

# ROXBURY REVIEWS

NEWS IN AND AROUND BEVERLY HILLS

Sponsored by Beverly Hills Community Services Department  
Nancy Hunt-Coffey, Director of Community Services

SUMMER 2016

## Donna Goldstein

October 19, 1916 – June 15, 2016

By Teri Angel

The Beverly Hills Active Adult Club is saddened by the passing of long-time member and former Club President Donna Goldstein. A resident of Beverly Hills for the past thirty years, Donna was an active member of the Club as well as other Beverly Hills charitable organizations.

Her contributions are many, but most memorable are the creation of the Thanksgiving Baskets and Holiday Stockings for needy families. With donations primarily from Club members, community residents, and local businesses, the dozen or so large baskets would be filled to the brim with all the essentials and more for a family to create a wonderful Thanksgiving feast. Holiday Stockings were given to a local charity to distribute to children who may not receive much during the holiday season. Again, through the kindness of Club members and the community, Donna filled large stockings with toys, gifts, and food. For Donna's 99th birthday celebration, attendees were asked to donate items to these two worthy projects in lieu of gifts. Donna was also a local celebrity when a news channel filmed her visit to a 99 Cents Store for a complimentary shopping spree in honor of her 99th birthday. Rather than shop for herself, Donna gathered items needed to complete the Thanksgiving baskets and Holiday Stockings.

Donna also assisted with and later coordinated the Club Boutiques. Tables full of new to gently used items such as jewelry, purses, clothing, knitted scarves, household items, etc. would be sold with all proceeds going to the Club.

Donna's last Boutique netted over \$1,000. The proceeds help to offset the Club's ongoing activities and programs.

Donna's other long-standing commitment on the Board was as Chair of the Sunshine Committee. Donna would call and send greetings to members on their birthday or stay in touch with any members who had taken ill and could no longer attend the Club's weekly Monday Meeting/Entertainment or activities. Members often expressed their gratitude on this longstanding and thoughtful gesture that the Club continues to provide.

We were fortunate that Donna was also known as "Nana" to grandson Steve Fenton and his wife/ TV personality Leeza Gibbons. With Nana's loving persuasiveness, Leeza was gracious enough to attend and speak at various Club and City events.

Donna was also recognized in 1999 as Beverly Hills' Older American of the Year and honored at a special luncheon hosted by Los Angeles County. In 2015, Donna was the recipient of former Mayor Julian Gold, MD., Step-Up Award which was created to recognize individuals providing outstanding service to the community.

The Beverly Hills Active Adult Club was so fortunate and thankful for the contributions Donna Goldstein provided. She has left an indelible mark that will never be forgotten. In lieu of flowers and as a continued tribute to Donna Goldstein, the family has requested donations be made to the Beverly Hills Active Adult Club.



### Donna Goldstein ~ 1916-2016

*Former Beverly Hills Active Adult President and  
long-time Beverly Hills Active Adult Club Member*

#### *In Remembrance*



## Dance, Ballerina, Dance

By Marsha Miller



A young woman no longer young sat in lotus position on a green towel on the beach at Santa Monica. Reflecting on her life, remembering a day much like this day a long time ago. She thought back to that other overcast summer morning, a day with nobody else in sight, when she and her young man strolled along, their pant legs rolled up, his arm around her shoulder.

Sandpipers were doing what sandpipers do, teasing the ocean and then gingerly running back up the beach. Much like the dance that she did in the early months of her courtship with the young man. Before she stopped running and gave herself over to him completely. For a while.

She remembered how, on that cloudy day so long ago, she had realized, and knew he had also, that they were not the only people on the beach.

She had looked off in the distance and seen a tall, lean figure moving.

Doing what?

Dancing, she saw as she and her young man came closer.

And the woman was of considerable age. Seventy or eighty perhaps. And the young woman found herself touched by the sheer happiness that the dancer seemed to be taking in her every movement – her *passes* her *plies*, her *pirouettes*.

She and her young man had stood and watched, appreciating the beauty of the performance.

