

# The View

Sun City  
Shadow Hills®  
by Del Webb®  
August 2019



*Takin' Care of Business:  
SCSH Residents Still Working*  
Photo by Beth Bolduc  
Story on Page 12

## CONTACT INFORMATION

Sun City Shadow Hills Community Association  
80-814 Sun City Boulevard, Indio, CA 92203  
[www.scsbca.com](http://www.scsbca.com) · 760-345-4349

Homeowner Association (HOA) . . . . . Ext. 1  
Montecito Clubhouse Fax . . . . . 760-772-9891  
Montecito Clubhouse . . . . . Ext. 2120  
Montecito Fitness Center . . . . . Ext. 2111  
Santa Rosa Clubhouse Fax . . . . . 760-342-5976  
Santa Rosa Clubhouse . . . . . Ext. 2201  
Shadow Hills Golf Club South . . . . . Ext. 2305  
Shadow Hills Golf Club North . . . . . Ext. 2211  
Shadows Restaurant . . . . . Ext. 2311  
Jefferson Front Gate (Phases 1 & 2) . . . . . 760-345-4458  
Avenue 40 Front Gate (Phase 3) . . . . . 760-342-4725

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[richard.smetana@associa.us](mailto:richard.smetana@associa.us) . . . . . Ext. 2102

Tyler Ingle, *Controller*

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TBD, *Fitness Director*

. . . . . Ext. 2112

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[gus.ramirez@associa.us](mailto:gus.ramirez@associa.us) . . . . . Ext. 2204

Rolland Vaughn, *General Manager of Shadow Hills Golf Club*

[rmvaughn@troon.com](mailto:rmvaughn@troon.com) . . . . . Ext. 2301

### SCSH Community Association Board of Directors

Kim Fuller, *President* . . . . . [president@scshca.com](mailto:president@scshca.com)

Fera Mostow, *Vice President* . . . . . [vicepresident@scshca.com](mailto:vicepresident@scshca.com)

Bruce Marley, *Treasurer* . . . . . [treasurer@scshca.com](mailto:treasurer@scshca.com)

Linda Aasen, *Secretary* . . . . . [secretary@scshca.com](mailto:secretary@scshca.com)

Robert Israel,

*Member at Large* . . . . . [memberatlarge@scshca.com](mailto:memberatlarge@scshca.com)

**For warranty or customer service needs concerning  
your home, please email: [socalservice@delwebb.com](mailto:socalservice@delwebb.com)**

## SUN CITY SHADOW HILLS COMMUNITY ASSOCIATION

### Hours of Operation

#### Association Office

Monday – Friday · 9 AM – 12 PM, 1 – 4 PM  
First Saturday of the Month · 8 AM – 12 PM

#### Lifestyle Desk

Daily · 8 AM – 5 PM

#### Montecito Clubhouse

Daily · 6 AM – 10 PM

#### Montecito Fitness Center

Daily · 5 AM – 8 PM

#### Santa Rosa Clubhouse

Daily · 6 AM – 9 PM

#### Shadows Restaurant

Sunday – Thursday · 8 AM – 6 PM

Friday & Saturday · 8 AM – 8 PM

Breakfast · 8 – 11 AM

Lunch · 11 AM – 5 PM

Dinner · 5 PM – 8 PM

Happy Hour · 3 – 6 PM

#### Golf Snack Bar

Daily · 6 – 11 AM

#### Santa Rosa Bistro

Daily · 6 AM – 3 PM

#### Montecito Café

Closed

*All hours are subject to change.*

*Visit [www.scsbca.com](http://www.scsbca.com) for the latest hours.*

## The View

The *View* is published monthly by the Sun City Shadow Hills Community Association. This publication is copyrighted and may not be reproduced or reprinted without the written permission of SCSHCA.

### Mission Statement

To promote the community and recognize the individuals who contribute to the identity of the community, and to impart information relevant to the community as a whole.

### SCSHCA Communications Advisory Committee

Tom Hutson, *Chair*; Arnold Choy; Julie Harris;  
Aggie Jordan; Lee Powell; Dennis Sheehan

### Staff

Editor-in-Chief: Rich Smetana, *General Manager*  
Production Manager: Gus Ramirez, *Communications Manager*

To inquire about articles, content, and advertising – or to submit stories for publication – please email [view@scshca.com](mailto:view@scshca.com) or contact Gus Ramirez, Communications Manager, at 760-345-4349, ext. 2204.





## President's Report

BY KIM FULLER  
PRESIDENT

Welcome to another day in paradise. With all that is happening to make this an even more perfect place to live, I count my lucky stars to have so many people willing to help make our community better. Take a moment, while appreciating all the sunsets, and be sure to thank all those neighbors that work so hard volunteering for our mutual benefit.

Last month we all got to witness the earthquakes that fortunately did little damage here at Shadow Hills. A little north of us, people were not so lucky. But, until an earthquake is upon us, we don't think about the many people that look out for our safety every day.

The **Emergency Preparedness Subcommittee**, made up of many that work together to warn and check on us after such an event, was active once again to make sure all was safe. This subcommittee's process of evaluation, warnings, and follow-up to check on homes is appreciated by everyone but sometimes overlooked when there is no emergency.

Chair Jeff Kirkpatrick and his subcommittee deserve our thanks, not only when emergencies arise but every day because they give us a sense of security and safety. They are watching out for us, getting ready to go into action at a moment's notice when the occasion arises. As I have said in the past, when that day comes, Jeff and his volunteers will be the most important people on earth; and I for one am glad to have them here every day. Thank you all for doing what you do so well.

If you've not been to the **Montecito Clubhouse** to experience the new renovation, you need to visit and check out the magnificent job that has been done. Many have written to say thank you for a job well done. The new colors, furniture, and designs are just beautiful. A project that started over one year ago is now finished, and we all get to enjoy the outcome.

We need to thank the people who worked so hard to make this a reality. John Petersen, chair of the Facilities & Services Advisory Committee, led this task from beginning to end. The Interior Design Committee, made up of Linda Bostjanick, Ralph Erickson, Vicki Berg, Barbara Segal, Marie Devito, and Frankie Shack, all deserve our thanks and gratitude for a terrific job.

A very special thank you to Ralph Erickson, who worked throughout the construction process to be sure all was proceeding as designed. Construction is never a perfect science without changes, and Ralph was there to help answer the questions and find solutions when needed. Even when it was time for him to leave the area, he stayed here to make it all happen. How do you ever thank such a person? To all of you: well done, everyone is grateful.

As you all know, the Board has been investigating the pros and cons of a **Bulk Cable Contract** for the HOA at the request of many residents. This is a negotiation with the cable/Internet companies to provide Internet and TV services for a period of five years in order to reduce the monthly fee. The Board appointed a committee to investigate and gather information for the Board's review. That committee is working on more proposals and ideas that have been presented to the HOA. Additional Town Hall meetings will be held August 1 and 2 to present more information about the different plans and the process to decide the outcome. The Board has determined that there must be a vote of the residents to give consent for such a five-year contract.

Currently, not only are we investigating an Internet /TV option, but we are also investigating an Internet only option. This option would mean the HOA would provide Internet only, and residents would then pick their own TV plan and purchase that service directly from a provider. There are positives and negatives to both options, so be sure to watch the Town Hall videos before deciding how you want to proceed: [www.scszca.com/bulkcable](http://www.scszca.com/bulkcable).

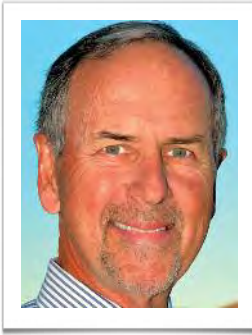
As the next step, we will be sending out a survey through the e-blast system to find out your thoughts on having any type of cable contract. The goal of the survey will be to find out if residents want such a five-year contract and, if so, what kind of plan. This survey will be available on the website for residents to fill out. This is not the official vote by ballot; that will come later in the mail.

Only after these steps of gathering information are complete, along with resident input, will the Board decide on how or if we move forward with such a proposal. If the Board decides to move forward, an official ballot will be sent to every home because residents will have to give consent for the Board to proceed with a contract for five years. The Board may not proceed without the residents' consent on such an action.

Please enjoy your day and never forget: *it doesn't get any better than this!*

Kim

Contact the author at [president@scshca.com](mailto:president@scshca.com).



# Treasurer's Report

BY BRUCE MARLEY  
TREASURER

## SUN CITY SHADOW HILLS COMMUNITY ASSOCIATION

Condensed Financial Information  
Statement of Revenues and Expenses - Unaudited  
For the five months ended May 31, 2019

### Revenues:

Assessments  
All other revenues  
Total Revenues

	Operating Fund	Replacement Fund	Total
\$	3,851,063	\$ 720,188	\$ 4,571,250
	2,632,830	128,018	2,760,847
	<u>6,483,892</u>	<u>848,205</u>	<u>7,332,097</u>

### Expenses:

Operating fund excluding depreciation expense  
Replacement fund  
Depreciation expense  
Total Expenses

	5,397,566	-	5,397,566
	-	110,279	110,279
	126,579	-	126,579
	<u>5,524,145</u>	<u>110,279</u>	<u>5,634,424</u>

Chartered Club Activities, Net

	(24,132)	-	(24,132)
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Excess of revenues over expenses

\$	935,615	\$ 737,926	\$ 1,673,541
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## SUN CITY SHADOW HILLS COMMUNITY ASSOCIATION

Condensed Financial Information  
Statement of Changes in Fund Balances - Unaudited

Fund balances, beginning of year  
Excess of revenues over expenses  
Inter-fund transfers  
**Fund balances, as of May 31, 2019**

	Operating Fund	Replacement Fund	Total
\$	2,461,964	\$ 12,367,354	\$ 14,829,318
	935,615	737,926	1,673,541
	329,801	(329,801)	-
\$	<u>3,727,379</u>	<u>\$ 12,775,480</u>	<u>\$ 16,502,859</u>
	0	(0)	0

## SUN CITY SHADOW HILLS COMMUNITY ASSOCIATION

Condensed Financial Information  
Statement of monthly assessment

Number of units in Association  
Monthly assessment per unit in 2019

	3,450
\$	<u>265.00</u>



**SUN CITY SHADOW HILLS COMMUNITY ASSOCIATION**

Condensed Financial Information

Balance Sheets

As of May 31, 2019 and May 31, 2018

**Assets:**

	2019 Unaudited	Same Period Prior Year (Unaudited)	2018 Audited
Cash and cash equivalents	\$ 6,225,554	\$ 2,867,679	\$ 4,828,678
Certificates of deposit and investments	10,433,065	11,655,341	10,922,277
Property and equipment, net	978,595	605,294	775,373
Cash - chartered clubs	140,547	154,961	164,679
All other assets	390,716	630,362	373,779
<b>Total Assets</b>	<b>\$ 18,168,477</b>	<b>\$ 15,913,637</b>	<b>\$ 17,064,786</b>

**Liabilities:**

Accounts payable and accrued expenses	\$ 961,725	\$ 771,246	\$ 1,694,305
Assessments received in advance and deferred revenue	703,893	620,828	541,163
All other liabilities	-	-	-
<b>Total Liabilities</b>	<b>1,665,618</b>	<b>1,392,074</b>	<b>2,235,468</b>

**Fund balances:**

Operating	2,608,237	1,914,200	1,521,912
Chartered clubs	140,547	154,961	164,679
Property and equipment	978,595	605,294	775,373
Replacement	12,775,480	11,847,107	12,367,354
<b>Total Fund Balances</b>	<b>16,502,859</b>	<b>14,521,563</b>	<b>14,829,318</b>
<b>Total Liabilities and Fund Balances</b>	<b>\$ 18,168,477</b>	<b>\$ 15,913,637</b>	<b>\$ 17,064,786</b>

*This report has been approved by the Board, subject to audit.  
Full financials are available on our resident website: [www.scsbca.com](http://www.scsbca.com)  
Contact Bruce Marley at [treasurer@scsbca.com](mailto:treasurer@scsbca.com).*



**Meet a Board Member**



**Thursday, August 8, 2019 at 3:00 PM  
Montecito Clubhouse • Capistrano Room**

Come by and introduce yourself to Linda Aasen and Kim Fuller of your HOA Board. She wants to hear what you like about our community and if you have any concerns.

**Next Board Meeting:**

*Date: Monday, August 26, 2019*

*Time: 2:00 pm*

*Location: Ballroom*

*Please join us!*

## People Who Make Our Lives Better



Photo by Gus Ramirez

### Elizabeth Gallo

#### Allied Universal Employee of the Month

July 2019

Elizabeth Gallo has been a member of the Sun City Shadow Hills security team since November 2018 and is assigned as a Gate Access Officer.

Her good nature and people skills are truly extraordinary and deserve to be recognized. Residents and vendors alike are consistently complimenting her extra efforts and friendly approach to everyone that approaches her gate.

Join us in congratulating Elizabeth on her recognition as employee of the month.

## Advisory Committees

### City Development Coordinating Committee

*citydevelopment@scshca.com*

Chair: Tom Hutson

### Communications Advisory Committee

*communications@scshca.com*

Chair: Tom Hutson

### Covenants Committee

*covenants@scshca.com*

Co-Chairs: Traci Barnett Hone & Lee Powell

### Design Review Committee

*designreview@scshca.com*

Chair: Vicki L Berg · Vice Chair: Ted Shettler

### Emergency Preparedness Subcommittee

*epsc@scshca.com*

Chair: Jeff Kirkpatrick

### Facilities & Services Advisory Committee

*facilities.services@scshca.com*

Chair: John Petersen

### Finance Advisory Committee

*finance@scshca.com*

Chair: Bill Wethe

### Food & Beverage Committee

*foodbeverage@scshca.com*

Chair: Jurgen Gross

### Golf Advisory Committee

*golf@scshca.com*

Chair: Dave Bakshy

### Health & Fitness Advisory Committee

*healthfitness@scshca.com*

Chair: Rick Halla

### Information Advisory Committee

*information@scshca.com*

Chair: TBD

### Landscape Advisory Committee

*landscape@scshca.com*

Chair: Chris Stevens

### Safety Advisory Committee

*safety@scshca.com*

Chair: Ed Chavez

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*Interested in joining a Committee?*

*Stop by the HOA office and fill out an  
Advisory Committee Interest Form.*



*From The Library*

BY CINDY DEGRAF

Are you getting your summer reading in? We have many books to pick from in the newly remodeled Montecito library. Grab a book and a cool drink, and lose yourself in a good story. No check out process – just take what you'd like to read and bring it back when you are done.

Our volunteers come and go in the summer, so we continue to ask that you hold any new book donations until September when many of our volunteers are expected back.

Please contact Barbara Perler at 760-772-4484 or [baramp@verizon.net](mailto:baramp@verizon.net) if you have any questions or comments about the library.

As always, thank you for supporting our library.

*Don't forget...please hold your book donations until September!*



**INTERESTED IN JOINING A COMMITTEE?**

*To volunteer, please complete an Advisory Committee Interest Form available at the HOA Office or online at [scshca.com/committeeinterest](http://scshca.com/committeeinterest).*



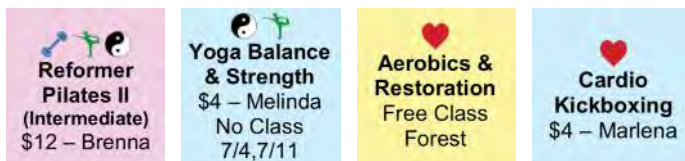
## Health & Fitness Advisory Committee

BY HEIDI WORCESTER

### You Spoke, We Listened!

We presented results of the Fitness Survey along with action items last month. Here is a status report on those items:

1. Increase quantity of total body and strength classes:  
Chair Yoga was replaced with a Strength Training Circuit class.
2. Add a Tai Chi Class:  
On July 3, an additional class was added with Dr. Haberkorn, a holistic physician. The class is included with an annual pass or costs \$4.
3. Improve wellness class descriptions:  
Class descriptions were rewritten, and icons were added to the monthly calendar and Fitness & Wellness Guide. A poster with this same information is also being developed and will be placed in each gym.



