

ROXBURY REVIEWS

NEWS IN AND AROUND BEVERLY HILLS

Sponsored by Beverly Hills Community Services Department
Steve Zoet, Director of Community Services

WINTER 2015

Roxbury Playground Construction Is Underway

By Teri Angel

As part of the scheduled enhancements to Roxbury Park, a new innovative playground with rubber surfaces, a sand/water play table area, plus overhead shading, and a picnic pavilion are all part of the 3rd phase of the Roxbury renovation project.

In preparation for the new playground, the City of Beverly Hills worked with a non-profit organization called Kids Around the World who lead the effort to remove the old playground equipment and reinstall in less fortunate areas of other countries. With a team of volunteers, the old Roxbury Park playground equipment was removed with plans by Kids Around the World to re-install in villages in Ecuador and the Philippines.

The new Roxbury playground area is slated to re-open in early spring. Until then, we encourage families with young children to consider registering for the variety of classes offered by the City. Winter Session classes start in January.

You can also visit the City's other playground sites at:

La Cienega Park, 8400 Gregory Way

Coldwater Canyon Reservoir Park, 1100 N. Beverly Drive

BeverlyHills.org/Roxbury | (310) 285-6840



#RoxburyPark



“Dancing Makes Your Spirit Soar”

By Jane Winston-Doman

The title of this article is a quote from our very popular instructor Cynthia Harper. I had the pleasure of recently meeting with Cynthia to learn more about her.

Cynthia is a Southern California native and the youngest in a large family who always had music and dancing at home. She fell in love with ballet dancing at a very young age and remembers receiving toe shoes as a child, loving them and never wanting to take them off. She loves to keep moving and express herself through all kinds of dance and sports.

Cynthia attended UC Davis and studied Bacteriology and Gerontology. She did extensive research with older adults and is excited to be working with them at Roxbury Park Community Center.

She loves to hear people share their stories and has a passion for helping them to feel their best.

Cynthia enjoys sharing something she loves with others. She teaches, performs, and dances all over California. Additionally she loves to cook, travel and eat chocolate. Ask her about “hats” sometime, she once worked at Harrod’s in London at the designer hat shop. How fun is that?

Cynthia currently teaches, Move! Groove and Stretch, Senior Sizzle and Balance class in the Senior Program. Additionally she teaches Latin Sizzle Workouts and Swing, Salsa, Tango for Adults.

We are very fortunate to have her as part of our team at Roxbury Park.

Treat yourself to one of her classes when you welcome 2015! You will be very glad you did.



Slate of 2015 - 2016 BHAAC New Board

By Jane Winston-Doman

PRESIDENT	LES BRONTE
1ST VICE PRESIDENT	GLORIA GORDON
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SECRETARY	GLORIA JENNINGS MILKOWSKI
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ENTERTAINMENT CHAIR	WINIFRED HERVEY
PAST PRESIDENT	DONNA GOLDSTEIN MILDRED HELLER WINIFRED HERVEY

Beverly Hills Active Adult Club Installation of officers for 2015 – 2016

Roxbury Park Community Center
471 S. Roxbury Drive
Beverly Hills

Monday, January 5, 2015
1:00 p.m.

Thanksgiving Luncheon sponsored by the Beverly Hills Firefighters Association.

By Jane Winston-Doman

Over 240 Beverly Hills Active Adult Club Members enjoyed the 27th Annual Thanksgiving Luncheon. Sponsored by the Beverly Hills Firefighters Association, this was the first time held in the new Roxbury Community Center.



Vice Mayor Gold, Mayor Bosse, Stella Horwitz, and Elly Newton (100 years old) enjoying the luncheon.



