



# K.Hovnanian's Four Seasons Sentinel

Volume 6, Issue 9

September 2011

## THE LODGE AT BEAUMONT

Hours: 7 a.m. - 9 p.m. • 7 DAYS A WEEK

LODGE PHONE NUMBER: (951) 769-6358

Holiday Hours: The Lodge reduced holiday hours on Monday, September 5 are from 7 a.m. to 6 p.m.

## Community Cares Expo A Success

By Cindy Graves

It was a hot and exciting day Saturday, July 30, for the Community Cares Lifestyle and Wellness Expo.

The day began with 200 eager walkers; some with leashed dogs and some with unleashed spouses. Bright-eyed volunteer Ambassadors arrived by 8 a.m. and helped register our generous contributors for the 2 K charity walk.

There were several charities which benefited from the \$10 walk entry fee. Among them was the Event Systems Committee. A total of \$600 was raised for ESC which will be going to fund equipment to aid our hearing-impaired residents for performances, Board meetings and other special gatherings. Once again this fabulous turnout proves what a great community spirit this neighborhood has!

At 9 a.m. people began descending on all of the games and vendor booths, gathering stamps in their "vendor passport booklet" which enabled them to be entered into a large raffle. Fifteen lucky residents won awesome prizes-- including everything from golf clubs, bags and balls, to gift certificates, restaurants, resort stays, merchandise and cash, as well as several massage sessions contributed by Diane at our in-house Salon. Thank you, Diane, and all of the other companies including Morongo Spa and Resort, Anytime Fitness, Ping Golf, Applebees, and Stater Bros. to name a few who contributed to the prizes.

In the Lodge, we had an array of health opportunities staffed by San Geronio Hospital, Anytime Fitness, Beaver Medical Center, as well as Community Cares staff members who helped folks to take

computer assessments to gain a better understanding of where they are health wise and how they might improve in the future. There also were two vibrating massage chairs on demonstration, that both Lisa Lynn, our General Manager, and I were forced to closely inspect (by actually subjecting ourselves to the experience) to be sure they were safe enough; luckily they were.

The day was a collaboration between the HOA and builder K Hovnanian Homes. After all of the festivities on the Lodge grounds, people took shuttles up Four Seasons Circle to the Grand Opening of new KHOV model homes. They are beautiful and will be a great addition to the community! Following the model home tour was a free lunch barbeque, which was the perfect ending to a perfect day.

The biggest story to me is really the "behind the scenes" story, the story of the amazing residents who love Four Seasons enough to volunteer as Ambassadors to share with others how great this place is. The story of 66 people who stood out in the sun, directed traffic, helped new people learn about our amenities, welcomed visitors in the models and sent out recruitment e-mails (Thank you, Louise Lyon) as well as all of the other helpful ways these Ambassadors participated.

I can't thank you all enough. You are the living picture of what this community is all about. You are the reason we are able to pull off these big events with such a positive personal touch and you are the ones that inspire "newbies" to get involved too. The story behind the scenes totally exemplifies the title of this event, "Community Cares Expo", because as you can see, this community really does care!

**WAIT HERE  
GATE ARMS  
CLOSE  
AFTER  
EACH CAR**

The new sign you will find at Potrero gate. See story on page 8.



Ambassadors Padoo Peralta, Joyce Allen, Linda Wright, Nettie Lee and Willa Harris. They made it work.



Some 200 eager walkers start down Four Seasons Circle on the 2K charity walk.



# Memory Care



For a tour of our facility, or for more information, please call or visit us online. We'll be happy to answer your questions.



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## GRAMMA MIA!

[An Original Four Seasons Musical ~  
Fun for all Ages!]

**Dates:** Friday, October 21 & Saturday, October 22

**Time:** 6:00 p.m. ~ both nights

**Place:** Four Seasons Ballroom

**Tickets for open seating will be offered at no charge beginning October 1 at the front desk.**

[No one will be admitted without a ticket]


Invite your family and friends (6 guests per residence) and calendar now for a fun evening you won't want to miss!



**Saturday September 24  
Hosted Play Day  
9:00 AM - 12:00 PM**

A hosted luncheon at the Lodge will follow our skills, drills and open play on the courts. We are continually expanding our membership. "Newbies, Re-Learners & All Level Players". Full Membership at \$20 / Year has many entitlements. Ball Machine, Socials, Play Days, Hosted Luncheons, and Inter-Club Matches. Come on out and make some friends.

Check out our website listed on our FS HOA website.  
[www.integratedgraphics.net/BeaumontTennis.html](http://www.integratedgraphics.net/BeaumontTennis.html)




**Our Next Meeting is:**  
**Thursday, September 15, 2011**  
**6:00 p.m.**  
**We meet in the Ballroom**

Monthly Member Dues: \$5 for members and \$8 for guests.

Please remember to bring two (2) glasses & an appetizer.

For more information contact  
Anita Worthen  
(951) 769-9858




# Karaoke Night

Performing Arts "Karaoke Night" in the Ballroom. Come out & join the fun! If you love to sing or just enjoy great company this is the night for YOU! Just drive on over to the Lodge, order a delicious meal from SMITTY'S or bring your own picnic, and enjoy the amazing atmosphere.



**Saturday,  
Septmeber 10, 2011**

**6:00 p.m. - 8:30 p.m.**



# *The Salon Luxury Spa*

~FULL SERVICE SALON~

Personal  
Esthetician  
Services

Massage, Spa  
Wraps &  
Treatments

Hair Design,  
Color & Cuts

Luxury  
Manicures &  
Pedicures



*Indulge in salon services and treatments that restore and beautify your outer appearance as well as invigorate and rejuvenate your soul.*

The Salon is offering the  
"Ultimate Design Tool"  
called  
**White Sands Liquid Texture**,  
which has incredible memory to  
provide long lasting designs  
without regards to humidity. It  
imparts holding **POWER** and shine  
to the hair, without flaking or  
sticking and can be combed out,  
leaving hair soft & shining.

*Come treat yourself to the best!  
Relax, Enjoy & Unwind.*

1520 Four Seasons Circle, Spa Building  
Tel: (951) 769-6997

## Diane's Specials: **HOT OR COLD STONE THERAPY**

Intuitive method of working  
without or cold stones in  
conjunction with a variety of  
massage techniques to assist in  
releasing tension and stress  
build up in the muscles,  
enabling you to melt away into  
total relaxation. Stone Therapy  
is a unique form of massage  
that uses stones to help clear  
away toxins, balance your  
energy and release the day's  
stress.

90 mins. For \$80!

## **Swedish Massage:**

15 MINS. FOR \$20

30 MINS. FOR \$30

60 MINS. FOR \$60

TO RESERVE AN  
APPOINTMENT CALL DIANE:  
(951) 532-1490





## "NIGHT OUT " at the Lodge

**Friday, September 23, 2011  
5 p.m. to 8:30 p.m.**

**Put on your dancing shoes, buy dinner or dessert from Smitty's or just bring your favorite beverage and enjoy an evening of dancing to "records" and great company.**

**Bring your neighbors along too!**

**This is a no-charge event.**



# WANTED



# YOU!

THE COMMUNICATIONS ADVISORY COMMITTEE, THE EVENT SYSTEMS COMMITTEE, THE SOCIAL COMMITTEE AND THE ARCHITECTURAL REVIEW COMMITTEE ARE ALL LOOKING FOR WILLING HOMEOWNERS TO INVEST IN THE COMMUNITY BY LENDING THEIR EXPERTISE TO THE GROUP.

PLEASE CHECK THE CALENDAR FOR COMMITTEE DATES AND TIMES AND CONSIDER YOURSELF AN INVITED GUEST!

APPLICATIONS FOR ANY OF THE COMMITTEES ARE AVAILABLE AT THE LODGE FRONT DESK.

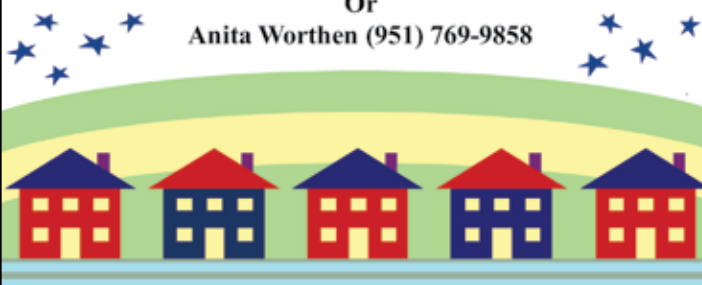
## EVERYONE IS INVITED

### NEIGHBORHOOD WATCH MEETING



**Friday September 9, 2011  
at 10:00 a.m.  
In the Ballroom**


For more information contact  
Jerry Whitfield (951) 845-0680  
Or  
Anita Worthen (951) 769-9858



## EMERGENCY PREPAREDNESS PROGRAM MEETING (EPP)

Everyone is invited to attend.  
Come to find out more about our program.

**Next Meeting:**  
**THURSDAY, September 1, 2011**  
**At 10 a.m., in the Lodge Ballroom**



Contact Anita Worthen for more information (951) 769-9858

# Smitty's Bistro

1518 Four Seasons Circle (Inside the Lodge)  
(951) 769-0717

## THEMED WEDNESDAYS STARTING IN THE MONTH OF SEPTEMBER

### Sept. 7: JAPANESE STEAK HOUSE NIGHT

- Our famous Flat Iron Steak, stir fried in a Honey & Pineapple Teriyaki sauce with stir fried Veggies, Noodles & 2 Egg Rolls. \$16

### Sept. 14: BRITISH PUB NIGHT

- Our very own Battered Cod with our Shoestring Fries and Homemade Coleslaw. \$8
- Smitty's Sheppard Pie with thick cut Garlic Toast \$8

### Sept. 21: SMITTY'S FAMOUS BBQ FEAST NIGHT

- Ribs, Wings, Tri-Tip, Corn on the Cob, BBQ Ranch Beans & Homemade Cole Slaw:  
Feast for 1 \$12  
Feast for 2 \$22

### Sept. 28: HOME STYLE COMFORT FOOD NIGHT

- Pot Roast, Mash Potato, Green beans \$9
- Homemade Chicken Pot Pie \$9

#### HOURS OF OPERATION

Monday	Closed
Tuesday-Friday	9 am-7pm
Saturday	8 am-7pm
Sunday	8 am-3 pm

Thank you to everyone who participated in the  
Bistro T-Shirt Logo Contest.

