

BOARDWALK

LAGUNA BEACH SENIORS AT THE SUSI Q
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WHAT'S COOKING AT THE SUSI Q? IVCE COOKING CLASSES, MAH JONG, INTREPID TRAVELLERS WHO MAKE GETTING THERE HALF THE FUN, AND A LOT MORE!

LAGUNABEACHSENIORS

OUR MISSION IS TO ENHANCE THE LIVES OF SENIORS THROUGH PROGRAMS AND SERVICES THAT PROMOTE INDEPENDENCE, WELLNESS, AND COMMUNITY.

AT THE SUSI Q

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TEL 949.497.2441
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EMAIL: INFO@THESUSIQ
WWW.THESUSIQ.ORG
OPEN MON-FRI 9-3

BOARD OF DIRECTORS

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Vice President
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Secretary
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Program Manager
MARIANN TRACY
Office Manager
JEAN STEVENS
Case Manager
JUDY DENTON
Adnin Assistant
CHRISTINE BREWER
CITY STAFF
Center Coordinator
PATTY KOSS

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501(C)(3) TAX-EXEMPT ORGANIZATION
ID# 95-2983350

HAIL AND FAREWELL

A new addition to the LBS staff is administrative assistant **Christine Brewer** (top photo), who joined us in the Fall. We had wonderful applicants, but Christine was the one who met *all* our requirements. With a son at LBHS, the half-time position works well for Christine, and she has already made her mark on our office procedures. And she's fun.

Another new face is **Linda Anderson** (center, flanked by volunteers **Pauli Kotin** and **Ramona Loucks**) from South County Senior Services, which operates our lunch program. We extend her a warm welcome—and our awareness that it is never easy to replace a colleague who was held in such regard as **Gisela Lopez** (bottom photo).

Gisela was planning to retire when we made the move to the Susi Q. We're so glad she stayed on for a year to enjoy the facility and see her program expand. To quote from a poem Skipper Lynn wrote and read to Gisela at a farewell gathering, "Who will be missed and talked about and reminisced over / and bring smiles to our lips and tears to our eyes when we think about you? / You will / wonderful, caring, comforting, smiling, cool you!"

Finally, our co-treasurer **Jim Kreder** has decided it is time to leave the board. He told us he had accomplished what he set out to do: help with the transition to the Susi Q and the creating of rock-solid financial systems. He has done all that and more, and he has our admiration and gratitude.



THE FINE PRINT

Under our bylaws, the Board of Directors may fill vacancies at any time, and we work throughout the year to attract qualified persons to the board. As a membership organization, however, directors must be elected by the members at an annual meeting, which will take place at the Susi Q on Monday, February 8 at 1:00 in the Great Room. Members have the right to make nominations to the board. Nominees must be members of Laguna Beach Seniors who are willing to serve and have agreed in writing to the requirements for directors. (A copy of the board commitment is available at the Susi Q.) While it is not required, we encourage those interested in board service to first get involved in one of our committees to better understand the agency and the needs of its members. Under our system of staggered three-year board terms, the Board is nominating three members in 2010: Louise Buckley is a past board president and a powerful community advocate for seniors. Chris Quilter is our current board president, Boardwalk editor, and web-master. Tina Haines, who joined the board in mid-year, has a wealth of business and strategic planning experience.

AND A FEW FINAL WORDS FROM BEA...

There are so many people to thank and blessings to count! It takes a village to raise a senior center—and an army of determined, good people to bring it to life. I urge you to take a bit of time to reflect on all we have accomplished together. Places like the Susi Q really *matter*. I don't only mean to frail seniors, whose concerns are paramount. I mean to *us*: people of "a certain age" who are active, independent, and interested in staying that way. A modern senior center can enrich our lives in so many ways, from clubs to courses to fitness classes and more. It's all happening now at the Susi Q, and I say, "God bless us, everyone." See you at the Susi Q!



ACCOMPLISHMENTS, CHALLENGES, GOALS

2009 WAS THE MOST EXTRAORDINARY YEAR IN OUR HISTORY. BOARD PRESIDENT CHRIS QUILTER SUMS IT UP IN HIS ANNUAL REPORT.

1. We hit the ground running—and haven't stopped.

There *is* something as challenging and rewarding as building a senior center: opening one and getting it up to speed. It is amazing to think back a year and then look at the programs and activities in this issue of the *Boardwalk*. Our exceptional staff and scores of dedicated volunteers have done us proud.

Equally gratifying has been the response of the community. *Everyone* loves the building, but where the Susi Q really shines is as a warm and welcoming place for people.

One result: our membership has quadrupled! We're even seeing more of those friends of ours—you know the ones—who take the senior discount but say they will *never* be seniors.