When they finally approached the dancing woman, the young man asked sweetly, "Did you used to be a ballerina?"

The woman, after a pause – for she had not yet finished her dance – answered him with purposeful assurance, "Young man, "I *am* a ballerina."

How the woman sitting on the beach missed those days. And the more than twenty years that followed. The days before her young man slipped out of her life while she was busy looking the other way. Too career-minded. That's what he said. But what he meant was: "Look my way. I'm over here."

Was he right? Had she danced away from what might have been?

Those words of the ballerina, "I *am*," played over and over in her head. And she said to herself, "To what would I answer 'I am' if a young couple were to stroll up and ask me?"

But there was no young couple on *this* morning.

So she strolled on down the beach. Then stopped. And stood among the sandpipers, teasing the ocean.

## Summer in LA

Summer arrives with her fiery cloak  
And wind in her hair  
The air is filled with her hot breath

And smog  
Alas no more fog  
to hold the heat at bay

Unlike the Bay Area  
Yes I still miss  
That kiss  
Of mist

Hot talons scrape  
And sear my skin  
Unlike my next of kin  
Who thrive

And drive around  
In air conditioned pods  
I remain here with love and  
Lots of sunblock  
And a thicker skin

- Corinne Chakarian



## Circles of Life

Three women in their nineties lounge on webbed chairs.  
Their names are Emma, Sophie, and Nora.  
They wear swimsuits with skirts to the thigh.

They spy hummingbirds in the hibiscus  
and discuss books recently read.  
A pale gibbous moon flirts with a cloud in the sky.

Small children play hide-and-seek in the water.  
Orange toys circle the pool like fish in a pond.  
The women pull on their swim caps.

They stroll toward the deep end of the pool.  
I learned to swim when I was three, Sophie says.  
She slides into the water and swims her ten laps.

Three children rush to the lounge chairs.  
Their names are Hannah, Sophia, and Dora.  
They wear little swimsuits: pink, blue, and white.

They chatter about stories recently heard  
and pretend they can read.  
They gaze at the moon with delight.

- Ilse Nusbaum

## My "Minimalist" Poem for Summer

Summer's hot  
Camper's lot  
Tent got  
Stake slot.

Picnic spot  
Food rot  
Flies swat  
Enjoyed not.

Rowdy tot  
Wipe snot  
Bed cot  
Day shot.

Untie knot  
Sail yacht  
Drink a lot  
That's what!

- Madeleine Isenberg

## Summer Memories

Summer brings back such lovely memories  
Of languid days and languorous nights,  
Of ice cream cones and cold lemonade,  
Sunday barbecues with family and friends,  
And picking fruit from the backyard trees  
Oh so juicy and sweet!

Days of sunning, reading and playing with my dog,  
Evenings in the garden staring at the stars  
And watching dragonflies cavorting among the trees.

Every year a month by the seaside, what joy!  
Lying in the sand, romping in the waves,  
bike rides and long walks,  
Seeing all my holiday friends.

Now that I am in the autumn of my life,  
Once again I sit in my backyard  
Enjoying the twilight and later the stars,  
And all these beautiful memories return,  
And I am a child once again.

- Betty Berger

## Pre-Induction Physical 1951

By Ron Abrams

When I re-read the doctor's letter and evaluation I wondered how they could want me in the Army, but I was still plenty nervous when I arrived at 5660 Santa Monica Boulevard that morning. I was at the mercy of the United States Army and there was nothing I could do about it. There wasn't anybody at City Hall, including Mayor Bowron, who could do anything to get me out of this mess. And I read stories in Life Magazine about congressmen who wrangled West Point appointments for young men from their districts, but I didn't want help getting into the Army. I wanted someone to fix it so I didn't have to go in.

When I saw the building at 5660 Santa Monica Boulevard. It looked like a shabby 1917 New York two story stone front tenement. The original sandy colored stonework had been darkened over the years from grime, neglect and age. The carved, warped double front oak doors were splintered, faded and dry. Adjacent to the doors were molded concrete pillars cast into swirls of a barber's pole.

