Important Dates

Travel Club Meeting 10/3
1:00 pm

Inland Legal 10/4
760-241-7072 for appointment

ALZHEIMER’S SCREENING TEST
9:30 to 2:30 pm 10/6

NEW! Dr. Gautam Coffee Club
10:00 am 10/6

Board Meeting 10/4
10:00 am

General Membership Meeting
12:30 pm 10/7

Bereavement 10/11 & 10/25
1:30 pm – 3 pm

Twilight Wish Committee
11 am 10/11 & 10/25

**October Birthday Celebration**
1:30 pm 10/17

Advanced Hearing 10/13
10:00 am

Hearing Screening Test 10/21
8:30 am

Join our exercise programs
That we offer each week:

Zumba Gold – Mon, Wed, Fri
8:00 am

Senior Yoga EVERY MONDAY
9:00 am

Chair Exercise – Wed, Fri
9:00 am

Join us for the
**October Birthday Celebration**
Monday, October 17, 2016
1:30 pm
in the dining room
Please RSVP by October 14, 2016

**HALLOWEEN DANCE**
October 15, 2016
At 7:00 pm $5 per Person

Wear a COSTUME! Prizes will be awarded!!
Please bring a dish to share for pot luck.
OPEN TO THE PUBLIC

**PROGRESSIVE POWERBALL**
Starts at $400 to $1000

EVERY WEDNESDAY AT 1:45 PM
EVERY FRIDAY AT 6:00 PM
OPEN TO THE PUBLIC
From the Desk of
Jeff Eason, Board President

GENERAL MEETING
The October membership meeting will be held on Friday, October 7, 2016 at 12:30 pm.
Our guest speaker will talk about Breast Cancer in observance of Breast Cancer Awareness Month.

GOLDEN YEARS
We have worked long enough and hard enough and have reached an age where going to work every day no longer appeals. It is time to retire and enjoy the Golden years of our life.

We wanted to prepare you for the years prior to your retirement and give you this timeline of events leading up to your golden years.
Ten years prior to retirement you will start getting letters from AARP to join them and the millions of other senior citizens who enjoy the motel and travel discounts.
Five years away and your mailbox is going to be filled with investment opportunities in gold and reverse mortgage plans and information on how to help you choose the right financial planner.
At the two year mark you’re flooded with flyers about supplemental insurance programs, medical information about diabetes and Viagra, all to help you in your upcoming golden years.
At last you are only a year away and the mail changes to community retirement centers, hearing aids and electric scooters to help you get around your house.
Once you retire, you finally have time to peruse the mail and sort out the pre-paid funeral plans, wills and the college information waiting to help you return to school so you can start a new and promising career.

ELECTIONS ARE COMING!!
Nominations for our Board of Directors will be presented at the October 7, 2016 General Meeting. Nominations from the floor will also be welcome at that time.
Need to contact a member of the nominating committee? Please see Susan Shrum or Art Machado.

BE INVOLVED!!
THIS IS YOUR CENTER!
Saturday, October 15, 2016

With DJ Don Livingston
7:00 pm
Admission is $5.00
Please bring a dish to share for
the POT LUCK

COSTUME CONTEST
At the Dance
1ST PRIZE $25
2ND PRIZE $15
3RD PRIZE $10

DANCES ARE OPEN TO
THE PUBLIC

ARROWHEAD QUEEN

The trip to Lake Arrowhead started at 8:00 am on Saturday the
10th of September. The bus was sold out, every seat was taken. We
arrived just before 10 am and we missed our 10am departure for the
boat tour and had to wait for the 11:00 trip. The weather was cool
so everybody just wandered thru the village checking out the shops,
and a dog show was in progress. We started the tour at 11 am and
we filled the boat. The skipper of the boat was quite entertaining as
he told about the history of the lake, and pointing out certain mil-
lion dollar homes and who lived in them.

We had our lunch on the lake front, and were able to enjoy the

sail boats as they cruised by. Then it was time to get back on the bus
and watch a movie on our way home.

DAY TRIPS VIA THE
BARSTOW SENIOR CENTER

This year has been great for one
day trips in southern California.
From the Ronald Regan Library to
Lake Arrowhead and a lot of points
in-between. From the Mob
Museum in Las Vegas to the Boron
Mule Days.

