

the View

Sun City
Shadow Hills®
by Del Webb®

August 2010

from Sun City Shadow Hills



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"Aqua Fitness" Photo by Sid Weiss. See story on page 12.

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All warranty issues must go through this email.

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Sun City Shadow Hills Community Association

Summer Hours of Operation

Association Office

Monday – Thursday · 9 am – noon, 1 pm – 4 pm
Open Saturdays · 8 am – noon:
June 5, July 10, Aug. 7, Sept. 11, Oct. 2

Montecito Fitness Center

7 days a week · 5 am – 8 pm

Montecito Clubhouse

7 days a week · 6 am – 10 pm

Lifestyle Desk

7 days a week · 8 am – 5 pm

Montecito Cool Zone (Kiosk)

7 days a week · 8 am – 4 pm

"The Shadows"

Shadow Hills Golf Club Restaurant

Monday & Friday · 10:30 am – 8 pm
Tues – Thurs · 10:30 am – 6 pm · Lunch until 2:30 pm
Sat & Sun · Breakfast 8 am – 11 am · Lunch 11 am – 5 pm
Dinner · Friday – Monday 5 pm – 8 pm
Happy Hour · Tuesday – Thursday · 2:30 pm – 6 pm
Rodeo Drive · Monday · 5 – 7 pm

Shadow Hills Golf Club Snack Bar

7 days a week · 7 am – 3 pm

Hours are subject to change.

the View

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Tom Hutson, *Chair*; Shaun Casey;
Carol DeRossett; Lee Powell; Sid Weiss

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From the General Manager

BY LYNN P. GILLIAM
GENERAL MANAGER

The lazy days of summer along with our famous heat have really hit us now but you still can have some fun in the Montecito Clubhouse during the month of August. Our Art Show on August 15 will be a fun way for all to experience some fabulous works by artists in the Coachella Valley and our own Sun City Shadow Hills. The “Cool Zone” is open so you can enjoy the camaraderie of your friends and neighbors in the cool Montecito Clubhouse. If you don’t mind the heat and want some outside activity stop by the Golf Shop and talk with our pros about playing golf. They will be glad to help you no matter what your experience level – novice to pro. Also be sure to check in with the Lifestyle desk or the Fitness Center to find other activities that will be of interest to you.

Replacement Board Member

A resident position recently became available on the Board of Directors. After a search by the Board and interviewing several excellent candidates, the Board chose Shadow Hills resident Bob Jenkins to fill the vacancy.

Bob has spent the past couple of years in a very active role within our community and has committed numerous volunteer hours to the community through our resident finance committee. His expertise in finance made him a natural fit for the Board of Directors.

With Bob joining the Board, large shoes were left to fill on the finance committee. The finance committee is currently seeking volunteers to be considered to fill an open slot on the finance committee. If you are interested or know of someone who might be interested, please send qualifications to the Association office no later than August 13. The committee will review all submissions to select Bob’s replacement.

As the community grows and progresses into a more independent Association, volunteers become increasingly critical for the ongoing

success of the community. Extra support is always needed and encouraged on all committees. If you have an interest in joining a committee let the Association office know of your interest so that we may contact you when there are openings on one of our committees.

Some Services You May Want To Use

I have been asked several times over the last few months about the possibility of having a postal service in the Clubhouse so owners could buy stamps without having to leave the property. It seems that many have missed out. We have been providing stamps for sale for some time at the Lifestyle Desk. While we don’t carry enough for you to do a mass mailing to 500 of your closest friends and we cannot accept packages or do the actual mailing for you, we do have stamps available for normal daily mailings.

A couple of months ago I asked that owners let PCM know when they have a mailing address change so we can continue to get your important Association business letters to you. In response to many requests, we are now accepting change of address forms in the Association office. The Association staff will forward those to PCM on a daily basis. If you are going out of town for a while and would like to receive your mail at a different address, please stop by the Association office to fill out an address change form. Also, be sure to change your address back to your local address when you return. We hope that this will make your travels a little less stressful.

As always, please call or stop by the Association office for questions or concerns. Any of the Association staff will be able to direct your questions to the proper staff member so that they are answered in a timely manner. The Association office staff is looking forward to helping you.

Board Meeting

There will be no

Board Meeting

in August

Above & Beyond

Spring 2010



Sara Scotten

Sara went above and beyond by helping write an article about the "Cool Zone" for The View magazine. Sara is a very talented writer, and we appreciate her putting her talents to use by contributing content for The View.

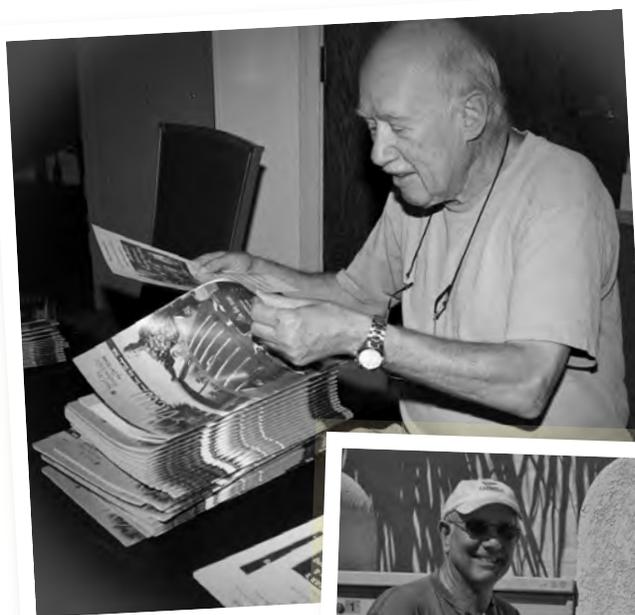


Association Committee Reports

Communications Committee

BY SID WEISS

This is where it all begins. Monthly, the Communications Committee meets to review and plan the composition of *The View*. The committee is also responsible for Channel 98 and the community website. Issues from the prior month are analyzed, as committee members are always looking for ways to improve the publication. The subject matter for future articles and photos is discussed and assignments are made to writers and photographers. At the May meeting table are (pictures at right, from left to right): Bruce Bonafede, Mary Lee Niethold, Chairperson Tom Hutson, Lee Powell, Gus Ramirez, Eric Angle, Marcia Gewelber and Shaun Casey. Other members of the committee are Sid Weiss, and Carol DeRossett.



Volunteer Al Barish (left) inserts a That's Entertainment flyer into the April issue.



Art and Chris Slaback (right) volunteer to deliver The View to one of the zones in our community.



*Sid Weiss (above) takes a picture for The View.
Photograph by Tom Hutson.*



*Dick Unitan (far right) interviews Jack Neitlich
for an article about the Emergency Preparedness Committee.*

From the Library

BY SANDY KANELIS



We are into the heat of the summer. Remember your library is available with lots of books to help you pass the hot days in the air-conditioned comfort of your home. The library is an “honors” library and is open to all residents of Sun City Shadow Hills.

Our library is staffed by volunteers, many of

whom are snowbirds. We ask that you keep your donations until September, when we will welcome them with open arms. We are in need of more books on tape, CDs, and DVDs. We will be accepting fiction books (both hardback and paperback), biographies, history books, large-print books, magazines (not more than two months old), puzzles, games, CDs, DVDs, and books on tape. But please, not until September.

Read and enjoy!



A Short Course on Who's Who at the Community

BY SARA NEAR, DIRECTOR
COMMUNITY ASSOCIATION MANAGEMENT
PULTEGROUP/DEL WEBB

We get quite a few questions about the different companies at the community. Who works for whom? Who is in charge of what? Why is it so confusing?

I agree. Sometimes it can seem like the old Abbott and Costello routine of "Who's on first?" So I will try to eliminate the confusion.

PulteGroup is the developer of the community, which it is developing under the company's Del Webb brand, meaning it is intended for home buyers 55 years of age and above (unlike the company's other brands – Pulte and Centex – which are for buyers of any age).

Because the community is being

developed as a "common interest development" under California state law, a Community Association (also sometimes referred to as the "homeowner association") was set up to govern the community and manage its commonly owned assets.

The Community Association is run by a Board of Directors. When the community first opened these directors were all Del Webb staff members. As the community grew, and residents continued to buy homes and move in, seats on the Board were taken by Resident Board Members who were elected by the property owners of the community. All property owners – residents and Del Webb – have votes in these elections based on the governing documents approved by the State. Eventually, when the community reaches a certain level of build-out, there is a "transition" of the majority of the Board from Del Webb staff to elected residents. One or more Del Webb staff members may remain on the Board for a period of time, though in the minority; eventually only residents sit on the Board.

What does the Board do? The Board's primary role is to protect and maintain the assets and common areas of the Community Association. It also determines and enforces the rules and regulations with which members of the Association must comply. Last, it appoints resident members to the various Association committees that assist the Board in making decisions that affect the community. This last role is very

Taste of Del Webb

Sun City
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by Del Webb[®]

Come sample a wide variety of delicious food by restaurants and vendors from across the Coachella Valley.

Saturday | Sales
October 23 | Model Home
2010 | Park

12 pm | Tickets \$6 (Non-Refundable) | Call 760-772-9617

Del Webb is pleased to help sponsor this outstanding event in cooperation with the Community Association.

important as committees are an excellent training ground for future Board members.

The Board also selects a management company to oversee the day-to-day operations of the Association. This is where some of the confusion lies. The community's management company is PCM (Professional Community Management, Inc.), the leading property management company in Southern California. In fact the Association staff you see and interact with are PCM employees. They do not work directly for the Association, nor do they work for Del Webb.

They work for the management company which was *hired* by the Association through the action of the Board.

We also use management companies at our golf courses. At both the Shadow Hills Golf Club at Sun City Shadow Hills and the Ashwood Golf Course at Sun City Apple Valley, the golf courses are managed by Billy Casper Golf, one of the nation's leading golf course management firms.

Why do we use management companies? Because the people who work for them are trained professionals, whether it's in general management or lifestyle

or golf operations or facilities maintenance. They're specialists, and our residents get the benefit of their expertise.

Of course, this being a Del Webb community, everyone works together. It doesn't matter if our paychecks come from Del Webb or PCM or Billy Casper Golf – we're all on the same team. We all work together for a common purpose.

Which is why it's sometimes confusing trying to tell who's who. But the way we look at it, it doesn't matter, as long as we're building and operating the best possible community for our residents.

Del Webb®

Love life to the fullest.

A
50
YEAR
CELEBRATION



Sales Update

BY GARY LOEBIG

Do you have any friends or family members who really want to live the Sun City Shadow Hills lifestyle, but are concerned about selling their existing homes in this real estate market? Well... we are now offering a "Home to Sell" program, and we can help them on their way to the lifestyle that they've been dreaming about.

Here is how it works:

1. Have your friends or family come in to meet with a Sales Consultant to select the Del Webb home they'd like to purchase.
2. We have established a partnership with The

Oie Group of Century 21 to complete a competitive market analysis of their current home, and The Oie Group will recommend the price point and actions needed to get the house sold within 60 days.

3. They will list their current home at the recommended 60-day price and move forward with the purchase agreement on their new Del Webb home.

In addition to identifying the market price range, the "Home to Sell" program coordinators also can provide tips and resources to successfully market a home for sale such as decorating, presentation, and repairs.

While we can't guarantee a home sale, our goal is to help sell their existing home before their Del Webb home is completed.

Ask a Sales Consultant for more information about this exciting program, and help your friends and family make that first step toward living the Del Webb lifestyle at Sun City Shadow Hills.

from
Del Webb

In Your Backyard...

Scorpions

BY CAROL DEROSSETT

Watch your step! It's summer, which brings out one of the most interesting of the arthropod species, the Scorpion. Neighbor Bob Noe stepped barefoot onto his patio directly on one recently.

The Scorpion is a species that has been around for a long time. The Trilobite was an arthropod that now is extinct. It was of the marine variety 500 million years ago. The Scorpion only dates back about 400 million years and has changed very little since its beginning as a terrestrial arthropod. The lack of change was probably due to the fact that the Scorpion had a useful design right from the beginning; it didn't need to change. It has a long segmented body divided into two obvious sections: the elliptically-shaped body with its tail. The first part of that body is the cephalothorax; it contains locomotion, sensory, and appendages. Two pairs of appendages on each side of the mouth enable the scorpion to grab and tear prey while feeding. The pincers are used for sensing as well as holding while mating or eating. This species are known for its elaborate mating dances.

A Scorpion has four pairs of jointed legs. There are sensory hairs on the legs that enable it to detect prey up to one foot away. There's also a pair of eyes atop its shell and also several lateral eyes along its front edge. There are slits that allow the Scorpion to breathe as well as allow the male a good place to deposit his sperm during mating.

In our desert we have many of the large California fan palms. They



Picking up scorpions with your hand is not recommended.

require constant water, so they live along our San Andreas fault line which forces subterranean water to the surface. The coyotes eat the small fruits the palm produces, and the Scorpion lives in the skirts of this tree among the dried leaves. The Oriole also makes its home there as do paper wasps, bees, and spiders. Lizards hide from their predators there.

