



March

HUNTINGTON LANDMARK SENIOR ADULT COMMUNITY

LANDMARK LIVING

Dining and entertainment

ELECTION DAY VOTING

TUESDAY, MARCH 2nd — 7:00 a.m.-8:00 p.m. — MPR1

It's time to vote in the Presidential Primaries as well as on new state measures. Huntington Landmark will once again be a voting station. The new E-slate voting stations will be set up in MPR1. Voting will be held from 7:00 a.m. to 8:00 p.m.



LANDMARK RECREATION 'S MARCH DAY TRIP

THE MUSICAL "GEORGE M" AND LUNCH AT THE OLD SPAGHETTI FACTORY

SATURDAY, MARCH 6th

11:30 a.m. PICK UP IN FRONT OF CLUBHOUSE

Join your Landmark friends and neighbors for the production of "George M" at the Fullerton Civic Light Opera. This "Yankee Doodle Dandy" of a musical is a patriotic crowd pleaser that chronicles the life and times of George M Cohan. It features a treasure trove of tunes such as "Give My Regards to Broadway", "Over There", "Harrigan" and "You're a Grand Old Flag". Before the show we will stop at the Old Spaghetti Factory with your choice of lasagna or spaghetti and meatballs. Be sure to save room for ice cream. The cost is \$69.00. You can pick up your registration forms at the Recreation Office. For information call Travel Club at (562) 592-2242.

"ST. PATRICK'S DAY" DINNER DANCE

SATURDAY, MARCH 13th

BYOB 5:30 p.m. MAIN LOUNGE

It's time for the "wearin' o' the green" (or any other color). Join the fun at the St. Patrick's Day Dinner Dance, Saturday, March 13th in the Main Lounge. BYOB starts at 5:30 p.m., dinner at 6:00 p.m., followed by dancing to the wonderful music of "Stardust Sounds." There will be a special St. Patrick's Day menu of garden salad, Irish beef stew in bread bowls, apple crisp w/ ice cream, wine and fresh coffee. All of this will be catered by Jolanda's Catering. Tickets for this popular event are \$18.00 per person. The seating chart is available now at the Recreation Office.

Inside This Issue:

MARCH'S ENTERTAINMENT	1-2
CLUBHOUSE CORNER	2-3
APPLAUSE/ SUPPORT GROUPS/ CLASSES	3-4
CLUBS & GROUPS	4-6
CALENDAR/ TICKET SALES & MOVIES	INSERT
LOOKING FORWARD TO APRIL	6-7

Special points of interest:

- Mar. 2 – Voting MPR1
- Mar. 6 - Landmark Trip \$69.00
- Mar. 11 - New Exercise class- \$40
- Mar. 13 – St. Patrick's Dinner Dance \$18
- Mar. 20– Southwest Conservatory of Music FREE ML
- Mar. 24 - Health Seminar SR FREE

SOUTH WEST
CONSERVATORY OF MUSIC

SATURDAY, MARCH 20th
3:00-4:00 p.m.. — MAIN LOUNGE

The South West Conservatory of Music, located in Fountain Valley, will be performing a FREE recital on Saturday, March 20th at 3:00 p.m. in the Main Lounge. The students, who may range from 5 years old through young adults, will be performing popular classical compositions for your enjoyment. Led by Conservatory Director, Nancy Woo, this is an event that shouldn't be missed.



COMMON FOOT PROBLEMS

WEDNESDAY, MARCH 24th
12:00-1:30 p.m..

SEWING/COMPUTER ROOM

Peter Park, D.P.M.D., is a podiatric surgeon with Talbert Medical Group and chief of podiatry at Orange Coast Memorial Medical Center. Dr. Park, will discuss common foot problems including ways that diabetes can affect your feet, how to maintain healthy feet and what to look for when shopping for foot wear. Podiatry screenings will be available after the lecture to the first 30 people. You can pick up a number on Tuesday, March 23rd at the Recreation Office. **Please do not ask the podiatrist to see you if you do not have a number.**

NEW EXERCISE CLASS BEING OFFERED!