What is really great about these
trips is that you are home in your
own bed at the end of the trip. The
trips are planed way ahead of time
so if you need to make payments,
you can.
The anniversary dinner was a great celebration of our 40 years. The social hour before dinner had everybody enjoying themselves, catching up with old friends and making new friends.

The meal was provided by the Barstow Senior Nutrition Program. The Menu was fresh spring greens, chicken breast with brie and apples, jasmine rice, stuffed California blend, roll and butter, cake, coffee, iced tea, and water. It was delicious and received many compliments.

The dinner was served by the residents of New Hope Village. They always do a great job, and were appreciated by everyone.

Joe Cruz provided the music, and singer Shelley Lang was in tune with every note. Many people were dancing and having a great time! The entertainment was superb.

The Barstow Senior Center was presented a Proclamation by Barstow Mayor Julie Hackbarth-McIntyre, and a Resolution by San Bernardino County Third District Supervisor James Ramos. They are hung on the wall in the hallway, take a look the next time you come in.

A wonderful evening was had by all who attended.
SCAM ALERT

SCAM: Card Skimmers
TARGET: All Seniors.

Be cautious next time you use the self-checkout at the store or gas station. Scammers are installing card skimmers, which are devices that collect the data from the magnetic strip of your credit, debit, or ATM cards when you swipe your card to make a purchase.

Card skimmers are most commonly installed on ATM card readers’ however recently, several large retail stores have found them attached to the payment card processors in the self-checkout lanes. These scam artists are attempting to collect your personal financial information, which can give them access to your bank and credit accounts. The Better Business Bureau suggests that you always be careful when using self-checkout.

Benefits of Yoga for Seniors
By: Inter Valley Health Plan
Regular exercise is said to help people age more gracefully, but some may feel they are too out of shape to exercise. Anyone at any age or fitness level can practice yoga because of the varying types. Chair yoga, gentle yoga, and beginner yoga classes are usually the best place to start. Chair yoga is good for those that may not be able to stand for extended periods of time. Most beginner classes include standing, sitting, and lying poses, but there are modified versions for those who cannot do the full pose. There are many yoga video tutorials online, but it is advisable to start with a class. A good teacher can make corrections to your posture. Proper posture is essential in yoga, as poor form can result in injury.

One of the benefits of yoga is easing arthritis and other joint pain. Yoga involves deep breathing and meditation, which is known to lower stress and anxiety. This will help lower your blood pressure and risk of cardiovascular disease, as well as help you relax the tension in your muscles. A yoga instructor can target certain areas of the body with gentle stretching to increase flexibility and strengthen your joints.

Yoga may also increase bone density, so if you are concerned about osteoporosis, yoga can at least help slow bone loss. Many people break bones because of balance issues; there are poses that can help to improve your balance and stability, thus lessening your chances of falling and breaking a bone.

Yoga can also build confidence in seniors. Someone starting a yoga practice may have to start out with modified versions on some poses, but in time they will notice their bodies becoming more flexible, and that they are able to reach or bend further. Seeing these differences can boost confidence and self-esteem.

The deep breathing and meditation of yoga has been shown to sharpen your mind and keep it focused and engaged. Joining a class will also introduce you to others around your age with similar interests, keeping you engaged socially.

Start slowly, and make sure you have a teacher that will work with you on your level. You will be glad you made the commitment to yoga when you see the difference in your mind and body.
BIRTHDAY PARTY!

At the
Barstow Senior Center
Monday, October 17, 2016
at 1:30 pm
Please RSVP to
760-256-5023

Tok Hui Abdin
Gloria Baca
Jessie J. Bourgeois
Ramona M. Cabrera
Sharon Chambers
Betty Collins
Francisco Contreras
Golda Duffner
Jeff Eason, Sr.
Peter A. Esquivel
Vicki Evans
Sharon Freeman
Robert Gallinger
Helen Garcia
Anita Haefele
Marlena Haefele
Lupe Hanna
John C. Howe
Hermi James
Kumi Kawabe
Bruce Keeney
Jeanne Lako
Maria Meza
Jim Nelson
Sharon Nelson
Masako I. Reyes
Robert Reyes
Alma Rosa Rodriguez
Ramon Salisbury
Cheryl Schrader
Abel Tamez, Jr.
Sharon Tamez
Esther Torres
Joseph S. Tuohig
Donald W. Van Hook
Cheryl L. Welker