"Living it up" is central to everything we do at the Susi Q. But so is the need to look out for one another. Our Outreach

Program encompasses everything we do beyond the Susi Q. At its heart is free case management. Judy Denton usually has 20 or more active cases at any one time, and she has connected scores of seniors and their families to the resources of a caring community.



LAGUNA BEACH SENIORS BOARD OF DIRECTORS

CLOCKWISE FROM THE FLAG: TERRI JOHNSON, RICK DAVIS, JIM MCBRIDE, EXECUTIVE DIRECTOR BEA FIELD, CAROL REYNOLDS, ANN QUILTER, LOUISE BUCKLEY, STUART WILSON, PHD, DARRCY LOVELAND BICKEL, PAMELA HOROWITZ, CHRIS QUILTER, TINA HAINES, JIM KREDER. NOT SHOWN: VIC OPINCAR, KATE TSCHUDIN.

Another accomplishment—not as heartwarming a story yet fundamental to our future—is that Laguna Beach Seniors has completed its transition into a professional senior services agency. Our policies and procedures are in place, our financial systems are rock solid, our audits are spotless, and we run a very tight-fisted ship (thank you, Bea).

2. We will live within our means.

When we planned our 2009 budget, we set aside reserves to ease us through our first two "startup" years. Our 2009 deficit was smaller than anticipated—a tribute to your

generosity and our thrift. But let's face it: deficit funding is only a business plan if you can print money. So last summer, our Fund Development Committee went into high gear. In November, we launched a major donor giving program called the Cornerstone Club. In 2010, we will introduce a planned giving program, lay the groundwork for an endowment—essential for our long-term stability—and create a new three-year strategic plan. These are all important, positive steps. Yet there isn't a nonprofit in the country that isn't wondering how their donors will be able to sustain their support, let alone increase it. Whatever happens, this time next year we'll be living within our means—even if that means we must trim our sails.

3. We will not thrive if we are a category of one.

No other senior center in Orange County (or in the country, I suspect) operates the way we do. Cities either run their senior centers directly or contract with nonprofits like LBS to do it. Because we have a positive and productive relationship with the City, some people don't even realize that we're a nonprofit agency. (Bea was asked the other day how she enjoyed working for the City!) It surprises everyone to learn that **the City provides only five percent of our budget.** We hope to persuade them that they can and should do more. But honestly: can you imagine a worse time to be having that conversation? The City is strapped, and for the near term we must look after ourselves. To thrive over time, however, we need an operating agreement with the City that makes us less overwhelmingly dependent on the private philanthropy that has brought us so far.

4. We must build a coalition of seniors.

Have you noticed who runs this town? The boards, committees and associations that make Laguna a special place to live are made up of seniors. Us. Imagine what we could accomplish if we thought and acted like a constituency. In a City where almost a third of us are over 60, we pay little attention to what it will take to live out our lives in the town we love. When we stop driving, our transportation options are fragmented and inefficient. (Our City bus doesn't even stop at the Susi Q!) Housing options for seniors who can't or shouldn't live alone are modest. Our only assisted living facility—six residents—closed last year. Other communities have these resources. Why not us? Because, as a savvy local politician said to me recently, "If people aren't organized, they don't get noticed."

5. We will keep on living it up at the Susi Q—and keeping an eye out for one another.

The wonderful thing about hanging out at the Susi Q is the incorrigible optimism of the people you meet there—the lifeblood of Laguna Beach Seniors. I'd like to give a special "shout out" to the Board of Directors. Each one of them is a dreamer, doer, volunteer, and major donor. We are a diverse and opinionated group, but egalitarian by temperament and preference. Common sense, a common cause, and a collective sense of humor keep us balanced and moving forward. I cannot imagine a finer group of people to entrust with the future of Laguna Beach Seniors.

OLLI AT THE SUSI Q: SPRING 2010

LB 1: Iran: A Traveler's Tale

Mondays: Apr 12, 19, 26, and May 3 from 1-3
John Bush, Ph.D., a recent traveler and outsider to Persian culture will relate his experiences to Iranian history by his photographs, documentary DVDs, music and art of Iran.

LB 2: Readers' Theater: Contemporary Playwrights

Wednesdays: Feb 17 & 24, Mar 3 & 10 from 2-3:30
Alison King, Ph.D. and Marcy Middler, Ph.D. lead participants through the script of a play, without props, costumes, sets or preparation, and without memorizing the lines. Material for this Readers' Theater course will be short 10-minute plays authored by contemporary playwrights.

