



San Clemente Village Members, Volunteers and
Friends
Let's All Promise to Move More and Sit Less!



Here are a few important things we learned during our educational program provided by Debbie Rose, PhD, Professor and Chair of the Department of Kinesiology at CSUF.

Move More, Sit Less and if you sit—do so with good posture, your back straight and without being slumped in a chair!

- It's never too late to become more active in your life.
- Any increase in your time being physically active is beneficial.
- All adults, including older adults should aim to reduce their time being sedentary. Break-up prolonged periods of sedentary time and move more.
- A good starting point could be to disrupt your prolonged sitting with standing and light physical activity. Maybe get up and walk around every half hour.
- Prolonged sitting (if you sit more than 8 hours per day) is a predictor of falls in past 12 months.
- If you are unable to be active with a moderate to high level of physical activity -- then increase the amount of time you are physically active during the day.

The timing of physical activity plays an important role!

- Physical activity after a meal can improve glycemic control up for to 48 hours.
- A 15 min bout of walking at moderate intensity, after each meal, is more effective than a single continuous bout of physical activity.
- In other words --- move for 15 minutes (or so) after meals. Walking after dinner might be the most beneficial.

VILLAGE

AN IMPORTANT EDUCATIONAL EVENT!

What Will You Do With All That Time?

Presented by Stifel, Jackson National and San Clemente Village

For many of us, our lives are built around family and work. Once we retire, however, we're faced with ample time to fill. The good news is we can help.

We want to help you create a satisfying, purpose-driven life, and discuss how having a purpose can help you live longer, healthier, and happier. Join us at this seminar where we will address:

- The **difference** between passion and purpose
- How to **identify** your passions and purpose
- More **practical steps** to create the life you want

To discover how to fill the hours of retirement with what matters to you, come to our intriguing seminar.

When: Friday, March 13, 2020, 1:00 p.m. to 3:00 p.m.

Where: Talega Golf Club 990 Avenida Talega, San Clemente, California 92673

Who: David Kunkel, CFS®, Regional V.P. Jackson National

Hosted by: Chase Metcalf | Financial Advisor | Stifel

Please RSVP to 949.441.1348 or the events calendar at scvillage.org by March 10th.



SAN CLEMENTE VILLAGE

STIFEL



Bingo, Trivia, Valentines, Oh My!

Did you know Bingo is one **SERIOUS** game?

Yep, especially when the **Bingo Babes** are giving prizes away! Members, Volunteers, Guests and Sweethearts joined in on the **FUN!** Good food, good times, good **LOVIN'** was had by all!

Hey Village People...Speaking of **BINGO!**

Have you heard about [Bingo at Goody's](#)? Read on. Every Monday evening in March at Goody's, starting at 7:00 pm, Bingo will be all about SC Village. Why? All the proceeds will be donated to SC Village. That's right, the proceeds from every Monday night in March will go to our Village. Bingo cards are only \$1.00.

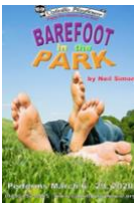
Lots of prizes, food, fun and maybe you will be a winner! Goody's is located at 206 South El Camino Real. No registration needed. Bring friends, neighbors, or visitors.

See you there!



PLEASE JOIN US!

**SAN CLEMENTE VILLAGE
IS GOING TO THE CABRILLO PLAYHOUSE!**



“Barefoot in the Park” - March 8th - 2 pm Sunday - \$25 (cut-off date to reserve, Feb. 22nd)

After a pair of newly-weds honeymoon, they get a surprise visit from the bride's loopy mother and decide to play matchmaker during a dinner with their neighbor-in-the-attic.



“Sylvia” - April 30th - 7:30 pm Thursday - \$25 (cut-off date to reserve, April 15th)

A modern romantic comedy about a marriage and a dog, With a series of hilarious and touching complications.



“Gunmetal Blues” - June 28th - 2 pm Sunday - \$30 (cut-off date to reserve, June 13th)

You will be amused by this affectionate but comic musical. It portrays a private eye and a pretty blonde who work together to solve a crime.

PLEASE MAKE YOUR RESERVATION WITHIN THE 2 WEEK PERIOD BEFORE EACH PLAY DATE. We could only get 8 seats per play, so don't wait, register early.

When you register on the Village's website (www.scvillage.org) for the play, you can pay for the play at the same time with your credit card. If you'd rather, you can call the office and pay over the phone the same way. www.scvillage.org or 949-441-1348.



Happy Birthday!

San Clemente Village would like to take you out on the town for your birthday! Every member will receive a free meal and beverage, during their birthday month! If your birthday is in March, call us right away and register for one of the Dining Events.

Check the Event Calendar to [register on-line](#) or call the SCV Event Line at 949.441.1348.

Here are the lucky Members for March!

3/2 Marjorie Sosa
3/11 Sandi Shoden
3/17 Della Frankel
3/19 Iran Kayhaan

Let's enjoy a meal together at one of the area's dining spots. Remember to sign up through the SCV Event Calendar or by calling the SCV number at 949.441.1348.

Here's where we are going in March - Join the fun!

[Dine Around: Hapa J's](#) 6-7:30 PM

[Lunch Bunch: Slapfish](#) 12:00 – 1:30 PM

ATTENTION MEMBERS AND VOLUNTEERS! IMPORTANT MESSAGES FROM THE PHONE TEAM

- **NEW PHONE TEAM OFFICE HOURS: 10:00 AM – 3:00 PM.**
- Volunteers please check your email one or more times per day and reply yes or no for service requests.
- Volunteers please email or call the office with the days you are not available due to trips or extended illness.

