



More Legacy Ball pix: the Flapper Girls recruited by Emily Quilter; George and Debbie Meeker with 2010 Legacy Award winners Ken Jillson and Al Roberts; Karyn Phillippsen and Board President Chris Quilter; a bevy of Soroptimists.

LAGUNABEACHSENIORS
PROVIDING SERVICES AND PROGRAMS THAT PROMOTE INDEPENDENCE, WELLNESS AND COMMUNITY.

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— **SUSI Q NEWS** —

BATTLING THE BLUES

If you or someone you know suffer from the blues or feelings of anxiety, check out a new resource at the Susi Q. We recently received a small grant to help senior women gain insight, explore options and find solutions for their mental health issues. For more information, contact Kay Wenger, LMFT at the Susi Q. Kay will conduct a phone assessment to determine if this is an appropriate resource, or to suggest other options. You then will meet one-on-one with a skilled therapist at the Susi Q or in-home if necessary. **FREE FOR A LIMITED TIME.**

THE CAREGIVING CHALLENGE

One of the toughest roles we may ever play is that of caregiver to someone we love. Caregivers risk isolating themselves from the support *they* need to stay well and care well. St. Jude's Caregiver Resource Center is launching a twice-monthly phone-based support group from June through August. In a non-judgmental environment, caregivers can talk about their concerns, including burnout, stress, and feelings of guilt and frustration. **FOR MORE INFORMATION, CALL KARIN LITTLE AT 714-992-3000 x2425.**

WELCOME, DORENE AND TOM!

Our Board of Directors has recently been strengthened by two new members, Dorene Butler and Tom Ellebie. Dorene has a wealth of nonprofit experience and served on the Legacy Ball Committee. Tom has a powerhouse background in human resources and was on the search committee that led to the hiring of Nadia Babayi as our Executive Director. Thank you both for joining the effort to make the Susi Q a vital resource for generations of seniors.

MEMBERSHIP APPEAL

In early May, many LBS members will receive a letter from Board President Chris Quilter and Executive Director Nadia Babayi inviting them to become Contributing Members. This new membership category bridges the gap between free basic membership and the Cornerstone Club for major donors. "The Susi Q belongs to the community," Chris states. "We want everyone to feel free to join. But we need the support of our members." Chris says it still surprises some people to learn that Laguna Beach Seniors is a separate nonprofit agency and only gets five percent of its funding from the City. "The City helps seniors in many ways," he notes, "But it's up to us to keep the Susi Q strong."



IN THE SPOTLIGHT

Our **Volunteer of the Month** award is a new way of saluting those who give so generously of their time and talents. **Norm Anderson** was our first winner, followed by **Skipper Lynn** (here with **Lee Winocur-Field** at our recent Volunteer Appreciation Party), and **Dinah Shields**, on the job.

casual and the cost is \$10 per person—but bring a dancing partner to really let the good times roll. **RESERVATIONS REQUIRED. CALL NOW!**

CLUB Q DANCE PARTY

We recently were asked, "Where do you go to dance in this town?" On Saturday, June 11 from 6:00-8:30 pm the answer is: Club Q. A live combo will play all your ballroom favorites. Light refreshments will include a cash wine bar. The dress is Laguna

BOARDWALK



Our Legacy Ball was a great night of fun and philanthropy thanks to Chair Terri Johnson and her Committee. Honorary Chairs Kelly and Michelle Boyd helped us honor Ken Frank (with wife Nanci) for three decades of service as City Manager. Our fun-loving and generous guests included Don Crevier, Joe Hanauer, Elizabeth Pearson (2009 Legacy Award), and Morris Skendarian. Judge John Adams, whose mother Marj was an early advocate for a senior center in Laguna, spoke of how the Susi Q has helped her stay connected to the community.

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AFTER THE BALL... A 90-DAY REPORT BY EXECUTIVE DIRECTOR NADIA BABAYI

My goal during my first 90 days was to learn as much as possible about the policies, programs and operations at the Susi Q. I am pleased to report what I have found: a strong agency with a committed board, caring and effective staff and volunteers, a positive work environment, clear channels of communications, programming that reflects the diversity of our members, and generous and loyal donors. In short, the Susi Q is a happy place, and everyone is justifiably proud of what they have accomplished together.