LB 3: Science Discussion Group

Tuesdays: Feb 9 & 23, Mar 9 & 23, Apr 13 & 27 fr 10-12
Ron Williams and Alison King of OLLI@UCI Science Committee help participants gain a deeper understanding of science topics currently in the media. Each session is devoted to one topic, such as epigenetics, mirror neurons, "super bugs" and machine consciousness.

LB 4: Language: A Remarkable Human Tool

Dates & Times: May 10 & 17 from 1:30-3:30
Sue Braunwald, Ph.D. will share her adventures as a child language researcher, including her current work at the Max Planck Institute of Evolutionary Anthropology.

Session 1: The Mystery of Human Language

Session 2: From Baby talk to Language

LB 5: Reader's Theater: Shakespeare

Wednesdays: Mar 31 & Apr 7, 14, 21 from 2-3:30
Alison King, Ph.D. and Marcy Middler, Ph.D. will facilitate the class using a Readers' Theater format. Following each presentation of a scene, class members will discuss meanings gained from their experience.

LB 6: Wildflower Hike in Laguna Coast Wilderness

Thursday, April 1 from 9:30-11
Lonnie Horn, certified docent naturalist, meets the class at the Nix Nature Center in the Laguna Coast Wilderness Park for a 1.5-mile interpretive hike. A profusion of wildflowers should delight the eye.

