Laguna Niguel Senior Citizens Club, Inc.

MAY 2015 VOL. 32, NO. 5

It's the Senior Club's

30th Anniversary Party

Come Celebrate with us...

...at our Fabulous Concert!

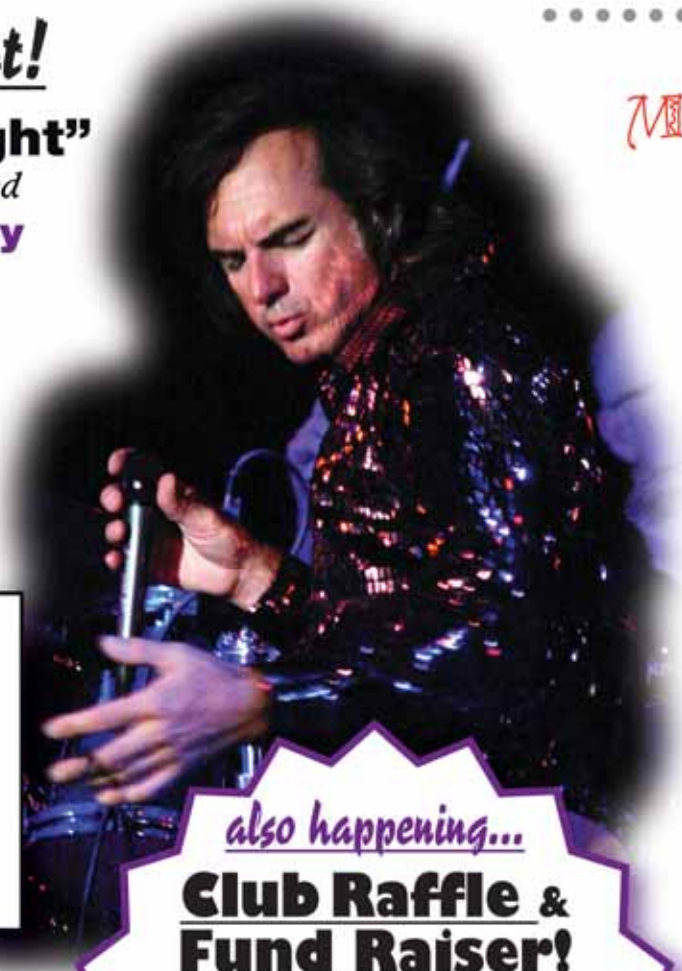
"Hot August Night"

Neil Diamond Tribute Band

Featuring... **Dean Colley**

Sunday, May 31
1pm - 4pm

Appearing in the Ballroom of
SEA COUNTRY SENIOR and COMMUNITY CENTER
24602 Aliso Creek Rd.
Laguna Niguel



Hot August Night
has performed concerts all around the United States, Japan, Canada and England. They are well known in Southern California, and we are excited to have them appearing here in Laguna Niguel!

also happening...

Club Raffle & Fund Raiser!

6 Months of Dining Out
(A Variety of Restaurant Gift Cards valued at $300)

Tickets on sale in the Club Office through May 31st and at the Concert.
Winner drawn at the 30th Anniversary Concert on

MAY 31st

Raffle Tickets $5.00 or 3 Tickets for $10
You need not be present to win.

Tickets Are Limited!

Light Refreshments & Door Prizes!

ALL AGES ARE INVITED

Tickets Available in Club Office
$20.00 (Cash or Check Only)

Sr. Club Office Hours
10am to 2pm • Mon. - Fri.

Sr. Club Office Located inside:
Sea Country Senior and Community Center
24602 Aliso Creek Road • Laguna Niguel, CA
Phone: 949-362-2937

New Trips!
Pg 10 &11

May 10th
MOTHER'S DAY

May 15th
11:30-1:00
3rd Friday Luncheon

"Our Current Water Situation"

Featuring a representative from Moulton Niguel Water District

RSVP
949-362-2807
$4.50 donation

Sr. Club Office
(949) 362-2937

Office Hours
10 am-2 pm • Mon-Fri

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May Events

Every Wed **Bingo** 12:20-3:00
Every Wed **Party Bridge** 12:30
1st,2nd,4th Fri **Party Bridge** 12:30
Every Thurs **Scrabble** 1:00-3:00
1st Fri **Book Club Group** 1:00-3:00

MAY 11 **Board Meet** 1:00-3:00
MAY 15 **3rd Fri. Lunch** 11:30-1:00
Our Current Water Situation

May 31st • 1pm - 4pm
Concert & Raffle

May 15th • 3rd Friday Luncheon

11:30-1:00

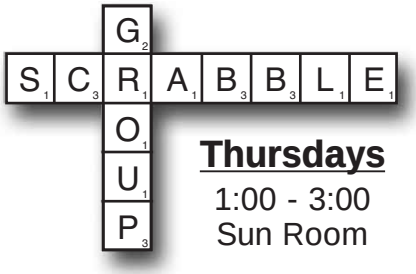
"Our Current Water Situation"

A representative from Moulton Niguel Water District will be here to discuss the up-to-date water situation facing Orange County and how we can help.

R.S.V.P. 949.362.2807 $4.50 donation

Party Bridge

Wednesdays 12:30-3:30pm
1st, 2nd, & 4th Fridays
12:30-3:30pm



Thursdays
1:00 - 3:00
Sun Room

Bingo!

Wednesdays
12:20 to 3:00
Buy-ins end 12:20!

Book Group

1st Fridays 1:00-3:00

Badly Needed!!!!

BINGO
3 Callers &
2 Verifiers

1st Shift
12:30-1:30

2nd Shift
1:45-3:00

Will Train...
Call Office!

Care and Concern...

We like to know how our members are doing. When a member becomes ill, we want them to receive a get-well card or token of encouragement.

Please call the Club Office at **362-2937** and leave a message for Kissie Clifton Care and Concern.

Thanks!

BOOK GROUP

MAY 1 • 1-3 PM

Discussion book for May...
'The Whistling Season
by Ivzan Doig
Come Join Us!