**CONGRADULATIONS TO THE  
CONTEST WINNERS!**

ALFRED LAU & PATRICK GERETY

*Four Seasons at Beaumont Fitness Club Announces:*



### PRO-FIT SCHEDULE ~ SEPTEMBER 2011

For more information contact Fitness Program Coordinator,  
Carmen Lopez @ (951) 892-5141.

(See corresponding Asterisks (\*) for additional information)

Monday	Conditioning	8:30 am	Aerobics Room
Monday	Beginners Conditioning	9:30 am	Aerobics Room
*** Monday	H2O Fitness	10:30 am	H2O Fitness
Tuesday	Gentle Yoga	8:30 am	Aerobics Room
** Tuesday	Zumba Gold	9:30 am	Aerobics Room
Wednesday	Conditioning	8:30 am	Aerobics Room
Wednesday	Beginners Conditioning	9:30 am	Aerobics Room
*** Wednesday	H2O Fitness	10:30 am	Swimming Pool
Thursday	Pilates	8:30 am	Aerobics Room
Thursday	Zumba Gold Toning	9:45 am	Aerobics Room
Friday	Conditioning	8:30 am	Aerobics Room
Friday	Beginners Conditioning	9:30 am	Aerobics Room
*** Friday	H2O Fitness	10:30 am	Swimming Pool
Saturday	Gentle Yoga	8:30 am	Aerobics Room

#### Pricing:

\$50.00 a month - Unlimited Classes  
\$40.00 a month - 16 Classes (4 per week)  
**\$30.00 a month - Any 12 Classes**  
\$5.00 - Per (1) Single day Class

\*All classes are subject to change due to lack of class attendance. A minimum of 10 students is needed to continue any of the above classes.

\*\*Zumba Gold (Tuesdays) & H2O Fitness must have at least 10 participants for the class to continue.

\*\*\*Aqua Fitness: Contact Carmen Lopez for information pricing and month availability

**Beginners Conditioning:** Introduction to a light weighted workout done to music, designed for the individual working out for the first time or returning to exercise.

**Conditioning:** Weighted workout to music that will help improve overall strength and endurance.

**H2O Fit:** Water aerobic workout that helps increase muscular endurance, stamina and circulation without the land based impact. \*Offered during the months of April - November.

**Zumba Gold:** This fun, easy, safe and effective workout is done to the rhythms of the cha - cha, mambo, meringue, salsa and more. It's great for the body and soul!

**Gentle Yoga:** Gentle Yoga encourages the mind-body connection and helps to develop focus, balance, strength and flexibility. A non-competitive environment allows each individual to move at a comfortable pace.

**Mat Pilates:** A total body workout that restores muscular balance to the core muscles of the lower back and abdominals. Enjoy the benefit of strengthening and stretching the body

## FOUR SEASONS AT BEAUMONT SOCIAL COMMITTEE PRESENTS HALLOWEEN COSTUME SOCK HOP

**October 29, 2011**

**\$16 Per Person**

**In the Ballroom**

Doors open at 5 p.m.

(event is 5:30 p.m. to 8:30 p.m.)

Tickets go on sale:

Thurs. September 8



Dress in seasonal  
costume for prizes.

Harvest Pot Roast  
Dinner and Dessert.



NO ONE UNDER 21 YEARS  
OF AGE WILL BE  
PERMITTED.

AMPHITHEATER PRODUCTION GROUP PRESENTS:

# SUNDAY AT THE AMPHITHEATER 2011 SUMMER "GRAND FINALE"

SPONSORED BY THE FOUR SEASONS HOA

Sunday, September 18

"2" SHOW TIMES WILL BE AVAILABLE TO CHOOSE FROM:  
5:30 p.m. & 7:00 p.m.

PLEASE SIGN-UP AT  
THE FRONT DESK  
STARTING:  
TUESDAY,  
SEPTEMBER 6

| BAND  
(DANCING OPTIONAL)

| BAR-B-QUE PICNIC  
FOR PURCHASE

| COMEDIAN

| DOOR-LESS PRIZES

| RAFFLE GIVE-AWAYS

| FUN! FUN! FUN!!

Enjoy one more spectacular event  
under the stars as we close this year's  
Amphitheater Concert Series.

The Markus Heart Foundation will be presenting  
The Tesseract Band who will provide music for  
everyone's taste. A comedian will also add to the  
evening's enjoyment.

Dinner and Dessert will be offered for purchase  
from 4-7 p.m. (\$10-\$15.00 each)

There will be numerous "door-less" prizes and  
give-aways to add to the fun!



FOUR SEASONS AT BEAUMONT

## COMMUNITY GARAGE



Saturday, October 8th, 2011  
8:00 a.m.-2:00 p.m.

In order to participate a  
\$7.00 fee will be collected for the city permit  
& advertising.

(CHECKS ONLY! Made payable to:  
K. Hov Four Seasons Beaumont HOA)

Sign ups begin Saturday, August 26.

Last Day to sign up will be September 30.



## Social & Ballroom Dance Club

Cha Cha

Waltz

Swing

Fox Trot

Tango

Rhumba



**Every Monday Night**

Starting Sept. 12, 2011

Social Dance 6-6:30 PM

Practice for both classes 6:30 PM

Ballroom Dance 7-8 PM

Social Dance - \$5/person  
Ballroom Dance - \$10/person

For more information contact  
Puring Stifter (951) 922-8333

# HOA News

## Manager's Update

By Lisa Lynn, General Manager

At the Open Session Board meeting held on Thursday, Aug. 11, the Board of Directors approved the Social Committee recommendations for a Halloween Costume Sock Hop and to sponsor the Winter Wish project which enables residents to pick up a tag from the Lodge and purchase the listed gift for a Beaumont school child for the Holidays.

The Board approved a vendor proposal to increase the bid total for the Phase B wrought iron fence painting, the purchase of a new ping pong table, the reserve study proposals, a water filter for the Bistro, the installation of a drain pan for an air conditioning unit and the ratification of the Bylaws. Overall, 23 action items were requested of Management by the Board of Directors.

Management reported to the Board the completion of the paving stone improvements, the installation of grips for the pool handrails, and the sending out to members of the revised Facility Use rule. Management reported that ten violation letters were sent out during July. Of those, five were for landscape or lot maintenance, two were for trash containers and two for signs. The Board of Directors suspended facility privileges for three members for delinquent dues, bringing the total for suspended privileges to 23 current members. There were 33 accounts with balances over 90 days past due.

The Board approved the July 2011 meeting minutes. The Board meeting is held on the second Thursday of the month, with the Executive Session at 9 a.m. in the Lodge Conference room and the Open Session at 1 p.m. in the Lodge Ballroom.

Please be aware of your surroundings when out walking in the community. A lot of wildlife has been seen in the community -- including snakes, opossums, skunks, raccoons, bobcats and coyotes. Do not leave food outside for your pets or feed any wildlife. Be sure to cover your trash containers.

Please log into Gateworks or contact the gatehouse to add your guests and vendors so they can properly gain access to the community. Make sure you check regularly to be sure you have the correct current vendors listed and have removed any previous vendors. It is best to list vendors who are providing a one time or infrequent service as temporary guests.

## Event Systems Committee

As we approach the fall months, many of us give thought to decorating our homes suitably for the upcoming seasons.

Pumpkins, cornucopias and fall colors adorn our homes, soon to make way for winter holiday décor which brings up the subject of our second Four Seasons of Beaumont Holiday Home Tour. The date has been set for Saturday, Dec. 3, and, if you feel you have a home which is uniquely decorated for the winter holidays, you may want to consider applying to show off all your hard work. Please contact Teri DiMarino-Davidson at k9styler@aol.com for more information about this fun event.

Once again, wristband admission to the homes will be \$5 per person and will be sold the day of the tour. All proceeds will go to the Event Systems Committee for the continued upgrading of the audio and visual components of the Ballroom and Amphitheater.

The ESC is composed of a number of very hard working individuals who give their time and talent to the community. Two of these committee members are stepping down from their positions for this year. Willis Fagan and Steve Sarchett have been invaluable contributors to the upgrade effort and their input will be missed. We thank them for all their hard work in helping make the transformations in the Ballroom possible.

Which brings us to the subject of volunteers: If you have some

extra time on your hands, consider becoming a member of this technically innovative team. Contact Roland Harrah at (951) 845-1734 for more information. -- **Teri DiMarino-Davidson**

## Architectural Review Committee

The Architectural Review Committee (ARC) is still looking for new members. The ARC is responsible for reviewing and approving any exterior improvements or modifications to homeowner property. This ensures that all improvements adhere to the established guidelines.

Applications for ARC membership may be obtained at the front desk of the Lodge. Become an asset to your community by applying for one of the vacant positions. It is a very interesting and important Committee for our community.

Important point: Sheds can no longer be located in the side yard area per the City of Beaumont approved development plan. The Architectural Guidelines will be revised to reflect this change.

