

BOARDWALK

LAGUNA BEACH SENIORS NEWSLETTER • JULY/AUGUST 2009 • VOL 27 NO 4



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EXACT CHANGE, COMFY SHOES, NO WHINING BY PAT CHATLIN

"Each of us can make a difference to help our planet!" That environmental call to action by Robert Kennedy, Jr. echoed through Red Rock Canyon's evening sky in Denver, site of the 2008 Democratic Convention last August. Inspired, conventioners Ed and Pat Chatlin returned to Orange County Airport and decided to take their first small step toward saving Earth by riding the OCTA bus home to Laguna Beach. Weighted down with flags, luggage and supersized convention signs, and even breaking the "exact change" rule, they evoked admiration from the driver. He rewarded their gung ho spirit with a free ticket to ride.



L TO R: ERIC, KERRI, JOHN, TRUDY, KAMI, WYNNE, ED, JEAN, VALERIE.

That was the very beginning of Intrepid Travelers, The Susi Q.'s new day tripping program for active, adventurous members. Our motto is, "Exact change, comfy shoes, and no whining." Of course, Earth Day, April 22, 2009 was a

perfect kickoff date. (1) All our trips begin at the Bus Depot on Ocean Avenue. Waving our Earth Day flags, we boarded the bus (2) for lunch and browsing in historic, downtown San Clemente. The itinerary included a special oriental lunch (3) at the New Mandarin Garden, a family owned

restaurant, followed by a visit to George's Music Store for a serenade by musician George Lawton on his guitar (4). What a day! We made the sky a little brighter, met new bus buddies, and all for a song. Did I mention we did it on a budget friendly \$12? Join us, if you dare!

ON MAY 22, ORGANIZERS PAT CHATLIN AND KERRI STONER LED THE INTREPID TRAVELERS ON A TRIP TO THE MISSION AT SAN JUAN CAPISTRANO. THEY ARE RARING TO GO AGAIN. WHERE? CALL OR SIGN UP AT THE FRONT DESK, AND WE'LL KEEP YOU UP TO DATE ABOUT THESE MONTHLY OUTINGS. YOU CAN COUNT ON A TRIP THAT IS FUN AND AFFORDABLE—AND ALSO HAS AN EARTH-FRIENDLY CARBON FOOTPRINT.

IN THE SPOTLIGHT FOR JULY AND AUGUST

BRILLE INSTITUTE: MANAGING VISION LOSS

Who: Braille Institute Community Outreach
What: Monthly workshops with lots of positive solutions, discussion, and support.
When: Tuesday, July 7 ("Dine with Ease") and August 4 ("Low Vision Devices"), 1:00-3:00.

CASE MANAGEMENT

Who: Judy Denton
What: Our caring, professional case manager can help with full range of issues that impact independent living. Judy links clients to community resources and develops care plans to promote the best quality of life in the safest possible way.
When: Tuesday & Friday, 1:00-5:00, by appointment.

HEALTH ASSESSMENTS

Who: Public Health Nurse Cheryl Lowes from OC Preventative Health Care.
What: A check-up and health review.
When: Monday, July 6 and August 3, 9:00-12:30.

HEALTH INSURANCE COUNSELING/ ADVOCACY (HICAP)

Who: HICAP Volunteers
What: Skilled advice for people having problems with Medicare and health benefits.
When: Monday, July 27 & August 24, 12:00-2:15.

GALLERY Q

Who: Talented local artists.
What: Art exhibitions at the Susi Q. Some works can be purchased, and 25% of the proceeds go to support our programs. Now showing: young artists from the Boys & Girls Club.
When: 9:00-3:00, Monday to Friday.

LEGAL AID (FOR 60+)

Who: Mary Toups, Legal Aid Society
What: Expert advice on a wide range of legal matters.
When: Tuesday, July 7 & August 4, 12:30-2:30.

SENSATIONAL AFTER SIXTY

Who: Personal trainer Mary Schmidt
What: Affordable fitness for the chronologically mature who want to have fun while they work out.
When: Monday & Wednesday, 11:00-11:55

ON SALE!



What: Susi Q-pons, which were introduced at our Legacy Ball, include discounts from over 30 local merchants. 20% off on dinner at the Loft at the Montage! And much more.

Where: At the front desk for \$50. All proceeds benefit LBS programs and services.

CELEBRATION CLUB

Who: You!
What: A party honoring you during your birthday month. Join us to share the stories that have made Laguna a great place to live.
When: Monday, July 20 and Aug 17, 10:30 - 11:30.

SENIOR COUNCIL

Who: Bill Allen, Skipper Lynn, Fred Wicknick, and Magda Herlicksa.
What: The Council makes sure that members' suggestions and concerns are heard. It meets regularly and just made its first report to Executive Director Bea Field.
When: Ongoing. Contact them directly or use the suggestion box at the front desk.

IN THE SPOTLIGHT FOR JULY AND AUGUST

BALLROOM DANCING

- Who:** Teacher Candi Davis is looking for couples and singles who love to dance.
- What:** Classes range from Ballroom to Latin to Country. Wear leather-soled shoes so you can m-o-o-o-ve with the music.
- When:** Six consecutive Mondays: June 29, July 6/13/20/27, August 3. 1:00-2:00 in the Great Room. \$5 per class.

COMPUTER CLUB

- Who:** Our computer guru Lee Rhodes looks for those who enjoy (or would like to) the many benefits of the Computer Age.
- What:** A new member-run club.
- When:** The first meeting on June 26 included a Q & A, a questionnaire, and a presentation on computer graphics. New members are always welcome. Sign up at the front desk for news about upcoming meetings.

