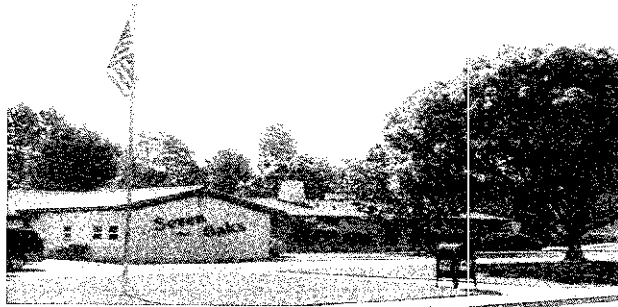


November  
2009

## Seven Oaks

A Senior Community  
in Rancho Bernardo

www.7oaksrb.com



## Seven Oaks News

Jerry Coats, General Manager • 16789 Bernardo Oaks Dr. • (858) 487-4058 • Office hours M-F: 9:00 a.m. – noon & 1:00 – 4:30 p.m.

### Board of Directors

Earl Chinn, President  
Glen Vaughan, Vice-President  
Elaine Jeter, Secretary  
Richard Braun, Treasurer  
Linda Lambson, Arch. Liaison  
Charles Williams, Arch. Liaison  
Joni Hoffman, Activities Liaison

### Annual Assessments

**Assessments have been coming in steadily.** Thank you to everyone who sent in their checks promptly. This year you received an extra week between mailing of invoices and the due date of October 1st. This seemed to work out well, as payments have been coming in steadily. Note that **all unpaid assessments must be received in the office no later than Monday, November 2nd, in order to avoid late penalties.** Please refer to the information in your assessment package regarding late payments. Most of you returned your pre-printed invoices and wrote your property numbers on your checks. This enabled us to process your checks in a timely matter. If for some reason you did not receive your invoice, please contact the office at 487-4058 immediately.

### Community Flea Market & Bake Sale

**Saturday, November 7th, 9 a.m. to 1 p.m. - Seven Oaks Community Center parking lot**

This event will be held in the north parking lot at the center. You are urged to donate your *gently used* household items, furniture, gifts, and "white elephants" lying around your home that you no longer use. (Please no clothing or books) Items should be clean and in working order. Please drop off donations on Friday, November 6th after 10 a.m., in the auditorium to allow time for volunteers to price. This is a joint fund raiser for the Seven Oaks Garden, Playgoers, and Travelers Clubs. Funds raised will help cover the increased expenses of programs. Support your Community Center so that we can continue to offer quality activities.

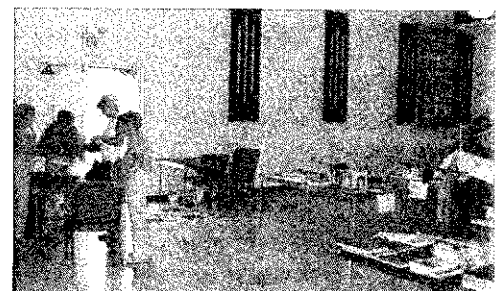
**The annual Seven Oaks Fall Festival held on October 3rd** was a great success. More than 200 residents and guests enjoyed the beautiful fall day while viewing arts and crafts, art work, jewelry, and more on tables surrounding the patio. Lucky attendees were awarded door prizes donated by local shops, restaurants and vendors in the community. Live music entertained throughout the day and there was plenty of food available to eat. If you missed this annual event, make a point to attend the next Fall Festival.

The two-day library book sale held in conjunction with the Fall Festival brought in more than \$900. These monies will be used for the purchase of new books. Thank you to all who contributed books, tapes, and puzzles.

Our thanks go to all the volunteers who worked on the Fall Festival and the book sale to make both events a success. Also much appreciated are the vendors who donated the door prizes. A list is available in the office if you would like to thank them personally for supporting the Seven Oaks community.

Left photo: Committee member Della Link handing out raffle tickets.

Right photo: Customers purchasing books at the check-out table



Due to problems with the antiquated card reader system at the front entrance, the doors will continue for the time being to remain on automatic during office hours. New systems are currently being researched.

Board of Directors meetings are held on the **second Tuesday of the month at 10 a.m. in rooms 3/4.** Minutes are posted in the center's lobby and on the Seven Oaks website.

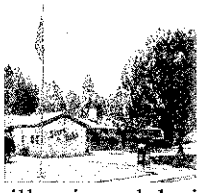
Clubs and Activities: Here is your chance to meet new people and hone your skills or learn a new activity. Everyone is welcome to join in or just observe. Call the name listed for additional information.