We recently conducted another survey and asked if there was interest in an instructor-led, indoor cycling class. 84% of survey respondents indicated they would attend, and many said they would recommend the class to a friend. A request to consider adding the class and purchasing the equipment will be made in next year's budget.

We thank you for your participation in our surveys and continued support of fitness classes.

### Resident Spotlight: Gene Gonzalez



Photo by Valeria Batross

Since starting several classes per week two years ago, I have been able to greatly improve my range of motion and strength in both arms and shoulders after having several rotator cuff surgeries.

The fitness program has also been an integral part of my weight management.

Last October, I started Weight Watchers and lost 40 pounds, a loss I still maintain! I give credit to the staff for their dedication to provide an excellent program. The training staff have always been very professional. I would also like to recognize Marlena for the way she conducts her classes with enthusiasm and dedication to her students.

### Resources

- Email your feedback and suggestions to: [healthfitness@scshca.com](mailto:healthfitness@scshca.com).
- Classes and schedules: [www.scshca.com](http://www.scshca.com) (select *Lifestyle*, then *Fitness*)





## *Emergency Preparedness Sub-Committee (EPSC)*

BY JEFF KIRKPATRICK, CHAIR

### **Emergency-Prep Your Car**

Getting stuck in our cars could happen anytime, anywhere. It could be a freeway problem, bad weather, or something more serious that leaves us stuck far from home on four wheels.

Experts say we should be able to manage for 72 hours from our cars. This fall is a good time to stock up on simple essentials before we head out on vacation or to our snowbird homes. Some emergencies or disasters may require us to take a so-called bug-out bag and leave the car behind.

Here are ideas of items that could be easily kept in one portable bag in the trunk:

- Comfortable shoes and socks
- Water pouches or bottles
- Portable water purifier
- Survival blanket
- Protein bars and trail mix
- Clothing for the season/location
- First aid kit
- Three days of medications
- Gloves and hat
- Flares, flashlight, and glow sticks
- Two windshield signs: Help Me, and I'm OK
- Hand sanitizer
- Baby wipes or personal wipes
- A book, notepad, and pen
- Copies of I.D. and insurance



Along with this list, you may have other useful items in your trunk, such as a portable gas can. The general wisdom is to rotate food, water, and meds on a regular basis; and never let the car's fuel tank dip below half full.

Now get yourself ready, get your car all set, and get on with your active life!

*Please join us and become prepared! It really is quite easy!*



## *Finance Advisory Committee (FAC)*

BY BILL WETHE, CHAIR

### **Work Completed**

The FAC continues its work with the Board, as well as with DRM and Troon management on behalf of the Association including:

- The Board approved the addition of Bob Giovannettone to FAC at its meeting on June 24. Welcome, Bob, to FAC!
- Review and recommend Board approval of a candidate to join the FAC – BAF 2019 #22. Upon Board approval, FAC will have seven members. One additional candidate, who is a CPA, is scheduled for an interview with FAC on July 22. FAC is authorized to have up to nine members. I very much appreciate the response to date! Thank you for considering being of service to our community.
- Review and recommend Board approval of the unaudited June 2019 financial statements for the Association including the:
  - financial statements prepared by DRM and Troon.
  - combining and combined financial statements included in the Treasurer's report for the Association prepared by the Controller.
  - summary financial information on financial position and results of operations included in the Controller's report to the Board.
  - condensed financial information for the Association to be published in The View.
- Review of the variance analysis prepared by the Controller on the 2019 Operating Fund revenues and expenses to assess impact, if any, of the 2019 Forecast.
- Review of variance analysis prepared by the Controller on the 2019 Replacement Fund expenses and interfund transfers to the Operating Fund to assess impact, if any, on the:
  - 2019 Replacement Fund annual cash flow forecast.
  - 2019 Replacement Fund investments.
  - 2020 Reserve Study.

- Conference call with the Association's Investment Manager on July 22 to review:
  - portfolio performance (investment yield achieved).
  - 2019 Replacement Fund monthly cash flow forecast.
  - proposed investments of forecasted liquidity in the Replacement Fund.
- Review of the 2019 Forecast (6+6) of the Operating Fund and Replacement Fund as compared to the 2019 Budget and the 2019 Forecast (5+7) prepared by the Controller.
- The FAC Subcommittee and the DRM management team held its initial meeting with the Reserve Consultant for the preparation of the 2020 Reserve Study on June 27.
- Regular meeting of FAC held on July 22.
- Preparation of the FAC monthly written report to the Board for its meeting on July 29.
- Review of June 2019 bank statements, bank reconciliations, and Replacement Fund investment account statements.

### **Work In Process and Upcoming Work**

- The FAC has several initiatives in process or upcoming including:
  - Reserve Study for 2020.
  - Budget for 2020.

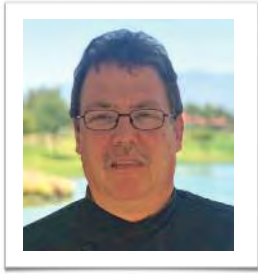
### **Further information**

Please review minutes of our monthly meetings and written reports to the Board included in Board meeting packages on the Association's website.

*Additional FAC Members: Larry Anderson,  
John Deshaw, Steve Proia, Carey Thompson,  
and Bob Giovannettone.*

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*Contact the author at [finance@scshca.com](mailto:finance@scshca.com).*



# Shadows RESTAURANT

## Food & Beverage Update

BY MARIO CHAFFINO, FOOD, BEVERAGE, AND CATERING MANAGER  
& JEFF JACOBSON, EXECUTIVE CHEF

We hope everyone is enjoying the summer so far. It's nice to see our residents at Shadows restaurant with their visiting families. This summer has been busier than summers in the recent past, and we would like to thank everyone for supporting the restaurant. It means a lot to the Shadows team.

The South Course and North Course will remain open the entire summer. The snack bar will be open in the mornings from 5:30 – 11 am. After the snack bar closes at 11 am, cool down inside Shadows. We have light refreshments, beer, and snacks plus our **All Day** and **Small Plates** menus. Don't forget: Shadows is open for breakfast seven days a week. A list of Food & Beverage hours of operation appears below.

Shadows restaurant, the snack bar, and the Santa Rosa Bistro are in the second month now featuring Pepsi products. Shadows restaurant has upgraded to a new fountain soda system, and the quality is great, now offering the following Pepsi brands: Pepsi, Diet Pepsi, Sierra Mist, Brisk Raspberry Tea, and Tropicana Lemonade. We still have Dr. Pepper and Diet Dr. Pepper, as well.

The month of July was great for the restaurant. Our featured nights were a success and the variety of food showcased throughout the month was enjoyed by residents. We also catered the July 4 Celebration held at the Montecito Clubhouse. It was nice to see everyone in the holiday spirit.

Shadows is continuing the theme nights this month featuring the following: **A stroll through J. Wilkes Vineyard – Wine Pairing** (Aug. 7), **Pasta Night** (Aug. 14), **Asian Night** (Aug. 21), and **Kosher Delicatessen Night** (Aug. 28). These specialty nights are getting very popular in the community. We anticipate sold-out crowds again for these special events. Please call Shadows for reservations and availability. Flyers for these events are posted on these websites: *scshca.com* and *theshadowsrestaurant.com*.

Please enroll in the weekly email blast and check our website at [www.theshadowsrestaurant.com](http://www.theshadowsrestaurant.com) for the most current and accurate information. "Like" us on Facebook, and "follow" us on Instagram and Twitter:

- [facebook.com/shadowsrestaurant](https://facebook.com/shadowsrestaurant)
- [twitter.com/shadowsindio](https://twitter.com/shadowsindio)
- [instagram.com/shadowsrestaurant](https://instagram.com/shadowsrestaurant)

Best regards,

**Mario & Jeff**

Contact the authors at [mchaffino@troon.com](mailto:mchaffino@troon.com)  
and [jjacobson@troon.com](mailto:jjacobson@troon.com).

### HOURS OF OPERATION

#### Shadows Restaurant

Sunday – Thursday: 8 am – 6 pm  
Friday & Saturday: 8 am – 8 pm  
Breakfast: 8 – 11 am  
Lunch/Small Plates: 11 am – 6 pm  
Happy Hour: 3 – 6 pm

#### Golf Snack Bar

5:30 – 11 am

#### Santa Rosa Bistro

6 am – 1 pm

#### Montecito Café

Closed

Food & Beverage Update

# Takin' Care of Business

By JULIE HARRIS

PHOTOS BY BETH BOLDOC

PHOTOS ALSO PROVIDED BY JOHNNY URREA AND PAMELA POTENZO

You might be surprised to find out how many of our SCSH neighbors are still gainfully employed. When you live in a retirement community but are not yet retired, especially if you have a demanding job and/or little flexibility, it can be challenging to meet people as well as participate in the many activities that are offered. Or is it?

The three residents that I interviewed are in very different work environments but they have flexible work schedules. This allows each of them to enjoy some quality time in our community, enough to partake in at least some of the amenities that are offered and yet balance out their commitment to their current occupations.

## Johnny – Sky Pilot

Have you ever wondered what it would be like to be way up in the air on a big crane, swinging little boxes around and stacking them neatly on a really big boat? And doing it every day, because it's your job? For Johnny Urrea, it's just "another day at the office."



*Don't look down! Johnny flying high in his hammerhead crane cab.*

*Just another day at the office.*

Johnny operates a hammerhead crane for Maersk, the number one leading container shipping company in the world (based on their cargo carrying capacity). He is a member of the Longshoremen's Union (ILWU) and has been loading and unloading shipping containers from cargo ships for 37 years, as a crane operator for 23 years. Keep in mind that a 40-foot container has a maximum gross weight of approximately 69,000 lbs. and is

swinging around at the end of a really big hook that he is operating from 170 ft. up.

Johnny says his job gives him a great sense of pride of accomplishment based on the skill and precision it takes to do his job. He loves it and is proud that he has been given the opportunity. It offers a great lifestyle due to flexible scheduling and the opportunity to be an important part of the industry.

Two drivers are assigned to each crane, so there is always coverage; and together they can work out their schedule pretty much the way they want. Their schedule is based on demand, but sometimes Johnny will work seven days on, seven days off; other times only four days in a month. That's how he can live in the desert and still enjoy life at SCSH spending time with his "girls," Jessica and Wanda, his two smooth-coated Collie siblings and devoted companions.

Johnny feels he'll be ready to retire in about five years. In the meantime, his schedule allows him to enjoy a lot that the desert has to offer. He is a mountain biking enthusiast and enjoys hiking the local trails. He plans to stay in SCSH and is looking forward to being able to meet more people and participate in more of our activities. Hopefully, when he's ready to settle down, planting both feet on the ground will be as fun and fulfilling as flying over the Port of Los Angeles.

## Pam – Education and Inspiration

Pamela Potenzo is a Clinical Nurse Educator in the Education Department at John F. Kennedy Memorial Hospital (JFK) in Indio. She and her husband, Curt, moved to SCSH from New Jersey in 2008. Curt had already quit working when they moved here; but as Pam told me, "I've got a lot more to do before I'm ready to retire."



*Pam Potenzo (center) and Health Academy Student Participants*

Pam is responsible for implementing the orientation program for new employees, as well as conducting annual

educational programs for the hospital staff, which includes wellness programs to help reduce job stress and improve health. One of the most fulfilling aspects of her work is creating new avenues for the implementation of wellness education for clinical and nursing employees.

Community outreach is important to JFK and part of Pam's position. One program they support is the Coachella Valley High School Health Academy, whose mission is to transition students to their future in health careers by providing mentoring in our valley's hospitals, hospices, and patient care, as well as animal care facilities. Another program, for which Pam is the JFK liaison, involves maintaining the community partnership contracts with Cal State San Bernardino, College of the Desert, and Copper Mountain College and Palo Verde College in Blythe to ensure that nursing students fulfill their clinical experience requirement.

Living in SCSH makes for an easy commute, but I wondered if Pam ever felt like she was missing out on SCSH activities and amenities she could be enjoying? "Not really," she told me. "I am not a golfer and can't play tennis to save my life. But I go to the gym after work, and I do enjoy the wine club! And I am definitely looking forward to retirement."

As for life after JFK, Pam is practical about what she wants to do. "The first thing I'll do is take a deep breath and allow myself to catch my retirement rhythm. How I spend some of my time might be designing community educational programs that focus on creating a healing environment for myself and others."

### **Raj – Delivering the Goods**

"So, I'm looking at the L.A. Times classifieds one day and see a three-line ad for the sale of a wholesale meat distribution company, selling to restaurants and meat markets in the Palm Springs area. It sounded interesting, so I came out to the desert and met with the owner. That was in 2004. Having never worked in this industry before, the owner worked with me for the first year and then retired. I enjoy the work, and the business has grown steadily over the years."

Rajender "Raj" Dhingra is a true entrepreneur. He really took a leap of faith when he came to the desert from the San Marino area of Los Angeles to learn a new profession in a new market.

The Coachella Valley has its own demographic and some interesting idiosyncrasies. It's always been about networking here. Raj fit right in, as his preference is to meet one on one with people, whether they are current or potential customers, rather than wait for them to come to him.

Today, the business has grown but, 15 years later, Raj still has the same employees. His philosophy: you treat them well; they'll treat you well – and be loyal.

Having lived in the valley for several years, Raj and his wife, Harumi, found themselves looking for a new place to live. Around 2008, they found SCSH and were surprised to find that there was so much life north of I-10. (A lot of us were!)

Now Raj can work four days a week, while still being available to put out fires as they come up. "Retirement is probably around four years away," Raj told me. But he likes to play golf and already has several activities in which he participates that work around his schedule, such as cross-fit training and yoga, which he currently does in the evening at venues outside SCSH. Fitness is a priority for him. "I'm looking forward to retirement, but right now I really have the best of both worlds," says Raj.



*Raj Dhingra*



*Contact the author  
mjharris.88@verizon.net.*



*Contact the photographer  
bethbolduc7@gmail.com.*

# Memories of a Hurricane's Destruction

BY VICKI PRINCE (PHOTOS BY THE AUTHOR EXCEPT AS NOTED)

## August 25, 2017

Rockport, Texas became famous as the town that sat in the eye of Hurricane Harvey, a Category 4, for four hours while Mother Nature decided what to destroy next. This beautiful little town on the coast of the Gulf of Mexico was known as a bird watchers' paradise for its variety of waterfowl, particularly because of the nearly extinct Whooping Cranes. Rockport was also famous for the best shrimp and oysters, beautiful beaches, and the grand Fulton Mansion and museum built in 1877.



*Aug. 2017: Fulton Mansion State Historical Site, damage from Hurricane Harvey (photo courtesy of Fulton Mansion Education and History Center)*



*Aug. 2019: Repairs nearly complete on the Fulton Mansion. Original slate tiles from the damaged roof were collected, etched with inspirational words, and sold to help pay for repairs.*

Artists also moved in and opened up small shops on Main Street, adding color to the town. Festivals and weekend street fairs became popular. The town and surrounding area were covered with 100-year-old live oaks, which made a beautiful setting next to the water. Cutting down a full-grown oak was rarely considered, so streets wound around them and parking lots were shaded by them.



*Before Harvey: One of the 100-year-old Live Oak trees that cover the town of Rockport. During the hurricane, 40 percent were lost.*

My first memories of Rockport were during the early 1950s. My grandparents had just moved there and bought a motel on the bay. As soon as school was out, I'd spend the summer with them. I climbed every tree on the property, waded in the bay collecting shells, and explored the town with a bicycle and the freedom of the times. Soon my aunt and uncle married into local families, and in the southern tradition I collected a new set of grandparents and dozens of "kissing cousins." As a teenager, I worked in the shops and dated a few of the local boys.

In the 80s, Rockport began transitioning from a sleepy fishing village into a major tourist destination. First, people from Houston and Dallas built expensive weekend homes. Then, snowbirds from the Midwest discovered the town and showed up every winter. Finally, major chain hotels and restaurants moved in. But through it all, Rockport still maintained its small town "welcome home" ambiance. Trees were still preserved, bird-nesting areas still respected, and the seafood was still the best.

