

## Ed Brown Singles Club November and December activities

**Every Saturday - 8:30 a.m.** - Take a walk in beautiful Webb Park on Bernardo Center Drive, then join us for breakfast at Denny's in RB at 9:00 a.m.

**Thursday Nov. 3 - 11:30 a.m.** - OPA! Lunch at Athens Market Café on Carmel Mountain Road next to the theater.

**Tuesday, Nov. 8 - 11:00 a.m.** - Walk in North County Mall followed by lunch at 11:30 a.m. at the Nordstrom Café.

**Thursday, Nov. 17 - 11:30 a.m.** - Join us for lunch at Akai Hana on Bernardo Center Drive next to the Post Office.

### No activities planned during Thanksgiving Week

**Thursday, Dec. 1 - 4:00 p.m.** - We meet for a Happy Hour at Carver's in the Plaza on Bernardo Center Drive.

Note: Want more info about joining our singles Group? Call Phil Corey at (858) 673-4538 for help with your questions.

## Play Readers Theater

Play Readers Theater presents another fabulous performance for your enjoyment on November 17 at 2:30 p.m. Invite your friends and neighbors to join in the fun. Program includes: Annual Letters (spoof of those blown-up "all-is-great" annual holiday letters, Blondie, Crime Rhyme (about the murder of the Cat in the Hat), and TV Court (parodying Judge Judy). The performance will be repeated at the Remington and Redwood Town Court – check the Ed Brown Senior Center calendar online for more details.)

Play Readers are looking for a few good men to join them for their weekly rehearsal and monthly community performances in Rancho Bernardo and Escondido (with some breaks for vacations and travel). Typical programs consist of three to five humorous skits with a few jokes thrown in, sometimes modeled off of old radio shows. New members are required to do a short audition for the director, so if you are interested in exercising your acting chops, contact the Ed Brown Center for details.

## Upcoming News

November 14 & 28th, 4 p.m.  
Join us for Laughter Yoga

Coming in December, Dinner for Eight Fundraiser - An event of food, fun, and friends.

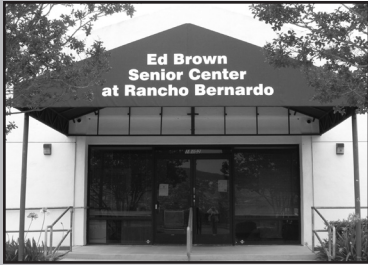
November 17th - 2:30 p.m.  
Play Readers Theater Performance

## Holidays

The Ed Brown Center will be closed the following dates for the holidays. Please ask your instructor if they will be deviating from this schedule. For Thanksgiving, the Ed Brown Center will be closed from 12 noon on Wednesday, November 23, through Friday, November 25—reopening on Monday, November 28. For the end of the year, the Ed Brown Center will be closed from Monday, December 26, through Friday, December 31—reopening on Monday, January 3, 2012.

## Give Back and Get Involved

Volunteer positions are available at the Ed Brown Center. Open positions include front desk receptionist; Bingo callers, cashiers and verifiers; monthly newsletter folding; special events and social committee volunteers. If you are interested in helping out, please call (858) 487-9324. Give as little or as much time as you wish!



## Ed Brown Senior Center at Rancho Bernardo

18402 W. Bernardo Drive  
San Diego, CA 92127  
Voice 858.487.9324  
fax 858.487.9235

[www.edbrowncenter.org](http://www.edbrowncenter.org)

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*Ed Brown Senior Center is a  
501(c)3 non-profit organization.*

*Thank you for your continual support  
of the Ed Brown Center.  
We look forward to many happy  
adventures with you  
in the years to come!*

## Board of Directors Message

The Board of Directors thanks you most sincerely for stepping up to make our Town Hall meeting a success. Over 45 community members showed up and contributed to the brainstorming session; another 30 of you provided emails and comments before the meeting; and the comment forms are still trickling in. We welcome your suggestions and encourage you to stop by or call in your ideas.

Again, we respectfully request your support, your involvement, and your ideas. We will be providing information on volunteer opportunities to our members and supporters whenever possible. We are asking for fundraising ideas, social events and opportunities, and anything else you would like to share. We are calling our members to thank you for your support, let you know about upcoming events, and gather your ideas on how to raise funds to keep the Ed Brown Center sustainable in the long term without hurting our members. Thank you all who have spoken to our phone volunteers currently gathering data about potential membership rate increase – you are shaping the proposal we will provide the city into something we believe everyone can support. And please call us directly if you have an idea you would like to share, either about membership rates or general fundraising.