Active Adult Club Members gather for the Annual Thanksgiving Luncheon



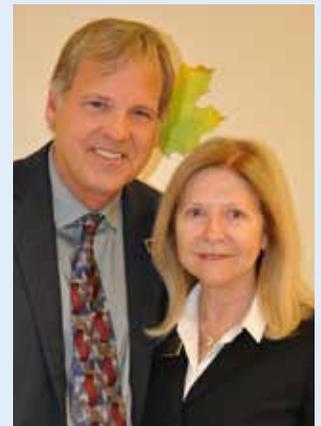
Vice Mayor Gold serving lunch.



Mayor Bosse, firefighter Paramedic Shane Sennett, and Vice Mayor Gold getting ready to serve.



Fire Chief Ralph Mundell getting ready to serve up some delicious food.



Community Services Director, Steve Zoet and Recreation and Parks Commissioner Susan Gersch.

All photos by Jennifer Leuning

From Flab to Fabulous - You Can Do It!

By Cynthia Harper

One of the oft asked question I get from my students is how can I get rid of my flabby arms, what exercises can I do to tone them? It seems that as we age there is a tendency for the arms to become flabby and hang down making us feel uncomfortable and less confident. My sister says with a smile- "it's just an upside down muscle!"

While these muscles may have migrated south, exercise can tone, strengthen and give muscular definition. The key to having shapley arms is two fold- do a balanced group of exercises that works both sides of the arm and reduce excess weight. You'll soon go from "flab" to "fab"!

Both women and men can store jiggly fatty tissue and extra skin on their upper arms. Difficulty in losing weight in the arms and other problem areas is the result of our genetics and the number of fat cells present in various places around the body. We all have different places where the body tends to deposit fat and this is often the place where we find it annoyingly hard to lose fat from. If there are a large number of fat cells around the arms then losing fat here will often take longer. The best way to define your arms is a combination of weight

loss with aerobic exercises and building and toning the arm muscles. Light weights and high reps will tone and sculpt the arms. Although spot reduction does not reduce fat in specific places, simple exercises added to your workout regime can sculpt and firm the area of loose musculature at the top of your arms and help pull in loose, extra skin. A variety of weighted, toning exercises will help improve muscle mass. Although it is not possible to loose weight only from one area on your body such as the arms, reducing overall body fat will help sculpt muscles as we exercise and tone opposing muscles groups. Problem areas will decrease as the body burns stored fat and defined muscles emerge. By gaining additional muscle mass, your body will naturally burn extra calories all day long in order to sustain your new muscle. You will also find that the additional strength you gain from lifting weights can help you with your day-to-day tasks.

There are so many health benefits to be gained from a balanced combination of diet and exercise. I believe that taking a little time each day to focus on yourself is a good thing and with a consistent approach, you'll soon be waving goodbye to sagging arms.

Try these exercises with no more than 2-5lb. hand weights!

Kickbacks (Target area: triceps)

1. Stand with your feet shoulder width apart, bend your knees and hinge forward at the hips slightly.
2. Bend your elbows at a 90-degree angle, so that your hands are in front of you and keep you arms tightly tucked into your sides.
3. Extend your arms back behind you and slowly straighten your arms. Hold the lift for two seconds and return to your starting position and repeat.

Try to do 10 reps but stop if you feel uncomfortable.



Palm Rotation (Target area: shoulders)

1. Stand with feet a little wider than the hips, fully extend arms to side holding your weights, leading with your pinky, rotate arm forward from shoulder socket until palms and elbows are facing up. Reverse motion, this time leading with the thumb.

Try 10 reps, 3X



Shoulder Shaper

1. With arms raised and elbows bent in front of you slowly lift and lower weights about an inch, do 10 reps.
2. Quickly lift and lower do 20 reps.
3. Quickly lift and lower, alternating arms do 10 reps with each arm.



Kneeling Push up (Target area: chest, arms, abdominals)

1. With hands under shoulders, bend elbows out to side and slowly lower. Don't let hips sag toward floor.
2. Press back up. Try 10 reps, 3X
3. Alternatively, push up against a wall in the same formation as you would for a push up on the floor.



