

# TEEN ADULT

## AQUATIC FITNESS

### 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). No Class Dates: Jan-16, Feb-20

#### Dawnette Lowry

Class	Age	Day	Time	Month	Price
150802-3A	16 yrs +	F	6:45 - 8am	January	\$35
150802-3B	16 yrs +	F	6:45 - 8am	February	\$44
150802-3C	16 yrs +	F	6:45 - 8am	March	\$54
150802-3D	16 yrs +	M	8:15 - 9:25am	January	\$35
150802-3E	16 yrs +	M	8:15 - 9:25am	February	\$35
150802-3F	16 yrs +	M	8:15 - 9:25am	March	\$44
150802-3G	16 yrs +	W	8:15 - 9:25am	January	\$35
150802-3H	16 yrs +	W	8:15 - 9:25am	February	\$44
150802-3I	16 yrs +	W	8:15 - 9:25am	March	\$54
150802-3J	16 yrs +	M,W	8:15 - 9:25am	January	\$63
150802-3K	16 yrs +	M,W	8:15 - 9:25am	February	\$73
150802-3L	16 yrs +	M,W	8:15 - 9:25am	March	\$92

#### City Gym and Pool

### AQUA TONE FITNESS: 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). No Class Dates: Jan-16, Feb-20

#### Dawnette Lowry

Class	Age	Day	Time	Month	Price
150804-3A	16 yrs +	M	5:30 - 6:30pm	January	\$29
150804-3B	16 yrs +	M	5:30 - 6:30pm	February	\$29
150804-3C	16 yrs +	M	5:30 - 6:30pm	March	\$36
150804-3D	16 yrs +	W	5:30 - 6:30pm	January	\$29
150804-3E	16 yrs +	W	5:30 - 6:30pm	February	\$36
150804-3F	16 yrs +	W	5:30 - 6:30pm	March	\$44
150804-3G	16 yrs +	M,W,F	5:30 - 6:30pm	January	\$29
150804-3H	16 yrs +	F	5:30 - 6:30pm	February	\$36
150804-3I	16 yrs +	F	5:30 - 6:30pm	March	\$44
150804-3J	16 yrs +	M,W	5:30 - 6:30pm	January	\$51
150804-3K	16 yrs +	M,W	5:30 - 6:30pm	February	\$59
150804-3L	16 yrs +	M,W	5:30 - 6:30pm	March	\$59
150804-3M	16 yrs +	M,W,F	5:30 - 6:30pm	January	\$74
150804-3N	16 yrs +	M,W,F	5:30 - 6:30pm	February	\$89
150804-3O	16 yrs +	M,W,F	5:30 - 6:30pm	March	\$111

#### City Gym and Pool

### 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 2x/wk.

#### Debra Thurn and Jamie Fowler

Class	Age	Day	Time	Month	Price
150805-3A	16 yrs +	M,W	1:15 - 2pm	January	\$70
150805-3B	16 yrs +	F	11am - 12pm	January	\$45
150805-3C	16 yrs +	M,W	1:15am - 2pm	February	\$70
150805-3D	16 yrs +	F	11am - 12pm	February	\$45
150805-3E	16 yrs +	M,W	1:15 - 2pm	March	\$70
150805-3F	16 yrs +	F	11am - 12pm	March	\$45

#### City Gym and Pool

### AQUATIC EXERCISE: AQUA ACTIVE

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. No Class Dates: Jan-16, Feb-20

#### Debra Thurn

Class	Age	Day	Time	Month	Price
150806-3A	16 yrs +	M,W,F	12:15 - 1:15pm	January	\$84
150806-3B	16 yrs +	M,W,F	12:15 - 1:15pm	February	\$84
150806-3C	16 yrs +	M,W,F	12:15 - 1:15pm	March	\$84
150806-3D	16 yrs +	Tu,Th	12:30 - 1:30pm	January	\$58
150806-3E	16 yrs +	Tu,Th	12:30 - 1:30pm	February	\$58
150806-3F	16 yrs +	Tu,Th	12:30 - 1:30pm	March	\$58

#### City Gym and Pool

### AQUA TONE FITNESS: AQUATIC CARDIO

This unique class improves body tone, flexibility, cardiovascular strength and physical fitness through exercises utilizing all muscle groups. This high-energy workout is twice as effective in the water as it would be on land. No prerequisite for swimming ability. Questions: [aquatonefitness@aol.com](mailto:aquatonefitness@aol.com). No Class Dates: Jan-16, Feb-20

#### Dawnette Lowry

Class	Age	Day	Time	Month	Price
150808-3A	16 yrs +	M,W	7 - 8am	January	\$51
150808-3B	16 yrs +	M,W	7 - 8am	February	\$59
150808-3C	16 yrs +	M,W	7 - 8am	March	\$59
150808-3D	16 yrs +	Tu,Th	7 - 8am	January	\$59
150808-3E	16 yrs +	Tu,Th	7 - 8am	February	\$66
150808-3F	16 yrs +	Tu,Th	7 - 8am	March	\$74
150808-3G	16 yrs +	M	7 - 8am	January	\$36
150808-3H	16 yrs +	M	7 - 8am	February	\$36
150808-3I	16 yrs +	M	7 - 8am	March	\$36
150808-3J	16 yrs +	W	7 - 8am	January	\$29
150808-3K	16 yrs +	W	7 - 8am	February	\$36
150808-3L	16 yrs +	W	7 - 8am	March	\$34
150808-3M	16 yrs +	Tu,Th	8:20 - 9:20am	January	\$59
150808-3N	16 yrs +	Tu,Th	8:20 - 9:20am	February	\$66
150808-3O	16 yrs +	Tu,Th	8:20 - 9:20am	March	\$74
150808-3P	16 yrs +	F	8:20 - 9:20am	January	\$29
150808-3Q	16 yrs +	F	8:20 - 9:20am	February	\$36
150808-3R	16 yrs +	F	8:20 - 9:20am	March	\$44
150808-3S	16 yrs +	Sa	7 - 8am	January	\$29
150808-3T	16 yrs +	Sa	7 - 8am	February	\$36
150808-3U	16 yrs +	Sa	7 - 8am	March	\$44

#### City Gym and Pool

### 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).

#### Dawnette Lowry

Class	Age	Day	Time	Month	Price
150821-3A	16 yrs +	F	9:30 - 10:15am	January	\$29
150821-3B	16 yrs +	F	9:30 - 10:15am	February	\$29
150821-3C	16 yrs +	F	9:30 - 10:15am	March	\$44

#### City Gym and Pool

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

## HUNTINGTON BEACH MERMAID SWIM

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/wk.

**Debra Thurn**

**City Gym and Pool**

<b>151166-3A</b>	7 yrs +	Tu	1:30 - 2pm	January	\$48
<b>151166-3B</b>	7 yrs +	Tu	1:30 - 2pm	February	\$48
<b>151166-3C</b>	7 yrs +	Tu	1:30 - 2pm	March	\$48

## 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**

<b>150103-4A</b>	12 yrs +	Tu	2:45 - 4:15pm	1/10 - 2/7	\$104/94
<b>150103-4B</b>	12 yrs +	Tu	2:45 - 4:15pm	2/21 - 3/21	\$104/94

### ART OF 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.

**Recreation Staff**

**Senior Center in Central Park**

<b>151117-5A</b>	18 yrs +	M	12:30 - 1:30pm	1/9 - 3/13	\$6
------------------	----------	---	----------------	------------	-----

### 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**

<b>150104-4A</b>	18 yrs +	Sa	1 - 3:30pm	1/14 - 2/11	\$112/101
------------------	----------	----	------------	-------------	-----------

### 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**

<b>150109-4A</b>	16 yrs +	F	3:45 - 5:45pm	1/13 - 2/17	\$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**

<b>150110-4A</b>	18 yrs +	F	2:45 - 3:45pm	1/13 - 2/17	\$51/46
------------------	----------	---	---------------	-------------	---------

### 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**

<b>150114-4A</b>	18 yrs +	Sa	1 - 3:30pm	2/25 - 3/25	\$112/101
------------------	----------	----	------------	-------------	-----------

### 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 prints on your receipt.

**Diane Merrill**

**HB Art Center**

<b>150116-4A</b>	13 yrs +	Tu	9:30am - 12:30pm	1/17 - 2/21	\$114/103
------------------	----------	----	------------------	-------------	-----------

### 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**

<b>150135-4A</b>	15 yrs +	Tu	6 - 7:45pm	1/10 - 2/7	\$114/103
------------------	----------	----	------------	------------	-----------

### 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**

<b>150136-4A</b>	18 yrs +	F	12:30 - 2:30pm	1/13 - 2/17	\$100/91
------------------	----------	---	----------------	-------------	----------

### WATERCOLORS WITH THE MASTERS

Class will focus on three watercolor masters, exploring their style, techniques and use of color. Students learn how to apply these lessons to their own watercolor paintings. Focus will be on photo realism to abstract realism. Class is not for beginners.