"BALANCE AND FLEXIBILITY THROUGH MOVEMENT"

TAI CHI, YOGA & PILATES FOR SENIORS

STARTING THURSDAY, MARCH 11th
9:00-10:00 a.m.—MAIN LOUNGE

A new class is being offered on Thursday mornings from 9:00 to 10:00 a.m. in the Main Lounge. The class is taught by Kathleen Spickard and is a combination of Tai Chi, Yoga, and Pilates. Tai Chi is a series of slow, graceful postures, recommended by many doctors. It helps improve flexibility and improves balance. Yoga movements can recharge, renew, and revitalize your life through modified, simple postures and gentle stretches. Pilates is a series of controlled, modified movements designed to help achieve inner balance and focuses on strengthening the core muscles. Together these types of movements make a powerful tool to increase your balance and strength. **THE COST IS \$40 FOR 8 CLASSES. THE FIRST "INTRODUCTORY" CLASS IS FREE ON MARCH 11th.** Wear comfortable clothing and bring a mat for floor work, and a stretch dyna-band to class. (Dyna-bands are available for \$3 if you need one.)

Clubhouse corner

LANDMARK LIVING RECREATION WEBSITE!

Landmark Recreation has a website just for you! If you have a computer, then type in our address: <http://home.compuall.net/~landmarkliving> There you will find the calendar of events for the current and upcoming month as well as fun and interesting articles, cartoons and photos. We welcome any suggestions you may have.

NEW SHOPPING SERVICE BY NEWPORT BEACH PLAZA

Newport Beach Plaza is offering a shopping service to South Coast Plaza and to Fashion Island for only **\$5 a person**. They will be going to South Coast Plaza on March 31st, with pick up at 11:00 a.m. and returning at 3:00 p.m. On April 21st, they will be going to Fashion Island, pick up at 11:00 a.m. and return at 3:00 p.m. For further information, contact Kathy at Newport Plaza at (949) 645-5831.

GENEALOGY GROUP

The Genealogy group meets at 1:00 p.m. in the Sewing/Computer Room. Our next meeting is on Wednesday, March 3rd for the class "Family History Records other than dates and places." Discover your roots!

BINGO

Stop by the Main Lounge on Wednesday & Sunday nights at 7:00 p.m. for Bingo. Proceeds from card purchases at \$.75 each go toward the pot. An additional game is played at \$1.00 per card, per person. The proceeds of this game go entirely to the winner.

WEDNESDAY MATINEES

Each Wednesday at 1:30 p.m. in MPR2, we show a movie. Check the movie section on the reverse side of the monthly calendar in this newsletter for the schedule.

FRIDAY NIGHT MOVIE

Time to go to the movies every 2nd Friday at 7:00 p.m., in the Main Lounge. Check the movie section on the reverse side of the monthly calendar in this newsletter for the movie title.

CLASSIC MOVIE NIGHT

The patriotic musical, "Yankee Doodle Dandy", starring James Cagney as the irrepressible George M. Cohan, will be shown in the Main Lounge on Friday, March 26th, at 7:00 p.m. **If you would like to assist in the monthly classic movie nights, please call Harold Sawitts at 536-9396.**

APPLAUSE

Thanks go to the **Hospitality Committee** for putting on the Friday night movie each month. Thanks to **all the club presidents** who attended the meeting and volunteered to host select fundraising events. A round of applause goes to the **Cabaret Crowd** for a "whole calendar year of fun" in one day. Kudos go to the **Recreation Committee** and **Office** for the wonderful Valentine's Dinner Dance and the very well attended Health Fair.

support groups & Classes

PARKINSONS SUPPORT GROUP

The Parkinsons Support Group usually meets the 2nd Thursday of each month from 2:00 p.m. to 3:30 p.m. in Art Room. The next meeting will be March 11th.

CAREGIVER'S SUPPORT GROUP

Adult Day Services of O.C. holds a Caregiver's Support Group meeting every third Friday in the Computer/Sewing Room from 1:30-2:30 p.m. March's meeting is on the 19th.

55 ALIVE DRIVING COURSE

The next 55 Alive driving course will be held on Saturday, April 17th and 24th. from 8:30 a.m.-12:30 p.m. in MPR1. You must attend both classes to receive your certificate.

WATER WORKOUT

Water Workout classes meet every Monday and Wednesday from 12:45-1:45 p.m. in the Main Pool. You may register anytime during the session at a pro-rated fee by calling (949) 646-6446.

