands of years for illness prevention and therapeutic benefit, this easy-to-learn practice includes gentle movements to promote flexibility and tone, breathing methods to calm. All activity is done standing or sitting in a chair. Instructor has a Qigong Master teaching credential. 1st class is free.

<b>Donald Walker</b>		<b>Murdy Community Center</b>		
<b>250864-1A</b>	18 yrs +	W	6-7:15pm	3/29-5/10 \$49

## SATURDAY AM CARDIO STEP/BODY SCULPT

Make this class your wake-up workout. Using a 4"-8" step (or low impact on floor) for cardio. Bring weights for upper body workout and a mat for AB work. You'll be energized for the weekend!

<b>Susan Hardy</b>		<b>Edison Community Center</b>		
<b>250846-2A</b>	13 yrs +	Sa	9:15-10:15am	4/1-6/10 \$52

## SLIM & TRIM

Fun with low-impact aerobics, simple dance steps, slow stretching, lively floor routines, firming and toning, and relaxing lower back exercises done to a variety of music styles. See you in class. Bring a mat.

<b>Georgia Spidle</b>		<b>Lake Park Clubhouse, 1035 11th Street</b>		
<b>250847-2A</b>	18 yrs +	M,W,F	9-10am	3/27-6/16 \$60

## TAI CHI BASICS SET 1

Discover SHIBASHI, the most popular Tai Chi/Chi Kung exercise in the world, practiced by 10 million people daily. 18 gentle, easy to learn flowing movements which reduce stress, strengthen, balance, and revitalize. Set 1 emphasizes the upper body and can be done sitting or standing. First class free!

<b>Donald Walker</b>		<b>Edison Community Center</b>		
<b>250887-2A</b>	18 yrs +	M	1-2:15pm	3/27-5/8 \$49

## TAI CHI BASICS SET 2

Discover SHIBASHI, the most popular Tai Chi/Chi Kung exercise in the world, practiced by 10 million people daily. 18 gentle, easy-to-learn flowing movements which reduce stress, strengthen, balance and revitalize. Set 2 emphasizes the lower body, improves balance and leg strength. First class free!

<b>Donald Walker</b>		<b>Edison Community Center</b>		
<b>250911-2A</b>	18 yrs +	M	2:30-3:45pm	3/27-5/8 \$49

## TAI CHI CHUAN FOR BEGINNERS

A "no sweat" form of mental and physical health exercise. Tai Chi produces a balanced unification of body, mind and spirit while stretching and toning the body's muscles. Wear comfortable clothing. *No Class Dates: Apr-13, May-29*

<b>Elizabeth Pham</b>		<b>Senior Center in Central Park</b>		
<b>250881-5A</b>	18 yrs +	M	6:45-8:15pm	3/27-6/12 \$55
<b>250881-5B</b>	18 yrs +	Th	9-10:30am	3/30-6/15 \$55

## TAI CHI CHUAN FOR INTERMEDIATE

A "no sweat" form of mental and physical health exercise. Tai Chi produces a balanced unification of body, mind and spirit while stretching and toning the body's muscles. Wear comfortable clothing. *No Class Dates: Apr-13, May-29*

<b>Shona Howe</b>		<b>Senior Center in Central Park</b>		
<b>250882-5A</b>	18 yrs +	M	6:45-8:15pm	3/27-6/12 \$55
<b>250882-5B</b>	18 yrs +	Th	8:30-10:30am	3/30-6/15 \$55

## TAI CHI (YANG STYLE)

Usually called "moving meditation," this ancient Chinese health class focuses on stress reduction, balance, increasing energy and flexibility. Tai Chi uses easy techniques on gentle, slow, repeated movements to improve health and well-being. Medical professionals recommend Tai Chi to improve balance, coordination, breathing, leg strength and relax mentally and physically at deep levels. Wear comfortable clothing. Class material and DVD included with \$20 paid to instructor at the first class.

<b>Makena Solutions LLC</b>		<b>HB Art Center</b>		
<b>250884-4A</b>	16 yrs +	Tu	10:30-11:45am	4/4 Free
<b>250884-4B</b>	16 yrs +	Tu	10:30-11:45am	4/11-5/30 \$125/113
<b>250884-4C</b>	16 yrs +	W	6:30-7:45pm	4/5 Free
<b>250884-4D</b>	16 yrs +	W	6:30-7:45pm	4/12-5/31 \$125/113

## TOTAL BODY STRETCH

Everyone benefits from stretching on a regular basis. Stretching improves posture and circulation, helps you become more limber and relaxed, and can even prevent injuries. This easy-to-follow class will help make stretching a part of your wellness routine. Bring an exercise mat. *No Class Dates: May-29*

<b>Marianne Grossman</b>		<b>Edison Community Center</b>		
<b>250857-2A</b>	18 yrs +	Tu	5:30-6:30pm	4/11-6/13 \$65

<b>Marianne Grossman</b>		<b>Senior Center in Central Park</b>		
<b>250857-5A</b>	18 yrs +	M	5:30-6:30pm	4/10-6/19 \$59

Register Online! [www.hbsands.org](http://www.hbsands.org)





## YOGA

Yoga benefits the body, mind and spirit by reducing stress, strengthening the body, improving flexibility, increasing body awareness and deepening the breath. These breath centered classes are sequenced to be appropriate for all levels and ages. Bring a yoga mat and a towel or blanket.

<b>Susan Holden</b>		<b>Senior Center in Central Park</b>		
<b>250892-5A</b>	16 yrs + Tu	10:30-11:30am	4/4-6/13	\$82
<b>250892-5B</b>	18 yrs + F	10-11am	4/7-6/16	\$66

## CANDLELIGHT YOGA

This one hour candlelight yoga class will be both vinyasa flow and yin stretch. The first half hour we will flow to increase heat in the body. The second half we will hold deep stretches for 3 to 5 minutes on the mat. Props are needed for this class and are listed on the receipt upon purchase. The class will be taught by candlelight and finish with meditation.

