

BOARDWALK

OUR FABULOUS FOURTH ANNUAL LEGACY BALL IS FRIDAY, MARCH 26! SEE OUR PREVIEW STORY INSIDE.

LAGUNA BEACH SENIORS AT THE SUSI Q
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NONPROFIT
ORGANIZATION
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LAGUNA NIGUEL, CA



LEFT TO RIGHT: OUR CURRENT SHOW FEATURES WORKS BY LINDA McINNIS, CLAUDIA OLSEN, AND JIM GOTHARD. JIM SOLD ONE OF HIS WORKS ON DISPLAY, AND 15% OF THE PROCEEDS WILL HELP TO DEFRAY THE COSTS OF OUR ARTS PROGRAMS.

"ART WASHES FROM THE SOUL THE DUST OF EVERYDAY LIFE."

A REPORT BY ARTS PROGRAM COORDINATOR CAROLE ZAVALA

This wise observation by Pablo Picasso explains why we all need art—and why so many of us need to create art. The studio at the community center vibrates with creative energy with results we all can enjoy. That's because the walls of the Susi Q were designed to showcase the best work of our community artists. Since its opening in January, 2009, "Gallery Q" has featured work from Irvine Valley College Emeritus classes, the Friday Art Salon and, most recently, the Free Style Painters from the City's Monday night class. We also



featured amazing paintings from our Boys and Girls Club (left) and photographs from the Hortense Miller Garden. Future shows will include work from the LOCA classes, and in the spring, a "surprising" show sponsored by Mission Hospital of work by professional artists who are interpreting objects from the world of medicine and technology. Stay tuned as we define and refine our artistic contributions to the rich world one can find at the Susi Q!



REMEMBERING SIGGY BY SKIPPER LYNN

The current events group and others have made a donation to the Susi Q in memory of Siggy Johnson. She died in January much to our shock and sorrow. Siggy was so smart, informed, and involved. She believed in sustainability and the greening of Laguna Beach. She was active in Village Laguna and the League of Women Voters. A delightful, happy person, she loved playing tennis and exercising. But her great love was music. She danced and sang. Perhaps she came to that passion through her mother who was a concert violinist in San Francisco where Siggy was born on May 15, 1924. Siggy was educated at UCLA and Syracuse University. She was a classroom teacher for a while. In 1950 she married Carl Johnson and they had two daughters, Gwen and Lyle. They moved to Laguna Beach in 1962. Gwen wrote a note to the Seniors in which she stated "Mom was a strong, determined, and unique person. She was always interesting. She loved the current events group." To that we say, "The current events group loved your mother and will miss her very much.

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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OPEN MON-FRI 9-3

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SALLY & SUSI

SALLY'S FUND EXECUTIVE DIRECTOR SALLY RAPUANO WRITES ABOUT EXPANDED SERVICE TO THE SUSI Q

Since 1982, Sally's Fund has driven people to medical appointments, grocery and errand shopping, the senior lunch program, and social activities to enable an independent lifestyle that seniors treasure. Now we are doing a three month trial to drive seniors to the Susi Q Senior Center.

Seniors who lack transportation, or those who find driving with others enjoyable and environmentally wise, will want to use this new way to get to the Susi Q for the classes and activities offered there. The three month trial period will give us a chance to see how beneficial the service is. We also want to make sure we will always be able to fit people into our schedule's space and time limitations.

The transportation will be offered mainly in Sally's Fund van by driver Jon Davison. "I enjoy reaching out to others in the community," he says, "because of my firm belief that there

are no strangers, only potential friends to be made. Friends that I have found in Sally's Fund have been interesting people and some real characters too, all with fascinating stories."

Liz Gapp, the director of client services, also provides transportation in the Sally's Fund car. She has been with the

agency from the beginning and has extensive experience with seniors and their needs. Liz is the one who takes people to doctor appointments and other activities up to forty miles outside of town. "I am thankful that Sally's Fund gives me the opportunity to spend time with seniors, particularly when they need reassurance after a difficult doctor's appointment."