The interior of the building was no more inviting. The plain bare stucco walls were covered in a sickly, pale hospital green and the floors had warped linoleum splashed with a grayish white pattern that made them look like they need a good scrubbing.. The second floor, where the Army physicals were taking place was a mirror image of the entry level except the stark sallow atmosphere downstairs was replaced by crowds of young men in various stages of undress, shuffled in wavering lines from one examination table to another. Inside the men's room a line of males dressed in everything from jeans and tee shirts, to business suits, to Eisenhower Jackets and slacks, to matching black leather motorcycle outfits and boots that buckled on the side, snaked half way down the hall, waiting their turns, with empty urine cups in their hands. I pitied the guys near the end of the line who really had to go and weren't sure they could hold it long enough.

Some of the potential draftees and enlistees were sporting three inch side burns and pomaded pompadours and some wore military haircuts, as if they were ready to report to the induction center the following day. Some of the boys had bleached blond flat crew cuts on top with sides that swept back into duck tails. There were college athletes and the sons of Latino workers. The people who should have stood out the least were the most conspicuous, the nondescript, everyday looking guys like me who had no particular identifying style to distinguish them. We were the ones with the un-sun scorched complexion, or the pale ones whose face were randomly splotched from the dermatologist's heat lamp. We were neatly barbered and our clothes fit but we fidgeted more than the others, we felt the most out of place and we had trouble sounding manly when our names were called.



## America, My Home

THE FOURTH OF JULY  
IT IS OUR NATION'S BIRTHDAY  
LAND OF EQUALITY

FOUND ON PRINCIPLES  
FREEDOM AND JUSTICE FOR ALL  
THE IMMIGRANTS' HOPE

MY PARENTS CAME HERE  
SOUGHT ITS OPPORTUNITIES  
HAPPILY FOUND THEM

THEY RAISED ME TO BE  
AN AMERICAN CITIZEN  
TO ENJOY ITS RIGHTS

ALL-AMERICAN BOY  
JACK ARMSTRONG, MY BOYHOOD HERO  
TRIED TO EMULATE

WHEN IT WAS MISLED  
INTERNED ME AND ETHNIC PEERS  
LATER APOLOGIZED

I FORGAVE WHEN IT  
RESTORED MY RIGHTS TO SERVE IT  
BUT WILL NOT FORGET

AMERICA'S CHALLENGES  
WHETHER EASY OR DIFFICULT  
PROUDLY MET THEM ALL

AMERICA HAS FAULTS  
TOGETHER WE CAN FIX THEM  
TO BENEFIT EVERYONE

AMERICA STILL GREAT  
DESPITE POLITICIANS' CLAIM  
WE WILL KEEP IT GREAT

STILL GRATEFUL AND PROUD  
TO BE PART OF THIS NATION  
AMERICA, MY HOME

- Tak Nakae

## Hey There, Ol' Chap

By Marsha Miller

A few months ago, members of the Roxbury Creative Writing Class selected a group of their poems for publication in a small book called a chapbook. Chapbooks are nothing new. As far back as the sixteenth century, these 40-page pocketbook-sized pamphlets were sold in England by tradesmen called chapmen.

Realizing that poetry is meant to be heard as well as read, the poets decided to do just that. So, on Sunday, May 22, we shared our poetry with a most appreciative audience at Roxbury Park.

Corinne Chakarian and Catherine (Fumi) Cummings coordinated the reading. Sylvia Fogelman, Marsha Miller, and Rita Mizrahi Shamie produced the booklets.

Thanks to the Beverly Hills Community Services Department for publishing the City's first chapbook.