In John Steinbeck's classic novel *The Pearl*, the infant Coyotito is stung by a Scorpion. There is a race for his life as his father, a pearl diver, tries to find a larger pearl in order to pay a doctor to treat his baby. In reality the sting of a Scorpion usually isn't serious. The sting is mild, causing only local pain and swelling. Scorpions live in Baja California, Mexico, California, Utah, New Mexico, Texas, and Arizona.

Scorpions give birth during the summer months. After the babies are born, they quickly crawl up their mother's pincers and legs and take

position on her back, where they will be safe until they molt. Many other species make food of the Scorpions, such as mice, shrews, and bats.

In Arizona there are up to 30 different species of scorpion. Only one of them has a more serious bite. That is the wood scorpion, so called because it's often found in piles of wood or stacked bricks. Sometimes you see it on the ceiling or walls.

A fascinating thing about Scorpions is that they are fluorescent under ultraviolet light. A black light on a warm moonlight night in the Arizona desert will help you discover countless number of these species.

About four years ago, I had just moved in my home here, when one night a large Scorpion came walking out from under my refrigerator. I knew the species because I'd seen them while camping in Baja California. I was quick to step on it, and never saw another. I suspect I had intruded on its land.



Downtown San Diego

Cool Escapes

BY SHAUN CASEY

Summer in the Coachella Valley can be pretty brutal – even for the veteran resident. The month of July brings a steady dose of 110-degree-plus weather followed by more of the same in August. So why not enjoy some of the many “cool escapes” available to us within a two to two-and-a-half hours drive from Sun City Shadow Hills? Starting in the south, we’ll work our way from the San Diego area north along the coast up to Los Angeles.

San Diego: If you can’t find something exciting and interesting in this town, it probably means you have been in the sun too long and didn’t escape soon enough. Let’s start with Balboa Park; 1,200 acres with 15 museums and several performing arts venues. The San Diego Zoo, one of the largest in the world, is located in the Park. More than 4,000 animals are found here. Let’s face it: this is fun for all ages! Have a couple of extra hours? Run over to Escondido to the 1,800-acre San Diego Wild Animal Park and watch 400 various species roaming freely about. Too much walking is not an excuse for staying home. There are wheelchairs available, escalators, trams, etc., to take you around these venues.

Northwest of downtown you will find Mission Bay with its recreational facilities for boating, camping, and fishing as well as plenty of shoreline

for swimming. Visit Belmont Park, a beachfront amusement park, famed for its 1925 wooden roller coaster. While you are over here, take in Sea World, the 189-acre adventure park with its shows, marine-life attractions, and rides. Have the grandkids with you? Take them over to Sesame Street Bay of Play and have them photographed with Sesame Street characters.

Just north of downtown you will discover Old Town San Diego State Historic Park. This California settlement depicts the Mexican and early American years of 1821 to 1872. Nearby Presidio Park is the site of California’s first permanent Euro-American settlement established in 1769. Visit its various museums and historic buildings – make history come alive.

San Diego Harbor is a beehive of activity with yachts, sailboats, and cruise ships. Historic ships and the retired aircraft carrier USS Midway are docked here and make up two more of the many museums in this city. The US Navy’s Pacific Fleet was stationed here during WWII, and there is still a major Navy presence in the Harbor. Don’t forget the Gaslamp District with its 1870-style Victorian buildings; and of course, the most famous one, the Hotel Del Coronado, deserves a visit. Just take the San Diego - Coronado Bay Bridge to the peninsula, a treat in itself because of its spectacular views of the city skyline and harbor.

Continued on page 10...

Cool Escapes

...continued from page 9

There is a lot more to San Diego that is easy to discover than just visiting the places mentioned. Of course, the weather is the key to enjoying San Diego. Space dictates that we move up the coast.

Del Mar: 20 miles north of San Diego is the Del Mar Thoroughbred Club founded by Bing Crosby and Pat O'Brien in 1937. This beautiful race track, "where the turf meets the surf," attracts top jockeys and steeds from around the world. Racing season started this year on July 21 and goes to mid-September. With a cooling Pacific breeze and interesting restaurants, it's a fun place to be!

Beach Cities: Going through Encinitas, consider stopping at the San Diego Botanic Garden. The Garden encompasses over 30 acres of native plants, exotic tropicals, palms, bamboos, and unusual plant collections. In Escondido take time to visit the city's History Center with 19th-century buildings fully furnished with period items. You might want to stay longer in the resort city of Carlsbad with its restaurants and beaches. Wander over to Carlsbad Ranch and see all the vibrant colors of 40 acres of flowers overlooking the Pacific Ocean. It truly is a fantastic sight! Bring the grandkids and go visit Legoland California with its amusement park and 128 acres of buildings and wild animals – all made with plastic Legos. Then take them to the Sea Life Aquarium, which features the Lost City of Atlantis in a 175,000-gallon tank with sharks and sting rays swimming around. That's a trip they will talk about when they get a lot older.

The west coast home for the US Marines starts in Oceanside at Camp Pendleton and runs up the coast for



Horse Racing at Del Mar

125,000 acres to San Onofre. If you are retired military, take advantage of this beautiful base and its facilities. Five miles up the road visit San Clemente, which is built on hillsides and is famous for its palm-fringed beaches. It becomes readily apparent why President Nixon liked to vacation here. Jump over and visit Dana Point while you are in the area. Also built on hillsides, it is boasted being the only useable port between Santa Barbara and San Diego during the 19th century. There are some very nice restaurants overlooking the harbor. Good food and a view – one can't ask for more.

Huntington Beach, known as "Surf City," is 8.5 miles of uninterrupted natural sand beaches. This is also a

must stop on our west coast journey. The fact that tourism is the largest and fastest growing industry bodes well for you finding a good time here. Don't forget the Huntington Beach Pier, one of the longest amusement piers in the world. On a clear day you can see from Dana Point in the south to Palos Verdes peninsula in the north. The pier is also an ideal vantage point for watching all the surfers.

Palos Verdes peninsula is surrounded by three coves that are not readily accessible because of the steep cliffs. It is a beautiful place to visit because the views really are spectacular. Last, we move into the South Bay area of Redondo, Hermosa, and Manhattan Beaches. The Bay area beaches are anchored by Redondo Beach with its relaxed resort feeling. Beautiful beaches, a pleasure pier, a fishing fleet, and a harbor lined with restaurants and cafés all combine to create the seaside atmosphere.

Mountain Areas: Realizing not everyone likes the beach, there are several areas nearby that will get you out of the heat. The closest is our local Aerial Tramway in Palm Springs. The Tramway provides 360-degree views as passengers are transported up to 8,516 feet. The Mountain Station has access to more than 70



Huntington Beach



Big Bear Lake

miles of trails, observation decks, a theater, and a natural history museum. A popular Ride ‘N’ Dine package is available along with a summer flat-rate pass that offers even more discounts.

Idyllwild is a serene resort community 5,500 feet up in the San Jacinto Mountains that has become a popular “art town” destination for its galleries, musical festivals, and cultural events. One can also find relief at Big Bear Lake at over 6,750 feet. Camping, picnicking, mountain biking, hiking, and horseback riding are popular during the summer. Lake Arrowhead (5,191 ft) is another popular mountain resort and a highlight of the scenic Rim of the World Drive from San Bernardino.

One last note: Always check with the Lifestyle and Fitness desks for special trips out of the area. There are hiking trips led by Fitness. Lifestyles had a trip to Santa Monica Pier, as an example, in July. A June trip to a Dodgers game was absolutely great with temperatures 30 degrees less than in the desert. An August 14 trip is planned to Laughlin, Nevada, for only \$15.00. Enjoying a trip with friends, old and new, is way better than going by one’s self.

So don’t complain about the weather – do something about it! Hopefully this article will help you decide.



The San Diego - Coronado Bridge



Idyllwild

Sources: AAA’s Southern California & Las Vegas Tour Book

Enjoying a Healthy Summer Lifestyle

BY EVANGELINE GOMEZ,
FITNESS DIRECTOR

Summer is a wonderful time to enjoy the great outdoors and a healthy lifestyle. The birds are singing, the flowers are in full bloom, and the warm weather and bright sunshine can really lift one's mood. Summer is also a great time of the year to start exercising.

Heading to the beautiful, cool Montecito Fitness Center and getting in an energizing workout is a great way to get started. Taking an early morning walk and enjoying the sights and smells of the season are also popular activities. Letting this become a habit is good for your health. Take advantage of this summer by making exercise part of your routine; it will be easier to continue once fall and winter roll back around.

There are lots of activities that can be enjoyed in the summer that will provide you with a healthy lifestyle. Here are a few of the best summer exercises and sports as well as some ways to make the most of your summer workouts.

Best Summer Exercises

Cardiovascular activities

The first part of any good fitness program is "cardio." This is your foundation for burning calories and conditioning your heart, lungs, and body. It also helps get your body strong for other summer activities in which you might participate. If you want to lose weight, you'll eventually need to work your way up to five or six days a week of cardio exercise for

about 20 – 60 minutes in your target heart rate zone. To keep yourself motivated, vary the intensity, duration, and type of activity. Try short, more intense workouts mixed with longer, slower workouts for variety.

✓ **Walking:** Walking is not especially strenuous, but it has lots of benefits. It's great for those who cannot participate in high-impact exercise due to health considerations. Walking is also good for those who haven't exercised in a long time. You can start out walking short distances at a comfortable pace, then work progressively harder to get your heart pumping. The best time to walk outdoors and avoid the heat is in the early morning or evening hours (after sunset). Or you can walk in the cool comfort of the Fitness Center, using one of our treadmills.

✓ **Bicycling:** Bicycling provides low-impact cardiovascular exercise. It is great for someone just getting back into exercising and those coming back from injury. Biking provides a workout for your legs, hips, and gluteal muscles. Depending on the settings you use on the bike, you will find the bike can help you tone your muscles and build strength in the targeted areas. One can head outside in the cooler morning or evening hours and enjoy the amazing views around the property, or pedal away in the Fitness Center while admiring the beautiful outdoor pool and golf areas.

✓ **Elliptical:** An elliptical trainer (sometimes called a cross-trainer) is a stationary exercise machine used to



Montecito Fitness Center Aerobics Studio

simulate walking or running without causing excessive pressure to the joints, hence decreasing the risk of impact injuries. Elliptical trainers offer a non-impact cardio workout that can vary from light to high intensity based on the resistance preference set by the user.

✓ **Swimming:** Swimming is a fantastic summer cardio activity. If you are looking for a break from the heat of the summer, then a dip in the water is exactly what you need; swimming is a way for you to cool off. It is a healthy activity that can be continued for a lifetime – and the health benefits swimming offers for a lifetime are worth the effort it takes to get to the pool. Perhaps you have been doing some other form of land exercise, and now an injury prevents you from putting weight on a knee or ankle. Swimming can help you. Kicking workouts, water aerobics, pool running, or a regular swimming workout can all give you a great exercise session without the weight of your body pounding you with each move. Regular swimming builds endurance, muscle strength, and cardiovascular fitness. It can serve as a cross-training element to your regular workouts.

✓ **Classes:** Take one of our Group Exercise classes such as Cardio or Aqua Fitness to get a fantastic cardiovascular workout while having fun with your friends and neighbors.

Strength activities

The second part of your program will be strength training to build lean muscle and raise your metabolism. To burn the most calories, stick with compound movements (i.e., movements that target more than one muscle group). Examples would be squats, lunges, push-ups, and pull-ups. A great way to get in a strength workout is to take one of the wonderful classes, such as Total Body, Mat, or Reformer Pilates, offered at the Fitness Center. If you do decide to do it on your own, remember these great tips.

- ✓ Target all your muscle groups at least twice a week, with a day or two of rest in between workouts.
- ✓ Keep your repetitions between 8 – 12 to build muscle and 12 – 16 for endurance. Don't be afraid to use different repetition ranges regularly to challenge your body in new ways.
- ✓ If you're a beginner, start with one set of 15 repetitions of each exercise with a moderate weight, adding a set gradually.
- ✓ Use enough weight so that the last repetition is difficult, but not impossible. You should be able to finish the last rep with good form.

Stretching activities

The last but not the least part of your program is a well rounded stretching routine to promote flexibility, decrease soreness, and improve posture. Most cardiovascular and strength-training programs inherently cause your muscles to contract and extend. That's why regular stretching is a powerful part of any exercise program. Classes are a superb way to achieve this. Balance the Brain and Stretch classes incorporate both balance and stretch exercises that will keep you limber and on your feet. If you are completing a stretch routine on your own, consider this:

- ✓ Stretching increases flexibility. Flexible muscles can improve your daily performance, such as, lifting packages or bending to tie your shoes.
- ✓ Stretching improves range of motion of your joints. Good range of motion keeps you in better balance, which will help keep you mobile and less prone to falls and the related injuries.
- ✓ Stretching improves circulation. Stretching increases blood flow to your muscles. Improved

circulation can speed recovery after muscle injuries.

