



THE SPRING LAKES PARK  
**GAZETTE**  
AN AGE 55 COMMUNITY

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

SLP Contact Information

Park Office: 438-2407, After hours Park Assistant Manager: 818-0902

Contacting the Management Committee: [mc@springlakespark.net](mailto:mc@springlakespark.net)

**OUR 52<sup>nd</sup> Year**

**May 30, 2025**

**WEEKLY ACTIVITIES**

FRI. MAY 30  
EXERCISE CLASS 10:00AM

SAT. MAY 31

SUN. JUNE 1

MON. JUNE 2  
EXERCISE CLASS 10:00 AM  
BILLIARDS 1:00 PM  
FILM & FOOD 5:00 PM

TUES. JUNE 3  
AERO. CLASS 10:00 AM  
TEAM MEETING 10:00 AM  
Party House  
CHAIR YOGA 3:00 PM

WED. JUNE 4  
LINE DANCING 1:30 PM

THURS. JUNE 5

FRI. JUNE 6  
EXERCISE CLASS 10:00 AM

**HAPPY BIRTHDAY**

CHRISTINE BASSI	2 <sup>ND</sup>
KITTY LA FAVOR	2 <sup>ND</sup>
TERRY CLEARY	3 <sup>RD</sup>
NANCY TAYLOR	5 <sup>TH</sup>
LINDA BECKER	6 <sup>TH</sup>
PATTY CASTAGNOLA	6 <sup>TH</sup>
LINDA SPAHR	6 <sup>TH</sup>

**HOMES FOR SALE**



107, 154 & 211

**Management Committee Update-ROADS**

Enclosed with this Gazette is a map of the areas and dates for the planned road sealing that will begin on June 9<sup>th</sup> and continue to the end of the week, June 13<sup>th</sup>. Please note that on Thursday, June 12<sup>th</sup>, the front entrance to the park will be closed, and the side (emergency) gate will be open on that day for access in and out of the park. The location of that gate is also represented on this map. Residents will be allowed to park in visitor parking outside of the active work areas. Your car is also safe in your driveway if you do not need to use it while your area is being resealed. It is best to limit your driving during those times if possible. Each area should only be impacted for one day while the work is being done. Thank you for your patience while we attend to this important work.

**Chair Yoga, Mindfulness Living, Meditation**

Chair Yoga class weekly on Tuesdays at 3pm.

**Reservations required. Please RSVP by Tuesday morning with Tamara at 510-978-8588. If you must cancel, please call Tamara in advance. Thank you!**

**NOTE: ALL CHAIR YOGA CLASSES WILL NOW BE AT THE PARTY HOUSE**

**June Classes:**

June 3 <sup>rd</sup>	June 17 <sup>th</sup>
June 10 <sup>th</sup>	June 24 <sup>th</sup>

Dear Spring Lakes Partners,

First, I want to thank all of you who have been so generous in giving our pantry your empty egg cartons. It has really helped us out. However, with the high cost of eggs and the recent federal cuts, we can no longer afford to buy eggs for our clients.

We still would greatly appreciate your continued donations of empty bags. Like everything else the price of bags has gone up. However, thanks to your generosity, we have not needed to buy any bags for a long time.

Thank you again,

Mary Ann ~ Space 131

**BALCONY BRASS QUINTET**  
**SATURDAY, JUNE 21<sup>st</sup> 3:00 – 4:00 pm**

**CELEBRATE SUMMER WITH A VARIETY OF SPIRITED AND UPLIFTING MUSIC.....JAZZ,  
POP, SWING, LATIN, FAMOUS FILM SCORES, AND A LITTLE ROCK AND ROLL!**

**Balcony Brass Quintet is composed of two trumpets, french horn, trombone, and tuba. Members have performed for years in the Bay Area, and Northern California as well as venues elsewhere in the U. S. and Europe.**



*YOU WON'T WANT TO MISS OUR SPRING LAKES PARTNER JOHN TAYLOR ON TUBA!*

*COMPLIMENTARY TASTY TREATS*

**Spring Lakes Library cannot take any more puzzle donations; we have no room for storage.**

**Some suggestions:**

Santa Cruz Library has a puzzle exchange, you can bring it to the front desk at Scotts Valley Library and they will take them.

Scotts Valley Senior Center has a boutique which resells puzzles, take in on Wednesdays between 10-2 and ask for Elaine or Linda.

Thank you, the Spring Lake Librarians, Nancy Diaz and Debbie Benham.



## **Film & Food Class**

### **Club House**

#### **For Foodies & Film Lovers**

Monday, June 2nd from 5p to 7pm (please arrive on time)

Films are selected each month by partners.

"Live to 100: "Secrets of the Blue Zones" Nexflix Documentary Series.

Dan Buettner travels to different countries (Blue Zones) to explore the lifestyle of its oldest residents. He discovers that their longevity is influenced by a serene way of life and motivated by a sense of purpose that contributes to their health & longevity.

The group will discuss the first two episodes.

Episode 1: "The Journey Begins" in Okinawa, Japan

Episode 2: "An Unexpected Discovery" in Sardinia, Italy

Each partner will bring a dish (Japanese or Italian) to share to honor and celebrate each culture. Partners will discuss their perspectives regarding the film and the deep connection between food, culture, people, families, community, and longevity.

Please RSVP no later than Monday June 2nd by 10am. Please share with Tamara the dish you are bringing.

Tamara cell: 510 978 8588

Bring your own table service, napkins, beverage, and cups.

If one has food allergies, special diets, health restrictions they may bring their own food or eat before class. The goal is to enjoy the film, food, and our community!

**SPECIAL NOTE: ALL CLASSES ARE FRAGRANCE FREE, INCLUDING COLOGNE, PERFUME LOTIONS, BODY, AND HAIR PRODUCTS.**

## **Partners Corner**

**Attention SLP cat owners.** If you own a fluffy grey cat, with a collar, please know it is out at night and has started breaking my outside plants and pots when it comes to see my inside cat in evening. Thanks much. SLP neighbor.

If you have a cat named Mila, she has been roaming around the park. Contact Cindy Moore, Space 95

Free Armchair: Tom Wilson, space 52, phone: 345-3816