**AN AFTERNOON  
OF  
POETRY READINGS**

A special thank you to  
**Community Services Department  
City of Beverly Hills**

**The Chapbook Poets  
Of the Creative Writing Class  
Present Their Poetry to You**

**May 22, 2016  
1:00pm to 3:00pm  
In the Roxbury Community Center**

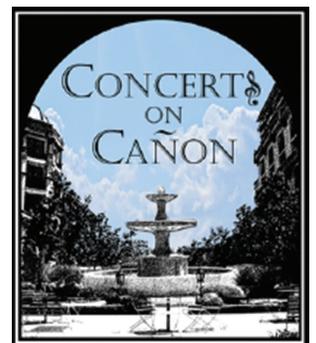
**Instructor: Ilse Nusbaum**

Illustration: photographs by Bob Jimenez; collage by Madeleine Isenberg.

## Summer Time and the Living is Easy

By Maggie Theard

The Concerts on Canon will continue on Thursday nights through September 1st. We started off the living it easy life on June 2nd with Gary Green and his Big Band of Barristers as our wonderful Mayor, John Mirisch, brought out the very best of our voices in an amazing sing-a-long. The Mayor was truly amazing as he shuffled the microphone from person to person allowing us to show off our musical talents! He brought us to our feet with songs like "The Way You Look Tonight," "Someone To Watch Over Me," and a few non sing-a-long big band favorites "Take the A Train," "Blue Moon," and "In The Mood." So come to the Concerts on Canon, where summer dazzles and the living is easy. I'll be looking for you, singing my favorite big band song, "Got the World on a String."



## Orlando

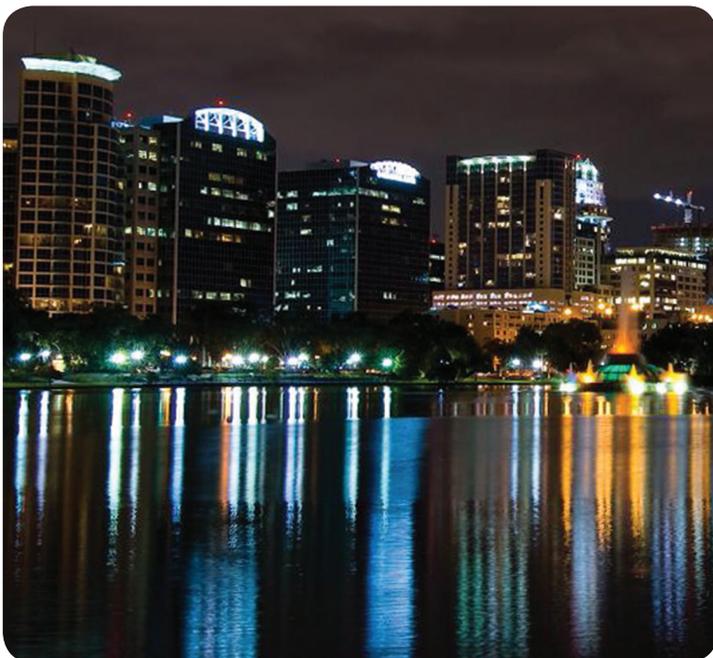
It's Latin Night at the Pulse in Orlando  
 It's Pride Week for the LGBT community  
 People are out, celebrating and  
 Enjoying the gaiety and sense of unity.

Unexpectedly, from a position of hate  
 Comes a man knowing only loathing  
 With anger he waits, he does not hesitate  
 To destroy the lives of youth, gloating  
 That he does so to perpetuate  
 Animosity toward us all, then boasting.

Forty nine lives lost and some yet in the balance  
 We dare not count the death of the gunman  
 As we mourn our young people, we must take a stance  
 That we will not glorify the perpetrator and his plan.

We must stop showing his likeness  
 And repeating his name  
 It can only bring darkness  
 Bury him without fame, just shame.

-Sylvia Fogelman



## Summer Scenes

Little girls playing down the street  
 young men admiring their six-packs

birds flirting in the air  
 not caring a hoot about the noise they make

hot sand seeping through my toes  
 as I walk barefooted on the beach  
 careful not to disturb the ardent lovers in my path

I open my arms up to the heavens  
 thanking my God  
 I'm here, I laugh, I cry and try to enjoy it all.