Officers

PRESIDENT .....Yvonne Davis
VICE-PRESIDENT .....Marc Winer
TREASURER.....Willie Goodman
SECRETARY .....Muriel Calfe

Board Members

ENTERTAINMENT ..... Jade Teo
HISTORIAN/ASST. TO TREASURER ....Betty Pequet
PUBLIC RELATIONS .....Sandy Simonson
OFFICE MANAGER .....OPEN
NEWSLETTER EDITOR .....Vicki Hayes
TRAVEL PROGRAMS .....Vickie Hsiung
ADVERTISING/ACTIVITIES.....Marc Winer
.....Beth Andrini, Advertising Asst.
MEMBERSHIP/ASST. TO TREASURER ....Steve Morris
MEMBER-AT-LARGE .....Nancy Hull
DESK VOLUNTEER COORDINATOR ..Geri Grignano
COMMITTEE CHAIR, CARE/CONCERN ..Kissie Clifton
ASSISTANT TO BOARD.....Paula Ahern
BINGO.....Sr. Club Board
PARTY BRIDGE .....Marina Lopez

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Vicki Hayes
Newsletter Editor E-Mail:
vickiz.studio3@gmail.com

President's Corner...

At our 3rd Friday April luncheon, we were fortunate to have the Orange County Sheriff's Dept. give a very informative presentation of the current "scams" happening NOW! The scams included IRS, grandparent phone calls, ATM awareness, solicitors at your door, mail box safety, email "lottery" winners, etc. etc.

Please, please mark your calendar for this month's luncheon as well. California is currently in an extreme drought situation. The Moulton Niguel Water District representatives are coming to tell us how we can be more responsible and aware of our water usage.

At the May 5th City Council meeting, our club will be presented with a "proclamation"... please come and share the honor of being a club member/volunteer.

May is truly a month of Celebrations! Mother's Day, various graduations, and of course Memorial Day. Please enjoy, be safe and appreciate each and every moment with your loved ones.

Remember, our Concert/30th Anniversary celebration tickets are available in the Sr. Office; M-F 10 a.m. till 2:00 p.m. Also, there are only 200 tickets... almost 100 have already been purchased...so, DON'T DELAY! All are welcome and it is "first come, first served".

Also available will be the "raffle" tickets for our annual fundraiser. The raffle will take place at our 30th Anniversary/Concert celebration, in the Ballroom at Country Sr. and Community Center. Tickets are $5 each.... or 3 for $10. The lucky winner will receive over $300.00 in gift certificates for many of our local restaurants. The winner does not have to be present at the event to win!

In addition, there will be Door Prizes and other surprises for those attending the event. This celebration will be fun!

Bring your family and friends to help celebrate.

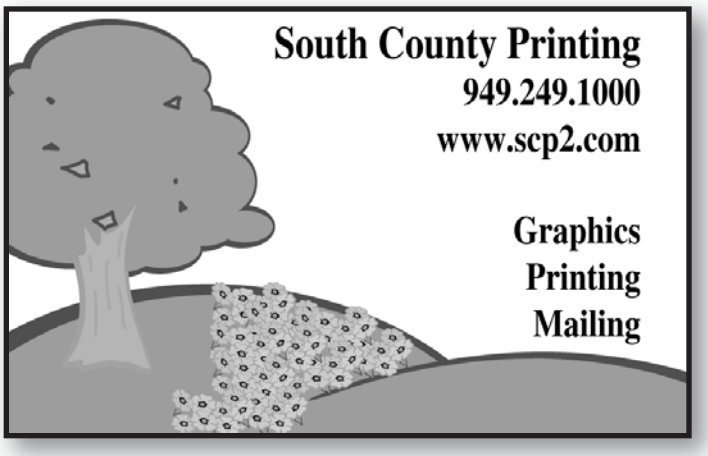
Just a reminder that during the summer months of July and August, our club will be "dark"; there are no official Board Meetings and/or 3rd Friday Club luncheons and June/July is a combined Newsletter.

During the summer months of June, July and August, Bingo, Bridge, Scrabble, Book Club, etc. will continue as usual. The Sr. Club office will also be open. Be sure to come in, meet people, and make new friends.

We invite you to suggest activities, events, speakers, ideas to make our club more active and "community friendly."

See you soon? Yvonne

ps: The Website is UP!
www.laguna niguelseniorcitizensclub.com



Welcome New & Returning Members!

Ann Chapman, Carmen Saldivar,
Ann Jones, Ron & Ellen Cotloff,
Joseph & Elizabeth Calandro,
Eva Steinmeyer, Lupe Hershberger,
Lucy Bearer, Kay Laird, Lorraine Kern,
John & Donna Feeney,
Marybea Orona, Frances Parsley

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Suite 320
Irvine, CA 92618
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Elaine A. Gennawey is a registered representative with and securities offered through LPL Financial, Member FINRA/SIPC

Sundays are
Senior Citizen Days
5¢ Off
Per Gallon of Gas
Must Pay Cash

LAGUNA NIGUEL Mobil
30061 Alicia Parkway
Laguna Niguel, CA 92677
Phone 949-495-4018

Complete
Auto Maintenance and Repair
Foreign & Domestic

Alicia & Pacific Island Drive

A Big "THANK YOU" to the Officers from the Laguna Niguel Police Services Crime Prevention Unit

At the 3rd Friday Luncheon on April 17th, officers from the Laguna Niguel Police Services Crime Prevention Unit educated luncheon guests about current phone and internet scams especially those targeting seniors.

The slide presentation and follow-up Q & A's illuminated several tips and ways to avoid becoming a victim of identity theft, charity fraud, mail, telephone or internet scams.

Ten Ways to Avoid Fraud:

1. Know who you're dealing with.
2. Know that wiring money is like sending cash.
3. Read your monthly statements.
4. After a disaster, give only to established charities.
5. Talk to your doctor before you buy health products or treatments.
6. Remember, there's no sure thing in investing.
7. Don't send money to someone you don't know.
8. Don't agree to deposit a check and wire money back.
9. Don't reply to messages asking for personal or financial information.
10. Don't play a foreign lottery.

If you are a victim of Identity Theft, report the crime to your local law enforcement agency. Place a credit or fraud alert on your files with the three major credit reporting agencies: Equifax, Experian, and TransUnion.

(continued next page)

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5 More Ways to Avoid Identity Theft

1. Do not carry your Social Security card or Medicare card in your wallet. Photocopy your Medicare card, front and back, cut the copy down to size and cut off the last 4 numbers of your Social Security Number. Staple the two pieces together. Carry your original card only on the days you know you will need it. Carry an emergency contact and phone number of a person who can be reached in case of emergency.
2. Use a cross-cut shredder to shred papers with personal information, credit card offers and "convenience checks" that you don't use.
3. Limit the sharing of your personal information with your financial services companies' affiliates.
4. Update regularly firewall, virus, and spyware protection software to shield your computer from viruses and spies.
5. Order your free credit report from Equifax, Experian, and TransUnion by toll-free phone at **1-877-322-8228** or online at www.annualcreditreport.com or mail in an order form.

