



SAVE  
THE  
DATE

*Cajun Music  
Dance & Food  
Nov. 5, 2016  
Tickets \$10*

Established, well known 7 pc. Band led by Joe Fontenot & Carolyn Russell

Live Fun!

Spiced Cajun food served as entrées at \$1.25 a dish cooked in our kitchen by Carolyn Russell's folks. The club has their CD. Literature & Info will be posted on our club bulletin boards as well as other items of interest.

### FROM THE PRESIDENT'S DESK

Over the next few weeks contractors will be on board installing our interior and exterior LED lighting upgrades and our new air conditioning & heating elements on the roof top.

Most of the work will be accomplished during slower club activity times for safety and efficiency. Please be cautious entering and leaving the club and watch for workers, etc. during this period. We want everyone to be safe!

A few items the Board & Officers are looking at:

1. Soda & Candy Vending Machines– we currently receive no revenue, we pay the electrical and they dispense poorly.
2. Front Entrance floor signs showing coming club special events & the day's activities
3. Gradual replacement of our old worn out chairs (6–10 at a time). Costco has a good price (\$22+ tax) vs \$60 from other sources.
4. Replacing light switches in restrooms to manual mercury silent switches (will help avoid blackouts).

Please review our club library in our All Purpose room by club offices. Updated, orderly and a great selection! Thank you, Valerie, for your efforts.

*Jim Welte (760) 220-3889*

*Minutes of the September General Meeting &  
the October Board Meeting are available in the office*

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#### **Apple Valley Senior Citizens Club**

13188 Central Road, Apple Valley, CA 92308 (760) 247-3155 email: [AVSCC65@gmail.com](mailto:AVSCC65@gmail.com)

**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/Apple-Valley-Senior-Citizens-Club>

CALENDAR OF MAJOR EVENTS**October**

Tea Dance 1-4pm	Oct 2	Hi Desert Dance Band
Saturday Dances: (7 - 10 PM)	Oct 8, 15, 22, 29	See Below for Bands
Deadline for Sidewinder Articles	Oct 12	avscnewsletter@gmail.com
Health Care and Insurance Info	Oct 19	HI-CAP: 9:30 am
General Meeting	Oct 28	

**Menu:** pork chops & gravy, mac & cheese, coleslaw, pumpkin pie

NEW EMAIL ADDRESS

Please note that the club has a new general email address. All correspondence to the club by email should be directed to [AVSCC65@gmail.com](mailto:AVSCC65@gmail.com).

PUBLICITY/NEWSLETTER

Please remember to put notes on things you would like published in my cubicle in the office. Let fellow members know what is going on with your groups! We are working with the Board and Dee's group to get the newsletter out in a more timely manner.

*Nancy Faber, 760-247-3878*

Hi CAP ANNUAL ENROLLMENT CLINIC

Mark your calendars for November 4, 2016 from 10-3pm. You will be able to change medical plans, etc. and find out all you need to know. Call for information

*Doug Shaw (909) 636-2529*

BRAILLE SERVICES

Services are available for everyone; even if your vision is only partly reduced. We can make an appointment for an interview with a technician. Call Me!

*Yvonne Spallino (760) 247-7556*

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**BOOK CLUB NOTES**

The book club's next meeting will be **Monday, October 24, p.m.** at our home for a dinner party and book discussion evening. Our selection this month is *When Breath Becomes Air*, a memoir by Paul Kalanithi, and a #1 Los Angeles Times bestseller.

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, and all 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 book discussions with the author. Another idea is a field trip tied in with one of the books! 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 and hope you can join us.

The Upcoming Book List:

- November                      Open House                      Elizabeth Berg
- December                      The Christmas Train                      David Baldacci

*Pat Howland: 760-242-2471                      pateh1@snet.net*

**THOUGHT FOR THE MONTH**

Just for today, be kind, cheerful, agreeable, responsive, caring & understanding, Be your best, dress your best, talk softly. Look for the bright side of things.

*Lillian Easton*

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**DANCE, DANCE, DANCE!**

The first Saturday of each month is Karaoke from 6pm–9pm. \$1.00 donation. The Saturday dances are from 7–10pm. Dances are open to the public and \$5 per person.

1 <sup>st</sup> Saturday	Karaoke	6–9pm
2 <sup>nd</sup> Saturday	Crossroads	7–10PM
3 <sup>rd</sup> Saturday	Gruesom 4som	7–10pm
4 <sup>th</sup> Saturday	Phoenix rising	7–10pm
5 <sup>th</sup> Saturday	Educators	7–10pm

*(October 29<sup>th</sup> will be a Halloween Themed Dance)*

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

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

*Harold Smith, (760) 240-3880*

**LUNCH BUNCH**

Please be advised that Joan and I will be stepping down from our positions at the end of this year 2016.

Both Joan and I have committed ourselves going on 3 years. We will continue lunches on the first Tuesday of each month for October, and November. We will continue to meet at Oggi's Restaurant at 1:00 pm for the remainder of these months. December's Christmas Luncheon will be announced at a later date. Movies will no longer be scheduled due to lack of interest.