**Eileen McCullough**

**HB Art Center**

<b>150137-4A</b>	18 yrs +	Th	9:30am - 12:30pm	1/12 - 3/9	\$150/141
------------------	----------	----	------------------	------------	-----------

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



## LEARN TO USE PAINT PENS

An easy to use medium, paint pens are a great way to express your creative side. Beginners and intermediate students will benefit from paint pen techniques, color theory, and basic drawing skills taught throughout the course.

### Sam Bernal

### HB Art Center

150139-4A	12 yrs +	W	5:30 - 7:30pm	1/11 - 2/8	\$136/123
150139-4B	12 yrs +	W	5:30 - 7:30pm	2/22 - 3/22	\$136/123

## 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 to instructor on first day of class.

### Anne Price

### HB Art Center

150141-4A	12 yrs +	F	3:30 - 5:30pm	1/13 - 2/3	\$125/113
150141-4B	12 yrs +	F	3:30 - 5:30pm	2/10 - 3/3	\$125/113

## BEGINNING 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.

### Brenda Glim

### HB Art Center

150145-4A	17 yrs +	W	1 - 3pm	1/18 - 2/8	\$71/64
150145-4B	17 yrs +	W	1 - 3pm	2/22 - 3/15	\$71/64

## ART EXPLORATION & DISCOVERY

Explore common materials and new processes to expand your artwork. From spontaneous "automatic drawing" exercises, to mixed-media projects using graphite, acrylic paints, papers and fabrics. Collage and assemblage, color, shape and design are emphasized. No prior skill, just be ready to explore, discover and have fun!

### Jim Ellsberry

### HB Art Center

150148-4A	18 yrs +	W	9:30am - 12pm	1/11 - 2/8	\$112/101
150148-4B	18 yrs +	W	9:30am - 12pm	2/11-3/22	\$112/101

## 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

150152-4A	15 yrs +	Tu	6 - 7:45pm	2/21 - 3/21	\$114/103
-----------	----------	----	------------	-------------	-----------

## 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. A \$40 material fee is due to the instructor on the first day of class.

### Laura Black

### HB Art Center

150154-4A	12 yrs +	Th	1 - 3pm	1/19 - 2/16	\$116/105
150154-4B	12 yrs +	Th	1 - 3pm	2/23 - 3/23	\$116/105

## HB 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! Supply fee \$25 for new students.

### Marilyn Oropeza

### Senior Center in Central Park

150115-5A	18 yrs +	Tu	8 - 11:30am	1/3 - 1/31	\$40
150115-5B	18 yrs +	Tu	8 - 11:30am	2/7 - 2/28	\$35
150115-5C	18 yrs +	Tu	8 - 11:30am	3/7 - 3/28	\$35

## 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.

### Pati Kent

### City Gym and Pool

150143-3A	18 yrs +	F	6 - 8pm	2/10	Free
150143-3B	18 yrs +	F	6 - 8pm	3/10	Free

## HB 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

150149-5A	18 yrs +	Tu	11:30am - 2:45pm	1/3 - 1/31	\$20
150149-5B	18 yrs +	Tu	11:30am - 2:45pm	2/7 - 2/28	\$20
150149-5C	18 yrs +	Tu	11:30am - 2:45pm	3/7 - 3/28	\$20

## COMPUTERS

### 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

150200-5A	18 yrs +	Tu	9 - 11:30am	1/10 - 1/31	\$15
150200-5B	18 yrs +	Tu	9 - 11:30am	3/7 - 3/28	\$15

## 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

150201-5A	18 yrs +	Sa	9am - 12pm	1/21	\$38
150201-5B	18 yrs +	Th	2 - 5pm	2/9	\$38
150201-5C	18 yrs +	Th	2 - 5pm	3/9	\$38

## MSWORD 2013

Learn to create, save, retrieve, rename and delete documents. Learn text selection techniques, editing, cut/copy/paste, spell/grammar check, and using Thesaurus. Learn to use important tabs and ribbon. A \$5 suggested donation is due at the first class.

### Senior Center Volunteer

### Senior Center in Central Park

150209-5A	18 yrs +	W	9 am - 12 pm	3/8 - 3/29	\$15
-----------	----------	---	--------------	------------	------

## 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  
150202-5A 18 yrs + Sa 9am - 12pm 1/28 \$38

## 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  
150205-5A 18 yrs + Th 9am - 12pm 1/5 - 1/19 \$72  
150205-5B 18 yrs + F 9am - 12pm 2/10 - 2/24 \$72

## 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  
150210-5A 18 yrs + F 9am - 12pm 2/10-2/17 \$66

## WINDOWS 7 MADE EASY

Learn to navigate and use Windows 7 to your advantage. Personalize your computer. Design your desktop. Understand the Start menu and taskbar. Understand the libraries and accessories. Take advantage of the control panel and the many adjustments available in Windows 7. Ask questions, share and discover. Requires basic computer skills.

**Joel Lander** Senior Center in Central Park  
150211-5A 18 yrs + F 2 - 5pm 3/17 - 3/24 \$66

## 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.

**Joel Lander** Senior Center in Central Park  
150212-5A 18 yrs + Th 2 - 4pm 1/5 - 1/12 \$48  
150212-5B 18 yrs + F 10am - 12pm 1/20 - 1/27 \$48  
150212-5C 18 yrs + Sa 10am - 12pm 2/18 - 2/25 \$48  
150212-5D 18 yrs + Th 10am - 12pm 3/9 - 3/16 \$48  
150212-5E 18 yrs + Sa 10am - 12pm 3/18 - 3/25 \$48

## 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  
150214-5A 18 yrs + Sa 9am - 12pm 1/7 \$38  
150214-5B 18 yrs + Th 9am - 12pm 2/9 \$38  
150214-5C 18 yrs + F 9am - 12pm 3/10 \$38

## INTRODUCTION TO THE INTERNET

This class will help you get familiar with using the internet, with its search engines, how to use email and how to find certain information. While we do this we will focus on keeping your identity safe online. This course is for beginners.

**OCSeniors Club** Senior Center in Central Park  
150216-5A 55 yrs + M 9 - 11am 1/23 - 2/13 \$66

## 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.

**OCSeniors Club** Senior Center in Central Park  
150218-5A 55 yrs + M 1:30 - 2:30pm 1/23 - 2/13 \$46

## INTRODUCTION TO SMARTPHONES & TABLETS

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.

**OCSeniors Club** Senior Center in Central Park  
150219-5A 55 yrs + M 2:45 - 3:45pm 1/23 - 2/13 \$46

## 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  
150220-5A 18 yrs + Th 2 - 4pm 1/19 - 1/26 \$48  
150220-5B 18 yrs + F 2 - 4pm 2/10 - 2/17 \$48  
150220-5C 18 yrs + Th 2 - 4pm 3/16 - 3/23 \$48

## INTERNET TIPS FOR TRAVEL

Tourism is an information-intensive 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.

**OCSeniors Club** Senior Center in Central Park  
150221-5A 55 yrs + M 11:15am - 12:15pm 1/23 - 2/13 \$46

## SPECIAL APPS & PROGRAMS FOR SMARTPHONES

A presentation of what smart phone/tablet apps and computer programs are useful for 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  
150222-5A 18 yrs + F 10 - 12am 1/6 - 1/13 \$48  
150222-5B 18 yrs + Th 2 - 4pm 2/16 - 2/23 \$48  
150222-5C 18 yrs + F 10am - 12pm 3/17 - 3/24 \$48

## COOKING

### CAKE DECORATING: GUMPASTE & FONDANT

You'll smile through each lesson as you master the techniques of coloring, borders, stars, roses and much more. Learn the fundamentals of cake decorating in four weekly fun filled classes. Why not bring a friend? You'll provide some of your own supplies. Book is extra. This class must be taken before taking the Gumpaste and Fondant or the Flowers and Cake Design classes.

<b>Rebecca Mejia</b>				<b>Murdy Community Center</b>	
<b>150301-1A</b>	18 yrs +	Tu	6 - 8pm	1/10 - 1/31	\$50
<b>150301-1B</b>	18 yrs +	Tu	6 - 8pm	2/7 - 2/28	\$50
<b>150301-1C</b>	18 yrs +	Tu	6 - 8pm	3/7 - 3/28	\$50

### CAKE DECORATING: GUM PASTE & FONDANT

The course will open thrilling possibilities for your cakes. You'll create incredible stand-up decorations by hand using gum paste and fondant from flowers with delicate ruffled layers of petals to thrilling bows in bold colors to exciting effects. It's a whole new way to decorate! Book is extra. Must have taken Cake Decorating: Basic Beginnings before this class.