Meetings are currently scheduled for the first and third Wednesdays of each month at 10:30 a.m. in the Lodge Conference Room. Come and see how the process works. Everyone is welcome. -- **Wayne Staples, Board Liaison and Chairperson**

## New Gate Signs

There is a new sign at the Potrero entry gate to remind drivers to wait for the gate arms to close behind a car ahead of them before driving through.

The gate arms are designed to close after the leading vehicle drives across a sensor in the road.

In some cases, when two vehicles approach the gate close together, the second vehicle's transponder signal will be picked up and the gate arms will not close. This makes the following drivers unsure if they should proceed.

In other cases the driver sees the gate arms open and believes his/her transponder signal has been received, but it has not. If the gate arms have not completed their cycle, the vehicle following ends up getting hit by them. This generally happens when a vehicle follows too closely behind another vehicle.

In order to keep the gate arms from being knocked off and cars getting hit by the gate arms, it is best to keep a couple car lengths distance. The new signs should be a reminder to drivers to stay back until the gate arms have completed their cycle.

If you accidentally knock a gate arm off, please contact the management office to report it so that time is not spent reviewing surveillance cameras to determine the cause of the accident. The Board of Directors may determine to charge back the driver responsible if he is found to be at fault. See picture on page 1.

## Finance Committee

The Finance Committee held its regular meeting on July 12. The Financial Statements for June 2011 were reviewed and reflected the following significant items: Net income year-to-date was \$207,917 and total reserves were \$2,371,365. The accounts receivable (delinquencies) were \$119,638. Our total HOA expenses for June (excluding reserve allocations) were \$153,573. This was under budget by \$19,381. With respect to investments, the Finance Committee had no recommendations this month.

The Front Yard expenses for June 2011 were over the monthly budget by \$7,813. Water expense was over budget this month by \$9,154.

Five Vendor Proposals were reviewed and were recommended to the Board of Directors for approval.

The meeting was adjourned at 1:52 p.m.

Our regular Finance Committee meetings are held on the third Tuesday of each month at 1:00 p.m. in the Lodge Conference Room. All homeowners are encouraged to attend.-- **Noel Myers, Chairperson**



# HOA News

## Bistro Committee

The Bistro Committee met on Tuesday Aug. 2. Congratulations to the two winners of the T-shirt contest: Alfred Lau and Patrick Gerety. They received Gift Certificates and T-shirts. Smitty has the new T-shirts in the Bistro. You may purchase one there.

During the month of September on Wednesdays, the Bistro



Alfred Lau with his winning T-shirt design.

will be featuring "Themed Dinners," such as Japanese Steak Night, British Pub Night, Smitty's Famous BBQ Feast Night and Home Style Comfort Food Night. Come join us for a special treat!

Four fans have been installed and are working well in the Bistro.

The next Bistro Committee meeting is Sept. 6 at 11 a.m. in the Lodge Conference Room. All homeowners are invited to attend.--

**William Taylor, Chairperson**

## Social Committee News

It is hard to believe that summer is nearly over and fall is on the way.

Talking of fall, we will be observing the season with our annual Halloween party. This year the theme is a "Halloween Sock Hop" which will be held on Oct. 29.

The doors will open at 5 p.m. and dinner will be shortly after that. This is a costume optional event with prizes for various costume categories and also a prize for the table that maintains a theme for that table. The cost of this event is \$16 which is a little less than usual. Mary Primack, the chairperson for this party, is hoping that everyone is counting on having a good time. Tickets go on sale Sept. 8 and, since this is a very popular event, I would suggest getting them early. As always you may reserve the table of your choice by paying for all eight people at the same time.

We are starting our planning for next years' events and if you have any suggestions we would like to hear from you. You can leave those suggestions with Cindy at the Lodge or give me a call at (951) 769-2774, and we will be sure to bring them to the committee for consideration.

It is also time to start thinking about our gala party, which, of course, is New Year's Eve. Mark your calendars and plan on being here for this one as it is always the best of the best. Keep an eye on the Sentinel for more information on this event, -- **Melody Seewoster, Chairperson**

## Landscape Committee

There's a whole lotta shootin' goin' on'

No, not at those cute cuddly creatures that are munching on our petunias, but by local shutter bugs focusing on our plant life. Collaboration between the Landscape Committee, the Photography Club and the Event System Committee was launched in July toward a semi-annual exhibit of landscape photographs.

Our goal is to capture images of the plant life here at Four Seasons as it changes during the seasons.

Homeowner and renter photographers are encouraged to hunt out those iconic shots of plant life here along the Potrero Creek and in our grounds. The camera jockeys need not be members of the Photography Club but should check with them for detailed information about the requirements for displaying their photographs during the exhibits.

There are 12 categories aligned with the calendar months so we document plant life as it changes. Photographers will be allowed to enter two photographs for each month.

There will be two exhibits in the Lodge, one in February for July-December photos and one in July for January-June photos. After the second exhibit, 12 photographs will be selected for a 2013 Four Seasons' Landscape Calendar. The calendars will be sold by the Event Systems Committee with proceeds going toward improvements of our equipment and capabilities. -- **Len Tavernetti, Landscape Committee Chairperson**

## Safety and Facilities Committee

Our swimming pool facilities are very popular with residents and guests. Increased use of the pool and surrounding areas have alerted us to the need to expand the number of chairs available to pool guests. We have added extra chairs to help expand seating. In addition, we are planning to budget more chairs for the 2012 season.

We continue to have broken entry gate arms. Drivers must realize that the arms are programmed to close after each car. Failure to wait for the arms to close and tailgating through behind the car triggering the arms may cause damage to the tailgating car and gate arms. New signs are planned to make drivers aware of the risk of following too closely. Our cameras record each incident and allow management to review the damage and determine charges to repair or replace the gate arms.

We have qualified for special energy rebates by agreeing to replace our light bulbs with energy efficient bulbs. This change will result in the savings of thousands of dollars each year. We hope these savings will allow us to invest in other facilities to improve the public areas of our community.

To all our library users: Two track mounted ladders with hand rails have been approved. We hope you will begin to enjoy this safe and functional addition to our library. -- **Jerry Thompson, Chairperson**

## Rules and Regulations Committee

The CC&R amendment was filed and K. Hovnanian added four amendments to the CC&R filing: 1) ARC members increased from 5 to 7 members, 2) Increased time for an underage stay from 45 to 60 days, 3) Corrected a typographical error in the age restriction section, and 4) Included age restrictions as an exclusion from the super majority vote necessary to initiate litigation.

Discussion was started on items to be considered and a timeline for a CC&R amendment. We have a lot of information to sift through before presentation to the community.

The Garage/Parking Lot Sales rules were finalized and the proposal has been sent to the Board of Directors for approval. The next Garage/Parking Lot Sale will be Saturday, Oct. 8. Sign up began Aug 26. Mark your calendar and start gathering your items for sale!

The Board of Directors at the HOA meeting in July ratified Carol Napolski as a new member of the Rules and Regulations Committee. We are happy to have Carol on board.

You are invited to attend the Rules and Regulations Committee meetings. They are the third Thursday of every month at 9 a.m. in the Lodge Conference Room. -- **Louise Lyon, Chairperson (951) 797-3257**

Please see page 10

## HOA News

### Neighborhood Watch

Neighborhood Watch National Night Out, a national celebration, was observed at Four Seasons on Tuesday, Aug. 2, at 5:30 p.m.

We had more than 150 residents and guests in attendance. It all started with a potluck supper where the residents provided great food and delicious desserts.

Several raffles were held and some residents went home with great prizes.



Neighborhood Watchers at National Night Out.

From Left: Darin Meyers, Anita Worthen, Jeremy Dorrough, Jerry Whitfield and Mary Primack

As many of you know, the National Night celebration brings together law enforcement, city officials and the community to form a partnership against crime and to keep our neighborhoods safe. That theme was truly in effect Tuesday evening, as we had law enforcement, city officials and, of course, Four Seasons.

The guest speakers were Chief Frank Coe and Sgt. Jeremy Dorrough from the Beaumont Police Department, California Highway Patrol Officer Darrin Meyers and Beaumont City Councilman David Castaldo.

The highlight of the evening was Chief Coe talking about the ongoing problem of illegal shooting and motorcycle riding in the vacant area just south of our community. He indicated that signs will now be posted in that area, warning against "Shooting and Motorcycle riding" and that citations will be issued. Chief Coe said the department has a new four wheel drive vehicle which will make it possible for police officers to patrol and to respond to incidents in that rough terrain.

All the speakers and their departments seem committed in keeping our community and our city safe and secure.

Four Season's Neighborhood Watch is also be very committed to keeping our community and our neighbors safe and to do everything possible to prevent crime and remember **Neighborhood Watch Needs You!**

Please do not forget the monthly Neighborhood Watch meetings on the second Friday of every month at 10 a.m. in the Ballroom. All residents are welcome.

In a couple of months we hope to have a major presentation on Identity Theft by the Riverside District Attorney's office. Identity Theft is the fastest growing crime in the country and some Four Season's residents have been victims.

I wish to thank Mary Primack, Anita Worthen and all those residents who volunteered and made this celebration a great success. Thank You All!

#### Neighborhood Watch tip of the month:

For your safety when parking in parking lots, do not park next to "high profile" vehicles like RVs, Vans, or SUVs. Park next to regular-sized vehicles. That will allow you to see inside that

vehicle. -- Jerry Whitfield, Lead Block Captain

### Emergency Preparedness (EPP)

Congratulations to our new CERT (Community Emergency Response Training) graduates: Susan Wilson, Donna Beget, Ron and Grace Goodrich.

At our August meeting Donna, Grace and Ron talked about the training and how valuable it was and will be to our community.

