Official Publication of Huntington Landmark

Senior Adult Community

20880 Oakridge Lane, Huntington Beach, CA 92646



NOVEMBER 2023

www.huntingtonlandmark.com







Holiday Boutique
Tuesday Nov 21
6:00-8:00 PM
MPR1 + MPR2

Along with the offerings of several vendors, we will be having a 50/50 opportunity drawing

Please join us, to shop, visit with friends and enjoy a cup of spiced cider and holiday cookies!

Our gift to you!







DISCLAIMER

HLVoice is a private Facebook community created by a resident of our community. Kindly be advised that this Facebook community is not operated, managed by, or affiliated with the Huntington Landmark HOA, Board of Directors, nor with HL Management.

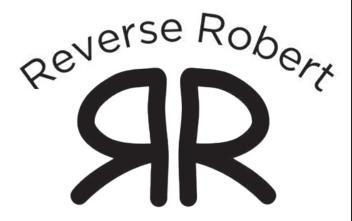
NEW RESIDENT INFORMATION

By: Linda Rosenthal, LL Staff

You have a hankering for a snack — what to do? Did you know Landmark has a soda machine and a snack machine on the east side of the Main Lounge? It's outside of the building and inside the gate. There are chips, candy,

cookies, and even real pork rinds! The machines take cash and credit cards. Charges for food run \$1.00 to \$1.50. The drink machine has your favorite sodas plus lots of other drinks. Drink prices run \$1.00 to \$2.75. So, go over and treat yourself!





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2023 Board of Directors Open Meeting Schedule

Wednesday, November 1 (Annual) 04:00 PM Wednesday, December 6 10:00 AM

BE PREPARED

By Linda Rosenthal for Emergency Preparedness Group

What about your fire extinguishers? How old are they? An article in a recent Consumer Reports recommends replacing your old devices if over 10-12 years old, even if you've never used them. Also consider getting new extinguishers if you see rust, scratches, dents, or other damage to them. There should be a date somewhere on the canister of when it was made. To get rid of your old fire extinguishers, bring them to the hazardous waste disposal site at

17121 Nichols Street using Gate 6. Need help? Call 714-834-6752.

DID YOU KNOW...?

By Marsha Merendino for Architectural Control Committee

No planters, pots, or containers of any kind are allowed on balcony railings, vinyl fences, block walls, or stucco walls.

The planters, pots or containers may possibly be overwatered, causing dirt to flow out spilling onto the balcony, fence, or wall causing an unsightly dirt stain or calcium watermark.

In addition, no metal hangers are allowed over any railing, fence, wall, or gate. The weather causes the hangers to rust, leaving another unsightly stain that is difficult to remove.

Any questions as to what is allowed, please refer to HL Rules and Regulations or contact the Management Office for guidance. Your cooperation is appreciated in helping to maintain HL property values.

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HUNTINGTON LANDMARK GUIDING PRINCIPLES

MISSION: To protect the value of our property

VISION: To continue as a contemporary community where our residents can enjoy quality living **VALUES:** Inclusiveness, Relationships, Transparency, Engagement

PRESIDENT'S MESSAGE

By Steve Brown, Board President

I hope you all enjoyed Halloween with friends and/or family. This year is flying by!

I also hope you got your Landmark Living this morning and are planning on attending our Board meeting this afternoon at 4pm. We will be counting the ballots and announcing the new board members, who will then elect the officers for the coming year.

It will also be Marilyn Brewer's last board meeting. As you all know, she decided to not run for re-election after 6 years as president. She took over as president when things were not going as smoothly as they should have been. With her experience and vision, she has led Landmark into a period where our Reserves are growing, and we are financially sound. She spearheaded many projects, too numerous to cover here...suffice it so say, they were all necessary but had been neglected by previous Boards. I hope you can be there tonight to recognize her accomplishments and wish her well on whatever journey she chooses.

At our October Board meeting, two items were approved that had been in the works for many months. First, Laurie Erickson presented the budget for 2024, which resulted in an increase in the monthly assessment of \$25 to \$575 per month. She covered a lot of details to explain the increase...I encourage you to read the financial report and the supporting graphs and charts regarding the new budget.

The other item the board approved was the new management contract with Seabreeze, which is for the 3-year period, $2024 \sim 2026$. It was explained that the 7% increase for 2024 is an anomaly to provide funds for staff compensation which had lagged during the previous 3 years. Even with a 7% increase in the 2024 period, the annual increase for the 6-year period ending in 2026 is only 3.73%. This is very reasonable given the high inflationary period we are experiencing.

I am proud of the board for their responsible attention to our finances and look forward to welcoming the new board members.

Enjoy Life at Landmark!

PROPERTY PROTECTION ADVISORY COMMITTEE IS LOOKING FOR NEW MEMBERS

By Marie Sandidge for Property Protection Advisory Committee

If you are someone who wants to make a difference at Landmark and wants to work with other residents who care about Landmark, come and join our community's Property Protection Advisory Committee. Some of the functions of the committee are to make recommendations to the Board of Directors regarding:

- Access to the community via entry and exit gates.
- Parking issues and recommendations for possible solutions.
- Safety and security of the community.
- Recreation Vehicle Storage Area (RV Lot) and Long-Term Parking.
- Signage on the property.
- Identify and report any unsafe or hazardous conditions to Management.
- Investigate issues and/or research projects requested by the Board of Directors.

The Property Protection Advisory committee meets on the 2nd Tuesday of each month at 10:30 am in MPR1, and we invite you to attend and get answers to questions or concerns about Huntington Landmark. Please email Committee Chair Marie Sandidge at mmsandidge@verizon.net with any questions.

COMMITTEE MEETING DATES, CHAIRS & BOARD ADVISORS:

Architectural Control Committee

Wednesday, 10:00 AM, Conference Room (Closed Meeting - Appointment Only)

Chair: Marsha Merendino: msmerendino@aol.com

Board Advisor:

Landscape Advisory Committee

2nd Tuesday, 1:30PM, MPR2

Chair: Steve Bova: huntingtonlac@gmail.com
Board Advisor: Nancy Henry: nghsews@socal.rr.com

Maintenance Advisory Committee

4th Tuesday, 8:30AM, MPR1

Chair: David Dawes: dawesdr@yahoo.com

Board Advisor: Dan Orozco: danhlboard@gmail.com

Property Protection Advisory Committee

2nd Tuesday, 10:30AM, MPR1

Chair: Marie Sandidge: mmsandidge@verizon.net
Board Advisor: Sally Coon: sallychlboard@icloud.com

Rules Committee

As Needed

Chair: Judith Larson: judithinhb@gmail.com

Board Advisor:

AMERICANS LOVE EATING TURKEY AT THANKSGIVING

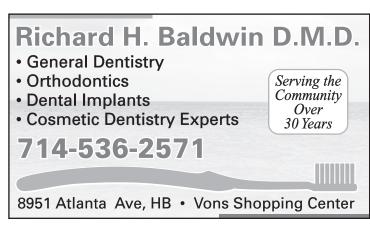
By Katie Corbett, Feature Editor

Turkeys usually are associated with Thanksgiving, a fall harvest gathering of the Pilgrims and Native Americans in the 1600s when wild turkey was served. Now the question is raised sometimes whether this event should be considered myth or true. There were 120 English religious dissenters who sailed on the famous Mayflower to the United States in 1620 and hosted the first Thanksgiving after facing dozens of survival challenges during the first few years.

Regardless, Thanksgiving is the second most popular American holiday, whether secular or religious, when it is observed in gratitude for a successful food harvest. Celebrated since the 1600s on different dates and in various states, President Abraham Lincoln in 1863 proclaimed the date for the national holiday on the final Thursday in November. He said, "The holiday celebrates the bounties that has fallen on the Union and for the military successes in the 'Civil War' nationwide."

Later in 1939 President Franklin Roosevelt set the date to the next to the last Thursday in November because of business reasons. Besides turkey the holiday table may include cranberries, sweet potatoes, stuffing, corn bread, pecan and pumpkin pies as families gather annually. Again, the question arises about whether turkey was served at the original feast in 1621. Today however nearly 90 percent of Americans eat the bird – baked, roasted, or deep fried - on Thanksgiving.

Amidst then the nation's division and political strife the holiday has grown into a time of deeply meaningful and comforting annual ritual to most Americans. Every November it is an abiding memory of a moment in Plymouth nearly 400 years ago when two different cultures shared an autumn feast.



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FINANCIAL REPORT

By: Laurie Erickson, CFO

Operating Expenses Are Less
Than Income: Operating
expenses for the year through
month ending September
2023 were \$294,598.27 less
than income.



Reserve Expenses
Are Less Than Income:

Reserve expenses for the year through month ending **September 2023** were \$14,949.36 more than income.

Delinquencies: Delinquency reporting has recently been changed. Past due assessments are now being separated out from past due violation fines. Our management team and legal support diligently pursue all past due accounts. The outstanding accounts receivable has increased \$33,332.21 since **December 31, 2022**. Of the \$82,155.64 outstanding accounts receivable, \$52,464.99 represents the balances due from 7 accounts that are currently at the attorney.