Sally's Fund is there for all of Laguna's seniors. To use our transportation to the Susi Q, please call at least a week ahead of time at 715-1862. For other destinations, call 499-4100.



HOMESHARING

The Homesharing Task Force works to help people in Laguna stay in Laguna, remain independent, and keep their housing costs within their budgets. Homesharing is a way to make housing affordable when our neighbors in Laguna Beach are having these challenges. A homesharer might be a senior citizen, a person with disabilities, a working professional, someone at-risk of homelessness, a single parent, an AIDS patient, or simply a person wishing to share his or her life and home with others. For these people, shared housing is much more than affordable housing. It offers companionship, security, mutual support and enhanced well-being and allows people to remain independent in their home. To find out more about homesharing, please call Sally Rapuano at 494-8618.

AN OLD FRIEND WITH A NEW NAME HOSTS SENIOR SUMMIT

For years, the lunch program at the Susi Q and Meals on Wheels throughout Laguna have been provided by Age Well Senior Services—the new name of South County Senior Services. Age Well also offers senior transportation to and from medical appointments throughout South County. That includes transportation to the Mission Hospital Laguna Beach and the main Mission campus, Hoag Hospital, Kaiser Permanente and more. In addition, Age Well, the Orange County



Office on Aging, Laguna Woods Village, and Orange County Supervisor Pat Bates are hosting of the 3rd Annual South County Senior Summit on Friday, March 5, from 9:00-12:30. The theme is "Your Health & Financial Wellness: Looking into the Crystal Ball" and presenters will include Lynn Daucher, from the California Department of Aging. Registration begins at 8:00 AM and breakfast and lunch are included. The event is at Laguna Woods Village, Clubhouse 3, 23822 Avenida Sevilla, Laguna Woods, 92637. Enter through Gate 3 (Calle Aragon) off Moulton between El Toro & Glenwood. To RSVP or for more information, call 800-510-2020.

DR. MARILYN DITTY—HERE WITH LBS PAST-PRESIDENT LEE ANDERSEN AT OUR SENIOR SUMMIT IN 2007—IS EXECUTIVE DIRECTOR OF AGE WELL, FORMERLY SOUTH COUNTY SENIOR SERVICES. MARILYN IS THE GREAT PIONEER IN ADDRESSING THE NEEDS OF SENIORS IN SOUTH COUNTY. IN ADDITION TO THE NUTRITION AND TRANSPORTATION SERVICES AGE WELL PROVIDES THROUGHOUT OUR REGION, IT HAS HELPED MANY COMMUNITIES, INCLUDING OURS, DEVELOP SENIOR CENTERS TO MEET THE MANY CHALLENGES OF THE "AGE WAVE."

DE-MYSTIFYING MEDICARE ENROLLMENT

BY MARY OZUROVICH, HICAP COORDINATOR OF VOLUNTEERS

The Health Insurance Counseling and Advocacy Program (HICAP) is a state and federally mandated program providing Medicare education, counseling and advocacy. Medicare beneficiaries have many options in health insurance coverage. Medicare also has very specific rules and regulations that affect beneficiaries. Two of these are Enrollment Periods that have specific dates and restrictions that beneficiaries need to be aware of. They are the Annual Election Period (AEP) and Open Enrollment Period (OEP). Each of these periods determines when beneficiaries can join, change or drop all or parts of their Medicare.

The Annual Election Period (AEP) is from November 15 to Dec 31 of every year. It allows beneficiaries to join, change or drop a Medicare Advantage health plan, such as an HMO, or Part D prescription drug plan. More than one election during the AEP can be made. The final election during that period is the one that counts. That change will be effective January 1 of the following year. (Note: There may be 'glitches' and the election may be delayed.)

In addition, Medicare Advantage plans (HMO's and other health plans) also have yearly Open Enrollment (OEP). This Medicare Advantage (MA) Open Enrollment Period is between January 1 and March 31 of each year. It allows another opportunity to join an MA (Medicare Advantage) plan, change plans or disenroll from an MA plan if the change is what's called an "equal switch". (For example, if someone has an HMO with a prescription drug plan, they can join another HMO that also has a prescription drug plan. This would be an equal switch.) There are very specific rules in order to do this properly.