The next training in Beaumont is Jan. 26. The information is found on the Beaumont website. Click on OES (Office of Emergency Services) link.

Banning will have CERT training in October. The dates will be sent out in our email, 4sbepp@gmail.com. We are encouraging everyone to take the CERT class. Anyone interested or having a background in Ham Radio, please contact Pete Hersey.

Being prepared for any type of emergency requires advance planning. For your individual concerns get an emergency kit to include: water (one gallon of water per person per day for at least three days, for drinking), food (at least a three-day supply of non-perishable food) and be sure to have flashlights and batteries.

Come to our next EPP meeting on Thursday, Sept. 1 at 10 a.m. in the Ballroom as we discuss and plan our program for Four Seasons. -- Anita Worthen

### It's Not Our Water

We can look, but we can't touch.

The water that flows -- or trickles -- down the Potrero Creek as it meanders through Four Seasons is controlled by five government agencies.

At one time there were wells near Highland Springs Road and a vestige of a catch dam is still visible on the tributary behind the amphitheater. Early residents in the area could siphon off water for their own use, but not now.

The Potrero is born in the realm of the Santa Ana River Watershed Association where it begins its journey to the Pacific Ocean. From our environs it slowly works south under Highland Springs Road and west to join the San Jacinto River near Gilman Hot Springs. Most of the water completes its journey in Lake Elsinore but during periods of heavy rain when the lake overflows, some continues northwest toward Corona and the Santa Ana River.

In March, 2008, Landscape Committee member James A. Jackson posted an article in the Sentinel on three other agencies that claim ownership of the Potrero. These are the Army Corps of Engineers, the California Department of Fish and Game and the Western Riverside-Regional Conservation Authority. Also involved is the Inland Empire Resource Conservation District (IERCD). For now, 22 acres -- riparian land -- bordering the creek belongs to K. Hovnanian Builder, but it is slated to be deeded to Army Corps and the Fish and Game Department.

Despite their ownership, the land will be maintained by Conservation Authority which in turn will be under the supervision of the Conservation District.

Their charter is to return and maintain the area in a natural state by promoting flora and fauna growth. During the first several years of development our builder watered this area and populated it with native plants. The presence of water and food sources is now attracting wildlife.

Two years ago, irrigation of the riparian area was turned off and the area now relies on seasonal rainfall to sustain life. Homeowners and their pets can view and enjoy this area by walking the trails along the Potrero Creek. Strands of wire demarcate the "Conservancy" and homeowners' presence below the fence line is prohibited. -- Len Tavernetti, Water Management Ad Hoc Committee





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## THE LODGE

1518 Four Seasons Circle  
Beaumont, California 92223  
(951) 769-6358 Office  
(951) 769-6514 Fax  
(951) 769-4928 Movie Line  
(951) 769-6997 The Salon  
(951) 769-0717 The Bistro  
(951) 769-4131 Potrero Gatehouse

## Euclid Management Corporate Office

195 North Euclid Avenue, Suite 100  
Upland, California 91786  
(909) 981-4131  
(909) 981-7631 Fax

**Emergency After Hours: (909) 981-4131**

Email: customersvc@euclidmanagement.com

## Euclid Management On-Site Beaumont Office

Lisa Lynn, General Manager  
Sheree Harris, Assistant GM  
Cindy Graves, Activities Director  
Frances Farrar, ARC Admin Assistant  
Krystal Orellana, Lodge Attendant  
Nelly Alcocer, Lodge Attendant  
McAdam Webb, Lodge Attendant

## LOCAL PHONE NUMBERS

**Police** (Bus. Office): 769-8500

**Fire:** 845-3718

**Hospital:** 845-1121

**Dial-A-Ride:** 769-8532

**Chamber of Commerce:** 845-9541

**Beaumont City Hall:** 769-8520

550 E. 6th Street

**Animal Control:** 922-3301

## Board of Directors

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## Mail payment of dues to:

K. Hovnanian's Four Seasons at Beaumont / Processing Center  
P O Box 513417 • Los Angeles, California 90051-3417

# K. Hovnanian's Four Seasons At Beaumont Committees

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Georgia Coleman

The Board of Directors for the K. Hovnanian's Four Seasons at Beaumont Community Association met on Thursday August 11, 2011 in the Lodge Ballroom. Executive Session was held at 9 a.m. and the General Session was held at 1 p.m..

The next Board of Directors Meeting will be held on Thursday September 8, 2011 At 1 p.m. in the Lodge Ballroom.

**Executive Session – 9 a.m. General Session – 1 p.m.**

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Please check out the website information available at: **www.fourseasonsatbeaumont.com** You will find information on the Association Financials, Minutes from the Board Meetings, Activity Calendar, Community Guidelines and a wealth of other helpful information! Apply for your password today!



# Clubs & Activities

## The 8-Ball Club



Our Captain, Del Lyles, and the whole 8-Ball Club would like to invite all Four Seasons Residents to join us for shooting some pool. While you're there, take a look at our new team photo. Wouldn't you like to join our team? We have a great bunch of members and are always looking to make new friends.

Practices are Monday, Wednesday and Friday at 7 to 9 p.m., but you can usually find someone in the Billiards Room any evening. Mondays are tournament nights. Come and watch us compete.

If you have any questions, just stop by the Billiards Room or give us a call: Captain Del Lyles, (951) 845-5114; Co-captain Roland Harrah, (951) 845-1734; Captain's Assistant Dot Hurst, (951) 769-5850.

See you in the Billiards Room - **Dot Hurst**

## African American Cultural Club

AACC will celebrate Labor Day on Monday, Sept. 5, in the outer area of the pool at the Lodge from 11 a.m. to 3:30 p.m. Please plan to attend. Bring your lunch and the drinks you desire. Also, the grills will be available for anyone who wants to use them. Come out and enjoy the festivities of the day.

The next meeting will be held on Monday, Oct. 5, at 6 p.m. in the Card Room. For more information or questions regarding the club or upcoming events, please contact Betty Ann James, Chairperson, (951) 572-5538 or Joyce Allen, Co-Chairperson, (951) 769-4354. – **Mabelene Dimmer**

## All Seasons RV Club



A group of us spent five nights at Holloway's Marina in Big Bear Lake in July. The weather was great and everyone enjoyed eating out, shopping in the village, and spending time on the lake.

The highlight of the trip was the Cable Park at the marina where there is a tow line which pulls you along while you are on a wakeboard. We enjoyed sitting outside and watching various people do this. We cheered on our own Rick Brower and Bill Guy who were brave enough to try this. We rated them both a 10!

In September we will enjoy a trip to Arizona. Members will stay two nights in Laughlin en route to the Grand Canyon Railway Park in Williams. After spending five nights there, we will journey to beautiful Sedona where we will spend three nights. Steve and Dorothy Meier are our wagon masters.

Tim and Jane Jacobson are planning a trip for the club to Huntington Beach in the fall. We will be at Sunset Vista Campground right on the beach, October 16 to 21.

Please join us for our meetings on the second Tuesday of the month at 6 p.m. in the Ballroom at the Lodge. – **Nancy Morgan**

## Amphitheater Grand Finale

July's Amphitheater started a half hour later and saw some serious "dancing under the stars," courtesy of the Owens and Harland Duo Band.

The later starting time seemed to encourage some people who had hesitated before, (due to the heat) to "Come on Down to the Amphitheater," for fear of roasting.

Listening to the great sounds of Gary Owens and Gina Harland had people tapping their feet and pretty soon jumping up to dance, which continued for the rest of the evening. The comments on the way out were so positive that your Amphitheater Production Group will ask any future entertainers to encourage residents, who are so inclined, to get up and dance for a total fun-filled evening.

Sunday, Aug. 21, at 7 p.m., we had the pleasure of listening to our Activities Director Cindy Graves' son and daughter Joshua, and Ashley, who presented "A Musical Mix by the Graves Family." As usual, due to publishing deadlines, comments will have to wait until the next issue.

The Amphitheater Grand Finale is Sunday, Sept. 18, and it will be an HOA sponsored event, with two show times available to accommodate as many residents and friends as possible. You may take your pick of 5:30 or 7:30 p.m., but you must sign up at the Lodge Front Desk to get your preference.

This last event promises to be really BIG with the Markus Heart Foundation bringing in a barbeque caterer to provide a dinner option, with 3 different kinds of grilled meats, salads and desserts from 4 until 7:30 p.m. over at the barbeque area on the outside of the pool enclosure (available at a nominal price). After the delicious barbeque picnic there will be a live band, playing a little of everything for everyone's tastes-- as well as a comedian. There will also be "doorless prizes and raffle giveaways" to add even more fun and excitement to the air!

Be sure to join us as we close this year's Amphitheater Concert Series; enjoying one more spectacular evening under the stars! – **Penny McDonell, Chairperson**

## Asian Club

In August we had a luncheon in the Ballroom. The main theme of this gathering included appreciation of the Bistro food and sharing information about fun places in Southern California. People did appreciate the food quality and convenience offered by the Smitty's.



Just like all previous gatherings, we never seem to have enough time for happy conversations. Through our discussion, we decided to have a fishing trip to Big Bear Lake on Sept. 3, which happens to be the last of this year's two free fishing days in California. We also plan to visit the nearby Oak Glen in Mid-September to pick apples. -- **Bill Deng**

## Ballroom Dance Club

The Ballroom Dance Club is taking a vacation for a few weeks. Dance sessions will resume Monday evening at 6 p.m. in the Ballroom on Sept. 12, the Monday after Labor Day.

For those who have been waiting for a reason to start dancing – either for the first time or to resume it from a prior time – mark your calendar for our new season.

Our excellent and dedicated instructors are here to help us all, no matter what our dance experience or skill level might be.