OCTOBER
Birth sign: LIBRA
(September 23-October 22)
Birthstone: Tourmaline & Opal
Flower: Marigold & Cosmos
Characteristics: Diplomatic, Graceful, Peaceful, Idealistic, Hospitable

NOVEMBER
Birth sign: Scorpio
(October 23-November 21)
Birthstone: Topaz & Citrine
Flower: Chrysanthemum
Characteristics: Loyal, Passionate, Resourceful, Observant, Dynamic
A big “THANK YOU”

to our Anniversary Sponsors!
SATURDAY, OCTOBER 8, 2016

Come and join in a night of MURDER AND MISCHIEF!

It's a gathering of the four families of the Barstow mobs as the GODMOTHER is ready to make an announcement about the future of the mobs in Barstow.

An evening of food and entertainment where YOU are the stars is a sure way to have a great time!

Barstow Senior Center
Just $25 per person
Dinner and the Show
Doors open 5 pm
Dinner & Show 6 pm

SPONSORED BY CHOICE MEDICAL GROUP
WILLKOMMEN TO ALPINE VILLAGE!
SHOP. DINE. CELEBRATE.
A little slice of Bavaria in sunny Southern California, Alpine Village was established in 1968 as a destination for shopping, dining, and entertainment, and has been the home of the biggest Oktoberfest celebration in Southern California for more than 40 years. Our village features the Steinhaus Restaurant offering a delicious selection of German-inspired food, along with a Bierhalle offering a huge selection of imported and craft biers on tap. The Alpine Village Imports Market features a huge array of German foods and products, as well as our award winning sausages and bakery.

SUNDAY, OCTOBER 9, 2016
Just $75 for members, $80 for non-members
Includes Roundtrip Transportation, BRUNCH at the Steinhaus Restaurant, and admission to the Oktoberfest.
Leave the Barstow Senior Center
At 8:00 am, return approximately 6:00 pm

GENERAL
GEORGE S. PATTON MUSEUM
Saturday
November 12, 2016
Exhibits display memorabilia from the life and career of GENERAL GEORGE S. PATTON
The exhibit halls include the many and varied aspects of military life with particular focus on the Desert Training Center and the soldiers of World War II. Information concerning Southern California water development and the building of the Colorado Aqueduct can be found, as well as natural science exhibits, which show rocks, minerals and fossils of the region and plants and animal life of the desert and mountains.

$90 for BSCC Members, $95 for Non-Members
Leave 8:00 am, Return 7:00 pm
Roundtrip Transportation,
Entrance to the Museum, Lunch at the Chiriaco Café and Driver’s Gratuity is included

Get on the BUS!!!
Join the
Barstow Senior Center
As we explore Southern California
With our Day Trips!
Just sit back and relax, and Let someone else do the driving!

Laughlin Turnaround
SATURDAY, November 19, 2016
Leave the Senior Center at 7 am
Return approximately 9 pm
Members $50, Nonmembers $55
Reservations and Payment by October 19, 2016
Spend a day relaxing in Laughlin, Nevada
Play the casinos, shop, take a walk or cruise on the river Join us for a day of fun!
Riverside Festival of Lights
on Main Street Riverside is your chance to experience the most dazzling holiday spectacle south of the North Pole.
SATURDAY, DECEMBER 3, 2016
Members $45, Non-members $50
Join us as we travel to the Mission Inn in Riverside, California to view the Festival of Lights.
Enjoy the lights, take a carriage ride to see the displays,
Shop at the artisans collective.
Dinner is at your own expense.
Leave the Barstow Senior Center at 3 pm, return 10 pm
Reservations and Payment by November 3, 2016

Please make reservations as soon as possible.
Payment for trips is due 30 days before the Scheduled date of the trip.
Have questions? Call us at 760-256-5023

Travel Club Meetings
Are held on the First Monday of the Month
At 12:30 pm Please attend So we can have your Suggestions For future trips

Griffith Observatory
Southern California’s gateway to the cosmos! Visitors can look through telescopes, explore exhibits, see live shows in the Samuel Oschin Planetarium, and enjoy spectacular views of Los Angeles and

Samuel Oschin Planetarium With its spectacular Zeiss star projector, digital projection system, state-of-the-art aluminum dome, comfy seats, sound system, and theatrical lighting, the 210-seat Samuel Oschin Planetarium theater is the finest planetarium in the world.