Reserve Fund: The Reserve fund was 39% funded at the close of 2022. As budgeted for 2023, contributions to the Reserve Fund remain at \$280,000 per month, (\$3,360,000 for the year). Earned interest from our Reserve CD investments contribute toward increasing the percent funded towards the recommended goal of 70%. The status of the funding of our reserves will be in the Annual Budget Report in accordance with Civil Code section 5300 and the Annual Policy Statement, Civil Code Section.

Financial Management: As inflation continues to fluctuate, it becomes more challenging for Management to stay within the budget. As this trend continues, we expect to see an increase in the cost of maintaining our community at its current elevated level of service. It is with constant diligence that our management team is holding a good rein on our finances and reviewing every contractor proposal to get the best prices for services provided.

Financial Review: The Board of Directors, in particular the CFO, President, and a Board member carefully review all financial documents & statements monthly as required

by California State Law, Civil Codes §5500 and §5501. At our request, those reports are continually being improved by our Management agent, Seabreeze Property

Management.

YEAR-TO-DATE FINANCIAL SUMMARY

09/30/23

The following details are based on the Financial Reports to be approved at the next scheduled Board Meeting to be held on November 2, 2023

OPERATING

OI ZIUTIITO								
	ASSETS	LIABILITIES			NET WORTH			
\$	1,672,600	\$	1,378,002	\$	294,598			
		INCOME			EXPENSE		GAIN/(LOSS)	
	BUDGET	\$	6,191,325	\$	6,191,325	\$	-	
	ACTUAL	\$	6,210,475	\$	5,915,877	\$	294,598	

Operating Notes:

Income -- Total Income; 19,150 more than budget

Expense -- General & Administrative; 125,530 less than budget

Expense -- Landscape; 65,551 less than budget Expense -- Maintenance; 18,944 more than budget Expense -- Property Protection; 13,951 more than budget

Expense -- Recreation; 19,141 less than budget
Expense -- Utilities; 20,626 less than budget

Expense - Insurance; 87,554 less than budget
Expense - Depreciation; 10,058 more than budget
Expense - Reserve Contribution; per budget

RESERVE									
ASSETS LIABILITIES				NET WORTH					
\$ 6,501,770	\$	6,516,719	\$	(14,949)					
		INCOME		EXPENSE		GAIN/(LOSS)			
BUDGET	\$	2,550,000	\$	2,550,000	\$	-			
ACTUAL	\$	2,612,595	\$	2,627,544	\$	(14,949)			

Reserve Notes:

Income -- Total Income ; 62,595 more than budget

Expense -- Administrative; 19,848 more than budget

Expense -- Buildings; 308,627 more than budget

Expense -- Pools; 4,464 less than budget

Expense -- Utilities; 34,412 less than budget

Expense -- Furniture & Fixtures; 75,642 less than budget

Expense -- Infrastructures; 42,956 less than budget Expense -- Landscape; 37,608 less than budget

Expense -- Landscape; 37,808 less than budget Expense -- General; 55,848 less than budget

Reserve Fund Status:

Current Cumulative Balance : \$ 6,507,704 year ending 12/2022 audited

Status of percentage of funding will be reported annually

FAVORITE DESSERTS – STATE BY STATE

By Mike Di Gennaro, LL Staff

NEBRASKA – Tin Roof Sundaes are made with vanilla and chocolate ice cream topped with warm marshmallow cream, salted peanuts and chocolate sauce.



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EMERGENCY READINESS

By Linda Rosenthal for Emergency Prep Group

Morocco. The destruction and misery from their 6.8 earthquake are another wake-up call for us. Sadly, many of their buildings were not retrofitted for earthquakes, so they just collapsed. Landmark has much sturdier buildings that would probably not fall down. However, all the items in your home will fall over or sail across the room. Remember to Drop, Cover, and Hold On during a quake so you are less apt to be injured. All the pictures on the walls, your figurines, and the TV will likely come down, so protect yourself. If you can't get under something, cover your head and neck with your arms. Doctors can fix a broken arm much easier than a broken head. Remember, the worst disaster is not being prepared.

Call Paul Kanter (310-991-8519) for additional information. Our next EPG meeting will be November 20 at 1 p.m. in MPR1. See you then!

E-BIKE AND LITHIUM-ION BATTERY SAFETY

By Vard Whittick for Maintenance Committee

Battery fires continue to rise, but many can be prevented. The precautions listed below apply to any device powered by a lithium-ion battery, whether it's a phone, tablet, e-bike, or robotic vacuum cleaner.

Take the following precautions to minimize the risk of a battery fire:

- Buy an electric bike that is certified by a qualified testing laboratory, such as Underwriters Laboratories. (Check for the UL symbol.)
- Follow the manufacturer's instructions for charging and storage.
- Always use the manufacturer's charger, power cord and power adapter made specifically for the bike.
- Do not leave an electric bike unattended while it's charging, and don't leave it charging overnight.
- If a battery overheats or you notice an odor, a change in shape or color, leaking, or odd noises, stop using it immediately.
- If the battery reacts in an alarming way, and it is safe to do so, move the device away from anything that can catch fire and call 911.
- Keep batteries and devices at room temperature. Do not place them in direct sunlight, or store where there are extreme temperature changes.
- Store batteries away from anything flammable.
- Avoid purchasing used or aftermarket batteries or chargers for your e-bike.
- Do not charge an electronic device under your pillow, on your bed, or near a couch.
- Do not leave an e-bike in a bedroom.
- Do not block your primary way into and out of the building with an e-bike.

When you need to dispose of a used rechargeable or lithium-ion battery, it's illegal to throw one out with the regular trash or recycling. Drop off outside the Woodshop, or take old batteries to a hazardous waste facility like Household Hazardous Waste Collection Center at 17121 Nichols Lane, Huntington Beach, CA 92647. Their phone number is (714) 834-6752.

This information was compiled from many on-line safety articles for charging various devices with lithium-ion batteries.

THANKSGIVING TIME

By Joanne Currie

We gather from near 'n far to feast together this year. Family 'n friends as we are with the love that we all feel.

Our host provides a setting for our holiday to begin, with its attention getting decor, warmth and dining!

We enjoy traditional meal with an abundance for all. Sharing love that we do feel makes this holiday so real!

So let's join hands in our way to give our thanks together. It's a national holiday that certainly does enthrall!



"SHE SAVED MY LIFE"

Huntington Beach Resident Anne S. had been experiencing the painful side effects of Peripheral Neuropathy, "my feet and legs were extremely painful and my doctor told me there was nothing they could do. That I would have to take Gabapentin for the rest of my life." Then she met Huntington Beach's very own Dr. Stefanie Bennett

Peripheral Neuropathy is the pain, discomfort and numbness caused by nerve damage of the peripheral nervous system. Anne explained that daily tasks like opening doors and using the bathroom were overwhelmingly painful. "How can you live for the next 30 years when you don't even want to get out of bed to do simple things?"

She was experiencing the burning, numbness, tingling and sharp pains that those suffering with neuropathy often describe. "The way that I would describe it, it's equivalent to walking on glass." Anne hadn't worn socks in five years and was wearing shoes two sizes too big so that nothing would 'touch' her feet.

Unfortunately, Anne's story is all too familiar for the over 3 million people in the U.S. suffering from Peripheral Neuropathy.

If you're unfortunate enough to be facing the same disheartening prognosis you're not sleeping at night because of the burning in your feet. You have difficulty walking, shopping or doing any activity for more than 30 minutes because of the pain. You're struggling with balance and living in fear that you might fall. Your doctor told you to 'just live with the pain' and you're taking medications that aren't working or have uncomfortable side effects.

Fortunately, four months ago Anne read an article about Dr. Stefanie Bennett and the work she was doing to treat those

suffering from Peripheral Neuropathy, without invasive surgeries or medications.

Dr. Bennett, founder of Bennett Acupuncture and Functional Medicine of Fountain Valley and Huntington Beach, is using the time-tested science of Acupuncture and a technology originally developed by NASA that assists in increasing blood flow and expediting recovery and healing to treat this debilitating disease.

"Now when I go to bed at night I don't have those shooting pains. I don't have that burning sensation. I don't have pain coming up my legs," Anne enthusiastically describes life after receiving Dr. Bennett's treatments. "I can wear socks and shoes!"

Anne and her friends stay very busy now going to pilates, supporting Meals on Wheels, going golfing with their husbands, and walking the beach.

"It's life altering. As far as I'm concerned Dr. Bennett saved my life!"

Dr. Bennett has been helping the senior community for over 20 years using the most cutting edge and innovative integrative medicine. Specializing in chronic pain cases, specifically those

that have been deemed 'hopeless' or 'untreatable', she consistently generates unparalleled results.

What was once a missing link in senior healthcare is now easily accessible to the residents of Huntington Beach.

If you've missed too many tee times because of pain or you've passed on walking dog beach with your grandkids and pup, because you're afraid of falling, it's time to call Dr. Bennett and the staff at Bennett Acupuncture.

