



NEW HORIZONS

WEEKLY NEWSLETTER

*The Official Publication
for the Board of Directors,
Residents and Owners*

May 23, 2014

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FREE ANTI-SCAM WORKSHOP

Date: Thursday, May 29th

Time : 1:00 - 2:00 pm

Location: Town Hall

The Keep-Safe Coalition will present a free workshop on how we can protect ourselves from becoming targets of financial fraud, scams, manipulation and threats. A team of social service and law enforcement representatives will:

- Help you protect yourself
- Help you recognize abuse
- Help you respond to abuse
- Provide community and law enforcement resources
- Show an award-winning video “The Caretaker”
- Time is allotted for questions and discussions

I encourage all of you to attend. Refreshments will be served.

Julie Dojiri
Civic Affairs Committee Chairperson

Do you have a half-hour (or less-) to save Wednesday evening or Thursday morning?

Our Newsletter delivery volunteers need a few more backup helpers to take our publication to our residents. Each volunteer has a short route of a few adjacent buildings.

It's a great way to see different parts of New Horizons, maybe meet a few more neighbors as well.

It is good for you, good for the community.

Recreation Council News: **Richard St. Amant, Chair**

Memorial Day picnic

on Monday May 26

We still need volunteers to make this a successful day. The sign up sheet is on the bulletin board in the lobby. Looking forward to a great day.

The date for the New Horizons HOA Celebration of 50 Years of Service has been changed to Saturday **August 23**. Please make the notation on your calendar. The theme is black & white. We are collecting photos for a slide presentation. If you have any you would like to share please email or contact Richard St. Amant.

Email Richard.StAmant@yahoo.com.



YOU KNOW YOU HAVE LIVED IN NEW HORIZONS A LONG TIME WHEN:

- ☺ The roof on your Condo has been replaced two times.
- ☺ If you lived here before 1986, you make sure and tell everyone that you did not have to be 55+ when you moved in.
- ☺ When you remember the original theme of the complex was “Hawaiian Resort” and all buildings were yellow, green, and orange.



Work Orders Online are here!

Unfortunately my selection of a trip on June 10, entitled "Miracle Workers", doesn't seem to be going anywhere. I base this on the fact that we have so few signups. I really thought it might be interesting to visit the Braille Institute and see how they train dogs for seeing-eye duties. So unless we get a tremendous response in the next few days, we will have to cancel. We need at least 27 travelers to make it a go. Assuming the "Miracle Workers" trip will be cancelled, we are offering another trip in its place for later in the month.

The trip we are proposing will take us to Malibu and an afternoon spent at the Getty Villa. **That is on Saturday, June 21.** The price will be \$68.00 with a deli picnic lunch to be eaten on the Villa's beautiful grounds. The J. Paul Getty Museum at the Getty Villa serves as an international educational center dedicated to the study of the arts and cultures of ancient Greece, Rome and Etruria. The beautiful Villa houses the Getty's vast collection of approximately 44,000 Greek, Roman and Etruscan antiquities, with some objects dating from 6,500 B.C. to A.D. 400. Some of the objects, including a mummy, have never been on view. I am putting this signup sheet on the board for your immediate attention. We need to know as soon as possible if this trip is viable. A visit to the Getty Villa should serve as an excellent introduction to our upcoming excursion in July.

On July 12, we are scheduled to take in a fascinating exhibit at the California Science Center entitled "Pompeii, The Exhibition". In the year 79 AD, Pompeii vanished beneath thick layers of volcanic ash left by the eruption of Mount Vesuvius. But what nature destroyed, it also preserved.

"Pompeii: The Exhibition" features over 150 precious artifacts on loan from the Naples National Archaeological Museum in Italy which offers a fascinating glimpse into the opulent lifestyle and tragic end of this ancient Roman society forgotten for centuries until its rediscovery over 250 years ago. Through excavated artifacts, multimedia experiences, and hands-on science exhibits, we will learn the science of archaeology, volcanology, and Roman engineering while exploring the ancient civilization of Pompeii. The cost of this all-encompassing tour including round trip motor coach transportation, lunch at Philippe's the Original and driver gratuity is \$90.00. My wife and I actually visited Pompeii a few years ago and found it absolutely captivating. I am certain this exhibition will be every bit as interesting, even more so since we will see things that were not available to the public at that time.

On Sunday, August 24, we will be attending a wonderful California Philharmonic concert entitled "Broadway and Bolero" at the Walt Disney Music Center. Music selections offered will be from "Chicago", "Evita", "Cats", "Bolero" and "Espana." This trip will also be discussed at our June 5 meeting. Stay tuned for upcoming trips in September and October.

Do these trips sound interesting? How about joining us.

