

BOARDWALK



GALLERY Q'S LATEST EXHIBITION FEATURES 42 "WORKS ON PAPER" BY ARTISTS ENROLLED IN CLASSES OFFERED BY IRVINE VALLEY COLLEGE AND THE CITY. THE WATERCOLORS, MONOPRINTS, ENCAUSTIC AND MIXED MEDIA WORKS INCLUDE PIECES BY JOAN DAVIS (LEFT), SHARON DENOFF (CENTER), AND CONNIE BEATTY-BEAN (RIGHT). THE SHOW RUNS UNTIL MID-OCTOBER AND MANY WORKS MAY BE PURCHASED WITH 15% COMING BACK TO THE SUSI Q FOR FUTURE EXHIBITIONS AND PROGRAMS. FOR MORE INFORMATION, CONTACT VOLUNTEER ARTS COORDINATOR CAROLE ZAVALA AT 949-497-6397.

LAGUNABEACHSENIORS

OUR MISSION SINCE 1975 IS TO PROVIDE SERVICES AND PROGRAMS THAT PROMOTE INDEPENDENCE, WELLNESS, AND COMMUNITY.

AT THE SUSI Q

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BOARDWALK

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OLLI FALL SEMESTER AT THE SUSI Q THE OSHER LIFELONG LEARNING INSTITUTE HAS SIX NEW COURSE OFFERINGS

12 Thursdays • Sep 23 - Jan 27 • 3:00-5:00

World Religions: A Discussion Group

Explore Hinduism, Confucianism, Buddhism and Taoism. (The Spring semester examines Judaism, Christianity, and Islam.) Required textbook is "The World's Religions" by Huston Smith and "Exploring the World's Religions" by Irving Allan Sparks (available from Amazon.com for \$17 and \$8 respectively). Study Leader Doug Brown grew up in Laguna and has presented this popular course at other OLLI locations.

Enrollment is limited to 20.

Course fee for non-OLLI members: \$10.

Friday • Sep 24 • 12 – 2:00 Geological Hazards in the Laguna Beach Area: Earthquakes & Landslides

The beauty of our coastal area has attracted development along sloping hillsides and canyon valleys that are susceptible to geologic hazards. Professor Mert Hill holds a PhD in geology from UCLA. Enrollment is limited to 20. Fee for non-OLLI members: \$5.

9 Tuesdays • Sep 28 - Jan 25 • 10:00-12:00

Science Discussion Group

What's new in science? How will these developments affect society? Class discussion will be based on articles in Scientific American magazine, so bring the current issue to class (a subscription is suggested). Led by Ron Williams and Alison King, Ph.D, OLLI Science

Committee members. Enrollment is limited to 20. Course Fee for non-OLLI members: \$10.

8 Wednesdays • Oct 6 - Dec 1 • 2:00 - 3:30

Readers Theater: Contemporary Plays

You'll read from plays (no props, costumes, sets or memorizing) to gain a deeper understanding of characters' motivations and actions. Participants must bring a copy of "2007: The Best Ten-Minute Plays for 3 or More Actors" by Lawrence Harbison, available

from Amazon.com for

\$19.95. Led by Marcy

Middler, Ph.D. Enrollment is limited to 20. Course fee for non-OLLI members: \$10.

3 Fridays • Oct 29 - Dec. 3 • 1:30-3:30

Libya Today: A Glimpse into the World's Only Islamic-Socialist Country

Libya is a country of contrast and controversy. Explore its history, culture, customs, people, and politics with John Bush, Ph.D. and Alison King, Ph.D. Enrollment is limited to 40. Course fee for

non-OLLI members: \$10.

Monday • Nov 8 • 3:00-5:00

Armchair Hikes in Orange County

Explore the flora and fauna of local habitats, and the amazing vistas of the wilderness and parks from the comfort of the Susi Q Great Room. Enrollment is limited to 35. Presented by Lonnie Horn, certified docent naturalist. Course fee for non-OLLI members: \$5.