It's time you let your golden years **BE GOLDEN!**

Dr. Bennett is once again accepting new patients. And for a limited time will be offering \$37 consultations so call (714) 962-5031 before December 1st to schedule a consultation.

PERIPHERAL NEUROPATHY? Call (714)-962-5031 To schedule a consultation!

Visit www.bennettacupuncture.com to learn more and to take advantage



ACROSS

- 1. Cultivate
- 5. Milt
- 10. Feudal worker
- 14. Pearly-shelled mussel
- 15. Sheeplike
- 16. On the road
- 17. Excessive gas in the gut
- 19. A few
- 20. Bog
- 21. Risk
- 22. Infernos
- 23. Courtly
- 25. Lubricated
- 27. One or more
- 28. Sundry
- 31. Narrow inlet of the sea
- 34 Grin
- 35. Arrive (abbrev.)
- 36. Car

- 37. Duplicate
- 38. French for Finished or Done
- 39. Greatest possible
- 40. Indian hemp
- 41. Minty drink
- 42. Young plant
- 44. To make a fool of (archaic)
- 45. Not square
- 46. A strong post
- 50. Fight with swords
- 52. Choose by voting
- 54. "The Matrix" hero
- 55. Scallion
- 56. Blushing
- 58. If not
- 59. Mortise and
- 60. Away from the wind
- 61. A covered garden walk
- 62. Attune
- 63. Evergreens

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50	51					52	53					54		
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58			\vdash		59						60			
61					62						63			

DOWN

- 1. Rocks of compacted ash
- 2. Arm of the sea
- 3. Tropical vine
- 4. A parcel of land
- 5. Alone
- 6. Each and all
- 7. Short skirt
- 8. Inserting
- 9. Born as
- 10. Less difficult
- of Central
 - America
- 12. What a person is called
 - 13. Visual organs
 - 18. Flip over
- 11. Freshwater fish 22. A flat mass of ice
 - 24. Tropical tuber
- 26. Small island
- 28. In the midst of
- 29. Sea eagle
- 30. Trickle
- 31. Devotees
- 32. Burlap fiber
- 33. Distinctness
- 34. Besmirched
- 37. Protrusion of the lower jaw

- 38. Roll up
- 40. Color of the sky
- 41. Shocks
- 43. The calendar of a court
- 44. Instructor
- 46. Jazz style
- 47. Anoint (archaic)
- 48. Regenerate

- 49. Showers with love
- 50. Bend
- 51. Evasive
- 53. Roman moon goddess
- 56. Estimated time of arrival
- 57. Islet

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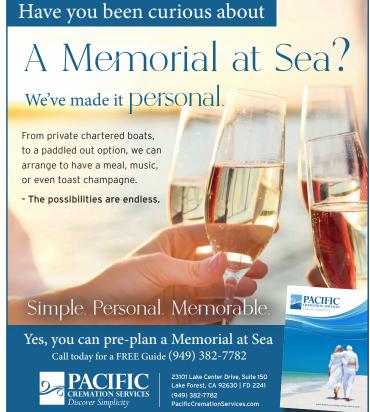


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S	S	С	Р	R	E	U	E	Α	0	F	S	Ε	R
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JOKE

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FACT OR FICTION?

By: Mike Di Gennaro, LL Staff

- 1. The Happy Birthday Song could be sung publicly.
- 2. Flossing helps memory.
- 3. Some sharks live in underwater volcanos.







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I am a Huntington Landmark resident and understand the challenges seniors face.

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NOVEMBER 2023

LIBRARY NEWS

By Judy Hedenberg, HL Library

It's November – time to start thinking about renewing your library membership for next year. We start renewals on December 1, and they are good till January 31, 2025. Unfortunately, as prices for everything have continued to rise, we are forced to increase our memberships, too. A single membership is \$7, and it is \$10 for both residents of a household for next year.

We would like to thank those who have donated current books to the library, and encourage you to continue to donate, as it helps us try to keep costs down. We also want to bring the subject of lost books to your attention. Several books have been lost after being checked out this year. If you lose a book, we will give you 2 weeks to try and locate it. If not, you must pay for the book, and you will no longer be able to check out books until you do so. We are sorry for the strictness, but we cannot continue to have books lost that we must then buy again.

Just as a reminder, the library will be closed on Thanksgiving Day. New Librarian's Choice books will be listed in the library each month.

NEW BOOKS FOR NOVEMBER

F	Out of Nowhere
	Sandra Brown
F	Good Bad Girl
	Alice Feeney
F	Tom Lake
	Ann Patchett

F Zero Days Ruth Ware

M Robert B. Parker's Bad Influence

Alison Gaylin

M The Last Sinner
Lisa Jackson

The Survivor

Iris Johansen
M Obsessed

Patterson & Born

Dead Mountain
Preston & Child

ACCIDENTAL INVENTIONS

By Mike Di Gennaro, LL Staff

M

SACCHARIN – In 1878, Constantin Falberg, a Russian chemist was working in Ira Remsen's chemistry lab. He accidentally tasted some chemicals he was working with and noticed their sweetness. With some experimentation, he found which chemicals caused the sweetness.

NEIGHBOR ASSIST

By Sylvia Widmeyer, Neighbor Assist Chairman

With Thanksgiving approaching – a time to be thankful – allow me to express thankfulness for the volunteers manning the Neighbor Assist program. These men and women are giving up their time to help their neighbors. The Neighbor Assist volunteers often meet with residents at some of the most difficult and stressful times of their lives. Being able to offer some relief by loaning them equipment at no charge is our main purpose. Thank you, volunteers!

Neighbor Assist is just a phone call away. Call 714-960-2277 and leave the following information: name, unit number, contact phone number, and what items you are looking for. The volunteer of the day will call back to set up a time for equipment pickup.

When you no longer need the equipment, call 714-

960-2277 and arrange a time to return the items. Do not just leave equipment in the sewing room, and do not drop off equipment/supplies at the office.

Have unused medical supplies? Do not throw them in the trash – DONATE THEM – and if you see items left by the dumpsters, please call 714-960-2277 with the location and we will pick it up.



FACT OR FICTION? ANSWERS

- 1. fiction not before 2016
- 2. fact
- 3. fact

TURKEY APPLE & CHEESE PANINI

By Diana Edmunds, LL Staff

The dictionary defines a panini as a sandwich made with Italian bread, usually toasted. Lacking mayonnaise, this recipe uses hot pepper jelly (found in markets) or cranberry sauce.

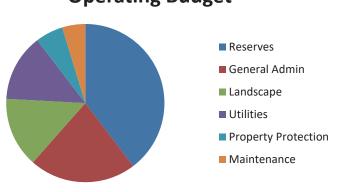
- 1/2 ciabatta loaf or 4 slices favorite bread
- sliced roasted turkey
- 2 ounces Camembert or Brie cheese
- 1/2 Granny Smith apple, sliced thin
- 4 T hot pepper jelly or cranberry jelly/sauce
- salt and pepper to taste

Slice the ciabatta in half lengthwise. Place slices of cheese on 1/2 of the bread, layering apples, turkey, and hot pepper jelly on top. Salt and pepper to taste, and cover with the remaining bread. Preheat a non-stick pan on medium-low. Brush the pan with a little oil and toast on both sides until lightly browned and cheese is melted. Slice the ciabatta into 3 or 4 pieces. Serves 2.

OPERATING EXPENSE ANALYSIS 2024 OPERATING

Expense	# of Categories	Percentage Increase	Total \$	% of Budget	Per Door/Month
Reserve	1 Category	No Increase	3.360M	38.99%	226
G&A	28 Categories	-2.26% Decrease	1.852M	21.495%	125
Landscape	7 Categories	3.71% Increase	1.215M	14.104%	82
Utilities	6 Categories	15.97% Increase	1.164M	13.512%	78
Maint.	15 Categories	30.16% Increase	400K	4.635%	27
Prop. Protect	5 Categories	16.79% increase	480K	5.573%	32
Recreation	16 Categories	37.70% Increase	145K	1.681%	10

Operating Budget





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Susan Hall, Pre-Planning Advisor

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Call Jeff @ (949) 444-4124 jeff@jeffkudelka.com

Information to Consider During Open Enrollment for Medicare Advantage Plans or Prescription Drug Plans beginning October 15- December 7th.



I am a resident of Huntington Landmark Call Roy Welch Office: 800-641-3315

Cell: 562-714-7441



MEDICARE PLANS MADE EASY

Information to Consider During Annual Enrollment

Medicare Plans can be complicated with many overwhelming choices. We are here to help you understand the basics and make educated decisions regarding this important element of your retirement years. If you are considering making a change this year, call me and we will discuss the following:

- MEDICARE PLANS What is and is not covered by traditional Medicare
- MEDICARE ADVANTAGE PLANS VS MEDICARE SUPPLEMENT PLANS What they are, how they differ, and why you may choose one over the other
- **WEIGHING YOUR OPTIONS** Key differences that are important to look for if you are considering making a change in your plan
- **PRESCRIPTION DRUGS PLANS** Rates for prescriptions change every year. Learn about strategies to lower your cost.
- Make sure you read your "Notice of Change" if you have a Medicare Advantage Plan You need to know what your plan offers in 2024 to compare to other Medicare Advantage Plans for 2024

Not affiliated with or endorsed by Medicare or any other government agency. Medicare has neither reviewed or endorsed this information. CA License # 0E81972. We do not offer every plan available in your area. Currently, we represent 9 organizations that offer 75 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) to get information on all your options in your area.