- ✓ Stretching can relieve stress. Stretching relaxes the tense muscles that often accompany stress.
- ✓ Stretch daily and target all muscle groups with a 5 – 10 minute routine.
- ✓ Hold each stretch for a minimum of 20 seconds but preferably up to 60 seconds.

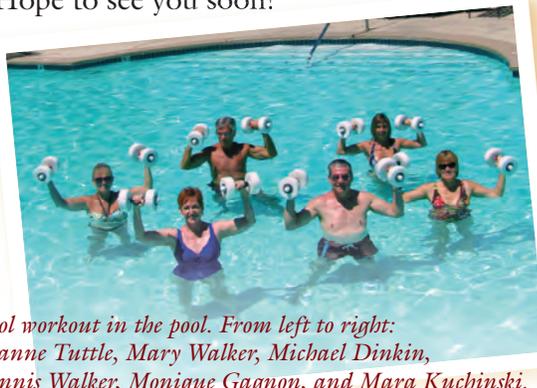
Sport activities

- ✓ **Tennis:** Playing tennis is a fun way to socialize, and it provides a good workout. Finding a regular opponent can help you both stay motivated and on a healthy track. Utilize one of our fantastic courts in the early morning or late evening hours for an energizing game.
- ✓ **Golf:** Taking a swing at the golf course is good for your physical and mental health. There are many health benefits of playing golf. A round of golf burns about 230 calories, and the driving range burns about 200 calories per hour. The weight-bearing exercise and Vitamin D you get from the sunshine is great for your skeletal and muscular systems. And, last but not least, golf is a social game – there's time to chat with friends, which increases endorphins that helps mental outlook and an overall feeling of well-being.

The best exercises for you will depend on your specific objectives. If you want to lose weight or improve overall health, a cardiovascular workout is what you need. If you want to build strength or muscle tone, weightlifting, yoga, or exercises that target specific muscles might be better for you. But, we all need to stretch!

There aren't really any exercises that you can't do in the summer. These suggestions are simply meant to get you started. Finding activities that you enjoy participating in during warm weather will help keep you motivated to exercise, and staying motivated is one of the most important factors to your success.

Hope to see you soon!



Cool workout in the pool. From left to right: Dianne Tuttle, Mary Walker, Michael Dinkin, Dennis Walker, Monique Gagnon, and Mara Kuchinski.

Exercising Safely in the Heat

BY JASON EWALS

What you should do:

✓ Drink plenty of fluids. It's extremely important to stay hydrated. If you're thirsty then you are already dehydrated; drink before you feel a need to. Be sure to drink throughout the day (stick to non-caffeinated beverages, preferably water). Drink 15 – 20 minutes before beginning your workout and every 15 minutes throughout the exercise.

✓ Eat regularly. The heat can decrease your appetite, but it's important to eat normally. Try to eat small meals five to six times per day. Include lots of fruits and vegetables. Aside from being nutritious, fruits also tend to help with hydration.

✓ Wear light, loose-fitting clothes that can breathe. Cotton is always a good choice. If your outdoor activity

produces a lot of perspiration, consider clothing that is designed to wick the sweat away.

✓ Wear sunscreen. Even if you exercise early in the morning or late in the evening, if the sun can reach you, then you can get burned. Not only is sunburn bad for your skin and potentially dangerous, but it also hinders your body's ability to stay cool.

✓ Use common sense and don't attempt strenuous activities that your body is not accustomed to. Stick to exercises that you are very familiar and comfortable with.

What you should not do:

✗ Don't try to diet by sweating. Excessive perspiration is not the key to permanent weight loss. It's just a loss of water weight.

✗ Don't adapt the "no pain, no

gain" motto. Ignoring your body's signals could be dangerous. Heat-related illnesses come with warning signs.

✗ Don't forget to drink plenty of liquid when swimming. Just because your body is surrounded by water does not mean that you are well hydrated. As with any land exercises, you need to regularly replenish lost fluids when in the pool.

✗ Avoid physical activity during the hottest part of the day, which usually is between 10 am – 3 pm.

✗ If you want (or need) to be working in very hot temperatures, don't do it until you become acclimated.

✗ Avoid extreme changes in temperature. Don't hop from being extremely hot and sweating excessively right into an ice cold, air-conditioned environment. Try to cool your body down slightly before exposing it to the extreme temperature variation.

SHADOWS RESTAURANT

SUMMER HOURS STARTING IN JUNE

MONDAY 10:30 -8PM *Rodeo Drive from 5PM - 7PM \$5 Cover Charge *Dinner 5PM-8PM

TUESDAY THRU THURSDAY 10:30 -6PM *Lunch Only until 2:30* Happy Hour 2:30-6PM

FRIDAY 10:30 -8PM *Dinner 5PM-8PM

SATURDAY & SUNDAY 8AM -11AM Breakfast * Lunch 11AM- 5PM * Dinner 5PM-8PM

COME ENJOY THE NEW SUMMER MENU

RESIDENTS RECEIVE 20% DISCOUNT WITH RESIDENT ID





BY CHRIS JONES, PGA
GENERAL MANAGER



Golf Operations

At the time I am writing this article, many of you may have already heard; but Tony Chavez is no longer with us. Tony has been promoted to General Manager of Green Tree and Westwinds Golf Courses in Victorville, California. He will be in charge of both courses for the city of Victorville. This is Billy Casper Golf's first municipality in the state of California and very important to the company. Tony's hard work at Shadow Hills has been recognized, and the promotion is well deserved.

If you would like to contact Tony, he can be reached at tchavez@victorvillegolf.com.

In Tony's absence, Matt Cushman has been promoted to Head Golf Professional. Matt has been with Shadow Hills for many years, and his promotion is also deserved.

Golf Course Update

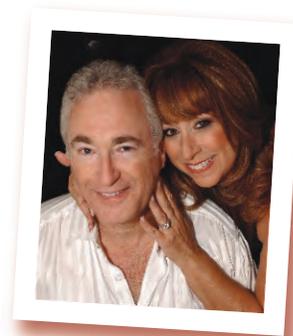
We are now in the home stretch of this year's transition from rye grass to Bermuda. Please use the 90 degree rule in and out of the fairways. Also I need your help by avoiding wet spots. Holes 10, 12, 15, and 18 will remain cart-path only through August.

This will affect the pace of play on the back nine, but is important to the transition of the turf. Thank you for your cooperation.

Rodeo Drive

Rodeo Drive will be performing four Mondays in August at The Shadows from 5 – 7 pm: August 9, 16, 23, and 30. For those of you who are not already familiar with them, Marilyn and Randy are very strong vocalists who specialize in everything from Broadway to Rock 'n' Roll. They plan to repeat some of the favorite tunes you may have heard last summer and add new material they've introduced this past year.

Enjoy this opportunity to bring your special someone and your friends to enjoy some great food, libations, and music. Don't miss out ... The Shadows is the place to be!



*Marilyn and Randy
of Rodeo Drive*



Sports & Fitness

Fitness Orientations

By Appointment Only.

If you are unfamiliar with the fitness equipment here at Sun City Shadow Hills, you may want to schedule a complimentary Fitness Orientation. We are happy to familiarize you with all the state-of-the-art fitness equipment and create a basic program with workout card for you to follow. Call the Fitness Center at 760-772-0430 to schedule an appointment.

Personal Training

Personal Training provides you with an exercise program designed to meet your individualized needs. The two main objectives of Personal Training are motivation and education. If you are interested in getting started on a Personal Training program, we have two excellent certified trainers available.

Please contact them for a consultation:

Misti, 760-702-7211
Gregory, 415-577-5737



Blood Pressure Screenings

Monday, August 9 & 23
8:30 – 10:30 am

High blood pressure is called “the silent killer” because there often are no symptoms. Your numbers are your only warning. Know your numbers: stop by the Fitness Center and get your blood pressure measured.

Sponsored by Cambrian Homecare.



Fitness Update

BY EVANGELINE GOMEZ
FITNESS DIRECTOR



So far this summer, we have been experiencing record usage in the Fitness Center, which is an inspiring trend. With that said, below are some tips that will help all of our residents get the most out of their workouts and maximize their fitness experience.

- ✓ During our peak times (7 am – 12 pm) and when others are waiting, please limit cardiovascular exercise (treadmills, bikes, ellipticals, rowers) to 30 minutes.
- ✓ Cell phone use on the fitness floor is a definite no-no. No one wants to be party to your personal conversations; they distract from the mental focus everyone needs to achieve their fitness goals. Also, if you are participating in a group exercise class, don't talk in the back of the studio. It's unfair to others participating in the class. Please turn off your cell phone ringer while in classes.
- ✓ When you are using the strength equipment, please let fellow residents work in (take turns) with you.
- ✓ Please clean up after yourself. Put weights away when you are done, and always bring a towel with you. We also provide disinfectant wipes to clean the equipment when your workout is complete.
- ✓ Please wear appropriate fitness attire. This includes refraining from wearing jeans, belts, or other items that might damage the equipment upholstery; and always wear closed-toed athletic shoes.
- ✓ Few things are more jarring at a gym than the loud clank of dropped dumbbells or barbells. Don't permit the weight stack on any piece of equipment to slam down. It is disruptive to others training in the same area, is potentially damaging to equipment, and can cause injury to the user as it evidences an inability to control whatever weight is being used.
- ✓ Please don't wear overbearing perfume or cologne. It can be very unpleasant for others who are working out near you.
- ✓ All drinks (water or sports drinks) must be in a closed container. No open cups are allowed on the fitness equipment area.

Beat the Heat 2010

We had over 70 Sun City Shadow Hills Summer Warriors sign up to participate in “Beat the Heat 2010,” our summer fitness program that began on July 6. Wow! I’m impressed with the commitment our participants have shown right from the start. Between attending special fitness classes, working out in the Fitness Center, going on walks, or engaging in games of golf, bocce, and tennis, our warriors have been busy keeping fit and earning points. Each point gets the participants closer to some very nice prizes, not to mention the healthy benefits they will receive by beating the summer heat in the cool Fitness Center.

The program will continue through August 19 with the finale on August 20. What a great way to keep on a healthy track and beat the long hot summer days! So if you signed up, don’t forget to keep engaging in those healthy activities! Let the fitness center desk know each time you receive a point so that it can be tracked on the board and incremental prizes can be awarded.

Make your health and well-being a priority this summer, and don’t get left in the heat!



Fitness Tip

BY JASON EWALS
FITNESS COORDINATOR

Five Myths about Exercise and Older Adults

Myth 1: There’s no point to exercising. I’m going to get old anyway.

✓ Fact: Exercise and strength training help you look and feel younger and stay active longer. Regular physical activity lowers your risk for a variety of condition, including Alzheimer’s and dementia, heart disease, diabetes, colon cancer, high blood pressure, and obesity.

Myth 2: Older Adults shouldn’t exercise. They should save their strength and rest.

✓ Fact: Research shows that a sedentary lifestyle is unhealthy for older adults. Inactivity often causes seniors to lose the ability to do things on their own and can lead to more hospitalizations, doctor visits, and use of medicines for illnesses.

Myth 3: Exercise puts me at risk of falling down.

✓ Fact: Regular exercise, by building strength and stamina, prevents loss of bone mass and improves balance, actually reducing your risk of falling.

Myth 4: It’s too late. I’m already too old to start exercising

✓ Fact: You’re never too old to exercise! If you’ve never exercised before, or it’s been a while, start with light walking and other gentle activities.

Myth 5: I’m disabled. I can’t exercise sitting down.

✓ Fact: Chair-bound people face special challenges but can lift light weights, stretch, and do chair aerobics to increase range of motion, improve muscle tone, and promote cardiovascular health.

Montecito Fitness Center

Massage Therapy

Monday, August 16 & 23

Time: beginning at 9 am
Therapist: John Rogers (J.R.)
Chair massage: \$1/minute

Summer Special:

In-home full-body massages are available for \$50/hour — buy two for \$90 or buy three for \$120.

Use anytime or give as gifts!
Schedule with J.R. at 760-668-4669

Friday, August 6 & 20

Time: beginning at 8 am
Therapist: Ellen Freid*
Chair massage: \$1/minute
In-home full-body massage: \$80/hour
Please schedule with Fitness Center at 760-772-0430

*Therapist from
A One Price Quality Massage Therapy.

Sports & Fitness

New Guest Policy

Residents, please make sure to come to the Fitness Center and pick up the new Fitness Guest Punch Card. The new policy, which started on March 1, requires any guests who will be using the Fitness Center (pool not included) to present this punch card prior to working out. One of the 50 squares will be signed off for each guest each day. If a guest does not have the punch card, a fee of \$5 per visit will apply.

