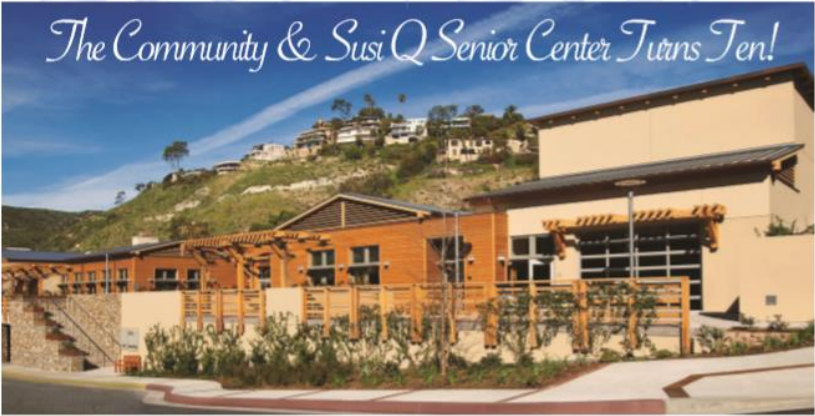


LAGUNABEACHSENIORS

2009 | 2019

*The Community & Susi Q Senior Center Turns Ten!*



# Susi Q Monthly Catalog June 2019

380 Third Street Laguna Beach, CA 92651  
(949) 464-6645 [www.thesusiq.org](http://www.thesusiq.org)

LAGUNA BEACH SENIORS AT THE SUSI Q

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*Updated 5/30/2019*



# “Ballroom to Boogie”

featuring Instructor Candis Davis



**Mondays Weekly | 1:30 p.m. - 2:30 p.m.**

**\$7/CLASS | All Levels Welcome**

SUSI Q SENIOR CENTER | 380 3RD STREET | 949-464-6645

C'mon, “dance like no one is watching” and keep your mind sharp and your body healthy. Learn a new dance every month, from slow to quick, to swing to Latin. No partner needed – just drop-in!



LAGUNABEACHSENIORS

# LAGUNA BEACH SENIORS AT THE SUSI Q

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## Laguna Beach Seniors at the Susi Q

operates independently as a 501c(3) nonprofit in collaboration with the City of Laguna Beach, and provides supportive programs, classes, services, seminars, activities, and new opportunities for adults 55+. The Susi Q is also the heart of an ambitious vision called

## Lifelong Laguna

a community and a nonprofit working together to make the town we love a better place for the rest of our lives.

## Staff Directory

**Nadia Babayi**, Executive Director  
[nadiababayi@thesusiq.org](mailto:nadiababayi@thesusiq.org)  
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Center Coordinator  
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(949) 464-9535

INTRODUCING  
**Baritone** **BLUES**



with instructor  
**Craig Ryan**

**Uke Musicians!**

Wish you could hang with  
the big kids in a guitar jam?

**Guitar Musicians!**

Tired of the six strings of pain?

**Who doesn't love to jam?**

This 8-week Baritone Ukulele course  
(focused on blues & jazz) will teach  
you how to sit in with any jam.

Because the baritone uke is tuned  
like a guitar, you watch a guitarist's  
hand to follow -- no song sheet or  
screen projected chords necessary.  
This is an **Intermediate-Advanced**  
class - students must bring either a  
baritone uke or tenor guitar and be  
proficient with barre chords.

For more class details,  
email Craig directly at  
[craig@pacificom.com](mailto:craig@pacificom.com).

Wednesdays | June 26 - August 14  
9:00 a.m. - 10:00 a.m | \$7/class drop-in



LAGUNABEACHSENIORS

The Susi Q Senior Center | 380 Third Street | 949-464-6645

# Enhance Your Health Care with Integrative Medicine

Complementary and Integrative Health  
Practices for Older Adults



**THURS., JUNE 27 | 1:30- 2:30 P.M.**

**SUSI Q SENIOR CENTER 380 THIRD ST., LAGUNA BEACH | FREE**



Join Hoag Affiliated Physician, **Jill Panitch, MD** as she shares tips for incorporating preventative and integrative medicine into your health care. In addition to leading participants through a brief meditation session, Dr. Panitch elaborates on the mind-body connection, as well as addressing complementary approaches to integrative medicine including yoga, mindfulness and exercise.

