



THE SPRING LAKES PARK
GAZETTE
AN AGE 55 COMMUNITY

www.springlakespark.org

SLP Contact Information

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

Contacting the Management Committee: mc@springlakespark.net

OUR 52nd Year

May 23, 2025

WEEKLY ACTIVITIES

FRI. MAY 23
EXERCISE CLASS 10:00AM

SAT. MAY 24

SUN. MAY 25



MON. MAY 26
MEMORIAL DAY

EXERCISE CLASS 10:00 AM
BILLIARDS 1:00 PM

TUES. MAY 27
AERO. CLASS 10:00 AM
CHAIR YOGA 3:00 PM

WED. MAY 28
BUNCO 1:30 PM

THURS. MAY 29
JAZZ CONCERT 4:00 PM

FRI. MAY 30
EXERCISE CLASS 10:00 AM

HAPPY BIRTHDAY

SANDY BLACKLOCK 24TH
STEVE HOLMLUND 24TH
DINA STOCKER 24TH
ELOISE KELLY 25TH
DANIEL QUINTO 26TH
DAVE SMITH 27TH

HOMES FOR SALE



96, 107 & 211

Management Committee Update

Thank you to all who participated in the election this year. The management Committee is pleased to announce the election results: Barbara Aluffi, Kathy Visger, Joanie Rosebraugh (Incumbents) were re-elected. Robie Cadwallader and Steven Holmlund were newly elected as new committee members, replacing Tim Willoughby and Judy Furguson.

The new committee members will begin their term in June 2025.

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

May Classes:

May 27th ~ Party House

The Office and Maintenance will be closed on May 26th in observance of Memorial Day

Bunco

Wednesday, May 28, 2025, at 1:30pm in the Club House. If you are new to the game, please arrive at 1pm for instructions. The cost is \$5.00.

PLEASE RSVP by the 27th to Sandy Payton 831-461-1380.



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*SUPPORTING LINDSAY IS JON DRYDEN ON PIANO, DAN ROBBINS ON BASS AND ON
DRUMS LEON JOYCE JR. MARINE BAND VETERAN AND PERCUSSIONIST FOR
SMOKEY ROBINSON, RAMSEY LEWIS AND PATTI LABELLA.
COMPLIMENTARY TASTY SNACK*



**SLP ANNUAL
BREAKFAST IN THE PARK!!**
Saturday, June 7th
9:00am - 10:30am

Menu:

- ~ Hot & Fluffy Scrambled Eggs ~
- ~ “Hot off the Grill” Bacon & Mild Sausage Links
- ~ Breakfast Potatoes ~
- ~ Cinnamon Baked French Toast & Homemade Monkey Bread ~

Featuring:

- ~ Homemade Cinnamon Rolls & Homemade Fruit Tarts~
- ~ Fresh Fruit Display & Fresh Fruit Medley with Fresh Lime Juice & Mint ~
- ~ Assorted Muffins & a Large Variety of Coffee Cakes ~
- ~ Coffee & Orange Juice (byo”c” – Champagne, if desired!) ~

Cost: \$15 ~ please make your check payable to Spring Lakes Park and place your reservation at the Lobby Activities drop box.

Please bring **your own** table setting; patio seating available, depending on the weather.

This event sells out early every year! Make your reservation today!

BALCONY BRASS QUINTET
SATURDAY, JUNE 21st 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!

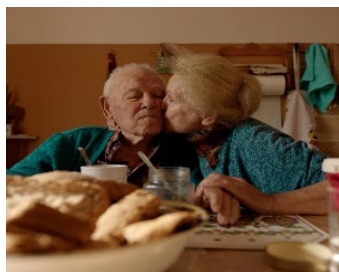
Balcony Brass Quintet is composed of two trumpets, french horn, trombone, and tuba. Members have performed for years in the Bay Area, and Northern California as well as venues elsewhere in the U. S. and Europe.

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

COMPLIMENTARY TASTY TREATS

Lost: Bonnie Wolfe lost her earring, if you have seen it, please contact her at 831-621-2640 or 831-431-0095





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" Netflix 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.