

BOARDWALK

LAGUNA BEACH SENIORS PROVIDES SERVICES AND PROGRAMS THAT PROMOTE INDEPENDENCE, WELLNESS AND COMMUNITY.

AT THE SUSI Q
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OPEN MON-FRI 9-3

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SUSI Q NEWS



you like to bowl without having to lift that heavy ball? Play table tennis without chasing the ball? Then take **Christine's Wii Challenge** on Mon-days, Wednesdays, and Fridays from 10:30-11:30 through September 2.

SUMMER GAMES

Committee members **Peter Paul Ott, Terry Timmins, Monir Ramhormozi, Tom Toman, Mariann Tracy,** and **Patty Koss** announce the **1st Annual Susi Q Amateur Table Tennis Tournament**, August 24-26 from 1:00-4:00. Members: \$10, non-members: \$15. Check with the front desk for details. • But wait! We have more summer games like **free backgammon lessons** with **Efy Shirazi**. Beginners and experienced players of all ages are welcome on Wednesday July 6, 13, and 27 from 9:30-11:30. (Feel free to bring your own board.) We've also added a second day of **Summer Bingo!** Now you can play Mondays as well as Thursdays from 10:30-11:00, from July 11 though August 29. • Finally, **Christine Brewer** reports, "We have a Wii game system just *sitting* in the cabinet in the Wellness Room." Would



RARE BOOK STORY

Dinah Shields has been a mainstay of our Library since the Susi Q opened. She's also a published writer, former columnist, writing teacher, book store owner, and book collector. On the last Friday of each month, from 9:00-11:00, drop by with up to five of your old or rare books and have them appraised by this long-time book professional.

SCIENCE PROJECT

What's new in science and how will these developments affect society? Join our free **Science Discussion Group** on Tuesday, July 12 and 26, and August 9 and 23 from 10:00-12:00. Topics will be based on articles in the

recent issues of *Scientific American* magazine.

JAWS

Ahoy! The **Dana Point Ocean Institute** will be at the Susi Q on Thursday, July 7 from 12:30-1:30. Bring the grandkids to this free presentation on sharks and marine mammals, a brief introduction to the Ocean Institute, and information about the annual marine mammal cruise on August 5.



SUMMER SIPPING

Summertime, and the sipping is easy... Dr. Alvin Glasky will help us explore light wines, including vintages, varietals, terroirs, aromas, and savory pairings with summer snacks and appetizers. All you need is an open mind and three empty wine glasses. See you Monday, July 18 from 2:30-4:30. Fee: \$20 payable in advance. Pre-registration is required. Sponsored by the Osher Lifelong Learning Institute.



The June 11 Silver Ball lived up to its billing as a "casual night of serious dancing to live music" with a combo, tango demonstration, tons of dancing, good company, and a door prize. Dancing at the Susi Q is off to a promising start!

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HAPPY SUMMER SOLSTICE!

This midsummer message is both a thank-you and an update. First, I want to thank the many members who answered our appeal last month and became Contributing Members. Your generosity reflects your feeling of ownership and involvement with the Susi Q and makes the bonds between us stronger.

Secondly, I'd like to give you an update on what's happening at the Susi Q. We continue to see how our services make a difference in the lives of our members, who are enjoying opportunities for socialization, personal growth, achievement, companionship, and well-being. Looking ahead, we want to be of greater service to the *entire* older population in Laguna Beach. Mindful of our baby boomers, we are committed to growing and adapting our center to their emerging needs.

We know that most "boomers" define the word senior as "someone else—and *much* older." As this 2006 ad shows, we have

always loved to challenge (and have fun with) this mindset. We will continue to do this with our many marketing tools: our recently enhanced website and newsletter, our monthly e-blasts, new ad campaigns in local papers, and community outreach. They all work in tandem to send a message: we are living it up at the Susi Q.

There's something we want to say to our friends who take the senior discount but will never ever be seniors:



Welcome to the Susi Q.
Groundbreaking April 2007
Occupancy Late 2008



As I look at our future, I am both optimistic and anxious about the work that awaits us. Our youth-oriented culture makes it harder for us to join forces to do what we all want to do: stay well, have fun, keep growing, and watch out for one another. Those are the values that motivate us at Laguna Beach Seniors. And what I know for certain is that we have a dedicated Board, staff and volunteers who are ready to take on any challenge to contribute to the quality of life of seniors in Laguna Beach. Our growing membership has already joined us in this journey, and we thank you for your involvement and support!

— Your Message Here —

Would you like to tell the community that you support the work of Laguna Beach Seniors? Become an underwriter! Your message will appear here, and for two months in our eblasts and on our website. For more information, contact Program Manager Mariann Tracy.