**Presented by Jill M. Panitch, MD**

Diplomate, American Board of Family Medicine

To register for this informative lecture and Q & A, visit or call the Susi Q front desk at 949-464-6645.



LAGUNABEACHSENIORS

## **EXERCISE & DANCE**

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### **BALLROOM TO BOOGIE**

#### **Dance Class All Levels**

M | 1:30 - 2:30pm | \$7/class

Intermediate - Waltz, Rumba, Swing, Watusi, ChaCha. Country two-step, Fox Trot. No partner required.

Instructor: Candis Davis

### **EXERCISE A LA SUSI Q**

Mind-Body-Balance

M/W/F | 9:00 - 10:00am

\$4/class – *Drop-ins welcome!*

Gentle poses to increase strength and mobility. No floor exercises.

Facilitator: Wayne Lawrence

## **COMPUTERS**

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### **COMPUTER ASSISTANCE**

TH | 12:00-3:00pm | FREE

Drop in for one-on-one PC &/or MAC assistance with your laptop, smart phone, or tablet. Check schedule with front desk. 949-464-6645

### **COMPUTER WORKSHOPS**

Check front desk for schedule.

## **GAMES & SOCIAL ACTIVITIES**

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### **BINGO WITH PRIZES!**

M & TH | 10:30- 11:30am

### **BIRTHDAY BINGO**

*Sponsored by the National Charity*

*League 3<sup>rd</sup> W | 10:30-11:30am | Free*

### **OPEN GAME ROOM**

W | 12:30-4:30pm | FREE

American or Chinese Mahjong or borrow board games at the front desk, grab a few Friends and enjoy while at The Susi Q!

### **MONDAY AT THE MOVIES**

M | 12:30 - 3:00pm | FREE

Check the front desk or our website for scheduled movies. Free popcorn and lemonade!

### **LIBRARY LOUNGE**

M-F | 9:00am - 3:00pm

The quiet heart of the Susi Q has newspapers and magazines and books to borrow.

### **TABLETOP TREASURES**

M | 9am – 12:00 pm

2<sup>nd</sup> & 4<sup>th</sup> Monday

Fabulous recycled treasures for sale at bargain prices. Proceeds benefit Bingo and the Laguna Beach High School Scholarship fund.



## **CLASSES & PRESENTATIONS**

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### **ADVANCED BEGINNER BRIDGE**

Tu | 4/6-5/21 | 9-11am

Tu | 5/28-7/9 | 9-11am

\$120/6-week series

No Classes on July 2 & July 5

Instructor: Jane Dober,

Gold Life Master

### **BRIDGE: DROP-IN SUPERVISED PLAY & LEARN**

For advanced beginner to experienced players.

F | 4/5-6/28 | 9-11am

\$15/class

Instructor: Jane Dober,

Gold Life Master

### **SHAKESPEARE READING CIRCLE**

“Two Gentlemen of Verona”

Th | 5/2, 5/30 & 6/6 | 12-1:30pm |

FREE

Instructor: Rebeca Helfer, Ph.D.,

UCI Professor

### **UKULELE ACADEMY**

Play Along for All Levels:

W | 10:15-11:15am | FREE (ongoing)

Intermediate:

W | 6/26-8/14 | 9-10am | \$7/class

Instructor: Jeff Heileson

Beginner to Advanced Beginner:

W 6/26-8/14 | 9-10am \$7/class

Instructors: Jeff Eile & Mark Kohls |

Baritone Blues

W | 6/26-8/14 | 9-10am | \$7/class

Instructors: Craig Ryan

### **FALL PREVENTION “IT’S A MATTER OF BALANCE”**

Tu | 4/30-6/18 | 1:30-2:30pm

Tu | 6/25-8/13 | 1:30-2:30pm

\$96/8 week series

Physical therapists: Jacque Alm, PT  
and Lisa Reich, PTA



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## LAGUNA BEACH SENIORS AT THE SUSI Q

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### **CLUBS**

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*(Facility use fee may apply)*

#### **ANCESTRY CLUB**

No Ancestry Club 6/26-9/14

W | 3:00-5:00pm

Facilitator: Beth Sand  
elizasand@aol.com

#### **ART-A-WEAR**

1<sup>st</sup> T | 10:00-Noon

Facilitator: Wanda Matjas  
wetewe@cox.net

#### **BOOK CLUB**

1<sup>st</sup> Th | 3:00-5:00pm

Facilitator: Phyllis Wilson  
marthalouise44@gmail.com

#### **DROP-IN RUBBER BRIDGE**

Tu | 11:00am- 2:00pm

Facilitator: Kathy Olivier  
kathyolivier@gmail.com

#### **CHICAGO BRIDGE**

M | 11:45-3:00pm

Facilitator: Kathy Olivier  
kathyolivier@gmail.com

#### **CLUB Q LAGUNA**

1<sup>st</sup> & 3<sup>rd</sup> F | 3:00-5:00pm

A social group for Laguna's LGBT  
community and friends.