Welcome New and Renewing Members
Full Member: Carolyn Novotny
Renewing Members: Claudette McGovern, Melissa Joncich,
Iran Kayhaan, Antoinette Taylor



**San
Clemente
Village**



Come One...Come All!

Bring Family and Friends to the **FUN** Bingo Bash!

Where: Goody's, 206 S. El Camino

When: It's San Clemente Village Night

Every Monday in March. Games Start at 7:00 PM

Only \$1.00 Per Card

ALL PROCEEDS FROM THE GAMES WILL GO TOWARDS
SAN CLEMENTE VILLAGE'S MATCHING CHALLENGE GRANT

FUN FUN FUN FUN FUN

CHANCES TO WIN PRIZES

MEET NEW FRIENDS

GIVE IT A TRY—YOU WILL REALLY HAVE A FUN TIME

Complimentary
Snacks

Village Movement California Seats the Founding Board of Directors



Front: Dave Kuykendall (SLO Village), Jan Montague (San Clemente Village), Charlotte Dickson (Executive Director), Kate Hoepke (San Francisco Village), Andra Lichtenstein (Ashby Village),
Back: Leza Coleman (CA Long Term Care Ombudsman Association), Sheila James (Federal Liaison from Office of the Undersecretary, HHS Region IX), Patrick Brown (Villages of San Mateo), Bea Kirkman (AgingNext Village), Sue Kujawa (Pasadena Village).



Need transportation to Church?

Call the Office. 949.441.1348

WHAT IS THE CENSUS

Every 10 years, people across the country and in California fill out the Census in order to have an accurate count of all people in the United States. The Census determines California's federal funding for important community services that help support our families and fair share of representation in California and Washington D.C.

The next Census is in Spring 2020. Let's ensure all Californians are counted so we can put those resources to good use here at home!

MARCH 12-20

Invitations Mailed

MARCH 16-24

Reminder Letters

MARCH 26 - APRIL 3

Reminder Postcard

APRIL 1

Census Day

APRIL 8-16

Hard Copy Census Mailed

APRIL 20-27

Final Postcards Mailed

Invitations to complete the 2020 census questionnaire online will be mailed.

Don't Delay! Be sure to fill out your census form before April 30th.

WHEN IS THE CENSUS


Attention Village Volunteers - We need some help!

As you probably know, our Village is growing and our members are fully using Village services, especially transportation. Occasionally, we have difficulties meeting these transportation requests. If you are a volunteer providing transportation, thank you so much. We hope you can continue to stretch your schedule so our members can get to their doctor, hair appointments or social activities. If you are a volunteer that has not volunteered to provide transportation for Village members, might you reconsider? Remember you can always say no if the request doesn't fit your schedule. If you might be able to help, even a little, please let us know. Call your Volunteer Coordinator or the Office at 949-441-1348.

You can also help by reaching out to a friend or neighbor that might be interested in being a Village Volunteer for our growing nonprofit organization. Let us know. We would be glad to share information personally with them. We will buy the coffee! Should you belong to an organization or group that would be interested in hearing about the Village--let us know that as well. Jan Montague, our Executive Director, will provide an interesting presentation about the Village.

Thank you for all that you do for San Clemente Village.

Ret Wixted, Chair, Volunteer Services



GUN SAFETY
for Seniors

Current Laws | Safekeeping | Safe Handling | Conceal Carry

March 12, 2020 @10:00 A.M.
San Clemente Senior Center
117 Avenida Victoria

Sign up at the front desk or call (949) 498-3322

Presented by:
ORANGE COUNTY SHERIFF'S DEPARTMENT

stay safe 
ORANGE COUNTY SHERIFF

I Love San Clemente Village Matching Challenge

Please donate **TODAY** to San Clemente Village.

We are over halfway to our Goal of \$25,000. Remember every amount donated is matched "dollar-for-dollar" through a generous award from the McBeth Foundation.

Please mail your donation to SC Village, PO Box 5761, San Clemente, CA 92674.

Or, send in your donation via our web site: www.scvillage.org.

We greatly appreciate your support.
Thanks to all who participated.

March 2020

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
1	2 Bingo at Goody's 7:00- 9:00 PM	3	4 <u>Movie Matinee-TBD</u>	5	6	7
8	9 Bingo at Goody's 7:00- 9:00 PM	10	11	12 <u>Dine Around Hapa J's 6:00-7:00 PM</u>	13 <u>What Will You Do with All That Time? 1:00-3:00 PM</u>	14
15	16 Bingo at Goody's 7:00- 9:00 PM	17 <u>Bridge, 11:30- 2:30 & Lunch @ Wedgewood SC Golf Course</u>	18 <u>Lunch Bunch Slapfish 12:00-1:30 PM</u>	19	20	21
22	23 Bingo at Goody's 7:00- 9:00 PM	24 <u>Exploring Technology- TBD</u>	25	26	27	28
29	30 Bingo at Goody's 7:00- 9:00 PM	31				

Notes

To register for programs or events, call the SCV Office at 949.441.1348
or on the Event Calendar at www.scvillage.org

General Information

San Clemente Village
P.O. Box 5761
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949-441-1348
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Board of Directors

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Planned Events

Educational Programs
Living Well Initiatives
Social Activities

Programs and Services

Computer/Phone Assistance
Indoor & Outdoor Services
Transportation
Village Health Companion
Phone Check-Ins
Pet Assistance
Village Guide

On-Going Activities

Bridge & Lunch
Dine Around
Lunch Bunch
Movie Matinee
Exploring Technology
Volunteer Opportunities

SCV Advisory Board

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