Welch Insurance 17011 Beach Blvd. Suite 900 HB CA 92647

LIBRARY HOURS

Monday - Friday 10 AM - 2 PM Saturday 10 AM - 12PM

Sunday - Closed **Library Phone: 714-536-4767**

SEABREEZE STAFF

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Maintenance Technician Samuel.sneddon@seabreezemgmt.com

MONDAY

TUESDAY

WEDNESDAY



1 BOD MEETING 4PM - MAIN LOUNGE

ML
ML
CONF
MP
HS
MPR2
BC
MPR1
BR

6

8:15AM HB Aerobics	IVI L
10:00AM Morning Jam	M
11:00AM Cabaret Crowd	MPR1
12:15PM Hand & Foot	ML
12:30PM Water Workout	MP
1:00PM Surf City Quilters	SR
1:00PM Friendly Ladies Hold'Em	BC
5:00PM Line Dancing	M
6:30PM Mon Night Game 6:30PM Chorale	BC
6:30PM Chorale	MPR <u>1</u>
6:30PM Friendly Poker	PR

7

9:00AM Toymkrs SewingAR/SR
9:30AM NeedlecraftSR
9:30AM ScrapbookingMPR2
10:00AM CeramicsCMR
12:30PM Pan Card GameBC
5:00PM Line DancingML
6:00PM Tom's PokerPR

8 MEMORIAL CARE SEMINAR 10AM – MPR1

8:15AM HB Aerobics	ML
9:30AM Yoga Chair	ML
10:00AM ACC	CONF
12:30PM Water Workout	MP
1:00PM Horseshoes	HS
2:00PM Movie	MPR2
4:00PM Card Games	
5:30PM Bingo6:30PM Billiards Club	MPR1
6:30PM Billiards Club	BR

13

8:15AM HB Aerobics	
10:00AM Morning Jam	N
12:15PM Hand & Foot	
12:30PM Water Workout	M
1:00PM Surf City Quilters	SI
1:00PM Friendly Ladies Hold'Em	ıB(
5:00PM Line Dancing	N
6:30PM Mon Night Game	
6:30PM Chorale	MPR:
6:30PM Friendly Poker	P

14

9:00AM Toymkrs Sewing.	AR/SR
9:30AM Needlecraft	SF
9:30AM Scrapbooking	MPR2
10:00AM Ceramics	CMF
10:30AM Prop Pro Com	MPR1
12:30PM Pan Card Game.	B0
1:30PM Landscape Com	
2:00PM Book Group	PF
5:00PM Line Dancing	
6:00PM Tom's Poker	

15

8:15AM HB Aerobics	ML
9:30AM Yoga Chair	ML
9:30AM Yoga Chair 10:00AM ACC	CONF
12:30PM Water Workout	MP
1:00PM Horseshoes	HS
4:00PM Card Games	BC
5:30PM Bingo	MPR1
5:30PM Bingo 6:30PM Billiards Club	BR

20

8:15AM HB Aerobics	ML
10:00AM Morning Jam	ML
12:30PM Water Workout	MP
1:00PM Emrgncy Prep Grp	MPR1
1:00PM Surf City Quilters	SR
1:00PM Friendly Ladies Hold'Em	BC
5:00PM Line Dancing	ML
6:30PM Mon Night Game	BC
6:30PM Chorale6:30PM Friendly Poker	MPR1
6:30PM Friendly Poker	<u>PR</u>

21_{2ND} HOLIDAY BOUTIQUE 6PM - MPR1 & MPR2

:00AM Toymkrs SewingAR/SF	2
·300M Needlecraft SE	
30AM ScrapbookingMPR	,
.0:00AM CeramicsCMI	
1:30AM ToymakersMPR1	1
.2:30PM Pan Card GameB	C
5:00PM Line DancingM	ļ۲
5:00PM Line Dancing	P T

22

	8:15AM HB Aerobics	M
	9:30AM Yoga Chair	
	10:00AM AČC	
	12:30PM Water Workout	MF
	1.00DM Harcachaec	Нζ
	2:00PM Movie	.MPR2
Ĺ	4:00PM Card Games	B0
	5:30PM Bingo	MPR1
1	2:00PM Movie	BF

TREE TRIMMING POTLUCK
6PM - MAIN LOUNGE

8:15AM HB Aerobics	N
10:00AM Morning Jam	N
12:15PM Hand & Foot	M
12:30PM Water Workout	
1:00PM Surf City Quilters	
1:00PM Friendly Ladies Hold'Em	
5:00PM Line Dancing	۸۱
6:30PM Mon Night Game	E
6:30PM Chorale	.MPR
6:30PM Friendly Poker	P

28

WHEELCHAIR TUNE-UP 10AM - MPR1

8:30AM Maintenance Com	
9:00AM Toymkrs Sewing	AR/SR
9:30AM Needlecraft	SR
9:30AM Scrapbooking	MPR2
10:00AM Ceramics	CMR
12:30PM Pan Card Game	BC
5:00PM Line Dancing	ML
6:00PM Tom's Poker	PR

29

8:15AM HB Aerobics	M
9:30AM Yoga Chair	M
10:00AM ACC	CONF
12:30PM Water Workout 1:00PM Horseshoes	MI
1:00PM Horseshoes	HS
2:00PM Movie	
4:00PM Card Games	
5:30PM Tennis/PB	
5:30PM Bingo	MPR:
6:30PM Billiards Club	BF





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THURSDAY	FRIDAY	SAT / SUN
2	3 VACCINE CLINIC 9AM - MAIN LOUNGE	4 HOLIDAY BOUTIQUE 10AM - MAIN LOUNGE
	9:00AM Threads of LoveSR	9:30AM Zumba GoldMPR1 11:00AM Stability & BalanceMPR1 2:00PM BridgeMPR1
9:30AM YogaML 10:30AM Discussion GroupMPR1 6:00PM Co-Ed PokerPR 6:30PM Pan Card GameBC	10:00AM Bible StudyMPR2 12:15PM Duplicate BridgeML 12:30PM Ladies PokerPR 2:00PM Hispanic ClubMPR2 5:00PM Praise MusicMPR1 5:30PM Hand & FootPR	5 1:00PM Strum Jam SessionHS 5:30PM BingoMPR1
9 VETERANS LUNCHEON 11AM - MAIN LOUNGE	10	11
	8:15AM HB AerobicsML 9:00AM Threads of LoveSR 10:00AM Bible StudyMPR2 10:15AM JWIMPR1	9:30AM Zumba GoldMPR1 11:00AM Stability & BalanceMPR1 2:00PM BridgeMPR1 12
9:30AM YogaML 10:30AM Discussion GroupMPR1 6:00PM Co-Ed PokerPR 6:30PM Pan Card GameBC	10:15AM JWI	1:00PM Strum Jam SessionHS 5:30PM BingoMPR1
16	17	18 MEDICARE SEMINAR 10AM - MPR2
9:30AM YogaML 10:30AM Discussion GroupMPR1	8:15AM HB AerobicsML 9:00AM Threads of LoveSR 10:00AM Bible StudyMPR2	9:30AM Zumba GoldML 11:00AM Stability & BalanceML 2:00PM BridgeMPR1
10:30AM Discussion GroupMPR1 11:00AM Veterans GroupAR 6:00PM Co-Ed PokerPR 6:30PM Pan Card GameBC	12:15PM Duplicate BridgeMPR1 12:30PM Ladies PokerPR 5:30PM Hand & FootPR	1:00PM Strum Jam SessionHS 5:30PM BingoMPR1
23	24	25
HAPPY THANKSGIVING!!		9:30AM Zumba GoldML 11:00AM Stability & BalanceML 2:00PM BridgeML
	8:15AM HB AerobicsML 9:00AM Threads of LoveSR	26
9:30AM YogaML 10:30AM Discussion GroupMPR1 6:00PM Co-Ed PokerPR 6:30PM Pan Card GameBC	10:00AM Bible StudyMPR2 12:15PM Duplicate BridgeML 12:30PM Ladies PokerPR 5:30PM Hand & FootPR	1:00PM Strum Jam SessionHS 5:30PM BingoMPR1
9:30AM YogaML 10:30AM Discussion GroupMPR1 6:00PM Co-Ed PokerPR 6:30PM Pan Card GameBC	AR = ART ROOM BC = BEACON CABANA BR = BILLIARD ROOM CMR = CERAMICS ROOM CONF = CONFERENCE ROOM HS = HORSESHOE PIT PR = POKER ROOM ML = MAIN LOUNGE MP = MAIN POOL SR = SEWING ROOM TC = TENNIS COURTS WS = WOODSHOP	
o.so. Wit all card dallebc		

Management Office Hours

Office Hours: 8:00 am – 4:00 pm Closed for Lunch: Noon – 1 pm

IMPORTANT NUMBERS

Management Office 714-960-5475

Management Emergency After Hours: 714-565-3059 So. Cal Edison: 800-655-4555

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AGING WELL MAKES FOR A COMFORTABLE LIFE

By Katie Corbett, Feature Editor COMPILED FROM INTERNET DATA

How long have you been retired? Retirement hides many secrets to aging well, and there are different stages of aging that arrive before you expect it. Some of these secrets make for a comfortable retirement that include problem solving, active learning, maintaining relationships, and keeping a healthy lifestyle.