Tis the Season for Heart Attacks

By Wini Hervey

Thanksgiving to New Years is the time of year for family festivities, good eating and heart attacks. Huge high fat meals impede functioning of arteries making them less likely to dilate which reduces blood flow. Use your common sense and never eat to the point of discomfort, particularly if you have had a heart attack or a stroke or risk factors for heart disease. Listen to your body and when you feel full, walk away from the table.

Eating a high salt meal can be risky because too much salt causes water retention and can raise your blood pressure. Researchers analyzed 25 years of data and found that there were four times more deaths from heart attacks and heart failure during the holiday than at any other time of year.

Drinking too much alcohol can increase abnormal heart beat and spike blood pressure, both which are bad for the heart. As with food, the rule of thumb is one drink per day for women and two for men. Learn to know your limit. Wine and beer have some health benefits and seem to be very popular, although some choices of alcohol are preferred by others. Enjoy with friends and family.

During the holidays make sure to use stress reduction techniques. If you are angry, count to 10 before reacting or remove yourself from the situation. Whenever you feel anxious, "stop" and deep breathe three or four times and silently, self-talk until you feel calmer. This technique works and is very effective.

The holiday season and winter months would not be complete without our sugar filled desserts, hot drinks or any foods to satisfy our sweet tooth. Little be known that sugar can be our enemy and proven excess amounts are poison to our systems. High sugar consumption causes all levels of diabetes, high blood sugar and creates an addiction. Shoppers beware of purchases such as cereals, salad dressings, bread and worst of all sodas to name a few that are loaded with sugar. Shop selectively and use natural sugar substitutes. Just try to



check eating less fat, salt, sugar and alcohol. Control stress and treat depression with light exercise, walking and positive thinking.

Take care all year and love your heart.

Peace and blessing for 2015

Winter is Here

Winter is not here
I cannot find it anywhere
Though I search in vain
I cannot find a drop of rain
To fall against my window pane

It would be nice
If even once or twice
A flake of snow
Against my cheek would glow
Abandoned in the summer's sun
While others in the snow have fun
I wish wistfully of winters past
Where skies were overcast
While others envy my sun filled days
I crave my past of misty haze
Of warm comforters
And fire's blaze

I must admit t'is true
When skies blaze blue
And the sun appears
Aches and pains disappear
Perhaps I'll wait another year
For winter to appear
--Corinne Chakarian

Winter Classes Registration Underway!

Don't delay in registering for the Winter Session of classes and activities beginning in January, 2015.

Reminder: The Community Center will be closed Christmas Day and New Year's Day.

My Doris

By Marsha Miller

It's 9:00 p.m. on a Friday at the Gardenia Nightclub in West Hollywood. Before the microphone I stand and sing:

I walked down the street like a good girl should.

He followed me down the street like I knew he would
Because a guy is a guy wherever he may be
Listen while I tell you what this fella did to me.

Have times changed or what? Today, this wouldn't be a song. It'd be a police report. But you remember who sang that song in more innocent times: my own personal idol, Doris Day.

I must confess that, when I was young, I did take my attitude about love and romance almost entirely from her.

I loved everything about that woman. I loved the alliteration of her name ... Doris Day ... D.D. And then how lucky that I ran into a fella named Miller to marry so that I could become M.M. (Imagine my distress when I later found out that her name was really Doris Mary Ann Von Koppelhoff.)

I loved her face, her perkiness. I loved the way she said her "L's."
"Love Me Or Leave Me Or Let Me Be Lonely."

Now imagine my good fortune when, at age 17, I actually got to meet her. When I was a messenger girl at MGM Studio, I was assigned to carry an envelope to the sound stage where they were actually shooting the movie *Love Me Or Leave Me*.

I waited until the red light outside the sound stage went off, and then I quietly opened the door, stepped inside, looked across the stage and ... there she was! Tall, blond, willowy.

"Oh, my," I said to myself. "She looks exactly like me."

"Well, maybe not exactly," I chided myself.

