



# Hoag Health & Wellness Pavilion

The Senior Center in Central Park in alliance with Hoag will feature a state-of-the-art 5,600 sq. ft. fitness center, group exercise room, and dance room designed to meet the health and wellness needs of older adults living in and around Huntington Beach. There will be a wide selection of cardiovascular, strength training, free weight and stretching equipment made by Star Trac and TechnoGym, as well as a variety of wellness screenings conducted by Hoag medical staff and partners.

Chosen specifically for its functionality and user friendly design, the fitness center equipment is safe, comfortable and easy to operate for members of all

skill levels. Using the array of machines, equipment and accessories, members 50 years and up will be able to maintain and improve their physical fitness levels while enhancing their quality of life. Come tour the Hoag Health & Wellness Pavilion beginning July 11th and see how our equipment, personal trainers, friendly atmosphere and helpful staff can help you improve your health and accomplish your fitness goals. For more information please call 714-536-5600.





A member of the  
St. Joseph Hoag Health alliance

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

# Complimentary Presentations And Health Screenings Provided By Hoag

## Seminar

**July 18, 2016**

**Hypertension – What to Know  
and How to Prevent It**

**353301-5A**

**10:30am - 11:30am**

About 65% of Americans age 60 or older have high blood pressure. Learn what high blood pressure is, how it is diagnosed, and how we can treat it, so that you can live a healthy life.

*Presented by Amit Hiteshi, MD*

**July 27, 2016**

**Sun Exposed Skin Care**

**353302-5A**

**10am - 11am**

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

*Presented by Laura Cohen, MD*

**July 28, 2016**

**I'm turning 65, now what?**

**Medicare Basics Class**

**353303-5A**

**6pm**

Turning 65, new to Medicare, or changing from an employer group plan? Learn the basics about Medicare and the different Medicare plan options: Medicare Supplement Insurance plans, Medicare Advantage HMO and PPO plans, and Medicare Part D prescription drug coverage. This event is for educational purposes only. No specific plan information will be shared.

**August 11, 2016**

**Mindfulness As Medicine –  
a Fad, Trend, or Here to Stay?**

**353304-5A**

**10:30am - 11:30am**

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.

**August 17, 2016**

**Vitamin D – Hype or a Reality?**

**353305-5A**

**10:30am - 11:30am**

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

*Presented by Nancy Love, MD*

**September 1, 2016**

**Latest Treatment Options for  
Thyroid Cancer**

**353306-5A**

**12:30 pm - 1:30 pm**

Thyroid cancer is not rare. In 2016 alone, we expect to see over 60,000 new cases of thyroid cancer in the United States. Let's talk about the common, uncommon and rare types of thyroid cancer, and the treatment options available.

*Presented by Jinsun Choi, MD*

## Health Screenings

July 19,  
August 2 &  
August 16

**Blood Pressure Checks**

9:30 a.m. - 11:30 a.m.

July 20,  
August 10 &  
August 24

**Hearing Screening**

9:30 a.m. - 11:30 a.m.

July 21

**Oxygen Screening**

9:30 a.m. - 11:30 a.m.

August 18

**Glaucoma Screening**

9:30 a.m. - 11:30 a.m.

August 25

**Individual Consultation  
for Medicare Questions**

9:30am - 11:30am

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

August 26

**Cataract Screening**

9:30 a.m. - 11:30 a.m.

## HEALTH & FITNESS

### 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: Sep-5*

**David Phears** Senior Center in Central Park  
350815-5A 18 yrs + M 9:30-10:30am 7/18-9/12 \$100

### 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 corework done on the floor.

**Marianne Grossman** Senior Center in Central Park  
350816-5A 55 yrs + F 10:15-11:15am 8/5-9/2 \$25

### 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). \$4 materials fee for Dynaband payable in class.

**Marianne Grossman** Senior Center in Central Park  
350817-5A 55 yrs + Tu 10:15-11am 8/2-8/30 \$25  
350817-5B 55 yrs + Th 9:15-10am 8/4-9/1 \$25