For more information

To receive more information or one of the educational packets, contact:

Laguna Niguel Police Services
Crime Prevention Unit
30111 Crown Valley Parkway
Laguna Niguel, CA 92677

949-362-4365 • 949-362-4305

Thanks to our city for providing the resources to help us stay more informed, safe and secure!

Sr. Club
Raffle Fundraiser

Win! Win! Win!

- 6 Months of Dining Out -
$300 in Restaurant Gift Cards!

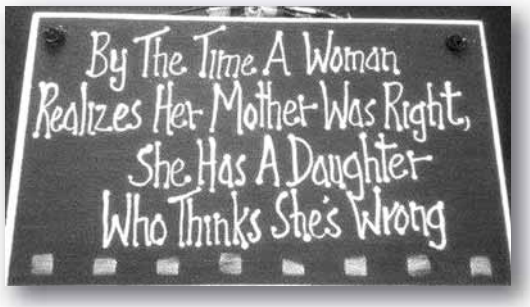
Win a very nice prize while helping the Sr. Citizens Club provide learning experiences, interesting projects and fun events for our Seniors in 2015.

$5 per ticket or 3 for $10

Drawing will be held May 31, 2015.
You do not need to be present to win.
Purchase your tickets from the Club Office
Office Hours: 10am-2pm • Mon-Fri

949-362-2937

We are "Seniors helping Seniors"



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CAROLE ALLEN, *Honored as 2015 Woman of the Year*

Senator Pat C. Bates gave the following tribute to Carole in the award presentation made on March 27, 2015 at the El Niguel Country Club:

Each March, during Women's History Month, remarkable women whose contributions improve the lives in their communities are celebrated. This tradition began in the State Capitol in 1987 and continues here today.

Today, we honor a woman who represents the very best the State has to offer. Carole has given her life to the benefit of others. She has dedicated her life to the children of Laguna Niguel, has helped strengthen our local businesses and donates her time to making our active United States military and veterans feel appreciated.

Carole is being honored as having given of herself in significant ways in order to make her home a better place to live. She has been chosen for this honor based on you continued service and dedication to the community. It is with a sense of respect, pride and celebration that tribute is paid to her today. This ceremony is offered as an acknowledgement of her individual contribution and commitment.

CAROLE ALLEN has lived and worked in the City of Laguna Niguel for over 45 years, devoting her life to the education of children and to the service of her community. As a teacher at Crown Valley Elementary School for 37 years, Carole donated her time to choreograph and direct performances of the California Junior Light Opera, which provided lasting memories for hundreds of students. In fact, the auditorium at Crown Valley Elementary was renamed the Carole Allen Auditorium in her honor. Carole was named Laguna Niguel Teacher of the Year in 1977 and 1996. She has been twice listed in *Who's Who Among American Teachers*.

As a member of the Laguna Niguel Chamber of Commerce, Carole has served as a member of the Board of Directors and as Education Chair. The Chamber of Commerce named her as Chamber Champion in 2010 as well as Outstanding Ambassador of the Year in 2011.

Helping the city she loves, Carole has served as a member of the Laguna Niguel Parade Committee, worked on the Trauma Intervention Program, volunteered for the Laguna Niguel Police Services and has graduated from the Laguna Niguel Citizens' Academy and the Disaster Preparedness Academy. She even wrote a book, *The History of Laguna Niguel*, for the Laguna Niguel Historical Society. Each year, the book is distributed to all third graders throughout the city. In 2007, Carole was named Citizen of the Year.

In her constant pursuit of supporting our nation's military servicemen and women, Carole serves as a member of the Laguna Niguel Military Support Committee – a committee which currently supports the First Battalion, Fourth Marines and the USS Stockdale. She is an active member of the American Legion Auxiliary and plays bingo with the hospitalized veterans at the Long Beach Veterans Hospital.

(And... she is also a Laguna Niguel Senior Citizens Club member!)

We congratulate Carole and thank her for her service!

OPERATION INTERDEPENDENCE

Seniors, We will soon be coming into summer, that means a lot of you will be thinking of traveling and staying in hotels. Please save the lotions and shampoos, as they are just the right size for our kits. For those of you who are not able to travel, please make a small donation of a dollar or more, so that I can purchase the necessary items for our kits.

Let's show our heroes how much we appreciate their service and sacrifice by donating some of the items in the box to the right... and of course WHITE CREW SOCKS, WHICH ARE VERY MUCH IN DEMAND.

Your CASH DONATIONS ARE VERY ESSENTIAL. Thank you for your continued support!

Bernice Adams, *Volunteer Coordinator*
OPERATION INTERDEPENDENCE

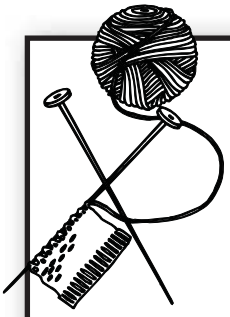
- **lip balm**
- **lotions**
- **packets of snacks**
- **tooth brushes**
- **tooth paste (Crest only)**
- **foot powder**
- **packets of powdered drinks**
- **packets of coffee**
- **sealed candy**
- **packets of tissues**
- **packets of Spam**
- **granola bars**
- **Cup of Noodles**
- **liquid soap (please no bar soap)**
- **small cans of tuna**
- **small magazines**
- **playing cards**
- **and WHITE CREW SOCKS**

LET'S SHOW OUR LOVE FOR OUR FIGHTING HEROES!

Camp Pendleton Marines STILL NEED diapers for their newborns!

Please bring NEWBORN SIZE disposable diapers to the Club Office and place on back counter. We are making a difference for our troops...

And, they appreciate it!



OPERATION INTERDEPENDENCE is looking for knitters to knit caps for our soldiers to wear under their helmets when they are overseas! Please contact the Club Office and leave your name and phone number!

"The purpose of life is not to be happy. It is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well."

Ralph Waldo Emerson

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Dana Point, CA 92629

A Newspaper Article to Ponder on Memorial Day...