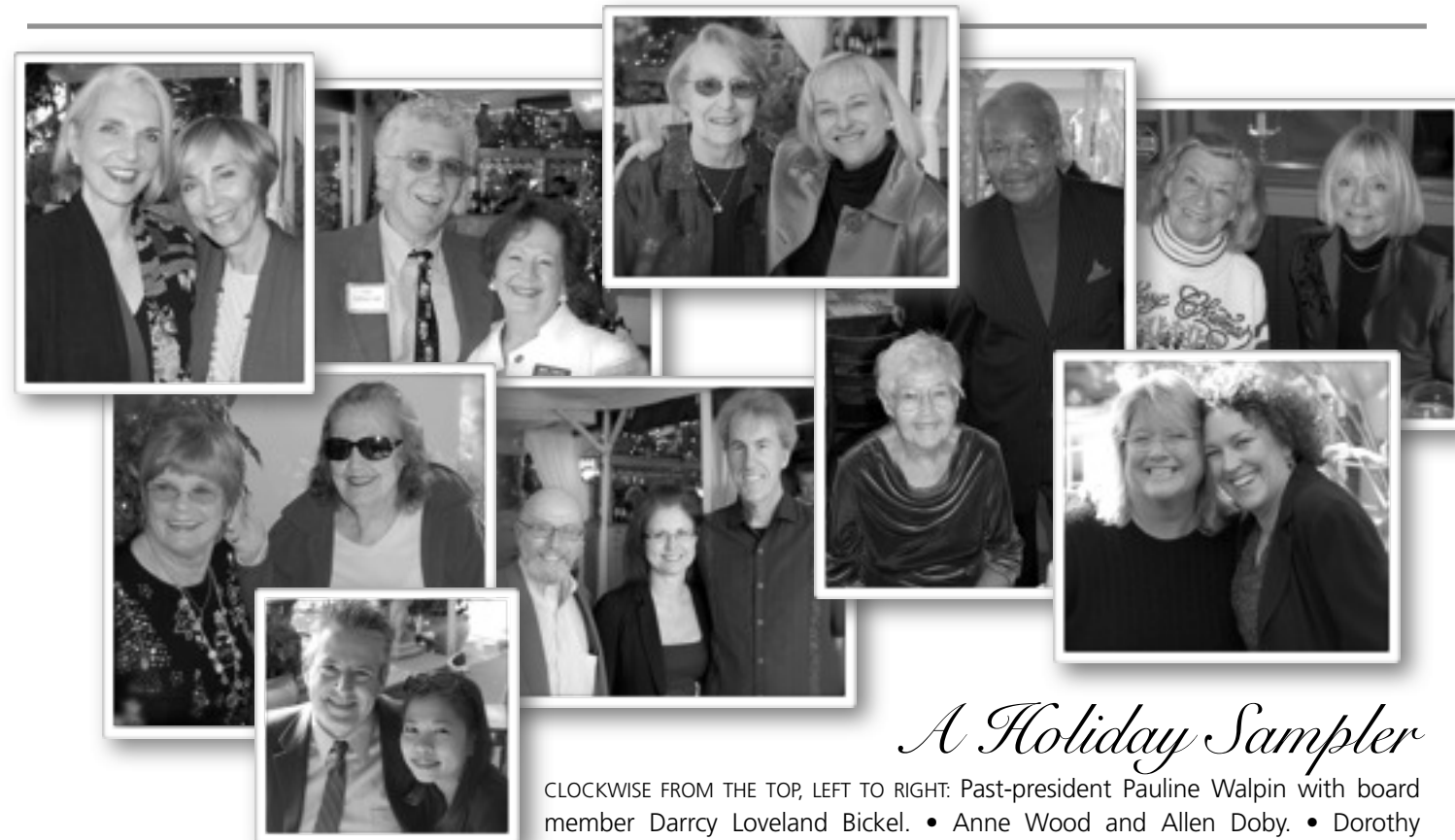
LB 7: Hidden Wonders in Foreign Places

Thursdays, Feb 18 & Mar 4 from 10-11:30
Alison King, author and adventurer, traveled to the Arabian Peninsula and Somaliland in 2008. She will guide us through the Omo River Valley of Southern Ethiopia, the Arabian capital of Saana, and a start-up country called Somaliland.

LB 8: Taste of French Cooking

Wednesdays: May 12 & 19 from 10-11:30
Sylvain Touagi, world traveler, chef, connoisseur and local businessman will make your mouth water hearing about the various signature dishes from many regions of France.

OLLI ASSOCIATE MEMBERSHIP FORMS ARE AVAILABLE AT THE SUSI Q. THE COST IS \$20 FOR THE ACADEMIC YEAR PLUS \$10 PER COURSE. THERE ARE FOUR WAYS TO REGISTER: (1) CALL 949-824-2090, PRESS 0; (2) FAX FORM TO 949-824-2090; (3) MAIL FORM TO: OLLI-SUSI Q MEMBERSHIP/UCI EXTENSION, P.O. BOX 6050, IRVINE, CA 92616-6050; (4) IN PERSON AT UCI EXTENSION STUDENT SERVICES, MONDAY-FRIDAY FROM 9:00-5:00.



A Holiday Sampler

CLOCKWISE FROM THE TOP, LEFT TO RIGHT: Past-president Pauline Walpin with board member Darryl Loveland Bickel. • Anne Wood and Allen Doby. • Dorothy Dougher with Dottie Parnell, from the Sally's Fund board. • Roxanna Ward's

talented chorus from Thurston and LBHS wowed us, and Bree Burgess Rosen gave fresh meaning to "O Holy Night." • Lee Andersen lifted Chris Quilter's spirits by becoming visibly younger and cooler since his days as our president; community center coordinator Patty Koss and Matt Quilter, fourth and final son of Susi Q. • Board member Rick Davis, who also heads the American Board of Home Care and is CEO of Attentive Home Care, with his wife Laiza • Councilperson Verna Rollinger with past-President Virginia Schott, recipient of our first Legacy award in 2006. • Pat Chatlin and Kerri Stoner, driving forces behind Intrepid Travellers. • Board member Vic Opincar, Fund Development Committee chair, and Executive Director Bea Field.

SAVE THE DATE AND SAVE US A DANCE!



Our flagship fundraiser on March 26 at [seven-degrees] will our biggest-ever fun-raiser too. After all, *you'll* be there! And so will honorary chair, James Bermingham—the man in charge of the Montage—who knows a thing or two about making every guest feel special. We'll also honor our 2010 Legacy Award Winners. Nominations are being accepted until January 10, so if you know someone who has made our wonderful town a better place to live, let us know.

LAGUNA MUSIC FESTIVAL CELEBRATES THE SUSI Q

Last January, some of our luckiest members attended an unforgettable "Farewell to Legion Hall" concert with Lynn Harrell—one of the world's great cellists. Thanks again to our friends at Laguna Beach Live!, which presents the Laguna Music Festival with the Philharmonic Society, there will be an encore—a free Midmorning Musicale at the Susi Q. It will feature violinist Maria Bachmann, who has won First Prizes at the Fritz Kreisler Competition in Vienna and the Concert Artists Guild Competition in New York. Composer Philip Glass wrote his first Sonata for Violin and Piano (2008) especially for her.

The annual Laguna Music Festival is one of our hometown treasures. This year, the Festival explores the impact of music in film. Its centerpiece will be three different, newly commissioned scores for an exclusively edited 12-minute version of "The Living Sea" by acclaimed IMAX director, cinematographer, and Laguna Beach native Greg MacGillivray,

The concerts will be at the Artists' Theatre on Thursday, January 21, Saturday, January 23, and Sunday, January 24. There are also special events throughout the week—including the Midmorning Musicale at the Susi Q! Our 40-minute event will start at 10:00 in the Great Room, followed by light refreshments in the Library/Lounge. The concert is free and we welcome everyone who wants to experience talented artists in an intimate setting. But space is limited and reservations are required. So call the Susi Q and reserve now.