The Social Dance group concentrates more on the basics – to enable us to dance at parties, weddings and other events. The Ballroom Dance group will continue to learn new dances, but will also review and refine previously learned dance steps and routines.

We have a wonderful time dancing. We enjoy each other's company, get some great exercise, and above all – we have fun. -- **Willis Fagan, for the Ballroom Dance Club**



## Book Club

In July, members of the Book Club examined *The Razor's Edge* by Somerset Maugham.

On Tuesday, Aug. 9, the Club discussed Jodi Picoult's new novel, *Sing You Home*. The author, well known for dealing with hot button social issues, weaves many themes into her story: identity, love, marriage,



Please see page 16



# September

**Sunday**
**Monday**
**Tuesday**
**Four Seasons  
Beaumont**
**Committees,  
Clubs,  
Groups,  
And  
Special  
Events**
**Notes:**

\*EPP - Emergency Preparedness Program

\*AACC - African American Culture Club

\*Sept 18 - 7pm: Please do not use tennis or paddle tennis courts during Amphitheater Concert.

\* Sept 27 - Gramma Mia! Tickets are available at the Lodge desk

\*All dates, times and activities are subject to change. Please check with the Lodge desk for updated information.

**4**
**5**
**Labor Day  
Reduced Lodge hours  
7a - 6p**
**6**

 8:30a Weight Watchers  
10 Knit & Crochet  
Poker  
**11 Bistro Committee**  
6p Hearts

**11**

 1:00p PAC Rehearsal  
3 Scrabble

**12**
**9a Landscape Com Mtg**  
12:30p Bridge  
5 Monday Nt Football  
6 AACC\*  
7 8-Ball Club

**13**

 8:30a Weight Watchers  
9:30 Book Club  
10 Knit & Crochet  
Poker  
**2p Event Systems Com**  
6 All Seasons RVers  
Hearts

**18**

 1p PAC Rehearsal  
5:30 & Amphitheater  
7 Grand Finale-2  
performances

(Sign up for your time preference at Lodge desk - BBQ dinners will also be available for a nominal charge)

**19**

 12:30p Bridge  
5 Monday Nt Football  
6 AACC\*  
7 8-Ball Club

**20**

 8:30a Weight Watchers  
10 Knit & Crochet  
Poker  
**1p Finance Com Mtg**  
6 Hearts  
Life Guide Potluck  
6:30 Camera Club

**25**

1p PAC Rehearsal

**26**

 12:30p Bridge  
5 Monday Nt Football  
6 AACC\*  
7 8-Ball Club

**27**

 8:30a Weight Watchers  
**9 Safety & Fac Com Mtg**  
10 Knit & Crochet  
Poker  
4p Performing Arts Club  
6 Hearts  
7 Life Guide Study



# 2011

Wednesday	Thursday	Friday	Saturday
	<b>1</b> 10a EPP* Poker 11:30 Pan 1:15p Canasta #1 <b>5 Social Committee</b> 5:30 Crafters	<b>2</b> 10a Open Art Studio 5p Dominoes 6 Seasoned Solos 7 8-Ball Club	<b>3</b> 10a Painting Class 1p Poker
<b>7</b> <b>8a Ad Hoc Water Mgmt</b> <b>10a Newsletter Com Mtg</b> <b>10:30 ARC</b> Amphitheater Pr Grp 1p Canasta #2 5 Dominoes 7 8-Ball Club	<b>8</b> <b>9a Exec Session BOD</b> 10 Poker 11:30 Pan <b>1p BOD Mtg</b> 1:15 Canasta #1	<b>9</b> 10a Neighborhood Watch Open Art Studio 1p Bunco 5 Dominoes 6 Sock Hop (Old School Dance Club) 7 8-Ball Club	<b>10</b> 10a Painting Class 6p Karaoke
<b>14</b> <b>10a Newsletter Com Mtg</b> 12p Asian Club 1 Canasta #2 5 Dominoes 6 Canasta Cruise Info 7 8-Ball Club	<b>15</b> <b>9a Rules &amp; Regs Com Mtg</b> 10 Poker 11:30 Pan 1:15p Canasta #1 6p Wine Club	<b>16</b> 10a Open Art Studio 5p Dominoes 7 8-Ball Club	<b>17</b> All Day Private party in the Ballroom 10a Painting Class 1p Poker
<b>21</b> <b>10:30a ARC</b> 1p Canasta #2 5 Dominoes 6:30 Cruise Info Night 7 8-Ball Club	<b>22</b> 10a Poker 11:30 Pan 1:15p Canasta #1	<b>23</b> 10a Open Art Studio 1p Bunco 5 Dominoes Night Out at the Lodge 7 8-Ball Club	<b>24</b> 8:30a Tennis Play Day 10 Painting Class
<b>28</b> 12p Asian Club 1 Canasta #2 5 Dominoes 7 8-Ball Club	<b>29</b> 10a Poker 11:30 Pan 1:15p Canasta #1	<b>30</b> 10a Open Art Studio 5 Dominoes 7 8-Ball Club  Last day to sign up for Garage Sale	

## Clubs & Activities

parenthood, sexual orientation and the overall concept of family.

*Sing You Home* concerns initially the marriage of Zoe and Max, who are desperately trying to start a family. One miscarriage too many spells the end of their marriage. Though the couple went their separate ways, their fates remain entangled by three frozen embryos. Max immerses himself in alcohol and is saved by his fundamentalist conversion. Zoe finds healing in her music therapy, then discovers friendship and romantic love with Vanessa, a counselor. When Zoe and Vanessa marry and want to use the embryos to create a family, the legal battle goes considerably beyond what they had intended.

Picoult uses a wide range of characters, from stereotype intolerants to accepting friends and relatives, as she attempts to open the minds of those who are closed shut against individuals who are different. The discussion was lively and interesting. The book was well researched by the author and very germane to our current society.

The September reading selection is *Little Bee* by Chris Cleave. Please join us on the second Tuesday of month at the Lodge for an interesting discussion. The Club meets at 9:30 a.m. Ask at the Lodge desk to determine which room is being used for the meeting. All residents are welcome! – **Bobbie Eckel**

### Bridge Club

My name is Roar Senstad and I have been asked to help out writing a few words about our Bridge Club while Carl Carson takes a well-deserved leave of absence.

After some 66 years at this game I can say it is the most challenging and fun card game I have come across - followed by poker. Not because I am a particularly good bridge player, but because I am an exceptionally poor poker player. I believe the term is "dead money."

Our last meeting provided a number of exciting opportunities with a few pairs making slams without having the opportunity to bid them! There are a few marks on the walls after the usual head banging when this happens -- but nothing that a few band-aids cannot fix and we are all friends after the games are over!!

So bring your \$1.25 and a mandatory smile and join us; we would love to have more players. We meet at 12:30 p.m. every Monday in the Card Room. – **Roar Senstad**

### Bunco

Hi everyone! We were very happy to see so many of you at Bunco last time. We had seven tables and a lot of laughs.

If you are thinking about checking out the Bunco group, please come join us on the second and fourth Friday of the month. In September we will meet on Friday, Sept. 9, and Friday, Sept. 23, at 1 p.m. in the Card Room at the Lodge. We are usually done by 3 p.m.

If you have any questions you can call either Anni Smith at (951) 769-7371 or Suzanne Roldan at (951) 849-8540. See you there...-- **Anni Smith**

### Canasta Club

Come join our "cool" residents in our "cool" Lodge for a "cool" afternoon of Canasta with "cool" refreshments, served by Kathy from the Bistro.

We play every Thursday from 1:15 to 4 p.m. in the Card Room at the Lodge. If you don't know how to play, that's "cool," because we will always set up a teaching table to give you a good start with the game.

Come on down and give it a chance. It is an afternoon well spent with your friends and neighbors and an opportunity to meet new people.

For those of you who are joining us on the Canasta Cruise in November, we will be having a short meeting on Wednesday, Sept. 14, at 6 p.m. in the Card Room of the Lodge. This meeting will be for any last minute questions or concerns. Hope to see you there – **Melody Seewoster**

### News flash from The Crafters!

For those of you who don't yet know, your club president and vice president have worked for the past two years and have decided to step down -- but they both will continue to be a part of The Crafters. We would all like to thank them for their time and dedication, but most of all for their service and a great job. Thank You...Thank You...Thank You!

Pam Kelley and Rita Partida have stepped up to take on the tasks of president and vice president.

At our next gathering, one of our projects will be making a Snowman. All you need to bring is a willingness to glue! No sewing required. Please bring an empty can, 15 oz. or larger; one can makes one Snowman. Supplies will be available from donations. In the coming months we will be making cards, decorating composition books, hats, blankets, glass ornaments, crochet and sewing projects plus many more items.

This month it would be nice if everyone would bring crafting materials they would like to donate to the craft cabinet. Call it late spring cleaning!

Remember, this is a club of crafts and friendship, so let us be here for you. Bring your favorite snack and drink, and come join the fun!

The Crafters meet the first Thursday of each month from 5:30 p.m. to 8:30 p.m. in the Craft Room at the Lodge.

For further information, call Pam Kelley at (951) 769-7967 or call Rita Partida at (951) 845-7193. – **Pam Kelley**

### Four Season Singers Wanted

Would you like to join me in singing at the Christmas Tree Lighting and Holiday Program on Saturday, Dec. 3? Practice will begin on Monday, Oct. 31, from 3:30 p.m. to 5 p.m. at the Lodge. Practice will be every Monday and will continue through the first week of December.