Mornings at the Pentagon

By JOSEPH L. GALLOWAY
McClatchy Newspapers

Over the last 12 months, 1,042 soldiers, Marines, sailors and Air Force personnel have given their lives in the terrible duty that is war. Thousands more have come home on stretchers, horribly wounded and facing months or years in military hospitals. This week, I'm turning my space over to a good friend and former roommate, Army Lt. Col. Robert Bateman, who recently completed a yearlong tour of duty and is now back at the Pentagon. Here's Lt. Col. Bateman's account of a little-known ceremony that fills the halls of the Army corridor of the Pentagon with cheers, applause and many tears every Friday morning. It first appeared on May 17 on the Weblog of media critic and pundit Eric Altermanat the Media Matters for America Website .

"It is 110 yards from the "E" ring to the "A" ring of the Pentagon. This section of the Pentagon is newly renovated; the floors shine, the hallway is broad, and the lighting is bright. At this instant the entire length of the corridor is packed with officers, a few sergeants and some civilians, all crammed tightly three and four deep against the walls. There are thousands here.

This hallway, more than any other, is the `Army' hallway. The G3 offices line one side, G2 the other, G8 is around the corner. All Army. Moderate conversations flow in a low buzz. Friends who may not have seen each other for a few weeks, or a few years, spot each other, cross the way and renew.

Everyone shifts to ensure an open path remains down the center. The air conditioning system was not designed for this press of bodies in this area.

The temperature is rising already. Nobody cares. "10:36 hours: The clapping starts at the E-Ring. That is the outermost of the five rings of the Pentagon and it is closest to the entrance to the building. This clapping is low, sustained, hearty. It is applause with a deep emotion behind it as it moves forward in a wave down the length of the hallway.

A steady rolling wave of sound it is, moving at the pace of the soldier in the wheelchair who marks the forward edge with his presence. He is the first. He is missing the greater part of one leg, and some of his wounds are still suppurating. By his age I expect that he is a private, or perhaps a private first class.

Captains, majors, lieutenant colonels and colonels meet his gaze and nod as they applaud, soldier to soldier. Three years ago when I described one of these events, those lining the hallways were somewhat different. The applause a little wilder, perhaps in private guilt for not having shared in the burden ... Yet.

Now almost everyone lining the hallway is, like the man in the wheelchair, also a combat veteran. This steadies the applause, but I think deepens the sentiment. We have all been there now. The soldier's chair is pushed by, I believe, a full colonel.

"Behind him, and stretching the length from Rings E to A, come more of his peers, each private, corporal, or sergeant assisted as need be by a field grade officer .

"11:00 hours: Twenty-four minutes of steady applause. My hands hurt, and I laugh to myself at how stupid that sounds in my own head. My hands hurt. Please! Shut up and clap. For twenty-four minutes, soldier after soldier has come down this hallway - 20, 25, 30... Fifty-three legs come with them, and perhaps only 52 hands or arms, but down this hall came 30 solid hearts.

"They pass down this corridor of officers and applause, and then meet for a private lunch, at which they are the guests of honor, hosted by the generals. Some are wheeled along. Some insist upon getting out of their chairs, to march as best they can with their chin held up, down this hallway, through this most unique audience. Some are catching handshakes and smiling like a politician at a Fourth of July parade. More than a couple of them seem amazed and are smiling shyly.

"There are families with them as well: the 18-year-old war-bride pushing her 19-year-old husband's wheelchair and not quite understanding why her husband is so affected by this, the boy she grew up with, now a man, who had never shed a tear is crying; the older immigrant Latino parents who have, perhaps more than their wounded mid-20s son, an appreciation for the emotion given on their son's behalf. No man in that hallway, walking or clapping, is ashamed by the silent tears on more than a few cheeks. An Airborne Ranger wipes his eyes only to better see. A couple of the officers in this crowd have themselves been a part of this parade in the past.

"These are our men, broken in body they may be, but they are our brothers, and we welcome them home. This parade has gone on, every single Friday, all year long, for more than four years .

Veterans are precious...

Did I read that sign right?

TOILET OUT OF ORDER. PLEASE USE FLOOR BELOW

In a London department store:
BARGAIN BASEMENT UPSTAIRS

In an office:
WOULD THE PERSON WHO TOOK THE STEP LADDER YESTERDAY PLEASE BRING IT BACK OR FURTHER STEPS WILL BE TAKEN

In an office:
AFTER TEA BREAK, STAFF SHOULD EMPTY THE TEAPOT AND STAND UPSIDE DOWN ON THE DRAINING BOARD

Outside a secondhand shop:
WE EXCHANGE ANYTHING - BICYCLES, WASHING MACHINES, ETC. WHY NOT BRING YOUR WIFE ALONG AND GET A WONDERFUL BARGAIN?

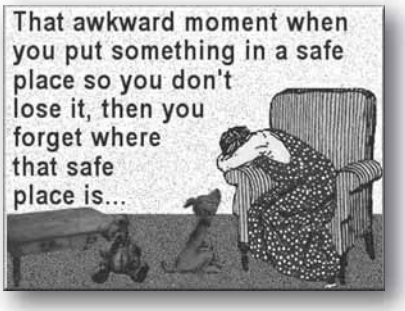
Notice in health food shop window:
CLOSED DUE TO ILLNESS

Seen during a conference:
FOR ANYONE WHO HAS CHILDREN AND DOESN'T KNOW IT, THERE IS A DAY CARE ON THE 1ST FLOOR

Notice in a farmer's field:
THE FARMER ALLOWS WALKERS TO CROSS THE FIELD FOR FREE, BUT THE BULL CHARGES.

Message on a leaflet:
IF YOU CANNOT READ, THIS LEAFLET WILL TELL YOU HOW TO GET LESSONS

On a repair shop door:
WE CAN REPAIR ANYTHING. (PLEASE KNOCK HARD ON THE DOOR - THE BELL DOESN'T WORK)



Live Every Moment

For many, the word "hospice" is difficult to hear. It conjures up feelings of helplessness and abandonment… but the realities are so much more promising. At VITAS, our mission is to enrich the quality of life for those who have a limited time to live.

- Hospice is not a place. It is a way to care for patients- most of whom prefer to remain at home.
- The expert staff at VITAS control pain, manage symptoms and facilitate comfort while addressing the spiritual and emotional needs of the patient and their families.
- In addition to regularly scheduled care, VITAS nurses are available 24 hours a day for shifts of Intensive Comfort Care or unplanned visits, as needed.

Hospice is not about losing hope or giving up. By taking advantage of the care that an experienced hospice team provides, the focus becomes maximizing quality of life.