DIANN BRASHIER AND ALEXANDRA MENKES ARE A REPRESENTATIVE SAMPLE OF WHAT IS AT THE HEART OF THE SUSI Q: VOLUNTEERS! MAKE YOUR NEXT VISIT TO THE CENTER "VOLUNTEER APPRECIATION DAY" AND THANK THE PEOPLE WHO DO SO MUCH FOR US—AND DO IT WITH A SMILE.

HOW TO SIGN UP: LAGUNA AREA RESIDENTS WHO ARE NOT REGULAR OLLI-AT-UCI MEMBERS WILL PRE-ENROLL AND PAY A FEE-PER-CLASS AT THE SUSI Q FRONT DESK. REGULAR OLLI-AT-UCI MEMBERS MAY ENROLL IN LAGUNA CLASSES FOR NO ADDITIONAL FEE IF SPACE IS AVAILABLE. THESE CLASSES DO NOT COUNT AS ONE OF YOUR 8 COURSE REQUESTS FROM THE REGULAR CATALOG. REGULAR OLLI MEMBERS MAY REGISTER FOR A LAGUNA CLASS ONLY BY CONTACTING LONNIE HORN, AT MAIL4LONNIE@AOL.COM OR BY CALLING (949) 854-7470.

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WRITING & UNDERWRITING

COMMUNITY PARTNERS SUPPORT THE BOARDWALK AND OTHER LBS PROGRAMS

BY CHRIS QUILTER

At the Susi Q, we're used to gently correcting people who prefer *Susie Q*, *Suzi Q*, *Suzie Q*, or *Suzy Q*. Office Manager **Jean Stevens** (left), however, is one of those rare people who can spot far less obvious typos at 100 yards. (Board member **Darryc Loveland Bickel** is another. Yes, it's *Darryc*.) Although Jean is on the *Boardwalk* team, the Editor rarely gives her time to proofread it. Happily, our new grants consultant **Randy Kraft** is better organized. In addition to her eagle eye, Jean also assembles the elements each application requires, and makes sure it is signed, sealed, and delivered. It's an important task: grants are an essential part of the fund-raising "mix and sustain our programs and activities in



many ways. For example, grants from the local chapters of the **Ebell Club** and the **Rotary Club** have underwritten several issues of the *Boardwalk*. A recent grant from the **Festival of Arts Foundation** enabled us to add 22 feet of additional track to display even more outstanding work by community artists. (See *the masthead*.) In July, the annual **Dave LaBohn Memorial Spring Golf Tournament** hosted by **City Councilman Kelly Boyd** (here at our *Holiday Lunch* with his wife *Michelle*) made awards to to six local nonprofits, including Laguna Beach Seniors. To these and the many other generous individuals and organizations who underwrite our mission, we are deeply grateful.

INTREPID TRAVELERS VISIT GETTY VILLA THURSDAY SEPTEMBER 23

JOIN US UNDER A FULL MOON FOR A PERFORMANCE OF SOPHOCLES' ELEKTRA STARRING OLYMPIA DUKAKIS. RESERVE & PAY IN ADVANCE AT THE SUSI Q. \$60 INCLUDES BUS, ADMISSION & PLAY. THERE IS A PRE-PAID DINNER OPTION.

FRIDAY • SEP 3 • 12:30-2:30

Alzheimer's 10 Warning Signs

If you or someone you know is experiencing memory loss or behavioral changes, it is time to learn the facts.

FOURTH THURSDAYS • 1:00-3:00

Free Estate Planning Advice

Local attorney and LBS past-president R. Lee Andersen answers legal questions about: Elder Law; Estate Administration, Estate Planning; Medi-Cal; Conservatorships. Call for an appointment.

Stop Medicare Fraud!

GOOD ADVICE FROM MARY OZUROVICH, HICAP COORDINATOR OF VOLUNTEERS, COUNCIL ON AGING - OC.