I walked slowly over to where she was standing. I reached out and handed her the envelope. She looked right at me, smiled, and said - and these are her very words, "Thank. You." From anybody else, a mere passing acknowledgement. From Doris, pearls uttered by a goddess.

Well, I went home that night and played every single one of her records; I owned them all - 78s. Remember them? And I'd sing along into my hairbrush, pretending it was a microphone. And then I'd ask my mother if she thought that I could ever grow up to be like Doris Day. And here's what she said to me: "*Que sera, sera*. Whatever will be will be."

All those years that I was growing up, I had a dream that one day I would be standing in a real nightclub, in front of a real microphone and a real audience, singing my favorite Doris Day song of all:

You sigh the song begins
You speak and I hear violins
It's magic.

Ah, yes ... it's magic. Indeed it was.



Winter Whirl

Say what you like, and will what you may
Fun has diminished for outdoor play.

The end has arrived of lovely weather as pleasant as I can remember -
While warmth and beauty stalk off together embraced in dual splendor -

Dawn has come late and still too early

While treacherous winds have shutters to pound -

And the best of me grows jaded and surly, with the bear
and the woodchuck into the ground.

-- Nina Jewel Bass

Loving

I want to speak of
unspoken feelings,
and unsung love songs
that should be sung.
To boldly voice
the love and pride
I take in you.

I love that you support me
in all my endeavors
my heartfelt dreams.
I'm grateful for the pride
you take in me,
despite my limitations.
I love that you
want to assist me in
my battles,
You are still my Lochinvar,
my knight in shining armor.

I appreciate your intelligence
and wit,
I love your sense of humor,
and the way you make me laugh.
I'm so glad that you are father
to our sons,
I love the way you love them.
I came to you at twenty
your bride, you came to me the voice
of experience, my husband.
I have spent
fifty years of my life with you,
and I am glad of it.

I love your shape,
the way G-d formed you.
I take pride in your
sense of style, and dress.



I love the way you love
our grandkids, sports, politics,
and geography.
I marvel at your knowledge
of deep space,
and astrology.

We are both excitable,
and exciting.
We've never been boring
nor bored.
I'm glad to have known you,
gladder still to have loved you.

I pray that G-d grants us
many tomorrows
but whatever the future
please know that I am
grateful for our time together
my friend, my lover, my husband.

Thank you for your gift of
loving,
and for making my life meaningful...

Your Loving Wife,
Rita

- Rita Mizrahi Shamie



Beverly Hills Active Adult Club Club Member Shirt Sales

\$10 for Members • \$12 for Non-Members

*Club Shirts are sold at the
Roxbury Park Community Center, 471 S. Roxbury Dr.*

Proceeds support on-going Club activities and special events.

For further information, call 310.285.6843.



A Memorable Christmas and Chanukah Night

By John H. Adler

I remember the year 1927 in pre-Hitler Germany when the European winter was severe in the small, Eastern Silesia coal mining community of Kotzlaw. Money was in short supply since my father, as well as many others, had lost their jobs as bridge painters.

My mother earned little money as a clerk in a shoe store, hardly enough to make ends meet. We, my parents and I, were the only Jews living in Kotzlaw and had little contact with our Gentile neighbors, with the exception of the family Mai and their 14 year old son. They lived two doors from us and Mr. Mai had a well-paying job as a mining supervisor. From time to time Mrs. Mai brought some food to us.

"Don't be ashamed," she assured Mom, "It can happen to any of us."

This was an especially hard time for my parents since there was no money for gifts for anyone. I was 4 years old at the time and my father read the Chanukah story to me. I had no idea what he was talking about.

My only playmate, Paulek Mai, had been assigned the duty to watch over me. A few days before Christmas evening, he showed me the big beautifully decorated Christmas tree in their living room. Underneath lay many fancy wrapped gift packages. He told me what gifts he had asked from Santa Claus and expected to



get on Christmas Eve.