Wii

Open Play Times in the Fitness Center (Residents Only)

Every Monday & Thursday,
12 – 5:30 pm

Every Tuesday, Wednesday,
Friday, Saturday, & Sunday
12 – 7:30 pm

Wii Bowling

Mondays at 6 pm
in the Aerobic Studio.

Contact the Fitness Center
at 760-772-0430 for
additional information.

CPR Certification



August 20, 2010
8 am – 12 pm
Cost: \$15.00

Class instructed by
Philip J. Curia, EMT, with
over 20 years of experience
in CPR and first aid.

Please register for this
certification at the
Fitness Center.

Call 760-772-0430 for
additional information.

Sunday	Monday	Tuesday
1 3:00 PM Table Tennis (AS)	2 8:00 AM Reformer Pilates (AS) \$\$ 9:00 AM Cardio (AS) \$ 10:00 AM Mat Pilates (AS) \$ 10:00 AM Aqua Fitness (IP) \$ 11:00 AM Reformer Pilates (AS) \$\$ 4:00 PM Adv. Line Dance (AS) 6:00 PM Wii Bowling (AS)	3 8:00 AM Total Body (AS) \$ 9:00 AM Balance the Brain (AS) \$ 10:00 AM Aqua Fitness (IP) \$ 10:00 AM Cardio (AS) \$ 11:00 AM Reformer Pilates (AS) \$\$ 2:00 PM Reformer Pilates (AS) \$\$ 5:00 PM Int. Line Dance (AS)
8 3:00 PM Table Tennis (AS)	9 8:00 AM Reformer Pilates (AS) \$\$ 8:30 AM Blood Pressure Screening(FC) 9:00 AM Cardio (AS) \$ 10:00 AM Mat Pilates (AS) \$ 10:00 AM Aqua Fitness (IP) \$ 11:00 AM Reformer Pilates (AS) \$\$ 4:00 PM Adv. Line Dance (AS) 6:00 PM Wii Bowling (AS)	10 8:00 AM Total Body (AS) \$ 9:00 AM Balance the Brain (AS) \$ 10:00 AM Aqua Fitness (IP) \$ 10:00 AM Cardio (AS) \$ 11:00 AM Reformer Pilates (AS) \$\$ 2:00 PM Reformer Pilates (AS) \$\$ 5:00 PM Int. Line Dance (AS)
15 3:00 PM Table Tennis (AS)	16 8:00 AM Reformer Pilates (AS) \$\$ 9:00 AM Massage (FC) 9:00 AM Cardio (AS) \$ 10:00 AM Aqua Fitness (IP) \$ 10:00 AM Mat Pilates (AS) \$ 11:00 AM Reformer Pilates (AS) \$\$ 4:00 PM Adv. Line Dance (AS) 6:00 PM Wii Bowling (AS)	17 8:00 AM Total Body (AS) \$ 9:00 AM Balance the Brain (AS) \$ 10:00 AM Aqua Fitness (IP) \$ 10:00 AM Cardio (AS) \$ 11:00 AM Reformer Pilates (AS) \$\$ 2:00 PM Reformer Pilates (AS) \$\$ 5:00 PM Int. Line Dance (AS)
22 3:00 PM Table Tennis (AS)	23 8:00 AM Reformer Pilates (AS) \$\$ 8:30 AM Blood Pressure Screening(FC) 9:00 AM Massage (FC) 9:00 AM Cardio (AS) \$ 10:00 AM Aqua Fitness (IP) \$ 10:00 AM Mat Pilates (AS) \$ 11:00 AM Reformer Pilates (AS) \$\$ 4:00 PM Adv. Line Dance (AS) 6:00 PM Wii Bowling (AS)	24 8:00 AM Total Body (AS) \$ 9:00 AM Balance the Brain (AS) \$ 10:00 AM Aqua Fitness (IP) \$ 10:00 AM Cardio (AS) \$ 11:00 AM Reformer Pilates (AS) \$\$ 2:00 PM Reformer Pilates (AS) \$\$ 5:00 PM Int. Line Dance (AS)
29 3:00 PM Table Tennis (AS)	30 8:00 AM Reformer Pilates (AS) \$\$ 9:00 AM Cardio (AS) \$ 10:00 AM Aqua Fitness (IP) \$ 10:00 AM Mat Pilates (AS) \$ 11:00 AM Reformer Pilates (AS) \$\$ 4:00 PM Adv. Line Dance (AS) 6:00 PM Wii Bowling (AS)	31 8:00 AM Total Body (AS) \$ 9:00 AM Balance the Brain (AS) \$ 10:00 AM Aqua Fitness (IP) \$ 10:00 AM Cardio (AS) \$ 11:00 AM Reformer Pilates (AS) \$\$ 2:00 PM Reformer Pilates (AS) \$\$ 5:00 PM Int. Line Dance (AS)

Wednesday Thursday Friday Saturday

<p>4</p> <p>8:00 AM Interval Training (AS) \$ 9:00 AM Reformer Pilates (AS) \$\$ 10:00 AM Arthritis Aqua (IP) \$ 10:00 AM Mat Pilates (AS) \$ 11:00 AM Reformer Pilates (AS) \$\$ 12:30 PM Table Tennis (AS) 3:00 PM Beg. Line Dance (AS)</p>	<p>5</p> <p>9:00 AM Balance the Brain (AS) \$ 10:00 AM Aqua Fitness (IP) \$ 10:00 AM Cardio (AS) \$ 11:00 AM Reformer Pilates (AS) \$\$ 12:00 PM Reformer Pilates (AS) \$\$ 4:00 PM Beg. Line Dance (AS) 5:00 PM Int. Line Dance (AS)</p>	<p>6</p> <p>8:00 AM Massage (FC) 8:00 AM Total Body (AS) \$ 9:00 AM Arthritis Aqua (IP) \$ 10:00 AM Aqua Fitness (IP) \$ 11:30 AM Adv. Line Dance (AS) 3:00 PM Table Tennis (AS)</p>	<p>7</p> <p>12:00 PM Table Tennis (AS)</p>
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<p>11</p> <p>8:00 AM Interval Training (AS) \$ 9:00 AM Reformer Pilates (AS) \$\$ 10:00 AM Arthritis Aqua (IP) \$ 10:00 AM Mat Pilates (AS) \$ 11:00 AM Reformer Pilates (AS) \$\$ 12:30 PM Table Tennis (AS) 3:00 PM Beg. Line Dance (AS)</p>	<p>12</p> <p>9:00 AM Balance the Brain (AS) \$ 10:00 AM Aqua Fitness (IP) \$ 10:00 AM Cardio (AS) \$ 11:00 AM Reformer Pilates (AS) \$\$ 12:00 PM Reformer Pilates (AS) \$\$ 4:00 PM Beg. Line Dance (AS) 5:00 PM Int. Line Dance (AS)</p>	<p>13</p> <p>8:00 AM Total Body (AS) \$ 9:00 AM Arthritis Aqua (IP) \$ 10:00 AM Aqua Fitness (IP) \$ 11:30 AM Adv. Line Dance (AS) 3:00 PM Table Tennis (AS)</p>	<p>14</p> <p>12:00 PM Table Tennis (AS)</p>
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<p>18</p> <p>8:00 AM Interval Training (AS) \$ 9:00 AM Reformer Pilates (AS) \$\$ 10:00 AM Arthritis Aqua (IP) \$ 10:00 AM Mat Pilates (AS) \$ 11:00 AM Reformer Pilates (AS) \$\$ 12:30 PM Table Tennis (AS) 3:00 PM Beg. Line Dance (AS)</p>	<p>19</p> <p>BEAT THE HEAT PROGRAM ENDS</p> <p>9:00 AM Balance the Brain (AS) \$ 10:00 AM Aqua Fitness (IP) \$ 10:00 AM Cardio (AS) \$ 11:00 AM Reformer Pilates (AS) \$\$ 12:00 PM Reformer Pilates (AS) \$\$ 4:00 PM Beg. Line Dance (AS) 5:00 PM Int. Line Dance (AS)</p>	<p>20</p> <p>BEAT THE HEAT FINALE</p> <p>8:00 AM CPR Certification (MAR) 8:00 AM Massage (FC) 8:00 AM Total Body (AS) \$ 9:00 AM Arthritis Aqua (IP) \$ 10:00 AM Aqua Fitness (IP) \$ 11:30 AM Adv. Line Dance (AS) 3:00 PM Table Tennis (AS)</p>	<p>21</p> <p>12:00 PM Table Tennis (AS)</p>
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<p>25</p> <p>8:00 AM Interval Training (AS) \$ 9:00 AM Reformer Pilates (AS) \$\$ 10:00 AM Arthritis Aqua (IP) \$ 10:00 AM Mat Pilates (AS) \$ 11:00 AM Reformer Pilates (AS) \$\$ 12:30 PM Table Tennis (AS) 3:00 PM Beg. Line Dance (AS)</p>	<p>26</p> <p>9:00 AM Balance the Brain (AS) \$ 10:00 AM Aqua Fitness (IP) \$ 10:00 AM Cardio (AS) \$ 11:00 AM Reformer Pilates (AS) \$\$ 12:00 PM Reformer Pilates (AS) \$\$ 4:00 PM Beg. Line Dance (AS) 5:00 PM Int. Line Dance (AS)</p>	<p>27</p> <p>8:00 AM Total Body (AS) \$ 9:00 AM Arthritis Aqua (IP) \$ 10:00 AM Aqua Fitness (IP) \$ 11:30 AM Adv. Line Dance (AS) 3:00 PM Table Tennis (AS)</p>	<p>28</p> <p>12:00 PM Table Tennis (AS)</p>
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For more information on calendar listings, call the Fitness Center 760-772-0430, or log on to the web portal and check the Fitness Center page for class descriptions. Studio classes are limited to 25 participants for safety purposes. Please arrive early to ensure your spot. This schedule is subject to change.

Legend

- AS – Aerobic Studio
- FC – Fitness Center
- GC – Golf Club
- IP – Indoor Pool
- MC – Montecito Clubhouse
- OFF – Offsite
- TC – Tennis Courts

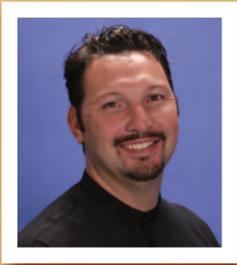
\$ = \$3 charge \$\$ = \$6 charge
 Visa and MasterCard accepted.



August '10

Listings in BLUE indicate Charter Club membership required.

Sports & Fitness Calendar



Lifestyle Update August 2010

BY ERIC ANGLE
LIFESTYLE DIRECTOR

We hope July got you all jazzed up and ready for this month's art show being held on Sunday, August 15. We have lined up some colorful characters to bring art to life in the clubhouse. There are many different exhibitors from all walks of the art world including some of our very own home-grown talent. Also being featured at the festival are the very talented members of the Infinite Artist Network. IAN performers will be putting on a free concert in the ballroom to bring awareness of the important role we all play in the development of young artists in all fields.

We also want you to plan ahead for September as it is officially Grandparents Day on Sunday, September 12. We encourage all grandparents to bring out the grandkids for their very own special weekend. We will offer lots of intergenerational activities for all to enjoy including fun family movies in the ballroom, putting, Wii contests, and our famous \$1 BBQ, and much more. Just check out the promotional flier in this magazine or stop by the desk for more details.

All aboard for the Panama Canal! This is your last chance to sign up for the trip of a lifetime. We set sail on November 21 for only \$1599 per person. If you are looking for something closer to home, the Baja cruise sets sail in January for only \$180 per person. Prices include fully escorted trips with shuttle service to and from the clubhouse.

Share the Lifestyle,
Eric

Sun City Shadow Hills Presents:

Panama Canal Cruise

15 Days Departs November 21, 2010



drive-by look at '50's-era movie star homes; golf at the Princess Hotel; a city tour including famous La Quebrada cliff divers and others. This is a great sightseeing port. (B,L,D)

Day 6: Huatulco
Arrive 8 AM; Depart 4 PM
Call in Huatulco where the colonial-style architecture disguises the fact that it's Mexico's newest coastal resort. La Crucecita, the "downtown area," was designed to look like a typical Mexican village with restaurants and shops, a small park and a church. Enjoy the fun. (B,L,D)

Day 7: At Sea
Let the friendly Infinity crew pamper you royally. (B,L,D)

Day 8: Puntarenas
Arrive 7:30 AM; Depart 7:30 PM
Call in Puntarenas, Costa Rica, where options include excursions to San Jose, Sarchi and Tortuga Island. One of the all-day tours to the Costa Rican capital of San Jose travels through small towns to a privately owned country home where a band plays as you relax under the mango trees. In San Jose, options include the Jade Museum, the National Museum or the Gold Museum. On the return, you'll make a side trip to Sarchi, famous for its colorful ox-carts. (B,L,D)

Day 9: At Sea
The pampering never stops on this luxury vacation. (B,L,D)

Day 10: Panama Canal
Transit 6 AM to 6 PM
Experience the wonder of the Panama Canal during a full-day transit ending at the port of Cristobal with a rare opportunity to take an optional excursion into Panama before entering late this evening into the Caribbean Sea. (B,L,D)

Day 11: At Sea (B,L,D)

Day 12: Cartagena, Columbia
Arrive 8 AM; depart 5 PM
Friendly and sun-baked, the walls of Cartagena recall an era when Spanish conquistadors and pirates brawled over stolen loot. Shopping bargains such as Cartagena Emeralds and sightseeing options abound. (B,L,D)

Days 13 & 14: At Sea (B,L,D)

Day 15: Ft. Lauderdale
Arrive 7 AM
Disembark to fly home with wonderful memories. (B)

Recapture history at the Panama Canal as you vacation aboard the exciting **Celebrity Infinity**.