The Senior Medicare Patrol (SMP), which helps educate and empower seniors to prevent fraud, has simple suggestions for taking an active role in protecting your healthcare benefits:

1. Never give your Medicare, Medicaid and Social Security numbers out to strangers.
2. Remember: Medicare doesn't call or visit to sell you anything.
3. Don't carry your Medicare or Medicaid card unless you need them for your doctor.
4. Start a personal medical journal where you write down all your medical visits.

When you receive benefits under Original Medicare, you are mailed a "Medicare Summary Notice" —a list of the claims billed to Medicare on your account. Look for mistakes. If you have any questions, call your doctor, clinic or hospital right away and ask for an explanation.

A HICAP COUNSELOR IS AT THE SUSI Q ON THE FOURTH MONDAY OF THE MONTH. FOR AN APPOINTMENT, CALL 949-497-2441. FOR MORE INFORMATION OR TO SPEAK TO A HICAP COUNSELOR, CALL HICAP AT 1-800-434-0222 OR 1-714-560-0424, WEEKDAYS 8:00 AM – 4:00 PM.

A P.S. from Sally's Fund

Sally's Fund transports Laguna Beach seniors to medical appointments, grocery and errand needs, social activities, and the lunch program and activities at the Susi Q. If you would like a ride to the senior center, call (949) 715-1866. For all other rides call (949) 499-4100.