On that fateful day in August, all this changed, forever. Harvey arrived with 130 mph winds and took its toll. Rockport was the first mainland landfall. Then, Harvey stalled right over Rockport. The damage from both winds and water surge was horrendous. Buildings were destroyed, and the beautiful live oaks were decimated. The oyster beds were ripped up and the hotels and restaurants were flattened, which killed Rockport's two main economic resources, fishing and tourism.

My first trip back to help my elderly aunts, shortly after the devastation, was emotional. Trash and debris were everywhere. Large boats were two and three blocks inland, and many buildings were wrecked. But for me, the missing trees were the biggest shock; so many were just gone, taken out – roots and all – by the winds. The remaining trees had broken limbs and were completely denuded of leaves.



*Spring 2019: A damaged and denuded Live Oak finally gets new leaves.*



*Aug. 2019: The apartment complex where my cousin once lived. It still has not been torn down.*

Three months later, I went back again and was upset to see that people were still living in tent camps, and that soup kitchens were still open for business. Much of the debris had been collected, but they had no place to put it. The solution was to stack miles of debris, in some places as high as a three-story building, in the center median of the highway to Corpus Christi.

Some progress had been made on repairs to lesser damaged building and homes, but many of the really badly damaged ones were still untouched.

*Continued on page 17...*



# Computer Q&A BY SUZY KEREKES

## What Is the Purpose of the New Apple TV App?



The new Apple TV app streamlines all your streaming services into one app. What? To bring together “all the ways” you can watch TV within one app.

More simple: Buy / Rent / Watch just the cable and premium channels you want, when you want, and all your TV is located in one app. The best part is the ability to switch your streaming services off and on, like HBO or Netflix. You only pay for the months you stream those services. For example, when Showtime is done airing this season’s eight episodes of *Billions*, I simply unsubscribe and perhaps re-subscribe to HBO to watch *Big Little Lies*!

Going forward, it will no longer be necessary to have all the individual apps on your device...because they are already choices inside the Apple TV app.

Apple iPhone and iPads using iOS 12.3 software, and on Apple TV OS 12.3 and coming to the Mac this fall, will be able to stream TV and movies via the Apple TV app. Once you have done the update, the Apple TV app will automatically appear on your device. When you open up the TV app, you will immediately see all available streaming services. If you have a login and a password for HBO, just sign in. If not, you can subscribe via your Apple ID and password because you store a credit card on file. (The 2019 Samsung Smart TV also carries the Apple TV app.)



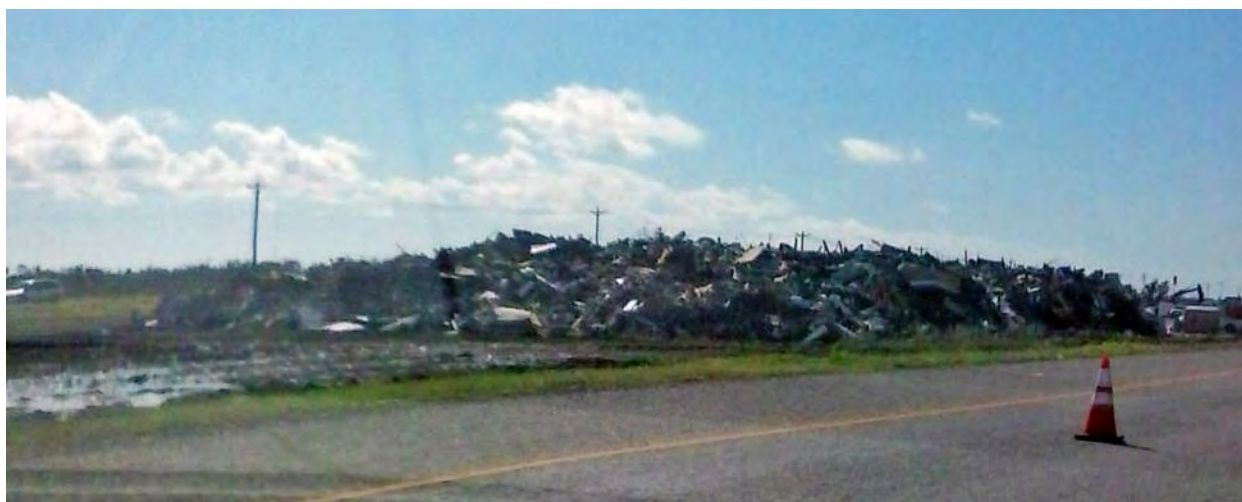
Apple is the harbinger of the streaming evolution in TV. And if I haven’t confused you enough, Apple will begin its own television streaming service this Fall. Using **Apple TV+** exclusively in the Apple TV app, Apple is creating new original content from the most creative minds in television and movies. You can go to [Apple.com](http://Apple.com) > **Apple TV+** to learn more. Once here, enter your email to be the first to watch this new original content when it premieres.

I recommend you tear out and save this page!



Contact the author at [i.suzyhelp@gmail.com](mailto:i.suzyhelp@gmail.com).





*Nov. 2017: 2.2 million cubic yards of debris from Aransas County was stacked in the median of Highway 35 between Rockport and Corpus Christi. There was nowhere else to put it.*

That visit in November was cold and very wet. I came home with at least 100 mosquito bites and allergies from the mildew and standing water.

### August 2019

Two years later, many homes and buildings have been repaired or rebuilt, but many are still in shambles. The courthouse, Baptist church, and old vacant HEB building were torn down; but many smaller buildings have been left abandoned. The Seashell Shoppe, the local department store, and several fast food places were open; and several hotels were being rebuilt. Oysters and shrimp were back and better than ever, and some restaurants were open. The annual 4th of July art festival had taken place, but with few available hotel rooms for tourists, not as many came this year.

The best news: the oak trees finally had leaves this summer. Ellen Degeneres donated \$1 million and partnered with Lowes to build a brand new gym at the high school, and it's nearly finished. The art center reopened in a new location in the heart of the old downtown, and the Fulton Mansion repairs are finally finished.

Yes, Rockport is slowly rebuilding, but it will never be quite the same. Many of the local landmarks are missing. Empty land is being bought up by speculators and large chain companies. Many of the younger locals pulled up roots and left for good because they needed to find work elsewhere.



*Aug. 2019: The new high school gym under construction. Thank you, Ellen Degeneres and Lowes.*



*Aug. 2019: The Art Center has reopened at a new location in downtown Rockport.*

I'll miss the old Rockport. But I'm hopeful that the new one will still retain its old charm, the trees will still be protected, and the birds will continue to return in the fall.



*Contact the author at  
vprince514@gmail.com.*



# Lifestyle Update August 2019

BY CONNIE KING  
LIFESTYLE DIRECTOR

Our Fourth of July celebration had a rocky start because of an unexpected 6.4 magnitude earthquake 200 miles up north in Searles Valley, of which we felt some small shockwaves. Once the excitement settled down, residents enjoyed food provided by Shadows Restaurant and live entertainment by Armando's Trio – plus our famous ice cream bar. See some photos of the celebration on the following page.

### What's New?

The Lifestyle Advisory Committee has been appointed by the Board. We will meet in early August to discuss plans for 2020/2021. If you have ideas or suggestions regarding activities or educational programs, please submit them via email or stop by the Lifestyle Desk. In the fall we will present a series of lectures focusing on the early history of the greater Palm Springs area. Beginning with the Cahuilla Indians, the series will follow a historical timeline and introduce many of the people who have contributed to the vibrant history of the Coachella Valley.

Our "Build Your Own Sundae" ice cream social is back on Friday, September 27 in the Montecito Ballroom. Sign up at the Lifestyle Desk.



The Golf Cart Parade in November will take a new route. It will travel down Sun City Boulevard westbound, cross Avenue 40, make a soft loop, and travel back on the east side of Sun City Boulevard. More details to follow.

If you have comments or suggestions about our programs, contact me at [connie.king@associa.us](mailto:connie.king@associa.us) or 760-345-4349 ext. 2124.

Thank you for your continued support.

*Connie*

# MUSIC TO MY EARS IS BACK!

**THURSDAY, AUGUST 22  
7 PM • SANTA ROSA PATIO**



**SEATING IS LIMITED  
BRING YOUR LAWN CHAIR AND ENJOY**  
REFRESHMENTS WILL BE AVAILABLE FOR PURCHASE AT THE SANTA ROSA BISTRO

# 4TH OF JULY



# CELEBRATION RECAP

Lifestyle Update



# HOT AUGUST NIGHT

THE ULTIMATE NEIL DIAMOND TRIBUTE




FRIDAY, AUGUST 9, 2019

\$ 2 5 | 7 P M | M O N T E C I T O B A L L R O O M

**D E L M A R**

**THURSDAY, AUGUST 29, 2019**  
**\$35.00 PER PERSON**  
(PRICE INCLUDES TRANSPORTATION AND SNACKS ONLY)

Depart: 10:00 a.m. | Return: 8:00 p.m.  
 Sign-ups begin Saturday, June 1, 2019  
 Guest sign ups begin Saturday, June 15, 2019



On Your Own  
 Diamond Club members admission fee \$3.00 per person and \$6.00 per person if you are not a Diamond Club member. Forms are available at the Lifestyle Desk or at the track (Kiosk) the day of the event.

Sun City Shadow Hills

**ALGODONES, MEXICO**



**Thursday, September 26, 2019**  
**\$35 per Person (Non-Refundable)**  
 Price Includes Transportation and Snacks on the Bus. Lunch on Your Own.  
**PASSPORT IS REQUIRED!**

*Algodones is a quaint town located Southwest of Yuma, AZ in Baja California, Mexico. Algodones' abundant shopping opportunities, medical and dental services are the main appeal for most visitors. Dozens of shops sell pottery, leather goods, glassware, inexpensive jewelry, hand-embroidered clothing, and colorful Mexican handicrafts. Enjoy dining at restaurants offering fresh fish entrees, Mexican specialties, as well as American food.*

Bus Will Depart the Montecito Clubhouse at 8:00 AM  
 Bus Will Return to the Montecito Clubhouse Approximately 6:00 PM

Sign-ups will begin on Monday, July 15, 2019  
 And Guest Sign-ups begin on Monday, July 29, 2019  
 (760) 345-4349 Ext. 2120




**ONE O'CLOCK, TWO O'CLOCK, THREE O'CLOCK, ROCK!**

**Ice Cream Social**  
 Meet n' Greet

ICE CREAM PROVIDED BY:  
**COLDSTONE CREAMERY**

MONTECITO BALLROOM  
**FRIDAY SEPTEMBER 27 • 2PM • \$6**  
 Sign ups begin: Monday, July 8, 2019 | Deadline: Friday, September 20, 2019

**Tenth Annual Golf Cart Parade**



**SAVE THE DATE**

**Saturday, November 30th, 2019**

We are looking for participants to show off their creativity and golf cart designs for this year's parade.  
 Sign-Ups Begin Monday, September 2, 2019

Lifestyle Events

THE LIFESTYLE DESK ACCEPTS VISA, MASTERCARD, DISCOVER AND AMERICAN EXPRESS.



# Grapeline<sup>®</sup>

## Wine Tours

**FRIDAY, OCTOBER 4, 2019**

The Grapevine, Inc. will provide private wine tour service including: round-trip transportation, wine tasting at three wineries, a behind the scene winery tour and lunch

- Depart the Montecito Clubhouse at 9:00 a.m. • 11:00 a.m. to 3:00 p.m. in Wine Country
- Return to the Montecito Clubhouse at 5:00 p.m.
- \*\*Half day adventure\*\*

**\$125**  
PER PERSON  
(NON REFUNDABLE)



SIGN-UPS WILL BEGIN ON MONDAY, JUNE 3, 2019  
AND GUEST SIGN-UPS WILL BEGIN ON MONDAY, JUNE 24, 2019



# Parking Lot Sale

**Saturday, October 19, 2019**  
**8:00 AM – 12:00 PM**  
**Santa Rosa Clubhouse**

Sign ups begin Monday, June 17, 2019  
Deadline: Monday, October 14, 2019  
For More Information Contact the Lifestyle Desk  
(760) 345-4349 Ext. 2120



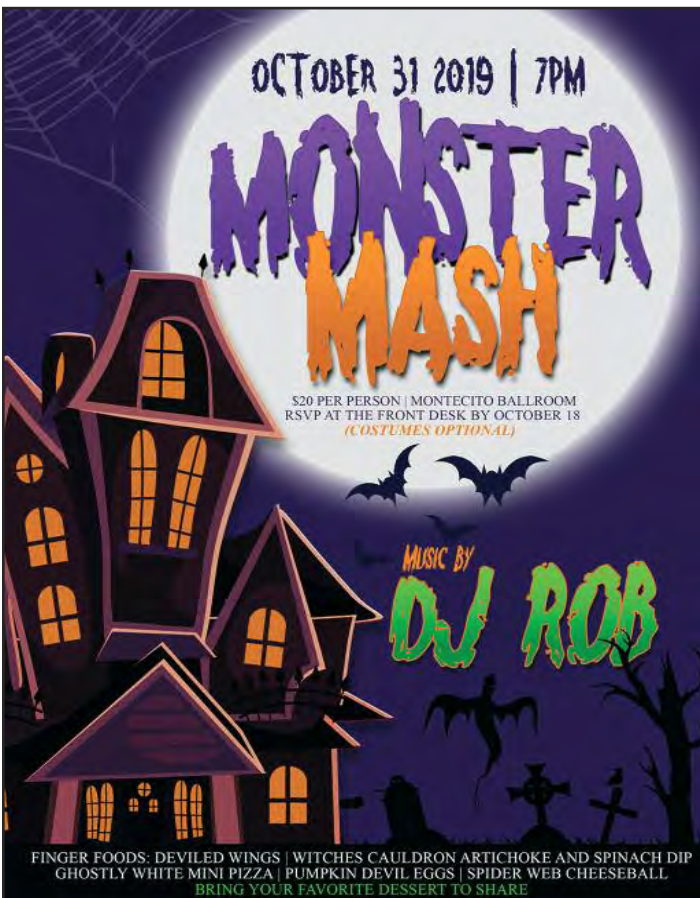
Sun City Shadow Hills

**OCTOBER 31 2019 | 7PM**

# MONSTER MASH


\$20 PER PERSON | MONTECITO BALLROOM  
RSVP AT THE FRONT DESK BY OCTOBER 18  
(COSTUMES OPTIONAL)

MUSIC BY  
**DJ ROB**



FINGER FOODS: DEVILED WINGS | WITCHES CAULDRON ARTICHOKE AND SPINACH DIP  
GHOSTLY WHITE MINI PIZZA | PUMPKIN DEVIL EGGS | SPIDER WEB CHEESEBALL  
BRING YOUR FAVORITE DESSERT TO SHARE


SHOP | DINE | EXPLORE



# The AMERICANA

at Brand

Thursday, November 7, 2019  
\$35.00 per person  
Depart: 8:30 a.m. | Return: 6:30 p.m.



Sign ups begin on Monday, August 12, 2019  
Guest sign ups begin on Monday, August 26, 2019

T W E N T Y   N I N E T E E N   -   T W E N T Y   T W E N T Y

# CONCERT SCHEDULE



FRIDAY, AUGUST 9, 2019  
HOT AUGUST NIGHT  
NEIL DIAMOND TRIBUTE  
\$25 | 7PM



SUNDAY, OCTOBER 20, 2019  
HARD DAYS NIGHT  
THE BEATLES TRIBUTE  
FREE | 6PM



SUNDAY, DECEMBER 1, 2019  
DECEMBER '63  
FRANKIE VALLI AND THE 4 SEASONS TRIBUTE  
\$25 | 7PM



SATURDAY, JANUARY 4, 2020  
CASH, KILLER & THE KING  
ROCK 'N' ROLL TRIBUTE  
\$25 | 7PM



FRIDAY, FEBRUARY 7, 2020  
ROCK AND ROLL REUNION  
A TRIBUTE TO AMERICAN ORIGINALS  
\$25 | 7PM



SATURDAY, MARCH 7, 2020  
KENNY METCALF & THE EARLY YEARS BAND  
ELTON JOHN TRIBUTE  
\$25 | 7PM

TICKETS GO ON SALE JUNE 15 • STOP BY THE LIFESTYLE DESK TO PURCHASE YOUR TICKETS  
NON RESIDENTS MUST CALL TO RESERVE 760-345-4349 EXT 2120. TICKETS HELD AT WILL CALL

THE LIFESTYLE DESK ACCEPTS VISA, MASTERCARD, DISCOVER AND AMERICAN EXPRESS.