BOOK CLUB

- Who:** People who love to read and talk about it.
- What:** This member-run club is so popular they are talking about forming a second club. The book for July is "The Reader" by Bernard Schlink.
- When:** Thurs, July 2 & August 6, 3:00-5:00

MONDAY AT THE MOVIES

- Who:** Calling all movie buffs.
- What:** Great flicks, popcorn and refreshments.
- When:** Mondays, 1:00-3:00.

THE WHITE ELEPHANT TABLE

- What:** Our tabletop swap meet. Bring donations only on Thursdays and only items small enough to put on a table. Leftover items will be given to the Bingo Club.
- When:** Thursdays, 10:00-12:00, in the Great Room.

GAME ROOM - OPEN PLAY

- Who:** Players and their partners.
- What:** Cribbage, Bridge, Gin, Monopoly, Scrabble... you name it! BYOB (Bring Your Own Boards).
- When:** Fridays, 12:00-3:00.

SOCK HOP!

- Who:** Rock-and-rollers forever!
- What:** Dance to the hits of the 50s in Studio One. We don't want you slip-sliding away, so wear your socks inside your favorite dancing shoes.
- When:** Friday, July 17 from 3:30-5:00. It's free, but space is limited. Call now to reserve a spot.

SUSI Q SOCIAL - AUGUST LUAU

- Who:** Folks looking for fun and good company.
- What:** Over 50 members attended our June Social, featuring a Balance Class with instructors from Laguna Beach Physical Therapy. Next up: a Luau! So hula on down to the Susi Q.
- When:** Friday, August 21, 11:30-1:00.

MAH JONGG FOR BEGINNERS

- Who:** Curious "newbies."
- What:** Learn a game of strategy and calculation that originated in China. Our six week workshop is only \$35—and the first session is free!
- When:** Fridays 9:30-12:00, July 24 - Aug 28. Call or stop in to register. The regular Wednesday game, 12:30-4:30, welcomes new players.

IVCE FALL REGISTRATION ASSISTANCE

- Who:** New, returning, and continuing students who want help navigating the registration process.
- What:** Register at the Susi Q. Bring completed IVC application, title and number of class(es) in which you want to enroll, student ID# (continuing students), fees if applicable. Applications available at the front desk.
- When:** Wednesday, July 15 from 3:00-4:30.



EVERYTHING'S COMING UP ROSES AT THE SUSI Q. JUST ASK (TOP, L TO R) VIRGIN GEORGE, SOMPORN MONKCOLCHAREARN, DOROTHY SYKES, NORM PETERSON, LEAH MARSH, MARY KELLY, (BOTTOM, L TO R) JESSE BLUMENFELD, LORAIN HOLLINGSWORTH, RALPH SANABRIA, PHYLLIS WILSON, MARGARET BUSH, AND ALBA RIOS. THE SENIOR COUNCIL HAS ASKED US TO SALUTE THE CITY'S LANDSCAPING STAFF FOR THE BEAUTIFUL GARDENS AT THE SUSI Q AND COMMUNITY CENTER. DONE!

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SPOTLIGHT ON SENIORS

BY SKIPPER LYNN

He's tall, dark, handsome and talented—with a story to tell. Amir Ayria, a Muslim, was born near Tehran, Iran, 76 years ago. He was the Lance Armstrong of his day. At 18, he won the Asian Olympics in distance bicycle racing. The race started in Iran, passed through Afghanistan and Pakistan and ended in what was then Bombay, India (now it's Mumbai)—5,500 kilometers in all! Today he has a big poster showing him with his silver cup, the top prize at that time.

In 1964, he moved to Washington, D.C. with his family. There he started a meat processing company. After a few years, he moved to Maryland, opened a restaurant and remained in that business until he retired in 1989.

Amir and his wife raised 3 children, all college educated professionals. After retirement, they moved to Newport Beach. But two years ago he and his wife divorced, and Amir moved to a condo on Mermaid Street. It's nice and convenient to the Susi Q, and he has been coming here daily. He reads the paper, joins in whatever activity we are having that day and stays with us for lunch. "I love Laguna Beach," Amir told me, "The people are very nice and it is so beautiful here."

I found out from his friend Mo that Amir is a world class chess and backgammon player. He won \$45,000 in a backgammon match in Las Vegas. Anyone want a partner?



REMEMBERING BEN GURSON

The Seniors have lost a familiar face in the lunchroom. Ben Gurson passed away on Sunday, April 26. For many years he arranged the bread and pastries that were donated by local markets. The proceeds from these donations benefitted the many activities we provided. Some may remember that Ben was the head waiter at Andre's. He also was a well-known community activist, and used to take food items to needy families around town. He modeled for the Pageant for many years. A lover of family, he kept rooms ready for his nieces and nephews who often visited. We remember his wonderful sense of humor and his love of travel. He was especially fond of China and

visited there on many occasions. Another amazing thing about Ben: for years he took a daily swim in the Pacific Ocean, always at the end of Bluebird Canyon.

IN ADDITION TO WRITING FOR THE BOARDWALK, PAST-PRESIDENT SKIPPER LYNN SERVES ON THE BOARD AS MEMBERSHIP LIAISON, ON OUR SENIOR COUNCIL, AND IN SO MANY OTHER WAYS WE LOSE COUNT. THANKS, SKIPPER!

REMEMBERING BEN BLOUNT

Ben Blount, who is on our Founders Wall with his wife Gigi, passed away in June. We will dearly miss his kind nature, big heart, and the love he had for his family, comrades, and community.