Problem solving at any age makes sense, but never more than for seniors. You must arrange for adequate health care and for the right living situation at each stage needed as you age. Comfortably situated in their own homes, seniors often don't think about what the future holds for them. Time passes. However, most people do not recognize when they must downsize and move into senior housing where many services are provided for them. On the other hand, suddenly you can be admitted into a nursing home in an emergency or crisis before you have a chance to investigate.

Active learning will benefit you even if you have been life-long students. To keep life from becoming boring, schedule yourself in your day: find something new that interests you in learning. Taking up a new language to speak when you travel, playing sports and games, reading books from all genres, and studying new subjects are stimulating and exciting. Also, the pace of technology will force you to keep up with your surroundings: computers, TVs, cell phones, internet, etc.

Maintaining relationships means engaging with people daily. Family connections and friendships grow more meaningful when you have more time to enjoy each other and discover new things about each other. You can find great satisfaction in caring for and spending time with grandchildren or other children. Church participation and volunteer opportunities offer different horizons in developing special activities and new friends. It is important to focus on the positive people in your life, too.

Keeping a healthy lifestyle is important. You should eat breakfast and nutritious food and drink fluids throughout the day. Stay up to date on immunizations and physical screenings as well as getting regular dental, vision, and hearing checkups.

Perhaps the crucial secret to remember, though, is keeping life fun and light. Laugh at yourself. Discover things to be thankful for and have gratitude for what you have. Basically, seek the positive aspects during tough times.

So, to age well as wise seniors, you should be choosing to plan your lives, so you know more about what to expect and what is most meaningful to you.

SENIORS AND DRIVING

By Marie Sandidge for Property Protection Committee

Senior drivers often have unique needs and concerns about driving. Driving requires certain physical, visual, and mental abilities. We all want to continue driving as long as we can.

DRIVER'S LICENSE RENEWAL

If you are 70 years old or older at the time your driver's license expires, you are required to renew your driver's license in person, unless otherwise instructed by DMV. Knowledge and vision tests are required. If you do not pass, you may be issued a temporary driver's license. DMV sends a renewal notice to your address of record about 60 days before your driver's license expires. If you do not receive a renewal notice, complete a Driver License or Identification Card Application at dmv. ca.gov or at a DMV office. Visit dmv.ca.gov/driver-ed for more information and sample tests.

DMV's SENIOR OMBUDSMAN

The Senior Ombudsman's primary function is to represent the interests of public safety for all Californians with a focus in addressing the concerns of senior drivers. Ombudsmen can assist as a go-between to ensure that senior drivers are treated fairly, consistent with laws and regulations, and with dignity and respect. While the Senior Ombudsman cannot represent you in a DMV hearing or reexamination, the Ombudsman can provide you with tools and information. For information about driving as a senior, contact the Senior Ombudsman Program in your area. Orange and San Diego Counties (714) 705-1588

MATURE DRIVER PROGRAM

The Mature Driver Improvement Program is an eight-hour course for drivers 55 years old and older. It covers a range of topics that are of special interest to mature drivers. Your insurance company may offer discounts if you complete the program. Contact your insurance provider with a copy of your completion certificate. Your certificate is valid for three years. You can renew it by completing another four-hour course. You can take the course through DMV-approved providers. Visit dmv.ca.gov/seniors for more information, including locations near you.

Get local help with your Medicare questions.

I'm a licensed sales broker, specializing in Medicare. Take advantage of my knowledge and experience to:

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- Get help reviewing plans
- Make enrolling in a plan easier

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Sandra Teel

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Office: (657) 204-4224
steelmedagent@gmail.com
Licensed Sales Broker
Lic. #4031244



Life + Health



Bulletin Board

EXPECTING COMPANY?

If a guest is using GPS to get directions, enter in the Alanta Gate address to find Landmark:

8641 Atlanta Avenue, HB 92646

BIKE RIDERS - SAFETY ISSUE

For the safety of pedestrians, do not ride bikes on sidewalks.
RIDE WITH THE TRAFFIC

PARKING & YOUR GUESTS

Residents, please remind your guests while at the Main Lounge for an event, activity or visiting, they must park in "Guest Parking" only and have their Guest place card must be displayed on the car dashboard.

LOGGING INTO YOUR GATE MASTERS ACCOUNT...

If you are experiencing password or login difficulties for Gate Masters, please call Meena at (877) 648-0602 or log into https://gatemastersinc.com/index.html

E-BLAST INFO

Stay up-to-date with late-breaking Huntington Landmark news by signing up for our E-Blast (email) notifications. Call the Management office at 714-960-5475 and let them know you would like to be on the E-Blast list.

LOST GATE OR MAILBOX KEY?

You can replace your gate or mailbox key for \$3 cash at the Management office. Please call 714-960-5475 for more info.

CARDBOARD BOXES

With all the deliveries we receive now, please be sure to break down your cardboard boxes before placing them in the dumpsters.

BILLIARDS REMINDER

The Billiards room is under video surveillance. No food or drink allowed on pool tables. Damages range up to \$500 which will be passed on to resident along with fines.

FREE NOTARY PUBLIC

Free service is offered to Landmark residents on the 1st and 3rd Thursday of each month at 6:30PM at the Recreation Facility. Call Ronda at (714)969-5326. You must make an appointment in advance.

Reminder: Please be courteous of other Residents and be sure to wipe down all gym equipment immediately after use.

DOG OWNERS - FRIENDLY REMINDERS

Dogs must be held on a leash no longer than 6 ft. at all times when outdoors and an in-charge adult handler competent to restrain the dog must be present. Please clean up after your pets during your walks. Pets are not allowed at the Recreation facility, with the exception of therapy/service dogs. Service animals are defined as dogs that are individually trained to work or perform tasks for people with disabilities.

Resource: U.S. Department of Justice, ADA 2010 Requirements

LARGE ITEM PICK UP

Residents may contact REPUBLIC SERVICES for large item trash pick up. Their customer service phone number is 657-845-6095, ask for Rhonda.

Work Request

Work requests can be submitted through email at anytime to a staff member. Staff member email addresses are located on the calendar page.

NOVEMBER 2023

NOVEMBER MOVIES



JOE BELL

11/1/2023 (WED) 2PM, MPR2, 2021, R, 1H 33M

In this fact-based drama, openly gay teen Jadin Bell is bullied incessantly by his high-school peers -- driving him to suicide. After his death. Jadin's father, Joe, sets off on a walk across the United States to spread a message of acceptance. *Cast: Mark Wahlberg, Reid Miller, Connie Britton*



CAPTAIN FANTASTIC

11/8/2023 (WED) 2PM, MPR2, 2016, R, 1H 58M

In the forests of the Pacific Northwest, a father devoted to raising his six kids with a rig-orous physical and intellectual education is forced to leave his paradise and enter the world, challenging his idea of what it means to be a parent.

Cast: Viggo Mortensen, George MacKay, Samantha Isler

11/15/2023 NO MOVIE



MANCHESTER BY THE SEA

11/22/2023 (WED) 2PM, MPR2, 2016, R, 2H 17MM

A depressed uncle is asked to take care of his teenage nephew after the boy's father dies.