*Lifestyle Events*



# American Flag Sale

New Replacement Flags and Poles for Phase 1 & 2 Homeowners

New Flags with Poles and Mounting Hardware for Phase 3 Homeowners

**WHERE**  
Montecito Clubhouse

**WHEN**  
August 9, 2019 • 10:00 AM

**Sponsored By**  
Shadow Hills Veterans Club

**For More Information Contact**  
(760) 347-6317

Sun City Shadow Hills  
THAT'S ENTERTAINMENT CLUB

## Sir Laffs-A-Lot's Comedy Night



Starring Comedians from the Top Late Night Shows

Hilarious New Shows Every Month

Rated "R" Due to Adult Content

Wednesday, August 21, 2019 • 7:00 PM

Arrive Together, Sit Together • No Seat or Table Saving

Tickets: \$12 in Advance / \$14 at the Door (If Available)  
Tickets Are Non-Refundable  
Checks/Visa/MasterCard/Discover/AMEX  
Complimentary Wine Served

Contact the Sun City Shadow Hills Lifestyle Desk for Tickets  
80888 Sun City Blvd • Indio CA 92203 • (760) 345-4349 Ext. 2120

### Sun City Shadow Hills Community Singers Rehearsal & Performance Schedule 2019/2020

- ❖ Monday, September 23rd at 4:30 pm Kick-off
- ❖ Rehearsals continue each Monday: Shadow Aires 3:30 – 4:30 pm, Full group 4:30 pm – 6:15 pm
- ❖ Wednesday, December 4<sup>th</sup> and Thursday, December 5<sup>th</sup> Community Service Concerts at Assisted Living Homes – Call Time: 1:30 pm
- ❖ Friday, December 13<sup>th</sup> and Saturday, December 14<sup>th</sup> at 10:00 am Concert Tech Rehearsals
- ❖ Sunday, December 15<sup>th</sup> at 2:00 pm Holiday Concert. Call time 12:30 pm
- ❖ Monday, December 16<sup>th</sup> at 6:00 pm – Holiday Social
- ❖ Sunday, December 22<sup>nd</sup> – "Menorah Lighting at 5:30 pm
- ❖ Monday January 13<sup>th</sup> at 4:30 pm Kick-off 2<sup>nd</sup> half
- ❖ Concert Techs: Friday, March 27<sup>th</sup> and Saturday, March 28<sup>th</sup> at 10:00 am
- ❖ Sunday, March 29<sup>th</sup> at 2:00 pm Spring Concert. Call time 12:30 pm
- ❖ Monday, March 30<sup>th</sup> at 6:00 pm – Spring Social



## Shall We All Dance

Sun City Shadow Hills  
Dance Club

Summer dance lessons! All residents welcome!

Every Tuesday 11AM-12PM – Aerobic Studio

Montecito Ballroom monthly dances return in October!



Singles, couples, beginners, experienced dancers... all welcome!  
Come dance with us! Dance hosts will be available for the singles.

Resident membership \$10/year; 1<sup>st</sup> dance included. Entry fee of \$10 includes lesson.  
For more information, contact Judy Wilson at 858-337-5284 or judywilson2016@outlook.com.





## Golf Operations

BY ROLLAND VAUGHN  
GENERAL MANAGER,  
SHADOW HILLS GOLF CLUB

As I mentioned in my July article, the Golf Course Maintenance team had planned, and now has completed, an extensive aerification project on both the North and South Golf Courses.

Many may question why golf courses need to perform such a disruptive procedure. As a USGA article states, "Aeration can be disruptive, but the long-term benefits far outweigh the short-lived disruption."

In order to reduce the length of this disruption, we perform aeration while the Bermuda grass is healthy and actively growing, which is during the summer in the Southwest.

Three of the main benefits are to relieve compaction, improve drainage, and stimulate root growth. Compaction is caused by traffic on the golf course and limits the amount of nutrients that penetrate the soil. The most noticeable areas of compaction are caused by golf carts and considered to be a necessary evil in this era of golf. Foot traffic does cause some compaction issues but on a much smaller scale.

Drainage is improved when the cores are pulled from the turf and filled with sand. Obviously, moisture percolates through sand much more efficiently than areas that have been contaminated by blow sand and other organic materials.

### HOURS OF OPERATION

#### North Course

6 am – 1 pm

Last SHGC golf car returned by 3 pm

#### South Course

6 am – 3 pm

Last SHGC golf car returned by 5 pm

#### Practice Facility\*

6 am – 3 pm

Closed Mondays: 11 am – 12 pm

Closed Thursdays: 11 am – 1 pm

\* Golfers will have priority for warming up prior to their round

\* Last bucket sold at 3 pm

Finally, root growth is stimulated when the turf is opened because air/nutrient exchange is improved. Hearty roots are key to produce the consistent green grass leaf that everyone enjoys playing on. Superior root system development protects the grass blades from environmental changes such as heat, cold, wind and moisture fluctuations.

Thank you again for all your support, and feel free to contact us at any time with questions or feedback.
































*Rolland*

Contact the author at [rmvaughn@troon.com](mailto:rmvaughn@troon.com).























Golf Update

# Montecito Fitness Center

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Class Passes
8:00 AM	 <b>Body Sculpt</b> \$4 – Angel	 <b>Total Body Strength</b> \$4 – Marlana	 <b>Body Sculpt</b> \$4 – Angel	 <b>Core-Stretch &amp; Balance</b> Free Class Forest	 <b>Total Body Tabata</b> \$4 – Marlana	 <b>Aerobics &amp; Restoration</b> Free Class Forest	<b>Annual Pass</b> \$250 Unlimited \$4 Classes Sold January 1 – January 31  <b>Monthly Pass</b> \$50 Unlimited \$4 Classes for That given Month  <b>10 \$4 Class Pass</b> \$40 Plus 10% Off  <b>Pass Restrictions</b>  <b>\$8 Classes</b> Annual and Monthly Pass Holders Will Pay an Additional \$4 to Attend and 10 \$4 Class Pass Holders Will Use Two Slots of the Pass  <b>Please Silence Cell Phones</b>  <b>Arriving Five Minutes Past Beginning of Class Will Not Be Allowed</b>  <b>Reformer Pilates Classes</b>  Sign up and Purchase Your 10 Class Pass at Montecito Front Desk Check or Credit Card Only  <b>Semi-Private Reformer</b>  Available upon Request, Check Montecito Fitness Desk for Packages and Pricing
9:00 AM	 <b>Zumba</b> \$4 – Angel	 <b>Yoga Balance &amp; Strength</b> \$4 – Melinda	 <b>Zumba</b> \$4 – Angel	 <b>Yoga Balance &amp; Strength</b> \$4 – Melinda	 <b>Zumba</b> \$4 – Rosy No class 8/9, 8/16		
9:30 AM			 <b>Aqua Cardio/Balance</b> \$4 – Karen		 <b>High Intensity Aqua Tabata</b> \$4 – Karen		
10:00 AM	 <b>Mat Core Pilates</b> \$4 – Angel	 <b>Cardio Blast/Sculpt</b> \$4 – Amy	 <b>Beginner Yoga</b> \$4 – Angel	 <b>Zumba Toning</b> \$4 – Angel	 <b>Chair Yoga &amp; Stretch</b> \$4 – Marlana		
11:00 AM	 <b>Reformer Pilates II (Intermediate)</b> \$12 – Brenna	 <b>Aqua Fitness</b> \$4 – Amy	 <b>Reformer Pilates II (Intermediate)</b> \$12 – Justin	 <b>Aqua Fitness</b> \$4 – Amy			
	 <b>Reformer Pilates I-II (Basic-Intermediate)</b> \$12 – Brenna		 <b>Reformer Pilates I-II (Basic-Intermediate)</b> \$12 – Justin	 <b>Reformer Pilates I-II (Basic-Intermediate)</b> \$12 – Justin			
12:00 PM	 <b>Reformer Pilates I-II (Basic-Intermediate)</b> \$12 – Brenna		 <b>Intro to Pilates</b> \$12 – Justin				
1:00 PM				 <b>Thera-Band</b> 1:15 PM Free Class Dr. Eric Max 40/Class			
2:45 PM		 <b>Chair Yoga &amp; Stretch</b> \$4 – Marlana					
3:00 PM	 <b>High Intensity Aqua Tabata</b> \$4 – Karen						
5:00 PM			 <b>Sun Tai Chi</b> \$4 Dr. Haberkorn				

# Santa Rosa Clubhouse

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
8:00 AM	 <b>Cardio Kickboxing</b> \$4 – Marlana	 <b>Stretch &amp; Balance</b> Free Class Forest		  <b>BarreAbove</b> \$4 – Marlana			<p>To Help Ensure Your Spot Please Arrive 10 Minutes Early</p> <p>Wait until room is empty to go inside</p> <p>Mind-body Classes Such as Yoga, Pilates, and Meditation Are Recommended to Be Done Barefoot (NS) = (No Shoes)</p> <p>Refrain from the Usage of Perfume or Cologne When Participating in Classes</p> <p>Please Silence Cell Phones</p> <p>We Only Accept Checks or Credit Cards Payable to "SCSHCA"</p> <p>Schedule Is Subject to Change</p> <p>Thanks for Your Cooperation</p>
8:30 AM						  <b>Yang/Yin Vinyasa Yoga (NS)</b> \$4 – Leesann	
9:00 AM	 <b>Silver Fit</b> \$4 – Marlana	 <b>Core and More</b> \$4 – Marlana	 <b>Power Pilates 9-9:45</b> \$4 – Amy  <b>Water Yoga &amp; Ai Chi</b> <u>S.R. Outdoor Pool</u> \$4-Melinda	 <b>Silver Fit</b> \$4 – Bonnie	  <b>Yoga (NS)</b> \$4 – Amy		
9:50 AM			  <b>Gentle Yoga 9:50-10:40 (NS)</b> \$4 – Amy				
10:00 AM	  <b>80 Min Yoga Therapy (NS)</b> (10:00-11:20) \$8 – Amy				 <b>Progressive Movement</b> Free Class Forest		
10:30 AM						  <b>Tai Chi Qigong</b> \$8 – Dr. Hamilton	

After morning group exercise classes, the Pismo/Newport rooms are not available due to Charter Club activities.

## FITNESS & WELLNESS GUIDE



Weight Loss, Cardiovascular Conditioning



Wellbeing, Stretching, Therapeutic



Wellness, Feel Grounded, Calm, Relaxed, Pain Management



Strength, Toning

### PAYMENT FOR CLASSES

We accept credit cards, cash or checks payable to SCSHCA. Payments received at front desk. To purchase a pass to attend a group exercise class you may choose from the following:

- **\$50 Monthly Group Exercise Pass**  
(allows resident to attend unlimited \$4 classes, but expires month of purchase)
- **\$40 Group Exercise Pass**  
(allows resident to attend ten \$4 classes with an additional free class received on day of purchase, and no expiration date)
- **Pay \$4 per class**  
(resident may pay for individual classes)

### CLASS FEE KEY

Free Class
\$4 Class
\$8 Class
\$12 Class

Schedule is subject to change.

Check the Fitness Calendar on [www.scszca.com](http://www.scszca.com) for class cancellations. For any questions, please contact: Santa Rosa Fitness Center at 760-345-4349 x 2201 Montecito Fitness Center at 760-345-4349 x 2111

### CLASS ATTENDANCE

To help ensure your spot please arrive 5 minutes early. Entry beyond five minutes after the start of the class will not be allowed. No open drink containers are allowed in studios.

# CLUB CONTACT INFORMATION

## Billiards

John Hemphill  
760-636-1924  
jlhemp@verizon.net

## Bocce Buddies

Rick Halla  
760-347-9676  
rick@rickhalla.com

## Bowlers Club

Rose Borses  
760-636-4788  
rosie6461@gmail.com

## Bridge

Rich Rodeman  
541-829-1934  
richrodeman@frontier.com

## Camera Club

Don Stenson  
760-565-7235  
scsbcameraclub@gmail.com

## Canasta

Beverly Mirsky  
beverlymirsky@yahoo.com

## Ceramics Club

Adam Roberts  
scsbceramics@hotmail.com

## Classy Niners

Carolyn "Cory" Stevens  
626-616-5260  
corystevens@ymail.com

## Community Singers

Geri Butler  
760-775-7846  
gbutler414@gmail.com

## Computer Club

Traci Barnett Hone  
760-360-1545  
info@scsbcomputerclub@gmail.com

## Couples Golf

Linda Lunghamer  
780-720-4117  
lunghamer@sbaw.ca

## Creative Arts

Marilyn Barton  
480-274-5500  
m2barton@hotmail.com

## Dance Club

Judy Wilson  
858-337-5284  
scsbdanceclub@gmail.com

## Desert Gardeners

Amy Tomlinson  
303-888-5429  
abtomlinson@mc.com

## Desert Life

Carline Smith  
760-345-4092  
cw\_gmsmith67@aol.com

## Discussion Forum

Mike Mercurio  
760-342-8108  
mmercurio999@gmail.com

## Games Plus

Pat Rosandich  
760-343-0783  
rosandichp@gmail.com

## Genealogy Club

Martha Horner  
760-347-2349  
marthajhb@gmail.com

## Gin Rummy

Marie Devito  
760-636-5593  
mariedevito2@gmail.com

## Hiking Club

Nancy Stenson  
stensonnancy@gmail.com

## Jewelry Club

Sharon Degenhart  
619-777-3457  
sdegenhart@ymail.com

## King & Queens

Card Club  
Mike Strittmatter  
760-698-2790  
mstrit2003@yahoo.com

## Lady Putters

Pamela A. Castro-Lee  
442-400-3122  
ladyplee@gmail.com

## Let's Meet and Eat Club

Tami Lamporte  
760-399-2299  
scsbmeetandeat@gmail.com

## Lively Liners

Lynn Turnbow  
442-300-2572  
howlynn222@gmail.com

## Mah Jongg

Joan Schwarz  
760-610-1561  
joanschwarz@yahoo.com

## Men's Golf Club

Rick Stohr  
760-619-2416  
rickstohr1@gmail.com

## Needles & Pins

Joan Kiening  
708-805-9783  
needlesandpinssuncity@gmail.com

## Oke Dokey Karaoke

Alan Voss  
209-768-9393  
alan@alvoss.com

## Pairs 9-Hole Golf Club

Brandon Mason  
310-508-3977  
scsbpairsgolf@gmail.com

## Pan

Bobbi Morris  
760-775-2976  
ebmorris@verizon.net

## Paper Crafters

GINNA MARTINEZ  
916-778-9425  
ginnamartinez66@yahoo.com

## Performing Arts

Judith Bennoch  
905-394-1660  
judithbennoch@cloud.com

## Pet Club

Tami Lamporte  
760-399-2299  
tlamporte@gmail.com

## Pickleball

Tom Gierat  
tgpickleball@gmail.com

## Rainbow Friends

Ron Forbes  
925 785-3258  
rgf1118@aol.com

## Readers Ink

Nancy Angus  
760-238-4582  
nangus1967@aol.com

## RV Club

Ed Degenhart  
619-777-3458  
edegenhart1311@gmail.com

## Solos

Judy Wilson  
858-337-5284  
judywilson2016@outlook.com

## Spanish Club

Maria Blue  
scsbspanishclub@gmail.com

## Table Tennis

Steve Monsky  
760-625-1478  
smonsky@att.net

## Tennis Club

Dennis J Sheehan  
650-303-8539  
djsheehan46@gmail.com

## That's Entertainment

Julie Johnston  
760-772-0317  
jjohnston003@dc.rr.com

## Tuesday Night Putters

Harry Shore  
949-677-4403  
hfsshore@gmail.com

## Tutta Bella Vino

tuttabellavino@gmail.com

## Ukulele Strummers

Darlene Kretchmer  
dkretchmer@yahoo.com

## Veterans Club

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

## Women's Golf Club

Mary Kunstler  
760-393-8143  
mfk1126@yahoo.com

## Writers Club

Tony Davis  
760-775-9521  
antiqphoto@gmail.com

## Resident Groups

### Baptist Church Group

Earl McDaniel  
949-675-8717  
emcdaniel27@myway.com

### Concerned Homeowners of Shadow Hills

Stu Stryker  
stustryker@aol.com

### Democrats

Avi Greene  
democratsinscsh@gmail.com

### Hadassah

Cindy Hailpern  
760-360-4902  
cindy.hailpern@verizon.net

### Mind, Body, and Soul

Karen Bernert  
818-355-1188  
kbern22@verizon.net

### Republicans

Pete Anderson  
760-469-2086  
petegolf@yahoo.com

### The Voice

Martin Stone  
760-565-1840  
martin.stone.86@gmail.com

## New Officers?

If your club's officers  
have changed, please see the  
Lifestyle Desk and fill out  
the New Officers form.