The Mais had a real bathroom with a large bathtub in which many carp swam. This fish was the customary food for the holidays and with the family Mai expecting relatives and guests for Christmas a lot of fish would be consumed.

Two days before Chanukah evening, Mrs. Mai brought two of the large carp to my mother who cooked them in the Jewish style. My father lit the first two candles on the Menorah and we had what we considered a feast. Christmas evening when I was already asleep my mother awakened and dressed me. Mrs. Mai had come to our home and invited us to join their family. She would not take no for an answer. Entering the festively decorated living room, my mother began to cry. Thinking of our poverty and inability to buy even one toy for me made her feel guilty and ashamed. After we were introduced to the Mai family, the gift opening began. Imagine my parents' surprise and embarrassment when one gift for each of them and three gifts for me were under the tree. For me it was the happiest Christmas evening I ever experienced. It was an act of love that nice people do for their neighbors. I vividly remember that night it brings tears to my eyes.

Ten years later all German Jews were forced to leave their homeland, Germany, or face death.



Flu Shots Provided to Seniors

Thank you to Cedars-Sinai Medical Center for providing free flu vaccinations to 120 seniors at the Roxbury Community Center.



Happy New Year

By Ilse Nusbaum

Did you ever wonder why New Year's Day comes near the start of winter or why December is the twelfth month instead of the tenth? After all, in Latin *decem* means *ten*, not *twelve*. I guessed that the new year used to start in March with the spring equinox, as it does in the Persian calendar. December would've been the tenth month, January the eleventh, February the twelfth, and March, the month named for Mars, the first.

It was a good guess. Here's what happened. The ancient Roman calendar had ten months, with unassigned days left in limbo at the end of the year. Some months had names, and some months were numbered. Around 700 BC, two months, January (named for Janus) and February (*februarius mensis* - month of purification), were tacked on at the end of the year. We can tell the first month, March, arrived in the spring because April (*aperio*, Latin for open - when flowers bloom) was the second.

In 153 BC, January and February were moved to the start of the year, ending the year in December. Inserting two months before March meant that the numbered months no longer coincided with their position in the calendar. The month named Quintilis (five) became the seventh month. In 44 BC it was renamed July, in honor of Julius Caesar. Sextilis (six) was renamed August in 9 BC to honor Augustus Caesar. September (seven), October (eight), November (nine), and December (ten) retained their names, leading to all kinds of questions in the minds of those who want to know. And now you know.

We are a lucky group of people. We've lived in two millennia. This, the third millennium, began with a bang and a whimper. We wondered whether the year 2000 marked the beginning of the new millennium or its conclusion. Uncertainty prevailed. Worse, we suffered through the Y2K bug. No one in the future will know what we endured on the night of December 31, 1999. We filled our bathtubs and stocked up on candles in case befuddled utility computers turned everything off.

Living in the Pacific Time Zone allayed many fears. By the time midnight rolled around in Los Angeles, most of the world had already celebrated with fireworks. Remember watching the gala celebrations in Sydney, London, Paris, and New York? When midnight reached Chicago, I drained the tub. Our own New Year's Eve was lackluster, but after all, we celebrate on New Year's Day with the Rose Bowl Parade. Folks in Iowa watch and decide to move here.

Happy New Year!



Halloween Dance

By Teri Angel

The Beverly Hills Active Adult Club hosted a "spooktacular" Halloween Dance. Refreshments, a Halloween Costume Contest and music provided by The Wilshire Vista Swing Band were all part of the fun. Picture 1 Best costume award winners (left to right): Alberto



Megerdihyeahs, Lorraine Redlin, Vega Garcia and Caroline Rippner. Picture 2 (left to right): Elyn Snowden, BHAAC Vice President presenting a best costume award to Lorraine Redlin and Christine Redlin.