HICAP PROVIDES UNBIASED FREE ADVICE THAT WILL HELP YOU UNDERSTAND YOUR OPTIONS AND MAKE THE DECISIONS THAT ARE BEST FOR YOU. FOR MORE INFORMATION, OR TO MAKE AN APPOINTMENT WITH A HICAP COUNSELOR, CALL 800-434-0222 OR 714-560-0424. TO MAKE AN APPOINTMENT FOR HICAP COUNSELING AT THE SUSI Q, CALL 1-949-497-2441.

OH, WHAT A PARTY WE'RE HAVING! BY EXECUTIVE DIRECTOR BEA FIELD

LAGUNA BEACH SENIORS
FOURTH ANNUAL *Legacy* BALL FRIDAY, MARCH 26, 2010 - 5-10 PM

RSVP BY MARCH 19 - \$175 PER PERSON - VINTAGE FORMAL

MENU

TRAY PASSED HORS D'OEUVRES
Louisiana Crab Bites with Remoulade
Roasted Butternut Squash & Mascarpone Sippers
Fresh Focelles Topped with Rare Beef & Horseradish Cream Glaze

SALAD
Monarch Bibb Lettuce with Avocado
& Bay Shrimp Salad in a Sweet Lime Vinaigrette

ENTREES
Tenderloin of Beef with Shaoxing Oyster Demiglace
Roasted Green Onion Halibut & Spicy Yellow Bean Sauce
with Gingered Chinese Long Beans

VEGETARIAN OPTION
Vegetarian Napoleon Stack

ACCOMPANIMENTS
Toasted Jasmine Rice • Asian Vegetable Stir Fry

DESSERT
House Crème Brulee with Fresh Berries

5-6 P.M. No-Host Cocktail Reception & "Fund-a-Need" Opportunities
6 P.M. Dinner, Program, Dessert and Live Auction

Dancing and other Frivolities until 10 P.M.
Music by South Coast Swing

7 (seven degrees) • 891 Laguna Canyon Road, Laguna Beach

The first thing I learned about Laguna Beach Seniors is that they know how to party. (Yes, that's me, below, second from the right at my first Legacy Ball in 2008!) This year, event chair **Maggie Hempen** (below, far left) and her committee are dreaming up all sorts of ways to make Friday, March 26 a night you will always remember. ■ We're particularly pleased to have **James Bermingham** (above, left) as our Honorary Chair. Now Vice President of Montage Hotels and Resorts, James led the opening of our incredible Montage Resort and Spa, and also set up the Hearts of Montage foundation which has generously supported many of our hometown nonprofits—including \$500,000 in grants to help us build the Susi Q. ■ We also welcome celebrity guest **Joseph Mascolo** (above, right). He has a long list of film and stage credits, but he may be best known as the handsome and charming (but wicked) Stefano on *Days of Our Lives* for 18 seasons. Joseph will be available for autographs and pictures—and maybe an inside peek at daytime entertainment, which has so often led the way in

exploring the social issues of our times. ■ Certainly, a defining public health issue has been the global HIV/AIDS epidemic, which hit Laguna Beach with special force in the 1980s. We rose to the challenge thanks to the leadership of volunteers like **Al Roberts** and **Ken Jillson** (above, center.). Al was a founder of AIDS Services Foundation Orange County in 1985, and its Board President for 20 years. Ken was the creative force behind *Big Splash*, which started as a poolside party and ended up raising over \$10 million for services that help people live with HIV and prevent its spread. AIDS has become a more manageable disease, but it is far from over. We honor Al and Ken with our 2010 Legacy Award not only for 25 years of dedication but also for their commitment to keep fighting until there is a cure. ■ I'm running out of space, and I haven't mentioned that the **South Coast Swing** band is back. There will also be a special floor show by the **No Square Singers**. One of them is **Bree Burgess Rosen**, who is again our Diva of Ceremonies. And did I mention the drawings and auction items? And...well, please-please come and see for yourselves!