We thank Laguna Beach Live! president Cindy Prewitt and her board for this generous gift to our members. And we urge all of you who to catch the world-class performances at the Laguna Music Festival. Tickets are affordable and available online at LagunaBeachMusicFestival.com and by calling 949.553.2422 (Philharmonic Society) or 949.497.2787 (Laguna Playhouse).



WHAT'S HAPPENING IN JANUARY AND FEBRUARY 2010

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
9:00-12:00 • JAN 4 & FEB 1 PREVENTATIVE HEALTH CARE BY APPOINTMENT	8:15-9:15 LESLIE'S STRETCH & STRENGTHEN (CS-\$)	6:30-4:30 • JAN 27 DR PHIL SHOW DAY TRIP	8:30-10:00 • JAN 28 & FEB 25 LBS BOARD MEETING	9:00-12:00 • JAN 8, 22, FEB 12, 26 LEGAL ASSISTANCE W/RUSS BOLTZ BY APPOINTMENT
9:30-10:30 • JAN 11-MAY 17 LAUGHTER YOGA (IVCE-\$)	8:30-9:30 JAN 12-MAY 18 LATIN AEROBICS (IVCE-\$)	8:15-9:15 LESLIE'S STRETCH & STRENGTHEN (CS-\$)	9:00-11:00 • JAN 7, 21 & FEB 4, 18 DROP-IN DIGITAL PHOTO COMPUTER CLASS	9:00-10:00 JAZZ WORKOUT (CS-\$)
10:00-11:00 • JAN 11, 25 FEB 8, 22 COFFEETALK SUPPORT GROUP	9:00-10:30 JAN 12-MAY 18 INTRO TO PC (IVCE-\$)	8:00-11:00 SENIOR TENNIS 55+ AT ALTA LAGUNA PARK	9:30-10:30 • JAN 7, 14, 21, 28 FREE MIDDLE EASTERN DANCING LESSONS	10:00-11:00 • JAN 22 MORNING MUSICALE WITH THE LAGUNA MUSIC FESTIVAL
10:00-11:00 • JAN 11, 25 FEB 1, 8, 22 GENEALOGY LECTURE SERIES	9:00-1:00 • JAN 5 LIBRARY BOOK SALE	8:30-9:50 FAT BURNER (CS-\$)	9:30-10:20 • FEB 11-MAY 6 QI GONG (IVCE-\$)	10:00-11:30 CURRENT EVENTS
11:00-12:15 • JAN 11-FEB 22 THE PAIN-FREE BODY (CS-\$)	10:00-11:30 CURRENT EVENTS	8:30-9:45 YOGA BALL (CS-\$)	10:00-11:00 JAZZ WORKOUT (CS-\$)	10:15-11:15 • FEB 5-MAY 7 PILATES (IVCE-\$)
11:00-11:55 SENSATIONAL AFTER 60 (CS-\$)	10:00-11:00 ADULT TAP (CS-\$)	9:15, 10:15, 11:15 • FEB 3-APR 14 FREE TAX PREP BY APPOINTMENT	10:00-12:00 TABLE TOP COLLECTIBLES	11:00-1:00 • JAN 29 & FEB 26 FOOD DISTRIBUTION
11:45-3:00 SOCIAL BRIDGE	10:00-12:00 • FEB 9 & 23 OLLI LECTURE \$ SCIENCE DISCUSSION GROUP	10:15-11:15 FEB 10-MAY 5 PILATES (IVCE-\$) \$	10:30-11:30 BINGO & PRIZES! DROP-IN!	11:30-12:20 • FEB 5-MAY 7 YOGA (IVCE-\$)
12:00-2:15 JAN 11 & FEB 22 HICAP BY APPOINTMENT	10:30-12:00 • JAN 12-MAY 18 INTRO TO INTERNET & EMAIL (IVCE-\$)	10:00-ISH • FEB 10 INTREPID TRAVELERS	10:30-12:00 • FEB 11-MAY 6 AQUATIC FITNESS (IVCE-\$) LBHS POOL	12:00-3:00 ARTISTS' SALON (CS-\$)
1:00-2:00 • FEB 8 ANNUAL MEMBERSHIP MEETING BOARD ELECTION, REFRESHMENTS	10:30-12:00 • FEB 9-MAY 4 AQUATIC FITNESS AT LBHS POOL (IVCE-\$)	11:00-11:55 SENSATIONAL AFT 60 (CS-\$)	11:50-12:50 CHI KONG W ROSE TING FREE FOR SENIORS 55+	12:30-4:30 • JAN 29 AARP DRIVER SAFETY \$
1:00-3:00 MONDAY AT THE MOVIES	11:15-12:20 • JAN 12-MAY 18 BODY & BRAIN FITNESS (IVCE-\$)	11:30-12:20 • FEB 10-MAY 5 YOGA (IVCE-\$)	12:05-12:55 YOGA BREAK (CS-\$)	1:00-2:30 SACRED ANAT YOGA (CS-\$)
1:00-3:00 OPEN COMPUTER LAB \$	12:05-12:55 YOGA BREAK (CS-\$)	12:30-4:30 MAHJONG	12:30-4:30 • JAN 28 (& JAN 29) AARP DRIVER SAFETY \$	1:00-3:00 • EXC JAN 8 & FEB 12 OPEN COMPUTER LAB \$
1:00-3:00 • JAN 11 OLLI LECTURE \$ ARMCHAIR HIKES OF OC	12:30-3:30 • FEB 9-MAY 4 WATERCOLOR-BEG. (IVCE-\$)	1:00-3:00 • FEB 10-MAY 5 NUTRITIONAL COOKING (IVCE-\$)	1:00-2:30 • JAN 28 FREE CAL PUBLIC UTILITIES COMMISSION LECTURE	1:00-3:00 • JAN 8 & FEB 12 COMPUTER CLUB
1:30-3:00 • JAN 11-MAY 17 PILATES (IVCE-\$)	1:00-2:00 • JAN 12 KEEPING YOUR NEW YEARS RESOLUTIONS	1:00-3:00 OPEN COMPUTER LAB \$	1:00-2:30 • JAN 28 FREE CAL PUBLIC UTILITIES COMMISSION LECTURE	1:00-4:00 TABLE TENNIS
2:00-3:00 BALLROOM DANCING \$	1:00-2:00 • JAN 5 & FEB 2 LEGAL AID BY APPOINTMENT	1:00-4:00 TABLE TENNIS	1:00-3:00 • JAN 7 & 14 OLLI \$ "NUREMBURG TRIALS"	1:00-5:00 CASE MANAGEMENT BY APPOINTMENT
	1:00-2:30 SACRED ANAT YOGA (CS-\$)	2:00-3:30 • FEB 17 & 24 OLLI LECTURE \$ READERS THEATER: CONTEMPORARY PLAYWRIGHTS	1:00-4:00 • FEB 11-MAY 6 WATERCOLOR INT/ADV (IVCE-\$)	2:00-3:00 • JAN 15 DISASTER PLANNING BY OC OFFICE ON AGING
	1:00-3:00 • JAN 5; FEB 2, 9, 16, 23 BRAILLE INSTITUTE SERIES: KITCHEN CONFIDENCE		3:00-5:00 • JAN 7 & FEB 4 BOOK CLUB	
	1:00-4:00 FEB 9-MAY4 FILM GENRES (IVCE-\$)			
	1:00-5:00 CASE MANAGEMENT BY APPOINTMENT			