<b>Denise Stanek</b>		<b>HB Art Center</b>		
<b>250865-4A</b>	17 yrs + Tu	6:30-7:30pm	3/28-5/16	\$106/96

## CHAIR YOGA

Yoga unites mind and body, improving general health, balance and wellbeing. Therapeutically oriented class integrates postures, meditation, Yoga philosophy and research in a breath-centered practice suitable for all levels. Instructor: Diane Pavesic, BSN, CCM, YTRx-500 C, ERYT-500, C-IAYT. *No Class Dates: Apr-17*

<b>Diane Pavesic</b>		<b>Senior Center in Central Park</b>		
<b>250866-5A</b>	18 yrs + M	10-11am	4/3-5/22	\$60
<b>250866-5B</b>	18 yrs + M	11:15am-12:15pm	4/3-5/22	\$60

## YOGA: CITY GYM

These classes are structured to increase body awareness and reduce stress while increasing flexibility and strength. Avoid eating two hours prior to class. Wear comfortable clothing and bring an exercise mat and towel or blanket.

<b>Yvonne Carmichael</b>		<b>City Gym and Pool</b>		
<b>250867-3A</b>	16 yrs + M	10:30am-12pm	3/27-5/22	\$97

## YOGA AT EDISON

Yoga unites mind & body reducing stress, promoting holistic health benefits. Therapeutic practice based on current medical Yoga research. Class combines postures, meditation and philosophy in a breath centered practice for overall well-being. Benefits include reduced pain & blood pressure, improved memory, flexibility, balance, and sleep. Bring mat and blanket. Class Instructor: Diane Pavesic, Certified Yoga Therapist, BSN, CCM, YTRx-500 C, ERYT-500. *No Class Dates: Apr-12*

<b>Diane Pavesic</b>		<b>Edison Community Center</b>		
<b>250868-2A</b>	18 yrs + W	4:30-5:30pm	4/5-5/24	\$60
<b>250868-2B</b>	18 yrs + W	5:45-6:45pm	4/5-5/24	\$60
<b>250868-2C</b>	18 yrs + W	7-8pm	4/5-5/24	\$60

## YOGA: SENIOR CENTER IN CENTRAL PARK

Yoga unites mind and body, improving general health, balance and wellbeing. Therapeutically oriented class integrates postures, meditation, Yoga philosophy and research in a breath centered practice suitable for all levels. Bring mat & blanket. Instructor: Diane Pavesic, BSN, CCM, YTRx-500 C, ERYT-500, C-IAYT. *No Class Dates: Apr-13*

<b>Diane Pavesic</b>		<b>Senior Center in Central Park</b>		
<b>250872-5A</b>	18 yrs + Th	10-11am	4/6-5/25	\$60
<b>250872-5B</b>	18 yrs + Th	11am-12pm	4/6-5/25	\$60

## YOGA: MURDY

Beginner & intermediate students welcome! Classes are sequenced to increase flexibility while strengthening the entire body (back, hips, shoulders, neck etc.) Breathing & relaxation techniques are incorporated to calm the mind integrating a sense of well being. Avoid eating two hours prior to class and bring a mat and large towel. If there are existing medical conditions, please check with your doctor before proceeding. No class dates for Jacki King: May-15, May-17, May-29 and May-31. *No class dates for Susan Holden: Apr-15, May-26, May-29, May-30 and June-2.*

<b>Jacki King – E-RYT, CYT, YACEP</b>		<b>Murdy Community Center</b>		
<b>251124-1A</b>	16 yrs + M	4:35-5:30pm	4/3-6/19	\$82
<b>251124-1B</b>	16 yrs + W	4-5pm	4/5-6/21	\$82
<b>251124-1C</b>	16 yrs + W	10:15-11:15am	4/5-6/21	\$82

<b>Yvonne Carmichael</b>		<b>Lake View Clubhouse 17461 Zeider Lane</b>		
<b>251125-1A</b>	15 yrs + W	10:30am-12pm	3/29-5/24	\$97
<b>251125-1B</b>	15 yrs + F	10:30am-12pm	3/31-5/26	\$97

<b>Susan Holden</b>		<b>Murdy Community Center</b>		
<b>250876-1A</b>	16 yrs + M	6-7pm	4/3-6/12	\$82
<b>250876-1B</b>	16 yrs + M	7:15-8:15pm	4/3-6/12	\$82
<b>250876-1C</b>	16 yrs + Tu	5:30-6:45pm	4/4-6/13	\$82
<b>250876-1D</b>	16 yrs + F	4-5pm	4/7-6/16	\$66

## ZUMBA

It's different! Effective! Zumba's body sculpting moves and engaging dance steps are set to a fabulous fusion of Latin and International music. Cha-cha, mambo, rock-n-roll and belly dance your way to fitness in this exciting class of calorie-torching, fun-infused class. Going on vacation? We'll pro-rate you for the number of weeks you attend. Walk-ins welcome \$12.

<b>SockhopFitness</b>		<b>Edison Community Center</b>		
<b>250858-2A</b>	18 yrs + W	6:30-7:15pm	4/5-6/14	\$71

**Register Online!**  
**[www.hbsands.org](http://www.hbsands.org)**

## ZUMBA GOLD

Zumba Gold is perfect for active adults looking for the great moves of Zumba at lower impact. This fun-filled class will improve cardiovascular strength, balance, muscle tone and flexibility. The lively mix of Latin and International music will leave you feeling inspired and strong. Ditch the workout! Join the Party!