Art Studio	Tuesdays	1:00 - 3:00 p.m.	Sewing Room	Lois Goodman	217-6186
Better Breathers	2nd Monday	1:30 p.m.	Auditorium	Dale Swank	487-7739
Book Discussion (No Jun-Aug)	4th Thursday	2:00 - 3:30 p.m.	Room 1	Audrey Cornelius	592-7366
Women's Morning Bunco	1st Tuesday	10:00 a.m. - 1:00 p.m.	Rooms 3-4	Nina Alioto	676-1976
Bunco Club	4th Thursday	1:00 - 3:30 p.m.	Rooms 3-4	Shala Rabinowitz	385-1986
Ceramics Club	Mon.-Wed.-Fri.	8:30 a.m. - Noon	Ceramics Room	Nadene Spies	451-2754
	Wednesdays	1:00 - 4:00 p.m.	Ceramics Room	Nadene Spies	451-2754
	Saturdays	9:00 a.m. - Noon	Ceramics Room	Nadene Spies	451-2754
Computer Support	3rd Wednesday	10:00 a.m.	Room 2	Lou Hassan	487-2359
Croquet Club	Tues. & Thurs.	4:00 - 6:00 p.m.	South Lawn	Marge Colross	673-1313
Current Events	Tuesday	1:30 - 2:45 p.m.	Room 2	Len Williams	385-0151
Diabetes Support	1st Friday	3:00 p.m.	Library	Sharon Varner	487-5402
Duplicate Bridge	Wednesday	6:35 p.m.	Rooms 3-4	Hillard Tavrow	451-7793
Duplicate Bridge	Friday	12:15 p.m.	Rooms 3-4	Wendy Forsey	486-9383
Garden Club (No Jul. Aug)	1st Wednesday	Noon	Auditorium	Angela Falcone	487-4319
HERB (Hiking)	Fridays	7:50 a.m.	N. end Parking Lot	Mary Rountree	451-3720
Jewelry/Lapidary	Tues. & Thurs.	9:00 a.m. - Noon	Lapidary Room	Bill Link	613-1633
Ladies Bridge	Monday	12:00 p.m.	Rooms 3-4	Elaine Lewis	613-9363
Let's Dance	Thursday	1:30 - 3:30 p.m.	Auditorium	Office	487-4058
Library	Mon. - Sun.	Center's hours	Library	Ann Bragg	243-7932
Mah Jongg	Mon. & Thurs.	11a.m. - 3 p.m.	Mail Room	Muriel Finkelstein	451-2599
Mah Jongg	Tuesday	1:00 - 4:00 p.m.	Mail Room	Anne Sobel	673-9166
My Buddy Club	Last Tuesday	2:00 p.m.	Rooms 3-4	Lorry Styffe	675-7083
Quilting Bees	Wednesdays	10:00 a.m. - 2:30 p.m.	Sewing Room	Edith Dalsbo	674-9801
RB Playgoers (No Jul, Aug)	4th Friday	1:30 - 3:30 p.m.	Auditorium	Naomi Golub	674-4743
RB Shufflers	Tues. & Thurs.	9:00 - 10:30 a.m.	Shuffleboard Courts	Ray Brown	487-6273
RB Travelers	2nd Friday	1:30 - 3:30 p.m.	Auditorium	Kathy Mehaffey	485-9722
Stained Glass	Monday	9:00 a.m. - Noon	Stained Glass Room	Bob DeLong	673-9306
Tai Chi	Monday	10:00 - 11:00 a.m.	Auditorium	Georgette Coffey	485-0517
Water Aerobics	Tues. & Thurs.	10:30 - 11:15 a.m.	Pool	Louise Jobson	676-9762
Women's Morning Bunco	1st Tuesday	10 a.m. - 1 p.m.	Rooms 3-4	Nina Alioto	676-1976
Woodcrafters Club	Mon.-Fri.	9 a.m. - 7 p.m.	Woodcraft Room	Leo Carros	618-1334
Woodcrafters Club	Sat.-Sun.	9 a.m. - 5 p.m.	Woodcraft Room	Leo Carros	618-1334
Yoga/Chair Yoga	Monday	11:30 - 12:30 p.m.	Auditorium	Sussan Maneshni	487-2255
	Thursday	4:30 - 5:30 p.m.	Auditorium	Sussan Maneshni	487-2255

Pool hours are 8:00 a.m. to 8:00 p.m. October-April and 8:00 a.m. to 8:30 p.m. May through September. The pool and shower area must be vacated by those times. Please observe all posted rules, including the use of non-skid footwear. The pool phone is for emergency use only. Lap lanes are reserved for lap swimming exclusively.

The S-O-N is published monthly for Seven Oaks residents. Copy is due to editor Nancy Hylbert by the second Wednesday of the month.



**Flag etiquette:** Many of you have asked about how to display a flag. Here are some pointers:

It is the Universal custom to display the flag only from sunrise to sunset on buildings and on stationary flagstuffs in the open. However, when a patriotic effect is desired, the flag may be displayed twenty-four hours if properly illuminated during the hours of darkness.