\$ = FEE CLASSES BY: LBS-LAGUNA BEACH SENIORS • OLLI-OSHER LIFELONG LEARNING INSTITUTE • IVCE-IRVINE VALLEY COLLEGE EMERITUS • CS-COMMUNITY SERVICES

JOIN US FOR LUNCH AT 11:30 • SEE FRONT DESK OR WEBSITE FOR MENUS • \$4 DONATION REQUESTED

AT THE SUSI Q/COMMUNITY CENTER UNLESS NOTED. TIMES AND DATES SUBJECT TO CHANGE. STOP BY OR CALL 949/497-2441 FOR APPOINTMENTS AND UPDATES.



MARV JOHNSON, EILEEN WALSH, ANNE JOHNSON AND JORDI MAS. HIS NEW CLASS, "THE PAIN FREE BODY," STARTS MONDAY, JANUARY 11. FOR OTHER COMMUNITY SERVICES CLASSES WITH A "RESTORATIVE" EMPHASIS, CHECK OUT CARRIE PITT'S "SACRED ANATOMY YOGA" AND CHI KONG WITH ROSE TING.

NO SWEAT BY CHRIS QUITER

If your exercise mantra is "no pain, no gain," you're probably a lot younger than I am. In recent years, garden variety ailments made fitness a chore. The usual remedies—physical therapy, massage therapy, acupuncture, personal trainers, yoga, ibuprofen, red wine—all helped. But none gave me the lasting relief I found by rediscovering my inner coach potato. And that's been worrying me a lot. For there's one thing we can be sure of: "we don't wear out, we rust out."

The best news for both armchair and active athletes with some mileage on them is the rapidly growing "restorative" fitness movement. Instructor Jordi Mas, CPI, CFT, calls it "mindful movement." "The body is naturally strong, flexible and resilient," he states. "The aches and pains we feel, especially as we get older, are mostly due to our lifestyle and unconscious habits that distort our posture and alignment." His solution? "Just be more aware of the body, relax a little bit, and do gentle, natural movements with ease!"