SockhopFitness		Murdy Community Center			
250860-1A	50 yrs + Tu	8:05-8:50am	4/4-6/13	\$71	
SockhopFitness		Senior Center in Central Park			
250860-5A	50 yrs + F	9-9:45am	4/7-6/16	\$71	

## ZUMBA GOLD (CHAIR)

Zumba Gold® (Chair) exercise has simple, easy movements to increase strength and flexibility in your arms, legs, and core muscles. Enjoy listening to fun Latin music and have a joyful time moving with our uplifting instructor. Stimulate your brain when you learn some basic Latin rhythms and simple steps that can be done in the chair. All exercises are performed seated. Free Demo 3/23-Please call the Senior Center in Central Park to reserve a spot.

Cathy Badum		Senior Center in Central Park			
250880-5A	18 yrs + Th	12:30-1:15pm	3/30-5/4	\$60	
250880-5B	18 yrs + Th	12:30-1:15pm	5/11-6/15	\$60	

## ZUMBA TONING

The perfect way to sculpt while having a total blast! Zumba Toning combines body-sculpting exercises and high energy cardio with Latin-infused Zumba moves for a calorie torching, strength training dance fitness party. Lightweight, maraca-like Zumba Toning sticks can be purchased or bring 1-3 lb. hand weights. Going on vacation? We'll prorate you for the number of weeks you attend. *No Class Dates: May-29*

SockhopFitness		Edison Community Center			
250888-2A	18 yrs + M	6-6:45pm	4/3-6/12	\$64	

## ZUMBA FOR ALL AGES

Bring your family and friends to this fun-packed Zumba class for all ages! Easy dance steps set to fabulous world music will increase muscle tone, balance and flexibility. Going on vacation? We will prorate for the number of classes you can attend. Ditch the workout! Join the Party!

Sockhop Fitness		Senior Center in Central Park			
250813-5A	6 yrs + Tu	6-6:45pm	4/4-6/13	\$71	

## ZUMBA GOLD/ ZUMBA TONING

Ditch the workout, join the party! Zumba Gold is a Latin dance-inspired class with fun routines and a lively atmosphere that makes it one of the hottest fitness trends around! Zumba Gold is a great way to get fit, whether you are a novice or experienced exerciser. The class also incorporates Zumba Toning, where light weights are used for some of the dances.

Marianne Grossman		Senior Center in Central Park			
250848-5A	18 yrs + Th	9-10am	4/13-6/15	\$60	

## ZUMBA + ZUMBA TONING

The best of both! Get Zumba Toning on Mondays plus Zumba on Wednesdays at a nice discount. Monday classes emphasize Toning; Wednesday classes emphasize dance; both days emphasize fun and fabulous world music while you get fit. Bring: towel, water, and light weights or Toning Sticks. Monday class meets from 6:00-6:45 pm. Wednesday class meets from 6:30-7:15 pm.

SockhopFitness		Edison Community Center			
250827-2A	16 yrs + M W	6-6:45pm 6:30 - 7:15pm	4/3-6/14	\$122	

## MARTIAL ARTS

### MARTIAL ARTS FOR ADULTS

This is a certified studio of the World Tang Soo Do Association. Students will be introduced to the basics of Tang Soo Do Philosophy, History, Blocks, Punches, Sparring, Weapons and Forms. Opportunities for advancement. Any one day \$80, any 2 days \$145, 3x week \$165. No Saturday classes first Saturday of each month. *No Class Dates: May-6, Jun-3*

Frances Cardinal		Senior Center in Central Park			
250901-5A	14 yrs + Tu	6:15-8pm	4/4-6/20	\$80	
250901-5B	14 yrs + Th	6:15-8pm	4/6-6/22	\$80	
250901-5C	14 yrs + Sa	10am-12pm	4/8-7/8	\$80	
250901-5D	14 yrs + Any 2 days	TBD	4/8 - 7/8	\$145	
250901-5E	14 yrs + All 3 days	TBD	4/8 - 7/8	\$165	

### FAMILY MARTIAL ARTS

This is a certified studio of the World Tang Soo Do Association. Tang Soo Do is an ancient Korean Art with a 2000 year legacy. There is a minimum of one adult and one child per family group. Enjoy getting healthy together. Registration fee of \$80 includes 4 family members one time per week, a \$6 fee per each extra student. Take 2 days per week for \$100, 3 days per week for \$150 up to 4 family members, then \$6 per extra student up to 6 students per family. *No Class Dates: May-6, Jun-3*

Frances Cardinal		Senior Center in Central Park			
250904-5A	3 yrs + Tu	5-6pm	4/4-6/20	\$80	
250904-5B	3 yrs + Th	5-6pm	4/6-6/22	\$80	
250904-5C	3 yrs + Sa	10-11am	4/8-7/8	\$80	
250904-5D	3 yrs + Any 2 days	TBD	4/4 - 7/8	\$100	
250904-5E	3 yrs + All 3 days	TBD	4/4 - 7/8	\$150	

### TAE KWON DO

Participants will learn the foundations of martial arts from Master Kia, a 7th degree black belt, with over 40 years of experience. They will work on overall physical fitness, discipline, focus, leadership, and self defense. This class is ongoing and progressive. Uniforms available for purchase from instructor. Beginners-Advanced welcome! *No Class Dates: May-29*

Kiavash Tillehkooh		City Gym and Pool			
250906-3A	17 yrs + M	7:15-8:30pm	3/27-6/5	\$199	
250906-3B	17 yrs + Tu	7:15-8:30pm	3/28-6/6	\$199	
250906-3C	17 yrs + W	7:15-8:30pm	3/29-6/7	\$199	
250906-3D	17 yrs + Th	7:15-8:30pm	3/30-6/8	\$199	



Parks & Recreation...  
Promote good health

## MUSIC

### GROUP GUITAR

Have you ever wanted to be a rockstar? Well now's the time! Learn to play guitar from Mr. Greg, and have fun playing your favorite songs in no time! Beatles, Rolling Stones, Green Day, Weezer, and so much much more! All levels and all ages are welcome, so don't delay and learn to play today! Full course runs from March 30 to June 8 and is payable in three installments (tuition due before each class section begins on 3/30, 4/27, and 5/25). Bring your own acoustic guitar, \$20 material fee for book to instructor. Walk-ins are welcome, but please register by 3/30 for best availability, and GET READY TO ROCK!