WHAT'S HAPPENING IN SEPTEMBER AND OCTOBER 2010

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
9:00-12:00 • SEP 27 & OCT 4 PREVENTATIVE HEALTH CARE BY APPOINTMENT with Public Health Nurse Cheryl Lowes.	8:15-9:15 • SEP 7 - NOV 16 LESLIE STRETCH/STRENGTHEN (CS-\$)	8:30-11:00 • SR TENNIS 55+ ALTA LAGUNA PK	8:15-9:15 • SEP 9-30 & OCT 7-NOV 4 LESLIE STRETCH/STRENGTHEN (CS-\$)	9:00-12:00 • SEP 10, 24 & OCT 8, 22 DROP-IN LEGAL ASSISTANCE W/RUSS BOLTZ
9:30-10:30 • SEP 13 - NOV 29 YOGA (IVC-\$)	8:30-10:00 • SEP 14 - NOV 30 LATIN AEROBICS (IVC-\$)	8:30-9:45 • SEP 15 - DEC 8 YOGA BALL (CS-\$)	8:30-10:00 • SEP 23, OCT 28 LBS BOARD MEETING	9:00-12:00 • OPEN GAME ROOM
9:30-11:30 SEP 20 - NOV 15 (skips OCT 4) INTERMEDIATE SUPERVISED PLAY BRIDGE LESSONS \$	9:00-10:30 • AUG 24 - DEC 14 INTRO TO PCs (IVC\$)	9:00-12:00 • CASE MANAGEMENT BY APPOINTMENT	9:30-10:20 • SEP 16 - DEC 9 QI GONG (IVC-\$)	10:00-11:30 • CURRENT EVENTS
10:00-11:00 • SEP 13, 27 & OCT 11, 25 COFFEETALK SUPPORT GROUP	10:00-11:30 • CURRENT EVENTS	9:00-11:30 • OPEN GAME ROOM Bridge, mahjong, chess or other board games.	10:00-12:00 • TABLE TOP COLLECTIBLES Same day small donations welcomed.	10:15-11:15 • AUG 27 - DEC 17 PILATES (IVC-\$)
11:05-11:55 • SEP - OCT 25 SENSATIONAL AFTER 60 (CS-\$)	10:00-12:00 • SEP 28, OCT 12, 26, NOV 9, 23, 30, DEC 14, JAN 11, 25 OLLI: SCIENCE DISCUSSION GROUP \$	9:30-11:30 • SEP 29 - NOV 10 (skips OCT 20) MEMOIR WRITING WORKSHOP \$	10:30-11:30 • BINGO! EXTRA PRIZES! Thanks AristoCare Home Health Svcs!	11:00-1:00 • SEP 24 & OCT 29 FOOD DISTRIBUTION
12:00-3:00 • SOCIAL BRIDGE	10:30-12:00 • AUG 24 - DEC 14 INTRO TO INTERNET & EMAIL (IVC\$)	10:00-11:30 • OCT 20 OSTEOPOROSIS PRESENTATION by Geeta Singh	10:30-12:00 • SEP 16 - DEC 9 AQUATIC FITNESS (IVC-\$) LBHS POOL	11:30-12:20 • SEP 17 - DEC 10 YOGA (IVC-\$)
12:00-2:15 • SEP 27 & OCT 25 HICAP BY APPOINTMENT	10:30-12:00 • SEP 14 - NOV 30 AQUATIC FITNESS AT HIGH SCHOOL POOL (IVC-\$)	10:15-11:15 • AUG 25 - DEC 15 PILATES (IVC-\$)	11:50-12:50 • SEP 9 - NOV 18 CHI KONG w ROSE TING, FREE FOR 55+	12:00-1:30 • OCT 15 BREAST HEALTH PRESENTATION SPONSORED BY MISSION HOSPITAL
12:05-12:55 • SEP 13 - OCT 25 MARY'S MOTIVATING MOVES (CS\$)	12:05-12:55 • SEP 14 - OCT 19 YOGA FOR LUNCH (CS-\$)	10:30-11:30 • SEP 15 & OCT 20 BIRTHDAY BINGO! Light refreshments and prizes during your birthday month. Hosted by the National Charity League.	12:00-3:00 • AUG 26 - DEC 16 CREATIVE WRITING (IVC\$)	12:00-2:00 • OCT 8 - NOV 19 (skips OCT 29) BEGINNING BRIDGE \$
12:30-3:00 • MONDAY AT THE MOVIES	12:30-3:30 • SEP 14 - NOV 30 WATERCOLOR-BEG. (IVC-\$)	11:00-11:55 • SEP 8 - OCT 20 SENSATIONAL AFTER 60 (CS-\$)	12:05-12:55 • SEP 16 - OCT 21 YOGA FOR LUNCH (CS-\$)	12:00-2:00 • SEP 24 • OLLI GEOLOGICAL HAZARDS IN LAGUNA: EARTHQUAKES AND LANDSLIDES \$
1:00-3:00 • TABLE TENNIS Club regulars are looking for new blood.	1:00-2:00 • SEP 7 & OCT 5 LEGAL AID BY APPOINTMENT With Mary Pat Toups, Legal Aid Society	11:30-12:20 • SEP 15 - DEC 1 GENTLE YOGA (IVC-\$)	12:30-4:30 • SEP 16 AARP DRIVER SAFETY COURSE \$	12:00-4:00 • OCT 1 GENEALOGY WORKSHOP SPONSORED BY THE D.A.R.
1:30-3:00 • SEP 13 - NOV 29 PILATES (IVC-\$)	1:00-2:30 • SEP 14 - DEC 7 SACRED ANATOMY YOGA (CS-\$)	12:00-1:30 SEP 1 & OCT 6 ALZHEIMER'S CAREGIVER SUPPORT GROUP	1:00-2:00 • SEP 23 1:00-3:00 • OCT 22 FREE ESTATE PLANNING LEGAL ADVICE w R. Lee Andersen	12:30-2:30 • SEP 3 TEN SIGNS OF ALZHEIMER'S
2:00-3:00 • BALLROOM DANCING WITH CANDI DAVIS Ballroom to Latin to Swing (LBS-\$5)	1:00-3:00 • SEP 7 & OCT 5 BRAILLE INSTITUTE - Education and support	12:05-12:55 • SEP 8 - OCT 20 MARY'S MOTIVATING MOVES (CS\$)	1:00-2:30 • SEP 9 - DEC 9 SACRED ANATOMY YOGA (CS \$)	12:30-4:30 • SEP 17 AARP DRIVER SAFETY COURSE \$
	1:00-4:00 • SEP 14 - NOV 30 FILM GENRES (IVC-\$)	12:30-4:30 • MAH JONGG	1:00-3:00 • OCT 21, 28 DROP IN BASIC COMPUTER ASSISTANCE (LBS-\$)	1:00-2:30 • SEP 17 - DEC 10 SACRED ANAT YOGA (CS-\$)
	6:00-9:00 • AUG 24 - DEC 14 INSTRUMENTAL/BAND REHEARSAL LBHS (IVC-\$)	1:15-3:00 • SEP 15 - DEC 1 NUTRITIONAL COOKING (IVC-\$)	1:00-4:00 • SEP 16 - DEC 9 WATERCOLOR INT/ADV (IVC-\$)	1:00-3:00 • SEP 10 • COMPUTER CLUB
		1:00-3:00 • TABLE TENNIS	2:00-3:00 • SEP 23 LEGAL PRESENTATION POLST (DNR) BY R. LEE ANDERSEN	1:00-3:00 • TABLE TENNIS
		2:00-3:30 • OCT 6, 13, 20, 27, NOV 3, 10, DEC 1 • OLLI: READERS THEATER: CONTEMPORARY PLAYS \$	3:00-5:00 • SEP 2 & OCT 7 BOOK CLUB	1:00-3:30 • SEP 24 & OCT 29 COMMUNITY NEEDLE ART GROUP
			3:00-5:00 • SEP 23 - NOV 4, NOV 18, JAN 6, 13, 20, • OLLI: THE WORLD'S RELIGIONS-A DISCUSSION GROUP \$	1:00-5:00 • CASE MANAGEMENT BY APPT
			4:30-11:30 • SEP 23 INTREPID TRAVELERS VISIT THE GETTY VILLA TO SEE "ELEKTRA" STARRING OLYMPIA DUKAKIS. \$60 FOR BUS AND SHOW. RESERVATIONS REQUIRED.	1:30-3:00 • SEP 10 - OCT 29 "IT'S YOUR ESTATE" WITH PETER KOTE
				1:30-3:00 • FREETHINKERS DISCUSSION GROUP
				1:30-3:30 • OCT 29, NOV 12, DEC 3 OLLI: LIBYA TODAY-A GLIMPSE INTO THE WORLD'S ONLY ISLAMIC-SOCIALIST COUNTRY \$