- The flag should be hoisted briskly and lowered ceremoniously.
- The flag should not be displayed on days when the weather is inclement, except when an all-weather flag is displayed.

Seven Oaks resident Dan Harmer will pick up your worn-out flags and dispose of them properly. He also provides new flags at a cost of \$10 per flag. Call Dan at 858 673-1035

**The WOODCRAFTERS will hold their semi-annual meeting on Monday, November 16th**, at 9:30 a.m., in room 4. The purpose of the meeting will be to elect new board members to the Woodcrafters Club. The current board has served for many years and it is time for others to step forth and assume the positions of President, Vice-president, and Treasurer. The duties are light and the time involved is minimal. If there is a lack of interest, the club may have to dissolve. The meeting is open to all Woodcrafters, and anyone interested in serving and supporting the club is welcome to attend. For more information, call Leo Carros, 618-1334.

**The women of Seven Oaks are invited to the Rancho Bernardo Woman's Club luncheon and program** on Thursday, November 5th, at the Bernardo Heights Country Club. A social time begins at 11:30 with lunch following. Entertainment will be a fashion show, "Discover Sharing," presented by the American Cancer Society's *Discovery Shop*, located in the RB Plaza. Club members will model the shop's gently-used clothing. You are asked to bring a donation for the Discovery Shop. Proceeds of sales go to cancer research and education. The cost is \$22 and reservations are a must. Call 858 674-5941 or 676-0824 by November 2nd.

A few of the Emergency Assistance forms included as an insert in the September issue of the S-O-N are still trickling in to the community center. If you have not returned yours, there is still time to do so. RB United, who devised and provided the forms, would like to hear from all seniors, even if you are self sufficient. Otherwise, they will be contacting you for your information. The purpose is for every senior who needs help in a major emergency situation to be provided help with transportation, medical, etc.

**Thank you for returning the Historical Society forms** you received in the September newsletter. Interest in housing the building south of the center is about 50-50. The Society has now temporarily relocated to a larger space at the Winery for an unspecified amount of time. The majority of members who responded to the survey regarding installing a sauna were not in favor.

**Donate backyard produce:** All residents are invited to drop off backyard fruits and vegetables on the third Thursday of every month between the hours of 7 a.m. and 2 p.m. at the RB Swim and Tennis Club. Donations are given to local families in need. Call 485-5449 for more information

**October is the beginning of flu season.** For information about flu shots, call Senior Services at 587-2640 or contact your doctor. Senior Services will hold free Memory Screening Day, an initiative of the Alzheimer's Foundation of America. Appointments are between the hours of 11 a.m. and 3 p.m. on November 17th. To make your appointment, call 800 777-4750 .

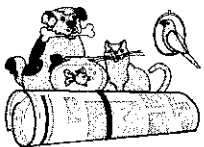
**Wireless Internet is now available at the Seven Oaks Community Center** in the courtyard and library. You must have a laptop computer. Stop by the office to obtain the log-on password.

### Good-to-know phone numbers

Elder Law & Advocacy: 858 565-1392  
 Emergency Preparedness info: Purple section of the Community Phone Book  
 Free tax assistance for seniors: 858 487-2640  
 Neighborhood Watch: Gary Carlson, 858 538-8148

Police non emergency: 858 484-3154  
 Report water wasting: 619 515-3500  
 Rodent control-County Health: 858 694-2888  
 Trash collection: 858 694-7000

### New residents



Our newest residents include Eva Cordero on Gabarda Road, who moved from the LA area, and Bruce and Eve Maily, who moved to San Salvador Road from another RB location.

**Welcome Seven Oaks Newcomers**

# Special Activities This Month

## RB SHUFFLERS



Come join the Shufflers Tuesdays and Thursdays from 9:00 to 10:30 a.m. Observers are welcome. For more information, contact **Ray Brown** at 487-6273.

### MONDAY LADIES BRIDGE September winners

- 9/7 Carol Davis; Betty Jo Shaieb; Mary Donahue  
9/14 Joy Glenn; Marcia Galloway; Betty Cole  
9/21 Marcia Traywick; Maxine Wilson; Maxine Feller  
9/28 Barbara Soulard; Marcia Galloway; Dottie Kinney  
Call **Elaine Lewis** (613-9363) for information on joining.



The **BUDDY CLUB** will have its Octoberfest on Tuesday, October 27th at 4 p.m. in rooms 3/4. The board will prepare an Italian dinner for Buddy Club members. A fee of \$5 will be collected at the door. Call **Lorry** at 675-7083.

The **BOOK DISCUSSION GROUP** will meet Thursday, November 19, at 2 p.m. in room 1 to discuss the book War of the Gifts, by Orson Scott Cards. New members are welcome. Call **Audrey Cornelius** at 592-7366 for more information.