Cast: Casey Affleck, Michelle Williams, Kyle Chandler



BEING THE RICARDOS

11/29/2023 (WED) 2PM, MPR2, 2021, R, 2H 11M

THURSDAY, 11/16/23, 12:30PM, MAIN LOUNGE

Follows Lucy and Desi as they face a crisis that could end their careers--and another that could end their marriage. *Cast: Nicole Kidman, Javier Bardem, J.K. Simmons*

UPCOMING EVENTS

VACCINE CLINIC FRIDAY, 11/3/23, 9AM, MAIN LOUNGE

Complimentary

HOLIDAY BOUTIQUE SATURDAY, 11/4/23, 10AM, MAIN LOUNGE

Complimentary

BRUNCH & LEARN WEDNESDAY, 11/8/23, 10AM, MPR1

Complimentary

VETERANS LUNCHEON THURSDAY, 11/9/23, 11AM, MAIN LOUNGE

Complimentary for Veterans

Tickets for Purchase for +1

THANKSGIVING LUNCHEON

Tickets SOLD OUT

SENIORS TECH CLASS TUESDAY, 11/16/23, 10AM, MPR1

Complimentary

SECOND HOLIDAY BOUTIQUE TUESDAY, 11/21/23, 6PM, MPR1 & MPR2

Complimentary

TREE TRIMMING POTLUCK MONDAY, 11/27/23, 6PM, MAIN LOUNGE

Complimentary

Huntington Landmark

Friendly Reminders from Management

• The AFTER-HOURS property related emergency phone number is: (714) 565-3059
Please correct your copy of the new Huntington Landmark directory to reflect the new number.
You may also contact the Guard House at: (714) 960-1452

The guard is available 24 hours/day and 7 days/week. During a power outage, please call Edison at: **1-800-655-4555**

For water heater gas shut off issues, please call the Gas Company at: 1-800-427-2200



Management

SOLUTION FOR OCTOBER CROSSWORD







- Companionship Care
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- Respite Care
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- Post Hospitalization
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Call for a free, no obligation appointment **714.444.4880**

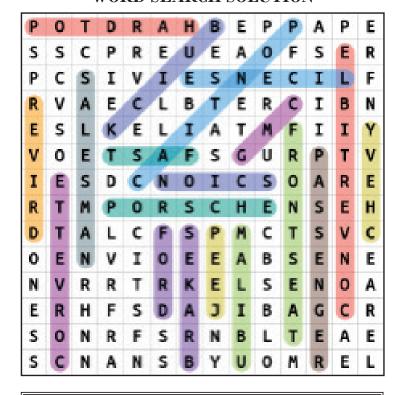


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WORD SEARCH SOLUTION



WHY JOIN A DISCUSSION GROUP?

By Anne Gillespie

- Intellectual Stimulation Keeps your mind active. Our discussions allow you to explore diverse topics, exchange ideas, and gain new knowledge.
- Social Interaction Fosters a sense of community and provides an opportunity to connect with fellow residents.
- Broadening Perspectives Expands your worldview.
 Taking part in thoughtful discussions exposes you to diverse opinions and a deeper understanding of others.
- Fun and Enjoyment Relaxed and enjoyable environment. This is also a time to share laughter, stories and experiences with your friends and neighbors. And we do just that.

The Landmark Discussion Group meets every Thursday from 10:30 until Noon in MPR1.

Join us whenever your time allows.

CONSERVATION CORNER

By Gail Curtis, LL Staff

6 WAYS TO MAKE YOUR CONDO MORE ENERGY EFFICIENT

Today's research brought me to a sight called "Save On Energy." I found a helpful article that focused on condos specifically. You may recognize a couple of ideas from last December's energy-saving article, but this list expands on those and includes new ones:

1. Clear the room of phantoms

Energy phantoms are electronic devices and appliances that draw power even when they're not in use. The biggest culprits are electronics and appliances that are in standby mode while they're plugged in but not in use, such as your coffee maker.

Unplug electronics and other devices when you don't need them. For large electronics like your television or PVR, use a programmable or smart power bar to do the job for you. Programmable power bars have timers that allow you to schedule when you'd like your electronics to be on and when you'd rather they be off. Smart power bars work a little differently – they shut down power to plugged-in items that are in standby mode. They also have the ability to power items on and off individually or as a group.

2. Have you cleaned your lint trap?

We all know that cleaning the dryer's lint trap is important to ensure safety at home. But did you know that cleaning your lint trap also helps improve the efficiency of your dryer?

3. And don't forget the second lint trap

(Your second) trap is part of the dryer's exhaust system and collects any lint that makes its way through the exhaust. Make sure to clean the lint trap regularly to help your dryer work more efficiently.

4. If you can, let your laundry hang out

If your condo has the space, purchase a drying rack to avoid using your dryer altogether. Besides helping you save on drying costs, a drying rack is handy to have for clothing that is too delicate for the machine or should be laid flat to dry.

5. Set a reminder to switch your HVAC filter

Set a reminder on your phone (or write on your calendar like I do) to change the filter every three months. A clean filter means a more efficient system. It also means cleaner air for your home.

6. Make the stove an efficient sous chef

When cooking on the stove, always make sure that the pot or pan you're using matches the size of the stove's element. If the element is too small or too large, you're not cooking as efficiently as you could be. And don't forget the pot lid. By covering your pot or pan, you're speeding up the cooking process, which means you get to eat sooner while using less energy.

Online readers can see the detailed article here: https://saveonenergy.ca/For-Your-Home/Advice-and-Tips/Six-ways-to-make-your-condo-energy-efficient



HEALTH & FITNESS

A DEEP DIVE INTO BODY AWARENESS

Thursdays from 11-12, Main Lounge

Using meditation (to focus on the present), body awareness exercises (to focus on sensations), slow movement and stretches, and breath work, we will learn how to have a sharper focus on the body, how to feel and then release pain and tension, and how to live more fully in the present to feel more alive.

If you have any questions or to let me know you plan to attend, contact Fred Schloessinger at: fredleosch@gmail. com or 714-655-9316

AQUA AEROBICS

Come join us; tone and sculpt your body with no impact to your joints. This popular water aerobics workout is a swimming blend of cardio and resistance training and may incorporate resistance tools such as buoyant water weights and noodles. Classes are ongoing month to month. Mondays and Wednesdays 12:30 – 1:30 PM at the Main Pool. No swimming experience necessary. Men and women welcome! Instructor: Michele 714-376-1382. Mon & Wed 12:30-1:30pm, MP, \$8/class, cash only.

HB AEROBICS

Come experience a cardio class designed with seniors in mind, fun music and easy-to-follow low-impact routines, led by Jimmy with over 20 years experience here at Landmark.

Instructor: Jimmy

M,W&F - 8:15 to 9:15AM, ML

CHAIR YOGA

Yoga offers many benefits, from reduced stress to improved strength and flexibility, but it can also be intimidating to some people, feeling they might not be able to move easily to a standing position from the floor. Try chair yoga, a gentle style of yoga you can do from a seated position that also incorporates the breathing and mind-body benefits of a traditional class. (Light hand-weights and dyna-bands are suggested.)

Instructor: Kathy. Wed - 9:30 -10:30 AM, ML/MPR1, \$5 per class

STABILITY & BALANCE

As we age, our vision worsens and so does our confidence in our ability to maneuver without a fall. This class Stability and Balance not only will strengthen your bones and your balance, these exercises are designed to work with the brain as well. The class is 45 minutes and it is necessary to be able to hold a standing position to get the most benefit. Chairs are provided as support.

Exercises are done to music but are not dance steps.

Come and try it out you will love it- the demo class is free. For more information, contact Adrianne at 562-397-1519. Saturdays 11-11:45AM, ML, \$3 per class.

YOGA FOR LIFE

Gentle classes are great for everyone! Instructor Kathy with 20 years experience leads classes. This is the perfect introduction to yoga. Included are foundational poses, with emphasis on breathing, and some yoga philosophy. The goal is to move from the busy, fast pace of our lives into a practice that is slow paced, mindful, and conscious, and receive the abundant benefits of yoga. All levels are welcome. Instructor: Kathy, Thurs 9:30AM, ML, \$5 per class.

ZUMBA GOLD

There is no wrong way to do ZUMBA. If you are sweating and smiling you nailed it!

While ZUMBA will aid in toning and weight loss- that is a side benefit- the main benefit of dance exercise is what it does to your brain, your bones and your muscles and you have fun while doing it.

Your heart is a muscle - dance exercise promotes muscle strength. Dance exercise promotes bone growth. Studies show that stimulating one's mind by dancing can ward off Alzheimer's disease and other dementia.

Instructor: Adrianne 562-397-1519. **Saturday 9:30 – 10:30AM, ML, \$5 per class.**

MUSIC

CHORALE

The annual holiday performance by the Huntington Landmark Chorale was a great success with a sell-out crowd. If you enjoyed singing along during the concert, come join us! We practice on Mondays at 6:30 pm in MPR 1. Call Mike McCool at (858) 449-8094.

PRAISE MUSIC

You are invited to join us the first Friday of every month for great fellowship, music, and food. We meet in MPR1 at 5PM. Bring your voice, instrument of choice (optional) and a dish to share, and join us in making a joyful noise unto the Lord!

Call Annabel DeMuth at 949-923-7224 for details.

SUNDAY AFTERNOON JAM

Please come and enjoy the music of out Landmark Jam Group every Sunday from 1PM to 2:30PM either on the lawn to the right side of the clubhouse, or in the Main Lounge when there is poor weather. We are comprised of singers, guitarists, ukuleles, a mandolin, bass, violin, and our keyboard player. Come listen, dance, and sing along with us as we play tunes that range from the Big Band era to today's music and everything in between. Guaranteed fun for all!

SPORTS

BILLIARDS CLUB

The Billiard Club meets every Wednesday evening in the Billiard Room for our shoot-arounds at 6:30 – 9pm. We have instructors from 6:30 – 7:30pm to help you get started or to just give pointers to improve your game. Our Club has 5 tournaments a year and we have other fun social events throughout the year. We are always welcoming new members.