#### The RockBand Experience

				HB Art Center	
251008-4A	13 yrs +	Th	4:30-5:30pm	3/30-4/20	\$85/77
251008-4B	13 yrs +	Th	4:30-5:30pm	4/27-5/18	\$85/77
251008-4C	13 yrs +	Th	4:30-5:30pm	5/25-6/8	\$65/59

### UKULELE – BEGINNING

Would you like to learn to play ukulele? If so, this is the class for you! Guava Groove will introduce you to all the basics of ukulele: chords, strumming, and songs. Bring your ukulele and tell a friend! 5 materials fee is due at the first class.

#### Guava Groove

#### Senior Center in Central Park

251003-5A	18 yrs+	Tu	9:30-10:30am	3/28 – 5/2	\$65
251003-5B	18 yrs+	Tu	9:30-10:30am	5/9 – 6/13	\$65

### GUAVA GROOVE UKULELE PLAYERS

Guava Groove Ukulele Players is designed for intermediate to advanced ukulele players. Students will learn progressive strums, chords, tab, notation, and theory. Requirements: (1) At least one year of Beginning Ukulele or equivalent knowledge (2) instructor approval to enroll. \$5 materials fee due at first class.

#### Guava Groove

#### Senior Center in Central Park

251004-5A	18 yrs+	Tu	10:45-11:45am	3/28-5/2	\$65
251004-5B	18 yrs+	Tu	10:45-11:45am	5/9-6/13	\$65

### UKULELE STRUM

Catch the Ukulele bug! Play and sign great American songs from many decades. Improve your ability and style while expanding your music repertoire and meeting great people like yourself. Must have taken any beginning ukulele class first. Bring a music stand. \$15 materials fee due at first class.

#### Shirley Orlando

#### Senior Center in Central Park

251010-5A	18 yrs +	F	1-2:30pm	3/31-6/9	\$77
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**Parks  
Make  
Life  
Better!**

## SPECIAL INTEREST

### BEGINNING BRIDGE

I invite you to come join our class. Meet new/friendly people like you eager to have fun while learning party bridge. No partner needed. Bring your friends. Each lesson is supplemented with hand-outs to assist you. Making sure you have fun while you learn is the goal!

#### Rita Spira

#### Senior Center in Central Park

251102-5A	18 yrs +	M	2-4pm	3/27-5/15	\$66
251102-5B	18 yrs +	W	6:30-8:30pm	3/29-5/17	\$66

### BRIDGE INTERMEDIATE

You know the basics? Looking to improve your skills? You want to learn various conventions? This class is for you! We cover bidding, playing the hand, defense. Come conventions covered: Stayman, Jacoby Transfer, Gerber, Scoring, Pre-emptive bids, Michael's cue bid. No partner needed. Everyone welcome.

#### Rita Spira

#### Senior Center in Central Park

251103-5A	18 yrs +	Tu	3-5pm	3/28-5/16	\$66
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### PRACTICE & PLAY BRIDGE

Learning to play Bridge and looking for a place for you and your friends to play? Sign up to play here at the Senior Center in the Park on Friday afternoons. Good opportunity to practice what you have learned in class by playing in actual situations. Knowledge of bridge rules and etiquette is a must!

#### Recreation Staff

#### Senior Center in Central Park

251108-5A	18 yrs +	F	1-4pm	3/24-6/23	\$20
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### WARD'S DUPLICATE BRIDGE GROUP

Learn and practice the ACBL duplicate bridge; bidding, playing and strategy conventions as formerly taught by Ward Trumbull.

#### Recreation Staff

#### Senior Center in Central Park

251107-5A	18 yrs +	Tu	12:30-2:30pm	3/21-6/20	\$20
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### 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 classes, you may learn and share card-making techniques and ideas. Class meets 1st & 3rd Wednesdays.

#### Senior Center Volunteer

#### Senior Center in Central Park

251114-5A	18 yrs +	W	10:30-11:30am	4/5-6/7	\$6
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### CPR/AED AND FIRST AID

An interactive class where students will learn about the basics of CPR/AED and First Aid use. Please join us to learn lifesaving techniques and we will share our knowledge. American Heart Association card will be issued to all who participate. Please bring self-addressed stamped envelope. \$15 materials fee due at class. Includes Heartsaver CPR book.

#### OC-CPR NET

#### Murdy Community Center

251104-1A	16 yrs +	Sa	9am-1pm	6/3	\$50
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#### OC-CPR NET

#### Senior Center in Central Park

251104-5A	16 yrs +	Sa	9am-1pm	4/15	\$45
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## 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.

**Senior Center Volunteer**                      **Senior Center in Central Park**  
**251113-5A**    18 yrs +    W                      10:30-11:30am    3/22-5/24    \$6

## WRITING YOUR LIFE STORY

Writing the story of your life can be one of the most life-affirming gifts you can give yourself and those you love. Join like-minded people to learn skills and techniques that will enable you to actually put your life into words rather than just think about it. Give yourself, your children, and your friends a beautiful gift-the story of your life so far. Prior writing skills are not necessary.

**Sharon Fleming**                                      **Senior Center in Central Park**  
**251121-5A**    18 yrs +    Th                      10am-12pm                      5/11-6/22    \$79

## ZEN DOODLING

A great way to focus and experience a sense of peace and well-being while discovering your artistic ability. Learn simple and repetitive designs, beautiful patterns and shapes. It will boost your creative confidence and increase your perception "of seeing" your surroundings. Create your own delightful designs or color a pre-made template. Surprise yourself at the beauty you can make while listening to music using color pencils, markers and pens. Class meets the 2nd and 4th Monday of each month.