760-345-4349 ext. 2120

## Billiards Club

Have you wanted to pick up that pool cue for years but have just never gotten around to it, or never had the opportunity? Maybe you have never even held a cue but always wanted to play billiards! Your moment has arrived! Our beautiful billiards room at the Montecito Clubhouse is home to six beautiful nine-foot tables. Our club allows you to play with men and women of all levels of experience. Whether you are new to SCSH or a long time resident, this is your opportunity to play, meet your neighbors and make new friends.



Our club meets every Wednesday night at 7 pm in the Billiards Room, but many members arrive early to practice. We also have friendly and competitive tournaments once each month at a cost of \$5 per player, and you must be a club member to compete. On June 26 we played a mixed eight-ball and nine-ball tournament. Carlos Pena and John Hemphill took first place, Steve Rubino and Brad Rock took second, followed by Ralph Olson and Ed Lugo in third. Everyone played well at this enjoyable event.

Join us at the Montecito Clubhouse on Wednesday evenings and turn that billiards wish into reality. Contact our club leader, John Hemphill at (760-636-9028), and he will get you set up and playing immediately. We look forward to meeting you and having you join our club!

## Bocce Buddies

Come and meet a nice group of residents who enjoy bocce. It does not matter if you have ever played before, we can teach you the game.

We play bocce at the Montecito Clubhouse Mondays, Tuesdays, and Fridays. Log on to



scshca.com and see the “Clubs” calendar for the exact times. All are welcome to play and join our club. There are no membership dues.

We have five bocce courts at the Montecito Clubhouse and two courts at the Santa Rosa Clubhouse. The club plays year-round in foursomes and groups of six. If you want to play bocce at any time other than when the club meets, bocce balls are available for your use at the fitness desk.

For more information, please call Rick Halla at 760-347-9676.

## Bowlers Club

As you’re reading this, remember it’s being written on July 4. I’m sitting at my desk, and I feel my chair moving. Adjust the chair, maybe it’s me. Keep moving, look up and the door to my office is moving. Look at the chandelier and it’s swinging. Yup, it ain’t me, *it’s an earthquake!* A 6.6 in San Bernardino! I keep writing (such dedication).

Down to business. Our club continues to bowl through the summer. It’s what I refer to as our no competition practice league. This is the perfect time to come to Fantasy Bowl any Friday at 10 am, join the gang and test your skills. We accept beginners, seasoned bowlers and those who “haven’t touched a ball in 40 years.” Remember, it’s all about *friendship and fun*.

A large contingent of our group will have been to Las Vegas for the Funtime Bowling No Tap Tournament. The last two times the group participated, several of your neighbors “cashed,” meaning they scored high enough in the group of over 500+ contestants to be significantly high in the standings. We’re hoping to improve on that this time.

If you have questions about anything bowling contact: Rose Borses at 760-636-4788.

## Bridge Club

Bridge Club dues, what a deal! Our dues are \$15/person per year. Last year, that included a pizza party, a thank you to past officer’s party, and a big contribution towards the April dinner. Mostly, it covers the costs of providing social bridge and competitive bridge each week in our community. Our social games are where folks come together to play cards, regardless of their experience or skill



*Continued on page 30...*

...continued from page 29

level. Tables are organized, cards are shuffled, dealt, and played. Bid boxes are used. The director encourages the players to move the boards and keeps everyone on track. Our boards are *generated by a computer* to make them random. Our competitive games are awarded ACBL points. Each game is stratified, so we take into account the level of points and experience each player has. We have certified directors who follow a zero-tolerance policy for our competitive games. Both types of games are open to all Sun City Shadow Hills residents.

For further information regarding our summer game schedule, visit our website [www.bridgewebs.com/shadowhills](http://www.bridgewebs.com/shadowhills) or contact our president, Rich Rodeman at [richrodeman@frontier.com](mailto:richrodeman@frontier.com) or 541-829-1934.

## Camera Club



*Photo by Elaine Soule*

We have finished our season and are into summer mode. Please continue to take photos of your summer adventures and submit them to the Camera Club website. We will be starting up again in the fall so continue to watch for further updates. Enjoy your summer!

If you are interested in photography, we have all levels of photographers in our club. We have a great website that is updated regularly with photos submitted by our members. Here you can learn all about our club and find helpful information on photography skills in our "Toolbox." You can also submit any questions you have about photography on our website. Questions will be answered during our monthly meetings.

Check us out at: [www.scshtcameraclub.com](http://www.scshtcameraclub.com), or you can also email us at: [scshtcameraclub@gmail.com](mailto:scshtcameraclub@gmail.com).

## Canasta



The Canasta Club will be dark for the months of July and August. We will start back up again on September 6. We hope everyone has a great summer.

## Ceramics Club



As we roll toward mid-summer, our Ceramics Club members continue to work on their projects. Several members have been thinking ahead and already working on items for the holidays; gifts for Hanukkah and Christmas. Our 43 members have so much talent and are putting together wonderful items that friends and family will enjoy for years to come.

Beside the gifts, club members enjoy making personal items for their own enjoyment.. Below is a cigar ashtray done by our club president, who is a cigar aficionado and wanted something specifically to use on his patio that was deep enough to hold ashes when the winds blow. As the saying goes, "necessity is the mother of invention."



You too could enjoy coming up with a useful project by letting your creative juices flow into something unique just for you.

Stop by our club rooms any time! We meet on Tuesday and Friday, 8 am – noon.

You may also contact the club at [scshceramics@hotmail.com](mailto:scshceramics@hotmail.com) attention Adam Roberts.

## Classy Niners



Our summer golfing season continues. The Classy Niners' tee times are at 7 am on Tuesdays and Fridays throughout the summer months. Monthly away games at neighboring courses are listed on our calendar for June through September. Our away game at Woodhaven on July 19 was a great event, and our next away game at the Santa Rosa Course at Sun City Palm Desert on August 23 promises to be just as fun.

The Classy Niners welcome golfers of all levels of experience. Please visit our website at [www.shclassy9ers.com](http://www.shclassy9ers.com) for details concerning membership, summer away games, events, signups, photos and much more. While there, be

sure to check out our calendar listed under the Classy 9ers tab on the homepage.

Questions regarding Classy Niners membership should be directed to Debbie Althouse, membership chair, at [althouse.debbie@gmail.com](mailto:althouse.debbie@gmail.com). Please refer all other questions about our club to Cory Stevens, president, at [corystevens@ymail.com](mailto:corystevens@ymail.com).

*Save-the-Date!* Another exciting season is on the horizon. Our Welcome Back event will be on Monday, October 7. Our new board looks forward to seeing you there!

## Computer Club



Even though we are dark this summer, we can still offer some assistance via our website. We have some timely and helpful handouts at your fingertips!

To see any of our handouts, please visit our website at [www.scschcomputerclub.com](http://www.scschcomputerclub.com) and tap on the Class Handouts tab. These presentations are great tools, and you can view or print them anytime, 24/7. See?! Even on vacation, we're here for you!

We'll see you on *Friday, October 4 at 10 am* for our *Kick-Off Meeting in the Montecito Ballroom*. All residents are welcome, and it's free to attend. Our fall line-up will be a mix of new classes and some old favorites. Look for announcements in September.

We hope your summer is filled with fun, adventure, and air conditioning!

Any questions, please send us an email at [infoscshcomputerclub@gmail.com](mailto:infoscshcomputerclub@gmail.com).

## Couples Golf



Couples Golf is on summer break and will return in November. Check out our website for any updates or for membership inquiries, and to view the 2019/2020 schedule at [www.shcouples.com](http://www.shcouples.com). Contact Linda Lunghamer, president, for any questions at [scshcouples@gmail.com](mailto:scshcouples@gmail.com).

## Creative Arts



It is August and half the summer is almost over! We have had quite a few members continue with their artistic work and even some visitors trying to escape the summer heat.



Sid Weiss is continuing to explore sculpting and is showing real improvement. Jillian McElroy is experimenting with water color pens for a one-time visit with her grandmother, Wendy.

I want to remind everyone that we have our art room the whole summer and would love to see more of our full-time residents at our meetings. Any new members who would like to participate are also invited. It is cool in the room, and we all enjoy talking to one-another while we are working. Sometimes, we even go out to lunch after class.

If you are interested in finding out what we are all about, please contact President, Marilyn Barton, at 480-274-5500.

## Dance Club (Shall We All Dance)



Shall We All Dance is the SCSH club for lead-follow social dancing.

Singles, couples, beginners, experienced dancers, as well as dance hosts are welcome to join us for a monthly dance, October through May, in the Montecito Ballroom. Don't miss it!

Whether you like to lead or follow, you'll enjoy a full range of music from waltz to foxtrot, swing to hustle, cha-cha to salsa, and more.

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## All residents welcome: Come & dance!

*Dance lessons by professional instructor*

Every Tuesday 11 am – 12 pm

Aerobics Studio, Montecito Fitness Center

June through September

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For more information, please contact Judy Wilson, president, at 858-337-5284, or email [SCSHDanceClub@gmail.com](mailto:SCSHDanceClub@gmail.com).

• Montecito Clubhouse • Santa Rosa Clubhouse • HOA Office • Shadow Hills Golf Club

AMP - Amphitheater  
AS - Aerobic Studio  
BCM - Bocce Courts MC  
BCS - Bocce Courts SRC  
BH - Back Half Ballroom  
BR - Ballroom  
BW - Breezeway  
CAM - Cambria  
CAP - Capistrano  
CL - Clubhouse Lobby  
COA - Coachella  
FC - Fitness Center  
FH - Front Half Ballroom

GR - Green Room  
KSK - Kiosk  
LJ - La Jolla  
MAR - Marisol  
MC - Montecito Clubhouse  
MIR - Mirada  
MON - Monterey  
NPT - Newport  
OS - Offsite  
OUT - Outdoor Event  
PAC - Pacifica  
PAT - Patio by Capistrano  
PC - Putting Course

PIS - Pismo  
PRK - Parking Lot  
SC - Sports Court  
SEL - Santa Rosa Events Lawn  
SGC - South Golf Course  
SHA - Shadows Restaurant  
SRC - Santa Rosa Clubhouse  
SRP - Santa Rosa Patio  
SY - Santa Ynez  
SY1 - Santa Ynez I  
SY2 - Santa Ynez II  
TBD - To Be Decided  
TC - Tennis Court

# August

Sun City  
Shadow Hills®  
by Del Webb®

4

9:00 AM MVC Bible Study (PAT)  
9:00 AM Needles & Pins (CAM/MIR)  
10:00 AM Mountain View Church (CAP)  
2:00 PM Table Tennis (NPT)



5

7:15 AM Lady Putters (CAP)  
9:00 AM Creative Arts (CAM)  
11:30 AM Pan (CAP)  
12:30 PM Needles & Pins (CAM/MIR)  
1:00 PM Games Plus (PIS)  
1:00 PM Gin Rummy (NPT)  
4:00 PM Solo's Club (LJ)  
4:30 PM Galilee Center (LJ)  
4:30 PM King & Queens Club (PIS)  
6:00 PM Pan (CAP)  
7:00 PM Billiards Club (PAC)  
7:00 PM Bocce Buddies (BCM)

6

8:00 AM Ceramics (CAM)  
10:30 AM DRC Meeting (COA)  
11:15 AM Pan (NPT)  
12:00 PM Duplicate Bridge (BH)  
12:45 PM Paper Crafters (CAM/MIR)  
4:30 PM King & Queens Club (NPT)  
7:00 PM Bocce Buddies (BCS)

7

9:00 AM Needles & Pins (CAM/MIR)  
9:30 AM Bridge Lessons (CAP)  
10:30 AM Safety Meeting (COA)  
11:00 AM Table Tennis (NPT)  
12:30 PM Mah Jongg (BH)  
1:00 PM Jewelry Club (MIR)  
1:30 PM King & Queens Club (NPT)  
2:00 PM Landscape Advisory (COA)  
6:30 PM Bridge (BH)  
7:00 PM Billiards Club (PAC)  
7:00 PM Bocce Buddies (BCM)

11

9:00 AM MVC Bible Study (PAT)  
9:00 AM Needles & Pins (CAM/MIR)  
10:00 AM Mountain View Church (CAP)  
2:00 PM Table Tennis (NPT)



12

7:15 AM Lady Putters (CAP)  
9:00 AM Creative Arts (CAM)  
11:30 AM Pan (CAP)  
12:30 PM Needles & Pins (CAM/MIR)  
1:00 PM Games Plus (PIS)  
1:00 PM Gin Rummy (NPT)  
4:30 PM King & Queens Club (PIS)  
6:00 PM Pan (CAP)  
7:00 PM Billiards Club (PAC)  
7:00 PM Bocce Buddies (BCM)

13

8:00 AM Ceramics (CAM)  
11:15 AM Pan (NPT)  
12:00 PM Duplicate Bridge (BH)  
12:45 PM Paper Crafters (CAM/MIR)  
4:30 PM King & Queens Club (NPT)  
7:00 PM Bocce Buddies (BCS)

14

9:00 AM Needles & Pins (CAM/MIR)  
9:30 AM Bridge Lessons (CAP)  
11:00 AM Table Tennis (NPT)  
12:30 PM Mah Jongg (BH)  
1:00 PM Jewelry Club (MIR)  
1:30 PM King & Queens Club (NPT)  
6:00 PM Rainbow Friends (CAM)  
6:30 PM Bridge (BH)  
7:00 PM Billiards Club (PAC)  
7:00 PM Bocce Buddies (BCM)

18

9:00 AM MVC Bible Study (PAT)  
9:00 AM Needles & Pins (CAM/MIR)  
10:00 AM Mountain View Church (CAP)  
2:00 PM Table Tennis (NPT)  
5:00 PM Solo's Club (CAP)



19

7:15 AM Lady Putters (CAP)  
9:00 AM Creative Arts (CAM)  
11:00 AM Finance Committee (COA)  
11:30 AM Pan (CAP)  
12:30 PM Needles & Pins (CAM/MIR)  
1:00 PM Games Plus (PIS)  
1:00 PM Gin Rummy (NPT)  
4:30 PM King & Queens Club (PIS)  
6:00 PM Pan (CAP)  
7:00 PM Billiards Club (PAC)  
7:00 PM Bocce Buddies (BCM)

20

8:00 AM Ceramics (CAM)  
10:30 AM DRC Meeting (COA)  
11:15 AM Pan (NPT)  
12:00 PM Duplicate Bridge (BH)  
12:45 PM Paper Crafters (CAM/MIR)  
2:00 PM Golf Advisory Comm. (COA)  
4:30 PM King & Queens Club (NPT)  
7:00 PM Bocce Buddies (BCS)

21

9:00 AM Needles & Pins (CAM/MIR)  
9:30 AM Bridge Lessons (CAP)  
10:00 PM Budget Session (FH)  
11:00 AM Table Tennis (NPT)  
12:30 PM Mah Jongg (BH)  
1:00 PM Jewelry Club (MIR)  
1:30 PM King & Queens Club (PIS)  
6:30 PM Bridge (CAP)  
7:00 PM Billiards Club (PAC)  
7:00 PM Bocce Buddies (BCM)  
7:00 PM Comedy Night (BR)