The last tournament of the year was held on October 21. It was a very exciting

event where each level of players played a different game. The beginners played team 9-ball, the intermediates played team 8-ball and the advanced players played a singles 8-ball game that is known as Landmark! It has some different rules than regular 8-ball which makes it quite interesting! The winners of this tournament have their pictures up on our winner's wall.

For more information contact Nelson Robinson at 714-615-1942 or check out the website: hlbilliardclub. weebly.com

BOCCE BALL

Our weather is improving, and we hope you'll enjoy our Bocce Ball Court. The equipment is located in the cabinet by the shuffleboard court. Stop by the court to play a game or just watch and socialize with your neighbors.

Any questions contact Amar in the Management Office. Looking forward to lots of fun at the Bocce Ball court!

BOWLING

Hello Bowlers! We don't care if you're good or bad at bowling, we just want you to come and enjoy yourselves! So, join the fun at Fountain Bowl, located at 17110 Brookhurst St near Warner, 2 blocks north of I-405, in Fountain Valley. Ask for John when checking in or call John at 310-880-4250. Hope to see you there on **Wednesdays at 11:30AM at Fountain Bowl.**

GOLF CLUB

Enjoy Golf?? The HL Golf Club plays a rotation of five courses on the 3rd Wednesday of each month. With three non-golf social events during the year, it's a great way to include non-golfing spouses and guests.

Tournaments are "best ball" where golfers of all skill levels can contribute to the team. Course Contest prizes are awarded as golfers finish their round and most golfers choose to stay and enjoy some social time at the 19th hole.

Our final 2023 tournament is at David L Baker in Fountain Valley on Wednesday, November 15th. Please

consider joining us, there is no membership commitment for your first tournament, if you decide to join us, membership is only \$15 per year. (Dues paid after August include the 2024 Season)

Need more information? Visit our website at HLGolf.weebly.com or contact Roy Ludvigsen, Tournament Chairperson at 678-640-1699 or e-mail to GolfClubAtHL@gmail.com.

HORSESHOES

Come on down to the Horseshoe Pits, next to the shuffleboard courts. Everyone is welcome. We meet every Wednesday from 1PM -2:30PM. We would love to see new faces and make new friends. Any questions? Call **John at 760-534-8023.**

TABLE TENNIS

Ping Pong players wanted. For more information, **contact Esteban Ezcurra** 714-512-5433.

TENNIS & PICKLEBALL

Have you heard about the phenomenon with the strange name sweeping the country? It's Pickleball!! It is currently the most rapidly growing sport in the country. You can be part of it. Beginners can learn to play on Saturday mornings from 9AM until 10AM with our very own "pros", Tom Whitley, Gary Gorup, and Dan Orozco. Take the lesson and then stay to play with others and put your new skills into practice. Pickleball is also played on Monday, Wednesday, and Friday morning at 9:30AM and weekday afternoons about 4PM. Everyone is welcome. Contact Tom Whitley at (714) 362-4760 or Phil Donohue at (856) 404-8409.

We have a new tennis liaison: contact Alice Callens at (714) 287-6524 to find out about Landmark tennis. Mixers are usually the 2nd Saturday of the month. Goodies and drinks are served and there are always lots of fun games. Also, consider joining the Tennis & Pickleball Club. Our group is very welcoming, and we consider it to be a big family. Come be a part of it!

GAMES

BIG BUCKS BINGO

Come join the fun and meet new friends or visit with old ones as your mind is stimulated by following the numbers to create interesting BINGO patterns. There are 10 rounds for a one-time cost of \$1.00 per card with no limit and a BONUS round at \$1.00 per card maximum with a maximum of 2 cards; winner takes the full pot. Of course, the more players, the bigger the pot, which on Sunday, June 5th reached a record high of \$54.

Come join in the fun every Sunday and Wednesday at 5:30PM in MPR1. For further information, call Jean Schwennesen at 714-600-2155.

CO-ED POKER

We're looking for poker players. We've been playing for many years and would like to invite new players to a great game. We play Thursdays from 6:00 to 9:00PM in the Game Room. For more information contact Mary 714-369-2458.

DUPLICATE BRIDGE

You are invited to join our Friendly Bridge Club on Fridays at 12PM in the Main Lounge or an MPR room when needed.

The weekly cost is \$2 for materials and payouts. Weekly winners are awarded cash prizes in lieu of master points. Meeting rooms are published monthly on the Landmark Living calendar.

For more information, check out our website: www.landmarkbridgehb. com for reservations and winners from previous weeks. We are back and growing since Covid-19 interrupted meetings. Please join us for a stimulating afternoon of cards with our pleasant group. Contact Alene Reed (President) at 714-654-9741 or Claire Chris (Reservations) at 714-536-9220.

FRIENDLY LADIES TEXAS HOLD'EM POKER

Our group would like to invite all ladies to play at the Beacon Cabana (when available.) This is one of the easiest card games to learn. For day and time, **call Harriet 714-960-2770.**

HAND & FOOT

Join us for an enjoyable afternoon playing a card game called Hand and Foot. If you have not played it, we will show you how! Come to the Main Lounge any Monday at 12:15PM. For more information, please call Nancy at 714-815-3299.

MONDAY NIGHT GAME CLUB

The club meets in the Beacon Pool Cabana at 6:30PM. Come by Monday night and join us! We play a variety of games such as Five Crowns, Play Nine, Dominoes, Left-Right-Center, and more. Some low-level betting occurs to make it a bit more fun and interesting. Each week, the attendees decide which game will be played at their table. Also, we ask participants to alternate providing snacks for the club.

For more info, contact Beth at (916) 342-7101.

LADIES FRIENDLY POKER

Ladies Poker Players meet on Fridays at 12:30-3:00pm in the Game Room. For more information, **contact Mary 714-369-2458.**

PAN CARD GAME

Pan has everything the card player looks for. It's fast action with a combination of skill and luck. It is played with eight decks of cards with no 8s, 9s, and 10s, and it is played with three to eight players. Lessons can be arranged. Call Diane at 714-907-3012. Men and women are invited.

Tuesdays at 12:30PM at the Beacon Cabana

Thursdays at 6:30PM at the Beacon Cabana

CLUBS & GROUPS

ART CLUB

Another successful Gallery Night on September 22. Thanks to all those who participated and helped with setup and take down. We have many talented people here in Landmark!

Our agenda for the next few months is as follows:

- November 9 Meeting 10AM followed by trip to OCMA
- December 14 Holiday Luncheon

We love having new members! Come join us and participate in all the fun. Contact Linda Mahar 714-585-6420 or lindamahar@yahoo.com.

BIBLE STUDY

Join us every **Friday morning at 10AM in MPR2** for a walk through the Bible, led by our enthusiastic leader, Larry Helm. Everyone is welcome.

BOOK GROUP

Do you enjoy fiction or non-fiction? Come to the Book Club and enjoy sharing with other book lovers. Call either **Judith 714-612-1826 or Shari 714-357-4280.** We meet at 2pm in the Poker Room on the 2nd Tuesday of each month.

CABARET CROWD

The Cabaret Crowd hosts five funfilled theme-inspired dinner dances throughout the year. We invite everyone to join us, couples and singles alike. More details to come in future Landmark Living Newsletters and E-blasts.

CERAMICS CLUB

The Ceramics Club welcomes anyone interested in learning about this exciting hobby. Just drop by the Ceramics Room any **Tuesday at 10 a.m.** to see what is happening. Members can choose to pour any mold from the club's 600 molds for greenware. Three-ring binders contain a cross-index of the molds categories including pots, dinnerware, holidays,

animals, angels, people, etc. Also, members enjoy learning about new techniques and glazes to use for their creations from their expert instructor who comes two Tuesdays monthly. For more information call President Janet Newton at 714-224-9923. Ceramics, Tuesday — 10 AM to noon, CMR. Monthly Meeting, 1st Tuesday, 10 AM. CMR.

DISCUSSION GROUP

The day has changed. We are now meeting every **Thursday morning** from 10:30AM – noon in MPR1. This is a welcoming space to reminisce about the good old days, share a favorite book, movie, or restaurant, and discuss current events. Join us for lots of learning, laughing, and lively discussion! For questions, contact Lee and Anne Gillespie at agillespie378@gmail.com or at 714-465-8825

EMERGENCY PREP SERVICE GROUP

The EPG was formed to help us all be prepared in case of disaster – earthquake, fire, flood, etc. The group meets once a month on the third Monday at 1PM in MPR1 to discuss our agenda and educate residents about these emergencies. All are invited. One aspect of this group is the Building Stewards program. Volunteers keep their neighbors informed of safety issues and how to be prepared.

Our next meeting is on November 20 at 1PM in MPR1. Please come. Contact EPG chairman Paul Kanter (310-991-8519) if you have questions.

EVENTS CLUB

Events Club members organize activities creative community throughout the year, including Landmark's popular summer Concerts on the Green held from 4-6 PM on June 10, July 8, August 12, and September 9. Other summer events include a June 16 Alice Wallace Concert, June 24 Afternoon Tea, the July 4 Pool Party, and A Day at the Races on August 26.