-Catherine M. Cummings

## A Dream From Jane Austen's *Emma*

**A**pology is what she wants to give to one she hurt so badly.  
**P**oor soul, he sits and looks about, dazed and acting sadly.  
**O**h, I brought about that awful pain - how unmitigatedly cruel of me.  
**L**ove will bring him a higher purpose, if he will give that chance to me.  
**O**n my heart, I promise you to be kind and faithful and true,  
**G**ive all my hopes and dreams to you.  
**Y**ou lovely lover you.

-Rita Mizrahi Shamic



## NOW

**N**ow little Nattie McDougal loved to eat noodles and the sound that they made, which was smack.  
**O**uch, he would say, then he would run out to play, but before so, he would politely ask,  
**W**ant more Mum, so quick as you please, will you fix me another batch?

-Rita Mizrahi Shamic



## Acrostic Poem

**D**on't even know just how he does it  
**R**hyming things, making up words when there wasn't  
**S**am I Am, Eggs and Ham, Oh The Things You Can Think  
**E**very word skillfully meant with a wink  
**U**sing new language and odd words are made  
**S**ynonyms mastered they're on grand parade  
**S**urely you know Dr Seuss is herein displayed

-Rosemarie Nacita

## Piazza Attias (an excerpt)

By *Thelma L. Stiles*

Approaching Piazza Attias at dusk, while walking home, I flinch once again, on hearing the noise – a thunderous rumble that jolts me out of my contemplative mood, that disrupts my stale but reassuring reveries. Yet the din is hardly unfamiliar. Often, when I'm several blocks away from the piazza, making my way home in the afternoon, I can detect the noise's lingering traces. From a distance, it seems to be nothing more disturbing than an electrical hum borne along by the summer breeze. But here, nearer the piazza, it's a full-blown commotion, an uproar amplified by two-story buildings that hover like anxious sentinels over the narrow street.

As usual, no one strolling in town center seems to take notice of the uproar. No one except me, of course. Not for the first time, I imagine I'm about to come upon some kind of unruly public gathering – however unlikely the possibility – here in this industrial seaport facing the Tyrrhenian Sea. For a moment, I picture all kinds of mayhem: a passionate demonstration by one of Italy's fractious political parties; angry factory workers on strike; a confrontation that started as a simple shouting match between two adversaries but has spread to others.

Instead, in the popular downtown piazza, I come upon the usual scene: spirited groups of young people doing what they generally do, without conflict or controversy, as the dinner hour approaches in my adopted hometown of Livorno, the Tuscan seaport where I've lived since the spring of 1994 (and where I plan to remain for a few more years before returning, rejuvenated and inspired, to the San Francisco-Bay Area and my home in Oakland). They are milling about. And talking. Just talking – not roughhousing or arguing in menacing tones or engaging in any other kind of behavior that might be considered threatening.

Standing a few feet away from the piazza, which is nearly half the width and length of a basketball court, is an impeccably-dressed police officer who appears capable of handling rebellious teenage behavior. But his purpose seems more to ensure that automobiles and the city's groaning, jam-packed buses will continue flowing along Via Ricasoli – a traffic-clogged main artery that begins west of Piazza Attias and, changing its name every few blocks, runs towards La Rosa, the working-class neighborhood where I live.

Even now, during this, my third summer in Livorno, astonishment is still too mild a word to describe my reaction as I skim along the edge of the crowded gathering place. The early evening scene here at Piazza Attias – the sheer numbers of young people; the animated faces; the husky, uninhibited voices and frenetic hand gestures; the summertime riot of color, of jeans and jackets in myriad shades of blue and shirts in muted pastels – nearly takes my breath away.



## Musical Moves

By *Cynthia Harper*

It is generally regarded that music makes us move. It is difficult not to tap our toes, clap our hands or sway to a wonderful piece of music. We are governed by rhythms in our every day lives starting with our own pulsing heart beat. From lullabies to wedding marches to a beautiful waltz, music has the ability to transport us beyond our physical self. Biologically we can synchronize with the music we listen to and use it as a tool to enhance our workout experience. The power of music can enhance workouts and keep us motivated. Consider the "Rocky Balboa" moment; we are all running up those steps carried by the soaring music and reaching the top, hands held high in victory, dancing with exhaustion and joy!

