

**DESSERTS PROVIDED BY:**

Barbara Oyama, Dean & Lulu Moser, Rosa Minuti, Myrtle Brabant, and Judy Zwerling.

**BIRTHDAY CELEBRATIONS:**

The 3rd Monday of each month at 10am, in the food court of the Capitola Mall.

**August:** Suzanne Sutherland, Maria Kimmel, Jeanne Thompson, & Darlene Dyke.

**September:** Vernetta Godfrey, Glenn Swanson, Judy Zwerling, Ofelia Johnstone, Sylvia Fomasi, & Edie Kulstein.

**WALKER OF THE MONTH**

DEAN MOSER

**SENIOR VOLUNTEERS:**

Myrtle Brabant, Dean Moser, Lulu Moser, Mehdi Reihani, James Stubblefield, Jeanne Thompson, Pat Buffone, Judy Zwerling, Louise Kegg, Barbara Oyama, & Suzanne Sutherland

To My Friends

I would like to inform those of you who I haven't had the opportunity to talk to that I will be retiring from my position as Recreation Supervisor for the County of Santa Cruz in August. I will greatly miss you all but I have lots of very fun memories to take with me. It has been my pleasure serving you and being a member of the County Parks Department for the past eleven years.

I am looking forward to spending more time with my husband, children, and grandchildren. We also have some wonderful travel plans to look forward to.

Take care, stay healthy and until we meet again remember to laugh & play a lot, life is such a wonderful gift, don't waste a minute of it.

Your Friend,  
Linda Sullivan

**August Senior Calendar**

Mon	Tues	Wed	Thur	Fri
<b>1</b> Senior Stretching 8:30-9:10 AM Capitola Mall	<b>2</b> Fit Forever, Gentle Strength Training 11AM-Noon SFSC	<b>3</b> Senior Stretching 8:30-9:10 AM Capitola Mall	<b>4</b> Fit Forever, Gentle Strength Training 11AM-Noon SFSC	<b>5</b> Senior Stretching 8:30-9:10 AM Capitola Mall
<b>8</b> Senior Stretching 8:30-9:10 AM Capitola Mall	<b>9</b> Fit Forever, Gentle Strength Training 11AM-Noon SFSC	<b>10</b> Senior Stretching 8:30-9:10 AM Capitola Mall	<b>11</b> Fit Forever, Gentle Strength Training 11AM-Noon SFSC	<b>12</b> Senior Stretching 8:30-9:10 AM Capitola Mall
<b>15</b>  Senior Stretching 8:30-9:10 AM Capitola Mall <b>Birthdays at 10:00 AM!</b>	<b>16</b> Fit Forever, Gentle Strength Training 11AM-Noon SFSC	<b>17</b> Senior Stretching 8:30-9:10 AM Capitola Mall	<b>18</b> Fit Forever, Gentle Strength Training 11AM-Noon SFSC	<b>19</b> Senior Stretching 8:30-9:10 AM Capitola Mall
<b>22</b> Senior Stretching 8:30-9:10 AM Capitola Mall	<b>23</b> Fit Forever, Gentle Strength Training 11AM-Noon SFSC	<b>24</b> Senior Stretching 8:30-9:10 AM Capitola Mall	<b>25</b> Fit Forever, Gentle Strength Training 11AM-Noon SFSC	<b>26</b> Senior Stretching 8:30-9:10 AM Capitola Mall
<b>29</b> Senior Stretching 8:30-9:10 AM Capitola Mall	<b>30</b> Fit Forever, Gentle Strength Training 11AM-Noon SFSC	<b>31</b> Senior Stretching 8:30-9:10 AM Capitola Mall	<b>SFSC = Simpkins Family Swim Center</b>	

**TRAVEL OPPORTUNITIES**

WE HAVE PARTNERED WITH COLLETTE VACATIONS TO OFFER **EXTENDED TRIPS**. WE HAVE CONDUCTED 7 TRIPS WITH WONDERFUL SUCCESS. YOU CAN LOOK FORWARD TO THE FOLLOWING TRIPS FOR 2011 AND 2012:

- SEPTEMBER 16 - 21** BRANSON MUSICAL GETAWAY
- OCTOBER 4 - 13** SHADES OF IRELAND
- NOVEMBER 6 - 15** CLASSIC SPAIN
- MARCH 22 - 30** CANYON COUNTRY – ARIZONA AND UTAH
- MAY 16 - 28** ITALIAN LAKES AND EASTERN MEDITERRANIAN SEA

**FOR INFORMATION OR TRIP BROCHURES CALL JESSICA BEEBE 454-7929**

**UPCOMING DAY TRIPS**

- OCTOBER 13, 2011** SAUSALITO SHOPPING #9227
- SEPTEMBER 14, 2011** GIANTS GAME #9224
- NOVEMBER 9, 2011** OAKLAND MUSEUM #9228
- DECEMBER 8, 2011** SAN FRANCISCO SHOPPING #9229

**TO REGISTER FOR A DAY TRIP PLEASE CALL 454-7941.**

# SENIORS CALENDAR


## AUGUST 2011 / SEPTMEBER 2011

COUNTY OF SANTA CRUZ  
 DEPARTMENT OF PARKS, OPEN SPACE AND CULTURAL SERVICES  
 454-7929



979 17TH AVENUE  
 SANTA CRUZ, CA 95062

### September Senior Calendar

Mon	Tues	Wed	Thur	Fri
SFSC --- Simpkins Family Swim Center			1	2 Senior Stretching 8:30-9:10 AM Capitola Mall
5 Senior Stretching 8:30-9:10 AM Capitola Mall	6 Fit Forever, Gentle Strength Training 11AM-Noon SFSC	7 Senior Stretching 8:30-9:10 AM Capitola Mall	8 Fit Forever, Gentle Strength Training 11AM-Noon SFSC	9 Senior Stretching 8:30-9:10 AM Capitola Mall
12 Senior Stretching 8:30-9:10 AM Capitola Mall	13 Fit Forever, Gentle Strength Training 11AM-Noon SFSC	14 Senior Stretching 8:30-9:10 AM Capitola Mall	15 Fit Forever, Gentle Strength Training 11AM-Noon SFSC	16 Senior Stretching 8:30-9:10 AM Capitola Mall
19  Senior Stretching 8:30-9:10 AM Capitola Mall Birthdays at 10:00 AM!	20 Fit Forever, Gentle Strength Training 11AM-Noon SFSC	21 Senior Stretching 8:30-9:10 AM Capitola Mall	22 Fit Forever, Gentle Strength Training 11AM-Noon SFSC	23 Senior Stretching 8:30-9:10 AM Capitola Mall
26 Senior Stretching 8:30-9:10 AM Capitola Mall	27 Fit Forever, Gentle Strength Training 11AM-Noon SFSC	28 Senior Stretching 8:30-9:10 AM Capitola Mall	29 Fit Forever, Gentle Strength Training 11AM-Noon SFSC	30 Senior Stretching 8:30-9:10 AM Capitola Mall