Day 1: San Pedro
Depart 5 PM (L,D)

Day 2: At Sea
Enjoy a day at sea to unpack and relax. (B,L,D)

Day 3: Cabo San Lucas
Arrive 10:00 AM; Depart 5 PM
Watch local artisans blow heated glass into crystalline works of art or relax on the patio of Giorgio's restaurant. You'll find the shops lovely, and the people friendly in popular Cabo San Lucas. (B,L,D)

Day 4: At Sea (B,L,D)

Day 5: Acapulco
Arrive 8 AM; Depart 6 PM
You'll experience the festive atmosphere of a Mexican holiday in Acapulco. More than 250 hotels dot the bay for a glittering nighttime display. Sightseeing options include an Acapulco Homes & Gardens tour for a

ibean Sea. (B,L,D)

Price Per Person
\$1599 Cat 12 Inside Twin, LAX
\$2139 Cat 7 Outside Twin, LAX
\$2669 Cat 2A Verandah Twin, LAX
\$450 per person deposit with balance due 9/03/10. \$590 Port and Government taxes additional. *Includes airfare on return to LAX and Roundtrip Clubhouse Transfers. Rates subject to availability and change. Passport required.

For Further Information, contact
Eric Angle
Lifestyle Director
Sun City Shadow Hills
760-772-9617

CST#2006022-40

Sun City Shadow Hills Presents:

Baja Fiesta Cruise

5 Days Departs January 10, 2011



Short on time, long on rejuvenation, this four-night-five-day cruise will banish your cares as you sail round-trip from Long Beach on the beautiful **Carnival Paradise**, designed to pamper you with service, dazzle you with entertainment and tempt you with tasty menus.

Day 1: Embarkation
Depart 5:30 PM
Begin your floating fiesta from the port of Long Beach. Tonight Enjoy a show. See the glittering, glamorous and glorious award-winning stage shows, amazing musical acts and side-splitting comedians in showrooms where there's not a bad seat in the house. (D)

Day 2: Catalina
Arrive 7:30 AM; Depart 4:30 PM
Wake up this morning in Santa Catalina. Graceful yachts bob at anchor in the harbor surrounded by Victorian homes dotting the hillsides. Continuous water shuttles take you to Avalon with its flavor of a by-gone era. Visit the casino, the art-deco-landmark rotunda built by former owner William Wrigley of chewing gum fame. Take a glass-bottom boat to see orange garibaldi and sea horses.

Visit the island's rugged interior and watch for eagles, fox and buffalo. Rent a golf cart to visit the hillside homes of Wrigley and Zane Grey, both now hotels. (B,L,D)

Day 3: Ensenada
Arrive 9 AM; Depart 10 PM
Your next port of call is Ensenada, Mexico, a great place to hang your sombrero. At the turn of the century its boisterous saloons slaked the thirst of gold miners. Visit Hus-song's Cantina, dating back to 1892, for modern-day mariachi music and fun. Other optional tours might include Mexican handicraft shopping; the gambling resort Riviera del Pacifico, once owned by Al Capone; the Santo Tomas Bodegas Winery; and a scenic coastal drive to La Buda, a 50-foot-high natural geyser formed by waves. (B,L,D)

Day 4: Day at Sea
Live the Good Life and enjoy the amenities of your beautiful ship during these days at sea.

Day 5: Home
Sail back to Long Beach and disembark after breakfast to return home with great mariachi memories and new friendships made. (B)

Price Per Person*
\$180 CAT 4C Inside Twin
\$205 CAT 6B Inside Twin
\$525 CAT 11 Verandah Petite Suite (on request)
\$150 per person deposit with balance due 11/04/10. \$142 Port, Government Taxes additional. Roundtrip Clubhouse Transfers included. Rates subject to availability and change. Passport required.

For Further Information, contact
Eric Angle
Lifestyle Director
Sun City Shadow Hills
760-772-9617




Please join us for a Roundtable Discussion
and learn about
Reverse Mortgages
Cremation and Funeral Advance Planning

Wednesday, August 18, 2010

9am-10am

Capistrano Room

We will provide you with comprehensive information about the products and services directed toward senior citizens.

RSVP to Joni Fiorentino (760) 285-4411

Coffee and pastries will be provided. Sponsored by:



Advance plans are funded with the use of an insurance product.
CA Lic. OE37266 fd 2051



Lifestyle Summer Travel Series
Laughlin Nevada Bus Trip

Saturday, August 14, 2010

\$15.00 per Person
(Non-Refundable)

Price Includes Funbook & Buffet Coupon

Departure from Montecito Clubhouse: 7:00 am

Return to Montecito Clubhouse: 11:00 pm

40 Participants Needed

Sign Up at the Lifestyle Desk

760-772-9617

© Sun City Shadow Hills
by Don Wicks

Montecito Cool Zone

Open Daily • 8 am - 4 pm

Breakfast Items

- Bagels \$1
- Danishes \$1
- Muffins \$1
- Yogurt \$1

Lunch Items

- Bowl of Chili..... \$2
- Bowl of Soup..... \$2
- Kosher Hot Dogs... \$2
- Nachos \$2
- Fruit \$3
- Salads..... \$3
- Sandwiches \$3
- Tuesday Special..... \$3

Snacks Items

- Chips \$1
- Ice Cream \$1

Beverages

- Juices..... \$1
- Soft Drinks \$1
- Iced Coffee \$2



Lifestyle Travel Series
Algodones Mexico Bus Trip

\$35.00 per Person
(Non-Refundable)

Departure from Montecito Clubhouse: 7 a.m.

Return to Montecito Clubhouse: 6 p.m.

Passport Required

Sign Up at the Lifestyle Desk

760-772-9617

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by Don Wicks

THE LIFESTYLE DESK ACCEPTS VISA AND MASTERCARD.

Lifestyle Update

Del Webb® ART FESTIVAL



Sunday, August 15, 2010

1 p.m. – 5 p.m.

**Sun City Shadow Hills Montecito Clubhouse
Admission is Free!**

Avoid the summer heat and come inside the cool Montecito Clubhouse to browse an array of fine art by local artists. Refreshments will be available.

**Featuring a
Concert by the
Infinite Artists
Network (IAN)
at 3 p.m.**

**For More Information
Contact the Lifestyle Desk
760-772-9617**



 Sun City Shadow Hills
by Del Webb
80814 Sun City Blvd, Indio CA 92203

Del Webb® Grandparents Weekend

Celebrate the Lifestyle Together!



Saturday, September 11

Sunday, September 12

Movies

5pm: Night at the Museum 1
7pm: Night at the Museum 2



Activities

9am: Putting Contest*
10am - 3pm: Pool Open for Kids
11am - 1pm: \$1 BBQ
1pm - 4pm: Nintendo Wii

Movies

1pm: Where the Wild Things Are
3pm: Up

*** Register Early and Get a Free Lunch!**

Sign up at the Lifestyle Desk • 760-772-9617

Lifestyle Update

THE LIFESTYLE DESK ACCEPTS VISA AND MASTERCARD.

Club Contact Information

Billiards

Don Salvatore
760-775-8394
dsalvatore@dc.rr.com

Bridge

Army Grushkin
760-296-1477
agg.industries@snet.net

Bunco

Marcia Guntman
760-347-3817
mguntman@msn.com

Camera Club

George E. Shultz
760-262-8920
gemshultz@earthlink.net

Canasta

Susan Goldfine
760-834-8363
ss2goldfine@aol.com

Ceramics Club

Paula Nadel
760-262-8277
snadel@dc.rr.com

Community Singers

Mary Harder
760-775-1427
maryharder@aol.com

Computer Club

Mike Nilsson
760-200-4848
mnilsson@aol.com

Concerts 4 U

Darryl Jacobs
760-469-5677
djacobs001@dc.rr.com

Couples Golf

Jim Angus
760-238-4582
jangus1967@aol.com

Creative Arts

Geoff Toner
760-345-8785
gtoner@msn.net

Desert Life

Marilyn Jones
760-343-7751
mardenjl@juno.com

Games Plus

Carol Dorler
760-200-3255
prov356jcd@msn.com

Happy Tappers

Pat Rosandich
760-343-0783
rosandich2@verizon.net

King & Queens

Card Club
Ben Weissbach
760-702-7159
ben11169@dc.rr.com

Ladies 9-Hole Golf

Mary Kunstler
760-393-8143
maryk771@yahoo.com

Lady Putters

Linda Delaney
760-772-1765
lindaodelaney@gmail.com

Lively Liners

Sali Morrison
951-837-0148
garymorrison@cshore.com

Mah Jongg

Babette Bloomgarden
760-393-2056
(no e-mail)

Men's Golf Club

Marty Martin
760-262-8104
martyandjan@dc.rr.com

Oke Dokey Karaoke

Vic Saraydarian
760-912-5499
asaraydarian@yahoo.com

Opera Club

Ralph Gabai
760-262-8593
ralphgabai@gmail.com

Pan

Judy Shuman
760-393-8487
judyls41@aol.com

Performing Arts

Pat Rosandich
760-383-0783
rosandich2@verizon.net

Pet Club

Steve Blake
760-345-7657
sblake126@sbcglobal.net

Rainbow Friends

Bruce Atkinson
760-342-1835
poboxtwo@hotmail.com

Readers Ink

Merle Freedman
760-345-2765
mcfreedman@dc.rr.com

RV Club

Tom Tomas
760-342-3282
stuffinskis@earthlink.net

Shall We All Dance

Olympia Pilafidis
760-464-6885
olympia.pilafidis@
verizon.net

Solos

Shirley Bunce
760-345-8121
sbdesertrose@yahoo.com

Stitchin' & Stampin' Along

Janice Wright
760-360-8090
prwncces@aol.com

Table Tennis

Ann Mottino
760-393-2080
amottino@dc.rr.com

Tennis Club

Robert Young
253-709-5277
robert_maryjane@
hotmail.com

That's Entertainment

Ben Weissbach
760-702-7159
ben11169@dc.rr.com

Topical Discussion

Al Barish
760-772-9409
albie37@juno.com

Tuesday Night Putters

Dale Conatser
760-775-9680
daleconatser@msn.com

Tutta Bella Vino

Ray Valle
760-345-1361
rvalle6510@verizon.net

Ukulele Strummers

Darlene Turner
310-200-5022
dardar37@dc.rr.com

Veterans Club

Tom Hutson
760-347-6317
tomhutson@dc.rr.com

Women's Golf Club

Char Oman
760-863-2159
namoc@aol.com

Resident Groups

Democrats In SCSH

Sue Haffley
760-345-0286
haffleysue@yahoo.com

Republicans In SCSH

Manny Ortiz
760-345-4011
manny.ortiz74@yahoo.com

Clubs in Formation

Cooking Club

Denise Schreiber
760-360-9963

Motorcycle Rides

Craig Barcus
760-201-3215
craigbarcus@gmail.com

Musicians

Steve Blake
760-345-7657
sblake126@sbcglobal.net

Road Bicycle Riders

Dario Fadiga
760-345-7398
dfadiga@dc.rr.com

Softball

Ed Mogan
760-200-1693

Sports Talk

Ben Weissbach
760-702-7159
ben11169@dc.rr.com

Square Dance Club

Barbara Leimberg
760-393-2608
barbara42343@yahoo.com

Writers Group

Tony Davis
760-775-9521
antigphoto@earthlink.net

Interested in starting a new club?

Are you interested in bocce, cars,
motorcycles, travel, or another hobby?

Why not start a new club!

Drop by the Lifestyle Desk in the
Montecito Clubhouse to pick up
an informational packet.

760-772-9617

THE LIFESTYLE DESK ACCEPTS VISA AND MASTERCARD.

Billiards Club

This month we held a nine ball tournament with two flights. In the first flight "A," there were seven players with a race to three to win. We also had a "B" flight with 12 players and a race to two to win. For the players who lost their first match, we had a consolation flight. First place in flight "A" was Bryan Murray. A strong second place went to Ken Fails. In flight "B," first place went to Gene Hapip, second place to Terry Shaw, and third place to Pat Carson. The consolation flight was won by Myron Crespín. Congratulations to all our winners!

Our club continues to meet every Wednesday at 7 pm in the Billiard Room for open play. Tournaments are held the last Wednesday of the month at a cost of \$2 per player for each tournament. You must be a club member to play in the monthly tournaments.

