

Computers and Active Aging

COMPUTERS: ORGANIZE YOUR COMPUTER ONCE AND FOR ALL

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

Lander, Joel	Rodgers Senior Center Computer Lab				
4547.100	25yrs to Adult	1/23 - 1/30	2:00pm-5:00pm	Th	\$66
4547.101	25yrs to Adult	2/20 - 2/27	2:00pm-5:00pm	Th	\$66
4547.102	25yrs to Adult	3/20 - 3/27	2:00pm-5:00pm	Th	\$66

COMPUTERS: PICASA, PHOTO EDITING AND ORGANIZING

Organize, edit, and share digital pictures using Google's free Picasa program. Learn how to import/export, and relocate pictures; improve color, lighting, crop, fix red eye and do other edits; share your pictures via emails, web albums, CDs, prints and much more. Advanced registration strongly advised. No class 10/17; make up on 10/14, 1-4 pm.

Lander, Joel	Rodgers Senior Center Computer Lab				
4548.100	Adult	1/9 - 1/30	9:00am-12:00pm	Th	\$66
4548.101	Adult	2/6 - 2/27	9:00am-12:00pm	Th	\$66
4548.102	Adult	3/7 - 3/28	9:00am-12:00pm	F	\$66

COMPUTERS: WINDOWS 7

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, experiment, learn tricks, share and discover. Have fun! Advanced registration strongly advised.

Lander, Joel	Rodgers Senior Center Computer Lab				
4585.100	Adult	1/9 - 1/16	2:00pm-5:00pm	Th	\$66
4585.101	Adult	2/6 - 2/13	2:00pm-5:00pm	Th	\$66
4585.102	Adult	3/6 - 3/13	2:00pm-5:00pm	Th	\$66

CPR/FIRST AID/AED BASICS FOR SENIORS & CAREGIVERS

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, bring your questions and we will share our knowledge. American Heart Association card will be issued to all who participate. Please bring self-addressed stamped envelope. \$25 material fee due at class for American Heart Association book.

Ameduri, Megan	Rodgers Senior Center Hall C				
4828.100	16yrs to Adult	2/22	9:00am-1:00pm	Sa	\$45

DANCE: BALLET AND BALLET STRETCH FOR OLDER 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 1/20 & 2/17.

Huntington Academy of Dance	Rodgers Senior Center Hall D				
4494.100	Adult	1/6 - 2/10	12:30pm-1:30pm	M	\$40
4494.101	Adult	2/24 - 3/17	12:30pm-1:30pm	M	\$40

FITNESS: CARDIOFIT FOR SENIORS

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 and keep moving!

Grossman, Marianne	Rodgers Senior Center Hall B				
4816.101	50yrs +	1/7 - 3/14	9:00am-9:45am	Tu F	\$50

YOGA: YOGA AS A SENIOR SOLUTION

Starting in the chair with emphasis on breathing/posture, then using the chair as a prop for balance, stretching and flexibility, continuing down to the mat. Working to strengthen the body from fingers to toes, keeping ones independence and freedom of movement for your individual body, in a class limited to 12 students for individual attention. Please bring a mat and blanket. This class is held at the Marutani Dojo Cultural Center 18964 Brookhurst St Fountain Valley, 92708. No class 2/3 thru 2/7.

HelpYourHealth, RoxAnn Madera	Marutani Center 18964 Brookhurst St, FV				
4510.100	50yrs +	1/6 - 3/3	10:30am-12:00pm	M	\$126
4510.101	50yrs +	1/7 - 3/4	10:30am-12:00pm	Tu	\$126
4510.102	50yrs +	1/8 - 3/5	10:30am-12:00pm	W	\$126
4510.103	50yrs +	1/9 - 3/6	10:30am-12:00pm	Th	\$126
4510.104	50yrs +	1/10 - 3/7	10:30am-12:00pm	F	\$126

Sports Programs

YOUTH SPORTS

The City of Huntington Beach Youth Sports Program stresses the importance of teaching young people not only the rules and strategies of games but important lessons about life as well. Positive youth sports programs help young people develop confidence and self-esteem, help them learn to resolve conflicts peacefully, teach them ways to take care of their health and well-being, and help them develop skills for communicating with others. Coaches, spectators, families and participants are encouraged to be mindful that these programs are designed to develop the whole person, not just the athlete, and that sportsmanship is a required element of the City of Huntington Beach Youth Sports program.

PEE WEE BASKETBALL

Boys and girls 3 to 5 years old will be introduced to the basics of basketball in this non-competitive clinic-based program. Drills, basketball techniques, and basketball games will be used to teach the FUNDamentals of basketball. Sign-ups will begin on November 4, 2013 and will continue on a daily basis until the first day of play, Feb. 1, 2014 or until leagues are filled (limited availability). Every player will receive a HB recreation jersey! Sign up at your local community center or online at hbsands.org.