The **JEWELRY/LAPIDARY CLUB** room is open Tuesdays and Thursdays from 9 a.m. to noon. For more information, call **Bill Link** at 613-1633.

The **CONTEMPORARY EVENTS DISCUSSION GROUP** meets Tuesdays from 1:30 to 3 p.m. in room 2 to discuss local and world issues. Call **Len Williams** (385-0151) for information.

The **ART STUDIO** group meets every Tuesday between 1 and 3 p.m. in the sewing room. Bring your paints, pastels, graphite or colored pencils and have a good time expressing yourself artistically while meeting new friends. Call **Lois Goodman** (217-6186) or **Margaret Yuhasz** (451-3917).

**HATHA YOGA** is offered Mondays from 11:30 a.m. to 12:30 p.m. and Thursdays from 4:30 to 5:30 p.m. in the auditorium. Call **Sussan** at 487-2255 for information.

The **CROQUET CLUB** meets on Tuesdays and Thursdays at 4 p.m. on the south lawn. Call **Marge Colross** (673-1313).

**RB TRAVELERS** will gather at 1:30 p.m. on Friday, November 13th, in the auditorium for a travelogue entitled "Mayday - A European Anthology." Recent gift certificate winners were **Mary Rountree** and **Sue Kloby**.

**Membership dues of \$12 for 2009-2010 are now due.**

#### Day Trips

- |       |   |          |
|-------|---|----------|
| 11/14 | Palm Springs Follies                    | 613-3883 |
| 12/5  | Tamale Festival                         | 613-3883 |
| 12/12 | Glory of Christmas at Crystal Cathedral | 451-8255 |

#### Multiple Day Trips 2009-2010

- |           |                                 |          |
|-----------|---------------------------------|----------|
| 11/26-29  | Thanksgiving - to San Francisco | 485-7645 |
| 12/25-28  | Christmas - LA to San Francisco | 485-7645 |
| 12/30-1/3 | San Antonio New Year            | 451-8255 |

## RB PLAYGOERS

**SHOWTIME** invites you to come on Friday, October 23th, at 1:30 p.m. for a social time and at 2 p.m. for entertainment by David Winston as he presents an astounding display of mental powers. He will answer questions that are only thoughts or describe a person's personality by examining a personal possession. Truly amazing! Dues for Seven Oaks residents are \$15 and non-residents (over 18) are \$20. First-timers are free. Dues are payable at the meeting.

Upcoming events: 10/25: "The Foreigner," Patio Playhouse, \$18. Call **Naomi Golub**, 674-4743.

11/15: "Holiday Memories,"- SRT, \$21. Call **Kay Nash**, 487-2726.

The **GARDEN CLUB** will meet on Wednesday, November 4th, at noon in the auditorium for a potluck luncheon. Following lunch, **Charlotte Getz**, professional gardener and member of Master Gardeners, will talk about fall flowering trees and shrubs. First-time guests are welcome. For more information, call **Angela Falcone** at 487-4319.

The **DIABETIC SUPPORT GROUP** meets the first Friday of the month at 3 p.m. in the library. If you are pre-diabetic, newly diagnosed, Type 2 or Type 1, join us as we share our experiences, concerns, and questions. Call **Sharon** at 487-5402

### HERB (Hiking Enthusiasts of Rancho Bernardo)

- 11/6 Blue Sky Ecological Reserve to Ramona Dam (Mod. 4.5 mi)  
11/13 Piedras Pintados (Lake Hodges-Easy 3.5 miles)  
11/20 Lake Poway (Mod. 4 miles)  
11/27 Avocado Trail (Easy 4 miles)

We meet at 7:50 a.m. and carpool to our destination We usually return by noon. Please park and meet at the far end of the north parking lot. Call **Mary Rountree** (619 252-3720) for more information.

### LET'S DANCE!

Thursdays from 1:30 to 3:30 p.m. in the auditorium

**Rose Bailey** and the "Survivors" play the oldies and **Deanna Manley** croons your favorite tunes. Couples and singles are invited to dance or just socialize with one another. Guests are welcome.



The **RED HATS** will go to the Elks Lodge in Escondido on November 14th for a luncheon and fashion show by Cotton Cottage from the RB Winery. The cost is \$20 and reservations can be made by calling **Nina** at 676-1976. Carpools will leave Seven Oaks at 10:30.

### LIBRARY NOTES

A huge thank you to everyone who made our recent book sale the most successful in our history! The profits will go to buy new books for our library. We have nine new best sellers this month, among which are Dan Brown's Lost Symbol, Blindman's Bluff by Faye Kellerman, Spartan Gold by Clive Cussler, and Hothouse Orchid by Stuart Woods. These will be popular choices, so put your name on the wait list.