Women and men of all levels of experience are welcome and encouraged to join. It's a great way to make new friends and meet your neighbors! Come to the Montecito Billiards Room on Wednesday nights for open play. Lessons are available at 10 am every Monday in the Billiards Room by Bryan Murray, 760-342-9028. For any further information please call Don Salvatore at 760-775-8394. See you on Wednesday at the Billiard Room!

Bridge Club

The summer slowdown is here, but we still have enough tables to fill half the ballroom for our Tuesday games. The large space creates a very open and pleasant atmosphere. For those who prefer a more casual and social experience, with bridge instruction available, Thursday nights will continue through the summer. We encourage newcomers to join us and let us know what your needs are so that we can help everyone enjoy this ultimate card game!

We play duplicate bridge every Tuesday afternoon from 12:30 – 4 pm. This session is sanctioned, and ACBL members can earn Master Points as well as our usual cash prizes. Card fees for this game are \$2 for residents and \$5 for non-residents, who are limited to playing one time per month.



We also meet on Thursday evenings from 6:30 – 9 pm in the Capistrano room. This session is free, no prizes or Master Points, but newcomers are always welcome here as well as oldtimers who wish to play more "social" duplicate. There is even a provision for those who prefer party bridge, so please feel free to join us!

Although you don't need a pre-determined partner, most players make arrangements ahead of time. If you are looking for a partner, call VP Ruth Eubank at 760-345-7728. To learn the schedule for beginning bridge lessons, call Al Barish at 760-772-9409; or for intermediate lessons, call Roy Krapes at 760-469-8237. All bridge lessons are free for residents of SCSH.

We look forward to seeing you at the bridge table!

Ceramics Club

If you haven't checked out the new ceramic display case



located in the hallway by the pool tables, you must plan on doing so.

Some of the ceramic pieces are for sale. The ceramics were made by our members and, if you are interested in purchasing any pieces, please contact Paula Nadel at 760-262-8277.

Member dues are now due, and membership is open for newcomers. Dues are \$15 for the year.

We are planning to have one specialty class each month tutored by a professional or one of our experienced members.

We are going to be at the August 15 Art Festival at the Montecito Clubhouse, where we will have many beautiful ceramic pieces on display and for sale. They make lovely gifts.

Our classes meet Tuesdays and Fridays from 9 am – 1 pm. Come join us!

Community Singers

The hot weather is here! Although many of our group sticks around during these summer months, our club is dark during July and August. If you are interested in joining us, mark September 20 at 5 pm on your calendar. We meet in the front of the Ballroom and welcome anyone who is interested in having fun through song! There are no tryouts.



Continued on page 26...

We normally produce at least two concerts each year, but performing on stage is optional. No one is forced to be in a show unless they want to be. Musical Director Karen Adamik offers something for both seasoned and unseasoned singers. Hope to see you in September.



Concerts 4U

Sir Laffs-a-Lots continues to be a huge success! The comedians are hilarious! Each month new comedians will be appearing. You never know who will be walking through the doors to perform! A great value with free drinks, too! With your support and attendance, Sir Laffs-a-Lots Comedy Night will continue monthly through the summer. Buy your tickets for the August 18 show now!

We need volunteers for each of our shows. If you would like to join our Club and volunteer, just fill out an application (found in the Lobby Rounders) and place it, along with a \$10 check for dues into our mailbox by the Library.

Concerts 4U is continuing through the summer and our next meeting is Tuesday, August 3. Please come and join us and consider becoming a member if you are not already one. A reminder to our members: your dues of \$10 for 2010/2011 are now due.

Also, be prepared to receive a survey to help you “put the U in Concerts 4U.” This is your community, and we want to know what you would like to see and hear. Please fill out the survey and turn it in to the Lifestyles desk. When you do, you will receive an opportunity to get a 10% reduction in the price of your first Concerts 4U ticket purchase.

Thanks for all of the community support for our shows! You are the ones that make them successes!

Couples Golf

If you are a resident of Sun City Shadow Hills and interested in joining our club, it is easy.



The purpose of our club is to share our love of golf in a fun, social, and competitive atmosphere. We play an organized, fun 18-hole event on the first and third Sundays of each month. Depending on the time of year, our golf event is followed by either a buffet dinner or lunch and an awards presentation in the Shadows Restaurant. To join, contact Julie Kelly (Membership Chairperson) at 760-469-2921, or e-mail her at jbrandtkelly@aol.com. Applications are available through Julie on our web site or at the Pro Shop. Membership requires a golf handicap and index number. Annual dues starting for the 2010/2011 season (July 1 – June 30) are only \$10 per person or \$20 per couple.

Our new club officers for the season starting July 1 are currently planning a great schedule of regular and special events. For any information on the SCSH Couples Golf Club, please visit www.shcouples.com or e-mail Terry Shaw at shadowgolf@teeshawgolf.com.



Creative Arts Club

The Creative Arts Club will continue meeting throughout the summer. We meet twice weekly, Mondays and Thursdays, from 9 am to noon, in the Cambria/Mirada rooms. Currently, we create in oils, watercolors, acrylics, and inks.

Feel free to stop by to see us, or call Geoff Toner at 760-345-8785 for additional information.

Art experience is not required, just

Computer Club



We have had a great year in the Computer Club in 2009/2010. Lots of thanks to the Lifestyles Department — Eric, Brenda, Gus, and Javier — for cheerfully accommodating our complicated computer, audio-visual, and room setups plus more than a few schedule changes.

The club will be “dark” until October, when we will start our new schedule of five programs a month, counting the regular club meeting. By then we will have added the three replacement computers the HOA Board authorized in April, so a full 12 computers will be available for hands-on training.

As we said earlier, it has been a great year and a lot of fun. Our membership has almost doubled to over 100; a new slate of officers has been elected with many new board members. The lineup for the 2010/2011 board is Gary Mencimer, Mac Chairman; Maureen Whittaker, Boot Camp Training Chair; Carol Wilson, Skills Training Chair; Mary Birch, VP and Advanced Topics Training Chair; Gabriel Brias, Technical Chair; at large Board Members are Jerry Solomon, Marv Summers, Sydelle Kramer, and Robert DeLaurenti (past president). Continuing are Treasurer, Dwight Carlson and Mike Nilsson as President.

a yearning to create. Dues are \$20 a fiscal year, beginning July 1 through June 30, and only \$10 for those residents who are part-time.

We are looking forward to the Del Webb Art Festival on August 15 at which we will display and sell our art.

“Oil Painting for Dummies” class will begin on Saturday, September 11, 2010. SCSH residents may pre-register for the class beginning August 10. The cost is \$90 for seven sessions and will be limited to 15 students. Contact Linda Wolf at 760-347-6888 for more information.

Please stop by the Montecito Clubhouse to see our “Artist of the Month” exhibit located on the outside Library wall. The talent of our artists will amaze you. Until next month, *happy painting!*

Desert Life

Congratulations to the new 2010/2011 Desert Life Board: President, Linda Garon; Vice President, Caroline Smith; Secretary, Barbara Ashley; Treasurer, Sandy Middlebrook; Membership, Collette Blasi; Programs, Catherine Ace; Lunch Coordinator, Barbara Chavez; and Parliamentarian, Marilyn Jones.

The new board welcomes all Shadow Hills residents to join us for a fun-filled year of new programs and to continue in our tradition of meeting our friends and neighbors at the beautiful Palm Valley Country Club for lunch and conversation.

Please note that Desert Life will be dark for the months of July and August. Our next luncheon will be held on

September 21 at 12 pm. Our program will include a luncheon salad and dessert, followed by a wine tasting presentation from Trader Joe’s.

Please join us for a Welcome Back Tea on October 12 at 1 pm in the Montecito Clubhouse. Details of our holiday luncheon will be announced at the tea.

The luncheon is \$17. If you find that you are unable to attend, please call Sandy Middlebrook, 760-702-3870.

You can place your checks, payable to “SCSH Desert Life,” in our locked box in the Library area.

If you would like further information, please call Linda Garon at 760-200-3431 or Collette Blasi at 760-610-2955.

Games Plus

Do you feel the heat? So do we, it’s time to take a long trip. We’ll be back in October.

Our first event will be Bingo on October 1, 2010, first Friday of the month. We had over 200 attend in June! Our special game pot total was \$224; the lucky winner went home very happy. The other games paid \$55. We are growing and loving it.

The Games Plus dinner and games will be October 22. We serve a great meal, main dish, salad, dessert, and beverage.

The Scrabble and Hand and Foot will continue each Monday from 1 – 5:30 pm in the Capistrano, unless posted differently on the podium at entrance to the clubhouse.

For our newcomers: we are a fun group, no dues since you pay for the Bingo and the dinner. The scrabble is a bonus.



You will make new friends and meet your neighbors. Enjoy the excitement of Bingo. Enjoy a great dinner and fun games such as: Mexican Train, Scrabble, Rummikub, Sequence, Upword, and Hand and Foot. Give us a try, you’ll keep coming back.

Have a wonderful summer. See you in October!

Happy Tappers



Happy Tappers is dark during June, July, August, and September. We will be returning the first Saturday of October. Our instructor meets us at 10 am in the Aerobics Room at the Fitness Center. Please mark your calendars and come join in on the fun. No prior tap lessons required.

Contact Tina Wigodsky at 760-834-9501, or Pat Rosandich at 760-343-0783, for additional information



Kings and Queens Club

The Kings and Queens Card Club has expanded its social games to Pan and Pinochle. We are looking for men and women who can join us on Tuesday nights along with our other social games for fun. For more information about Pan, call our expert Pan teacher, George Leimberg, at 760-393-2608. 4-deck Pinochle is the hottest game played throughout the Coachella Valley.

For more information about Pinochle, call Leo Habel at 760-200-0644.

Continued on page 30...

Sunday

Monday

Tuesday

Wednesday

1

9:30 AM Journey (CAP)



2

7:30 AM Lady Putters (CAP)
 9:00 AM Creative Arts (CAM/MIR)
 12:30 PM Stitchin' & Stampin' Along (CAM/MIR)
 1:00 PM Games Plus Scrabble (SY1)
 3:00 PM Communications Mtg (SY2)
 6:00 PM Wii Bowling League (AS)
 6:30 PM Pan (MAR)

3

9:00 AM Ceramics (CAM/MIR)
 11:30 PM Duplicate Bridge (FH)
 12:00 PM Indio Rotary (MAR/SY1)
 6:00 PM Kings & Queens (FH)
 7:00 PM Concerts 4 U (MAR)

4

8:30 AM HOA Staff Meeting (MAR)
 10:00 AM Bridge Lessons (SY1)
 10:00 AM Mah Jongg (SY2)
 10:30 AM Security Meeting (MAR)
 12:30 PM Mah Jongg (BH)
 1:30 PM Lifestyle Meeting (MIR)
 3:00 PM GAC Meeting (CAM)
 7:00 PM Billiards Club (PAC)

8

9:30 AM Journey (CAP)



9

7:30 AM Lady Putters (CAP)
 9:00 AM Creative Arts (CAM/MIR)
 12:30 PM Stitchin' & Stampin' Along (CAM/MIR)
 1:00 PM Games Plus Scrabble (SY1)
 6:00 PM Wii Bowling League (AS)
 6:30 PM Pan (MAR)

10

9:00 AM Ceramics (CAM/MIR)
 9:30 AM DRC Meeting (MAR)
 11:30 PM Duplicate Bridge (FH)
 12:00 PM Indio Rotary (MAR/SY1)
 6:00 PM Kings & Queens (FH)

11

8:30 AM HOA Staff Meeting (MAR)
 10:00 AM Bridge Lessons (SY1)
 10:00 AM Mah Jongg (SY2)
 12:30 PM Mah Jongg (BH)
 1:30 PM Lifestyle Meeting (MIR)
 7:00 PM Billiards Club (PAC)

15

9:30 AM Journey (CAP)
 1:00 PM Del Webb Art Festival (BR)



16

7:30 AM Lady Putters (CAP)
 9:00 AM Creative Arts (CAM/MIR)
 9:00 AM Stay-n-Play Breakfast (FH)
 12:30 PM Stitchin' & Stampin' Along (CAM/MIR)
 1:00 PM Games Plus Scrabble (CAP)
 6:00 PM Wii Bowling League (AS)
 6:30 PM Pan (CAP/SY2)

17

9:00 AM Ceramics (CAM/MIR)
 11:30 PM Duplicate Bridge (FH)
 12:00 PM Indio Rotary (CAP)
 6:00 PM Kings & Queens (CAP)

18

6:00 AM Maintenance Repairs (CAM/MIR)
 8:30 AM HOA Staff Meeting (MAR)
 9:30 AM Round Table Discussion (CAP)
 10:00 AM Bridge Lessons (SY1)
 10:00 AM Mah Jongg Lessons (SY2)
 12:30 PM Mah Jongg (BH)
 1:30 PM Lifestyle Meeting (MIR)
 7:00 PM Billiards Club (PAC)
 7:00 PM Sir Laffs-a-Lots Comedy Club (BR)



22

9:30 AM Journey (CAP)



23

7:30 AM Lady Putters (CAP)
 9:00 AM Creative Arts (CAM/MIR)
 12:30 PM Stitchin' & Stampin' Along (CAM/MIR)
 1:00 PM Games Plus Scrabble (CAP)
 6:00 PM Wii Bowling League (AS)
 6:30 PM Pan (CAP)

24

9:00 AM Ceramics (CAM/MIR)
 9:30 AM DRC Meeting (MAR)
 11:30 PM Duplicate Bridge (FH)
 12:00 PM Indio Rotary (CAP)
 2:00 PM Readers Ink (CAM/MIR)
 6:00 PM Kings & Queens (CAP)

25

8:30 AM HOA Staff Meeting (MAR)
 10:00 AM Bridge Lessons (SY1)
 10:00 AM Mah Jongg Lessons (SY2)
 12:30 PM Mah Jongg (BH)
 1:30 PM Lifestyle Meeting (MIR)
 6:30 PM Billiards Club (PAC)
 7:00 PM Bunco (CAM)

29

9:30 AM Journey (CAP)



30

7:30 AM Lady Putters (CAP)
 9:00 AM Creative Arts (CAM/MIR)
 12:30 PM Stitchin' & Stampin' Along (CAM/MIR)
 1:00 PM Games Plus Scrabble (CAP)
 3:00 PM Communications Mtg (SY2)
 6:00 PM Wii Bowling League (AS)
 6:30 PM Pan (CAP)

31

9:00 AM Ceramics (CAM/MIR)
 11:30 PM Duplicate Bridge (FH)
 12:00 PM Indio Rotary (CAP)
 6:00 PM Kings & Queens (CAP)

Sign up or purchase tickets to Lifestyle events at the Lifestyle Desk in the Montecito Clubhouse.

