



July 4th Party!!

The club will be open regular hours (9am-4pm). All club activities will be available including Bingo! We will have a delicious lunch of ribs, hot dogs, macaroni salad and desert available at approx. 11:30 for only \$6!

\$10 Bingo Buy-ins will be available before lunch.

Come Celebrate!

FROM THE PRESIDENT'S DESK

At our next General Meeting, July 29th, Assemblyman (R) Jay Obernolte, will be our guest. He will address our members on crime and other recent events. Come hear what he has to share.

County Supervisor Robert Lovingood & the Board of Supervisors will be presenting AVSCC with a \$5000 check. We are considering using these funds to purchase a reliable pickup truck that can be used for the Thrift Shop and other club work and repairs.

HVAC/AC Systems are currently being mapped and studied for repairs/replacement. Five A/C units and three heaters are in questionable condition. We have a new member Ty Trimmer who retired as an expert in the field of Industrial/Commercial HVAC Systems. Ty is assisting us with our evaluations. Thank you Ty for helping us save dollars now and in the future.

The Health Fair will be coming up in Oct or Nov. Barbara James with High Desert Inland Valley News will be sponsoring this event. Doctor panels, vendors and much more will be on hand to address our member's needs and provide useful information.

Joe Buscher and Sandy Hutton are pricing AVSCC polo shirts vs. T-shirts. Order now-larger volume equals lower prices!!

A big *Thank You* to each and every one of our Volunteers!

Jim Welte (760) 220-3889

CALENDAR OF MAJOR EVENTS

Health Care Directive Assistance	July 7	9am–Noon
Karaoke	July 2	
Tea Dance 1–4pm	July 3	Hi Desert Dance Band
Board Meeting	July 12	9:30 AM
Deadline for Sidewinder Articles	July 14	avscnewsletter@gmail.com
Saturday Dances: (6:30pm–9:30 PM)		
	July 9	Gruesome2Som
	July 16	Crossroads
	July 23	Phoenix Rising
	July 30	Educators

(Ballroom Dance Class by appointment every Saturday before the dance.

Call Loren Beebe 760–247–8045 to arrange for a lesson)

Health Care and Insurance Info	July 20	HI–CAP: 9:30 am
General Meeting	July 29	11 am Luncheon; 12 Noon Meeting

Menu: Fried chicken, French fries, coleslaw, desert with Ice Cream

Minutes of the May General Meeting & the June Board Meeting are in the office.

AEROBICS

Regular exercise helps reduce risk for most health problems we face as we age. The most beneficial fitness programs include a combination of exercises. Our program includes aerobics, which get the heart and lungs working and increases cardio strength and endurance. Strength training, using stretch bands and weights, which combat muscle and bone loss, improves your flexibility and helps cut down on injuries. We meet on Tues, and Thurs. at 1:30 to 2:30 PM. Come join us! Men as well as women are welcome!

Betty Keiser (760) 242–8290

THANK YOU

The Town of Apple Valley sent us a thank you note for our \$250 donation to the Save Apple Valley Events Campaign. Our club's name will be located on the board next to the City Hall and in the Town's Magazine.

Apple Valley Senior Citizens Club, 13188 Central Road, Apple Valley, CA 92308 – (760) 247-3155

Office Hours: M-F 9 am to 4 pm

Bingo: Wednesday 10 - 4, Thursday 5 – 9:30- **Open to Public**

<http://applevalleyseniorcitizensclub.net/>

<https://www.facebook.com/AVSeniorCitizensClub>

BOOK CLUB NOTES

The book club's next meeting will be **Monday, September 26, 4 p.m.** at our home for a dinner party and book discussion evening. We will not meet in July and August, as the summer is a busy time for some of our members. However, the summer is a great time to read, so find a shady place and escape into a good book!

Good News: The Newton T. Bass Library is open for business in temporary space, adjacent to the library; internet access on 23 computers and a vast collection of books are available. Also please take advantage of the library in our club where there is always a good selection of books available, filed alphabetically, making it easy to find our favorite author. The AVSCC thrift store also is a good resource with a plentiful and varied selection of books to choose from filed alphabetically.

We hope to add a couple of new ideas this year and may invite a local author to speak at one of our meetings, I'm also looking into e-books which have group on-line discussions with the author, another idea is maybe a field trip tied in with one of the books! Any and all suggestions are welcome.

You're invited to join us at our next regular meeting and enjoy the social side of the book club.

Happy Trails to You. See you in September!