IN THE SPOTLIGHT:



TALES FROM THE WATERCOOLER

When past-President **Skipper Lynn** created the Thursday tabletop swap meet, her goal was to find a fun way to raise money for things like Bingo prizes and special events. But that's only part of the success story of Tabletop Treasures, says volunteer **Scot Eastman** (left, with **Melinda Scaccianoce**). "It has a watercooler function," she reports. Members coming to and from classes and activities have made it a gathering spot to meet and greet—and shop. Check it out!



HAVING A BLAST

Once a month (and on special occasions), we send out our *Living It Up* email newsletter, or eblast. It's the brainchild of program manager **Mariann Tracy** and Marketing Committee

member **Rick Callahan**. With about a thousand recipients, the eblast has proven to be one of our most effective (and affordable) marketing efforts. If you want to be added to our e-mail list, let us know. (We *never* share this information.)

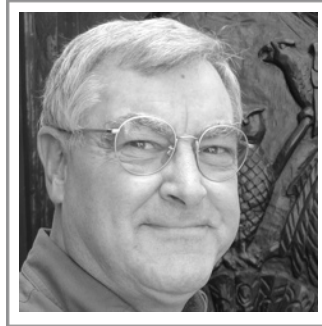


WOMAN OF THE YEAR

We salute board member **Ann Quilter**, Woman's Club 2011 Woman of the Year. Ann was honored for decades of community service, most recently as coordinator for flood relief efforts following last December's devastating storms. She also co-chaired the capital campaign for the Susi Q, and has served with Methodist work teams in Zimbabwe, Costa Rica, and Cuba. Her big heart is matched by her sense of fun, as shown in this photo from *Lagunatics 2005: Senior Prom*, the first big fundraiser for the Susi Q.

VOLUNTEER STARS

July's Volunteer of the Month is **Bill Allen**, the man with the honest face at the top of the next column. Bill is a founding



member of our Senior Council, which handles suggestions, complaints and requests from the membership, and works with staff to make sure that members' concerns are heard. Bill's firm hand and gentle touch also make him an ideal facilitator for our long-running Current Affairs group. He also has been working with staff to develop presentations that will help us take the Susi Q story into the community. Bill states that "He supports the mission of the Susi Q to supply activities, friendships and fun in the effort to make our lives not just longer, but better."



Volunteer of the Month for August is **Phyllis Wilson**. In addition to being a fabulous baker and the mother of a stand-up comedienne, she is one of our first Susi Q volunteers.

Here she is in December, 2008 at Legion Hall showing off our new membership card for the Susi Q, which opened the following February. Phyllis is a front desk ambassador, an events volunteer, and a founding member of our monthly Book Club. "Susi Q welcomes me like family," she says. "I love the staff and being helpful to the older seniors I come in contact with."



LIVING IT UP

Here's an excerpt from one of our new online ads in *Stu News Laguna*. It's part of our "Living It Up" campaign, which we run from time to time on a shoestring budget in our local media, thanks to their nonprofit rates. **Terri Johnson**, chair of the Marketing Committee works with staff to determine which activities to spotlight. Each ad features a member like **Sandra Jacobs** to let likeminded people know that the Susi Q is a great place to have fun, stay well, keep learning, find help, and give back to the town they love.

Laguna Beach Seniors provides, hosts and promotes a wide range of programs and services. Our many partners include the City of Laguna Beach, Age Well Senior Services, Irvine Valley College Emeritus, Osher Lifelong Learning Institute, Sally's Fund, the Council on Aging-Orange County, AARP, the Braille Institute and others.

— WE'RE LIVING IT UP —

BACKGAMMON | WED 9:30-11:30 (EXCEPT 3RD WED)
BALLROOM TECHNIQUE-BEGINNING | MON 1:00-2:00 \$
BALLROOM TECHNIQUE-INTERMEDIATE | MON 2:00-3:00 \$
BINGO & PRIZES | THURS 10:30-11:30
BINGO - EXTRA SUMMER GAME! | MON 10:30-11:30
BIRTHDAY BINGO | 3RD WED 10:30-11:30
CHICAGO BRIDGE | MON 12:00-3:00 (CALL JOAN 499-2525)
CRIBBAGE | FRI 9:30-11:30
LUNCH BUNCH | MON-FRI 11:30-12:30
MAH JONGG | WED 12:30-4:30
MONDAY AT THE MOVIES | 12:30-3:00
NEEDLE ARTS GROUP | LAST FRI 1:00-3:30
TABLE TENNIS | MON, WED, FRI 12:30-3:00
TABLETOP SWAP MEET | THURS 10:00-12:00
Wii GAMES | MON, WED, FRI THROUGH SEP 2