PACE ARTHRITIS CLASS

PEOPLE WITH ARTHRITIS CAN EXERCISE

The PACE Class, taught by Kathleen Spickard, has already started its first 8-week session and is held on Mondays from 9:30-10:30 a.m. in MPR1. She also teaches the Lt. Aerobic class and "Use It or Lose It" class. You will learn various gentle exercises to help you ease the pain of arthritis. The cost is \$40 for an 8-week session. You can register on the day of class and your fee will be pro-rated.

COASTLINE COLLEGE SPRING CLASSES

The Spring Semester has begun.

Coastline is offering these four free classes:

Tues.— Physical Fitness 9:00-10:30 a.m. ML

Wed.— Use it or Lose it 9:30-10:30 a.m. MPR1

Wed.—Geography 10:00 a.m.-12:00 p.m. MPR2

Thurs.— Psychology 1:00-3:00 p.m. MPR1

The Spanish class has been cancelled.

To register for classes, please call Coastline College at (714) 241-6213.

HB ADULT SCHOOL FUN LINE DANCING

Learn to line dance on Tuesday nights. The class will be separated into 3 levels. New beginners from 5:15-6:15 p.m., Beginning-Intermediate from 6:15 to 7:30 p.m. and Advanced from 7:30 to 8:15 p.m. It's a great way to get some exercise and meet some new friends. The course number is **087434**.

SENIORS BOOK CLUB HISTORICAL FICTION

Have you ever wanted to read great fiction that has its setting in a historical period and that attempts to convey the spirit, manner and social conditions of a past age with realistic details? We will meet weekly to discuss historical characters, settings, and events. The class is held on Thursdays from 3:15-5:15 p.m. in the Computer/Sewing Room. The course number is **085318**. To register, call Huntington Beach Adult School at (714) 847-2873.

Clubs & groups



Everyone is welcome to join us every Tuesday in the Computer/Sewing Room at 12:00 noon. Would you like a private lesson at your convenience? Just call Sarra at 536-8978 or Skip at 969-1845. You can also bring a friend to play with casually.

SCRAPBOOK GROUP

The group meets every Tuesday from 9:00 a.m. to 12 noon in MPR2 where participants skillfully arrange family pictures and memorabilia in a scrapbook. There is no fee and the sessions are open to all Landmark residents.

NEEDLECRAFT CLUB & WARM UP AMERICA

In 2003, we sent 1310 crocheted and knitted squares to be made into afghans and also 5 full afghans. If you knit or crochet, come join us. We meet every Tues. from 9:30-11:00 a.m. in the Computer/Sewing Room.

TUESDAY NIGHT BRIDGE

Everyone is welcome to join us on Tuesday nights at 7 p.m. in MPR1, and those of you who are newcomers to Landmark, come and meet us!

DUPLICATE BRIDGE

We meet on the 1st and 3rd Wednesdays at 6:45 p.m. in MPR1. The next dates will be March 3rd and 17th. Partners are required to play the game. Please call Judy (374-6097) or Betty (969-2029) if you have any questions.

H.L. COMPUTER CLUB

MARCH COMPUTER CLUB AGENDA "TIPS AND TRICKS + Q&A"

All sessions are free of charge for all 2004 paid up Club members. No prior registration is required. Just show up!

- Mar. 1 - Mon - 6pm - "Adobe Photoshop Elements 2" (with guest instructor- Joe Friedman)
- Mar. 3 - Wed - 6pm - "Windows XP Tips"
- Mar. 8 - Mon - 9am - "E-Mail Tips"
- Mar. 10-Wed - 6pm - "Digital Camera Tips"
- Mar. 11 - Thursday - HLCC CLUB MEETING 1-3pm (Guest are invited to attend-learn about "IRFAN")
- Mar. 15 - Mon -6pm - "Maintaining Your Computer"
- Mar. 22 - Mon - 6pm - "Disk & File System Tips"
- Mar. 24 - Wed - 6pm - Some more "Windows XP Tricks"
- Mar. 29 - Mon- 6pm - "AOL 9.0 Tips"
- Mar. 31-Wed- 6pm- "Free for all Q&A"