CALL 949.497.2441 BY MARCH 19 FOR INFORMATION AND RESERVATIONS.

IN THE SPOTLIGHT FOR MARCH AND APRIL

INTRODUCTION TO WORD PROCESSING

WHAT - The gamut of basic word processing skills. Fee: \$10
WHEN - Thursdays from 1:00-3:00

COMPUTER CLUB

WHAT - Member-run club for new and experienced users.
WHEN - Second Fridays, 1:00-3:00

OPEN COMPUTER LAB

WHAT - 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.

GENEALOGY LECTURE SERIES CONTINUES - 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, Mar 1, 8, & 15 from 10:00-11:00.

BACK TO THAT NEW YEAR'S RESOLUTION

WHAT - 4-hour workshop by clinical psychologist Dr. Marion K. Jacobs. Learn the steps to successful change, and how to keep motivated.
WHEN - Apr 28 from 9:30-2:00 (includes a lunch break).
FEE - \$50, includes a copy of "Take-Charge Living: How to Recast Your Role in Life...One Scene at a Time."

GET EXPERT ADVICE & SUPPORT

TAX PREPARATION - FREE!

WHAT - AARP/IRS-trained volunteers help mid- to low-income persons, with extra care for those 60+. Bring 1099s and W-2s, deductions/credits, last year's return—and partner if filing a joint return. Note: Volunteers are not trained to prepare returns with business depreciation, rental or partnership income. Returns are e-filed.
WHEN - Wednesdays & Thursdays 9:15, 10:15, 11:15 from Feb 3 to Apr 15 by appointment.

IT'S YOUR MONEY WORKSHOPS - FREE!

What: Peter Kote, moderator, and guest experts provide education and practical solutions to your estate planning issues. No products are sold. No names are taken. A free and risk-free way to take charge of your estate—forever.
When: Fridays, from April 2, 1:30 - 3:00.

RED CROSS: CRASH COURSE IN FAMILY CAREGIVING

WHAT - This course provides answers for caregivers: home safety, personal care, medication precautions, caregiver burnout, and many other topics.
WHEN - Apr 27 from 12:30-2:30.

CASE MANAGEMENT (FREE)

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.

LEGAL AID (FREE)

WHAT - Mary Pat Toups from the Legal Aid Society advises on legal matters for folks over 60.
WHEN - Tuesday Mar 2 & Apr 6 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.

HEALTH INSURANCE COUNSELING (HICAP)

WHAT - Skilled, free advice for people having problems with Medicare and health benefits.
WHEN - Monday Mar 22 & Apr 26, 12:00-2:15 by appt.

BRaille INSTITUTE - MANAGING VISION LOSS

WHAT - Positive solutions, discussion and support. Free.
WHEN - First Tuesdays Mar 2 & Apr 6 from 1:00-3:00.

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.

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. For info, call 949/855-9766.
WHEN - Monday-Friday, from 7:00 am to 6:00 pm.

SENIOR COUNCIL/SUGGESTION BOX

WHAT - Bill Allen, Skipper Lynn, Art Brodie, and Magda Herlicksa make sure your suggestions/concerns are heard.
HOW - Use the suggestion box at the front desk.



ANN CRESSMAN'S REFRESHER BRIDGE CLASSES ALWAYS FILL UP QUICKLY. CHECK AT THE FRONT DESK FOR THE NEXT SERIES.

IN THE SPOTLIGHT FOR MARCH AND APRIL

LIVE IT UP

INTREPID TRAVELERS - HAPPY FIRST ANNIVERSARY!

WHAT - Affordable, fun-filled day trips using public transportation. Wednesday, March 24: Bowers Museum, starts at 9:30 AM from the downtown OCTA depot. Wednesday, April 21, special Earth Day destination TBD.
WHEN - Check with front desk for times.

BALLROOM DANCING

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

BIRTHDAY CELEBRATION BINGO

WHAT - A bingo party for you during your birthday month which includes light refreshments and prizes. This event is sponsored by the National Charity League.
WHEN - Third Wednesdays, 10:30-11:30.