**Senior Center Volunteer**                      **Senior Center in Central Park**  
**251117-5A**    18 yrs +    M                      12:30-1:30pm    3/27-6/12    \$6

# SPORTS

## BEACH FOOTVOLLEY

Footvolley is a mixture between volleyball and soccer, where the players use the volleyball's court and rules to play a similar game with the difference that they cannot use their arms or hands. Classes available Tuesday and Friday mornings and afternoons, as well as private lessons upon request. \$120 for once per week, \$180 for twice per week.

**Footvolley California**                      **City Beach, 15th Street and PCH**

<b>251320-3A</b>	10-13 yrs	Tu-F	4-5pm	6/6-6/9	\$180
<b>251320-3B</b>	14 yrs +	Tu-F	5-6:15pm	6/6-6/9	\$180
<b>251321-3A</b>	10-13 yrs	Tu-F	4-5pm	3/28-3/31	\$180
<b>251321-3B</b>	14 yrs +	Tu-F	5-6:15pm	3/28-3/31	\$180

## BEACH VOLLEYBALL: ADULT BEGINNERS

This adult program is designed for individuals with minimal or no beach volleyball experience. Our friendly coaches will introduce you to the great game of beach volleyball in a fun, relaxed and non-threatening environment. Classes held on the courts at 15th street. For more details, visit [www.goldencoastvolleyball.com](http://www.goldencoastvolleyball.com).

**Beach Volleyball CA Inc**                      **City Beach, 15th Street and PCH**  
**251313-2A**    18 yrs +    Tu                      6:30-7:40pm    4/25-6/13    \$140  
**251313-2B**    18 yrs +    Sa                      10:40am-12pm    4/29-6/17    \$140

## BEACH VOLLEYBALL: ADULT INTERMEDIATE

This class is designed for individuals with playing experience who can serve, pass, set and spike consistently. Sessions run by experienced beach volleyball coaches will be structured around the development of a specific skill each week and then applying that skill in a game situation. This class meets on the beach courts at 15th street. For more details, visit [www.goldencoastvolleyball.com](http://www.goldencoastvolleyball.com)

**Beach Volleyball CA Inc**                      **City Beach, 15th Street and PCH**  
**251311-2A**    18 yrs +    Th                      6:30-7:40pm    4/27-6/15    \$140  
**251311-2B**    18 yrs +    Sa                      12-1:20pm                      4/29-6/17    \$140

## KING AND QUEEN OF THE COURT VOLLEYBALL TOURNAMENT

How do you stack up against the rest? This 6 on 6 coed tournament is designed to find the top male and female player at the intermediate/advanced level. Each game, participants are given different team assignments and win points based on their team performances. Total individual points on the last night establish winners! Prizes awarded. \$20 materials fee due at first class. No Class Dates: Apr-20

**Matt Taylor Volleyball**                      **City Gym and Pool**  
**251323-3A**    16 yrs +    Th                      7:45-9:45pm    3/30-4/27    \$40

## VOLLEYBALL: ADULT INDOOR CLINIC

Take your game to the next level! The beginner class is designed for those new to the game as well as players who struggle with general consistency in their ball control. For the more experienced player, look to the intermediate class to sharpen your skills and technique. Guided play to follow instruction and drills. No Class Dates: Apr-20

**Matt Taylor Volleyball**                      **City Gym and Pool**

**BEGINNER/LOW**

<b>251309-3A</b>	16 yrs +	Th	6:15-7:45pm	3/30-6/8	\$129
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**INTERMEDIATE**

<b>251309-3B</b>	16 yrs +	Th	7:45-9:15pm	5/4-6/8	\$84
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## WOMEN'S VOLLEYBALL

Tuesday's-Intermediate class from 9:30-12:30, Wednesday's-Advanced only 4's from 10-12:00pm, Thursday's-Advanced only from 9:30-12:30pm, Friday's-Advanced only 4's from 10-12:00pm.

**Joann DiGiovanni**                                      **City Gym and Pool**

**INTERMEDIATE**

<b>251302-3A</b>	18 yrs+	Tu	9:30am-12:30pm	3/21-4/18	\$35
<b>251302-3B</b>	18 yrs+	Tu	9:30am-12:30pm	4/25-5/23	\$35

**ADVANCED**

<b>251302-3C</b>	18 yrs+	W	10am-12pm	3/22-4/19	\$35
<b>251302-3D</b>	18 yrs+	W	10am-12pm	4/26-5/24	\$35
<b>251302-3E</b>	18 yrs+	Th	9:30am-12:30pm	3/23-4/20	\$35
<b>251302-3F</b>	18 yrs+	Th	9:30am-12:30pm	4/27-5/25	\$35
<b>251302-3G</b>	18 yrs+	F	10am-12pm	3/24-4/21	\$35
<b>251302-3H</b>	18 yrs+	F	10am-12pm	4/28-5/26	\$35

**Register Online!**  
[www.hbsands.org](http://www.hbsands.org)





## ADULT SPORTS

### ADULT SIX'S VOLLEYBALL LEAGUES

Monday & Wednesday Nights 6:00-10:00 pm. Winter, Spring, Summer & Fall Sessions. This program is designed to provide a structured, competitive volleyball league for players of various skill levels. New teams are evaluated and placed in an appropriate divisional level. We work with individuals to place them on just the right team. Three levels of Coed (3-men & 3-women) is offered on Monday nights. Advanced Women's League is offered on Wednesday nights. Games will be played at the City Gym. Each team must pay directly to the official a fee of \$14 before each match. Each match consists of three games. To enter a team or join an existing team, call the City Gym at (714) 960-8884 or Rics Volleyball (714) 375-5063.