GOLF CLUB



Our first golf outing of the year, January 2004, started out with a bang. There were nine foursomes which included several newcomers. Dick Whitney's team of Val Candelario, Kay Buhrmester and Tony Lopes won 1st low gross. Second low gross went to Tom Maxey, Barb Masterton, John Lizzi, and Susan Stann. Third low was the team of John Riley, Marion Kalan, Dale Caufield and Jack Silver. First low net went to Ev Urbach's team including Ed Behring, Lou Kalan and Dorothy Felnagle. Second low net went to Donna Brady's team of Gail Morton, Bill Felnagle and Tony Mellini. Third low net was Jerry Holm's team including Joe Woravka, Scotty Simpson and Pinkie Olson. Closest to the pin were Susan Stann for the women and Tom Maxey for the men. Chip ins included Mike Green, Bill Felnagle, John Riley, Dennis Reagan, Barb Masterton, Val Candelario, Tony Lopes and Dale Caufield. Our February 18th tournament was held at Dad Miller.



LANDMARK'S "RED HAT CHIX"

Our January "Calendar Girls", Queen Mum Diane, Lady Kay Kerchenski and Lady Rosemary Cummings, presented a beautiful buffet luncheon. We hope all of you are thinking of your turn to be a Calendar Girl. We need three (3) ladies each month. Don't forget we want to take your picture early in your chosen month. Kudos to Jean Butterfield and Barbara King for putting on a Fun Casino Night. Our top prizewinners were Queen Mum Diane, Joan Salt, Jean Butterfield, Anne Eriksen, Claire Chris, Marge Nielsen, Anita Manning, Joan Schulist, Beryl Daniels and Orpha Holm. In keeping with our Ethnic theme, we'll enjoy Irish corned beef and cabbage on St. Patrick's Day and Persian food on March 23rd. Keep tuned for an exciting list of events scheduled for April! Our next "gathering" will be Monday, March 29th, at 11:30 a.m. in the Art Room.



H.L. CHORALE



The chorale has been rehearsing for their May 15th concert. It promises to be a varied program, with everything from the spiritual "Ain't Got Time to Die" to "Zip-A-Dee-Do-Dah!" If you join today, you will be in time to be a part of the show, along with four other new members. You don't have to obligate yourself. Come by MPR2 on a Tuesday, 6-8 p.m. and "check the chorale out."

DISCUSSION GROUP

Topics covered by our friendly group of conversationalists since our last report have been, *Should We be Able to Choose the Sex of Our Offspring*, *Funny Travel Experiences* and *Advanced Directives*, which was more than ably introduced by our own in-house medical advisor, Bill LeBoeuf. The Discussion Group is always looking for new subjects to talk about and one of the best ways of accomplishing that goal is by having new people join the group. Everyone is welcome, including guests; there are no dues. We meet every Thursday morning at 10:30 a.m. in MPR1 and the session lasts until noon. The topic of discussion for the current week is always posted on the bulletin board in the Main Lounge.



EMERGENCY PREPAREDNESS GROUP

What should you do during and after an earthquake or other type of disaster? How can you obtain help? What can you do to assist others? What do you need to know to respond to a disaster? Getting proper answers to these questions can make you more self reliant in an emergency situation. You are cordially invited to attend an Emergency Preparedness Group gathering on Wednesday, March 3rd at 10:00 a.m. in the Computer/Sewing Room when the important subject of Responding to a Disaster will be presented and discussed. There is no charge to attend and prior registration is not required; just show up. Your input is needed. Additional information may be obtained by checking out our poster on the Emergency Preparedness bulletin board in the Main Lounge.

TEXAS HOLD'EM POKER

If you would like to learn Texas Hold'em Poker and play in a regularly scheduled game, please call Roberta Shulsinger, 536-7821. We'll work out the time and place details when I have a sufficient number of players interested.

HEALTH AND FITNESS CLUB

We hope that everyone upgraded their knowledge during the Health Fair. A practical method to utilize your fitness facts is our excellent gym. Help our club select and recommend future equipment. The next meeting will take place on Tuesday, March 2nd at 7:00 p.m. in the Sewing/Computer Room.