25

9:00 AM MVC Bible Study (PAT)  
9:00 AM Needles & Pins (CAM/MIR)  
10:00 AM Mountain View Church (CAP)  
2:00 PM Table Tennis (NPT)  
4:00 PM Let's Meet & Eat Club (BR)



26

7:15 AM Lady Putters (CAP)  
8:00 AM Executive Session (COA)  
9:00 AM Creative Arts (CAM)  
11:30 AM Pan (CAP)  
12:30 PM Needles & Pins (CAM/MIR)  
1:00 PM Games Plus (PIS)  
1:00 PM Gin Rummy (NPT)  
2:00 PM Board Meeting (BR)  
4:30 PM King & Queens Club (PIS)  
6:00 PM Pan (CAP)  
7:00 PM Billiards Club (PAC)  
7:00 PM Bocce Buddies (BCM)

27

8:00 AM Ceramics (CAM)  
11:15 AM Pan (NPT)  
12:00 PM Duplicate Bridge (BH)  
12:45 PM Paper Crafters (CAM/MIR)  
2:00 PM Readers Ink (CAP)  
4:30 PM King & Queens Club (NPT)  
7:00 PM Bocce Buddies (BCS)

28

9:00 AM Needles & Pins (CAM/MIR)  
9:30 AM Bridge Lessons (CAP)  
11:00 AM Table Tennis (NPT)  
12:30 PM Mah Jongg (BH)  
1:00 PM Jewelry Club (MIR)  
1:30 PM King & Queens Club (PIS)  
2:00 PM Information Advisory (COA)  
6:00 PM Movie Group (CAM)  
6:30 PM Bridge (BH)  
7:00 PM Billiards Club (PAC)  
7:00 PM Bocce Buddies (BCM)



# Thursday

# Friday

# Saturday

7

9:00 AM **Bulk Cable Townhall** (BR)  
 9:00 AM Creative Arts (CAM)  
 10:00 AM **Writer's Club** (LJ)  
 11:45 AM Pan (CAP)  
 12:30 PM **Games Plus** (NPT)  
 12:30 PM Ukulele Strummers (CAM)  
 1:00 PM EPC (MON/PIS)  
 2:00 PM **Bulk Cable Townhall** (BR)  
 2:00 PM **Food & Beverage Comm.** (COA)  
 4:30 PM **King & Queens Club** (PIS)  
 6:30 PM Bridge (CAP)

8

9:00 AM Creative Arts (CAM)  
 11:45 AM Pan (MAR)  
 12:30 PM **Games Plus** (NPT)  
 12:30 PM Ukulele Strummers (CAM)  
 3:00 PM **Meet a Board Member** (CAP)  
 4:30 PM **King & Queens Club** (PIS)  
 6:30 PM Bridge (CAP)

15

8:00 AM **Classy Niners** (LJ)  
 9:00 AM **Agenda Review** (COA)  
 9:00 AM Creative Arts (CAM)  
 10:00 AM **Writer's Club** (LJ)  
 11:45 AM Pan (MAR)  
 12:30 PM **Games Plus** (NPT)  
 12:30 PM Ukulele Strummers (CAM)  
 4:30 PM **King & Queens Club** (PIS)  
 6:30 PM Bridge (CAP)

22

9:00 AM Creative Arts (CAM)  
 11:45 AM Pan (CAP)  
 12:30 PM **Games Plus** (NPT)  
 12:30 PM Ukulele Strummers (CAM)  
 4:30 PM **King & Queens Club** (PIS)  
 6:30 PM Bridge (CAP)  
 7:00 PM **Music to My Ears** (SRP)

29

9:00 AM Creative Arts (CAM)  
 11:45 AM Pan (CAP)  
 12:30 PM **Games Plus** (NPT)  
 12:30 PM Ukulele Strummers (CAM)  
 4:30 PM **King & Queens Club** (PIS)  
 6:30 PM Bridge (CAP)

2

8:00 AM Ceramics (CAM)  
 8:00 AM **Weight Watchers** (CAP)  
 11:45 AM Pan (CAP)  
 1:00 PM **Bulk Cable Townhall** (BR)  
 1:15 PM **Health/Fitness Committee** (COA)  
 2:00 PM **Table Tennis** (NPT)  
 5:30 PM **Bulk Cable Townhall** (BR)  
 7:00 PM **Movie Night:**  
*Second Act* (CAM/MIR)

9

8:00 AM Ceramics (CAM)  
 8:00 AM **Weight Watchers** (FH)  
 10:00 AM **Flag Sale** (CL)  
 2:00 PM **Table Tennis** (NPT/PIS)  
 7:00 PM **Hot August Night** (BR)  
 7:00 PM **Movie Night:**  
*There's Something About Mary*  
 (CAM/MIR)

16

8:00 AM Ceramics (CAM)  
 8:00 AM **Weight Watchers** (CAP)  
 11:45 AM Pan (CAP)  
 2:00 PM **Table Tennis** (NPT/PIS)  
 7:00 PM **Movie Night:**  
*The First Wives Club* (FH)

23

8:00 AM Ceramics (CAM)  
 8:00 AM **Weight Watchers** (CAP)  
 9:00 AM **Performing Arts Board** (LJ)  
 2:00 PM **Table Tennis** (NPT)  
 7:00 PM **Movie Night:**  
*My Big Fat Greek Wedding*  
 (CAM/MIR)

30

8:00 AM Ceramics (CAM)  
 8:00 AM **Covenants Committee** (COA)  
 8:00 AM **Weight Watchers** (CAP)  
 2:00 PM **Table Tennis Club** (NPT)  
 7:00 PM **Movie Night:**  
*Vox Lux* (FH)

3

9:00 AM Spanish Class (CAM)  
 10:00 AM Bridge (BH)



10

9:00 AM Spanish Class (CAM)  
 10:00 AM Bridge (BH)



17

10:00 AM Bridge (BH)  
 4:00 PM **Tennis Club** (NPT/PIS)



24

9:00 AM Spanish Class (CAM)  
 10:00 AM Bridge (BH)



31

9:00 AM Spanish Class (CAM)  
 10:00 AM Bridge (BH)

Sign up or purchase tickets to  
 Lifestyle events at the Lifestyle  
 Desk in the Montecito Clubhouse.  
**760.345.4349 ext. 2120**  
*Cash, checks & credit cards accepted.*

# Lifestyle Calendar of Events

## Desert Gardeners Club



Our club provides opportunities for expanding your gardening knowledge and skills. We meet monthly from November to April. Activities include guided tours of local nurseries and gardens, lectures on gardening techniques and plant selection, and visits to members' gardens. Visit our website [www.scshtdesertgardeners.com](http://www.scshtdesertgardeners.com) to find the latest news on our club activities and a wealth of gardening resources.

Membership forms are available on our website. Yearly dues are \$15 for one person or \$20 for two people from the same household. Checks payable to "SCSH Desert Gardeners Club" can be deposited in Box 55 at the Montecito Clubhouse. For more information, contact Amy Tomlinson, president, at [scshdesertgardeners@gmail.com](mailto:scshdesertgardeners@gmail.com) or call 303-888-5429.

## Desert Life



Desert Life is "dark" in July and August. Please come and join us for our September 17, 2019 lunch at Heritage Palms. At our September luncheon you will hear from a member of the Ophelia Project, which assists young girls at-risk from bullying. Join us for some great food, meet old and new friends and enjoy an interesting program.

If you would like to join Desert Life, pick up a membership application at the Montecito's front desk or at the Santa Rosa where the flyers are located. Fill out the application and attach a check for the \$15 membership fee made out to "SCSH Desert Life." Write "new" or "returning member" on your check and drop it into the Desert Life mailbox at the Montecito Clubhouse.

Have a happy and cool-as-possible summer. We'll see you September 17!

## Games Plus



Games Plus was formed to play various games. Currently, we play Bingo the first Friday of each month, unless otherwise notified. *There will be no bingo during the months of July, August, and September. The next Bingo will be October 4, 2019.*

Doors open at 5:30 pm with games starting at 6:30 pm, unless specified otherwise. Paper sells for \$5 for 10 games, each game sheet has three cards. There are two special games throughout the evening. You may purchase double actions for \$1 each, and the final game is three for \$2. You may purchase as many as you want to play. The two special

games are usually our biggest payouts. They can pay as much as \$250 each. As our numbers grow throughout the season, the pots will be bigger. We also have a free door prize raffle right after intermission. It's a fun evening with lots of fellowship. Bring your friends and/or family to play. Outside guests are always welcome. You must be 18 years of age to play. *Cash only please, and small bills are appreciated.*

On Monday of each week there is a room available at the Santa Rosa Clubhouse from 1 to 3:30 pm for Scrabble and other games. On Thursdays there is a room at the Santa Rosa Clubhouse open for Hand and Foot at 12:30 pm. There is no charge or dues required to play on either of these days. You must put together your own group to play. Please contact Kathy Reid at 760-469-2335 if you are new and plan on playing Hand and Foot on Thursday to make sure there are enough tables set up.

If you have any questions, contact Pat at 760-343-0783 or 310-433-0714.

## Genealogy Club



So, you received a gift last year to have your DNA tested. You managed to deposit a bit of saliva into a tube and mail it off. Eventually, you received your "results" which indicated that your family came mostly from Western Europe. Big Deal! You knew that. Now, you have been receiving emails from complete strangers, suggesting that you are related somehow. What do you do next? Do you have a documented family tree? Do you have a genealogy expert in your family? Do you really understand how this DNA thing works anyway? Were you adopted? We can probably bet that you have regrets for not talking more to your grandparents about your family history before they passed.

If any of the above sounds like your family, you are not alone. These questions have been surfaced by many others. Better yet, there are some answers! There are people and resources that you can access to help you find and dig out fascinating information on your family's past and much more. Come and join our club; meet some folks who have pursued similar questions and advanced to some amazing personal adventures.

Website: [www.scshtgenealogy.com](http://www.scshtgenealogy.com) for more information on meetings, contact information, etc.

## Gin Rummy



The Gin Rummy Club meets every Monday at the Santa Rosa Clubhouse in the Newport Room. Game starts at 1 pm,

and we play until finished. Depending on how many players there are, the game can end anywhere from 4:30 to 5:30 pm.

If you play Gin Rummy or would like to learn, please contact Marie DeVito at 760-636-5593. We are a fun group, and all are welcome.

## Hiking Club



Sun City Shadow Hills' Over the Hill Hiking Club offers easy, moderate, and strenuous hikes from October through March. To see the hike schedule and further club information go to [www.scsbca.com/hiking](http://www.scsbca.com/hiking). New members please contact Nancy Stenson at [stensonnancy@gmail.com](mailto:stensonnancy@gmail.com).

## Jewelry Club

Here we are in beautiful Sun City Shadow Hills. Well, beautiful and quite hot in the summer, so get out of the heat! Stop by and check out the cool chicks making fabulous jewelry. Our classes are smaller in the summer, so it's the perfect time for you to start making the necklace or earrings you always wanted.

Please be advised that the club dues are now \$10 per year and are collected annually in January. Whether you are a beginner or a skilled jewelry maker, this group is for you.

Stop by the Mirada Room at the Montecito Clubhouse any Wednesday afternoon between the hours of 1 pm and 3:30 pm to participate, or just see what's going on. If you want to get started, there are any number of experienced members who can lend you a hand.

Contact our president, Sharon Degenhart, at 619-777-3457 if you would like additional information about club activities.

## Kings and Queens Card Club

The name of the game is *Poker!* Kings and Queens Card Club is open for play throughout the year giving you the chance to join in.

Who: Shadow Hills residents looking for a good night out with friends and neighbors

**When:** Mondays, Tuesdays, and Thursdays at 5 pm

**Where:** Santa Rosa Clubhouse

**What:** Dealers choice (Omaha, Stud, Hi Low etc.)

We're always looking for new players from our Shadow Hills community. Immediate seating available. So, let's all shuffle up and deal!

For more information, please call Mike at 760-698-2790.

## Lady Putters

It is hot, but Lady Putters Summer League is going strong!

We are inviting all the women of Sun

City Shadow Hills to come and join us. No membership or handicap is necessary. All you need to play is \$2, a putter, a ball, and a desire to have fun. We meet in the Capistrano Room at the Montecito Clubhouse. Check-in is between 6:30 – 6:55 am and play begins at 7 am. We will not be wearing usual uniforms. Casual dress is fine, but please, no flip flop type shoes (for your safety), no tank tops, and no Daisy Duke shorts.

During the Summer League, there will be the usual \$1 pay out per hole in one, but there will be no handicaps or birds. At the end of the Summer League, if there is money left over, there will be a fun event planned by those who participated.

Summer League will end October 28. If you have any questions regarding Lady Putters Summer League, please contact Maureen Whitaker at 760-342-1260 or Nancy Chain at 760-391-7806.

Please be sure to mark your calendars for Tuesday, October 29 for our Welcome Back Tea as we begin our 2019-2020 season.

Have a great summer!

## Let's Meet and Eat Club



Back by popular demand on August 25: The Zippers! One of our most popular bands is back to keep the dance floor packed with tunes from the '50s, '60s, '70s, etc.

The Let's Meet and Eat Club offers members the opportunity to spend time with their friends, meet their neighbors, and enjoy some of the best live entertainment in our community. We meet once a month, from 4 – 7 pm, for “dance parties” in the Montecito Ballroom. Everyone brings a dish to share, with a table of 10, along with their favorite beverages, beer and wine, ok! Dance, sing along, or socialize; our club offers something for everyone.

Events cost \$10 per member and \$12 for non-resident guests. All residents of Sun City Shadow Hills must be members to attend, and remember, we hold our events year-round! Membership forms are available on the SCSH website, under “Clubs” and “Let's Meet & Eat,” and at the front desk of the Montecito. The yearly membership cost is \$10 per person, and membership runs from January 1 to December 31. Please look for our event dates on the SCSH website and on the posters in the lobby of the Montecito. Pick up the event reservation forms in the kiosks at both clubhouses. Events fill up very quickly, so please get your forms and checks into the club mailbox as early as possible.

Questions: please call Cherie at 760-953-6674 or email [scshmeetandeat@gmail.com](mailto:scshmeetandeat@gmail.com).

## Lively Liners



*Let's Get Ready to Dance!* The Lively Liners dance classes are dark in August, but don't be disheartened. We have all the dances we dance to in class on our website. View step sheets of the dances, demos of the dances, and tutorials you can learn from.

- Go to [www.scshlivelyliners.com](http://www.scshlivelyliners.com)
- Click on the dance link.
- Choose from Beginners, Intermediate, Advanced, or Couples dances.
- No password or membership to the club is required.
- See you in September!

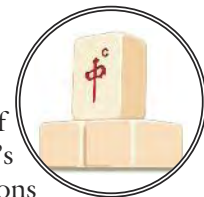
Line dance classes are offered at the Montecito Fitness Center, Aerobics Studio. Try the first *two* classes for free! Registration is at 12:45 pm on Mondays *only*.

Laugh, make new friends, and of course...dance! We hold fun, monthly dances to show-off your skills! Dance to country music and pop favorites! Low \$15 monthly fee includes *all* classes!

Please check the calendar on our website for any changes to the schedule at [www.scshlivelyliners.com](http://www.scshlivelyliners.com).

For info, please call Lynn at 442-300-2572, or Katy at 760-610-5710.

## Mah Jongg



Now that we have seen the hot days of June and July in the rear-view mirror, it's time to think about the Mah Jongg lessons right around the corner, starting in September. If you are in need of a Mah Jongg League Card for 2019-2020 there are two easy ways to secure one. There is a booth at the College of the Desert Street Fair in Palm Desert that sells Mah Jongg items including the Card. The Street Fair in Palm Desert is open every weekend all year long. The hours from June through September are 7 am to 12 pm. You can also write to the National Mah Jongg League, Inc. at 450 Seventh Avenue, New York, NY 10123. The cost for the small card is \$8, the cost for the large card is \$9. The website for the league is: [www.nationalmahjonggleague.org](http://www.nationalmahjonggleague.org) and their phone number is 212-246-3052.

American Mah Jongg sets are available in many stores and online. Walmart has sets with racks and pushers priced from \$48 and up. Amazon has similar sets from \$40 and up.