<b>Rebecca Mejia</b>				<b>Murdy Community Center</b>	
<b>150304-1A</b>	18 yrs +	Tu	6 - 8pm	1/25 - 2/15	\$50

### HEARTWARMING SOUPS

If you have or haven't taken a soup class, you will want to come to this class. We will be making stock from scratch, learning to make bisque, stews, chowders and so much more. We are making all new soups and stews plus lots of new recipes. The soups will range from appetizers through desserts. Come hungry!! \$15 materials fee due at first class.

<b>April Berg</b>				<b>Edison Community Center</b>	
<b>150306-2A</b>	18 yrs +	Tu	6:15 - 9:15pm	2/7	\$35

### TAILGATE PARTY

Enjoy tailgating in the parking lot with friends or watching the big game at home, you will want to have the recipes that we prepare in class along with a big packet with additional recipes for your entertaining arsenal. We are going to learn about transport, preparation and of course display. Those portable BBQs are going to be brought and used after this class. Come hungry!! \$15 materials fee due at first class.

<b>April Berg</b>				<b>Edison Community Center</b>	
<b>150308-2A</b>	18 yrs +	Tu	6:15 - 9:15pm	1/10	\$35

### VICTORIAN TEA

Planning on hosting a baby or wedding shower or just planning on having a small gathering of friends, why not have a tea? In this class we will be learning how to prepare scones, lemon curd, an assortment of sandwiched and of course an assortment of desserts. When we are finished with the demonstration- you will sit down for a tea. Come hungry!! \$15 materials fee due at first class.

<b>April Berg</b>				<b>Edison Community Center</b>	
<b>150310-2A</b>	18 yrs +	Tu	6:15 - 9:15pm	3/14	\$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. First class is free. *No Class Dates: Jan-9, Jan-16, Feb-20*

<b>Huntington Academy of Dance</b>				<b>City Gym and Pool</b>	
<b>150442-3A</b>	13 yrs +	M	7 - 8pm	1/9 - 3/20	\$95
<b>Huntington Academy of Dance</b>				<b>16601 Gothard Street, Suite A</b>	
<b>150442-1A</b>	16 yrs +	W	7:30 - 8:30pm	1/11 - 3/15	\$105

### BALLET & BALLET STRETCHING FOR ADULTS

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. *No Class Dates: Jan-16, Feb-20*

<b>Huntington Academy of Dance</b>				<b>16601 Gothard Street, Suite A</b>	
<b>150426-1A</b>	50 yrs +	M	12:30 - 1:30pm	1/9 - 2/13	\$49
<b>150426-1B</b>	50 yrs +	M	12:30 - 1:30pm	2/20 - 3/27	\$49

### 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>150449-1A</b>	18 yrs +	Th	6 - 7pm	1/19	\$25
<b>150449-1B</b>	18 yrs +	Th	6 - 7pm	2/16	\$25

### DANCE: BALLROOM

Smooth Dances: Waltz, Foxtrot. Rhythm Dances: Cha Cha, Salsa. Classic dance moves will give you confidence at parties, night clubs, weddings, cruises. No partner needed.

<b>Kaylaa Fox</b>				<b>Edison Community Center</b>	
<b>150407-2A</b>	16 yrs +	M	7 - 7:45pm	1/23 - 2/13	\$49
<b>150407-2B</b>	16 yrs +	M	7 - 7:45pm	2/27 - 3/20	\$49

### DANCE: COUNTRY LINE

All the popular line dances taught with EASY INSTRUCTION. Socialize while listening to your favorite music. Don't miss out dancing country line dance and the country good fun! Instructor: Kaylaa Fox 714-205-4425. [Kaylaa@dancequick.com](mailto:Kaylaa@dancequick.com)

<b>Kaylaa Fox</b>				<b>Edison Community Center</b>	
<b>150413-2A</b>	16 yrs +	W	7:30 - 8:15pm	1/18 - 2/8	\$49
<b>150413-2B</b>	16 yrs +	W	7:30 - 8:15pm	2/15 - 3/8	\$49

<b>Kaylaa Fox</b>				<b>Murdy Community Center</b>	
<b>150413-1A</b>	16 yrs +	Th	7 - 7:45pm	1/19 - 2/9	\$49
<b>150413-1B</b>	16 yrs +	Th	7 - 7:45pm	2/16 - 3/9	\$49

## DANCE: COUNTRY TWO STEP

COUNTRY 2 STEP AND COWBOY CHA-CHA let you dance at the COUNTRY CLUBS. Listen to favorite country songs. No partner needed. Instructor: Kaylaa Fox 714-205-4425. [Kaylaa@dancequick.com](mailto:Kaylaa@dancequick.com)

Kaylaa Fox		Edison Community Center			
150415-2A	16 yrs + W	8:15 - 9pm	1/18 - 2/8	\$49	
150415-2B	16 yrs + W	8:15 - 9pm	2/15 - 3/8	\$49	

Kaylaa Fox		Murdy Community Center			
150415-1A	16 yrs + Th	7:45 - 8:30pm	1/19 - 2/9	\$49	
150415-1B	16 yrs + Th	7:45 - 8:30pm	2/16 - 3/9	\$49	

## 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. No partner needed.

Kaylaa Fox		Murdy Community Center			
150421-1A	16 yrs + Th	8:30 - 9:15pm	1/19 - 2/9	\$49	
150421-1B	16 yrs + Th	8:30 - 9:15pm	2/16 - 3/9	\$49	

## 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!

Kaylaa Fox		Edison Community Center			
150452-2A	16 yrs + M	7:45 - 8:30pm	1/23 - 2/13	\$49	
150452-2B	16 yrs + M	7:45 - 8:30pm	2/27 - 3/20	\$49	

## 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.

Kaylaa Fox		Murdy Community Center			
150422-1A	16 yrs + Th	6:15 - 7:15pm	1/19 - 2/9	\$40	
150422-1B	16 yrs + Th	6:15 - 7:15pm	2/16 - 3/9	\$40	

## 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.

Kaylaa Fox		Murdy Community Center			
150423-1A	16 yrs + Th	8:15 - 9:15pm	1/19 - 2/9	\$40	
150423-1B	16 yrs + Th	8:15 - 9:15pm	2/16 - 3/9	\$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.

Kaylaa Fox		Murdy Community Center			
150424-1A	16 yrs + Th	7:15 - 8:15pm	1/19 - 2/9	\$40	
150424-1B	16 yrs + Th	7:15 - 8:15pm	2/16 - 3/9	\$40	

## DANCE: 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.

Guava Groove		Senior Center in Central Park			
150451-5A	18 yrs + W	9:30 - 10:30am	1/11 - 3/22	\$95	

## 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.

Suzy Hazard		Senior Center in Central Park			
150419-5A	18 yrs + F	2 - 3pm	1/20 - 3/24	\$54	

Linda Maarleveld		Senior Center in Central Park			
150450-5A	18 yrs+ Tu	2:30 - 3:30pm	1/10 - 3/21	\$61	
150450-5B	18 yrs+ Tu	4 - 5pm	1/10 - 3/21	\$61	

## 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%!

Suzy Hazard		Senior Center in Central Park			
150420-5A	18 yrs + F	3:15 - 4:15pm	1/20 - 3/24	\$54	

Linda Maarleveld		Senior Center in Central Park			
150453-5A	18 yrs + W	7 - 8:30pm	1/11 - 3/22	\$60	

## LINE DANCE FITNESS 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			
150428-5A	18 yrs + W	2:45 - 4:15pm	1/18 - 3/22	\$54	

## LINE DANCE FITNESS 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.

Suzy Hazard		Senior Center in Central Park			
150433-5A	18 yrs + M	3:15 - 4:45 pm	1/23 - 3/27	\$49	

## LINE DANCE 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			
150434-5A	18 yrs + W	1 - 2:30pm	1/18 - 3/22	\$54	

## 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  
 150402-2A 16 yrs + TBA TBA 1/9 - 3/25 \$60

## TUPUA'S POLYNESIAN BEGINNING

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  
 150440-5A 14 yrs + Tu 6:30 - 7:30pm 1/17 - 2/14 \$60  
 150440-5B 14 yrs + Tu 6:30 - 7:30pm 2/21 - 3/21 \$60

## TUPUA'S ADVANCED POLYNESIAN

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  
 150439-5A 13 yrs + Tu 7:30 - 8:30pm 1/17 - 2/14 \$60  
 150439-5B 13 yrs + Tu 7:30 - 8:30pm 2/21 - 3/21 \$60

# DOG TRAINING

## DOG TRAINING: PUPPY KINDERGARTEN

Establish good manners and socialization skills at an early age through simple obedience training, emphasizing positive reinforcement and gentle handling. For puppies 2-5 months. We'll also discuss housebreaking, chewing, nipping, health tips, and other topics. Certificates presented at the last class. The first meeting held inside building, WITHOUT PUPPPIES. Bring vaccination records. \$10 materials fee due at first class includes training manual. *No Class Dates: Feb-20*

**Dog Services Unlimited** Murdy Community Center  
 150502-1A 10 yrs + M 6:30 - 7:30pm 2/6 - 3/20 \$84

## AKC CANINE GOOD CITIZEN TEST

If your dog has already learned basic obedience commands and is relaxed and friendly around other dogs and people, sign him up to be tested in ten skill areas and have him earn his Canine Good Citizen certificate from American Kennel Club! Please call (714) 532-3647 if you'd like a list of the 10 skills to be tested.