### SENIOR CARDIOFIT

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

**Marianne Grossman** Senior Center in Central Park  
350837-5A 55 yrs + Tu,F 9-9:45am 8/2-9/2 \$25

### FITNESS FOR LIFE

Come join the work-out using body weight, 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  
350838-5A 30 yrs + W 6-7pm 7/20-9/14 \$95

### 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: Jul-25*

**Marianne Grossman** Senior Center in Central Park  
350857-5A 18 yrs + M 5:30-6:30pm 7/18-8/29 \$39

### CHAIR YOGA

Yoga unites mind and body reducing stress, promoting holistic health benefits. Therapeutic practice based on current medical Yoga research. Class combines postures, meditation and philosophy in a breath-centered practice to promote overall well-being. Benefits include reduced pain and blood pressure, improved memory, flexibility, balance and sleep. Instructor: Diane Pavesic, Certified Yoga Therapist, BSN, YTRx-500 C, ERYT-500.

**Diane Pavesic** Senior Center in Central Park  
350866-5A 18 yrs + M 10-11am 7/18-8/22 \$56  
350866-5B 18 yrs + M 11:15am-12:15pm 7/18-8/22 \$56

### YOGA: SENIOR CENTER IN CENTRAL PARK

Yoga unites mind and body reducing stress, promoting holistic health benefits. Therapeutic practice based on current medical Yoga research. Class combines postures, meditation and philosophy in a breath-centered practice for overall well-being. Benefits include reduced pain and blood pressure, improved memory, flexibility, balance and sleep. Bring mat and blanket. Instructor: Diane Pavesic, Certified Yoga Therapist, BSN, CCM, YTRx-500 C, ERYT-500.

**Diane Pavesic** Senior Center in Central Park  
350872-5A 18 yrs + Th 10am-11pm 7/21-8/25 \$56  
350872-5B 18 yrs + Th 11am-12pm 7/21-8/25 \$56

## HB PILATES: PILATES CHAIR

Pilates chair is designed for all ages and ability levels and is great for people over 50 because of its low impact/gentle exercises. Chair Pilates uses resistance bands for sitting/standing exercises. Improve: balance, flexibility, strength, posture and enhance mind-body connection to help reduce the risk of falls. Bring water and grip socks.

### HB Pilates Senior Center in Central Park

<b>350879-5A</b>	18 yrs+ M	12:30-1:30pm	7/18-8/29	\$81
<b>350879-5B</b>	18 yrs+ W	12-1pm	7/20-8/31	\$81
<b>350879-5C</b>	18 yrs+ F	12:30-1:30pm	7/22-9/2	\$81
<b>350879-5D</b>	18 yrs+ any 2 days	12-1:30pm	7/18-9/2	\$144
<b>350879-5E</b>	18 yrs+ all 3 days	12-1:30pm	7/18-9/2	\$164

## 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.

### Elizabeth Pham Senior Center in Central Park

<b>350881-5A</b>	18 yrs + M	6:45-8:15pm	7/18-8/22	\$30
<b>350881-5B</b>	18 yrs + Th	9-10:30am	7/21-8/25	\$30



## 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.

### Shona Howe Senior Center in Central Park

<b>350882-5A</b>	18 yrs + M	6:45-8:15pm	7/18-8/22	\$30
<b>350882-5B</b>	18 yrs + Th	9-10:30am	7/21-8/25	\$30

# Advance Directive – You Call the Shots!

**Thursday, August 25, 2016  
6-7:30 p.m.**

## The Senior Center in Central Park

Did you know you can make decisions regarding the kinds of medical services you prefer in the event you are unable to speak for yourself? Join **Beth Hambelton**, senior program and community outreach liaison at **Orange Coast Memorial**, as she discusses what an advance directive is, why it's important to have one, how to complete it, and who to give it to before you need medical care. Advance directive forms and light refreshments will be provided. Space is limited and reservations are required. Visit [memorialcare.org](http://memorialcare.org) or call 1-800-MEMORIAL (1-800-636-6742).