Now that you are set for the game, let's play! The SCSH Mah Jongg Club meets every Wednesday. Regular play is from 12:15 – 3:30 pm in the Montecito Clubhouse. Come and join us for an afternoon of fun and a challenging game. Many of our members have left for the summer and we welcome new players who would like to play. A table will be found for you so don't hesitate to come on in.

Membership dues for the 2019 calendar year are \$10.

## Needles and Pins



As the summer rolls along, our enthusiasm for our quilting and yarn projects continues. Attendance is smaller since we are in the midst of the summer heat, but our creativity knows no bounds. In the above photos three of our members show their most recent projects: the beginnings of a quilt, a t-shirt quilt and a quilted pillow. As always, our charitable donations continue, as we provide pet beds to animal shelters, baby blankets to hospitals, and quilts to various organizations.

We meet three times a week in the Cambria/Miranda rooms at the Montecito Clubhouse: Sunday 9 am – 5 pm, Monday 12:30 – 5 pm, and Wednesday 9 am – 1 pm.

For additional information contact Joan Kiening, president, at [needlesandpinssuncity@gmail.com](mailto:needlesandpinssuncity@gmail.com).

## Oke Dokey Karaoke



Come and have a ball! Show the world the entertainer that you are or want to be. It's great fun for all. Whether you think you have a great voice or you can't carry a tune, it's an opportunity to have fun singing outside the shower, without worrying that you are going to embarrass yourself. You can sing by yourself or with a partner or group, sing all types of songs, or just listen and enjoy. We provide a songbook by song title, or by singer. You can pick your own favorite. Everyone should have a chance in his or her life to enjoy one of their secret wishes. Because, if not now – when?

Come to the Montecito Ballroom the first Thursday of every month from 6 – 8:30 pm (October–May) for fun and a chance to meet neighbors and make new friends. Annual dues are \$10.

So, bring along your favorite libation and enjoy the fun and companionship. Contact Alan Voss 209-768-9393 for more information.

## Pairs 9-Hole Golf Club



It's summer vacation time at the Pairs 9-Hole Golf Club. We are dark until the 2019-2020 season of golf starting in November. A schedule will be posted and emailed as soon as the golf course is ready for us.

Our club's mission is to share the love of golf in a social and friendly way for those who wish to have a relaxed and fun game. After each round of golf, we gather on the patio at the Shadows Restaurant for a fun social hour. All resident golfers in SCSH are encouraged to join, whether you are single or a couple, and we do not require handicaps. Play begins at 1:30 pm at the par-3 North Course, and everyone must sign in no later than 1 pm. On the first and third Thursday of each month, we use a shotgun start format and play nine holes of golf.

Annual membership dues are \$10 per person. To register for any of our play dates, you must

complete sign-up by noon on the Wednesday before the posted and emailed play date.

Contact either Brandon Mason (310-508-3977, [scshpairsgolf@gmail.com](mailto:scshpairsgolf@gmail.com)) or Mike Johnson (775-721-7966, [Michael.d.johnson3860@gmail.com](mailto:Michael.d.johnson3860@gmail.com)).

## Paper Crafters



Relax, cool off, learn a new paper crafting technique, and meet some new friends this summer! We offer a wide variety of card-making and 3-D items. For example, Shirley Berling and Ginna Martinez recently taught a class in Paper Quilting with cards that used Washi paper (which is based on Japanese kimono fabric).



Summer is a great time to visit our class, as we have fewer members, allowing for more individual learning. You are invited to attend a class, make the project, and then decide if you would like to join our group. Membership cost is \$10 per year. Weekly projects range between \$1 and \$3.

We meet every Tuesday in the Mirada Room of the Montecito Clubhouse at 12:30 to “set up” and “catch up” with each other. Card classes begin at 1 pm.

Be sure to check out our display case (opposite the Mirada Room) that showcases some of our current cards and projects or just stop by to take a peek during class to see what we are up to.

Questions? Please contact our President, Ginna Martinez, at 916-778-9425 or [ginnamartinez66@yahoo.com](mailto:ginnamartinez66@yahoo.com).

## Performing Arts Club



The Performing Arts Club is ‘dark’ for the summer. Enjoy these lazy, hazy, crazy times of summer when the days are longer and travel, festivals and

*Continued on page 38...*

...continued from page 37

celebrations abound. We will resume our General Membership meetings in October. Stay tuned for news and updates on our November show *Other Desert Cities*. Want to get involved? Please contact Producer Bev Mirsky at [beverlymirsky@yahoo.com](mailto:beverlymirsky@yahoo.com).

Interested in Directing? Our Spring 2020 production of Neil Simon's *The Odd Couple (Female Version)* needs you!

For further information and membership inquiries contact Judith Bennoch at [judithbennoch@icloud.com](mailto:judithbennoch@icloud.com) or 905-394-1660.

## Pet Club

We meet the second Tuesday of the month at 6:30 pm in the Montecito Clubhouse.

The Pet Club is on hiatus until September, but we would like to take this opportunity to thank Bob Schuster and Steve Blake for all their work in the last few seasons of the Pet Club. For this upcoming 2019-2020 season we have new officers: President Tami Lamporte, Vice President Lynda Seringa, and Treasurer Barbara Scharnhorst.



*Tami Lamporte, Lynda Seringa, and Barbara Scharnhorst pictured with their fur babies.*

We look forward to this next season with interesting speakers, fun drawings each meeting with pet themed prizes, and good fellowship with all SCSH pet parents. Look for flyers in the clubhouses for more information on our fun club.

## Pickleball Club

If it's August, it must be "triple digits plus" here in the desert. It certainly hasn't affected Pickleball play on our courts – early morning hours find the courts very active. If you are in the north for the summer, we hope you are out playing too.

The board and those on committees are planning for the upcoming season. Tournaments are always fun mixed with



a competitive spirit which keeps us challenged. We are looking at maybe a women's only and a men's only tournament. What do you think?

We will continue with inter club play led and organized by Mike Goldring. Neal Rosenthal has agreed to run the tournaments again this coming year. Please thank these guys when you see them.

The website has great info – go take a look: [scshpickleball.com](http://scshpickleball.com). In addition to club information, there are links to Pickleball sites.

Pickleball saying for the month: "*DINK responsibly - Don't get SMASHED!*"

## Rainbow Friends

It's August, so the heat is here in full force. Hopefully, you are finding ways of keeping cool.



If you are enjoying the summer here in the valley, we hope to see you at this month's regular meeting starting at 6 pm in the Montecito Clubhouse on Wednesday, August 14. The program is yet to be determined. Please watch your email for updates.

We are a social club for the LGBT community, their family, and friends. For further information, please contact Kathryn at 954-729-1123 or Ron at 925-785-3258.

## Readers Ink

Connie Brennan led the discussion in June on *Manhattan Beach* by Jennifer Egan. Twenty-six Readers Ink members were present. We rated the novel a 6.5 out of 10. The ratings were hot and cold. Some gave the book an 8 and others gave it a 3! The discussion was a good one! Thank you, Connie, for leading.



In July we discussed *Where the Crawdads Sing*. The discussion was led by Mary Reige. Thank you, Mary, for leading a discussion on a wildly popular book!

- **July:** *Where the Crawdads Sing* by Delia Owen (Mary Riege, leader)
- **August:** *What She Left Behind* by Marie Wiseman (Wendy Armstrong, leader)
- **September:** *Before We Were Yours* by Lisa Wingate (Carolann Guinan, leader and Sandy Bennet, speaker)
- **October:** *Unassisted Living* by Bob Puglisi (author/speaker)

If you love to read, please join us on the fourth Tuesday of each month in the Capistrano Room of the Montecito Club at 2 pm.

## RV Club



*Multnomah Falls, OR on the Columbia River Scenic Way 30, Ed & Sharon Degenhart 2019 Summer RV trip.*

Greetings from the SCSH RV Club, Interested in RV travel and sharing like interests with friends? Join us and tell your RV travel stories.

We are dark for the summer months but will be back with a pizza party in the Capistrano Room on September 17 at 6:30 pm. Come and take part in a fun evening!

Questions? Give Ed a call at 619-777-3458.

## Solos

We are the social club for single residents of SCSH. Our activities include monthly meetings, potlucks, game nights, pool parties, dinners, billiards, mystery happy hour, comedy night, field trips, movie nights, dances and book discussions.

### August Action!



- August 14: Mystery Happy Hour, 4 pm. RSVP by August 11.
- August 20: Rancho Mirage Observatory Tour, 2:15 pm. RSVP by August 14.
- Every Friday: Happy Hour at Shadows Restaurant. 4:30 pm.
- Every Tuesday: Free dance lessons, 11 am, Aerobics Center  
Please RSVP after August 1 to either BJ Kaske



(442-666-8262, bj1kaske@yahoo.com) or Pat Lawler (760-565-6810, plawler56@hotmail.com).

Membership is \$15, good through 2019. Membership forms are available at the Lifestyle Desk. Contact Shirley Bunce at 760-345-8121 or email bunce.shirley123@yahoo.com for more information.

## Spanish Club

The Bienvenido Spanish Club would like to invite anyone interested in exploring the Spanish language, as well as the regional customs, literature, art, music, clothing, and FOOD of countries where Spanish is the primary language. The club presents an opportunity to practice your Spanish with folks of all abilities, from beginner to native speaker. Everyone is welcome!

The Club meets every second and fourth Thursday of the month at 4:30 pm at the Montecito Clubhouse Cambria Room. The annual membership fee is \$20. Please email any questions to: scshspanishclub@gmail.com.

We will be taking a break during the months of June, July, and August. Information about the country we'll be visiting in September will be published in a future edition of *The View*.

*¡Gracias, amigos! Espero que puedan participar.*  
Thank you, friends! I hope you can participate.

## Table Tennis

Wednesday, Friday and Sunday are the times for table tennis and unless you are brand spanking new, you know the times are 11 am on Wednesday and 2 pm on Friday and Sunday. Martin Luther King said, "In the end, we will remember not the words of our enemies, but the silence of our friends." I mention this because there is very little silence while the wild world of table tennis is in action and everyone seems to enjoy the banter. Smashes by John Kushinski, Rick Sherman and Paul Hulbert bring to mind another quote which says, "Problems worthy of attack prove their worth by hitting back." I'm not sure who said it but I have bruises to show you why it's a good point. Hey "newbie," I was just joking. Come on out and see for yourself. Plus, the A/C has a mind of its own. So, you can feel every type of climate for at least two hours.



## Tennis Club

Congratulations to our Canadian tennis players as the Toronto Raptors from Toronto, Canada, captured the first National Basketball Championship outside the United States. There were no Canadian players on the Raptors, however, and the MVP was an American named Kawai. Keep that in mind the next time Canada vs. America goes head to head. That being said, they needed a player from Cameroon to seal the championship. So, let's be happy for the globalization of the NBA along with a Canadian mascot named Drake.



No problem getting a court in the summer, as the number of players decreases when the heat increases. Do you hear that Greg, Dave, and Ed, who still wear coats and earmuffs while trying to find a game up North?

The pizza party bonanza at the Santa Rosa on August 17 is usually a fun time. We will salute the completion of courts 5 and 6, after a long wait for re-surfacing, with a vegetarian slice at the party, unless Colonel Maguire puts that extra sausage in his shirt.

Stay hydrated, keep smiling, keep trying to improve, and maybe we can all get along better despite our differences, To quote Winston Churchill, "the further back I look, the further forward I can see."

## That's Entertainment

During the summer, we present Sir-Laffs-A-Lot's Comedy Night at the Montecito Clubhouse on the third Wednesday of every month. This event is open to all SCSH residents and their guests. We arrange for two LA comedians to drive out to Indio and do an amazing show for 90 minutes. The comedians are different every month, and the show can be "R" rated for adult content. So, plan accordingly. Please get your tickets early, as this event sells out quickly during winter season. Please see our ad in this magazine, on the community website ([scshca.com](http://scshca.com)), or pick up a lobby flyer for further details.



If you are interested in helping to organize these events as a member of the That's Entertainment Club, please call Julie at 760-772-0317.

## Tutta Bella Vino

The plans for our new season are complete and we look forward to another great year of wine tasting at our Tutta Bella Vino events. You probably noticed that last year's themes were more general than in the past. We moved away from



themes that limited the event to a country or region, giving our distributors more latitude in their wine selections. This allowed them to present wines best suited for our members while still educating us on each wine and its heritage. Judging from last year's responses to our tastings, we hit the nail on the head! Therefore, expect to see the same types of themes as last year. We plan to offer great wine surprises, both in tasting pleasure and value. In addition, this season our distributors will give us a "wine tip of the month" to help us better understand the handling and proper presentation of different varieties of wine.

## Our First Event of the New Season is: It's Wine Time...Again!



September 21, 2019 At 7 pm Montecito Ballroom

Registration opens August 15, 2019

Forms available on club website and in rounders near the Montecito Clubhouse Lifestyle Desk.

The membership fee for the 2019-2020 year (September to June) is \$10 per SCSH resident. Returning members do *not* need to complete a membership form, but they will be required to include their membership fee (\$10 per resident) with their *first* event registration of the new Tutta Bella Vino year. A potential new resident member who has never been a Tutta Bella Vino Member in the past may attend one wine tasting event that is not a TBV party before being required to pay a membership fee. We are in the negotiation phase of pricing for our events. Event cost will appear on the September registration form released on August 15.

We look forward to seeing you in the new season!

## Veterans Club

The club is "dark" in the month of August. Enjoy a safe and restful summer season, everyone!



## Women's Golf Club

While many residents are vacationing, those staying close to home can still enjoy a round or two of golf each Wednesday and





Friday throughout the summer. Play is early in order to beat the heat, so be sure to check out the starting time when you sign up in the Pro Shop.

Special recognition to Laurie Randall as Ace of the Month! This is a correction to the July 2019 article where we announced it was Grace Hutchings.

Please mark your calendars for the Welcome Back Party scheduled for November 4 from 2 – 4 pm in the Montecito Clubhouse. This event provides the opportunity to reconnect with old friends and make new ones, as well as learn about upcoming events for the year. The first day of golf for the season will be October 30, at the North Course.

Those interested in joining us to play 18 holes of golf each Wednesday during the season, October 30 through May 27, can complete an online application and review club information on the website at [shwgc.com](http://shwgc.com). For more information on membership, please contact Janet McChesney at [pjmchesney02@gmail.com](mailto:pjmchesney02@gmail.com), or Club President Andrea Unfried at [a.unfried@comcast.net](mailto:a.unfried@comcast.net).

## Writer's Club



We are a group of individuals who enjoy writing. Each member has the opportunity to read one or two pages (double spaced) of their work to the group; receive ideas, direction and gentle criticism. Part of being in our club is the encouragement we all get from each other to write on a regular basis.

It's easier than you think to write your own story. Every year millions of great stories disappear forever. It does not matter if you are writing fiction, non-fiction, memoirs, or screenplays, write a page a day for a year and you have a book!

Come and join us. You will meet interesting people and hear their fascinating stories.

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### Writer's Club meetings this month are:

**Thursday, August 1 and 15**

at 10 am in the Santa Rosa Clubhouse.

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Try your hand at writing that story you have always wanted to tell. Who knows, you may find the hidden writer in you?

Free membership! How can you go wrong?

For more information: [antiqphoto@gmail.com](mailto:antiqphoto@gmail.com) or [bethbolduc7@gmail.com](mailto:bethbolduc7@gmail.com).

---

## Resident Groups

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### Democrats



We meet on the third Thursday of the month. Our next meeting is Thursday, September 19, in the Cambria Room at the Montecito Clubhouse. Even though we do not meet in August, we continue to plan for getting out the vote (GOTV), voter registration (VR) and laying the groundwork for participating in the most critical primary and general elections of our lifetimes.

We welcome new members. A member in good standing must be a registered Democrat and remit yearly dues. Membership dues (\$20 for 2020) are payable by check to "Democrats in SCSH." Payments can be turned in at our meetings or placed in the Democrat mailbox at the Montecito Clubhouse. Member registration forms can be accessed at our website: [democratsinscsh.org](http://democratsinscsh.org).