We can use music to enhance our workouts and get us moving and keep us going through motivational lapses. Moving to music helps maintain a positive mental attitude. It may help distract us from discomfort and exertion and keep the positive effects of endorphins, the high we may feel, sustained. Music may also act as a stimuli to move when the beat ramps up or to relax as the music slows. These positive associations with exercise can help us keep a good mental attitude.

Using music as we exercise, can motivate us to stay active and enjoy the benefits of regular physical activity. Moving to music can help our cardiovascular system and increases our endurance by helping us stretch beyond our perceived abilities. We can increase circulation and raise our heart rate using an upbeat tempo to not only increase the intensity of our workout but also increase endurance. A rhythmic accompaniment also helps us learn fundamental motor skills that influence our aerobic fitness.

The addition of music to the workout helps our performance by directly improving our enjoyment and fulfillment of the physical activity, leading to greater exercise compliance. You'll work out more often and be happier doing it so turn up the music and let's MOVE!

## Topless in Maui

By Rosemarie Nacita

American Airlines nonstop flight 253 left Los Angeles International Airport on time at 9am. The Boeing 757 landed gracefully as though it recognized the tranquil island scenery, lush with palm and coconut trees. It was 11:55 am. After recovering my luggage, I exited the terminal to be greeted by a lovely local woman who adorned me with a fresh lei made from fuchsia and white fragrant indigenous orchid.

I closed my eyes, breathed deeply and inhaled life. The temperature was a perfect 78°, fresh and clean. This was paradise.

Within a minute I heard someone ask, "Are you Miss Nacita?"

This was Akoni, my driver, there to take me to the house that I would call home for the next three weeks. I felt eager to see the place in person, as I had only seen photos on FRBO (for rent by owner), a service I had used before successfully.

I buckled my seatbelt and positioned myself to have a view of all the bounty bestowed upon this beautiful island. Within minutes we passed sugar cane fields, tall and strong. We continued to a small town, quiet and understated, salted with locals, small markets and one used-appliance store. We continued. Soon, off to the right, her majesty, the ocean,

glistened in the light of the midday sun. I could sense and feel Mother Nature smiling at her work.

Then, Akoni said, "We are here, E como Mai (welcome, enter)."

The ad showed a beautiful white structure on the beach, pool, housekeeping, a full kitchen and cook (on request), a kayak and more. All of this and more was revealed as Akoni, who was also the groundskeeper, placed my belongings in the pristine master suite and led me through the property for a one-time tour before he would provide me privacy. The last item on the tour was the car. Here it posed, a quintessential Mustang convertible. The pinnacle. I could drive up 10,000 feet through the clouds, breeze blowing in my hair, to witness the Haleakala Crater; soak up a sunrise or sunset; drift through the tropical rainforest. I could follow the beckoning road to Hana and feel the mist of the almost daily sprinkle of dew on my cheeks. It is here that I will proceed with reverence.

With my head poised above the windshield, I could drive through Lahaina, the largest town on the island, boasting art galleries designed to invite a bustling crowd of tourists from all over the world to take home a memory.

Thank you Henry Ford. I was topless on Maui.

## BEVERLY HILLS ACTIVE ADULT CLUB ANNUAL CLUB MEMBERSHIP DRIVE BEGINS JULY 1st

The Beverly Hills Active Adult Club Membership Drive for new and returning members will begin July 1st. New Members will receive a Club Photo I.D. Card. Renewed members should bring their Club I.D. cards to receive the 2016 sticker. The card will benefit Members with discounts on Senior Excursions, Dances, Entertainment and serve as an admittance card for certain activities. The first benefit for all new and renewed Club members will be FREE admission to the Club's Summer Party and Dance on Sunday, July 17 from 1pm-3pm at the Roxbury Park Community Center.

The Club is open to membership for Beverly Hills residents and non-residents who are 55 years of age or older. The Club's mission is to enrich the lives of older persons through educational, cultural, and social activities.