WOODSHOP & TOYMAKERS

The Toys effort is now International since 30 toys were delivered to an orphanage in Egypt by personal courier. Your reach can be long when doing good! The ladies who make doll clothes and bedding for the doll beds need donations of yarn goods. If you have material you can donate, please bring it to Dotty Taylor in the Computer/Sewing Room on a Tuesday morning or call her at 536-0126. Residents using the Woodshop are asked not to run glued material through the machinery unless the glue has cured for at least 24 hours. Thanks to all who provide Aluminum cans to help fund the Toys Project. You are a part of it just as much as those who cut, sand, paint or sew. Our next meeting is scheduled for March 8th at 9:00 a.m. in the Art Room.

LIBRARY NEWS

Can you guess what the winds of March are blowing in? It's news of FOOL'S FANTASY, this year's Spring Fashion Show and Luncheon on April 1st. Plan now to reserve your seat. Bring your dollars for 50/50 raffle tickets, which will be on sale in the Library and at the luncheon. Get a head start on luck and hurry on over to the Library now. Lots of tickets sold will mean a bigger prize at the drawing! The Library will be closed on April 1st. In the meantime, check out the new books available now:

NEW BOOKS

- | | | |
|----|------------------------------|------------------|
| MF | The Kills | Linda Fairstein |
| MF | The Vanished Man | Jeffery Deaver |
| MF | The Cat Who Talked
Turkey | Lillian J. Braun |
| F | The Amateur Marriage | Anne Tyler |
| F | Absolute Friends | John LeCarre |
| F | The Last Juror | John Grisham |
| F | Odd Thomas | John Lescroart |
| F | The Zero Game | Brad Meltzer |

LARGE PRINT

- | | | |
|----|--------------------|-------------------|
| MF | Suspicious Origins | Patricia McDonald |
|----|--------------------|-------------------|

PAPERBACK

- | | | |
|---|----------------------------------------------------|--------------|
| F | Key of Knowledge | Nora Roberts |
| F | Key of Valor
(2nd and 3rd books of Key Trilogy) | Nora Roberts |

Morning Walk

I wanted to walk out the door as the
Sun was rising, peeking onto the day.
I slammed the door shut. The air "bit"
Hard onto my house-warm face.
The morning's cold hands tweaked me hard.
The sun was doing its famous entry.
I stopped dead in my tracks, facing the red globe.
I closed my eyes. The sun's rays did their thing.
The warm gently fingered my cold cheeks.
My red face screamed aloud, "YES!"

Hal Stevens

WORDGATHERERS

Come join the Wordgatherers and read your favorite poem or listen to others as they share theirs. The club meets every Thursday in the Computer/Sewing Room from 9:30 a.m. to 11:00 am.



LIBRARY CLUB'S "FOOL'S FANTASY" SPRING FASHION SHOW & LUNCHEON

**THURSDAY, APRIL 1st
11:30 a.m. MAIN LOUNGE**

The latest fashions from Drapers and Damons of Seal Beach highlights this year's festivities. Punch will be served at 11:30, lunch will be at 12:00 noon and the fashion parade begins at 1:00 p.m. Tickets are on sale now. Darlenska's designer costume jewelry will be on sale before lunch and after the show. The luncheon menu will feature green salad w/ choice of dressings, basil chicken, roasted red potatoes, a vegetable and spumoni ice cream cake for dessert with freshly brewed coffee.

Following the luncheon, our own Landmark models will parade down the runway displaying an array of clothing with your interests in mind. Our in house keyboardist, Joe Friedman, will entertain you with his lovely background music. Raffle drawings include a special 50/50 drawing, and a gift certificate from Drapers. All proceeds from this event go the Huntington Landmark Library. Enjoy a wonderful afternoon and help your Library at the same time!



**EASTER EGG HUNT
SATURDAY, APRIL 10th
1:00 p.m.
ON THE GREEN BELT**

Recreation is sponsoring an Easter Egg Hunt along with other fun activities for children of all ages on Saturday, April 10th, from 1:00 to 3:00 p.m. on the green belt by the putting green. Invite your grandchildren, great-grandchildren, and their friends for an afternoon filled with fun games, prizes, snacks and refreshments. Have the children bring three hard-boiled eggs which they can decorate at our fully equipped egg decorating tables! We will also have a hat parade, so don't forget to decorate a special hat at home to wear for the parade. Tickets are only \$1.00 per person, including adults, and will be available at the Recreation office on Saturday, March 13th. Please remember that the Recreation Office only accepts checks.