The Travel Club meets the first Thursday of every month at 7:00 PM in the Clubhouse. We always discuss new and upcoming trips, See a travel related film, and enjoy a social hour with refreshments. It is a lot of fun. If you would like additional information, please call Ed Reilly at (310) 326-4710, or Sharon Rose at (310) 539-0811.

Those of you who submitted your email address to be included in the SmartHOA database are now able to submit and track your work orders on line. All you have to do is go to www.smarthoa.com click on login (on the upper right hand side of the selection bar) login using the login and password you selected when you signed up. You will be taken to the Homeowners Portal, select the "Work Orders" tab (the middle tab) you will be taken to the Request page, where you will select the type of Work Request you are submitting... Grounds Maintenance, Buildings and Pools, Condo Code Enforcement or Architectural. Fill in the Details box and click Submit.

Those of you have not yet submitted your email address so you can be included in the SmartHOA informational alerts may do so now by completing the form below and dropping it off at the office or emailing it to nhofficeadm@earthlink.net

Name: _____
Address: _____
Unit #: _____ Building: _____
Email Address: _____

Submitted by Gail Standley, Secretary to the Board of Directors.



Study of the Oldest Old

Judy Foster

"60 Minutes" reported study findings among 1,600 people over 90 years of age. They were tracked since the early 1980's to determine how they reached their advanced age. Yes, genes contributed, but they are not everything. Key findings presented were the following.

Positive Factors

- As expected, non-smokers live longer
- Exercise is a plus with 45 minutes a day being the best, but even 15 minutes being positive. And it doesn't have to be done all at once.
- Being active and social are strongly correlated to long life
- Moderate alcohol consumption is a positive, up to 2 drinks a day, any kind (red wine no better than a martini, for example)
- 1 to 3 cups of coffee a day (better than more or less)
- Maintaining weight; slightly overweight is better than either underweight or obese

Neutral or Negative Factors

- Exercising more than 45 minutes adds no additional benefit over only 45 minutes
- Being overly concerned about your health
- Vitamins usage – no difference
- Low blood pressure when over 90 years (associated with dementia)
- Being skinny/underweight

Additional finding: We are never immune from dementia. The chance of that doubles every 5 years once we reach the age of 65.



Walking is a "best" exercise!

Wednesday Men's Golf Tournament-5/14

Winners

A Flight	Low Gross	Low Net
R. Tominaga	<u>52</u>	
C. Aleccia		49
F. Koblizek		49
B Flight		
J. Callahan	<u>59</u>	
B. Branning		<u>41</u>
Hole in One:	<u>None</u>	

By: John Thomson

* * * * *

LADIES' GOLF RESULTS Thu May 15, 2014

Sorry - - no golf today.

* * * * *

Bingo News

Arlene Cofield

Bingo on May 8th! We had a great crowd & lots of winners. Here are the names: Sharon Rose, Martha Thom, Maggie Pagan, Barbara Carr, Mable Pochedly, Betty Stottlemeyer, Mary Gilliland, Mary Scott, and Sachi Kanenaka. A bunch of happy campers!

Our next Bingo will be on Thursday, June 12th at 2:00 pm in the Town Hall. Hope to see you all there!

Any questions? Call Arlene 424-263-2039 or Judi 424-263-2271!

Thank you

Arlene & Judi



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Interested in buying or selling? Call me today!
 New Horizons Resident Owner



KAY MORI

REALTY 22664 Nadine Cir #A \$385,000

2 BR 1.5 BA 950sqft on the Golf Course

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Upcoming events nearby.
YMCA National Senior Wellness Week

Saturday, May 31, 2014 | 8:00 AM - 11:30 AM
Torrance-South Bay YMCA 2900 W. Sepulveda Blvd. Torrance

Join the Torrance-South Bay YMCA on May 27-31, 2014 for a week full of daily group exercise classes and fun activities for seniors: water exercise, yoga, line dancing, Zumba Gold, chair exercises, strength training, cardio fitness, Bingo, knitting, Fall Prevention Seminar, Health Screenings, Senior Luau (\$5). Free and open to everyone. Pick up an activity schedule at the Y. Register at www.yמצala.org/tsb or call 310-325-5885. 2900 W. Sepulveda Blvd., Torrance.

* * * *

Asian American Heritage Month

Saturday, May 31, 2014 | 12:30 PM - 2:00 PM
El Retiro Library, 126 Vista Del Parque, Redondo Beach

Join us as two origami experts provide instruction for this make and take program. This event is free, and all materials are provided, but registration is required to hold your spot. Please call the El Retiro Library at 310-783-4210 to register.