**Win Win Production Inc**  
262107-3A 18 yrs + M,W 6-10pm

**City Gym and Pool**  
3/27-6/21 \$250

### ARENA SOCCER LEAGUES

The City of Huntington Beach offers year round adult arena soccer leagues at the award winning Central Park Sports Complex. Games will be played on artificial sports turf under the lights starting the week of April 10, 2017. Team registration costs are \$400.00 per 8 week season plus referee fees (\$20.00) per game paid directly to the official by each team. League play will be 6 v 6-including the goalie. All teams must have uniforms with numbers. Registration packets are available at City Hall, on the City website (surfcity-hb.org) or by mail. For league information or to be placed on the individual players list, please call (714) 536-5486. The first day of registration will be March 1, 2017. The deadline to turn in team registration to City Hall is April 4, 2017. A manager's meeting will be held prior to the start of the league on Wednesday, April 6, 2017 at 6:30pm.

<b>6 v 6 Men's Open League</b>	Monday Nights	7pm, 8pm, 9pm
<b>6 v 6 Men's Rec League-28 &amp; Over</b>	Tuesday Nights	7pm, 8pm, 9pm
<b>6 v 6 Men's Open League</b>	Wednesday Nights	7pm, 8pm, 9pm
<b>6 v 6 Men's Open League</b>	Thursday Nights	7pm, 8pm, 9pm
<b>6 v 6 Coed Open League</b>	Friday Nights	7pm, 8pm, 9pm

Registration information for the Summer 2017 season will be available in May, 2017 for the season starting mid June, 2017.

### ADULT SLO-PITCH SOFTBALL LEAGUES

The Huntington Beach Community Services Department offers year round adult softball leagues for Men and Coed teams. The Summer season will begin the week of May 7, 2017 and continue for approximately eleven weeks. Men's teams play Sunday, Monday, Tuesday or Thursday nights. Coed teams play Sunday afternoons/ evenings or Wednesday nights. Team registration costs are \$420 plus the \$15 per game official's fee. The official's fee (\$15) is paid at each game directly to the umpire. Over 55 Senior Men's Leagues are offered on Sunday mornings/ early afternoons and on Thursday nights. Senior Coed leagues are offered on Tuesday evenings. Legends Senior Women's Softball Association plays on Monday at Greer and Thursday nights at Murdy Park. If you are interested call: 714 523-2313. The team registration fee for the Senior Leagues is \$200 per team, plus the \$15 per game official's fee.

Deadline for registration is Friday, April 21, 2017. Late-Registration will be taken after the deadline if league space permits. All accepted late registration is subject to a \$25 late fee. Registration packets are available at City Hall, on the City website or by mail. Individuals who wish to join a team may call the Community Services Department at 714-536-5486 and will be put on an eligibility list made available to the team managers.

Registration information for the Fall 2017 season will be available in July for the season starting in Mid-August, 2017.

## SURF & SKATE

### LEARN TO SURF

This is a 4-lesson surf program that stresses beach safety and fun while you learn the basics of catching and riding waves, and ocean safety. Students must be able to swim. Boards and wetsuits provided. Lessons are run by a former pro surfer and coach with 30 years experience. www.hbsurfschool.com.

#### HB Surf School

#### City Beach, South Side of Pier

<b>251403-2A</b>	18 yrs + Sa	9-10:30am	4/1-4/22	\$225
<b>251403-2B</b>	18 yrs + Sa	9-10:30am	5/6-5/27	\$225
<b>251403-2C</b>	18 yrs + Sa	9-10:30am	6/3-6/24	\$225



## HOAG LECTURES

### LATEST TIPS ON BEST SKIN CARE

Southern California offers year-round sunshine but it can have detrimental effects on your skin. This informative presentation will share knowledge and tips to best protect and care for your skin.

**Hoag** **Senior Center in Central Park**  
 253302-5A 18 yrs + Th 1-2pm 5/25 Free

### MINDFULNESS AS MEDICINE-A FAD, TREND, OR HERE TO STAY?

There has been a surge of clinical research suggesting that mindfulness, in particular meditation and yoga, can help reduce stress and improve quality of life. Join our Hoag Medical Group internist, as he discusses the science behind these studies and the origin of these ancient practices. He will even demonstrate a few simple mindfulness practices that can be seamlessly incorporated into your busy schedule and allow you to live a healthier life.

**Hoag** **Senior Center in Central Park**  
 253304-5A 18 yrs + Tu 10:30-11:30am 5/16 Free

### VITAMIN D, A HYPE OR A REALITY?

An educational discussion on Vitamin D and how it pertains to your overall health, who needs it, and why. Additionally, healthy kidneys maintain fluid and electrolyte balance as well as activate Vitamin D and therefore, they will discuss how to keep your kidneys healthy.

**Hoag** **Senior Center in Central Park**  
 253305-5A 55 yrs + W 1:30-2:30pm 6/7 Free

### FALL PREVENTION & EXERCISE

Each year more than one out of three people over the age of 65 will have a fall. Learn how to decrease your fall risk and how to get back up.

**Hoag** **Senior Center in Central Park**  
 253309-5A 18 yrs + W 10:30-11:30am 5/24 Free

### LATEST ADVANCEMENTS IN PROSTATE HEALTH

Join us for a discussion on prostate health and the latest recommendations for men. This class will also include an overview of diagnosis and treatment options for prostate cancer. Join us for a discussion on prostate health and the latest recommendations for men. This class will also include an overview of diagnosis and treatment options for prostate cancer.

**Hoag** **Senior Center in Central Park**  
 253310-5A 18 yrs + Th 10:30-11:30am 4/6 Free

### HYPERTENSION-WHAT TO KNOW AND HOW TO PREVENT IT

Hypertension continues to be a struggle for many and this presentation will focus on the origins of hypertension, how to screen for it and the proper lifestyle for those affected.