Leonard Nimoy Event Horizon Theater Programs The 190-seat Leonard Nimoy Event Horizon presentation theater offers a variety of programs. The opening public presentation – "The Once and Future Griffith Observatory" – is a 24-minute film which weaves the history, recent renovation, and future of the Observatory into a tale of observation and inspiration.

Saturday, January 14, 2017
Members $65, Non-members $70
Lunch is on your own at the Café at the End of the Universe.
Whether you are looking for a cool drink, a full meal, or a delicious dessert, the Observatory's café is ready to serve you. Operated by world-famous Wolfgang Puck, the Café is located on the lower level between the Sun & Stars Space exhibit hall and the Gottlieb Transit Corridor.
Leave the Barstow Senior Center at 8:00 am
Return approximately 6:00 pm
Reservations and payment due by December 14, 2016
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# October 2016

Partial funding for this service has been provided by the County of S.B. DAAS through a grant award from the CA Department of Aging. Every meal is served with 1% low-fat milk.

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<td>3  Ham, Sweet Potatoes, Corn, Green Salad, Wheat Roll, Pineapple</td>
<td>4  Beef Stew, Peas Salad, Combread, Peaches</td>
<td>5  Chicken Cordon Bleu, Brown Rice, California Blend, Biscuit, Jell-O w/Fruit Cocktail</td>
<td>6  Stuffed Bell Pepper, Au Gratin Potatoes, Carrots, Garlic Bread, Apricots</td>
<td>7  Tuna Casserole, Garden Salad, Wheat Roll, Pudding</td>
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<td>24  Chicken Fajitas, Rice, Beans, Shredded Lettuce &amp; Tomatoes, Apricots</td>
<td>25  Beef Patty w/Onions, Mashed Potatoes, Peas &amp; Carrots, Eggs &amp; Veggies, Egg Roll, Peaches</td>
<td>26  Orange Chicken, Fried Rice, Stir Fry Veggies, Egg Roll, Peaches</td>
<td>27  Baked Beans w/Franks, Cole Slaw, Brown Raisin Bread, Strawberry Shortcake</td>
<td>28  Fettuccini Alfredo w/Shrimp or Chicken, Broccoli, Green Salad, Wheat Roll, Cherry Cobbler</td>
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Fay & Marie Barnes
Call Us Anytime!
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Veterans' Aid & Attendance Pension Program

Are You A Veteran Or Surviving Spouse?

The VA designed this program to help Veterans and their surviving spouses receive the financial support necessary to ensure their continuing care in an Assisted Living setting. The VA designed this program to help Veterans and their surviving spouses receive the financial support necessary to ensure their continuing care in an Assisted Living setting. The pension with the additional benefit of Aid and Attendance can provide up to $1,788.00 for a veteran, $1,149.00 per month to a surviving spouse, $2,120.00 to a married veteran, or $2,837.00 per month to a veteran couple.

Eligibility Requirements

- Veteran must have served at least 90 days of active duty, with at least one day served during a time of war.
- Assets must be less than $80,000. (Assets do not include your personal residence, car).
- Financial need – in general, there must be less income yearly than the cost of care provided.
- Medical diagnosis – You must have a medical condition indicating that you are in need of assistance from others in order to live a quality life, including, but not limited to the following:
  - Walking
  - Bathing
  - Dressing
  - Meal Preparation
  - Medication Assistance
  - Getting out of bed

For more information, please call

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A Koelsch Senior Community
Barstow Senior
Citizens Center
555 Melissa Ave.
Barstow, CA 92311
760/256-5023

Barstow Senior
Citizens Center Officials

Jeff Eason, Sr., President
Vicki Evans, Vice President
Susan Shrum, Secretary
Rose Best, Treasurer
Larry Shook, Board Member
Arthur Machado, Board Member
Lee Heitt, Board Member

RETURN SERVICE REQUESTED