If you are interested, please email me at [bawasco@dc.rr.com](mailto:bawasco@dc.rr.com) or call me at (951) 797-3466 and let me know if you sing soprano, alto, tenor or bass. This program is open to all residents. -- **Barbara Wasco**

### Life Guide Bible Study Club

The Life Guide Bible Study Club in September will kick off its fall program with a Pot Luck Dinner Tuesday, Sept. 20, in the Lodge Ballroom at 6 p.m.

The following week, September 27, we will begin an eight week series called the "Secret of Happiness" as found in the Beatitudes of Jesus.

When *Psychology Today* asked over 52,000 people in America what they thought would make them happy, their answers were attention-grabbing. They named such things as having a good financial situation, being attractive and beautiful, falling in love, achieving success and recognition. The interesting thing about the study is that it revealed that most people attempt to find happiness through external situations.

In his most famous sermon, Jesus also addressed this subject of happiness because he knew that this was what everybody was searching for, but very few had found. In the



# Clubs & Activities

Beatitudes, Jesus makes it clear that God's way to happiness is not through external circumstances, but by having the right attitudes. Come and join us as we explore this subject of interest to everyone. Everybody is welcome!

The Life Guide Bible Study Club meets in the Ballroom of the Lodge on Tuesday evenings from 7 to 8 p.m. This club provides an opportunity for us to meet people in the Four Seasons community, and also a chance to encourage and strengthen one another in our walk of faith. By the way, each lesson is self-contained, so you will benefit from the discussion even if you have missed previous lessons. This study time will give you an opportunity to share your faith and gain encouragement and help from others in the group. For more information, call Don Cummings at (951) 572-5329. – **Don Cummings**

## Line Dancing

Some people scoff at line dancing. However, if you love to dance it is much easier to dance alone than with a partner. Or maybe you don't have a spouse or your spouse doesn't like to dance.

Whatever...dancing is good for the mind. As you learn new steps you have to concentrate, and as you learn new dances you have to remember how those same steps fit into a new dance.

The good news is that line dancing is very forgiving...if you are moving in the same directions as the other dancers; no one will notice a few "variations" in your footwork. Also, if you have hip or knee problems or get dizzy easily, you can usually adapt a movement to continue the dance with little notice.

Dancing is good exercise and you meet so many nice new people. Dancing is also good your self esteem. When you learn a new dance you feel a sense of accomplishment.

For all the above reasons and more, please join us; we meet every Thursday at 4 p.m., in the Lodge Ballroom. Feel free to give me a call if you have any questions: (951) 769-3889. --**Martha Franck, Club Captain**

## Ping Pong

Ping pong is for everyone. Join us in the aerobics room Monday through Saturday from 10:30 a.m. to 12:30 p.m. If you are not sure this game is for you, come in and just watch. When you see how much exercise you can get while having fun, you will want to join us. Beginners are welcomed. – **Niles Sundstrom**

## Hikers

Over the summer the Four Seasons hikers reorganized into a two-group club under the umbrella of Hearty Hikers.

One group, the Hike and Lunch Bunch maintains our traditional 3- to 5-mile monthly walks of local areas on trails of moderate difficulty and then retires to a nearby dining establishment to recharge our tired bodies.

The second group of Trail Tamers, believing no air is too thin and no slope is too steep, takes on more challenging hikes of 5 to 7 miles. They tote and share their lunches. This group hikes every Friday.

Both groups rendezvous in the Lodge parking lot at 7:45 the morning of their hike. Lynette Simonson (951) 377-0392 [lynette.simonson@gmail.com](mailto:lynette.simonson@gmail.com) is Hike Central for both groups. There are no dues.

Some of the trails require State or Federal passes which many members already have. For drives to and from the trail heads we carpool and share the costs.

The Hike and Lunch Bunch will be motoring to the coast

on Sept. 14 for their annual stroll in the surf of Crystal Cove State Beach. This is the site for several Hollywood movies in bygone times. So, kick off your Zorries and join us on the beach. – **Len Tavernetti**

## Old School Dance

Old School Dance -- what a way to stay fit! If you love to dance or want to learn how to dance while listening to oldies tunes, come on over to the Old School Dance Club on the first and the third Friday of each month. We'll either be in the Ballroom or the Aerobics Room from 6 p.m. to 8 p.m. Come on over, enjoy and have fun!

On Sept. 9, Old School Dance will be holding a Sock Hop in the Ballroom. All residents are invited to come dance with the class and purchase a 50s Smitty's soda fountain dinner special. Looking forward to seeing you there!

Remember, stay well and stress free! – **Willa Harris, Old School Dance Captain**

## Four Seasons at Beaumont Racquet Club

The tennis club was well represented at the Charity Walk on July 30. Many of us wore our new club T-shirts, designed by our chairman Irv Sturmer, and we "looked good" showing off our club spirit.

We also had a club exhibit booth where we displayed member photos, answered questions about membership and activities, and had our friend Bob Shibata present to answer questions about racquet strings and to restring racquets for those in need.

With the warmer weather and longer days, Cheryl Smith has adjusted the times of the Tuesday evening clinics. The "beginner" group now starts at 6 p.m. and the "intermediate" group starts at 7 p.m. These new times will continue until further notice.

We continue to organize our "Play Days" on the last Saturday of each month. These Play Days are open to all residents and are a great way to join in on the open mixed play in a relaxed, fun, no pressure venue. Come on out Sept. 24 and join the fun. Check your e-mails for details.--**Howard Lyon, Secretary FSBRC**

## Seasoned Sassies

The Seasoned Sassies, our own Red Hat Chapter, meets the second Wednesday of each month at various locations. We may meet at the Lodge and motor out of town to a new eating experience or we might meet at the Lodge for lunch and games. Sometimes we meet in people's homes for potlucks, games or just spending time together. At times we don't even eat -- although that is rare -- but might attend a play, a concert or some other event going on in the area.

If you are interested in the Red Hat Society, give me a call at (951) 769-2774 and I will be happy to give you all sorts of information concerning this fun and entertaining group.

On Aug. 10 we motored to Rancho Cucamonga for lunch and shopping at the Cheesecake Factory in Victoria Gardens. – **Melody Seewoster**

## Taste d' Vine

September brings some cooler weather but it is still hot. With that in mind we will sample Wines of the World.

The European and wines from other countries seem to be lighter and easier to drink in the warmer weather. The reds and whites are still food friendly and satisfying for sipping.

Please see page 18



# Clubs & Activities

however, do not have as much heat and heaviness. They have had much practice.

Each month at the wine club, we are having a great time learning about different wines, developing and expanding our palates, and sharing our finds.

Please join us Thursday, Sept. 15, in the Ballroom at 6 p.m. for food, fun and wine. Bring an appetizer, a glass or two. Members \$5, Guests \$. Keep it light. -- **Anita Worthen, President**

## Weight Watchers

The Weight Watchers group is well on our way to losing more weight, and we have had several members reach their Lifetime Status. Hurrah for them! Congratulations to all.

It is not too late to join if you have been thinking about it. Come on in. We meet every Tuesday in the Ballroom at 8:30 a.m. for weigh-in. The meeting is from 9 a.m. till 9:30 a.m. Barbara Miller, our leader, is very informative, keeps us motivated and makes the meetings fun.

If you have any questions you can call me anytime at (951) 769-7371 or email me at [adanishprincess@aol.com](mailto:adanishprincess@aol.com). -- **Anni Smith**

## Travel News

Come join on us on September 21 at 6 p.m. for an informational meeting on our planned cruise for September 20, 2012.

This is a 12-night Mediterranean Cruise on the Celebrity Solstice that offers a Martini Bar, a half-acre of real grass and a bocce court. This ship offers several specialty restaurants, a great spa and enough activities to keep everyone happy.

The itinerary for each day is as follows: Barcelona, Monte Carlo, Florence, Rome, Naples/Capri, At Sea, Montenegro, Venice, Venice, Croatia, At sea, At sea, and Barcelona.

Prices are: Ocean view \$2,272.33, Balcony \$2,502.33, Concierge \$2,722.33 and includes all taxes. A deposit of \$450 per person is required by April 13, for guaranteed pricing. These prices do not include airfare. We are only allotted so many cabins and when these are gone the prices will be increased.

For more information or to make reservations please call Barbara Strona at (951) 769-7895. -- **Melody Seewoster**

## Discovery Club

Some people enjoy a rich and ancient family history. They can trace their lineage back to the tenth or eleventh century and, on rare occasions, find themselves connected to those of notable reputation or even royalty. But most of us are happy if we can trace our family back to the 1800s, and even then our family is somewhat of a mystery.

It takes diligence and persistence to find each and every relative. There are many "brick walls," dead ends and hidden clues. We learn to be creative in our search, trying different ideas and methods to achieve our objectives.

But why go to all this work? Well, we hope to fill in the blanks, to discover who was related to whom, and to find where we came from. In doing all this, we build our own, personal identity and history as well. And of great importance, we can pass all this down to our children and their future generations. If we don't do it -- who will?

So don't delay -- talk to that aged parent or aunt or uncle or cousin or family friend. Even if they seem feeble of mind, you might be surprised at how able they are to chat about things from "way back." Get them talking, and listen carefully for the clues.