**Hoag** **Senior Center in Central Park**  
 253317-5A 55 yrs + Th 10:30-11:30am 6/15 Free

### EXPERIENCING DIFFICULTY WALKING OR BALANCE ISSUES


Gait and balance disorders are common in older adults, are a major cause of falls, and are associated with increased morbidity and mortality. Most changes in gait are related to underlying medical conditions and should not be considered an inevitable consequence of aging. Join us for a discussion on how to manage changes in your stability.

**Hoag** **Senior Center in Central Park**  
 253319-5A 55 yrs + Th 6-7pm 4/27 Free

### TIPS FOR TREATING SENIOR SKIN CONDITIONS

Like it or not, our skin changes as we age. For seniors, this can have a significant impact as new skin conditions are discovered. Join our Hoag Medical Group family medicine physician, Chrystene Nguyen, MD, as she shares common skin conditions, treatment recommendations, and preventative measures so you can take control of your skin.

**Hoag** **Senior Center in Central Park**  
 253337-5A 18 yrs + W 1-2pm 6/28 Free



**hoag**  
 A member of the  
 St. Joseph Hoag Health alliance

## Complimentary Health Screenings

**Blood Pressure Checks**  
 April 4, May 2, June 6  
 9:30-11:30am

**Hearing Screening**  
 April 12, May 10, June 14  
 9:30-11:30am

**Vision Screening**  
 April 24, May 22  
 9:30-11:30am

Join our independent licensed insurance agent, available to answer your Medicare and related insurance questions.

**To register for a presentation or screening at Huntington Beach Senior Center in Central Park, please call 714-536-5600.**

## AGING KNEES & HOW TO STAY ACTIVE

As we age the knee joint slowly changes. Sometimes it can be severe as the articular cartilage wears away and the bones rub against each other. This results in a deformity of the joint. What once was normal activity becomes painful and difficult. Several factors may increase the risk of developing osteoarthritis of the knee including heredity, weight gain, gender (more common in women over 50), trauma, repetitive stress injuries, high impact sports and other illnesses. Today we will talk about signs and symptoms, and your options for aging knees so you can stay active and do the things you love. Dr. Gazzaniga will end the discussion with a Q/A session.

**Hoag** **Senior Center in Central Park**  
**253339-5A** 55 yrs + Th 6-7pm 4/6 Free

## HOW ACUPUNCTURE CAN BE ADDED TO YOUR MEDICAL TREATMENT

If you suffer from back pain, headaches, sciatica or other musculoskeletal issues, acupuncture may be the answer for you. Join Dr. Maily Creamer for an educational presentation on her philosophy for medicine -- treating the whole body. She will discuss the benefits of acupuncture, and it can serve as great adjunct to medicine.

**Hoag** **Senior Center in Central Park**  
**253340-5A** 55 yrs + Th 10:30-11:30am 4/20 Free

## AN OVERVIEW OF ANTIOXIDANTS & HOW TO INCREASE YOUR INTAKE

Learn about the importance of antioxidants with Hoag Medical Group. Our Hoag Medical Group physician will discuss how antioxidants can positively affect your health, how to incorporate them into your diet and much more.

**Hoag** **Senior Center in Central Park**  
**253341-5A** 18 yrs + W 10:30 - 11:30am 4/26 Free

**Register Online! [www.hbsands.org](http://www.hbsands.org)**

## THE LATEST TREATMENTS FOR ASTHMA

Does asthma affect your quality of life? Join us for an informative discussion on allergy management and learn the treatments and therapies available.

**Hoag** **Senior Center in Central Park**  
**253342-5A** 55 yrs + Th 1-2pm 5/4 Free

## STROKE: WARNING SIGNS AND TREATMENTS

Stroke is the number one cause of adult disability and the fourth cause of death in the U.S. Join us to learn about the risk factors and warning signs of stroke. Also, we'll be discussing the latest innovations in stroke intervention and treatment delivered by Hoag's rapid response team.

**Hoag** **Senior Center in Central Park**  
**253343-5A** 55 yrs + Th 6-7pm 5/11 Free

## ORTHOPEDIC PAIN MANAGEMENT: WHAT YOU NEED TO KNOW

Pain is a common complaint as people age into their 60's. As you age you are likely to have arthritis, bone and joint disorders, and other chronic disorders associated with pain, which can have a negative impact on the health and quality of your life. In this presentation we will talk about how pain management and proper treatment targeting your problem area can significantly improve your quality of life and keep you active. We will end the discussion with a Q/A session to address your particular questions or concerns.

**Hoag** **Senior Center in Central Park**  
**253344-5A** 18 yrs + Th 6-7pm 6/8 Free

## THE ART OF GRANDPARENTING

Today, grandparents are taking on important new roles. Join Pediatrician, Dr. Rachel Zabeneh, as she discusses what you need to know about building strong relationships with your grandchildren and how to support their physical and mental health during their development years.

**Hoag** **Senior Center in Central Park**  
**253345-5A** All W 10:30-11:30am 4/12 Free



# Directory

Huntington Beach Senior Services  
 Senior Center In Central Park  
 18041 Goldenwest St  
 Huntington Beach, CA 92648

Front Desk ..... 714-536-5600  
 Hoag Health and Wellness Pavilion ..... 714-374-1578  
 Transportation ..... 714-374-1742  
 Huntington Beach Council on Aging ..... 714-374-1524  
 SeniorServ Office ..... 714-375-8404

**Scott Getman**, Recreation Specialist  
*Scott.getman@surfcity-hb.org*

**Teri Simonis**, Volunteer Coordinator  
*TSimonis@surfcity-hb.org*

**Randy Pesqueira**  
 Senior Services Executive Director  
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## LIFE CARE PLANNING

Medicine is not just about technological interventions, but also about caring for the whole person and their family. Join us and learn how you can explore what is important to you, what you value most and how to plan for the future.