#### **CONTEMPORARY SHORT STORY SEMINAR**

2<sup>nd</sup> & 4<sup>th</sup> Tu | 2:00-4:00pm

Registration required. Contact Alison  
King, Ph. D. for more information:

(714) 608-1322 or email her  
at: [aking@csusm.edu](mailto:aking@csusm.edu)

#### **PERSIAN CLUB**

Tu | 2:00-4:00pm

Bringing people together interested in  
Persian culture, history & language.

#### **WRITERS WORKSHOP**

Th | 12:00-3:00pm | FREE

A weekly supportive workshop for  
writers at various stages. Contact Ed  
for more information at  
[eashaw@cox.net](mailto:eashaw@cox.net).

#### **NEEDLE ARTS GUILD**

Last Friday | 1:00-3:30pm | FREE

Contact facilitator Lisa Triebwasser at  
[ltriebwasser@cox.net](mailto:ltriebwasser@cox.net) for club details.

#### **INTERPRETING CURRENT EVENTS**

F | 10:00- 11:30am

Bring an article to discuss with the  
group! Contact facilitator Bill Allen at  
collector11@cox.net

#### **SCIENCE AND SOCIETY DISCUSSION GROUP**

1<sup>st</sup> & 3<sup>rd</sup> Th | 10:00am- Noon

Pre-registration required. Contact  
Alison King, Ph.D. @ (714) 608-1322  
or [aking@csusm.edu](mailto:aking@csusm.edu).

#### **TED TALKS**

1<sup>st</sup> & 3<sup>rd</sup> Tu | 10:00am-noon

Facilitator: Al Gumb,  
algumb@gmail.com.

#### **TABLE TENNIS (PING PONG)**

M & W | 12:30-4:00pm

F | 12:30-2:30pm; SAT | times vary  
All levels of play are.

#### **TEA TIME AT THE SUSI Q**

Last Fri | 3-4:30pm | *Club Fees apply*

#### **THE BRIDGER'S**

M | 9:30-11:30

Facilitator: Sallie Mitchell  
oursal@cox.net

## **SUPPORT GROUPS**

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### **ALZHEIMER'S AND DEMENTIA CAREGIVER SUPPORT GROUP**

1<sup>st</sup> W Monthly | 1:30-3:30pm

We informally discuss strategies for handling our loved ones with Alzheimer's and Dementia. For information, call (949) 715-8104

### **DEATH CAFE**

Last Monday | 3:30-5:00pm

A safe place to share your feelings, your concerns and your heart about end-of-life issues. Donations appreciated. Facilitator: Dr. Andrea Deerheart, Ph.D. For more information email: [deerheart@theheartway.org](mailto:deerheart@theheartway.org)

### **GRIEF & LOSS SUPPORT GROUP**

M | 1/28-3/25 | 3-4:30pm | FREE

Facilitator: Vivian Clecak.

Call 949-715-8104 for more information and to join the group.

### **HEART TO HEART SUPPORT GROUP**

M | 10-11:30am | FREE

Support group where concerns, coping skills, and helpful tips can be shared. Facilitator: Kay Wenger. Newcomers please contact Care Manager Martha Hernandez at (949) 715-8104.

### **SUPPORT GROUP FOR CHRONIC ILLNESS**

2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> & 5<sup>th</sup> Tu monthly

10:00 - 11:30 | FREE

A brand new support group open to individuals over 50 touched by any serious health related issues..