### Annual Membership Fee:

Beverly Hills Residents	\$5.00
Non – Residents	\$7.00
Caregivers	\$2.50

Please call 310.285.6840 for more information.

## THE BEVERLY HILLS ACTIVE ADULT CLUB



Invites you to a

# Senior Summer Party & Dance



**SUNDAY, JULY 17, 2016**

1:00pm – 3:00pm

**BHAAC - Members - Free\***  
**RENEW YOUR ANNUAL MEMBERSHIP**  
**THE DANCE WILL BE FREE!**



Non-Members \$5.00 Admission



Roxbury Park Community Center  
471 S. Roxbury Drive, Beverly Hills, CA 90212  
Limited reserved parking in the Roxbury parking lot.

\*Those with new memberships effective July 1, 2016



**For more information call Roxbury Park Community Center 310.285.6840**

## BEVERLY HILLS ACTIVE ADULT CLUB BOARD NOMINATIONS AND ELECTIONS and BY-LAW REVISIONS

The Beverly Hills Active Adult Club (BHAAC) seeks members to serve on the Club's Board of Directors in an elected position or on a Committee. Elections will be held in November and the two year term begins in January, 2017. Club Members will also be asked to vote on By-Law Revisions. One (1) elected Board position can be a non-resident Club Member. If you are interested in serving on the BHAAC Board, contact a current Board member or call 310.285.6840.

# Try It – You'll Like It Class Selections

One free class during the Summer Session only.

Classes are held at these locations:

**Roxbury Park Community Center: (RPCC) - 471 South Roxbury Drive, Beverly Hills**

**La Cienega Community Center (LCCC) - 8400 Gregory Way, Beverly Hills**

**Beverly Hills High School (BHHS) - 241 Moreno Drive, Beverly Hills**

AGE	PROGRAM	DAY/TIME	LOCATION
ADULT (18+)	Adult Fitness & Weight Training	Monday, Wednesday 6:00pm	BHHS
	Adult Fitness & Weight Training	Monday, Wednesday 7:00pm	BHHS
	Adult Fitness & Weight Training	Tuesday, Thursday 5:00pm	BHHS
	Adult Fitness & Weight Training	Saturday 9:00am	BHHS
	Baby Boot Camp Strollfit Class	Tues, Thur, Fri 9:30am	RPCC
	Country Line Dancing	Thursday 4:00pm	RPCC
	Dynamo Sports Club – Martial Arts	Mon, Wed, Thur 6:00pm	BHHS
	Improvisation Comedy	Monday 6:45pm	RPCC
	Iyengar Method Yoga	Monday 6:30pm	RPCC
	Iyengar Method Yoga	Thursday 8:00am	RPCC
	Latin Sizzle Workout	Tuesday 6:15pm	RPCC
	On Camera Commercial Workshop	Thursday 6:15pm	RPCC
	Outdoor Qigong – Beginner	Wednesday 8:00am	RPCC
	Outdoor Qigong – Intermediate	Friday 8:00am	RPCC
	Outdoor Qigong – Beginner	Saturday 7:00am	RPCC
	Outdoor Tai Chi – Beginner	Wednesday 9:00am	RPCC
	Outdoor Tai Chi – Intermediate	Friday 9:00am	RPCC
	Outdoor Tai Chi – Beginner	Saturday 8:00am	RPCC
	Scottish Country Dancing	Wednesday 7:30pm	RPCC
	Spanish: Level I/II	Wednesday 9:00am	RPCC
	Swing – Salsa – Tango Dancing & More	Thursday 8:00pm	RPCC
	Yoga – Introduction	Tuesday 10:00am	RPCC
	Zumba – Ditch the Workout!	Tuesday 10:00am	RPCC
Zumba – Ditch the Workout!	Thursday 9:15am	LCCC	
Zumba – Ditch the Workout!	Sunday 9:00am	RPCC	
SENIOR ADULT*	Acting for Seniors	Friday 1:00pm	RPCC
	Building Balance	Thursday 1:00pm	RPCC
	Creative Writing	Thursday 10:30am	RPCC
	Folk and Line Dancing	Tuesday 11:00am	RPCC
	Move! Groove! and Stretch!**	Monday, Wednesday 8:30am	LCCC
	Multi-Media Art Class	Friday 9:30am	RPCC
	Senior Sizzle**	Monday 10:00am	RPCC
	Stretch and Tone**	Mon., Wed., Fri. 9:00am	RPCC
	Vital Movement	Friday 10:15am	RPCC