**Dog Services Unlimited** Edison Community Center  
 150503-2A 10 yrs + Tu 8:30 - 9:15pm 2/21 - 2/28 \$28

## DOG TRAINING: BEGINNING DOG OBEDIENCE

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 inside building, WITHOUT DOGS. Bring shot records and \$10 materials fee (includes training manual).

**Dog Services Unlimited** Edison Community Center  
 150504-2A 10 yrs + Tu 7:30 - 8:30pm 1/17 - 2/28 \$95

**Dog Services Unlimited** Murdy Community Center  
 150504-1A 10 yrs + Th 7 - 8pm 2/2 - 3/16 \$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  
 150506-1A 10 yrs + M 7:30 - 8:45pm 2/27 - 3/20 \$82

## 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: Jan-28, Mar-11*

**Surf City Flyball** Dog Park- Central Park – Slater/Goldenwest  
 150507-1A 18 yrs + Sa 9 - 10am 1/21 - 3/25 \$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: Jan-28, Mar-11*

**Surf City Flyball** Dog Park- Central Park – Slater/Goldenwest  
 150508-1A 18 yrs + Sa 10:30am - 12pm 1/21 - 3/25 \$95



## 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 about a variety of topics relating to day-to-day life. Focus is on creating a fun and interactive class.

**Spectrum Languages** **Edison Community Center**  
150601-2A 18 yrs + Th 6:30 - 7:30pm 1/19 - 3/23 \$168

### ITALIAN: CONVERSATIONAL ITALIAN 1B

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

**Spectrum Languages** **Edison Community Center**  
150603-2A 18 yrs + Th 7:30 - 8:30pm 1/19 - 3/23 \$168

### 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, 10:00a.m. - 12:00p.m.

**OC Learning Black History** **Senior Center in Central Park**  
150610-5A 8 yrs + Sa 10am - 12pm 1/14 - 3/25 \$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 \$129. *No Class Dates: Jan-16, Feb-20*

**Susan Hardy** **Murdy Community Center**  
150835-1A 18 yrs + M,W,F 9:15 - 10am 1/9 - 3/17 \$107

### CARDIO & STRENGTH TRAINING

Join the fun! Combining step combinations with low impact and strength training to burn calories and improve heart and muscle health. Steps provided for an effective, energizing workout. Please bring water, towel, and exercise mat. Bringing your own hand held weights is also recommended.

**Joanne Pridomirski** **Edison Community Center**  
150850-2A 13 yrs + Tu,Th 8:45 - 9:45am 1/10 - 3/23 \$78

### 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: Jan-16, Feb-20*

**Susan Hardy** **Edison Community Center**  
150851-2A 13 yrs + M,W,F 5:15 - 6:15pm 1/9 - 3/17 \$112

### 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 hand weights (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 core work done on the floor.

**Marianne Grossman** **Senior Center in Central Park**  
150816-5A 55 yrs + F 10:15 - 11:15am 1/13 - 3/24 \$58

### 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. Instructor: Hoag Licensed Therapist.

**Hoag Licensed Therapist** **Senior Center in Central Park**  
150899-5A 18 yrs + Tu 9 - 10am 1/3 - 1/31 Free  
150899-5B 18 yrs + Tu 9 - 10am 2/7 - 3/7 Free  
150899-5C 18 yrs + Tu 9 - 10am 3/14 - 4/11 Free

### 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.

**Phil Hart** **Senior Center in Central Park**  
150838-5A 18 yrs + W 5:45 - 6:45pm 1/11 - 3/8 \$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.

**Marianne Grossman** **Senior Center in Central Park**  
150817-5A 55 yrs + Tu 10:15 - 11am 1/10 - 3/21 \$49  
150817-5B 55 yrs + Th 10:40 - 11:25am 1/12 - 3/23 \$49

## STRESS MANAGEMENT FOR WELLNESS

This class honors the rich life history of its participants and implements holistic education, the seven dimensions of wellness, discussion, activities, films, meditation, short nature walks, and guided autobiography as tools to enhance empowerment, dignity and quality of life. Class workbook is included.

**Karen Fazio** Senior Center in Central Park  
150614-5A 50+ F 10 - 11am 1/13 - 3/3 \$68

## LGBT – STRESS MANAGEMENT FOR WELLNESS

LGBT people often face unique challenges as they age. This class honors the rich life history of its participants and implements holistic education, discussion, activities, films, meditation, short nature walks, and guided autobiography as tools to enhance empowerment, dignity, and quality of life. Class workbook is included.

**Karen Fazio** Senior Center in Central Park  
150613-5A 50+ F 11:30am - 12:30pm 1/13 - 3/3 \$68

## 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: Jan-16, Feb-20

HB Pilates	City Gym and Pool				
150811-3A	16 yrs +	W	9 - 10am	1/11 - 2/15	\$78
150811-3B	16 yrs +	Th	6 - 7pm	1/12 - 2/16	\$78
150811-3C	16 yrs +	W	9 - 10am	2/22 - 3/15	\$65
150811-3D	16 yrs +	Th	6 - 7pm	2/23 - 3/16	\$65

HB Pilates	Edison Community Center				
150811-2A	16 yrs +	M	6:30 - 7:30pm	1/9 - 2/13	\$65
150811-2B	16 yrs +	M	6:30 - 7:30pm	2/27 - 3/13	\$55
150811-2C	16 yrs +	Tu	9 - 10am	1/10 - 2/14	\$78
150811-2D	16 yrs +	Tu	9 - 10am	2/21 - 3/14	\$65
150811-2E	16 yrs +	W	6 - 7pm	1/11 - 2/15	\$78
150811-2F	16 yrs +	W	6 - 7pm	2/22 - 3/15	\$65
150811-2G	16 yrs +	F	10 - 11am	1/13 - 2/17	\$78
150811-2H	16 yrs +	F	10 - 11am	2/24 - 3/17	\$65

HB Pilates	Murdy Community Center				
150811-1A	16 yrs +	M	10 - 11am	1/9 - 2/13	\$65
150811-1B	16 yrs +	M	10 - 11am	2/27 - 3/13	\$55
150811-1C	16 yrs +	Tu	6 - 7pm	1/10 - 2/14	\$78
150811-1D	16 yrs +	Tu	6 - 7pm	2/21 - 3/14	\$65
150811-1E	16 yrs +	Th	5 - 6pm	1/12 - 2/16	\$78
150811-1F	16 yrs +	Th	5 - 6pm	2/23 - 3/16	\$65
150811-1G	16 yrs +	Sa	9 - 10am	1/14 - 2/18	\$78
150811-1H	16 yrs +	Sa	9 - 10am	2/25 - 3/18	\$65

## HB PILATES: 5 CLASS PACK

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.

HB Pilates	All Community Center Locations				
150611-1A	16 yrs +	Attend any HB Pilates class	1/9 - 2/18	\$85	
150611-1B	16 yrs +	Attend any HB Pilates class	2/21 - 3/18	\$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, and Pilates Barre with cardio, Power Yoga, Pilates Chair, Pilates Mat, Restorative, YogaPrenatal/Postnatal Pilates, and Stroller Workout! Limited spaces available/some restrictions apply. Email [info@hbpilates.com](mailto:info@hbpilates.com) for questions. No Class Dates: Jan-16

HB Pilates	All Community Center Locations				
150612-1A	16 yrs +	Attend any HB Pilates class	1/9 - 2/18	\$160	
150612-1B	16 yrs +	Attend any HB Pilates class	2/21 - 3/18	\$160	

## HB PILATES: LEAN & 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.

HB Pilates	Edison Community Center				
150839-2A	16 yrs +	M	9 - 10am	1/9 - 2/13	\$65
150839-2B	16 yrs +	M	9 - 10am	2/27 - 3/13	\$55
150839-2C	16 yrs +	F	9 - 10am	1/13 - 2/17	\$78
150839-2D	16 yrs +	F	9 - 10am	2/24 - 3/17	\$65

HB Pilates	Senior Center in Central Park				
150839-5A	16 yrs +	W	7 - 8pm	1/11 - 2/15	\$78
150839-5B	16 yrs +	Th	10:15 - 11:15am	1/12 - 2/16	\$78
150839-5C	16 yrs +	Sa	10 - 11am	1/14 - 2/18	\$78
150839-5D	16 yrs +	W	7 - 8pm	2/22 - 3/15	\$65
150839-5E	16 yrs +	Th	10:15 - 11:15am	2/23 - 3/16	\$65
150839-5F	16 yrs +	Sa	10 - 11am	2/25 - 3/18	\$65

## HB PILATES STROLLER WORKOUT

Calling all moms! 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 park that will sculpt and tighten your entire body while you are bonding with your babies and making new mom friends! Kids 0-4 welcome. 2 kids max. Bring stroller, mat, water, snacks. Meet us at the back of the Senior Center in Central Park! Email [info@hbpilates.com](mailto:info@hbpilates.com) for questions.