Recreation Staff	City Gym			
7720.102	3yrs to 5yrs	2/1 - 3/8	9:30am-10:20am	Sa \$55
Recreation Staff	Edison Community Center Basketball			
7718.102	3yrs to 5yrs	2/1 - 3/8	9:00am-9:50am	Sa \$55
Recreation Staff	Murdy Community Center Basketball			
7719.101	3yrs to 5yrs	2/1 - 3/9	9:00am-9:50am	Sa \$55
7719.102	3yrs to 5yrs	2/1 - 3/8	10:00am-10:50am	Sa \$55

Sports Programs

JUNIOR BASKETBALL

Boys and girls 6 to 8 years old will be introduced to the basics of basketball in this semi-competitive clinic-based program. Drills, basketball techniques, and basketball games will be used to teach the FUNdamentals of basketball. Sign-ups will begin on November 4, 2013 and will continue on a daily basis until the first day of play, Feb. 1, 2014 or until leagues are filled (limited availability). Every player will receive a HB recreation jersey! Sign up at your local community center or online at hbsands.org.

Recreation Staff				City Gym	
7717.102	6yrs to 8yrs	2/1 - 3/8	10:30am-11:20am	Sa	\$55

Recreation Staff		Edison Community Center Basketball			
7715.102	6yrs to 8yrs	2/1 - 3/8	10:00am-10:50am	Sa	\$55

Recreation Staff		Murdy Community Center Basketball Courts			
7716.102	6yrs to 8yrs	2/2 - 3/9	10:00am-10:50am	Sa	\$55

COED YOUTH BASKETBALL

The City of Huntington Beach coed youth basketball program provides a fun and competitive league in an instructional environment where the youth of the community can enjoy sports. All players in the 3rd through 8th grades who are interested in playing basketball may sign up at the City Gym, Murdy or Edison Centers. Sign-ups will begin on November 4, 2013 and will continue on a daily basis until evaluation day, January 11, 2014. Every participant will receive a team shirt. All games will be played on Saturday. Evaluations will be held at the City Gym and Pool. If you have any questions, please contact the recreation coordinator at (714) 960-8884

League A			City Gym - Recreation Staff		
7710.101	7th-8th	1/11 - 3/22	9:30am-10:30am	Sa	\$55

League B			City Gym - Recreation Staff		
7711.101	5th-6th	1/11 - 3/22	11:00am-12:00pm	Sa	\$55

League C			City Gym - Recreation Staff		
7712.101	3rd-4th	1/11 - 3/22	12:15pm-1:15pm	Sa	\$55

ADULT SPORTS

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 13, 2014. Team registration costs are \$400.00 per 8 week season plus referee fees (\$20.00) per game paid directly to the official by each team. League play will be 6 v 6 - including the goalie. All teams must have uniforms with numbers. Registration packets are available at City Hall, on the City website (surfcity-hb.org) or by mail. For league information or to be placed on the individual players list, please call (714) 536-5230. The first day of registration will be December 2, 2013. The deadline to turn in team registration to City Hall is January 3, 2014. A manager's meeting will be held prior to the start of the league on Wednesday, January 8, 2014.

6 v 6 Men's Open	Monday Nights	7:00pm, 8:00pm, 9:00pm
6 v 6 Men's Rec - 28 & Over	Tuesday Nights	7:00pm, 8:00pm, 9:00pm
6 v 6 Men's Open	Wednesday Nights	7:00pm, 8:00pm, 9:00pm
6 v 6 Coed Rec - 28 & Over	Thursday Nights	7:00pm, 8:00pm, 9:00pm
6 v 6 Coed Open	Friday Nights	7:00pm, 8:00pm, 9:00pm

Registration information for the Spring 2014 season will be available in February, 2014 for the season starting in Mid-to late March, 2014.

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 18, 2104 and continue for approximately eleven weeks. Men's teams play Sunday, Monday, Tuesday, Thursday or Friday. Coed teams play Sunday Wednesday, or Friday. 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 Leagues are offered on Sunday mornings/ early afternoons and on Thursday nights. 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 Thursday, January 9, 2104. 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 December 6, 2013. 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 2104 season will be available in March for the season starting in Mid-May, 2104.

MEN'S ADULT RECREATIONAL BASKETBALL LEAGUE

Winter, Spring, Summer and Fall Sessions Basketball leagues are played on Sundays and are arranged by the overall skill level of each team to ensure competitiveness. Leagues are height restricted - 6'0" and under and 6'5" and under (with a 1" allowance). Each team is also responsible for a \$30 game fee each week to cover two officials and a scorekeeper/statistician. The last two game fees are collected with the registration fee as a deposit against forfeits. For more information please go to hoopsunlimited.com or call the City Gym and Pool at (714) 960-8884 for registration information.

Hoops Unlimited, Marty Walker	City Gym Gymnasium
7901.100	Adult Su

ADULT SIX'S VOLLEYBALL LEAGUE

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

Win Win, Promotions LLC	City Gym Gymnasium
7900.100	Adult 1/6 - 3/19 6:00pm-10:00pm MW \$250

Parks & Recreation...

Reduce Stress

...The Benefits Are Endless