For information: 714.921.2273
For admissions and referrals: 800.938.4827 • VITAS.com

Boston, Salem & Maine's Rocky Coast

June 5-12, 2015 • 8 Days

This week long journey travels from Boston to Massachusetts' North Shore and continues along Maine's sandy beaches in the south, to its craggy mountains and rock bound coast in the north. See why this fabled coastline has attracted sailors, wealthy vacationers and famous artists as you explore the best of Boston, Salem and Maine's rocky coast.

Member Price: $ 1999 pp/dbl.; $ 2549 pp/sgl.
Non-Member Price: $ 2099 pp/dbl.; $ 2677 pp/sgl.
Group Airfare Available: from $495 pp.
Deposit: $ 300 per person.

Oregon's Coast & Covered Bridges

Featuring Williamette Valley, Eugene, Bandon, Rogue River, Dune Buggy Ride, Newport, Astoria

June 18-25, 2015 • 8 Days

From the lighthouses and famous rock formations to historic cities like Astoria and Eugene to quaint beach communities like Newport and Bandon…from wine tasting in the Willamette Valley to taste-testing at the Tillamook cheese factory….from a mail jet boat ride on the Rogue River to a sea life cruise and a ride on a dune buggy over the Oregon dunes…this comprehensive journey features incredible sights, unique experiences, the captivating sights and sounds of the Oregon Coast and the nostalgic and romantic covered bridges.

Member Price: $ 1599 pp/dbl.; $ 1999 pp/sgl.
Non-Member Price: $ 1679 pp/dbl.; $ 2099 pp/sgl.
Group Airfare Available: from $395 pp.
Deposit: $ 250 per person.

New York City & Upstate

Featuring Manhattan Sightseeing, Hudson Valley, Niagara Falls, Cooperstown, 1000 Islands, Erie Canal

September 9-17, 2015 • 9 Days

A comprehensive itinerary offering the hustle and bustle of an exciting New York City as well as the sights, sounds, tastes and incredible experiences that abound in Upstate New York. From the peace and tranquility of the beautiful Hudson Valley to the incredible sights in 1000 Islands and Niagara Falls, to the history of Cooperstown and the Erie Canal, this tour will truly put you in an Empire State of mind.

Member Price: $ 1999 pp/dbl.; $ 2749 pp/sgl.
Non-Member Price: $ 2099 pp/dbl.; $ 2886 pp/sgl.
Group Airfare Available: from $ 545 pp.
Deposit: $ 300 per person.

Yellowstone & Grand Teton

National Parks, Salt Lake City, Park City Geographer-Guide

September 26-October 2, 2015 • 7 Days

Embark on a spectacular journey to discover two of our nation's most spectacular National Parks. With two nights in Jackson in the shadow of the Tetons and two nights in Yellowstone National Park at Old Faithful, this journey features the best opportunity to take in the incredible vistas, breathtaking waterfalls, mighty mountain peaks and the wealth of geologic phenomena in this region. Onboard throughout this journey is Dennis Napier, former professor of geography at Long Beach City College. Throughout our adventure, Dennis will provide an in-depth account of the geologic and geographic forces that created this incredible landscape.

Member Price: $ 1599 pp/dbl.; $ 2299 pp/sgl.
Non-Member Price: $ 1679 pp/dbl.; $ 2414 pp/sgl.
Group Airfare Available: from $ 295 pp.
Deposit: $ 250 per person.

Apple Farm Inn by Rail

September 23-25, 2015 • 3 days

Embark on a relaxing three-day getaway to explore California's Central Coast during a delightful time of year while enjoying a stay at the quaint Apple Farm Inn. We'll travel by train, explore the backroads and sample the local fare as we keep a relaxed pace and get a first-hand look at what makes the California Coast so special.

Member Price: $ 499 pp/dbl.; $ 639 pp/sgl.
Non-Member Price: $ 524 pp/dbl.; $ 671 pp/sgl.
Deposit: $ 100 per person.

TRAVEL PROTECTION/CANCELLATION

Travel protection/cancellation insurance is highly recommended for all multi-day tours. If travel protection has not been purchased, only recoverable funds less a cancellation charge of $50 will be reimbursed once payment has been made. Amount of reimbursement depends on the date of cancellation.
If travel protection has been purchased and you must cancel prior to departure or leave the tour enroute for a reason approved by the insurance company, you will receive a full refund (or partial if enroute), minus the cost of the premium. Other benefits include medical expenses for illness and injury, emergency transportation, and lost/stolen/damaged luggage. Pre-existing medical conditions are only covered if protection is purchased at time of deposit. See travel protection plan for full details and exclusions. Travel protection brochures are available in the Club office.

MULTI-DAY INFORMATION

- Only deposits guarantee space and deposits in full are due at time of booking.
- An invoice for the balance payment will be sent directly from the tour operator and is due 60 days prior to departure.
- There is a daily seat rotation on multi-day tours.
- Tour pacing and physical demands (walking, stairs, etc.) varies by each tour; however, every tour involves some walking and climbing stairs to enter/exit the motor coach.
- Detailed day-by-day brochures are available on these tours.
- Prices for multi-day tours **DO NOT INCLUDE** GRATUITIES

Day Tours

Gadabouting In Griffith Park

Featuring the Autry Museum's Civil War Exhibit
With Included Boxed Lunch Picnic

Thursday, May 21, 2015

Today we are joined by professional step-on guide Curt Tucker, who is a history buff with an expertise on the evolution of L.A., and is especially loved by our clients for his charismatic personality and fun stories. Griffith Park is one of the largest urban parks in North America, often coined the "Central Park" of L.A.

After successfully investing in mining, Colonel Griffith J. Griffith purchased Rancho Los Feliz in 1882, and later donated over 3,000 acres to the city and a trust fund for improvements on this land. As we embark on today's narrated driving tour, we will explore the history and beauty of Griffith Park, with highlights that include the Greek Theatre, the historic 'Travel Town' railroad museum and Walt Disney's Carolwood Barn. While we won't be able to go inside each of these sites, we'll learn the history and significance of each. A brief visit to the world-famous Griffith Observatory, a beloved L.A. landmark built in 1935 that recently underwent a $93 million renovation and expansion. The views of L.A. and Griffith Park from here are breathtaking. A highlight of the day will be a visit to the Autry Museum to view the special exhibit, Empire & Liberty: The Civil War and The West. This is the first major museum exhibition that shows how the Civil War was more than a clash between the North and South; it was part of a long debate over how America would expand, and who, within that expanding nation, would be free. Explore more than 200 significant Civil War artifacts, including Texas slave sale documents, Andrés Pico's war drum, the battle flag carried by soldiers of the California Hundred, a Buffalo Soldier's revolver and much more. We will also visit the famous Forest Lawn Cemetery that is located in the Hollywood Hills near Griffith Park, and boasts its own unique collection of artwork set in an idyllic landscape. Enjoy an included boxed lunch picnic today in Griffith Park's lovely outdoor setting.