Looking TOWARD april



LANDMARK RECREATION 'S APRIL DAY TRIP

SANTA ANITA PARK RACING

THURSDAY, APRIL 8th

10:00 a.m. PICK UP IN FRONT OF CLUBHOUSE AND RETURN AT 6:00 p.m.

Come with us for a day of thoroughbred racing at beautiful Santa Anita Park, known worldwide as "The Great Race Place". We have Clubhouse lodge seating that provides great viewing of this "Sport of Kings". The price of admission includes a sit down lunch, race program, a professional handicapper to go over the day's races, services of an escort on board the motor coach and a tip for the bus driver. Don't miss this day at beautiful Santa Anita Park. The cost is only \$39.00 and pick up is in front of the clubhouse at 10:00 a.m. and return is at 6:00 p.m. You may pick up a registration form at the Recreation Office. For information call Travel Club at (562) 592-2242.

MAY TRIP PREVIEW

SAN DIEGO TROLLEY CITY TOUR AND LUNCH IN A LIGHTHOUSE

WEDNESDAY, MAY 12th

PICK UP AT 9:15 a.m.



After a leisurely drive down the Southern California Coast, we arrive at Tom's Lighthouse Restaurant. This restored lighthouse is home to a wonderful buffet lunch and a million dollar view of San Diego Bay. Then it's off on the San Diego Trolley Car Tour. This is a tour of San Diego such as you have never seen. We visit all the spots and then some, including Old Town and Coronado Island. This is a great chance to spend a wonderful day in this beautiful city called San Diego. The cost is \$69.00 and you can pick up registration forms at the Recreation Office.

PADRES DINNER

TUESDAY, APRIL 15th

5:00 p.m. MAIN LOUNGE

The annual Padres Dinner, which honors the priests and nuns from St. Simon and Jude, is a long-standing tradition at Huntington Landmark! This year's event is Tuesday, April 15th, with the social hour starting at 5:00 p.m. and dinner served at 6:00 p.m. Reserved seating tickets are \$15.00 and will be on sale at the Recreation Office on Saturday, March 20th. The menu will feature a spinach and strawberry salad, Swiss chicken breast with stuffing, rice medley, carrots and asparagus medley, rolls and butter, freshly brewed coffee and hot tea and Jamaican ice cream pie for dessert. All this will be served to you by Jolanda's Catering. After dinner, the talented padres will delight everyone with their musical talents!

CABARET CROWD

"PARIS IN THE
SPRINGTIME"



SATURDAY, APRIL 24th
5:30 p.m. MAIN LOUNGE

Come to Paris with the Cabaret Crowd on Saturday, April 24th at 5:30 p.m. in the Main Lounge. We will transform the main hall into gay Paris with bright lights, food and styles for all to see. We will offer champagne punch and a wonderful platter of cheese. Our girls will be entertaining you and D.J. Josh will be playing for your pleasure. A platter of hors d'oeuvres is all you need for this party. Get out of Landmark for a day, join us for pastries at café latte.

Answers To Trivia Quiz 1. C. 2. B. 3. A. 4. B. 5. B.

MARCH TRIVIA

1. What happened to Julius Caesar on March 15th, 44 B.C.?
 - A. He was proclaimed Emperor for Life
 - B. He crossed the Rubicon River
 - C. He was stabbed to death
2. On March 1st, 1692, what crime were Sarah Goode, Sarah Osborne, and an Indian slave named Tituba charged with in Salem Village, Massachusetts Bay Colony?
 - A. Treason
 - B. Witchcraft
 - C. Prostitution
3. The very first one was held in New York City on March 17th, 1762. The very first what?
 - A. St. Patrick's Day Parade
 - B. Spelling Bee
 - C. Constitutional Convention
4. On March 23rd, 1823, Schuyler Colfax was born. Who was Schuyler Colfax?
 - A. Colfax invented the first fax machine
 - B. Vice President under Ulysses S. Grant
 - C. Barnum and Bailey's first circus clown
5. Who was convicted for acts of civil disobedience on March 10th, 1922?
 - A. Mother Theresa
 - B. Gandhi
 - C. Susan B. Anthony