## HB PILATES: PILATES CHAIR -SITTING ONLY

Pilates Chair-Sitting Only is a more gentle approach to Pilates Chair and a great introduction to the class because all exercises are done while sitting in a chair. Integrating resistance bands and small exercise balls, we will work on improving: strength, flexibility, posture, and an enhanced mind-body connection. Bring water and grip socks. *No Class Dates: Jul-4*

### HB Pilates Senior Center in Central Park

<b>350895-5A</b>	18 yrs+ M	11:45am-12:30pm	7/18-8/29	\$73
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## ZUMBA AGES 6 TO 86

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!

### SockhopFitness Senior Center in Central Park

<b>350813-5A</b>	6 yrs + Tu	6-6:45pm	7/19-8/30	\$42
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## ZUMBA GOLD/ZUMBA TONING

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

### Marianne Grossman Senior Center in Central Park

<b>350848-5A</b>	55 yrs + Th	10:15-11:15am	8/4-9/1	\$30
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## MARTIAL ARTS

### 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 includes 4 family members, and there is a \$6 fee per each extra student. Take 2 days per week and save \$35.

<b>Frances Cardinal</b>	<b>Senior Center in Central Park</b>
<b>350904-5A</b> 3 yrs + Tu 5-6pm 7/19-8/30 \$60	
<b>350904-5B</b> 3 yrs + Th 5-6pm 7/21-9/1 \$60	

### 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 \$60, any 2 days \$115, all 3 days \$150.

<b>Frances Cardinal</b>	<b>Senior Center in Central Park</b>
<b>350901-5A</b> 16 yrs + Tu 6:15-7:45pm 7/19-8/30 \$60	
<b>350901-5B</b> 16 yrs + Th 6:15-7:45pm 7/21-9/1 \$60	
<b>350901-5C</b> 16 yrs + Sa 10am-12pm 7/23-9/3 \$60	

## MUSIC

### UKE PLAYERS ANONYMOUS-LEVEL 1

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

<b>Guava Groove</b>	<b>Senior Center in Central Park</b>
<b>351003-5A</b> 18 yrs + Tu 9:30-10:30am 7/19-9/6 \$70	

### UKE PLAYERS ANONYMOUS-LEVEL II

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! \$5 materials fee due at first class.

<b>Guava Groove</b>	<b>Senior Center in Central Park</b>
<b>351004-5A</b> 18 yrs + Tu 10:45-11:45am 7/19-9/6 \$70	



## SPECIAL INTEREST



### BEGINNING BRIDGE

Finally our new Senior Center! If you are now ready to learn bridge you could not have picked a better time. This is party bridge or contract bridge. Discussion/play bidding, counting and responding. Partner is not required. Having fun while you learn is the top priority.

<b>Rita Spira</b>	<b>Senior Center in Central Park</b>
<b>351102-5A</b> 18 yrs + M 2-4pm 7/18-8/29 \$58	
<b>351102-5B</b> 18 yrs + W 6:30-8:30pm 7/20-8/31 \$58	

### BRIDGE INTERMEDIATE 1

**New** surroundings! Meet other players also looking to improve their techniques with additional conventions plus those that are tried and true. Stayman, Jacoby transfer, Blackwood, Scoring, Pre-emptive bids, Defensive play, 2 Clubs, more. No partner required. The basics of bridge are required for this class. Come join the fun.

<b>Rita Spira</b>	<b>Senior Center in Central Park</b>
<b>351103-5A</b> 18 yrs + Tu 2:30-4:30pm 7/19-8/30 \$58	

### 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!

<b>Recreation Staff</b>	<b>Senior Center in Central Park</b>
<b>351108-5A</b> 18 yrs + F 1-4pm 7/22-9/9 \$20	

### 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 a self-addressed stamped envelope. \$15 materials fee due at first class. Includes Heartsaver CPR book.

<b>OC-CPR NET</b>	<b>Senior Center in Central Park</b>
<b>351104-5A</b> 16 yrs + Sa 9am-2pm 7/30-7/30 \$50	