The hardest part of Jordi's class was rolling out my mat. For an hour, he quietly talked us through a series of gentle movements, asking us to simply observe what we felt. The goal is to lubricate the mind-body connection in order to help the body rebalance itself. But can anything so subtle promote profound change? I'm not sure—yet. I left class surprised at how relaxed and energized I was, slept soundly that night, felt great the next day, and will be coming back for more.

PROMOTING WELLNESS IS PART OF OUR MISSION. FUTURE ISSUES OF THE BOARDWALK WILL EXPLORE THE MANY HEALTH AND FITNESS OPPORTUNITIES AT THE SUSI Q & COMMUNITY CENTER.

IN THE SPOTLIGHT FOR JANUARY AND FEBRUARY

AARP DRIVER SAFETY COURSE

WHAT - Refresher course for older drivers. Learn safe driving strategies and defensive driving techniques. Cost \$12 for AARP members and \$14 for non-members. When - Jan 28 & 29 12:30-4:30. Reservations required.

GENEALOGY LECTURE SERIES - FREE!

WHAT - Explore your family tree. Learn how to get started, search public records, and document your sources and findings. A different topic is discussed at each class. WHEN - Monday, Jan 11, 25, Feb 1, 8, 22, Mar 1, 8, & 15 from 10:00-11:00.

DO YOU HAVE A GO KIT?

WHAT - A health educator from the County of Orange Office on Aging tells you what to have ready in an emergency and how to create a "Go Kit". WHEN - Friday Jan 15 from 2:00-3:00.

FLORAL DESIGN

WHAT - Debby Neville teaches all styles of flower arranging. Each week you design an arrangement and take it home to enjoy. You must register by the Wednesday prior to the class. \$45 per class includes all materials. WHEN - Fridays Jan 15-Feb 12 from 3:30-5:00.



NORM, JUDY!
SHOW US OUR NEW FLAGS!

TAKE CHARGE OF THE NEW YEAR

WHAT - The Secret to Keeping Your New Year's Resolutions! Local author Dr. Marion Jacobs will give you the roadmap and teach you how to stay motivated and make changes that last. WHEN - Tuesday Jan 12 from 1:00-2:00.

PENNYWISE - NEW! FREE!

WHAT - A new series that helps you pinch every hard-earned penny. A CA Public Utilities Commission speaker shows you how to take charge of your utility bills (smart meters are coming!), avoid telemarketers, deal with household goods movers—and much more. WHEN - Thursday Jan 28 from 1:00-2:30.

FIND ASSISTANCE & SUPPORT

TAX PREPARATION (FREE!)

WHAT - AARP/IRS-trained volunteers provide free basic tax help for mid- to low-income persons, with extra care for those 60+. Bring 1099s and W-2s, deductions/credits, last year's return—and your partner if filing a joint return. Note: Volunteers are not trained to prepare returns with business depreciation, rental or partnership income. All returns are e-filed.

WHEN - Wednesdays & Thursdays 9:15, 10:15, 11:15 from Feb 3 to Apr 15 by appointment.

CASE MANAGEMENT

WHAT - Case manager Judy Denton develops care plans and links clients to resources that promote the best quality of life in the safest possible way. WHEN - Tuesdays & Fridays 1:00-5:00 by appointment.

SOUTH COUNTY SR TRANSPORTATION PROGRAM

WHAT - This County-funded program will take you to and from your home and any medical facility in South County for \$2 each way—if you do not qualify for ACCESS (OCTA'S paratransit service). For information call 949/855-9766.

WHEN - Monday-Friday, from 7:00 am to 6:00 pm.

HEALTH INSURANCE COUNSELING (HICAP)

WHAT - Skilled advice for people having problems with Medicare and health benefits. WHEN - Monday Jan 11 & Feb 22, 12:00-2:15 by appt.

LEGAL AID

WHAT - Mary Pat Toups from the Legal Aid Society advises on legal matters for folks over 60. WHEN - Tuesday Jan 5 & Feb 2 from 1:00-2:30 by appt.

LEGAL ADVICE

WHAT - Free legal advice from attorney Russ Boltz. WHEN - 2nd & 4th Fridays, 9:00-12:00 by appointment.

BRAILLE INSTITUTE - MANAGING VISION LOSS

WHAT - Positive solutions, discussion and support. WHEN - First Tuesdays Jan 5-Dec 7 from 1:00-3:00.

BRAILLE INSTITUTE - COOKING WITH CONFIDENCE

WHAT - Four week seminar. WHEN - Tuesdays Feb 2-23. Reservations required.