Member: $ 81 Non-Member: $ 89
Prices include tour director and driver gratuity
Depart: **LAGUNA HILLS MALL** 7:30 am • Return: 6:30 pm

A Chateau, a Temple & Frank Lloyd Wright

Hollyhock House & Meditation Temple
With Included Lunch at the Manor Hotel
Tuesday, May 26, 2015

Hollywood isn't just famous for its celebrities and movie-making; it is also home to a incredible diverse collection of architecture. On this new tour we will visit three of its most unique buildings. A highlight of the day will be a visit to Frank Lloyd Wright's famous Hollyhock House, an example of Mayan Revival architectural with modern trimmings – which just reopened after being closed for four years during a $4.3 million renovation! It was built in 1919 as a residence for oil heiress Aline Barnsdall, and takes its name from her favorite flower which is also symbolized in some of the style and décor of the house. Hollyhock House is a remarkable combination of house and gardens. Enjoy an included lunch at the 4-star Renaissance Restaurant, located in the beautiful Manor Hotel (formerly the Château Élysée) and Church of Scientology Celebrity Centre – this is where the celebrities often dine! The restaurant feels like you stepped into 17th-century French Normandy. We'll also visit a lovely meditative-style Temple boasting beautiful architecture. Upon entering the Temple, the hustle and bustle of the city are quickly forgotten as you enjoy the peace and serenity of this hidden gem.

Member: $ 81 Non-Member: $ 89
Prices include tour director and driver gratuity
Depart: **LAGUNA HILLS MALL** 8:30 am • Return: 6:30 pm

L.A. Nostalgia

With L.A. Guide Johnathon
Saturday, June 20, 2015

You'll be amazed with the Los Angeles treasures from yesteryear that will be showcased today on this classic tour. Our expert L.A. step-on guide, Johnathon, will provide a fascinating perspective of some of L.A.'s best-known and nostalgic landmarks, focusing on their art, architecture and history. Highlights include the Biltmore Hotel, Union Station, Grand Central Market, the Bradbury Building (pending filming), the Garment District, California Plaza and Olvera Street. Also see Angels Flight, the shortest railway in the world, that was built in 1901 to transport people to the top of Bunker Hill. Enjoy lunch on your own at Olvera Street, or at Philippe The Original, famous as the originator of the French dip.

Member: $ 61 Non-Member: $ 69
Prices include tour director and driver gratuity
Depart: **LAGUNA HILLS MALL** 8:15 am • Return: 6:15 pm

San Diego Rail N' Sail

Coastal Train Ride & Harbor Cruise
Sunday, June 21, 2015

Join us on a fine tour to America's finest city. We'll motorcoach to San Juan Capistrano to board the train and then ride the rails as we journey south along the scenic coast to San Diego. Our motorcoach will meet us at San Diego's Santa Fe Station and transport us to the waterfront shops at Seaport Village, and the newly opened "Headquarters," with time for lunch on your own. This afternoon see San Diego's skyline from the water on a two-hour narrated harbor cruise covering 25 miles and seeing both the northern and southern ends of San Diego Bay. Highlights include the North Island Naval Air Station, Harbor and Shelter Islands, the Coronado Bridge, USS Midway, Star of India, the U.S. Navy surface fleet, the nuclear submarine base, Ballast Point and more! We will motorcoach home. The boat has shaded and unshaded areas, and a restroom onboard, for your comfort. Required: when booking, provide full legal name as it appears on your driver's license or other government-issued identification that you will be presenting to Amtrak on the day of the tour. Suggested: sunscreen, hat, and sweater or jacket as it can be cool on the water.

Member: $ 91 Non-Member: $ 99
Prices include tour director and driver gratuity
Depart: **LAGUNA HILLS MALL** 8:45 am • Return: 6:00 pm

Man Your Station!

USS IOWA – *Battleship of Presidents* & Point Fermin Lighthouse

With Included Boxed Lunch Picnic
Tuesday, June 23, 2015

Today we head to San Pedro to walk the decks of the USS Iowa, the biggest U.S. battleship ever built! Nicknamed the "Battleships of Presidents", the USS Iowa has hosted more U.S. Presidents than any other battleship in history and is the only one of her kind to serve in World War II. Designated the "World's Greatest Naval Ship" due to her big guns, heavy armor, speed and modernization, this amazing ship is now a floating museum on the L.A. Harbor for all the world to admire. An interactive self-guided tour will allow you to experience what life at sea was like during active duty. You will get a chance to see the Captain's Quarters, Command Center, Crew's Galley, the Tomahawk Cruise Missile Launchers and much more on this 45,000 ton naval ship. Enjoy an included boxed lunch picnic at a lovely park that overlooks the ocean, as well as a guided tour of the beautiful Victorian-style Point Fermin Lighthouse that was built in 1874 and was the first navigational light in San Pedro Bay. Suggested: walking shoes; the ship has stairs and narrow walkways.

Member: $ 81 Non-Member: $ 89
Prices include tour director and driver gratuity
Depart: **LAGUNA HILLS MALL** 8:30 am • Return: 6:00 pm

For your funny bone, from internet land...

I might look like I'm doing nothing, but in my head I'm quite busy!

TOURS General Information

WHAT'S INCLUDED
- All tours are operated by Good Times Travel (California Seller of Travel #2018390-40), a local licensed tour operator that has been in business for 20 years.
- The luxury motor coach will include a certified tour director, professional driver and water.
- **Prices include transportation, admission, driver and director gratuities (day trips only), and indicated meals.**

RESERVING SPACE
- The easiest way to sign up for and pay for tours is to visit the Laguna Niguel Senior Citizens Club Office, located in the Sea Country Center (Monday-Friday, 10:00 a.m. to 2:00 p.m.)
- Complete and sign the Tour Trip Registration Form/ Liability Release. Please assure the Trip Registration Form includes your membership number if you are using the "member" pricing. Otherwise, "non-member" pricing will prevail.
- Full payment is required for all Day Tours; deposits are required for Multi-day (extended) Trips. Deposit amounts for Multi-day trips are detailed in this newsletter or you may call the Club Office: 949-362-2937.
- If you are mailing in your reservation request, please assure all items are included. **Please also include a self-addressed stamped envelope.** Within a week of receipt, your reservation request will be processed, and you will receive a call or be mailed a confirmation (using your completed Trip Registration Form and "self-addressed stamped envelope). If you are making reservations at the Club Office, a copy of your Registration Form will be given to you at that time.