* * * *

YMCA Mother-Daughter Mad Hatter Tea Party

Sunday, June 1, 2014 | 1:30 PM - 3:30 PM
Torrance-South Bay YMCA, 2900 W. Sepulveda Blvd. Torrance

ENJOY AN EXTRAORDINARY AFTERNOON The Torrance-South Bay YMCA invites you to a special Mother-Daughter Mad Hatter Tea Party on Sunday, June 1, 1:30-3:30pm. Dress up and enjoy tea party etiquette, arts & crafts, a photo booth and refreshments. Enjoy an afternoon with some characters from Wonderland! \$15 per mother/daughter pair, \$10 each add'l child. After May 18 cost will be \$20 per pair/\$12 each add'l child. Register by May 28. Open to everyone 3+. Join us! 310-325-5885.

More upcoming events nearby.

Monday Movie Matinee

Monday, June 2, 2014 | 3:30 PM

Henderson Library, 4805 Emerald St.

Join us for a family friendly film with popcorn! **This program is free**, sponsored by the Friends of the Torrance Library, and no registration is required. For more information please call the Henderson Library at 310-371-2075.

* * * *

Tour de Torrance - Birding "hot spots" of the South Bay

Tuesday, June 3, 2014 | 8:30 AM - 10:30 AM

Madrona Marsh Nature Center and Preserve, 3201 Plaza Del Amo, Torrance

Take a stroll with Ron Melin and Dave Moody as you learn to identify the different species of birds at the Madrona Marsh Preserve as well as other parks throughout the city of Torrance. **This program occurs on the 1st, 3rd & 5th Tuesday of every month from 8:30 - 10:30 a.m.** All are welcome! Free! Donations accepted. For more information please contact the Madrona Marsh Nature Center at 310-782-3989.

* * * *

ARTFUL DAYS: A SURVEY OF ART, JUST THE HIGH POINTS (The Torrance Cultural Services Division)

Tuesday, June 3, 2014 | 12:10 PM - 1:00 PM

George Nakano Theatre [Torrance Cultural Arts Center] 3330 Civic Center Drive

In this lecture, we will take a rapid trip covering the civilizations of the early cave dwellers up to the age of the Greeks. We will discuss how this transformation occurred and how people changed through the ages.

* * * *

Craft Delight

Wednesday, June 4, 2014 | Noon - 1:30 PM

Henderson Library, 4805 Emerald St.

Calling all crafters! Share, learn, and be inspired. Bring your current portable project and a sack lunch to spend time with fellow crafters. This program is free, sponsored by the Friends of the Torrance Library, and no registration is required. For more information call the Henderson Library at 310-371-2075.



More upcoming events nearby.

South Bay Ballet Premieres "Peter Pan", a Storybook Ballet

Saturday, June 7 and 8, 2014 | 2:00 PM - 4:00 PM

James Armstrong Theatre

Come along for a high-flying adventure with South Bay Ballet's Storybook premiere production of Peter Pan. Follow Wendy, Michael and John as they take off to Neverland with the boy who never grows up. Take part in their adventure and meet a fantastical cast of characters along the way from Nana the dog to the Lost Children, Tiger Lily to a man-eating crocodile, mermaids, pirates, Smee and, of course, the deadly Captain Hook. A story of eternal youth and innocence, Peter Pan is sure to lift your spirits and make you feel like a kid again.

* * * *

Are you looking for something different to do for a change??? **Here it is!**

Beach Cities Roller Derby Home Team Bout.

Saturday, June 07, 2014 - 6:00 - 8:30pm

Presented By: Beach Cities Roller Derby

Home Team Bout: Hermosa Hitgirls vs. Long Beach Banshees at Wilson Park, 2400 Jefferson Ave. Torrance, CA 90501

Doors open at 6:00 p.m. Bout starts at 7:00 p.m.

\$10 in advance \$12 at the door

Kids 12 and under are FREE

Get your pre-sale tickets at Moxi Roller Skate Shop or by emailing beachcitiesrollerderby@gmail.com

* * * *

"GUYS AND DOLLS" (Calle Mayor Middle School)

Wednesday, June 11, 2014 | 7:00 pm.

James Armstrong Theatre [Torrance Cultural Arts Center] 3330 Civic Center Drive

Nathan Detroit is in New York to set up a floating crap game, but he needs money for the location. A nearby mission, run by Sarah Brown, who frowns on gambling and sinners, tries to stop the game. Somehow, pal Sky Masterson accepts Nathan Detroit's bet that he can't get Ms. Brown to take a trip to Havana, Cuba. Throw in Miss Adelaide who wants to marry Nathan and you have a plot filled with intrigue and plenty of great songs including, "Luck be a Lady", and "Sit Down You're Rockin' the Boat."

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