HB Pilates	Senior Center in Central Park				
150825-5A	18 yrs +	Tu	9 - 10am	1/10 - 2/14	\$78
150825-5B	18 yrs +	Th	9 - 10am	1/12 - 2/16	\$78
150825-5C	18 yrs +	Tu,Th	9 - 10am	1/10 - 2/16	\$120
150825-5D	18 yrs +	Tu	9 - 10am	2/21 - 3/14	\$65
150825-5E	18 yrs +	Th	9 - 10am	2/23 - 3/16	\$65
150825-5F	18 yrs +	Tu,Th	9 - 10am	2/21 - 3/16	\$100

## 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				
150828-5A	18 yrs +	W	5:30 - 6:30pm	1/11 - 2/15	\$78
150828-5B	18 yrs +	W	5:30 - 6:30pm	2/22 - 3/15	\$65

## 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:*

Jan-16

HB Pilates		Murdy Community Center			
150833-1A	16 yrs + M	11 - 11:30am	1/9 - 2/13	\$40	
150833-1B	16 yrs + M	11 - 11:30am	2/27 - 3/13	\$35	

## 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: Jan-16, Jan-20*

HB Pilates		City Gym and Pool			
150855-3A	16 yrs + W	10 - 11am	1/11 - 2/15	\$78	
150855-3B	16 yrs + Th	7 - 8pm	1/12 - 2/16	\$78	
150855-3C	16 yrs + W	10 - 11am	2/22 - 3/15	\$65	
150855-3D	16 yrs + Th	7 - 8pm	2/23 - 3/16	\$65	

HB Pilates		Edison Community Center			
150855-2A	16 yrs + M	7:30 - 8:30pm	1/9 - 2/13	\$65	
150855-2B	16 yrs + M	7:30 - 8:30pm	2/27 - 3/13	\$55	
150855-2C	16 yrs + W	7 - 8pm	1/11 - 2/15	\$78	
150855-2D	16 yrs + W	7 - 8pm	2/22 - 3/15	\$65	

HB Pilates		Murdy Community Center			
150855-1A	16 yrs + Tu	7 - 8pm	1/10 - 2/14	\$78	
150855-1B	16 yrs + Tu	7 - 8pm	2/21 - 3/14	\$65	
150855-1C	16 yrs + Sa	10 - 11am	1/14 - 2/18	\$78	
150855-1D	16 yrs + Sa	10 - 11am	2/25 - 3/18	\$65	

## HB PILATES: PILATES CHAIR

Join us for our original Pilates Chair class. Using resistance bands and small exercise balls, you will find sitting and standing exercises that help improve balance, core strength, posture, flexibility, upper and lower body strength, and an enhanced mind-body connection to help reduce the risk of falls. This class is ideal for individuals that can stand and walk without assistance. Bring water and grip socks. *No Class Dates: Jan-16*

HB Pilates		Senior Center in Central Park			
150879-5A	18 yrs + M	12:30 - 1:30pm	1/9 - 2/13	\$58	
150879-5B	18 yrs + W	12:30 - 1:30pm	1/11 - 2/15	\$68	
150879-5C	18 yrs + F	12:30 - 1:30pm	1/13 - 2/17	\$68	
150879-5D	18 yrs + Any 2 Days	TBD	1/9 - 2/17	\$120	
150879-5E	18 yrs + All 3 Days	TBD	1/9 - 2/17	\$119	
150879-5F	18 yrs + M	12:30 - 1:30pm	2/27 - 3/13	\$48	
150879-5G	18 yrs + W	12:30 - 1:30pm	2/22 - 3/15	\$58	
150879-5H	18 yrs + F	12:30 - 1:30pm	2/24 - 3/17	\$58	
150879-5I	18 yrs + Any 2 Days	TBD	2/22 - 3/17	\$100	
150879-5J	18 yrs + All 3 Days	TBD	2/22 - 3/17	\$98	

## 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			
150856-1A	18 yrs + Th	6 - 7pm	1/12 - 2/16	\$84	
150856-1B	18 yrs + Th	6 - 7pm	2/23 - 3/16	\$70	
150856-1C	18 yrs + Private Lesson	30 Minutes	TBD	\$46	
150856-1D	18 yrs + Private Lesson	1 Hour	TBD	\$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			
150878-5A	18 yrs + W	6:30 - 7:30pm	1/11 - 2/15	\$78	
150878-5B	18 yrs + Sa	9 - 10am	1/14 - 2/18	\$78	
150878-5C	18 yrs + W	6:30 - 7:30pm	2/22 - 3/15	\$65	
150878-5D	18 yrs+ Sa	9 - 10am	2/25 - 3/18	\$65	

## HB PILATES: PILATES CHAIR: SITTING ONLY

Join us for a gentle Pilates Chair class where all exercises will be done while sitting in a chair. Integrating 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: Jan-16*

HB Pilates		Senior Center in Central Park			
150895-5A	18 yrs + M	11:45am - 12:30pm	1/9 - 2/13	\$50	
150895-5B	18 yrs + F	11:45am - 12:30pm	1/13 - 2/17	\$60	
150895-5C	18 yrs + M	11:45am - 12:30pm	2/27 - 3/13	\$43	
150895-5D	18 yrs + F	11:45am - 12:30pm	2/24 - 3/17	\$50	

## HB PILATES: PILATES CHAIR-PLUS

Using a chair for sitting and standing exercises, this more advanced class will integrate a variety of equipment in the fitness facility, moving at a faster pace. Improve: strength, flexibility, posture, functional fitness, balance, core strength, and an enhanced mind-body connection. This class is great for the active older adult that needs a challenge and can move about independently without the use of a walker/cane. Prerequisites: one session of Pilates Chair, and instructor approval. Bring water and grip socks.

HB Pilates		Senior Center in Central Park			
150826-5A	18 yrs + W	11:30am - 12:30pm	1/11 - 2/15	\$68	
150826-5B	18 yrs + W	11:30am - 12:30pm	2/22 - 3/15	\$58	

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



## HB PILATES: UNLIMITED HB PILATES CLASSES

Unlimited HB Pilates and Fitness Classes allow you to access all HB Pilates classes: Ab-Core Blast, Lean and Fit, Restorative Yoga, Pilates Barre with Cardio, Pilates Chair, Pilates Mat, Prenatal/ Postnatal Pilates, Stroller Workout and Power 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. Email: [info@hbpilates.com](mailto:info@hbpilates.com).  
No Class Dates: Jan-16

<b>HB Pilates</b>	<b>All Community Center Locations</b>				
<b>150896-1A</b>	16 yrs +	M - Sa	TBD	1/9 - 2/18	\$234
<b>150896-1B</b>	16 yrs +	M - Sa	TBD	2/21 - 3/18	\$195

## 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: Jan-16, Feb-20

<b>HB Pilates</b>	<b>Murdy Community Center</b>				
<b>150897-1A</b>	18 yrs +	M - Sa	1 Session	1/9 - 3/18	\$76
<b>150897-1B</b>	18 yrs +	M - Sa	10 Sessions	1/9 - 3/18	\$700
<b>150897-1C</b>	18 yrs +	M - Sa	20 Sessions	1/9 - 3/18	\$1300

## 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 \$129. No Class Dates: Jan-16, Feb-20

<b>Susan Hardy</b>	<b>Murdy Community Center</b>				
<b>150841-1A</b>	18 yrs +	M,W,F	8:30 - 9:15am	1/9 - 3/17	\$107

## JAZZERCISE- AS LOW AS \$5 PER CLASS

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 and Friday's from 8:30-9:30am and Tuesday's from 5:30-6:40 pm

<b>Erica Den Hartog</b>	<b>City Gym and Pool</b>				
<b>150853-3A</b>	13 yrs +		10 Class Pack	1/9 - 3/24	\$70
<b>150853-3B</b>	13 yrs +		20 Class Pack	1/9 - 3/24	\$100

## 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: Feb-20

<b>David Phears</b>	<b>Senior Center in Central Park</b>				
<b>150815-5A</b>	18 yrs +	M	9:30 - 10:45am	1/23 - 3/27	\$125

## KICKBOXING AEROBICS

Shape up with a black belt instructor who makes the popular karate kick boxing exercise fun for all levels. Easy to follow punches, kicks, elbow strikes and more. After a warm-up, stretch and aerobic segment, students have fun punching a bag. This workout burns twice the calories of a typical aerobic class.