\$ = 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.

LAST FRIDAY OF THE MONTH • 1:00-3:30

New Needle Art Group

Do you a knit or crochet? Join us as we explore this unique art form and collaborate on projects to benefit the community. Our goals: to promote needle art, needle art education, and philanthropic support of community organizations including Mission Hospital Laguna Beach and the Knots of Love. All ages and levels are welcome! For more information, contact the Susi Q.

8 MONDAYS • 9:30-11:30 • SEP 20 - NOV 15

Intermediate Bridge Course

Ann Cressman, Silver Life Master, ACBL Certified Bridge Instructor, is back at the Susi Q for an eight week class for players who want to brush up on their Bridge skills and those who are continuing from previous Refresher Bridge classes. It will include discussion of hands and scoring. Sign up at the front desk by September 13. The fee of \$95 must be paid in advance. No class on October 4.

SIX WEDNESDAYS • SEP 29 - NOV 10 • 9:30-11:30

Have a Story to Tell...

...but don't know how to get started? Our six-session Memoir Writing Workshop is for you! With instructor Berteil Mahoney, you'll learn the qualities of good memoir writing, read and discuss published memoirs, get a clearer idea about your own stories, and develop a personal writing voice. Enrollment limited to 18. Fee: \$95 for the six sessions, including a \$5 materials fee.

THURSDAY & FRIDAY • SEP 16 & 17 • 12:30-4:30

AARP Driver Safety Course

"Good driving tips that are informative and interesting." "Made me think about how I can become a better driver." "Gave me an overview of my potential problems." That's what past participants have said about this course designed for older drivers. Learn safe driving strategies and defensive driving techniques—and even get a discount on your car insurance! You must attend both days. Sign-up at the front desk or by phone. Cost: \$12 AARP members, \$14 non-members. Checks only, payable to AARP.