The list starting September is as follows:

- | | | |
|-------------|--------------------------|----------------|
| • September | The Light Between Oceans | M.L. Stedman |
| • October | When Breath Becomes Air | Paul Kalanithi |
| • November | Open House | Elizabeth Berg |
| • December | The Christmas Train | David Baldacci |

Pat Howland: (760-242-2471)

pateh1@snet.net

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LUNCH BUNCH

Hello to all members of AVSCC.

Please note we have some big changes with the "lunch bunch".

We will no longer be meeting at AVSCC the first Tuesday of each month. We have decided to meet at a designated restaurant in Apple Valley. We are targeting a restaurant that has a wide variety on their menu. We are still in the process of determining which place it will be but right now we are looking at Oggie's in the Jess Ranch plaza. So the first Tuesday of each month will be Oggie's at 1:00 (till further notice) and the last Tuesday of each month will be a movie at Cinemark in Jess Ranch.

There will no longer be any dues you can come and join us when you desire. There is one stipulation and that is that you have to call me (Pam Brown [760-265-2517](tel:760-265-2517)) so that I may let the restaurant know how many will be seated. If you come without calling me you may be sitting by yourself. The show is different but then again, you will have to call me for a time and for what movie we will be watching. This all begins in July so July 5th we will meet at Oggies at 1:00 PM.

Pam Brown (760)-265-2517 or (760) 240-2145

TRIPS AND TOURS

Laughlin, NV

Sept.18-20, 2016

Package includes round trip deluxe motor coach, 3 day, 2 night hotel & tax, 2 breakfast buffets, 1 dinner buffet and luggage service (1 bag per passenger). Leaves AVSCC at 8:30am. Rates \$87 double occupancy; \$117 single occupancy.

Call the club for more information or check for the flyers posted on all club Bulletin Boards. Please take a minute to complete the Trip and Tours survey in this edition of the Sidewinder.

AVSCC TRIPS AND TOUR SURVEY

Please take a moment and provide your feedback on possible trips and tours. Check as many as you like or provide additional areas of interest below & leave in the office.

- Laughlin
- Casinos
- Baseball Games
- Catalina
- Musical Play
- Theatre Productions
- Candlelight Pavilion
- Treasure Island
- Alpine Village (Octoberfest)
- Knott’s Berry Farm
- Medieval Times
- Solvang
- Aquarium of the Pacific
- Sea World
- LA Zoo
- Griffith Park
- Observatory
- Horse Races
- Other:_____

Please rank the following in order of importance (1-3):

Day Trip _____

Overnight Trip_____

2 Days or More_____

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MEMBERSHIP

Club Membership now stands at 967

Number of Life Members: 388

(Note: Total Club membership does not include applicants.)

PHONE BOOK CHANGES**Additions**

GIBBS, Beverly J.	760-240-4931	20811 Eyota Rd., Apple Valley, CA 92308
KUHR, Janice L.	831-5454	21922 Ottawa Rd. Spc. 14, Apple Valley, CA 92308
MA, Lorane S.	626-252-3190	22020 Nisqually Rd., Apple Valley, CA 92301
TRIMMER, Ty M.	775-772-1820	22328 Goldbar Ct., Apple Valley, CA 92307
WEATHERFORD, Qutilde P	961-8064	12990 Clallam Rd., Apple Valley, CA 92308
WYMER, Ernest E.	617-9151	14582 Yucca St., Hesperia, CA 92345

Changes

ELKINS, Lorna J.	515-6932	22838 Bear Valley Rd # 41, Apple Valley, CA 92308
GLASCOE, Marjorie	626-443-8851	13361 Algonquin Rd., Apple Valley, CA 92308
JACKSON, Barbara A	843-0179	15911 S.E. Mill Plain Blvd #205, Vancouver, WA 98684
KIRSTE, Edward B.	985-5648	10214 W. Clair Dr., Sun City, AZ 85351
MALDONADO, Tony J.	221-8820	21911 Arpahoe, Apple Valley, CA 92307
REYES, Christeen	730-2080	345 Appallo Dr., Vista, CA 92084

Deceased

ILER, Shirley	961-0092	13393 Rincon Rd., Apple Valley, CA 92308
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Reinstated

TURNBULL, Susan E	490-8376	11155 Post Office Rd., Lucerne Valley, CA 92356
VANGELISTI, Robert J.	244-8306	19180 Monterey St., Hesperia, CA 92345

John Faber, Membership Director

760-247-3878

PARTICIPATE

We are looking into offering General Health and Nutrition sessions, Hospice and Disaster CERT classes, heart & vein sessions, fraud sessions, Alzheimer's and Dementia sessions, and much more. Please check the bulletin boards and sign up.

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