If you have any questions, contact Avi Greene at our email address: [democratsinscsh@gmail.com](mailto:democratsinscsh@gmail.com).

We also have a Facebook presence at Dems in Sun City Shadow Hills.

### Hadassah



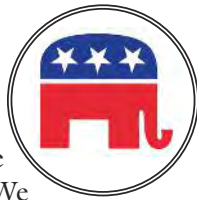
Are you new to the desert area, but a Hadassah Member somewhere else? Or, not a member at all? We have a great Hadassah group right here, and you are welcome to check us out. We hold a monthly meeting, which includes a speaker program, generally first Thursday of the month. Contact Debbie Orgen, membership chair, at 760-289-7987 for information on our group.

Mark your calendars for our big Game Day on Sunday, October 20 in the Montecito Clubhouse. Pull together your favorite friends for canasta, mah jongg, bridge (perhaps other games), and join us for a fun-filled day that includes lunch in the Montecito Clubhouse. Stay tuned for more details.

Be sure to save the date of Monday, January 13, 2020 for a luncheon celebration to honor our special Phyllis Pepper! You'll want to join your friends and fellow members, as we toast and fete Phyllis for her many years of devotion to Hadassah.

We also have book clubs (contact Cindy at 760-360-4902) and a dining out club (contact Jackie at 760-200-5101) for your enjoyment.

## Republicans



If you are interested in helping Republicans make a difference in the Coachella Valley, come join our group. We meet at the Montecito Clubhouse on the second Tuesday of each month. Social Hour begins at 6:30 pm and our regular meeting starts at 7 pm. Refreshments are served. Our annual dues are \$25 per couple, \$15 for a single membership. We have a planned program each month, which can include city council members, local candidates, or representatives from nearby museums, local charities or newspapers.

Staying informed about the issues of today is essential, and there is no better place to learn what is current in our community, state and nation than at our Republican meetings.

We stay in touch with our regular members by email and phone, but others will find our monthly flyer announcing our meeting date and program in the rounders at the clubhouse.

Candidates are already lining up for the 2020 election, which promises to be an exciting contest for all participants. Over the next few months, we will be examining critical issues, highlighting track records of the various candidates and presenting opportunities for our members to help make 2020 a successful year for all Republican candidates.

Questions? Contact Pete Anderson, president at [petcgolf@yahoo.com](mailto:petcgolf@yahoo.com) or 760-469-2086.

As a result, the SCSH Pom Squad is now in formation. There are many ways for you to contribute to the club, and we welcome anyone that has an interest in joining our group.



Just some of the things you can do!

- Dancing
- Photography
- Baton Twirling
- Videography
- Cheerleading
- Public Relations
- Marching
- Accounting
- Choreography
- Writing
- Coaching
- Organization
- Music
- Transportation
- Sewing
- Promotion

For more information please visit our website at [www.pom-squad.org](http://www.pom-squad.org) or give us a call at 442-324-3780!

## Clubs in Formation

### Car Club

All car people are welcome! We get together Tuesday mornings for breakfast at Goody's Cafe. No formal meetings. Just show up. We arrange trips to interesting shops and car-related places, car shows, and more.

For more information, email [ziegler@pacifier.com](mailto:ziegler@pacifier.com).



### Pom Squad

In the summer of 2019, a group of vibrant, fun, artistic and talented women, residing in SCSH, went to see a movie called *Poms*. The movie sparked something in us, and we wanted to create a fun, healthy, service-oriented club similar to that of the original Sun City Phoenix Poms who have been doing community service for 40 years.



### VeloCity Cyclists



The VeloCity Cyclists of Sun City Shadow Hills are a group of road cyclist enthusiasts. Over time, our ranks have steadily grown. It is our hope to add more members of both sexes to enjoy rides like the one we took from Yorba Linda to Newport Beach and then to the Huntington Beach Pier, as shown in the photograph.

Those interested in joining, please contact me, Dario Fadiga, at 760-345-7398 or [dfadiga@dc.rr.com](mailto:dfadiga@dc.rr.com).

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Advertising



## In two 4-week CIC clinical studies:

- Patients taking AMITIZA averaged 5 to 6 bowel movements per week, versus 3 to 4 in those taking placebo
- AMITIZA improved symptoms of abdominal bloating, abdominal discomfort, stool consistency, straining, and constipation severity

## Indication

AMITIZA (lubiprostone) 24 mcg capsules twice daily is approved to treat Chronic Idiopathic Constipation (CIC) in adults. “Idiopathic” means the cause of the constipation is unknown and not due to an underlying illness or medication.

## Important Safety Information

AMITIZA (lubiprostone) is not for everyone. If you know or suspect you have a bowel blockage, do not take AMITIZA. If you are unsure, your healthcare provider (HCP) should evaluate your condition before starting AMITIZA.

Some patients taking AMITIZA may experience nausea. Take AMITIZA with food and water to reduce the occurrence of nausea.

Do not take AMITIZA if you have severe diarrhea. Some patients taking AMITIZA may experience diarrhea. If your diarrhea becomes severe, stop taking AMITIZA and tell your HCP.

Patients may experience fainting and low blood pressure after taking the first dose or repeated doses of AMITIZA. Stop taking AMITIZA and tell your HCP if these reactions occur. Symptoms usually go away before the next dose but may recur with repeated use. Tell your HCP if you are taking any medications to lower blood pressure. Other side effects such as diarrhea or vomiting may increase the risk of fainting and low blood pressure.

For adults with Chronic Idiopathic Constipation (CIC)

# Is chronic constipation keeping you stuck in the bathroom?

Ask your doctor if AMITIZA can relieve your symptoms and help you go more regularly\*

Individual results may vary.

Ask your doctor for a FREE SAMPLE

*Make the conversation with your doctor easier*

**Create a discussion guide at [TalkAboutAMITIZA.com](http://TalkAboutAMITIZA.com)**

If your doctor determines you have chronic constipation, and laxatives haven't helped enough, **talk to your doctor about AMITIZA.**

\*\*"Relieve" is defined as improvement in CIC symptoms: abdominal bloating, abdominal discomfort, stool consistency, straining, and constipation severity. "Go more regularly" is defined as having an average of  $\geq 3$  spontaneous bowel movements per week.

## Important Safety Information (cont.)

Within an hour of taking AMITIZA, a sensation of chest tightness and shortness of breath may occur. These symptoms usually go away within three hours, but may recur with repeated use. Tell your HCP if you experience these symptoms.

The most common side effects of taking AMITIZA 24 mcg twice daily for CIC are nausea, diarrhea, headache, abdominal pain, abdominal distension, and gas. These are not all the side effects associated with AMITIZA.

Tell your HCP if you are taking a diphenylheptane opioid (e.g., methadone).

AMITIZA has not been studied in pregnant women. Based on animal studies, AMITIZA may cause fetal harm. AMITIZA should only be used during pregnancy if the potential benefits justify the potential risk to the fetus. If you are pregnant or become pregnant while being treated with AMITIZA, talk to your HCP to evaluate the risks to the fetus. Tell your HCP if you are nursing and monitor infants for diarrhea.

Tell your HCP if you have liver problems.

**Please see accompanying Important Patient Information for AMITIZA on next page.**

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.



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## IMPORTANT PATIENT INFORMATION

AMITIZA® [ah-mah-TEE-zah]

(lubiprostone)

soft gelatin capsules



### Rx Only

Please read this consumer brief summary carefully before you start taking AMITIZA. Read it again each time you refill your prescription, in case there is any new information. This information does not take the place of talking to your healthcare professional about your medical condition or treatment. Ask your healthcare professional if you do not understand any of this information or if you want to learn more about AMITIZA.

#### What is AMITIZA?

AMITIZA is a prescription medicine formulated as a soft gelatin capsule and available in two dosages used to treat the following conditions:

- Chronic Idiopathic Constipation (orange capsules, 24 mcg, twice daily) in adults. Idiopathic means the cause of the constipation is unknown and not due to underlying illness or medication.
- Constipation caused by opioids, a type of prescription pain medicine, in adults with chronic pain that is not caused by active cancer (orange capsules, 24 mcg, twice daily). The effectiveness of AMITIZA has not been established if you are taking a diphenylheptane opioid (e.g., methadone).
- Irritable Bowel Syndrome with Constipation in adult women (pink capsules, 8 mcg, twice daily).

It is not known if AMITIZA is safe and effective in children less than 6 years of age. AMITIZA is not effective in children 6 to 17 years of age.

#### Who should not take AMITIZA?

Do not take AMITIZA if:

- You know or suspect you have a bowel blockage. If you are unsure, your healthcare professional should check your condition before starting AMITIZA.
- You have severe diarrhea.
- You are pregnant or become pregnant, unless you have discussed this with your healthcare professional. Based on animal studies, AMITIZA may cause fetal harm. If you are pregnant or become pregnant while being treated with AMITIZA, talk to your healthcare professional to evaluate the risks to the fetus. Tell your healthcare professional if you are breastfeeding, and monitor infants for diarrhea.
- You are allergic to AMITIZA or any of its ingredients. See the end of this brief summary of Important Patient Information for a complete list of ingredients.

#### What should I tell my healthcare professional before and while taking AMITIZA?

Before you take AMITIZA, tell your healthcare professional if you:

- are pregnant or plan to become pregnant. AMITIZA has not been studied in pregnant women. If you are pregnant or become pregnant while being treated with AMITIZA, talk to your healthcare professional to evaluate the risks to the fetus.
- are breastfeeding or planning to breastfeed. If breastfeeding while taking AMITIZA, you should monitor the breastfed infant for diarrhea.
- have liver problems.
- cannot swallow a capsule.

Tell your healthcare professional about all the medicines you take or plan to take, including prescription and nonprescription medicines, vitamins and herbal supplements. AMITIZA may affect how other medicines work, and other medicines may affect how AMITIZA works. Especially tell your doctor if you are taking a diphenylheptane opioid (e.g., methadone). Tell your doctor if you are taking any medications to lower blood pressure.

#### How should I take AMITIZA?

AMITIZA should be taken with food and water twice a day or as prescribed by your healthcare professional. Swallow the gelatin capsule whole. Capsules should not be broken apart or chewed.

If you miss a dose of AMITIZA, just skip that dose. Do not take two capsules to make up for the missed dose. Instead, just wait until the next time you are supposed to take it, and then take your normal dose.

#### What are the possible side effects of AMITIZA?

The most common side effects reported by patients taking AMITIZA 24 mcg twice daily included:

##### Chronic Idiopathic Constipation

- nausea
- abdominal pain
- diarrhea
- abdominal distention (bloating)
- headache
- gas

##### Opioid-Induced Constipation

- nausea
- diarrhea

The most common side effects reported by patients taking AMITIZA 8 mcg twice daily included:

##### Irritable Bowel Syndrome with Constipation

- nausea
- diarrhea
- abdominal pain

Patients taking AMITIZA may experience nausea; taking AMITIZA with food and water may reduce symptoms of nausea.

If you experience severe diarrhea, stop taking AMITIZA and tell your healthcare professional.

Patients may experience fainting and low blood pressure after taking the first dose or repeated doses of AMITIZA. Stop taking AMITIZA and tell your healthcare professional if these reactions occur. Symptoms usually go away before the next dose but may recur with repeated use. Other side effects such as diarrhea or vomiting may increase the risk of fainting and low blood pressure.

Within an hour of taking AMITIZA, a sensation of chest tightness and shortness of breath may occur; these symptoms usually go away within three hours, but may recur with repeated use. Tell your healthcare professional if you experience any of these symptoms.

These are not all the possible side effects of AMITIZA. Tell your doctor if you have any side effects that bother you or that do not go away. For more information, ask your healthcare professional or pharmacist. Call your healthcare professional for medical advice about side effects. You may report side effects to the U.S. Food and Drug Administration (FDA) at 1-800-FDA-1088.

#### How should I store AMITIZA?

Store AMITIZA at room temperature and protect from light and extreme temperatures. AMITIZA should be stored in a tightly closed, child-proof container and kept out of the reach of children. Do not use AMITIZA past the expiration date shown on the package.

#### General information about AMITIZA

Do not use AMITIZA for a disease or condition for which it was not prescribed. Do not give AMITIZA to others, even if they have the same symptoms you have. It may harm them.

If you would like more information, talk with your healthcare professional. You can ask your pharmacist or healthcare professional for information that is written for healthcare professionals. For more information about AMITIZA, you can visit the AMITIZA website at [www.amitiza.com](http://www.amitiza.com) or call toll-free at 1-877-825-3327.

#### What are the ingredients in AMITIZA?

Active ingredient: lubiprostone, 24 mcg or 8 mcg

Inactive ingredients: medium-chain triglycerides, gelatin, sorbitol and purified water. The 24 mcg (orange) capsules also contain the dyes FD&C Red #40 and D&C Yellow #10. The 8 mcg (pink) capsules also contain the dyes ferric oxide and titanium dioxide.

Marketed by:

Sucampo Pharma Americas, LLC., Bedminster, NJ 07921 and

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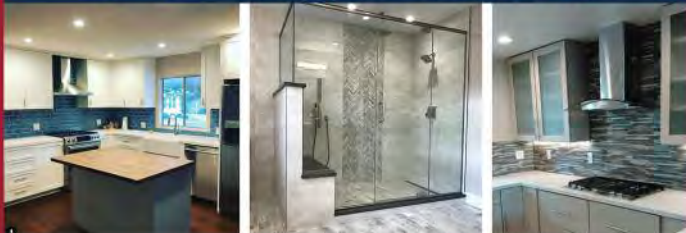
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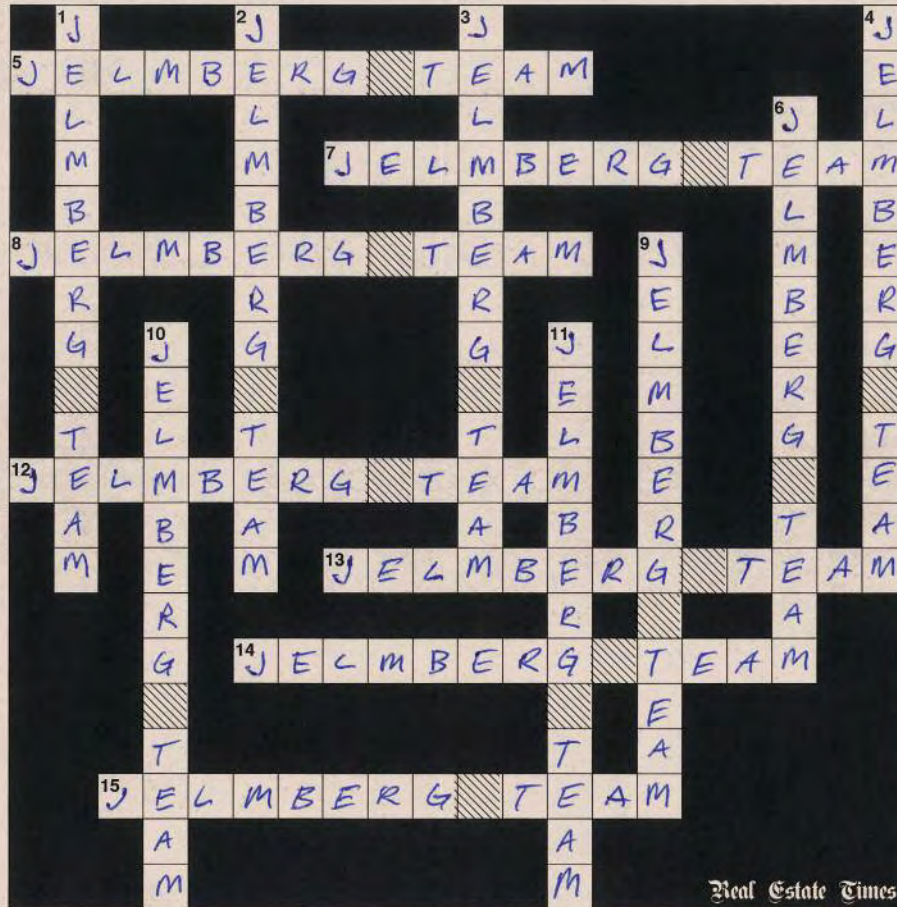
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