<b>Julia Weber</b>	<b>Murdy Community Center</b>				
<b>150842-1A</b>	14+	Tu	7 - 8pm	1/10 - 3/21	\$78

## QIGONG FOR WELLNESS

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>150864-1A</b>	18 yrs +	W	6 - 7:15pm	1/11 - 2/22	\$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>150846-2A</b>	13 yrs +	Sa	9:15 - 10:15am	1/14 - 3/11	\$44

## 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 11<sup>th</sup> Street</b>				
<b>150847-2A</b>	18 yrs +	M,W,F	9 - 10am	1/9 - 3/10	\$60

## 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!

<b>Marianne Grossman</b>	<b>Senior Center in Central Park</b>				
<b>150837-5A</b>	55 yrs +	Tu,F	9 - 9:45am	1/10 - 3/24	\$77



## TAI CHI BASICS

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!

**Donald Walker** Edison Community Center  
150887-2A 18 yrs + Tu 1:30 - 2:45pm 1/10 - 2/21 \$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: Jan-16, Feb-20*

**Elizabeth Pham** Senior Center in Central Park  
150881-5A 18 yrs + M 6:45 - 8:15pm 1/9 - 3/20 \$55  
150881-5B 18 yrs + Th 9 - 10:30am 1/12 - 3/23 \$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: Jan-16, Feb-20*

**Shona Howe** Senior Center in Central Park  
150882-5A 18 yrs + M 6:45 - 8:15pm 1/9 - 3/20 \$55  
150882-5B 18 yrs + Th 9 - 10:30am 1/12 - 3/23 \$55

## CANDLELIGHT YIN YOGA

Candlelight Yin Yoga is a yoga practice that consists of stretching poses that target connective tissue and fascia. It focuses on compression and tension based movements held over longer periods of time creating more flexibility, freedom, and mobility in the body. It is a calm practice set to soft music and is a great way to destress at the end your work day. Bring a bolster yoga pillow, 2 yoga blankets, and 2 foam yoga blocks. Recommended Stores: [YogaDirect.com](http://YogaDirect.com)

**Denise Stanek** HB Art Center  
150865-4A 17 yrs + Tu 6:30 - 7:30pm 1/10 - 2/28 \$106/96

## 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 payed to instructor at the first class. Check payable to Makena Solutions LLC or Bing Luh.

**Makena Solutions LLC** HB Art Center  
150884-4A 16 yrs + Tu 10:15 - 11:30am 1/10 - 1/10 FREE  
150884-4B 16 yrs + Tu 10:15 - 11:30am 1/17 - 3/7 \$109/99  
150884-4C 16 yrs + W 6:30 - 7:45pm 1/11 - 1/11 FREE  
150884-4D 16 yrs + W 6:30 - 7:45pm 1/18 - 3/8 \$109/99



Parks & Recreation...  
Promote good health

## 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: Jan-16, Feb-20*

**Susan Hardy** Murdy Community Center  
150886-1A 18 yrs + M,W,F 8:30 - 10am 1/9 - 3/17 \$129

## 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: Jan-16, Feb-20*

**Marianne Grossman** Edison Community Center  
150857-2A 18 yrs + Tu 5:30 - 6:30pm 1/10 - 3/21 \$72

**Marianne Grossman** Senior Center in Central Park  
150857-5A 18 yrs + M 5:30 - 6:30pm 1/9 - 3/20 \$58

## 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: Jan-16, Feb-13, Feb-20*

**Diane Pavesic** Senior Center in Central Park  
150866-5A 18 yrs + M 10 - 11am 1/9 - 3/13 \$60  
150866-5B 18 yrs + M 11:15am - 12:15pm 1/9 - 3/13 \$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.

**Yvonne Carmichael** City Gym and Pool  
150867-3A 16 yrs + F 10:30am - 12pm 1/13 - 3/17 \$97

## YOGA AT EDISON

Yoga unites mind & body improving general health, balance, & well being. Therapeutically oriented class combines postures, meditation and yoga philosophy and research in a breath centered practice suitable for all levels. Bring mat and blanket. Class Instructor: Diane Pavesic, C-IAYT, BSN, CCM, YTRx-500 C, ERYT-500. *No Class Dates: Feb-15, Feb-22*

**Diane Pavesic** Edison Community Center  
150868-2A 18 yrs + W 4:30 - 5:30pm 1/11 - 3/15 \$66  
150868-2B 18 yrs + W 5:45 - 6:45pm 1/11 - 3/15 \$66  
150868-2C 18 yrs + W 7 - 8pm 1/11 - 3/15 \$66

## 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: Feb-16, Feb-23*

**Diane Pavesic** Senior Center in Central Park  
150872-5A 18 yrs + Th 10 - 11am 1/12 - 3/16 \$66  
150872-5B 18 yrs + Th 11am - 12pm 1/12 - 3/16 \$66



## 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: Jan-16, Feb-20, Feb-21, Feb 22*

<b>Jacki King, E-RYT, CYT</b>	<b>Murdy Community Center</b>
<b>150876-1F</b> 18 yrs + M 4:35 - 5:35pm	1/23 - 3/13 \$60
<b>150876-1H</b> 18 yrs + W 4 - 5pm	1/18 - 3/15 \$66

<b>Susan Holden</b>	<b>Murdy Community Center</b>
<b>150876-1A</b> 16 yrs + M 6 - 7pm	1/23 - 3/13 \$60
<b>150876-1B</b> 16 yrs + M 7:15 - 8:15pm	1/23 - 3/13 \$60
<b>150876-1C</b> 16 yrs + Tu 5:30 - 6:45pm	1/17 - 3/14 \$66
<b>150876-1D</b> 16 yrs + F 4 - 5pm	1/20 - 3/10 \$66

<b>Yvonne Carmichael</b>	<b>Lake View Clubhouse, 17461 Zeider Lane</b>
<b>150876-1E</b> 16 yrs + W 10:30am - 12pm	1/11 - 3/15 \$97
<b>150876-1G</b> 16 yrs + F 10:30am - 12pm	1/13 - 3/17 \$97

## 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. *No Class Dates: Feb-21*

<b>Susan Holden</b>	<b>Senior Center in Central Park</b>
<b>150892-5A</b> 16 yrs + Tu 10:30 - 11:30am	1/17 - 3/14 \$66

## 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. Mon class meets 6-6:45pm & Wed meets 6:30-7:15pm.

<b>SockhopFitness</b>	<b>Edison Community Center</b>
<b>150827-2A</b> 16 yrs + M 6 - 6:45pm	1/9 - 3/22 \$113
	W 6:30 - 7:15 pm

## 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.

<b>Marianne Grossman</b>	<b>Senior Center in Central Park</b>
<b>150848-5A</b> 55 yrs + Th 9 - 10am	1/12 - 3/23 \$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>150858-2A</b> 16 yrs + W 6:30 - 7:15pm	1/11 - 3/22 \$71

## 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!

<b>SockhopFitness</b>	<b>Senior Center in Central Park</b>
<b>150860-5A</b> 16 yrs + F 9 - 9:45am	1/13 - 3/24 \$71

<b>Sockhop Fitness</b>	<b>Murdy Community Center</b>
<b>150860-1A</b> 18 yrs + Tu 8:05-8:50am	1/10-3/21 \$71

## 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.

<b>SockhopFitness</b>	<b>Edison Community Center</b>
<b>150888-2A</b> 16 yrs + M 6 - 6:45pm	1/9 - 3/20 \$58

## ZUMBA FOR ALL

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!

<b>SockhopFitness</b>	<b>Senior Center in Central Park</b>
<b>150813-5A</b> 6 yrs + Tu 6 - 6:45pm	1/10 - 3/21 \$71

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

# 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.

Frances Cardinal		Senior Center in Central Park			
150901-5A	16 yrs + Tu	6:15 - 7:45pm	1/10 - 3/28	\$80	
150901-5B	16 yrs + Th	6:15 - 7:45pm	1/12 - 3/30	\$80	

## 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 up to 4 people – if more than 4 students, add \$6 per student.

Frances Cardinal		Senior Center in Central Park			
150904-5A	3 yrs + Tu	5 - 6pm	1/10 - 3/28	\$80	
150904-5B	3 yrs + Th	5 - 6pm	1/12 - 3/30	\$80	
150904-5C	3yrs+ Sa	10am - 12pm	1/14 - 4/1	\$80	

## ADULT 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: Jan-16, Feb-20*

Kiavash Tillehkoob		City Gym and Pool			
150906-3A	15 yrs + M	7:15 - 8pm	1/9 - 3/20	\$177	
150906-3B	15 yrs + Tu	7:15 - 8pm	1/10 - 3/21	\$177	
150906-3C	15 yrs + W	7:15 - 8pm	1/11 - 3/22	\$177	
150906-3D	15 yrs + Th	7:15 - 8pm	1/12 - 3/23	\$177	

## KARATE: DO TRADITIONAL JAPANESE

Learn traditional karate. Improve your physical fitness and balance. Come and learn basic Japanese commands and counting, meditation, self-defense, and how to spar correctly. This class is ongoing and progressive. Uniforms and equipment are available for purchase from instructor. Beginner/All Ranks.