Working with wonderful new colleagues and friends has also helped me to identify new opportunities to make us a more efficient and effective agency. Some of the steps we are taking include staff training, upgraded technology, and an expanded Senior Council and survey system to improve how we develop and evaluate our programs. We also are working with City staff on a pilot project for a combined registration system rather than two parallel systems. These and other changes are going to make it possible to further reduce our administrative expenses by closing the part-time position of

Office Manager. This positive step is also the hardest decision I have had to make, for it results in the loss of a valued employee. Jean Stevens has been with the agency for five years, and her work has made a lasting contribution to the transformation of Laguna Beach Seniors.



Executive Director Nadia Babayi at the Legacy Ball with past-ED Bea Field.

These changes reflect the fundamental obligation we have to our members and donors to operate as efficiently as possible, so we can be of more and more use to our community. A wonderful example of this is Battling the Blues, our new Women's Support Group/Individual Therapy Program. It was launched by a small grant but the response has been so strong that we are seeking funding to extend the program. We also are seeking ways to partner with Vista Aliso, the 72-unit low-income senior housing complex in South

Laguna. Our Case Managers will begin visiting the seniors there to assess their need for on-site programs and services. It has been a rewarding 90 days, and I am looking forward to many more years of partnership with all of you. Thank you for this opportunity to serve Laguna Beach Seniors.

WHAT'S HAPPENING IN MAY AND JUNE

— WE'RE LIVING IT UP —

MONDAYS | 12:00-3:00
CHICAGO BRIDGE - CALL JOAN AT 949/499-2525

MONDAYS | 12:30-3:00
MONDAY AT THE MOVIES (FREE)

MONDAYS | 1:00-2:00 (BEGNRS) | 2:00-3:00 (INTERMED)
BALLROOM DANCING w CANDI DAVIS (\$7)

MONDAYS, WEDNESDAYS, FRIDAYS | 12:30-3:00
TABLE TENNIS - NEW PLAYERS WELCOME
They just set up a third table! Join the fun.

WEDNESDAYS (EXCEPT 3RD WED) & FRIDAYS | 9:00-12:00
OPEN GAME ROOM - BOARD & CARD GAMES

THIRD WEDNESDAYS | 10:30-11:30
FREE BIRTHDAY BINGO w/ NATL CHARITY LEAGUE

WEDNESDAYS | 12:30-4:30
MAH JONGG

THURSDAYS | 10:30-11:30
BINGO! PRIZES!FREE!

THURSDAYS | 10:00-12:00
TABLE TOP TREASURES (Small items always needed.)

LAST FRIDAY OF THE MONTH | 1:00-3:30
NEEDLE ARTS GROUP FOR KNITTERS & CROCHETERS

MONDAY - FRIDAY | 11:30-12:30
LUNCH BUNCH: GOOD COMPANY, HOT OR COLD LUNCH *
60+ donation \$4. Others \$5.50

* SATURDAY JUNE 11 | 6:00-8:30 PM
CLUB Q DANCE PARTY!
Grab your partner and dance to a live combo. Light refreshments and cash wine bar. \$10 per person.

— WE'RE STAYING WELL —

MONDAYS MAY 6-AUG 8 | 9:00-10:00
YOGA (IVC-\$)

MONDAYS MAY 23-AUG 8 | 10:15-11:15
PILATES (IVC-\$)

MONDAYS & WEDNESDAYS APRIL 4-JUN 29 | 11:05-NOON
MARY'S SENSATIONAL AFTER 60 (CS-\$)

TUESDAYS & THURSDAYS APR 5-JUN 23 | 8:15-9:15
LESLIE'S STRETCH & STRENGTHEN (CS-\$)

TUESDAYS MAY 24-AUG 9 | 8:15-9:45
LATIN AEROBICS (IVC-\$)

TUESDAYS & THURSDAYS MAY 24-JUL 14 | 10:30-12:00
AQUATIC FITNESS - LBHS POOL (IVC-\$)

TUESDAYS & FRIDAYS APR 5-JUNE 24 | 1:00-2:30
SACRED ANATOMY YOGA (CS-\$)

TUESDAYS | 12:15-1:00
FALL PREVENTION CHAIR EXERCISE - FREE!