Haiku for Winter

WIND BECOMES COLDER
DARKNESS SOONER AS CLOCKS CHANGE
AUTUMN ENDS EARLY HERE

MORNING FROST OR SNOW
HARBINGERS OF COLD WINTER
DIG OUT GLOVES AND CAPS

SEASON'S FIRST SNOW STORM
MUST CLEAR THE CAR AND DRIVEWAY
WILL GET TO WORK ON TIME?

COLD RAIN DURING NIGHT
BLACK ICE ON STREETS ALL NEXT DAY
CARS SKID, SLIDE AND CRASH

SNOW FALLS ENDLESSLY
HILLS AND DALES ARE DAZZLING WHITE
BEAUTIES TO BEHOLD

ICED PONDS, SNOWED SKI RUNS
FUN PLAYGROUNDS FOR ACTIVE ONES
I COULDN'T DO EITHER

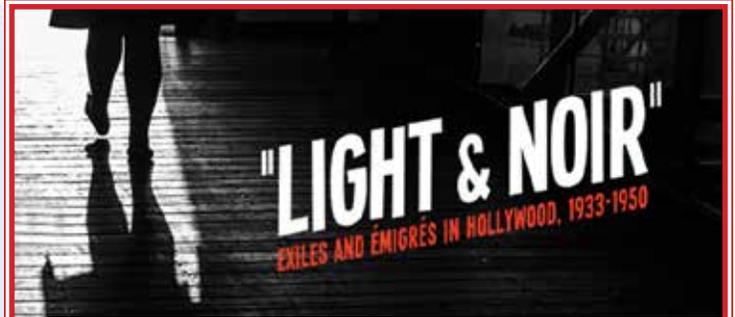
SNOWBOUND NEW YEAR DAY
THE ROSE BOWL PARADE ON TV
SUNNY LA LURES

DEADLY MARCH BEGINS
STILL AIR WITH SUB ZERO TEMP
MY CAR HARD TO START

NEW YEAR DAYS' TV
COAXED ME BACK TO MY BIRTH STATE
BYE IOWA'S WINTERS

MISS IOWA WINTERS?
IN NOSTALGIC MEMORIES,
NOT ACTUALLY

--Tak Nakae



Beverly Hills Active Adult Club Excursion

Skirball Cultural Center
Light & Noir:
Exiles and Émigrés in Hollywood,
1933-1950 Exhibit

Thursday, February 26, 2015

Depart time: 10:45 (PROMPTLY)
Return time: 3:30 p.m.(APPROX.)

Depart/Return Location:
La Cienega Tennis Center
325 S. La Cienega Blvd.

Free Parking Validation

Cost (cash or check only):
\$20.00 Members | \$30.00 Non-Member
Check made payable to BH Active Adult Club. Sorry, no credit cards.

Cost includes:

- Beverly Hills Shuttle transportation
- Trip Chaperone
- Complimentary parking at the Tennis Center
- Skirball Cultural Center Visit
- Lunch at Zeidler's Café includes sandwich, salad, cookie and a non-alcoholic beverage
- Special exhibit

HAPPY NEW YEAR EVERYONE!



Left to right: Ebba Berlinsky, Irene Schwartz, Jane Winston Doman, Maria Heilpern



BHAAC Wrapping Wonders

By Teri Angel

Every year members of the Beverly Hills Active Adult Club prepare Thanksgiving baskets to donate to Children Helping Poor and Homeless People in Venice. Fourteen baskets with all the fixings for a holiday meal were created.



Pictured left to right: Donna Goldstein, BHAAC Board member and chair of the Committee, Norma Padilla, member, Franci Blattner, volunteer, and Judie Fenton, member.

Les Bronte, President of Beverly Hills Active Adult Club with Donna Goldstein and Judie Fenton with all the wrapped baskets..



A Class Act

By Ruth Clark

Employed for more than thirty years...same company... same job...her late husband finally ceased driving forty-five minutes East into the brilliant sun and forty-five minutes West into the setting evening sun. He retired, he said, "... to live the good life.'