If there is anyone out there who would like to facilitate the Lunch Bunch please contact Jim Welte. We will happy to help and instruct anyone who would like to become facilitator of this group. Both Joan and I are grateful for the opportunity to assist AVSCC seniors in this capacity. Please contact me (Pam) at [760-265-2517](tel:760-265-2517) for any info you may need.

*Pamela Brown (facilitator) and Joan Bush (Secretary/Treasurer)*

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**AEROBICS**

Regular exercise is associated with a reduced risk for most of the health problems we face as we age. The most beneficial fitness programs include a combination of exercises. Our program includes low impact 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 any injuries. We meet on Tues, and Thurs, for one hour at 1:30 PPM. Come join us!

*Betty Keiser (760) 242-8290*

**GOLDENAIRES**

Oh Happy Day! We have a piano player! Brenda Raney has volunteered and she can sing too! We have another new singer Doris Weaver who is helping us select our songs. Now we can make dates with convalescent home to come entertain them. Come join us!!

*Lee Hall (760) 240-1443*

**FASHION SHOW (SEPT)**

I was so impressed with the knowledge and presentation Charmaine from the Forever Wild Sanctuary made. It would have been great if we had more time. However, I learned a lot and am looking forward to my next visit especially in early evening when the lions and other nocturnal animals wake up and make the sounds that they make. Our models did a great job of dressing using fabrics relative to the area of the animal's natural habitat. How all of them did such a great job is always amazing. We have the most beautiful and handsome group west of New York. Here they are – Wanda, Ray, Tony, Steve and Leslie, our new pastors, Ralphie, Jean, Dora and Lee. Thanks for all the enthusiastic support from our members. We're recruiting new models. Call us.

*Ginger Cupkie, Facilitator*

*Wayne Lindblom, Excellent Photographer*

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**TRIPS AND TOURS**

Running Smoothly! See our new club bulletin board at the club main entry prior to entering the main room for postings & information. Your contact will be Pat Welte (760) 713-0962 or call the club front office and leave details so we may book correctly (760) 247-3155.

*Coming Up:*

<i>Mystery Dinner</i>	<i>Oct 16</i>	<i>\$83 p/p</i>	<i>Double Tree Hotel, Claremont Approx. 9 tickets left)</i>
<i>Sister Act</i>	<i>Nov 6</i>	<i>\$85 p/p</i>	<i>Candlelight Pavilion</i>
<i>Festival of Lights</i>	<i>Dec 4</i>	<i>\$50 p/p</i>	<i>Mission Inn, Riverside (does not include dinner)</i>

Looking forward to seeing you at these fun events. It's a great way to make new friends.

*Pat Welte (760)713-0962*

**NEW MEMBERS**

We welcome the following new members ratified at the Sept General Meeting: Frank Aragon, Karen Atchley, Jerry Davis, Luigi Demaio, Glenda Ebersole, Lela Huffman, Ruth Martin, Jacqueline Painter, Jackie Powell, Paul Sheriff, Carol Strait, Larry and Susan Wells. We hope you enjoy your membership and find something you would like to volunteer for!

**Club Membership now stands at 996** (Total does not include 28 open appl)  
**Number of Life Members: 390**

*John Faber (760) 247-3878*

**Phone Book Changes and Additions**

Addition

ARAGON, Frank R.	552-388	13497 Shawnee Rd., AV 92308
ATCHLEY, Karen C.	662-0618	11554 Oak St., AV, CA 92308
DAVIS, Jerry R.	792-5869	23993 Canky Rd., AV , CA2307
DEMAIO, Luigi	515-6524	P.O.Box403073, Hesperia,92340
EBERSOLE, Glenda M.	515-6993	19357 Macklin St., AV CA 92308
HUFFMAN, Lela M.	247-5676	14730 Flathead Rd., AV CA 92307
LOVINGOOD, Robert		*
MARTIN, Ruth A.	949-2362	20262 Chickasaw Rd., AV CA 92307
PAINTER, Jacqueline F.	885-7660	22601 Bear Valley Rd. Spc 62, AV CA 92308
POWELL, Helen	247-7942	12959 Chief Joseph Rd., AV CA 92308
SHERIFF, Paul W.	954-7217	12750 Pocomoke Rd., AV CA 92308
WELLS, Larry H.	242-3599	16283 Kamana Rd., AV CA 92308
WELLS, Susan L.	242-3599	16283 Kamana Rd., AV CA 92308

Change

ALDRIDGE, Lewana	220-2007	10997 Neola Rd., AV CA 92308
CHENOWETH, Mary A.	243-7650	20341 Skyline Ranch Dr., AV CA 92307 *
FITTON, Maggie	247-8045	19025 Elm Dr., AV CA 92308
JORDAN, Diana F.	628-7294	22241 Nisqually Rd., AV CA 92308
TADEY, Lawrence V.	961-2421	17873 Donert St., Hesperia, CA 92345 *
TOMS, Graydon H.	961-1849	20594 Bean Valley Rd., AV CA 92308

Deceased

HALVERSON, Donald L.	247-4241	19540 Warman Ct., AV CA 92308
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Life Member

STRAIT, Carol	909-333-9732	9339 Cottonwood St., Hespera, CA 92345
WEATHERFORD, Qutilde P	961-8064	12990 Clallam Rd., AV CA 92308 *

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