CUT OFF DATES
- Spaces cannot be guaranteed after the cutoff date. Your name can be listed as a "stand by", and space would be based on availability.

REFUNDS/CREDITS
- **THERE ARE NO REFUNDS OR CREDITS.**

IDENTIFICATION
- Government-issued photo ID may be required for some tours. Please assure you have ID present on trip day.

CHILDREN
- Children age 8+ are welcome on the tours with a supervising adult. A child's trip price will be the "non-member" rate.

DEPARTURE POINT
- Day tours depart from the **Laguna Hills Mall** lot (see detailed map below). Please plan to arrive 15 minutes prior to the departure time schedule.
- Parking at the Laguna Hills Mall lot is at your own risk.

PLEASE REVIEW AND/OR CONFIRM TRIP INFORMATION TO ASSURE DEPARTURE LOCATION.

Day Trip Pickup Point is: *Laguna Hills Mall Parking Lot*

Next to the Tall Movie Marquee Sign--Out by Ave. De La Carlota Street

Driving Directions to Laguna Hills Shopping Center Parking Lot - For All Tours

From Sea Country Center
- Go right out of the back parking lot entrance on to Yosemite St.
- Turn right on Aliso Creek Road.
- Turn left on Moulton Parkway.
- Turn right at El Toro Road.
- Turn right at Ave. de la Carlota.
- Enter the Sears lot at the Laguna Hills Mall near the end of Sears Store. Park in the spaces next to the movie marquee. A Good Times Travel-provided permit (provided by your tour director on the day of the tour) is required to park here. This lot is an un-gated, un-monitored parking lot and parking is at your own risk. Parking is permitted here for the single-day trips that depart from here.

LHS / Laguna Hills Mall, Near Sears Laguna Hills

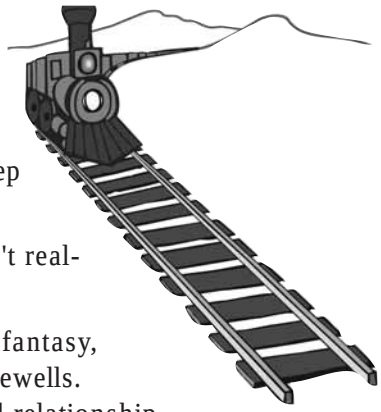
ALL CLUB TRIPS LEAVE FROM LAGUNA HILLS MALL PARKING LOT!

A little wit and wisdom...

"The Train of Life"

At birth we board a train and meet our parents.

We believe they will always travel by our side. However, at some station, our parents will step down from the train, leaving us on this journey alone.



As time goes by, other people will board the train, and they will be significant - siblings, friends, the love of your life, children, and many others. Some will step down and leave a permanent vacuum.

Others will go so unnoticed that we won't realize they vacated their seats.

The train ride will be full of joy, sorrow, fantasy, expectations, hello's, good-byes, and farewells. A successful ride requires having a good relationship with all passengers.

We must give the best of ourselves.

The mystery to everyone is, we do not know at which station we ourselves will step down. So, we must live in the best way, love, forgive, and offer the best of who we are. It is important to do this because when the time comes for us to step down and leave our seat empty we should leave behind beautiful memories for those who will continue to travel on the train of life.

Live a joyful journey on the train of life. Reap success and give lots of love.

10 Things Your Mom Never Told You:

1. You made her cry a lot.
2. She wanted that last piece of pie.
3. It hurt.
4. She was always afraid.
5. She knows she's not perfect.
6. She watched you as you slept.
7. She carried you a lot longer than nine months.
8. It broke her heart every time you cried.
9. She put you first.
10. She would do it all again.

Our Sr. Club is always looking for new members and current members who would like to become more involved!

If you think you are too small to make a difference, try sleeping with a mosquito.

DALAI LAMA

MOM · MOM · MOM

MOM · MOM · MOM

There are many unselfish moms out there who traded sleep for dark circles, salon haircuts for a ponytail, long baths for quick showers, late nights for early morning, and designer bags for diaper bags... Most of them wouldn't change a thing! Most of them don't care about what they gave up, because they got LOVE in return!

A VERY SPECIAL LUNCHEON PRESENTATION!

"Back to Broadway"

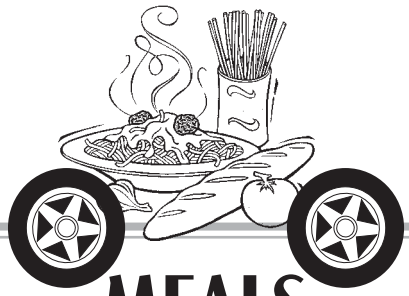
On April 10th Age-Well luncheon guests were treated to a very special performance! Members of the Aliso Niguel High School Theatre Company presented many of our favorite Broadway songs--taking us down memory lane.

Kaylee Hepburn, a junior at Aliso Niguel High School, is currently working on her Gold Award Project for Girl Scouts. Her project is called "Connecting Generations." She is hoping to create memorable moments where she and others her age are able to spend time with the seniors in Laguna Niguel, to get to know them, and to learn from their valuable life experiences.

Kaylee along with her friends Sierra S., Kassidy O., Giselle B.,Tiffany A. are all members of the Aliso Niguel Theatre Company at Aliso Niguel High School. They love to perform! If asked, each of them share the same dream... to be on Broadway one day. Katie N. and Tyler H. attend Aliso Viejo Middle School and are involved in the drama and orchestra program. Brayden H. is a fifth grader at Crown Valley Elementary School and has been playing the cello for almost 2 years.

Some additional activities Kaylee hopes to share with the seniors of Laguna Niguel are: a "Then and Now" Fashion Show, a "This is Your Life" skit using life experiences from the seniors, and creating a "Guess Who" Picture Board to learn more about one another.

After such a memorable afternoon of entertainment, we can't wait to have these young people spend more time with us!



MEALS ON WHEELS...

...can't drive themselves!

Age Well Senior Services needs volunteers to drive Meals to homebound seniors living in and around Laguna Niguel. The commitment is 1½ hours, one morning a week.

If interested please call Robin at
362-2807 Thank you!