**Hoag** **Senior Center in Central Park**  
253346-5A 18 yrs + W 1-2pm 4/19-4/19 Free

## THE PREVENTION AND EARLY DETECTION OF COLORECTAL CANCER

Colorectal cancer is a highly preventable form of cancer with proper screening. Join us for a discussion on the risk factors for colorectal cancer, as well as proven prevention and early detection strategies for safeguarding your health. Colorectal cancer is a highly preventable form of cancer with proper screening. Join us for a discussion on the risk factors for colorectal cancer, as well as proven prevention and early detection strategies for safeguarding your health.

**Hoag** **Senior Center in Central Park**  
253347-5A 18 yrs + Th 1-2pm 6/22 Free

## COMMON RASHES: TYPES, SYMPTOMS & TREATMENTS

Ever have a pesky rash and wonder if you should see a physician? Join dermatologist, Arta Farshidi as she explains the different types of rashes and how they can be treated.

**Hoag** **Senior Center in Central Park**  
253348-5A 18 yrs + Tu 1-2pm 6/13 Free

## WHAT IS COMPLEMENTARY/ALTERNATIVE MEDICINE?

Join us for a presentation focusing on understanding therapeutic approaches based on science. In addition, you will learn about integration of available therapies in the conventional medicine.

**Hoag** **Senior Center in Central Park**  
253349-5A 18 yrs + Th 10:30-11:30am 5/25 Free

## HOW TO LIVE PAIN FREE: ADJUNCTS TO YOUR CURRENT MEDICAL TREATMENT

If you suffer from back pain, headaches, sciatica or other musculoskeletal issues, Osteopathic Manipulative Therapy (OMT) may be the answer for you. Join our physician for an educational presentation on their philosophy for medicine--treating the whole body. She will discuss the basics of OMT, a process where they work with their hands to diagnose and treat structural abnormalities in the body, and how it can serve as great adjuncts to medicine.

**Hoag** **Senior Center in Central Park**  
253350-5A 18 yrs + Tu 10:30-11:30am 5/9 Free



Parks & Recreation  
Build Family Unity

# Hoag Health & Wellness Pavilion Senior Center In Central Park

State of the Art Exercise Equipment • Personal Training • Health Screenings



## Fitness Center Membership

Ages 50-79: \$120/year

Ages 80 & up: \$80/year

*Required Prior To Use:*

*A 30-Minute Equipment Orientation*

### HOURS

Monday–Thursday 8am–8pm

Friday 8am–5pm

Saturday 8am–1pm

Sunday Closed

## Questions?

Contact the Hoag Health & Wellness Pavilion at 714-374-1578  
18041 Goldenwest Street, Huntington Beach, CA 92648



# Social Activities at the Senior Center in Central Park



## Afternoon at the Movies

Do you love movies? Enjoy a Tuesday afternoon at the Senior Center watching the latest movies. Popcorn is served. Please inquire at the front desk for movie selection and schedule.

Tuesdays • 12:30p.m.

## Tech Club

Interesting presentations and content about technology. If you're a tech lover, then this club is for you!

2nd and 4th Thursdays • 2p.m.

## Swing Dancing

Big Band swing dance  
4th Monday 7:30 p.m.

## Party Bridge

Do you enjoy a good game of Bridge? Drop in on Thursdays!

Thursdays • 12-3p.m.

## Wii Bowling

Do you enjoy a little competition? The Surf City Strikers enjoy practice once a week and play friendly games with neighboring communities several times throughout the year. Great for all!

Wednesdays • 9-11a.m.

## Acapella Sing-A Long

Practice Wednesday mornings 10a.m.-11a.m at the Senior Center in Central Park. A love of singing is the only requirement.

Wednesday • 10-11a.m.

## Handcrafters

Do you enjoy knitting? Knit or crochet at 10:30a.m. each Friday. Proceeds from the handcrafted items benefit seniors in the community.

Fridays • 10:30-12:30p.m.

## Woodcarving

Come and learn the art of woodcarving! All are welcome, beginners will receive instruction and learn the craft from the experts

Thursdays • 6:00-8:00p.m.

## Chess

Did you know that chess can raise your IQ or prevent Alzheimer's? This game exercises both sides of your brain while enjoying the company of others. Drop-ins welcome.

Monday • 12:30-4:00p.m.

## Mahjong

Similar to the Western game rummy, Mahjong is a game of skill, strategy, and calculation and involves a certain degree of chance. Enjoy a friendly game during this drop-in activity.

Wednesdays • 11-3p.m.

## Drum Yourself Healthy

Group drumming is shown to increase the activity of your cancer killing white blood cells while it decreases stress. Discover your own inner rhythm. *No experience necessary.*

Tuesday once a month  
10-11:15a.m.\*  
consult the calendar

## Scrabble

Do you enjoy creative thinking? Then you will enjoy a great game of Scrabble, a fun and classic word game. Expand your vocabulary while racking up the points.

Tuesdays • 12:30-3p.m.

## Table Tennis

Test your eye hand coordination with a rousing game of table tennis. Open to those 50 and up.

Monday • 8:30a.m.-12 p.m.

Friday • 1p.m.-4p.m.

## Bingo

Enjoy an afternoon of Bingo. \$2 buy in for 4 cards with a \$3 payout. Card sales begin at 10:30a.m.

Mondays and Thursdays  
12:30p.m.-2:45p.m.

## Longevity Stick

The "Longevity Stick" regime incorporates a series of 12 movements designed to improve balance, flexibility, strength, mental focus, breathing capacity and vitality. This all volunteer led activity is a low impact exercise done while standing and reduces the risk of injury while improving circulation and balance

Mondays and Wednesdays  
9:30-10:30a.m.

## Mexican Train Dominos

A new activity for fun. Come give it a try. Mexican train is a great way to play dominos

Fridays • 8:30a.m.-12p.m.