FRIDAYS MAY 6-JUNE 24 | 2:00-2:45
NEW FALL PREVENTION CHAIR EXERCISE
A new fee class with our instructor Geeta. (\$)

WEDNESDAY & FRIDAY APR 6-JUN 17 | 8:55-10:00
CARDIO DANCE FUSION (CS-\$)

WEDNESDAYS | 8:30-11:00
SENIOR TENNIS IN ALTA LAGUNA (55+)

WEDNESDAYS & FRIDAYS MAY 25-AUG 12 | 10:15-11:15
PILATES (IVC-\$)

WEDNESDAYS MAY 25-AUG 10 | 11:30-1:00
GENTLE YOGA (IVC-\$)

WEDNESDAYS & FRIDAYS | 1:00-2:00
THE PAIN-FREE BODY w/ JORDI MAS (\$)

WEDNESDAYS APR 6-JUN 22 | 1:00-2:25
YOGA BALL (CS-\$)

THURSDAYS MAY 12-JUN 30 | 9:00-10:20
DAYAN QIGONG-WILDGOOSE CHI KUNG (IVC-\$)

THURSDAYS APR 7-JUN 30 | 11:50-12:50
CHI KONG WITH ROSE TING (CS-\$)

FRIDAY MAY 27-AUG 12 | 11:30-1:00
YOGA (IVC-\$)

— WE'RE STRETCHING OUR MINDS —

STARTING JUNE 9
NEW! SUMMER "STEP-UP" COMPUTER CLASSES
Check our website for times, dates, and descriptions of these 4-8 week classes. Take your skills to the next level!
• The Easy Way to Use the Internet (\$75)
• Searching for Health Information Online (\$50)
• Beyond Gmail: Using Your Google Account (\$75)
• Introduction to Facebook (\$95)
• Fun with Photos (\$95)
• Creating an Online Presence for Artists (\$95)
• Introduction to Blogging (\$80)
• Intro to Microsoft Word (\$75)

8 MONDAYS BEGINNING MAY 2 | 9:30-11:30
INTERMEDIATE BRIDGE w/ ANN CRESSMAN (\$)

TUESDAYS & FRIDAYS | 9:30-11:30
CURRENT AFFAIRS DISCUSSION GROUP

TUESDAYS MAY 24-AUG 9 | 1:00-4:00
FILM GENRES (IVC-\$)

TUESDAY APR 5-MAY 31 | 3:00-5:00
BEGINNING PHOTOSHOP FOR PHOTOGRAPHERS (CS-\$)

TUESDAY APR 5-MAY 31 | 5:30-7:30
INTERMEDIATE PHOTOSHOP (CS-\$)

WEDNESDAYS | 10:30-12:30
FREE COMPUTER ASSISTANCE
With Lee Rhodes and Carole Cadora.

WEDNESDAYS JUN 8-29 JUL 6-27 | 1:15-4:00
COOKING FOR ONE OR TWO (IVC-\$)

WEDNESDAY, MAY 25 | 1:30-3:00
* **ORANGE COUNTY GREAT PARK PRESENTATION**
Sam Allevato, Community Relations Liaison for the Great Park, reviews what's being added to this great resource.

THURSDAY & FRIDAY MAY 19 & 20 | 12:30-4:30
AARP 8-HOUR DRIVER SAFETY COURSE (\$)

THURSDAY, MAY 19 | 9:00-10:30 AND 6:00-7:30
* **CLEARING THE CLUTTER**
Learn how to collect, catalogue and communicate your financial plans, life goals and final wishes.

JUNE ONLY | 1:00-3:00 | DROP-IN
BASIC COMPUTER HELP w MARIANNA SPOELDER (\$)

FIRST THURSDAYS | 3:00-5:00
BOOK CLUB

SECOND FRIDAYS | 1:00-3:00
COMPUTER CLUB

FRIDAYS, MAY 13-JULY 1 | 9:00-11:00
* **POETRY WRITING WORKSHOP (\$)**
Learn the qualities of a poem, literary techniques used in poetry, and the tone or mood of each piece of writing.