\*55+years

\*\*No Class Monday, July 4

Must submit completed form to the instructor for admittance.

## TRY IT, YOU'LL LIKE IT – FREE CLASS

This certificate entitles participation in one (1) Adult or Senior Adult Class offered by the City of Beverly Hills Community Services Department. For the summer session, offer expires July 30, 2016. *Applicable classes are listed on the back and subject to change.*



Complete the information below and present to the instructor for one (1) complimentary class.

NAME \_\_\_\_\_ CLASS ATTENDING: \_\_\_\_\_  
 ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ ZIP \_\_\_\_\_  
 PHONE \_\_\_\_\_ E-MAIL \_\_\_\_\_

**PLEASE READ and SIGN THE FOLLOWING:**

I hereby agree to indemnify, defend and hold harmless the City of Beverly Hills, and its officers, employees, agents and volunteers, from and against any and all damages, loss, liability, charges, and expenses in any way arising out of my (or my children's) participation in the program for which I am registering. I hereby consent to the photographing, recording and reproduction in any other manner (including use of video and audio) of the likeness, voice and/or activities of the participant and further authorize the City of Beverly Hills, its agents or assigns, to make unlimited use of such reproductions, including but not limited to broadcasting of the reproductions over radio, television and on the Internet. I understand that I will not receive any monetary compensation now or in the future for participating. I do hereby release and hold harmless the City of Beverly Hills, its officers and employees from any claims.

Signature \_\_\_\_\_ Date \_\_\_\_\_

*(This offer is for ages 18 years and older. Only one class per person. All applicable classes are listed on the back of this flyer. List is subject to change without notice. Cannot not be applied with other discounts)*

For a complete listing of the classes offered this summer go to [www.beverlyhills.org/brochure](http://www.beverlyhills.org/brochure) or call 310.285.6840.

# Comings & Goings

Upcoming events:

- **CHINATOWN**  
Thursday, July 21, 2016 **SOLD OUT!**
- **SAVE THE DATE! SENIOR HEALTH FAIR**  
Monday, September 12, 2016 10 a.m. – 2 p.m.  
Roxbury Park Community Center. Complimentary  
Lunch provided between 12noon – 1pm. For more  
information, call 310.285.6840.
- **BINGO**  
Come join the fun every second Friday of the month  
from 1:00 p.m. – 2:30 p.m. at the Roxbury Park  
Community Center. Cost is 25 cents per card.
- **FAREWELL TO ROXVIEWS PUBLISHER  
MICHELLE WERWEGA**  
Michelle Werwega has been the Graphic Artist  
and Publisher of the RoxViews for the past few  
issues. Michelle has decided to move on to a full-  
time position which is closer to home. Michelle has  
elevated the look and style of the RoxViews and  
we're forever appreciative of all her efforts. We wish  
her the best in her new endeavor.

## ROXBURY VIEWS

The Roxbury Views is published by the Beverly Hills Community Services Department. The content is primarily submissions by the members of the Creative Writing class that meets on Thursday, plus other information by City staff. If you would like to have something considered for submission, send it to: Teri Angel at [tangel@beverlyhills.org](mailto:tangel@beverlyhills.org) or call 310.285.6843.

471 South Roxbury Drive  
Beverly Hills, CA 90212  
310.285.6840

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Ilse Nusbaum, *Editor*

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### EDITORIAL COMMITTEE:

Teri Angel, Recreation Services Manager  
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### DESKTOP PUBLISHING

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