Facilitator: Sandra Weiss Ph.D. For more information call 949-499-5293

### **LAGUNA BEACH SENIORS MEN'S GROUP**

F | 11:00 - 12:30pm

Offering men over 50 an opportunity to receive support with general stress of everyday living. For information, call (949) 715-8104

## **ASSISTANCE PROGRAMS**

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### **CARE MANAGEMENT**

M-F | 9:00am-5:00pm | FREE  
Providing linkage to resources that promote safety and quality of life.  
For appointment,  
call (949) 715-8104

### **ESTATE PLANNING ADVICE**

3<sup>rd</sup> Th | 12:00-2:00pm | FREE  
Local Attorney Leslie Daff answers questions on estate planning, probate, and trust administration and to notarize financial powers of attorney, advanced health care directives, HIPAA authorizations, and trust amendments.  
For appointment, call (949) 464-6645

### **HEALTH INSURANCE COUNSELING (HICAP)**

1<sup>st</sup> M | 9:00am-12:00pm | FREE  
Provides assistance to make informed decisions about health care coverage, Medicare benefits and supplemental insurance plan options. Sponsored by the Council on Aging.  
For appointment, call (949) 464-6645

### **HEARING SCREENINGS**

2<sup>nd</sup> Th | 1:30-3:30pm | FREE  
Screenings by Dr. Rose Marie Davis, Audiologist. For appointment, call (949)464-6645

### **LEGAL CLINIC (55+ FREE)**

2<sup>nd</sup> M | 9:00am-2:30pm  
Jane Fulton, Seaside Legal Services.  
For appointment, call (949) 715-8104

### **FEELING THE BLUES COUNSELING**

Schedule a one-on-one session with a mental health professional. Donations are appreciated. For appointment, call (949) 715-8104

### **FREE AARP TAX PREPARATION**

W | 2/6-4/11 | 12-3pm  
Th | 2/6-4/11 | 9-Noon  
Call 949-464-6645 for an appointment.

## **SENIOR TRANSPORTATION**

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### **SALLY'S FUND VAN**

M-F | 8:30am- 5:00pm  
(949) 499-4100

Transportation to the Susi Q Center's lunch and programs, local businesses, Laguna Food Pantry and "Afternoons Out" to discount stores. Donation or waived based on ability to pay.

### **SALLY'S FUND CAR**

M-F | 8:30am-5:00pm |  
(949) 499-4100

Medical appointments within 40 miles of Laguna Beach. Deliveries of personal shopping and groceries. Donation or waived based on ability to pay.

### **JEWISH FEDERATION & FAMILY SERVICES SILVER STREAK SENIOR TRANSPORTATION**

More information and application:  
(949) 435-3460

### **LAGUNA BEACH TRANSIT**

20-ride Punch Bus passes (65+): \$6 or free to low income seniors  
Available at the Community Center front desk, M-F, 9:00am-3:00pm  
I.D. and proof of residency required at time of purchase. (949) 464-6645

### **OCTA'S ACCESS PARATRANSIT SERVICE**

For people who can't use regular bus service and meet ADA criteria.  
Eligibility help desk: (714) 560-5956

## **AGE WELL SENIOR SERVICES**

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### **MEALS ON WHEELS**

For those 60+ living at home and unable to prepare meals.

Call (949) 715-5462

### **LUNCH PROGRAM**

M- F | 11:30am-12:30pm

\$6.00 for under 60; 60+ suggested donation \$4.50. Menus are posted at the front desk and on our website.  
(949) 715-5462

### **MEDICAL TRANSPORTATION**

Free from Laguna to and from both Mission Hospital campuses. Other medical facilities in South County for \$2 each way. Call (949) 855-9766



# Make a Plan to Age in Place with Lifelong Laguna.

## WHY LIFELONG LAGUNA?

Age safely at home and in your hometown  
Enjoy more socialization and personal satisfaction  
Get the assistance you need from the right people

## WE CAN HELP YOU

Schedule a home modification evaluation  
Connect to health care, caretakers or counselors  
Access and learn technology to stay closer to family and friends  
Shop, socialize and move around more easily  
Make contact with trusted financial, legal or real estate advisors  
Need anything else? Let's talk.

## WE WILL COME TO YOU

No cost – no commitment  
All services are personalized and confidential



**JOHN FAY, MSG**  
Lifelong Laguna Program Specialist

Learn more about this new program, and how it can help you or your family members remain in the hometown we all love. Reach out to **John Fay, MSG** for more information by stopping by the front desk, calling him directly at **949-715-8107** or emailing [johnfay@thesusiq.org](mailto:johnfay@thesusiq.org).



A PROGRAM OF LAGUNA BEACH SENIORS AT THE SUSI Q

Susi Q Senior Center | 380 Third Street, Laguna Beach 92651 | [thesusiq.org](http://thesusiq.org)