1970 COST OF LIVING

New House:	$23,450
Average Income:	$9,400
New Car:	$3,450
Minimum Wage:	$2.10/hour
Movie Ticket:	$1.55
Gasoline:	36 cents/gallon
Postage Stamp:	6 cents
Sugar:	39 cents/5 lbs
Milk:	62 cents/gallon
Coffee:	$1.90/pound
Eggs:	59 cents/dozen
Bread:	25 cents

OUR MENUS, PER MEAL, AVERAGE 500-700 CALORIES, 30% FAT, AND LESS THAN 1000 MG OF SODIUM , EXCLUDING SPECIAL EVENT MEALS

MEALS WITH MORE THAN 1000 MG OF SODIUM

Age Well Senior Services

Lunch Menu

LISA GIBSON, M.S., R.D.

SUGGESTED DONATION- 60 YRS OR OLDER: $4.50
COST - 60 YEARS OR YOUNGER: $6.00

AWSS RESERVES THE RIGHT TO MAKE SUBSTITUTES WITHOUT NOTICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAY 2015				**Kentucky Derby Day** **BBQ RIBLET** POTATO O'BRIEN CAPRI BLEND VEGETABLE WHOLE GRAIN BREAD APPLE COBBLER 1
CHICKEN CURRY OVER BROWN RICE BROCCOLI CAESAR SALAD WITH CROUTONS BANANA 4	NO MEALS SERVED 5	**LENTIL SOUP** TURKEY SANDWICH ON WHOLE WHEAT BREAD CARROT RAISIN SALAD FRESH ORANGE OATMEAL COOKIES 6	NO MEALS SERVED 7	**Mother's Day** **CHAMPAGNE CHICKEN** RICE PILAF TOSSED SALAD/DRESSING BROCCOLI FLORETS ÉCLAIR 8
PARMESAN CHICKEN SPAGHETTI & SAUCE SPRING SALAD MIX WITH TOMATOES ORANGE JUICE AMBROSIA 11	NO MEALS SERVED 12	**FISH FILET IN A CREAMY DILL SAUCE** BROWN RICE BUTTERED CARROT COINS CAESAR SALAD WITH CROUTONS ORANGE JUICE FRUITY YOGURT 13	NO MEALS SERVED 14	**Older American Day** **BEEF STROGANOFF OVER EGG NOODLES** BRUSSELS SPROUTS 1/2 SLICE WHOLE WHEAT BREAD APPLE PIE 15
BUTTERNUT SQUASH SOUP ROAST BEEF SANDWICH ON WHOLE WHEAT BREAD BROCCOLI & CAULIFLOWER SALAD CHOCOLATE CHIP COOKIES 18	NO MEALS SERVED 19	**HERB ROASTED PORK LOIN & GRAVY** BAKED SWEET POTATO CAPRI BLEND VEGETABLES ORANGE JUICE 1/2 SLICE 9 GRAIN BREAD FRUIT AMBROSIA 20	NO MEALS SERVED 21	**Memorial Day** **CHEESEBURGER** LETTUCE & TOMATO BAKED BEANS COLESLAW HAMBURGER BUN ICE CREAM CUP 22
MEMORIAL DAY 25	NO MEALS SERVED 26	**SPLIT PEA & HAM SOUP** EGG SALAD SANDWICH ON WHOLE WHEAT BREAD SPRING SALAD MIX WITH DRESSING ORANGE JUICE OATMEAL COOKIES 27	NO MEALS SERVED 28	**SANTA FE CHICKEN STRIPS** SPANISH RICE GREEN PEAS 1/2 SLICE WHOLE WHEAT BREAD FRESH FRUIT SALAD 29

*FRUIT IS AVAILABLE FOR DIABETICS ALL HAM PRODUCTS ARE PROCESSED FROM TURKEY 1% MILK OFFERED AT EACH MEAL

Cold Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAY 2015				CHICKEN SALAD SANDWICH ON DELI RYE BREAD CARROT RAISIN SALAD ORANGE PINEAPPLE JUICE FRUIT COCKTAIL 1
TURKEY SANDWICH ON WHEATBERRY BREAD COLESLAW ORANGE JUICE FRESH FRUIT 4	NO MEALS SERVED 5	CAESAR SALAD 9 GRAIN BREAD ORANGE JUICE CHOCOLATE PUDDING 6	NO MEALS SERVED 7	HARVEST VEGETARIAN PLATE WHOLE WHEAT BREAD ORANGE PINEAPPLE JUICE FRUITY RASPBERRY GELATIN 8
MEATLOAF SANDWICH ON WHEATBERRY BREAD GARDEN SALAD WITH DRESSING ORANGE JUICE GRANDMA'S OATMEAL RAISIN COOKIES 11	NO MEALS SERVED 12	ROAST BEEF & CHEESE SANDWICH ON 9 GRAIN BREAD GARDEN SALAD WITH DRESSING ORANGE PINEAPPLE JUICE CHOCOLATE PUDDING 13	NO MEALS SERVED 14	SUBMARINE SANDWICH ON A FRENCH ROLL ORANGE JUICE CANTALOUPE 15
CHICKEN SALAD SANDWICH ON BUTTERMILK BREAD CARROT RAISIN SALAD ORANGE PINEAPPLE JUICE FRESH FRUIT 18	NO MEALS SERVED 19	HAM SALAD SANDWICH ON SQUAW BREAD THREE BEAN SALAD ORANGE JUICE FRESH FRUIT 20	NO MEALS SERVED 21	SNOBALL SALAD PLATE HARD ROLL ORANGE JUICE FRESH FRUIT 22
MEMORIAL DAY 25	NO MEALS SERVED 26	CAESAR SALAD ROLL ORANGE JUICE FRESH FRUIT 27	NO MEALS SERVED 28	TURKEY SANDWICH ON WHEATBERRY BREAD COLESLAW ORANGE JUICE CANTALOUPE 29

*FRUIT IS AVAILABLE FOR DIABETICS ALL HAM PRODUCTS ARE PROCESSED FROM TURKEY 1% MILK OFFERED AT EACH MEAL

LAGUNA NIGUEL
SENIOR CITIZENS CLUB, INC.

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Laguna Niguel, CA 92677
Club Office: 949-362-2937

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May 5th
CINCO DE MAYO

May 10th
MOTHER'S DAY

May 25th
MEMORIAL DAY

Sunday, May 31st

Sr. Club
Concert
& Raffle
1:00-4:00

Freedom Village is a Place to Live... with the Freedom to Thrive

Fabulous Health Club

Water Aerobics

Delicious Dining Options

Games with Friends

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