Our goal, as a board, is to provide the most services to you, our members, in the most resourceful manner possible. To that end, we are temporarily running an (almost) all-volunteer organization for the coming months, streamlining the organization and tweaking our programs. At our recent New Volunteer Orientation, we added several new volunteers and continue recruiting more every week. If you would like to get involved, we welcome you - on the board, on a committee, assisting with special events like the Halloween Bash and Halloween Day Tea Dance, as a handyman, data entry, filing, answering the phones, assisting with Bingo. Whatever your preference for getting involved, we would love to welcome you to the team. As our volunteer application now reads, whatever it takes to get the job done is what we hope to accomplish. With your help, the Ed Brown Center will be able to stay Active, Healthy, and Connected and be the community resource the community wants it to be. The Ed Brown Senior Center would like to thank Rancho Bernardo Noon Rotary and the Rotary District Foundation for their generous support of the Center! Our hats are off to you, for your recent donation and the flu clinic organized and staffed by Rotary members. Thank you for your involvement and support!

## Neighborhood Beat

Free CPR Training! Learn how to perform CPR and use an Automatic External Defibrillator (AED) on Saturday, November 12 from 10 a.m. until 2 p.m. Class sessions begin on the half hour and will be taught at the Glassman Recreation Center next door to the Ed Brown Center. RSVP at (858)487-6227 by November 7.

## Professional Services

- \*Financial / Retirement Planning  
Advisor Michael Farrell, CFP
- \*Hearing Screening  
Audiologist, David Illich, AuD, FAAA
- \*Free HICAP Counseling  
Timothy Hood  
Medicare & HMO Assistance  
(includes prescription drug benefit)
- \*Legal Consultations  
Attorney James Wise
- \*Psychotherapy Counseling  
Kenneth S. Buhr, Ph.D

*\*By appointment only (858) 487-9324, ext. 0  
(Ed Brown Senior Center members free;  
\$10 nonmembers)*

## Support Groups

- \*Parkinson's Support Group  
Eileen Haller, MSG (760) 480-1030  
3rd Wednesday each month, 1:00-2:00 p.m.
- \*Caregiver Support Group  
Sponsored by Silverado Senior Living &  
The Glenner Family Centers. Contact  
Matthew Parcasio for information or to  
register (760) 737-7900.  
1st Thursday of month, 9:30-10:30 a.m.  
Continental Breakfast will be provided.
- \*Life is a Journey...Transitions Group  
Sponsored by Silverado Hospice.  
Contact Bryan McNutt for information  
or to register (888) 328-4558 or  
(619) 540-6560.  
Every Wednesday, 10:00-11:00 a.m.

## Computer Tutoring

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## Thank You - New & Renewing Members

<b><u>New Members:</u></b>	Inna Vokler and Marti Brucker Martha Farrel Barta Gaywood Pam Gelormini Betty Kollisch Rochelle Manson Dorothy Newton Fern Nguyen Lola Onstad Dora Caceres and Monica Ravaioli	Julie Guinane Bonnie Herron Ruth Hohberg Elaine Rose and John Holzheimer Annmarie Hom Lawrence and Susan House Bobbi Hudson Vicki Kelsey Irma Latzusch Norma McEachern	Robert and Fredaine McMillan Norlene Geraldine O'Dwyer Grace Olivares Joseph Ragusa Carolyn Sarnie Beverly Taylor Carol Welts Arlene Wolf
	<b><u>Renewing Members:</u></b>		

*Thank you for your continual support of the Ed Brown Center.  
We look forward to many happy adventures with you in the years to come!*

## CA Department of Insurance, Senior Advisory on Medicare Deceptive Sales Practices

Insurance Commissioner Dave Jones provided the following alert to seniors and their advocates against unreasonable sales practices during the annual enrollment period for Medicare Advantage plans and the Medicare Prescription Drug Program from October 15 – December 7, 2011. To protect yourself or someone you love from being a victim, please report questionable sales practices to the CA Dept of Insurance and keep these tips in mind:

**Medicare has no official sales representatives:** Don't believe any salesperson who claims to be a Medicare representative. Medicare does not send "representatives" to solicit your business.

**Unsolicited sales calls are prohibited:** Federal regulations prohibit unsolicited telephone calls, door-to-door visits, emails, and other forms of sales without your permission.