The Discovery Club will be meeting this month in the

Crafts room at the Lodge. You will be notified of the exact date via email. If you're not on the club roster, send your contact information to the club captain. -- **Willis Fagan, Discovery Club captain, [wefbev@verizon.net](mailto:wefbev@verizon.net)**

## Travel News Day Trips

### September

Sept. 10 Laughlin Turnaround, includes buffet.....	\$20 pp
Sept. 13 Petersen Auto Museum, no host lunch .....	64
Sept. 14 Mystery Tour, lunch included .....	98
Sept. 18 West Side Story, at the OCC Performing Arts Center .....	75
Sept. 20 Chocolate Lover's Tour, with lunch .....	90
Sept. 22 Laguna Beach, no host lunch.....	49
Sept. 24 Huntington Library, no host lunch .....	59
Sept. 27 Autry National Center .....	49

### October 2011

Oct. 4 Reagan Library, no host lunch .....	53
Oct. 4 Julian Apple Pie, no host lunch but a free apple pie .....	57
Oct. 6 Getty Center, no host lunch .....	49
Oct. 8 "Cats" at the Candlelight, lunch included .....	97
Oct. 11 Aquarium of the Pacific, no host lunch .....	61
Oct. 13 Day at Santa Anita Races, clubhouse seating, buffet lunch .....	62
Oct. 15 Fall Festival at the Farmer's Market, no host lunch .....	35
Oct. 21 Los Angeles Italian Style .....	90
Oct. 22 Oktoberfest in Big Bear, include German meal .....	75
Oct. 26 "Man of La Mancha" at the Welk, lunch included .....	94
Oct. 29 "Riverdance" at OC Performing Arts, no host lunch, call for price	

### November

Nov. 1 Architectural Treasure of Los Angeles, lunch included.....	90
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For more information or to make reservations please call (760) 325-5556. Make checks payable to Gadabout Tours and mail to 1801 E. Tahquitz Canyon Way, Suite 100, Palm Springs, CA 92262 Attn. Reservations. Pick up at Carl's Jr. at the Sun Lakes Shopping Center.

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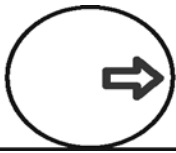
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# Four Season's Community Info



## Four Seasons Spotlight

### Magic Night at the Bistro

By Zelyne Rudolph



Magicians John Horning, Doug Walker, Justin Ingram, Alan Oranda, Al Doty and Nathan Gibson at the Performing Arts Club show.

Magic has been practiced for a very long time. In fact it is thought to go back as far as 50,000 B.C. Can you believe that?

Well, it is believed that prehistoric people probably started "magic" as a means to help their hunting. Hunters would draw or carve animals or hunting scenes on the cave walls probably as a spell before going on hunting trips.

Some scientists think those drawings and carvings are a form of magic. The hunters may have believed that the drawings would come to life while they were gone. They believed in their power and who is to say whether they actually worked? By drawing the scenes they gave themselves self-confidence. That was their magic. Well, today, we just enjoy magic for entertainment.

Every quarter, Performing Arts Club's own magicians put on a show, most of the time, in the Lodge Theater. This time, on Saturday, Aug. 6, resident John Horning hosted the shows by himself, bringing in magicians from the San Bernardino Magic Club and the Magic Castle of The Academy of Magical Arts, Inc. a non-profit social order devoted to the advancement of magic. It is an organization which promotes the art of magic, encourages fellowship and maintains the highest ethical standards. It provides a friendly environment where members and their guests can enjoy the art and each other's company.

Despite the sudden brush fire on Highway 60 that delayed a couple of magicians, the two shows went on at 6:30 p.m. and 7:30 p.m. It is enjoyable to watch magic up close and personal, and the guests truly enjoyed themselves.

This writer has known John Horning for several years since Performing Arts Club was formed in this community and he has been a selfless and giving performer for us. John is also a member of the Magic Castle in Los Angeles where he performs several times a month and was named Amateur Magician of the Year in 2009.

The visiting magicians were Doug Walker, Justin Ingram, Alan Oranda, Al Doty and Nathan Gibson. Each of them had a unique presentation. Walker is also a member of Magic Castle and was named Magician of the Year in 2010. Ingram is a Member of Magic Castle and was named Magician of the year in 2009. Oranda is a Member of the Magic Castle. Doty is past president of Ring 254 of the International Brotherhood of Magicians and is the creator and maker of many fine magic effects. Gibson is winner of over 20 first place awards from the magic fraternity, known as the "Entertainer for Entertainers" and he has performed for Johnny Depp, Rod Stewart, Steve Martin, Craig Ferguson, Jay Leno, Paris

Hilton, Justin Timberlake and others. If you attended the Mighty Echoes' fundraising concert this last winter, the opening award winning magician there was Nathan Gibson who amazed the audience with his talents.

We look forward to the next show Nov. 12.

### Neighborly Notes

Monday, Sept. 5, is Labor Day – another Monday holiday. This means that our waste collection, which normally occurs on Tuesdays, will be delayed for one day. Plan to put your trash containers out after 5 p.m. on Tuesday for pick-up on Wednesday. All containers must be back in their hiding places by dusk on Wednesday, Sept. 7. Management community check for compliance will obviously be delayed until Thursday, Sept. 8, this month.

The holiday also means reduced Lodge hours. The Lodge will be open from 7 a.m. until 6 p.m. on Sept. 5. Please make your plans accordingly.

Tickets for the long awaited productions of Gramma Mia, starring the Four Seasons at Beaumont cast, will be available starting Tuesday, Sept. 27. Two performances are scheduled: Oct. 21 and Oct. 22. Be sure to get your tickets as soon as possible. The cast has been working for months on this production. You won't want to miss it!

Sunday, Sept. 11, is Patriot Day. It has been ten years since that horrifying day when the nation watched and listened to airplanes diving into the World Trade Center Twin Towers and the Pentagon in Washington D.C. Later that day we learned of the courage of Americans in the sky over Pennsylvania who forced another terrorist hi-jacked plane down before it could reach its target. Patriot Day was designated by a joint resolution of Congress on Dec. 18, 2001, to remember that morning and the heroic way that Americans responded. Fly your flags in memory of those who died and to show pride in those came to the rescue.

One more reminder for this season: The Valley-wide Senior Softball League is looking for new members. Interested players must be at least 55 or better. Several players have already signed up from our Four Seasons community. Winter and summer sessions are available. The cost is only \$40 and you play at least forty games each season. Game days are Tuesdays and Thursdays. Practice days are Wednesdays and Fridays from 7:30 a.m. until 9:30 a.m. The League plays at Valley Wide Recreation Center in San Jacinto. Please call (951) 927-4509 to sign up or to obtain additional information.

Questions to ponder for the month: Why is the man who invests all your money called a broker? Why do banks leave vault doors open and then chain the pens to the counters? – **Bobbie Eckel**



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# Four Season's Community Info



## Fitness Corner

### How to Age With Grace and Vigor

By Zelyne Rudolph

Why do some people stay healthy and robust as they age, while others don't? Experts are studying this question and challenge the assumption that aging results in an inevitable frailty.

"Although the risk of frailty increases with age, don't assume you're going to become frail," says Taryn Lee M.D. director of the geriatrics consult service at New York-Presbyterian Hospital and assistant professor of medicine at the Weill Medical College of Cornell University.

"There are plenty of very active, robust, highly functional people in their 80s and 90s," said Dr. Lee in a Women's Health Reporter article. "These people are still living their lives much as they were when they were younger." What is their secret? They are maintaining an active lifestyle but they are also anticipating issues and taking preventive steps.

What is the definition of frailty? Exhaustion, weight loss, decreased daily activity, muscle weakness, and slow walking speed. According to a definition of frailty that is becoming the norm, at least three or more of these issues denote frailty, two issues mean you are at risk for frailty. The Cardiovascular Health Study, of more than 5,000 people, found that some 9.5 to 16 percent of people in their 70s and 80s are frail.

Underlying medical problems can cause frailty. That is why it is important to seek regular medical help for cancer, heart attacks, strokes, anemia, chronic inflammation, severe arthritis or osteoporosis, or low levels of hormones.

Recently, cardiovascular disease has appeared as a major cause of frailty because when blood flow to the heart, brain, or muscles becomes impeded, exhaustion or other symptoms can develop. "Shortness of breath in older women is very common, and it should be a red flag," said cardiologist Erica C. Jones, associate professor of clinical medicine at Weill Cornell Medical Center. "Your risk of heart disease is doubled if you are sedentary."

The inability to walk short distances is one indication of a problem. In the May 3, 2006, Journal of the American Medical Association, a study of 3,000 healthy people in their 70s found that every additional minute beyond five minutes the subjects needed to walk a quarter mile increased their risk of fatality by 30 percent during the next four years. The study further showed that for each additional minute these people needed to achieve that quarter mile, the risk of a heart attack increased 20 percent, and the risk of a disability increased by 50 percent.

If you want to avoid frailty, stay active. Consistent physical activity can prevent cardiovascular disease and improve your weight, blood pressure, and cholesterol levels.

Social networks are also essential to health: Keep up with friends and make new ones. "Exercise your mind and stay active as much as you can," said Dr. Lee. "Keep up with whatever you like to do, whether it's gardening, reading, dancing, going to the gym, doing crossword puzzles, taking classes, volunteering or still going to work. Don't say, 'I'm old. I can't do it.' A can-do attitude, otherwise known as optimism, is an essential ingredient of successful aging."

Sometimes it isn't exercise alone that keeps your brain at optimum function; sometimes it is just learning something small every day. Some of you are blessed and still have your grandchildren in your lives to keep busy. But there are those of us, who have no young ones in our lives. We may be at different

stages in our retirement. Some of us are at the beginning and haven't quite settled in. Some have settled in but have outside interests. Some, however, have settled in and found interests right here inside the Four Seasons community. We are all cogs in the Four Seasons wheel and there is so much life ahead for us. We have clubs that provide us avenues to social networks.

Be a volunteer for one of our clubs. That will kill two birds with one stone. It covers the social aspect as well as learning something new. We are looking for help in the Entertainment Group. If you feel you have no creative talent, how about volunteering to help with the internal workings of the shows, do 50-50 tickets, sell cookies and refreshments, do audience control, or help the scenery/prop people change the props in between acts. There is plenty to do at Four Seasons Beaumont that can help you stave off frailty.