760.772.9617

Visa and MasterCard accepted.

Thursday

Friday

Saturday

5

9:00 AM Creative Arts (CAM/MIR)
 12:00 PM Pan (MAR)
 12:00 PM Ukulele Lessons (MIR)
 1:00 PM Ukulele Strummers (MIR)
 2:00 PM Acting Classes (FH)
 6:00 PM Bridge (FH)
 6:00 PM Lively Liners (KSK)

6

9:00 AM Ceramics (CAM/MIR)
 9:00 AM Covenants Meeting (MAR)
 1:00 PM Canasta (MAR)
 7:00 PM Movie Night:
Men Who Stare at Goats
 (CAM/MIR)



7



12

9:00 AM Creative Arts (CAM/MIR)
 12:00 PM Pan (MAR)
 12:00 PM Ukulele Lessons (MIR)
 1:00 PM Ukulele Strummers (MIR)
 6:00 PM Bridge (FH)
 6:00 PM Lively Liners (KSK)

13

9:00 AM Ceramics (CAM/MIR)
 1:00 PM Canasta (MAR)
 7:00 PM Movie Night:
Bad Lieutenant
 (CAM/MIR)



14

7:00 AM Laughlin Bus Trip (OFF)



19

9:00 AM Creative Arts (CAM/MIR)
 12:00 PM Pan (CAP)
 12:00 PM Ukulele Lessons (MIR)
 1:00 PM Ukulele Strummers (MIR)
 6:00 PM Bridge (CAP)
 6:00 PM Lively Liners (KSK)

20

8:00 AM CPR (MAR)
 9:00 AM Ceramics (CAM/MIR)
 12:30 PM Staff Meeting (CAP)
 1:00 PM Canasta (SY2)
 7:00 PM Movie Night:
Brothers
 (CAM/MIR)



21



26

9:00 AM Creative Arts (CAM/MIR)
 10:00 AM Golf Ops (MAR)
 12:00 PM Pan (CAP)
 12:00 PM Ukulele Lessons (MIR)
 1:00 PM Ukulele Strummers (MIR)
 6:00 PM Bridge (CAP)
 6:00 PM Lively Liners (KSK)

27

9:00 AM Ceramics (CAM/MIR)
 1:00 PM Canasta (CAP)
 7:00 PM Movie Night:
Law Abiding Citizen
 (CAM/MIR)



28

6:00 PM Lively Liners (BR)



Legend

AMP – Amphitheater
 AS – Aerobic Studio
 BC – Bocce Courts
 BH – Back Half Ballroom
 BR – Ballroom
 BW – Breezeway
 CAM – Cambria

CAP – Capistrano
 CL – Clubhouse Lobby
 FC – Fitness Center
 FH – Front Half Ballroom
 GC – Golf Clubhouse
 GR – Green Room
 KSK – Kiosk

MAR – Marisol
 MIR – Mirada
 OFF – Offsite
 OUT – Outdoor Event
 PAC – Pacifica
 PC – Putting Course
 PRK – Parking Lot

SR – Shadows Restaurant
 SY – Santa Ynez
 SY1 – Santa Ynez I
 SY2 – Santa Ynez II
 TBD – To Be Decided
 TC – Tennis Court
 WSP – West Side Patio

August '10

Lifestyle Calendar of Events

...continued from page 27

The Kings and Queens Card club is open for play throughout the year. Can't decide which club to spend your evenings with at the clubhouse? Can't decide how to spend those long Tuesday nights when the temperature goes up? Well, I can tell you it's nice and comfortable at the clubhouse playing cards with the Kings and Queens Card Club.

The Kings and Queens Card Club keeps on playing poker, week after week. We're looking for new players and adding more tables as we welcome everyone from Shadow Hills. We start our card games every Tuesday night at 6 pm with men and women playing together just for fun. Remember those Friday night poker games you had as a kid, when you played poker with wild cards, high/low seven card, baseball, five card draw, and high spade in the hole? At the card club, we play poker games the same way you played as a kid in your old neighborhood. It is dealer's choice no matter what your favorite poker game may be. Is it Stud, Texas Holdem, or just plain Jacks or better? We're here to have fun.

Ladies 9-Hole Golf

Ladies at all levels of golf are encouraged to join us for nine holes of golf each Tuesday morning.

The Club is continuing to play throughout the summer months. Generally, we play the front nine holes but, for a change of pace, one week the members played the North Course and another week they played the back nine.

As the weather gets warmer, we will also be changing to an earlier



time to play. Play time will be posted on the sign-up sheet in the Pro Shop. Be sure to sign in at least 15 minutes before play begins

Sign-up sheets are posted the week before play on the bulletin board in the Pro Shop. You may also sign up by email at scsh9ers@yahoo.com and state your name and the date you will be playing. Members should sign up by noon on the Sunday before play. Membership is \$15 per season. You are welcome to join us for a round of golf before you officially join.

Lady Putters

Currently we are putting one session. The starting time changes with the weather.



We invite all gals who haven't checked us out to come and visit us. You can try us once before joining. Membership dues are \$15 for the 2010/2011 club year, plus the cost of a logo shirt. All you need is a putter, a ball, \$2, and the desire to meet new friends and have a fun time.

No experience is necessary, and there are plenty of club members who will make you feel welcome. If you have any questions, call Linda Delaney at 760-772-1765 or Judy Wilson at 760-345-5958, or email us at scshladyputters@gmail.com.

Lively Liners

Line dancing is the best form of exercise for your mind and body. It's also a great way to for singles and couples to socialize. While many clubs go dark in the summer, our schedule remains unchanged except for a hiatus the first two weeks in August.

The \$15 annual dues entitle you to free admission to our monthly "no



frills" dance parties, such as our "Hot August Night" dance coming up on Saturday, August 28, from 6 - 9 pm in the air-conditioned Montecito Ballroom. Bring your own snacks and beverages, dress casual, and wear appropriate shoes (no sling backs or mules). Members also pay \$10 a month to attend six hour-long sessions a week - two beginner, two intermediate, and two advanced - plus a mentoring program for those needing extra help with specific dances. Of course, "snow birds" or those with extended vacation plans only pay for the months they attend classes.

Request a membership application at scshlivelyliners@gmail.com. Then, return your completed forms and check made payable to "SCSH Lively Liners" to: (a) the club's mail box in the Library area of the Montecito Clubhouse; (b) Treasurer Karen Cronvich, before or after class; or (c) by mail to SCSH Lively Liners Club, Montecito Clubhouse, 80-888 Sun City Boulevard, Indio, CA 92203.

The important thing is not to shy away because you don't think you can dance. This club is all about having fun. Our attitude is that there are no mistakes in line dancing - only variations.

Mah Jongg

The Mah Jongg club continues to meet during our summer season. We meet every Wednesday from 12:30 - 3:30 pm in the back half of the ballroom.

No need to worry if members of your regular group are on vacation, we will find you a table to join. This will give you the opportunity to hone your Mah Jongg skills with a variety of players as well as meet new people. Bring your Mah Jongg card and enthusiasm, and join us for a fun afternoon of socialization and play.



Need lessons or a “brush up” session? Contact our club president, Babs Bloomgarden, at 760-393-2056 to make arrangements.

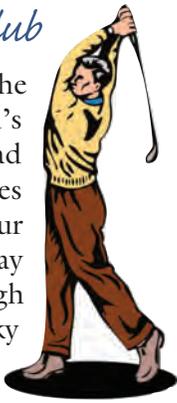
Men's Golf Club

Golf by the numbers: Men's Club golfers had 30 opportunities to play during our regular Thursday events through June 2010. Rocky Luciano and Bill Peet played 20 of those events. Don Hauser hit the links 22 of the 30 times available. Dave Ellis, Al Miller, Neil Oman, and John Bobbitt hit the little white ball in 23 events. Arnie Grushkin, Tom Duddy, Dil Dilda, and Lonnie Leeds made the circuit 24 times. But the leaders at this point are Ben Cardella and Terry Johnson with 25 rounds each.

Will the hot weather take its toll on these guys? Will summer trips to cooler climes take them away on Thursdays? There are 14 events on the schedule July through September. Who will be the true Iron Golfer of Shadow Hills by the end of the season? Stay tuned for updates.

Men's Club golfers have played 1,917 rounds of golf on Thursdays through June compared to 1,755 rounds for the same period last year. During this time, many friendships have been made, jokes told, bets made, lunches consumed, and beers drunk.

If you would like to be a part of this fun-loving group, call Pete Anderson, Membership Chairman, at 760-469-2086



Oke Dokey Karaoke

Oke Dokey Karaoke Club would like to thank everyone who supported and attended our karaoke sessions and events. Our last event was the April 8 Spring Bash and dinner.

Following a very successful 2009/2010 season, we are planning our coming season to begin in October 2010. We will start with our Second Annual Oktoberfest on October 28. Please mark your calendars as last year's was sold out.

Our sessions will then continue on the third Thursday of each month beginning on November 18 – December 16. 2011 dates will be: January 20, February 17, March 17, April 21, with the last session on May 19. For more information or suggestions, please call Vic Saraydarian at 760-912-5499, or asaraydarian@yahoo.com.

Opera Club

The Opera Club is on summer vacation for the month of August.

September 1 will be our first meeting of the new season. We meet on the first Wednesday of each month at 6 pm at the clubhouse.

This year we will be listening to the music of Puccini, Rossini, Verdi, and Strauss.

Prior to each opera, our



wonderful facilitator, Joe Cifarelli, will give a brief summary of the opera; composer, and other operatic information to further enhance our understanding of the evening's performance.

We will kick off our new season with *The Pearl Fishers* by Georges Bizet.

This is the fifth year of the Shadow Hills Opera Club. Some of our members knew little about opera when we began, and most had never been to see an opera; but all have learned to love this art form.

October 6: *Madama Butterfly* by Puccini with a pot luck dinner at 5:30 pm.

November 3: *Manon* by Jules Massenet.

We invite all new and old residents to join us September 1 at 6 pm.

Pan Club

Let's Play Pan! Come join us in the Capistrano room at the Montecito Clubhouse Mondays at 6:30 pm and on Thursdays at noon.

We continue into the summer months and anticipate enough tables to play regularly on Monday evening and Thursday afternoon.

We have a wonderful group of women and look forward to seeing some new faces as our community grows. Come on by and say hello, we would love to meet you!

Please call our President, Judy Shuman at 760-393-8487 for details.

See you at the tables!

Continued on page 32...

Performing Arts Club

Performing Arts is dark in July and August. We will start up again on September 8 at 7 pm at the Montecito Clubhouse.

We are currently working on the production *Light Up the Sky*, to be performed in November.

We will be performing a stage reading of a play called *Independence* in January. In March we will present *A Funny Thing Happened on the Way to the Forum*. Watch for our audition announcements as well as our publicity for each show.

We would love to have people join the club, even if you don't want to perform. There are many fun jobs to do to put on our productions. Come find your niche and join us in September.

Don't forget the play reading group, which is part of Performing Arts. Starting again on October 4, we meet the first and third Mondays of the month from 3 - 4:30 pm. If you want to read plays and not perform, these sessions are for you!