**Guard your personal information:** Never give out personal information such as your Social Security number, bank account numbers, or credit card information over the phone. Verify that the person you are dealing with has proper authority to act on behalf of the plan before you provide your Medicare number.

**Marketing in educational or care settings prohibited:** Federal regulations prohibit marketing Medicare products in places where health care is delivered (such as a doctor's office, clinic, or pharmacy counter) or at an educational event.

**No such thing as a free lunch:** Federal regulations prohibit offers of free meals for listening to a sales presentation or for signing up in a particular plan.

(For questions, concerns, and reports of deceptive conduct, contact the Department at 1-800-927 HELP (4357) or visit the website at [www.insurance.ca.gov](http://www.insurance.ca.gov). Additional information can be obtained from the California Dept. of Aging Health Insurance Counseling and Advocacy Program, 1-800-434-0222.

[www.edbrowncenter.org](http://www.edbrowncenter.org)

## Attorneys

**Walter E. Pinkerton, Jr., Esq.**

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**Laughter Yoga**

New to the Ed Brown Center - Laughter Yoga! On the second and fourth Monday of each month at 4:00 p.m., join this sitting class that combines simple and fun stretching, laughing, singing, and relaxation. Laughter Yoga decreases anxiety, worry, stress, and anger; improves heart and lung function, stabilizes blood pressure, and strengthens the immune system, and makes new friends! Presented by Laughter Matters, a nonprofit organization. For information go to [www.LaughterMatters.org](http://www.LaughterMatters.org).

**Community Outreach**

- SHOK (Seniors Helping Our Kids)  
Volunteer an hour a week at a local elementary school. No special background needed. It's fun and rewarding!  
Call Jane Radatz (858) 485-5449

**Free Flu Shots**

If you were unable to join us for the flu clinics in October, be sure to call and set an appointment for Wednesday, November 2, from 9 a.m. to noon at the Ed Brown Senior Center!

There is no charge for

Medicare recipients!

Please call: (858)487-9324

to set your appointment!

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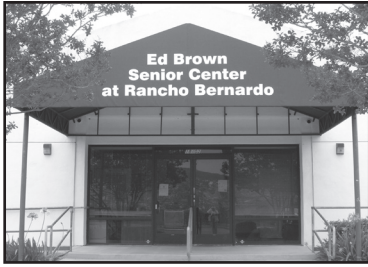
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**Want to Play Croquet?**

The Lawn Bowlers have extended an offer to all our members to play for the discounted price of \$2.

Call Joe Forman at (760) 842-1589.



**Ed Brown**  
Senior Center  
at Rancho Bernardo

18402 W. Bernardo Drive  
San Diego, CA 92127  
Voice 858.487.9324  
fax 858.487.9235

[www.edbrowncenter.org](http://www.edbrowncenter.org)

*Ed Brown Senior Center is a  
501(c)3 non-profit organization.*




**Happy  
Thanksgiving**

Sun	Mon	Tue
		<b>1</b> 8:15 a.m. Tai Chi 9:15 a.m. Aerobic 10:30 a.m. Vinyasa 12:30 p.m. Zumba 1 p.m. Canasta 6:45 p.m. Zumba
<b>6</b>	<b>7</b> 8:30 a.m. Gentle Yoga* 10:50 a.m. Qigong \$6 12:30 p.m. Dance class* 1 -3 p.m. Tea Dance * 6 p.m. Gentle Yoga*	<b>8</b> 8:15 a.m. Tai Chi 9:15 a.m. Aerobic 10:30 a.m. Vinyasa 12:30 p.m. Zumba 1 p.m. Canasta 6:45 p.m. Zumba
<b>13</b>	<b>14</b> 8:30 a.m. Gentle Yoga* 10:50 a.m. Qigong \$6 12:30 p.m. Dance class* 1 -3 p.m. Tea Dance * 4 p.m. Laughter Yoga* 6 p.m. Gentle Yoga*	<b>15</b> 8:15 a.m. Tai Chi 9:15 a.m. Aerobic 10:30 a.m. Vinyasa 12:30 p.m. Zumba 1 p.m. Canasta 6:45 p.m. Zumba
<b>20</b>	<b>21</b> 8:30 a.m. Gentle Yoga* 10:50 a.m. Qigong \$6 12:30 p.m. Dance class* 1 -3 p.m. Tea Dance * 6 p.m. Gentle Yoga*	<b>22</b> 8:15 a.m. Tai Chi 9:15 a.m. Aerobic 10:30 a.m. Vinyasa 12:30 p.m. Zumba 1 p.m. Canasta 6:45 p.m. Zumba
<b>27</b>	<b>28</b> 8:30 a.m. Gentle Yoga* 10:50 a.m. Qigong \$6 12:30 p.m. Dance class* 1 -3 p.m. Tea Dance * 4 p.m. Laughter Yoga* 6 p.m. Gentle Yoga*	<b>29</b> 8:15 a.m. Tai Chi 9:15 a.m. Aerobic 10:30 a.m. Vinyasa 12:30 p.m. Zumba 1 p.m. Canasta 6:45 p.m. Zumba