Wadoryu USA		Edison Community Center			
150907-2A	18 yrs + Th	7:15 - 8:15pm	1/12 - 3/23	\$120	



Parks and Recreation provide space to enjoy nature

# 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 January 12 - March 23 and is payable in three installments (tuition due before each class section begins on 1/12, 2/9, and 3/9). Bring your own acoustic guitar, \$20 material fee for book to instructor. Walk-ins are welcome, but please register by 1/5 for best availability, and GET READY TO ROCK!

The RockBand Experience		HB Art Center			
151008-4A	13-17 yrs Th	4:30 - 5:30pm	1/12 - 2/2	\$85/77	
151008-4B	13-17 yrs Th	4:30 - 5:30pm	2/9 - 3/2	\$85/77	
151008-4C	13-17 yrs Th	4:30 - 5:30pm	3/9 - 3/23	\$65/59	

## GUITAR: STRUMMING AND SINGING

Beginning guitar students will learn chords and how to apply them to traditional folk, pop, and camp songs. The class will also introduce students to singing while accompanying themselves on guitar. Fun and interactive, Strumming and Singing will have students young and old ready to bring their skills to the next party, family gathering or camp out!

McGrath Music		Edison Community Center			
151002-2A	10 yrs + Tu	7 - 8pm	1/10 - 2/28	\$125	

## GUAVA GROOVE UKULELE PLAYERS – 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 due first class.

Guava Groove		Senior Center in Central Park			
151003-5A	18 yrs + Tu	9:30 - 10:30am	1/10 - 2/7	\$55	
151003-5B	18 yrs + Tu	9:30 - 10:30am	2/14-3/14	\$55	

## GUAVA GROOVE UKULELE PLAYERS – INTERMEDIATE

This class is for students who already have a basic foundation in ukulele and realize they can't put it down! An emphasis will be placed upon rhythm, repertoire, basic theory, and performance! A \$5 materials fee is due at first class.

Guava Groove		Senior Center in Central Park			
151004-5A	18 yrs + Tu	10:45 - 11:45am	1/10 - 2/7	\$55	
151004-5B	18 yrs + Tu	10:45 - 11:45am	2/14-3/14	\$55	

## “UKULELE STRUM” CATCH THE UKULELE BUG!

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. \$15 materials fee due at first class.

Shirley Orlando		Senior Center in Central Park			
151010-5A	18 yrs+ F	1 - 2:30pm	1/13 - 3/17	\$70	

## SPECIAL INTEREST

### BOOK CLUB DINNER

Have dinner and stimulating conversation with others who love good books. Please read "Close Your Eyes, Hold Hands" by Chris Bohjalian before the first class meeting. The remaining books will be selected by the class each month. Class meets the second Wednesday of each month. Material fee of \$5 is due at each meeting. Class meets 2/8, 3/8, 4/12, 5/10.

**April Berg** Senior Center in Central Park  
151101-5A 18 yrs + W 7 - 9pm 2/8 - 5/10 \$30

### BEGINNING BRIDGE

Come join us in our new senior center to learn Bridge. We will cover the basics along with some of the defensive bidding and playing that makes this game so different. It takes patience and practice but it's well worth it if you donate the time! No partner requirement. *No Class Dates: Jan-16, Jan-18, Feb-20, Feb-21*

**Rita Spira** Senior Center in Central Park  
151102-5A 18 yrs + M 2 - 4pm 1/9 - 3/13 \$66  
151102-5B 18 yrs + W 6:30 - 8:30pm 1/11 - 3/15 \$66

### BRIDGE INTERMEDIATE 1

Knowledge of the basics is required for this class. Class covers different ways of scoring; Stayman, Jacoby transfer, Pre-emptive bids, Weak two's, Two clubs, Defense. No partner required but you are welcome to bring one or more. Lots of time to play. Each lesson has a handout. *No Class Dates: Jan-17, Feb-20*

**Rita Spira** Senior Center in Central Park  
151103-5A 18 yrs + Tu 3 - 5pm 1/10 - 3/14 \$66

### CPR/AED FOR INFANTS, CHILDREN

An interactive class where students will learn about the basics of CPR/AED use for infants, children and adults. 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 material fee due at class. Includes Heartsaver CPR book.

**OC-CPR NET** Murdy Community Center  
151104-1A 16 yrs + Sa 9am - 2pm 2/18 \$50

**OC-CPR NET** Senior Center in Central Park  
151104-5A 16 yrs + Sa 9am - 1pm 1/28 \$50

### 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  
151107-5A 18 yrs + Tu 12:30 - 2:30pm 1/3 - 3/14 \$20

### PRACTICE BRIDGE

Learning to play Bridge and looking for a place for you and your friends to play? Sign up to play here at Rodgers 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  
151108-5A 18 yrs + F 12:30 - 4pm 1/6 - 3/17 \$20

## 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  
151113-5A 18 yrs + W 10:30 - 11:30am 1/11 - 3/8 \$6

## 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  
151114-5A 18 yrs + W 10:30 - 11:30am 1/4 - 3/15 \$6

## WRITING YOUR LIFE STORY

You are unique in the entire universe and no one has lived a life like you have. 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  
151121-5A 18 yrs+ Th 10am - 12pm 2/2 - 3/23 \$79

## SPORTS

### WOMEN'S VOLLEYBALL LEAGUE

Tuesday is Intermediate only & Thursday is advanced only - new players, you must try out on the first day of the session to assess satisfactory skill level. Please arrive 20 minutes early for try-out. Wednesday is Advanced players only - Drills Class. Fridays are for advanced players only, they must try out first day to make the list/team. Registration is available online and in-person for Tuesday, Wednesday & Thursday, but in-person only for Friday.



**Nalani DiGiovanni**

**City Gym and Pool**

#### INTERMEDIATE

151302-3A 18 yrs + Tu 9:30am - 12:30pm 1/3 - 1/31 \$40  
151302-3B 18 yrs + Tu 9:30am - 12:30pm 2/7 - 3/7 \$40

#### ADVANCED

151302-3C 18-65 yrs W 10am - 12pm 1/4 - 2/1 \$30  
151302-3D 18-65 yrs W 10am - 12pm 2/8 - 3/8 \$30  
151302-3E 18-75 yrs Th 9:30am - 12:30pm 1/5 - 2/2 \$40  
151302-3F 18-75 yrs Th 9:30am - 12:30pm 2/9 - 3/9 \$40  
151302-3G 18-65 yrs F 10am - 12pm 1/6 - 2/3 \$30  
151302-3H 18-65 yrs F 10am - 12pm 2/10 - 3/10 \$30

## VOLLEYBALL: ADULT INDOOR CLINIC

Take your Volleyball 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. \*10 classes plus 2 free classes to be used as make-up or additional sessions.

### Matt Taylor Volleyball

City Gym and Pool

#### BEGINNER/LOW INTERMEDIATE

15109-3A 14+yrs Th 6:15-7:45pm \$129

#### INTERMEDIATE

15109-3B 16+yrs Th 7:45-9:15pm \$129

## ICE SKATING FOR ADULTS

Learn to skate across the ice forward and backward, stop, hop, spin and more! Includes skate rental, 30-minute lesson, free practice on day of class (6:40-7:10pm), and three additional skating passes to be used during the 4-week session. Please arrive 15 minutes early to the 1st class and dress warm.

### The Rinks Westminster ICE 13071 Springdale, Westminster

151312-1A 17 yrs + W 6:10 - 6:40pm 1/18 - 2/8 \$37

151312-1B 17 yrs + W 6:10 - 6:40pm 2/22 - 3/15 \$37

## BEACH VOLLEYBALL: ADULT BEGINNERS

The Golden Coast Beach Volleyball Club invites all adults interested in beach volleyball to attend our weekend trainings where we focus on a combination of skill development, game based drills and regular game play. Go to [www.goldencoastvolleyball.com](http://www.goldencoastvolleyball.com) for more details.