For additional information, please call Pat Rosandich at 760-343-0783.



Rainbow Friends

Rainbow Friends is a social club for the gay and lesbian residents of Sun City Shadow Hills, their families and friends who live here, and any other residents who would like to join.

We have been planning a backyard barbeque at one of our members' houses but have put it off until September, when things should be a bit cooler and more of our members return from their summers away.

Readers' Ink

Summer is the time that many of us like to stay in, stay cool, and curl up with a good book. Readers' Ink meets 12 months a year, on the fourth Tuesday of each month at 2 pm, and we especially like to discuss some of those great summer reads!



Our new board took office in July, and they are looking forward to another year of reading a wide variety of books and having lively discussions.

In August, we are reading *Leeway Cottage* by Beth Gutcheon. Hailed as a writer of extraordinary talent and vision, Gutcheon is renowned for storylines that stir the imagination. In this beautifully written *tour de force*, readers are taken to the coastal village of Dundee, Maine, where, in a Victorian summer house called Leeway Cottage, we witness the scenes of a long 20th-century marriage between two very different people. In her notes concerning the novel's historical inspiration, the author writes, "their marriage lasts, as did so many of their generation, but whether it actually worked, and if so, how, becomes the mystery at the heart of the family."

For additional information, call Merle Freedman at 760-345-2765. Newcomers and visitors are always welcome.

RV Club

The club generally has an outing once a month to a RV resort but is dark over the summer. Trips in the fall include travel to Las Vegas, San Diego, and the Colorado River. If you have an RV we would love to meet you, so come to our meeting on Wednesday, September 15, at 5 pm and get to know us. Contact Tom Thomas at 760-342-3282.



Shall We All Dance

We have been busy getting our fall season for the Dance Club under way. Please note the schedule of our upcoming dances starting with the Halloween costume party and gala on Saturday, October 30. We have come to an agreement with Sun City Palm Desert to produce a joint event possibly at their facility with many Halloween decorations and costume prizes. On December 4 the Evaro brothers will help us celebrate with a Latin Holiday beat, and February 12 will be our Valentine's Day dance with joint attendance by our Palm Desert affiliates. Finally we close the season with a Big Band Dance on April 22, 2011, featuring the Ted Herman Band. All events will be catered.

We have narrowed down the selection of instructors for dance classes for our members, and some options will be available depending on the type of dance they are to teach. With our database practically established, we are in a position to send weekly notices to our members as well as all our supporters who follow our dances in this community and elsewhere. Our next task is to formulate our committees to be ready for the fall in the following areas: decorations and food, greeters and check-in, dance lessons, emails and advertising, raffle prizes and dance exhibitions, dance cruises. If you have interests in any of these areas, please call Olympia Pilafidis at 760-772-3671.

We look forward to our next season, and your ideas and suggestions are welcome. We have begun to receive

membership applications and dues for our next season.

Fees are due no later than September 15. Applications can be found on the rounder by the Lifestyle desk. Come ballroom dance with us!



Solos

Our 2010/2011 season is now underway and a check for \$10 to renew your membership should be dropped into the Solos box at the Montecito Clubhouse Library area. Please remember to include your address, phone number, e-mail, and homeowner's ID number on your check.

Our first meeting will be on Sunday, September 19, at 5 pm in the Montecito Clubhouse. In the meantime we will be meeting for brunch at the Shadows Restaurant at 11:30 am on Sunday, July 11, and Sunday, August 8.

Mystery happy hours at one of our local restaurants are scheduled for Wednesday, July 21, and Wednesday, August 18. We will meet in the lobby of the Montecito Clubhouse at 4 pm, at which time the venue will be announced and carpooling arranged.

Mary Coco (760-469-5955) will be in charge of July 21 and Shirley Bunce (760-345-8121) will handle August 18.

Socializing at the Shadows Restaurant on Friday evenings from 4:30 – 6 pm will continue throughout the summer.

We look forward to welcoming new members to our club. For more information contact our Membership Chair, Kathy Tuggey (760-775-2905), and check our web page at www.suncityshadowhills.net.



Stitchin' & Stampin' Along

Our new officers took office July 1, 2010. In June the Stitchin' group took a field trip to the La Quinta Museum to see a special exhibit on quilting that included an antique sewing machine, antique sewing tools, and many beautiful quilts from various eras.

It's a lovely small museum and was just also opening an exhibit on the circus. What a treat! Admission is free at this museum, and the exhibits change frequently. Some of the members went to lunch afterwards.

The fiscal year for all clubs is July 1 – June 30, so our dues of \$10 a year are now payable. Those members who are out of town may want to wait until they return in the fall.

By now we hope you've had a chance to view the projects that we produce in our various clubs, which are displayed in a lovely new case opposite the meeting rooms for our clubs.

Whether you stitch or stamp, the meeting time is on Mondays at 12:30 pm in the Cambria room. Newcomers are welcome. Bring materials you have, and be prepared for lots of sharing of ideas and techniques. The more experienced are ready to help those just getting started, so don't be shy.



Table Tennis

If you're looking for something fun to do this summer, check out the Table Tennis Club in the Fitness Center classroom.

We play four days a week: Saturday, 12 – 3 pm; Wednesday, 12:30 – 2:30 pm; Friday and Sunday, 3 – 6 pm.

You need to wear proper shoes and comfortable clothing. You can play two times as a guest, and then you may join for \$15/year.

It is a great workout both physically and mentally. If you haven't played for a while, we can help you get up to speed.



Tennis Club

The mission of our club is to provide organized tennis opportunities for men and women; provide opportunities for social interaction; and to be an advocate for all tennis players by working with the HOA to maintain and improve our tennis facilities.

Our prime season runs from November to March; and next year we will continue some of our past programs, which include ladders, round-robins, and drop-ins. Plus we will be looking at new activities. These new activities will include men's and women's and mixed

Continued on page 34...

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competitive tournaments plus a monthly Beer, Burger, and Bash for players at all levels. We will be asking for volunteers to help run these activities. If you are interested in helping, please let one of the officers know.

Our next season's elected officers for 2010/2011 will be: President, Robert Young; Vice President, Marje Burdine; Treasurer, Bob Belluomini; Secretary, Janet Cameron; Membership Chair, Pat Napoles; Social Chairs, Janet Cameron and Ed Pentz; and Past President, Angela Fiori.

Summer drop-in hours will be in effect April, May, and September (women, MWF; men, TTS; from 7:30 – 9:30 am).

During June, July, and August, make your own reservations. In October drop-in hours will change to 8 – 10 am.

For more information about our tennis club and programs email robert_maryjane@hotmail.com.

That's Entertainment

This year's New Year's Eve Celebration is brought to you by That's Entertainment Club, and we are looking for volunteers who would like to participate in putting on the event. We need help to make this a successful New Year's Eve celebration. We need committee assistants, creative helpers, and those who would like to participate in entertainment activities. We need volunteers to be a part of this fantastic party of bringing in the New Year at the Montecito Clubhouse.

The theme is called "*Drifting and Dreaming*," reliving the 30's and 40's with music and dancing with the Big Band sounds of the "Guy Lombardo" era. Many clubs will also be participating. Activities from our

Casino Night will be a part of the event. There will be beverages and food for 200 – 300 guests. The party will include cabaret entertainment with special professional entertainers performing throughout the night.

Volunteers are needed in each of these and other activities as we put this huge event together. There will be lots of balloons and noise makers to bring in the New Year. Plus we are looking for volunteers with skills and new ideas that can be part of the event. We will be using the entire facility of the Montecito Clubhouse. So join us as we bring on this great evening of entertainment. Call Steve Rive at 760-610-2459 or e-mail cshthatsentertainment@yahoo.com.

Topical Discussion

Topical Discussion club will be blacked-out for August. Our first meeting to start the new season will be Monday, September 13, at 7 pm followed by Monday, September 20, at 7 pm.



Ukulele Strummers

We're losing a few star snowbirds for the summer (Stuart & Steve), but the rest of the Ukulele Strummers will still meet in the cool air of the clubhouse every Thursday at 1 pm. No competition, no rehearsal; we play just for fun. We don't care if you sing off-key, play off-key, or skip the difficult chords. You don't even have to have a musical background. The more the merrier (and the better we sound).

Note: Ann Olsen gives FREE beginner lessons an hour before our meeting at noon on Thursdays in the Mirada room. Please give her a call at 760-702-3943.

We're starting our third year together, but that doesn't mean you can't catch up quickly. With a C, F, and G7 you can play half the songs in our book; then the second week, with three more chords, you can learn the rest of our 100-plus song repertoire!

It's up to you how far you go after that, but you'll be playing and singing along in no time (without a lot of practice time at home).

The standard ukulele is a soprano (also called "Hawaiian"), available at local sources starting around \$50. There are also concert ukuleles that have a little better sound, and tenor and baritone for added tonal quality. We'll help you choose. C'mon over and check us out – music is good for the soul and the brain!



Veterans Club

Unlike many veterans groups, this club is not about rehashing war experiences. Our Club is about assisting members, their spouses, surviving spouses of deceased veterans, as well as all of our neighbors. We bring in speakers to make veterans aware of the many benefits they have earned while serving their country, and we get them in touch with the people that can help. The club has also established a reference file with the many, many agencies that deal with the elderly including veterans.

Additionally, the club provides services to the SCSH community — from Veterans Day in the fall; a highly successful Toys-For-Tots to begin winter; and our Memorial Day flag-raising ceremonies in the spring — all provide recognition to those that have served and are currently serving. I hope that you have noticed the flag display in the lobby of the clubhouse: that's courtesy of our club. We also offer US flag disposal for worn and tattered flags as well as the sale of new flags. And finally, we offer an e-newsletter to our members put together by our President, Tom Hutson. He goes through the many military publications and Internet sources to glean information pertinent to the older veteran. The latest information concerning members and club happenings make this newsletter a must have. You served your country once. What can be more rewarding than doing it again?

The Veterans Club will be dark during July and August. We will start again on the third Wednesday of September and hope to see everyone on the 15th at 7 pm. Have a good summer and God Bless America!

Women's 18-Hole Golf Club

The Women's Golf Club was established in 2006. Wednesdays between November 1 – May 31 are the official play days. Many members play throughout the summer months on Wednesday, but there is not an organized event during that time.

All active members have a verifiable handicap through the GHIN system. Persons may also join as an associate if they only wish to establish and maintain a handicap.

If you have any questions, Char Oman is president (760-863-2159) and Nikki Stryker is membership chairperson (760-469-3922).

Information is available on-line at shwgc.com.

Our next official activity will be a "Welcome Back Party" on Wednesday, October 27, at 2 pm in the Montecito Ballroom.

All existing members and women interested in joining are invited.



Resident Groups

Democrats in Sun City Shadow Hills



The Democrats in Sun City Shadow Hills will not hold monthly meetings in June, July, or August. Our regular monthly meetings are held the third Wednesday of the month during the rest of the year; so our next meeting will be Wednesday, September 22, when we'll be getting back together with a welcome-back potluck dinner. Don't forget this is a midterm election year so we may be strategizing regarding various campaigns this summer and fall, so let's keep in touch.

If you are a Democrat and would like to be added to our email list, please email Sue Haffley at haffleysue@yahoo.com. We may be hosting impromptu get-togethers this summer for one reason or another; so if you're a Democrat and we don't have your email address or phone number, let us know who you are so you can be included in the festivities!

Start a New Club!

*Drop by the
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Montecito Clubhouse
to pick up an
informational packet.*

760-772-9617

Clubs in Formation



Cooking Club

Cordon Bleu Chef, Denise Schreiber, is wishing to form a cooking club. If you are interested, please call Denise at 760-360-9963.

Road Bicycle Riders

I am looking for road bicycle riders who want to start a "Road Bicycle Riders Group" in our community to go on road rides of 30-45 miles at speeds of 15-18 mph.

Those interested, contact me, Dario Fadiga, at 760-345-7398 or dfadiga@dc.rr.com.

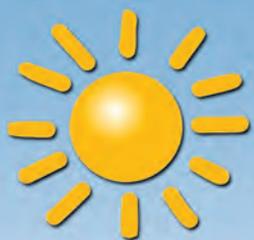


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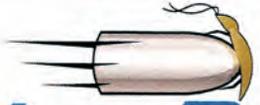
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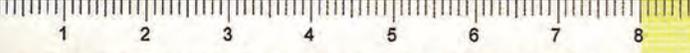
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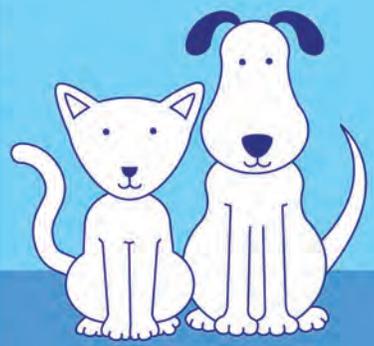
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