A man with no particular hobbies such as collecting stamps or playing golf, he could sit for hours thoroughly engrossed in a mystery or detective book (he exhausted one library's supply). He enjoyed viewing sports on TV and occasionally attending a game especially if HIS UCLA team was involved. (GO BRUINS!!) Walking their two Black Labrador dogs gave him a chance to tour the neighborhood. Best of all, however, seemed to be the countless, unhurried hours he spent in the garage "tinkering" with their '90 Lexus. He vacuumed, he dusted, he waxed, he poked around under the hood and, periodically, he took the car to his mechanic for its required services.

Her husband died in 2000.

The Lexus died in 2008.

Until then she drove it adding to its already considerable mileage accumulating more than 100,000 miles. The old Lexus began to show its age requiring more and more

work to keep up with the younger cars on the road. It was then that, sadly, she bid a fond adieu to "Old Faithful" and purchased a new '08 Honda Accord.

Recently, it became necessary that the Honda pay a visit to the mechanic. Aware of her husband's death and after offering words of sympathy, the mechanic related the following story:

"Back in 2000 your husband brought the Lexus to my shop and asked if there wasn't big service due on the car at 90,000 miles. I told him that there was but the car has only 70 or 80,000 miles on it so it's too early for that service, that he should bring it back at 90,000 but he said he would like it done now. He left the car and we did the job. When he came to pick it up, I asked him why he didn't wait for the 90,000 miles. He looked me straight in my eyes and very seriously replied, '...because I'm dying and I don't want my wife to have any problems with the car...'"

After listening to the story, the wife nodded her head, a smile on her face. Even fourteen years after his death, it was no surprise to hear of her deceased husband's kindness and consideration. She thought, proudly, this again proved what everyone already knew:

Her husband was certainly A CLASS ACT!!

Comings & Goings

Upcoming events:

- **Lawn Bowling**

Thursdays from 12:30 p.m. - 2:00 p.m. 
 \$1 Beverly Hills Residents/\$2 Non-Beverly Hills Residents
 Lawn Bowling Area
 Roxbury Park Lawn Bowling Greens
 401 S. Roxbury Drive

- 
**Woofstock
90210**
 FREE FAMILY FUN EVENT

Sunday, March 8, 2015 from 11:00 a.m. - 3:00 p.m.
 Roxbury Park, 401 S. Roxbury Drive, Beverly Hills
www.beverlyhills.org/woofstock90210

- Pet Adoptions/Rescues
- Pet Parade
- Pet Talent Show
- Pet Related Marketplace
- Pet Entertainment
- Food Trucks for Humans!

- Join us for a special performance given by the Roxbury Park Senior Acting Class 
"BITS & PIECES"

The show will include comedy, poetry, music and playlets
 Friday & Saturday, January 24 & January 25, 2015
 1:00 p.m. - 2:00 p.m.
 Roxbury Park Community Center
 471 S. Roxbury Drive

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: Jane Winston Doman at jdoman@beverlyhills.org or call 310.285.6843.

471 South Roxbury Drive
 Beverly Hills, CA 90212
 310.285.6840

Ilse Nusbaum, *Editor*

EDITORIAL COMMITTEE:

John H. Adler
 Teri Angel, *Recreation Services Manager*
 Corinne Chakarian
 Ruth Clark
 Jane Winston Doman, *Sr. Recreation Supervisor*
 Cynthia Harper
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 Madeleine Isenberg
 Tak Nakae

DESKTOP PUBLISHING

Kristin Yamauchi

The Beverly Hills Active Adult Club invites you to a

Senior Sweetheart Dance & Party



SUNDAY, FEBRUARY 8, 2015  1:00pm – 3:00pm

Roxbury Park Community Center Multipurpose Room, 471 S. Roxbury Drive
 Door opens at 1:00pm

BHAAC Members: FREE
 Non-Members: \$4.00 per person
 (payable at the door)

The Wilshire Vista Swing Band will entertain.
 Wear your dancing shoes or just come and enjoy. Light refreshments will be served.