TABLE TENNIS

WHAT - Paddles and balls available.
WHEN - Mondays, Wednesdays, and Fridays 1:00-3:00.

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

MAH JONG

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

Wii INSTRUCTION - FREE

WHAT - Instruction from local high school volunteers.
WHEN - Wednesdays 1:30-3:00, Fridays 2:30-3:30.

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.



WHAT SURPRISING AND AFFORDABLE ADVENTURE ARE THE INTREPID TRAVELERS TAKING TO CELEBRATE THEIR FIRST ANNIVERSARY? "ART OF THE PACIFIC ISLANDS" AT THE BOWERS MUSEUM, WEDNESDAY, MARCH 24.

HEALTH ASSESSMENTS

WHAT - A checkup and health review from Public Health Nurse Cheryl Lowes.
WHEN - Monday Mar 1 & Apr 5, 9:00-12:30 by appt..

STRETCH YOUR MIND

OLLI CLASS: READERS' THEATRE

WHAT - Brush up your Shakespeare! Participants will read directly from the script of a play, without props, costumes, sets, or preparation, and without memorizing lines. During each meeting, the class will discuss a play and then "act out" several scenes.
WHEN - Mar 31 & Apr 7, 14, 21 from 2:00-3:30

OLLI CLASS: IRAN, A TRAVELER'S TALE

WHAT - 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.
WHEN - Apr 12, 19, 26 & May 3 from 1:00-3:00

ART SALON

WHAT - Carole Zavala coordinates a studio-like environment where artists work in the company of others. \$15.
WHEN - Fridays, Jan 8-Apr 2 from 12:30-3:00.

FLOWER ARRANGING

WHAT - Debbie Neville is starting a new five-week series of her popular class.
WHEN - Dates and times TBD.

BOOK CLUB

WHAT - Love to read and talk about it? The book for January was The Glass Castle by Jeannette Walls. The moderator is Sue White. The next book is TBD.
WHEN - Mar 4 & Apr 1 from 3:00-5:00

DIGITAL PHOTO ORGANIZATION & Picasa SOFTWARE

WHAT - Learn to organize, edit, and share your photos using free software from Google. Drop-ins OK. FEE: \$10
WHEN - Thursdays from 9:00-11:00.

BIRTHDAY B-I-N-G-O

BY DINAH SHIELDS



As we head into our second year at the Susi Q, the roster of new activities—carefully overseen by program manager Mariann Tracy—continues to grow. A particularly brilliant idea is Birthday Celebration Bingo, a once-a-month party that is the brainchild of Cindy Capretz and Betty Everett. It is an hour filled with bingo, prizes, light refreshments and acknowledgement of the current month's birthdays. Cindy and Betty are members of the National Charity League, which has a long history of partnering with other philanthropic organizations, including, in Orange County, Special Camps for Special Kids, the J.F. Shea Therapeutic Riding Center, Habitat for Humanity and South County Senior Services, recently renamed Age Well. The NCL began informally in 1925, when a small group of Los Angeles women got together to provide layettes and baskets of food to the needy at holiday times. In 1938, their daughters, who had been doing similar work alongside, formed their own group, the Ticktockers. They united in 1947, and took their present name, National Charity League, and expanded their philanthropic work to include educational and cultural activities. There are currently 38,000 members in 154 chapters nationwide, with 15 chapters in Orange County alone, including Laguna. Cindy and Betty will be hosting Birthday Celebration Bingo at Susi Q on the 3rd Wednesday of every month from 10:30-11:30 in the game room. The parties are free of charge, and all are welcome to attend.