### Fitness Center Etiquette

By Bobbie Eckel

America Online recently published an interview with Jon Baraglia, a regional director with Bally Total Fitness. When he was asked about gym etiquette, he enumerated eleven offenses commonly seen in fitness centers. They might be good reminders for all residents who use the Fitness Center at the Lodge.

- 1) The most common offense is exercisers who leave equipment sweaty after use. Baraglia stressed that equipment should be wiped off with a towel – even with paper towels found in the Locker Room area – before leaving machines for others to use.
- 2) Machines are usually in short supply. Instead of sitting for five or six minutes on the equipment while resting in between exercise sets, Baraglia suggests either limiting your recuperation time to 30 seconds or relinquishing the machines for others to use while your heart rate lowers.
- 3) Talking on cell phones while exercising interferes with the concentration of others who are focusing on their workout. It may also signify that the caller is not seriously involved in his strengthening and stretching. Very few calls are of such emergency that they cannot wait until your workout is over.
- 4) Water is great for your exercising body and, if spilled, can be easily wiped up by the exerciser. However, the same is not true for sugary or sticky power drinks or other liquids. Limit your liquid intake to water only when using exercise equipment.
- 5) Cardio machines should be used for no more than 30 – 60 minutes. The body needs a variety of exercise. Hogging one machine for too much time not only is discourteous to others, but it limits the workout you are doing. Switch muscle groups and activity after 30 minutes if at all possible.
- 6) Return weights to their racks after use. It is not only common courtesy, it allows others to easily find a specific weight they need for exercise.
- 7) If you are waiting to use a specific machine, do not lurk by the side of the exerciser while he/she is finishing. It is distracting as well as irritating to the person using the machine. Let the person know that you would like to use the machine next and then either find another machine while you are waiting or do some stretches.
- 8) Do not walk into a room after a class has started or use the room as an exit to the parking lot when there is a class going on. You interfere with the focus of the class. The Aerobics room door to the parking lot is specifically designated as "Exit Only". Please do not come knocking on the door for entrance. If a class is being conducted in the room, give yourself a little more of the exercise you need and walk through the Lodge



# Four Season's Community Info

- lobby to the parking lot.
- 9) Pick up after yourself in the Locker Room. It is a shared room and should be given that courtesy.
  - 10) Stash your gym bag in a locker or on a shelf while doing your workout. Putting it on the exercise floor not only takes up space but it creates an obstacle for others and may cause injury.
  - 11) The final offense listed by Baraglia was not reporting faulty equipment. If you notice a malfunction, report it to the Lodge desk immediately. This will not only prevent injury to others, it will lessen the chance that the problem with the machine will get worse. Homeowners are responsible for maintenance and it can be very costly.

## He Was Only A Chocolate Chip Cookie, But I Loved Him

I met him at a party. There he was at the end of the buffet - a loner, the last one on the plate. He had a certain something - a sweetness, a sensuality. He was one hot cookie.

I felt as if I'd always known him, always hungered for him. When he looked at me with those warm brown eyes, I melted. Before I knew it, I had my hands on him, my mouth on him in public. After that night, we were inseparable.

With him, I could be myself. He didn't seem to care what mood I was in, how I looked, even if I gained weight. Together, we had the recipe for happiness. No one satisfied me like Chip.

Then things changed. My friends said he was no good for me. He started to give me heartburn. I felt crummy, but it had to end.

Now we've gone our separate ways. I hardly think of him anymore. Oh, if I see a certain TV commercial, a particular magazine ad, a coupon for 10 cents off-that old longing returns. And when we run into each other in the supermarket, we nod.

We're friendly. But it's over.-- Author Unknown, Submitted by **Randy Balt**

## Activities Director Corner

By Cindy Graves

I want to let you know about a couple of opportunities that we are working on for the fall. Plans are being put in place for this year's upcoming Veteran's Day. I would like to invite residents to submit to the Lodge desk in care of me (Cindy Graves) your favorite patriotic or veteran-honoring poem. Nelly Alcocer and I will be putting together a little booklet to hand out to those that attend our veteran's event this year (Friday, Nov. 11, time pending).

I also want to make you aware of a new resident that just moved into the neighborhood; his name is Rob Kelman. He is a 30-year artist and college teacher and he would like to make his expertise available to those here at Four Seasons.

The first class he's offering is Creative drawing and sketching. Rob says that this course will increase visual awareness and awaken your natural ability to draw. It can also open the door to creativity for those who knock on it.

There will be instruction in sketching, drawing, perspective and composition for beginners as well as advanced artists looking for a mixed media challenge. There will be a sign-up interest list at the desk, so if you're interested do sign up. He needs a minimum of 10 students. There may be a nominal fee charged. Additional details will be included on the sign up sheet.



## Chef's Corner

By Randy Balt

### Perfect Berry Cobbler

Thanks to my next door neighbor Loren DuChesne for this recipe. He found it in the Cherry Valley Nursery's newsletter. This might not be a healthy Weight Watcher recipe, but what the heck. Sometimes we just have to do things that satisfy those special cravings.

**PointsPlus™ Value:** 7

**Servings:** 8

**Preparation Time:** 20 min.

**Cooking Time:** 30 min.

**Level of Difficulty:** Easy



### Ingredients

3 cups berries (fresh blackberries & raspberries)

½ cup sugar

1 Tbsp. cornstarch

1 Tbsp. lemon juice

1 cup flour

½ cup sugar

1 ½ tsp. baking powder

Dash of salt

¼ cup butter or margarine

½ cup milk

### Directions

Preheat oven to 425°.

Toss berries with sugar, cornstarch, and lemon juice. Spoon into a deep oven-proof dish and set aside. Mix together flour, sugar, baking powder, and salt. Cut in butter until mixture resembles course meal. Add milk and stir just until combined. Spoon over berries. Bake for 30 minutes, or until lightly browned.

**Note:** I doubled the recipe and baked it in a 9 x 13 deep dish. – **Randy Balt**

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# September 2011

## Physical Exercise/Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>*All dates, times and activities are subject to change. Please check with the Lodge desk for updated information.</b></p> <p><b>* September 18 - 5:30pm: Please do not use tennis or paddle tennis courts during Amphitheater Concert.</b></p>						
<b>4</b>	<b>5</b> 8:30a Conditioning 9:30 Beg Conditioning 10:30 Water Aerobics All level Ping Pong	<b>6</b> 8:30a Gentle Yoga 9:30 Zumba Gold 11 Advanced Ping Pong 6p Beg Tennis 7 Tennis Drills Paddle Tennis	<b>7</b> 8:30a Conditioning 9:30 Beg Conditioning 10:30 Water Aerobics Beg & Int Ping Pong	<b>8</b> 8:30a Pilates 9:30 Zumba Gold Toning 4p Line Dancing 7 Paddle Tennis	<b>9</b> 8:30a Conditioning 9:30 Beg Conditioning 10:30 Water Aerobics Beg & Int Ping Pong 6p Sock Hop with Old School Dance Club	<b>10</b> 8:30a Gentle Yoga 10:30 All level Ping Pong
<b>11</b>	<b>12</b> 8:30a Conditioning 9:30 Beg Conditioning 10:30 Water Aerobics All level Ping Pong 6p Soc Dance for Bgnrs 6:30 Ballroom Dance	<b>13</b> 8:30a Gentle Yoga 9:30 Zumba Gold 11 Advanced Ping Pong 6p Beg Tennis 7 Tennis Drills Paddle Tennis	<b>14</b> 8:30a Conditioning 9:30 Beg Conditioning 10:30 Water Aerobics Beg & Int Ping Pong	<b>15</b> 8:30a Pilates 9:30 Zumba Gold Toning 4p Line Dancing 6 Ballroom Dance 7 Paddle Tennis	<b>16</b> 8:30a Conditioning 9:30 Beg Conditioning 10:30 Water Aerobics Beg & Int Ping Pong	<b>17</b> 8:30a Gentle Yoga 10:30 All level Ping Pong
<b>18</b>	<b>19</b> 8:30a Conditioning 9:30 Beg Conditioning 10:30 Water Aerobics All level Ping Pong 6p Soc Dance for Bgnrs 6:30 Ballroom Dance	<b>20</b> 8:30a Gentle Yoga 9:30 Zumba Gold 11 Advanced Ping Pong 6p Beg Tennis 7 Tennis Drills Paddle Tennis	<b>21</b> 8:30a Conditioning 9:30 Beg Conditioning 10:30 Water Aerobics Beg & Int Ping Pong	<b>22</b> 8:30a Pilates 9:30 Zumba Gold Toning 4p Line Dancing 6 Ballroom Dance 7 Paddle Tennis	<b>23</b> 8:30a Conditioning 9:30 Beg Conditioning 10:30 Water Aerobics Beg & Int Ping Pong	<b>24</b> 8:30a Tennis Play Day Gentle Yoga 10:30 All level Ping Pong
<b>25</b>	<b>26</b> 8:30a Conditioning 9:30 Beg Conditioning 10:30 Water Aerobics All level Ping Pong 6p Soc Dance for Beginners 6:30 Ballroom Dance	<b>27</b> 8:30a Gentle Yoga 9:30 Zumba Gold 11 Advanced Ping Pong 6p Beg Tennis 7 Tennis Drills Paddle Tennis	<b>28</b> 8:30a Conditioning 9:30 Beg Conditioning 10:30 Water Aerobics Beg & Int Ping	<b>29</b> 8:30a Pilates 9:30 Zumba Gold Toning 4p Line Dancing 6 Ballroom Dance 7 Paddle Tennis	<b>30</b> 8:30a Conditioning 9:30 Beg Conditioning 10:30 Water Aerobics Beg & Int Ping Pong	

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