### Beach Volleyball CA Inc

City Beach,

15th Street and Pacific Coast Hwy

151313-2A 18 yrs + Sa 10:30am - 12pm 1/21 - 3/11 \$120

## SURF & SKATE

### LEARN TO SURF

This is four one and a half hour surf lessons, that stresses beach safety and fun while you learn the basics of catching and riding waves and ocean safety. Students should be able to swim. Boards and wetsuits provided. Lessons are run by a former pro surfer and coach with 30 years experience. [www.hbsurfscholl.com](http://www.hbsurfscholl.com)

### HB Surf School

City Beach, South Side of Pier

151403-2A 18 yrs + Sa 10 - 11:30am 2/4 - 2/25 \$225

151403-2B 18 yrs + Sa 10 - 11:30am 3/4 - 3/25 \$225

See page 2 for a list of  
**SURF SCHOOLS**

## 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. *No Class Dates: Jan-16, Feb-20*

### Win Win Production Inc

City Gym and Pool

162107-3A 18 yrs + M,W 6 - 10pm 1/9 - 3/22 \$250

### ADULT SLO-PITCH SOFTBALL LEAGUES

The Huntington Beach Community Services Department offers year round adult softball leagues for Men and Coed teams. The Winter season will begin the week of January 17, 2017 and continue for approximately eleven weeks. Men's teams play Sunday, Monday, Tuesday, Thursday. Coed teams play Sunday, Wednesday. Team registration costs are \$420.00 plus umpire fee. The umpire 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 at Murdy Park and Senior Women's on Mondays at Greer Park. Legends Senior Women's Softball Association plays on 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 \$15.00 per game official's fee.

Deadline for registration is Friday, January 6, 2017.

Late-Registration will be taken after the deadline if league space permits. All accepted late registration is subject to a \$25.00 late fee. Registration packets are available at City Hall, on the City website or by mail beginning November 28, 2016. 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 Summer 2017 season will be available in March for the season starting in Mid-May, 2017.

### 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 January 16, 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](http://surfcity-hb.org)) or by mail. For league information or to be placed on the individual players list, please call (714) 536-5230. The first day of registration will be November 28, 2016. The deadline to turn in team registration to City Hall is January 9, 2017. A manager's meeting will be held prior to the start of the league on Wednesday, January 11, 2017.

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

Registration information for the Spring 2017 season will be available in February, 2017 for the season starting in late March, 2017.

## HOAG LECTURES

### MENOPAUSE AND HORMONE THERAPY, DISPELLING MYTHS

The millions of American women passing into menopause every year need not be afraid to take hormone therapy. Join Dr. Jane Bening for a discussion on the rationale for starting hormone therapy. She will explain bioidentical hormones and explore strategies for women from menopause and beyond.

**Hoag** **Senior Center in Central Park**  
153323-5A Th 6 - 7pm 1/5 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 Dr. Amit Hiteshi, a 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**  
153304-5A M 10:30 - 11:30am 1/9 Free

### RELAX YOUR STRESS AWAY

Unmanaged stress can lead to many complications that affect both physical and mental health. This talk will focus on understanding what our body and mind go through during the stress response and how that affects our overall well-being. We will learn about the impact of stress on diabetes, stress management tips, relaxation techniques, and a guided imagery activity that you can begin to apply to your everyday life. Presented by: Ana Pimentel, MSW

**Hoag** **Senior Center in Central Park**  
153324-5A W 6 - 7pm 1/18 Free

### WHAT HAPPENS IF SOMETHING IS FOUND ON MY MAMMOGRAM?

At Hoag, our breast team is with you every step of the way if something suspicious is found on your mammogram. It is important to know a suspicious finding does not mean you have cancer. Join dedicated radiologist Dr. Jennifer Overstreet as she discusses how diagnostic mammograms, ultrasound tests, breast MRIs and biopsies are tools Hoag can use to further investigate abnormal screening results to provide the best patient care.

**Hoag** **Senior Center in Central Park**  
153325 M 6 - 7pm 1/23 Free

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

### SPORTS INJURIES THAT WOMEN FACE OVER 55 - HOW TO MAINTAIN AN ACTIVE LIFESTYLE

Dr. Emily Ravski will discuss key women's issues that women face over the age of 55. Whether you enjoy tennis or yoga, she will focus on how to stay active, prevent injury, and how to recognize an injury and how to address the problem area. Dr. Ravski will cater her discussion around her audience and a Q&A session will be held at the conclusion.

**Hoag** **Senior Center in Central Park**  
153327-5A M 6 - 7pm 2/13 Free

### PERIPHERAL ARTERIAL DISEASE: LET'S START WALKING!

Join Program Director of Hoag Vascular Services, Ehab Mady, D.O., for a presentation on peripheral arterial disease (PAD), and who may be at an increased risk for PAD. Those at a higher risk include senior 65 and older, smokers, diabetics and individuals who experience leg pain while walking.

**Hoag** **Senior Center in Central Park**  
153328-5A Th 1 - 2pm 2/16 Free



A member of the  
St. Joseph Hoag Health alliance

### Complimentary Health Screenings

#### Blood Pressure Checks

January 3, February 7, March 7  
9:30-11:30am

#### Hearing Screening

January 11, February 8, March 8  
9:30-11:30am

#### Vision Screening

January 30, February 27, March 20  
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.

## COMMON ARTHRITIS CONDITIONS - OSTEOARTHRITIS VS. RHEUMATOID ARTHRITIS

Join our Hoag Medical Group Rheumatologist for an informative discussion on arthritis. During her presentation, she will discuss the two most common types of arthritis - osteoarthritis and rheumatoid arthritis. She will share common symptoms, treatment and much more.

**Hoag** **Senior Center in Central Park**  
153329-5A W 1 - 2pm 1/25 Free

## TIPS ON KEEPING YOUR KIDNEYS HEALTHY

Join us for a discussion on the importance of good kidney health. Learn the basic functions of the kidney, how kidney disease is diagnosed, and the common causes of kidney injury. You will receive tips on keeping your kidneys healthy.

**Hoag** **Senior Center in Central Park**  
153330-5A Th 1 - 2pm 2/23 Free

## SPORTS MEDICINE – COMMON INJURIES AFFECTING PEOPLE 55 OR OLDER

Dr. Ting will focus on common injuries that affect seniors and hinder them from being active, including playing golf or tennis. He will provide solutions and options for your consideration. Dr. Ting will allow time for a Q/A at the end of the presentation.

**Hoag** **Senior Center in Central Park**  
153331-5A W 6 - 7pm 2/25 Free

## HIP REPLACEMENT - WHAT YOU NEED TO KNOW & ADVANCE IN TECHNOLOGY

Dr. Nassif will discuss the advances in hip replacement and guide you through what you can expect. He will also cover the different types of hip replacement surgeries available and how they differ. Dr. Nassif will conclude the session with a Q/A.

**Hoag** **Senior Center in Central Park**  
153332-5A M 6 - 7pm 2/27 Free

## CONSTIPATION - CAUSES, SYMPTOMS AND TREATMENTS

Constipation is a problem that plagues many people. Join Hoag Medical Group Internist, Dr. Nancy Love for a discussion on the common misconceptions about constipation and effective strategies on how to treat and prevent constipation.

**Hoag** **Senior Center in Central Park**  
153333-5A W 10:30 - 11:30am 3/8 Free

## ADVANCE TREATMENT FOR FOOT AND ANKLE PAIN FOR SENIORS

Dr. Gerken will review common foot and ankle issues that many seniors face and how to manage treatment, both non-surgical and surgical options. He will describe the symptoms and help you identify the root of the issue. Dr. Gerken will leave time at the end of the presentation to address your individual questions and concerns.

**Hoag** **Senior Center in Central Park**  
153334-5A M 6 - 7pm 3/6 Free

## COMMON AFFLICTIONS OF THE HAND FACED BY SENIORS - CAUSES & TREATMENTS

Join Dr. Desai as he answers questions and discusses treatment options for common problems affecting the hand(s) of Seniors, including non-surgical treatment options. Dr. Desai will wrap-up with a Q&A session to address individual issues or questions.

**Hoag** **Senior Center in Central Park**  
153335-5A W 6 - 7pm 3/22 Free

## THE LATEST ADVANCEMENTS IN LUNG CANCER EARLY DIAGNOSIS & TREATMENT

Join Hoag Lung Cancer Program Director and Thoracic Surgeon Daryl Pearlstein, M.D. as he discusses updates in lung cancer early detection and the latest advancements in lung cancer treatment, including minimally invasive surgical options.

**Hoag** **Senior Center in Central Park**  
153336-5A Th 6 - 7pm 3/23 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](mailto:Scott.getman@surfcity-hb.org)

**Teri Simonis**, Volunteer Coordinator  
[TSimonis@surfcity-hb.org](mailto:TSimonis@surfcity-hb.org)

**Randy Pesqueira**  
Senior Services Executive Director  
[RPesqueira@surfcity-hb.org](mailto:RPesqueira@surfcity-hb.org)

**Kristin Martinez**  
Recreation Supervisor  
[Kmartinez@surfcity-hb.org](mailto:Kmartinez@surfcity-hb.org)

**Brandi Kelly**, Transportation Coordinator  
[BKelly@surfcity-hb.org](mailto:BKelly@surfcity-hb.org)

**Heather Dodd**, Office Assistant II  
[Heather.dodd@surfcity-hb.org](mailto:Heather.dodd@surfcity-hb.org)

**Michelle Yerke**, Care Manager  
[MYerke@surfcity-hb.org](mailto:MYerke@surfcity-hb.org)