COFFEETALK SUPPORT GROUP (FREE)

WHAT - Kay Wenger, LMFT and Debbie Seitz, MA create a supportive atmosphere where you'll find understanding and information, and explore issues that confront us all. WHEN - 2nd and 4th Mondays, 10:00-11:00 in the Library.

SENIOR COUNCIL/SUGGESTION BOX

WHAT - Bill Allen, Skipper Lynn, Fred Wicknick, and Magda Herlicksa make sure that members' suggestions and concerns are heard. HOW - Use the suggestion box at the front desk.

IN THE SPOTLIGHT FOR JANUARY AND FEBRUARY

LIVE IT UP

INTREPID TRAVELLERS

WHAT - Affordable, fun-filled day trip adventures using public transportation. Next destination TBD. WHEN - Wednesday Feb 10, time TBD.

MODERN MIDDLE EASTERN DANCE LESSONS

WHAT - Learn a fusion of dances from Middle Eastern, Persian, Indian and American cultures. Expect to have fun, sweat, and gain a few new moves. Free! When - Thursday Jan 7, 14, 21, & 28 from 9:30-10:30.

BALLROOM DANCING

WHAT - Teacher Candi Davis is looking for couples and singles who love to dance. Ballroom to Latin to Country. Wear leather-soled shoes. WHEN - Mondays 2:00-3:00. \$5/class.

BIRTHDAY BINGO

WHAT - A bingo party for you during your birthday month. WHEN - TBD. Check with front desk.

TABLE TENNIS

WHAT - Paddles and balls available. WHEN - Wednesdays and Fridays 1:00-4:00.

MONDAY AT THE MOVIES

WHAT - Flicks, popcorn and refreshments. WHEN - Mondays 1:00-3:00.

TABLETOP TREASURES

WHAT - Tabletop swap meet. Bring donations (small items!) only on Thursdays. WHEN - Thursdays 10:00-12:00, in the Lobby

GALLERY Q

WHAT - Now showing: IVCE Winter Exhibition. WHEN - Through Jan 28, whenever the Susi Q is open.

MAH JONG

WHAT - A game of skill, strategy, and calculation. WHEN - Wednesdays from 12:30-4:30.

STAY WELL

YOGA, FITNESS, & MORE

WHAT - Community services classes include Leslie's Stretch & Strengthen, Mary's Sensational after 60, Mindful Movement, Yoga Break, Sacred Anatomy Yoga, Yoga Ball, Fat Burner, Jazz Workout, Aquatic Fitness at the LBHS Pool, and Senior Tennis in Alta Laguna. WHEN - Check our calendar, the City Recreational Bulletin, and at the front desk.

HEALTH ASSESSMENTS

WHAT - A checkup and health review from Public Health Nurse Cheryl Lowes. WHEN - Monday Jan 4 & Feb 1, 9:00-12:30 by appt..

STRETCH YOUR MIND

OLLI AT THE SUSI Q SPRING SEMESTER

WHAT - UCI's Osher Lifelong Learning Institute, in consultation with our members, designed classes exclusively for the Susi Q. See sidebar page 2 for details. WHEN - Feb-May.

ART SALON

WHAT - Carole Zavala coordinates an studio-like environment when artists can pursue their work in the company of other. \$15. WHEN - Fridays, Jan 8-Apr 2 from 12:30-3:00.

REFRESHER BRIDGE W PLAY

WHAT - Ann Cressman leads an 8-week class. Each session starts with a short lesson on bidding techniques and responses, followed by supervised play, discussion of hands, and scoring. \$95. WHEN - Mondays, Feb 8 - Apr 5 (skips Mar 15) at 9:30



READ A GOOD BOOK LATELY?

BOOK CLUB

WHAT - Love to read and talk about it? The book for January is The Glass Castle by Jeannette Walls. The moderator is Sue

White. The February book is TBD. WHEN - Jan 7 & Feb 4 from 3:00-5:00

PUT YOUR IPOD TO WORK (AND PLAY)

WHAT - Got an iPod? Learn how to download music, podcasts, books, and movies from iTunes. \$10 per class. WHEN - Thursday, Jan 14, 28, Feb 11, & 25 fr 9:00-11:00.

PICASA SOFTWARE CLASS

WHAT - Learn to organize, edit, and share those holiday photos using free software from Google. Drop-ins OK. WHEN - Thursdays Jan 7-Feb 25 from 1:00-3:00

COMPUTER CLUB

WHAT - New member-run club. WHEN - Second Fridays, Jan 8 & Feb 12, 1:00-3:00

OPEN COMPUTER LAB

WHAT - For members' use and/or practice time. Have any computer-related questions? Stop by and a volunteer will assist you. \$2 per drop-in or \$10 for 3 months. WHEN - Mondays, Wednesdays, Fridays 1:00-3:00.