THE SPRING LAKES PARK



## OUR 51<sup>st</sup> YEAR

### AN AGE 55 COMMUNITY www.springlakespark.org

Oct. 4, 2024

# WEEKLY ACTIVITIES

<u>FRI. OCT. 4</u> EXERCISE CLASS CARDS PUMPKIN SUCCULENT CLASS	Cancelled 1:00 PM 2:00 PM
<u>SAT. OCT. 5</u> ART IN THE PARK	10:00 AM
<u>SUN. OCT. 6</u>	
<u>MON. OCT. 7</u> EXERCISE CLASS CARDS BILLIARDS	10:00 AM 1:00 PM 1:00 PM
AERO. CLASS	10:00 AM
<u>WED. OCT. 9</u> CHOIR PRACTICE TAI CHI CLASS	10:30 AM 3:00 PM
<u>THURS. OCT. 10</u> EXERCISE CLASS ACTIVITIES MTG. Party House	10:00 AM 10:00 AM
<u>FRI. OCT. 11</u> EXERCISE CLASS	10:00 AM

#### HAPPY BIRTHDAY

SUSAN HANCEY	6 <sup>TH</sup>
JOHN MELLON	6 <sup>TH</sup>
LARRY WHITE	6 <sup>TH</sup>
ANN SHAW	9 <sup>th</sup>
MARI CERRUTI	10 <sup>th</sup>
GUCHANG YANG	10 <sup>th</sup>



31, 34, 77 195 & 197

Coming Soon Space 100

#### ANNUAL HOLIDAY ART AND CRAFT FAIR SATURDAY OCTOBER 5 10am til 2pm IN THE CLUBHOUSE

Don't forget to stop by on Saturday and support your partners as they share their creations.

They will be selling original art, Christmas and fall decor, one of a kind watercolor cards. and prints, original designed jewelry, handbags,

children's handmade clothes, hats, and toys, homemade jams and jellies, crochet, and knitted creations.

We will have snacks available for purchase during the event.

Bring a few extra dollars to get a chance to win some fabulous prizes donated by our artists and crafters. Raffle proceeds will be donated to Second Harvest Food Bank

> *Tai Chi for Balance at the Clubhouse October 9<sup>th</sup> & 16<sup>th</sup> at 3:00pm*

The purpose of this class is to teach stances and forms towards both stability and fluidity in daily movement. A variety of meditative and upbeat music will accompany both the structure and flow of this class. Everyone is encouraged to practice daily, with mindful movement.

Instructed by Sifu Ron Souza ~ Space 48 ~ 831-246-1256.

Activities Meeting Thursday October 10 10:30am at the Party House



## Fall Harvest Workshops Reminder

Friday Oct. 4th ~ at 2pm. RSVP ONLY with Tamara our partner #50 re: questions, details, and supplies. 510 978 8588





**Fall Harvest Wreath Workshop** Fri Nov. 1<sup>st</sup> ~ 2pm to 4pm

Fri Nov. 1<sup>st</sup> ~ 2pm to 4pm Located at the Party House RSVP ONLY with Tamara our partner re: questions, details, and supplies. 510 978 8588

Last weekend, a stellar line up of both String Quartet and Swingin' Jazz musicians delivered incredible performances to enthusiastic music loving crowds. Deepest thanks to all of you for your unwavering support.

The William H. Nadeau Memorial Fund

# YOU'RE INVITED

# BLUES, BROADWAY, JAZZ PARTY AT THE CLUBHOUSE

Sunday, October 13th 4 - 7 pm Complimentary Pizza Bar open for beverage purchases

JUNE CAVLAN NEW YORK QUARTET Stephen Sondheim, The Ladies Who Lunch Frank Loesser, Never Will I Marry

WEST COAST ALL STAR BAND Blues Singer Anthony Jones Let The Good Times Roll, Alright Okay You Win

Judy Webb and Anthony Jones Vocal Duets Unforgettable, I Won't Dance, Cheek To Cheek

> Romantic Ballads Don Beck Trumpet Easy Living, In A Sentimental Mood

JOIN US FOR AN EXCITING OFF THE CHARTS SESSION! Sponsored By The William H. Nadeau Memorial Fund Promoting And Rewarding Excellence In Jazz performance.

#### **DMV NEWS FOR SENIORS**

Have you heard? California drivers who are 70 and older no longer have to take a knowledge exam to renew their license. You will still need to take a vision test and a picture at the DMV. However, you can quicken that in-person visit by starting your renewal online. www.dmv.ca.gov

The painter for the Pool, Recreation Building, and Laundry Building is starting Monday morning at 8:00 am. He will start with power washing all the buildings and then begin painting. It is a 20-day project so please expect some inconveniences at times in each of those locations. Thank you, Jesse.

The kitchen in the Clubhouse will be closed for a few hours on Monday, October 11<sup>th</sup> for a deep cleaning.

### Medical Equipment to Donate or Borrow

We have a shed behind the Carwash/Laundry Building with some medical equipment which has been donated. If you find yourself in need, feel free to go look. Please be sure equipment to donate is in good working condition. Thank you, Management.



**Partners** Corner

**Free:** Hamilton Beach 18-quart Automatic Roaster Oven and Breadman Ultimate 1/1.5/2# bread maker plus assorted bread machine cookbooks. If interested in any of these please contact Theresa Watson at #195, 227-3480.