— WE'RE STAYING WELL —

AQUATIC FITNESS LBHS POOL | TUES & THURS 10:30-12:00
CARDIO DANCE FUSION | WED & FRI 8:55-10:00 \$
CHI KONG w ROSE TING | THURS 11:50-12:50
FALL PREVENTION CHAIR EXER | TUES 12:15-1:00
FALL PREVENTION CHAIR EXER | FRI 2:00-2:45 \$
GENTLE YOGA | WED 11:30-1:00 \$
JAZZERCISE | MON & SAT 8:30-9:30AM, WED 7:30-8:30AM \$
LATIN AEROBICS | TUES 8:15-9:45 \$
LESLIE'S STRETCH/STRENGTHEN | TUES & THURS 8:15-9:15 \$
MARY'S SENSATIONAL AFT 60 | MON & WED 11:05-NOON \$
PAIN-FREE BODY w JORDI MAS | WED & FRI 1:00-2:00 \$
PILATES | MON 10:15-11:15 \$
PILATES | WED & FRI 10:15-11:15 \$
SACRED ANATOMY YOGA | TUES & FRI 1:00-2:30 \$
SENIOR TENNIS - ALTA LAGUNA | WED 8:30-11:00
WILDGOOSE CHI KUNG | THURS 9:00-10:20 \$
YOGA | MON 9:00-10:00 \$
YOGA BALL | WED 1:00-2:25 \$
YOGA | FRI 11:30-1:00 \$

— WE'RE STRETCHING OUR MINDS —

BOOK CLUB | FIRST THURS 3:00-5:00
COMPUTER ASSISTANCE (FREE) | WED 10:30-12:30

COMPUTER SUMMER "STEP-UP" CLASSES | FROM JUNE 9
COMPUTER CLUB | SECOND FRI 1:00-3:00
CREATIVE HEALTHY COOKING | WED 1:15-4:00 \$
CURRENT AFFAIRS DISCUSSION GRP | TUES & FRI 9:30-11:30
FILM GENRES | TUES MAY 24-AUG 9 1:00-4:00
OLLI WINE EDUCATION | MON JULY 18 2:30-4:30 \$
OCEAN INSTITUTE PRESENTATION | THURS JULY 7 12:30-1:30
SCIENCE DISCUSSION | 2 TUESDAYS A MONTH 10:00-12:00

— WE'RE EXPRESSING OURSELVES —

ARTIST SALON | TUE 12:30-3:30
FLORAL DESIGN CLASS | FRI | JULY 1-22 3:30-5:00
GALLERY Q COMMUNITY ART SHOWS | WHEN CENTER IS OPEN
JOHN EAGLE'S OIL PAINTING | WED 9:00-NOON
LANDSCAPE & FIGURE PAINTING | MON 10:00-12:30
LOCA WORKSHOPS w LOCAL ARTISTS (\$) | TIMES VARY
PAINTERS' CONNECTION | THURS APR 7-JUN 9 9:30-12:30
SKETCHING | MON JUN 27-AUG 8 9:30-1:30
WATERCOLOR - INT/ADV | THURS 1:00-4:00
WATERCOLOR - BEGINNING | FRI 10:00-2:00

— WE'RE FINDING THE HELP WE NEED —

AARP REFRESHER DRIVER SAFETY | AUG 18 12:30-4:30
ALZ/DEMENTIA CAREGIVER SUPPORT GRP | 1ST WED 12:30-2:00
BATTLING THE BLUES COUNSELING | BY APPT
CASE MANAGEMENT (FREE) | WED & FRI BY APPT
COFFEETALK SUPPORT GRP | MON 2X MONTH 10:00-11:00
ESTATE PLANNING ADVICE w LEE ANDERSEN | 4TH THURS BY APPT
FREE FOOD DISTRIBUTION | LAST FRI OF MONTH 11:00-12:30
HEALTH INS COUNSELING/HICAP | 4TH MON BY APPT
HEARING AID MAINTENANCE | 1ST THURS BY APPT (FREE)
HEARING SCREENING w CHERYL | 2ND THURS BY APPT (FREE)
HOME DELIVERED MEALS - CALL 949/499-7575
IT'S YOUR MONEY SEMINARS w PETER KOTE | NEXT DATES TBD
LEGAL AID w MARY PAT TOUPS | 1ST TUES BY APPT
TRANSPORTATION ASSISTANCE

Age Well Senior Transportation- 949/855-9766
Sally's Fund - 949/499-4100
Laguna Beach Transit - Bus and taxi vouchers
OCTA's ACCESS paratransit service - 714/560-5956
Silver Streak Cab Program - 949/435-3460
Silver Streak Volunteer Program - 949/435-3460

Activities are at the Susi Q & Community Center unless noted. They are attended primarily by those over 50, but everyone is welcome. Wellness classes are mindful of the needs of older persons. Check to see if instructors welcome drop-ins or have single session fees. Most fee classes require enrollment and may have minimums and caps. Many run on a quarterly schedule and may skip dates, and all times and dates are subject to change. Drop by the front desk or call 949.497.2441 for the latest information or to make an appointment. Additional information and links to other resources are on our website at www.thesusiq.org.