**All classes with an asterisk (\*)  
(Zumba classes on Tuesdays)**

# NOVEMBER, 2011

## ED BROWN SENIOR CENTER

Tue	Wed	Thu	Fri	Sat
	<b>2</b> Tai Chi Class* Adult Fitness* Witty Knitters* Zumba Asta* Zumba 8:30 a.m. Gentle Yoga* 9 a.m. Flu Shot Clinic** 12:15 p.m. Watercolor \$5 1 p.m. Dance Lessons 2:15 p.m. Arthritis/Balance* 6 p.m. Weight Watchers	<b>3</b> 9 a.m. Weight Watchers 9:15 a.m. Adult Fitness* 10:45 a.m. Gentle Yoga* 12:30 p.m. Zumba 2 p.m. Play Readers 5:45 p.m. Zumba 7 & 8 p.m. Dance Lessons	<b>4</b> 9 a.m. Yoga* 11:15 a.m. Zumba* 1 p.m. Bingo	<b>5</b> 9 a.m. Watercolor Class 1 p.m. Dance Lessons
	<b>9</b> Tai Chi Class* Adult Fitness* Witty Knitters* Zumba Asta* Zumba 8:30 a.m. Gentle Yoga* 12:15 p.m. Watercolor \$5 1 p.m. Dance Lessons 2:15 p.m. Arthritis/Balance* 6 p.m. Weight Watchers	<b>10</b> 9 a.m. Weight Watchers 9:15 a.m. Adult Fitness* 10:45 a.m. Gentle Yoga* 12:30 p.m. Zumba 2 p.m. Play Readers 5:45 p.m. Zumba 7 & 8 p.m. Dance Lessons	<b>11</b> 9 a.m. Yoga* 11:15 a.m. Zumba* 1 p.m. Bingo	<b>12</b> 9 a.m. Watercolor Class 1 p.m. Dance Lessons
	<b>16</b> Tai Chi Class* Adult Fitness* Witty Knitters* Zumba Asta* Zumba 8:30 a.m. Gentle Yoga* 9 a.m. HICAP** 12:15 p.m. Watercolor \$5 1 p.m. Dance Lessons 2:15 p.m. Arthritis/Balance* 6 p.m. Weight Watchers	<b>17</b> 9 a.m. Weight Watchers 9:15 a.m. Adult Fitness* 10:45 a.m. Gentle Yoga* 12:30 p.m. Zumba 2:30 p.m. Play Readers 5:45 p.m. Zumba 7 & 8 p.m. Dance Lessons	<b>18</b> 9 a.m. Yoga* 9 a.m. Legal Consult** 11:15 a.m. Zumba* 1 p.m. Bingo	<b>19</b> 9 a.m. Watercolor Class 1 p.m. Dance Lessons
	<b>23</b> Tai Chi Class* Adult Fitness* Witty Knitters* Zumba Asta* Zumba 8:30 a.m. Gentle Yoga* 9 a.m. HICAP** 12:15 p.m. Watercolor \$5 1 p.m. Dance Lessons 2:15 p.m. Arthritis/Balance* 6 p.m. Weight Watchers	<b>24 CENTER CLOSED!</b>  HAPPY  Thanksgiving	<b>25</b> <b>CENTER CLOSED!</b>	<b>26</b> 9 a.m. Watercolor Class 1 p.m. Dance Lessons
	<b>30</b> Tai Chi Class* Adult Fitness* Witty Knitters* Zumba Asta* Zumba 8:30 a.m. Gentle Yoga* 12:15 p.m. Watercolor \$5 1 p.m. Dance Lessons 2:15 p.m. Arthritis/Balance* 6 p.m. Weight Watchers	<b>Notes:</b>  <b>**Flu Shot Clinic, HICAP and Legal Consult – Please call the Center for an appointment</b>		

\*) designate membership classes and are FREE for members and Thursdays are \$8 for non-members and \$4 for members)