WHAT'S HAPPENING IN MARCH AND APRIL 2010

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
9:00-12:00 • MAR 1 & APR 5 PREVENTATIVE HEALTH CARE BY APPOINTMENT	8:15-9:15 LESLIE STRETCH/STRENGTHEN (CS-\$)	8:15-9:15 LESLIE STRETCH/STRENGTHEN (CS-\$)	8:30-10:00 • MAR 25 & APR 22 LBS BOARD MEETING	9:00-12:00 • MAR 12, 26, APR 9, 23 DROP-IN LEGAL ASST W/RUSS BOLTZ
9:00-12:00 • MAR 29 BROWN BAG PRESCRIPTION MEDICINE DAY - BY APPOINTMENT ONLY	8:30-10:00 JAN 12-MAY 18 LATIN AEROBICS (IVCE-\$)	8:00-11:00 SR TENNIS 55+ ALTA LAGUNA PK	9:15, 10:15, 11:15 • THRU APR 14 FREE TAX PREP BY APPOINTMENT	9:00-10:00 JAZZ WORKOUT (CS-\$)
9:30-10:30 LAUGHTER YOGA (IVCE-\$)	9:00-10:30 JAN 12-MAY 18 INTRO TO PC (IVCE-\$)	8:30-9:50 FAT BURNER (CS-\$)	9:30-10:30 • MAR 5, 12 MIDDLE EASTERN DANCE LESSONS \$	10:00-11:30 CURRENT EVENTS
9:30-11:30 • MAR 1, 8, 22, 29, APR 5, 12 REFRESHER BRIDGE \$	10:00-11:30 CURRENT EVENTS	8:30-9:45 YOGA BALL (CS-\$)	9:30-10:20 • FEB 11-MAY 6 QI GONG (IVCE-\$)	10:15-11:15 • FEB 5-MAY 7 PILATES (IVCE-\$)
10:00-11:00 • MAR 8, 22; APR 12, 26 COFFEETALK SUPPORT GROUP	10:00-11:00 ADULT TAP (CS-\$)	9:15, 10:15, 11:15 • THRU APR 14 FREE TAX PREP BY APPOINTMENT	10:00-11:00 JAZZ WORKOUT (CS-\$)	11:00-1:00 • MAR 26 & APR 30 FOOD DISTRIBUTION
10:00-11:00 • MAR 1, 8, 15 GENEALOGY LECTURE SERIES	10:00-12:00 • MAR 9, 23; APR 13, 27 SCIENCE DISCUSSION GRP (OLLI \$)	9:30 • MAR 24, APR 21 INTREPID TRAVELERS	10:00-12:00 TABLE TOP COLLECTIBLES	11:30-12:20 • FEB 5-MAY 7 YOGA (IVCE-\$)
11:00-12:15 THE PAIN-FREE BODY (CS-\$)	10:30-12:00 • JAN 12-MAY 18 INTRO TO INTERNET & EMAIL (IVCE-\$)	9:30-2:00 • APR 28 DR. MARION JACOBS: "BACK TO THAT NEW YEAR'S RESOLUTION" \$	10:30-11:30 BINGO & PRIZES! DROP-IN!	12:00-3:00 ARTISTS' SALON (CS-\$)
11:00-11:55 SENSATIONAL AFTER 60 (CS-\$)	10:30-12:00 • FEB 9-MAY 4 AQUATIC FITNESS AT LBHS POOL (IVCE-\$)	10:00-11:30 MAR 10, 17, 24 OPEN OFFICE SOFTWARE CLASS \$	10:30-12:00 • FEB 11-MAY 6 AQUATIC FITNESS (IVCE-\$) LBHS POOL	1:00-2:30 SACRED ANAT YOGA (CS-\$)
12:00-3:00 SOCIAL BRIDGE	12:05-12:55 YOGA BREAK (CS-\$)	10:15-11:15 • THRU MAY 5 PILATES (IVCE-\$) \$	11:50-12:50 CHI KONG W ROSE TING FREE FOR SENIORS 55+	1:00-3:00 OPEN COMPUTER LAB \$
12:00-2:15 MAR 22 & APR 26 HICAP BY APPOINTMENT	12:30-3:30 • FEB 9-MAY 4 WATERCOLOR-BEG. (IVCE-\$)	10:30-11:30 • MAR 17 & APR 21 BIRTHDAY BINGO BY NCL	12:05-12:55 YOGA BREAK (CS-\$)	1:00-3:00 • MAR 12 & APR 9 COMPUTER CLUB
1:00-3:00 MONDAY AT THE MOVIES	12:30-2:30 APR 27 RED CROSS PRESENTATION: "A CRASH COURSE IN CAREGIVING"	11:00-11:55 SENSATIONAL AFT 60 (CS-\$)	1:00-4:00 • FEB 11-MAY 6 WATERCOLOR INT/ADV (IVCE-\$)	1:00-3:00 TABLE TENNIS
1:00-3:00 OPEN COMPUTER LAB \$	1:00-2:00 • MAR 2 & APR 6 LEGAL AID BY APPOINTMENT	11:30-12:20 • FEB 10-MAY 5 YOGA (IVCE-\$)	3:00-5:00 • MAR 4 & APR 1 BOOK CLUB	1:00-5:00 CASE MANAGEMENT BY APPT
1:00-3:00 TABLE TENNIS	1:00-2:30 SACRED ANAT YOGA (CS-\$)	12:30-4:30 MAHJONG		1:30-3:00 • APR 2, 9, 16, 23, 30 IT'S YOUR MONEY WORKSHOPS
1:00-3:00 • APR 12, 19, 26 IRAN: A TRAVELER'S TALE (OLLI \$)	1:00-3:00 • MAR 2 & APR 6 BRAILLE INSTITUTE	1:00-3:00 • FEB 10-MAY 5 NUTRITIONAL COOKING (IVCE-\$)		5:00-10:00 • MARCH 26 LEGACY BALL AT 7 DEGREES
1:30-3:00 • JAN 11-MAY 17 PILATES (IVCE-\$)	1:00-4:00 FEB 9-MAY 4 FILM GENRES (IVCE-\$)	1:00-3:00 OPEN COMPUTER LAB \$		
2:00-3:00 BALLROOM DANCING \$	1:00-5:00 CASE MANAGEMENT BY APPOINTMENT	1:00-3:00 TABLE TENNIS		
		2:00-3:30 • MAR 3, 10 OLLI \$ READER'S THEATER CONTEMPORARY PLAYWRIGHTS		
		2:00-3:30 • MAR 31 & APR 7, 14, 21 OLLI \$ READER'S THEATER SHAKESPEARE		