8 FRIDAYS BEGINNING APRIL 29 | 12:00-2:00
BEGINNING BRIDGE COURSE w/ ANN CRESSMAN (\$)

— WE'RE EXPRESSING OURSELVES —

MONDAY JUN 27-AUG 8 | 9:30-1:30
SKETCHING (IVC-\$)

MONDAY APR 11-JUN 20 | 10:00-12:30
M HALLINAN'S LANDSCAPE & FIGURE PAINTING (CS-\$)

WEDNESDAY APR 6-MAY 11 | 9:00-NOON
JOHN EAGLE'S OIL PAINTING (CS-\$)

THURSDAY APR 7-JUN 9 | 9:30-12:30
VICTORIA TEMPLETON'S PAINTERS' CONNECTION (CS-\$)

THURSDAYS MAY 26-JUN 30 & JUL 7-AUG 11 | 1:00-4:00
INTERMEDIATE/ADVANCED WATERCOLOR (IVC-\$)

FRIDAY JUN 24-AUG 12 | 10:00-2:00
BEGINNING WATERCOLOR (IVC-\$)

FRIDAYS | 12:30-3:00
ART SALON w CAROLE ZAVALA (CS-\$)

WHEN THE CENTER IS OPEN
GALLERY Q - SHOWS BY COMMUNITY ARTISTS

TIMES VARY
LOCA WORKSHOPS W LOCAL ARTISTS (\$)

— WE'RE FINDING THE HELP WE NEED —

BY APPOINTMENT
* **BATTLING THE BLUES COUNSELING**
Call Kay Wenger, LMFT. Free for a limited time.

MONDAYS MAY 9, 23 & JUNE 6, 20 | 10:00-11:00
COFFEETALK SUPPORT GROUP

FOURTH MONDAYS | 12:00-2:15 BY APPT
HEALTH INSURANCE COUNSELING/HICAP (FREE)

FIRST TUESDAYS | 1:00-2:30 BY APPT
LEGAL AID - MARY PAT TOUPS (60+ FREE)

TUESDAY MAY 24 | 3:30-5:00 & 6:30-8:00
* **MEDICARE PLANS IN SOUTH ORANGE COUNTY**
Free! With Pat Freeman. No names taken. All are welcome.

WEDNESDAYS AND FRIDAYS | BY APPT
FREE CASE MANAGEMENT
Judy Denton and Martha Hernandez link seniors and families to resources that promote quality of life.

FIRST WEDNESDAYS | 12:30-2:00
ALZHEIMER'S/DEMENTIA CAREGIVER SUPPORT GROUP

THURSDAY, MAY 5 | 9:00-10:30
* **PLANNING FOR DISABILITY AND INCAPACITY**
Sponsored by the Orange County Bar Association

FIRST THURSDAYS | 1:00-2:30 | BY APPOINTMENT
FREE HEARING AID MAINTENANCE

SECOND THURSDAYS | 1:30-4:30 | BY APPOINTMENT
FREE HEARING SCREENING w CHERYL EILER

FOURTH THURSDAYS | 1:00-2:30 | BY APPT
ESTATE PLANNING ADVICE - ATTORNEY R LEE ANDERSEN

EIGHT FRIDAYS | APRIL 8-MAY 27 | 1:30-3:00
IT'S YOUR MONEY WORKSHOPS w PETER KOTE

FOURTH FRIDAYS | 11:00-12:30
FREE FOOD DISTRIBUTION (PET FOOD TOO)

HOME DELIVERED MEALS - CALL 949/499-7575

TRANSPORTATION ASSISTANCE
Age Well Senior Transportation- 949/855-9766
To and from both Mission campuses and other medical facilities.
Sally's Fund - 949/499-4100
To and from the Susi Q, medical appointments, and shopping.
Laguna Beach Transit
Bus passes and taxi vouchers for 65+, Day & time restrictions.
OCTA's ACCESS paratransit service - 714/560-5956

* Listings marked with an asterisk are new programs or one-time activities of special interest.

NOTES: Programs are attended primarily by those over 50, but all are welcome. Wellness classes are mindful of the needs of older adults. Check in advance if groups and instructors welcome drop-ins or have single session fees. Most courses and classes require enrollment and may have minimums and caps. Everything you need to know can be found at the front desk or by calling 949/497-2441 weekdays from 9:00-3:00. Other resources include our Living It Up eblasts, the City's Community Services bulletin, which includes evening classes and programs for adults, and these websites: thesusi.org, lagunabeachcity.net, 123getsmart.com, and unex.uci.edu/olli/.