\$ = 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.



GUESS WHERE LOUISE BUCKLEY WAS ON MARCH 7, 2009? RIGHT WHERE SHE'LL BE ON MARCH 6, 2010: REPRESENTING LAGUNA BEACH SENIORS IN THE ANNUAL PATRIOTS' DAY PARADE. JOIN US AT THIS HEARTWARMING HOMETOWN EVENT.

FEES? FIE! (HO HUM?)

BY BOARD PRESIDENT CHRIS QUILTER

At the Susi Q, our members can find a free lunch program, free services and activities ranging from Bingo to case management—even free membership through 2010. But in the larger scheme of things, we all know there's no such thing as a free lunch. So who pays the piper? Fully 90 percent of our budget comes from foundations, organizations and individuals who believe in our mission. The City provides another five percent through a Community Services Grant, and helps in other ways that substantially reduce our operating costs. We also generate an additional five percent of our revenues from fees for some of our classes and activities, and occasional room rentals. Over the next few months, we will be introducing some new user fees. They'll be small (typically \$2) and a great many services and activities at will continue to be offered at no charge. That includes case management and time-honored activities like Bingo, movies, and much more. Our goal is to have 10-15 percent of our revenues come from fees from those who take part in our activities. We hope our members will understand the need for this change, and will prefer it to any cuts in our level of service. If at any time, however, you feel that our existing or new fees create a hardship, please have a quiet and confidential conversation with Program Manager Mariann Tracy or Executive Director Bea Field.



On January 24, world-class artists from the Laguna Beach Music Festival gave a special recital for our members. Violinist Maria Bachmann (r, with Carol Reynolds) and pianist Jon Klibanoff (with Gail Sahara and Vera Martinez) performed works that ranged from Gershwin to Glass and chatted with the audience. Our thanks to them, and to our friends at Laguna Beach Live! for making this free (and priceless) event possible.