Planning is also underway for the second annual Howl-o-ween Costumed Dog Parade on October 29, a Holiday Gift Boutique November 4, a Thanksgiving luncheon November 16, and the traditional Tree Trimming Potluck on November 27. December 2023 events will feature a Christmas luncheon on the 13th, and a New Year's Eve Party on the 31st.

The Events Club welcomes new members and volunteers to its regular monthly meetings, held at 9:30 AM in MPR 2 on the first or second Monday. Next meeting: June 12, 2023.

For more information: Patricia Vidal, 714 334-1773, patriciavidal@vidalgroupoc.com or Karen Kraushaar, 949 394-5826, kkraushaar@msn.com.

GRANDPARENTS&FRIENDS

Thanksgiving wishes are sent your way, with hopes that you will be enjoying this warm holiday with family and friends.

You and your guests are invited to our end of year social meeting, November 21st in MPR 1 & 2, for holiday cookies and hot cider. We will showcase several of Landmark's finest crafters at our annual Second Opportunity Boutique. Please join us as we usher in the holiday season, announce the GP&F board for 2024 and socialize with friends and neighbors. There will also be a 50/50 drawing.

Watch for the Spark of Love Toy donation box to be in place in the Main Lounge from Friday, November 24th through Thursday, December 21st. This convenient drop-off place will provide you the opportunity to share Holiday Magic with local children in need.

For more club information, please contact Beth Gerbutavicius at bethgerbs@yahoo.com or call (916) 342-7101. For club membership information, contact Steve or Sue Brown at sbforsc@rr.com or call (714) 504-3985. To see pictures of our successful Grandparents Day Fair, check out our website: hlgrandparentsclub.weebly.com.

JEWISH WOMEN INTERNATIONAL, SIMCHA CHAPTER

Everyone is welcome at our meeting on Friday, November 10 at 11AM in MPR1. Alicia and Rodney Escobedo from the Red Cross will speak on Emergency Preparedness for Older Adults. Alicia and Rodney, residents of Landmark, have had a lot of experience in this field of work and will have a lot of good information for us. A delicious lunch will follow their presentation.

To make your reservations, please make a check out to JWI and mail it to Beth Bloom at 8885 Modoc Cir#1206C, Huntington Beach, CA 92646. The cost for members is \$12 and cost for nonmembers is \$15. Be sure your check will arrive by Tuesday, November 7.

We look forward to seeing you. If you have any questions, please call Claire Schecter at 714-308-0699.

KNITWITS

If you'd like to knit or crochet with a group of other yarn enthusiasts, please join us on **Thursday mornings at 10AM on the Main Pool Deck.** Bring your own project or just visit and be inspired to start something new. This is a change of day. We previously met on Tuesdays.

HISPANIC CULTURAL GROUP

We are a group of Spanish speakers at Landmark. We get together the first Friday of the month for Spanish conversation and friendship. We have members from almost all the Spanish speaking countries. There are no dues or membership fees. Please note that our meeting room has been changed. First Friday of the month at 2PM in MPR 2. For more information call Betty at 661-406-5191 or Blanca 714-969-3063.

Somos un grupo de Hispanohablantes residentes de Landmark. Nos reunimos el primer viernes de cada mes para conversar en español y amistad. Es gratis no hay ningun cargo para ser miembro. Tenemos miembros de casi

todos los paises de habla hispana. Hemos cambiado de salon. Primer viernes de cada mes a las 2 de la tarde en el MPR2. Para más información llamar a Betty 661-406-5191 o a Blanca 714-969-3063.

LINE DANCING CLUB

You are invited to join us for a fun afternoon of Line Dancing with friends and new acquaintances every Monday and Tuesday from 5:00pm to 6:00pm in the Main Lounge.

Starting Tuesday, November 7th, from 4pm-5pm in the Main Lounge, we will be hosting a professional line dance teacher, Miss Vickie, who will be teaching a six-week class. The cost is \$30 for the series, and registration will take place before the Monday and Tuesday Line Dance sessions. This is a rare opportunity to learn line dances without having to leave Landmark!

Line Dancing has been part of American culture for years and requires no partner or special equipment. Join your fellow residents for an hour of fun and low impact exercise to all forms of music – your brain will thank you for it!

NEEDLECRAFT

We are currently making afghans for charity by knitting and crocheting 7" by 9" rectangles. We also make scarves for the military whenever needed. So, if you like to do this kind of work or would like to learn how, we can teach you. We provide yarn and other materials. Come join us, we love to have new members. You may also work at home if you prefer. We meet on Tuesday mornings, 9:30 to 11:00 in the Sewing room. For more information you can contact Kay Winter at dkwinter57@msn.com.

SURF CITY QUILTERS

We Quilters share our enjoyment of working with fabric, choosing fabric, patterns, and thread. Then on to cutting (measure twice, cut once), piecing, and quilting. Surf City Quilters meets in the Sewing Room on Monday from 1PM to 4PM. Anyone interested in quilting or fabric, thread/yarn, or robe art is welcome

to join us. Please, come by and meet the Surf City Quilters. We are all skill levels. Did you know Huntington Landmark has a sewing machine for use? The key for the HL sewing machine can be checked out from the Management Office. Stop by and learn more about us. For more information, contact Alice Roberts at 714-381-8775 or almroberts@yahoo.com.

THREADS OF LOVE

Threads of Love will be taking a break in the month of August. We will resume in September, every Friday from 9AM to 11AM in the Sewing Room.

TOYMAKERS

The Toymaker's thank you for recycling! Please be aware that now, in addition to the usual plastic bottles and aluminum cans, we can also take plastic gallon water jugs, iced tea bottles, glass wine bottles and all manner of other plastics and glass bottles. Just as before, we will separate all contributed materials and take it to the recycle station so the proceeds can be used to buy muchneeded wood, sandpaper, paint, glue, tools, and everything else the Toymaker's use to craft toys for the underprivileged children in our area. Please drop off your recyclable items at the bins behind the wood shop and we will take it from there!

VETERANS GROUP

Are you a Veteran? We have a group of men and women veterans that meet on the third Thursday of the month at 11AM in the Art Room. Come join us for camaraderie and discussion.

Our next meeting will be on August 17th at 11AM in the Art Room. Please contact Roy Piazza, at 949-521-4069 or roypiazzasanta@gmail.com. Back up is Barry Boone at 714-926-7315, or boonedadb@aol.com.

WOODSHOP

Interested in woodworking? Come by and see what we're doing in the Woodshop. Contact: Tom Humphrey 714.240.4703.

LANDMARK LIVING CLASSIFIED ADVERTISEMENTS

Do you have items you'd like to sell? Try listing them in Landmark Living Classified Ads page and reach a potential 2,000 plus residents. Want to sell that dining room set, the lamp you no longer use, or that TV? Place an ad and sell it. Looking for a good car for your grandchild? You can also place a "Wanted" ad. Have the Seller contact you.

Here's how you do it: Contact Joe Morris at joe@benfranklinpresshb.com or call (714) 842-6733 for advertising information. Thank you.

(Huntington Landmark does not endorse any business or services, nor does it guarantee any items for sale. Please do your due diligence and seek advice from a professional if you are in doubt.)

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A MESSAGE FROM MANAGEMENT:

Please report any leaks, water damage, moisture or ponding both inside or outside your unit immediately.

Contact the Management Office at 714-960-5475 (during regular business hours) Contact the non-life threatening Emergency Line at 714-565-3059 (after business hours)

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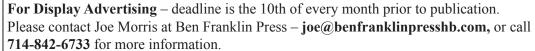
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We can be contacted by calling 714.865.9177, or through email rejakeller@gmail.com. If you need more information on our qualifications please go to our website www.inpursuitca.com. Sincerely, Chaplains Bob and Jane Keller

STREET SWEEPING

Huntington Landmark street sweeping is performed on the 1st and 3rd Thursdays of the month in the morning. Please make sure that your vehicles are moved off the streets on those days. Thank you!

LANDMARK VISITORS & GUESTS

Reminder: Please call in your guests to the Atlanta Gate: **714-960-1452** to help avoid long lines and back-up. You may also add frequent guests to your permanent guest list with Patrol Masters at the Atlanta gate.

The Landmark Living Newsletter is a monthly publication for the Huntington Landmark homeowners. We make every effort to print complete and accurate information. The staff, volunteers of Landmark Living can't and do not guarantee the correctness of the information submitted for publication to them. Therefore Landmark Living staff, volunteers, Seabreeze Management assumes no responsibility for the same, nor for errors, omissions or unintentional inclusions. Inclusions of advertisements does not carry with it any endorsement, actual or implied, for the product or services advertised. The Landmark Living staff, volunteers, Seabreeze Management and Huntington Landmark Senior Adult Community Association accept no responsibility for damage through the use or products or services advertised in Landmark Living.

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Expect delivery of the newsletter from the 1st through the 3rd of each month. If you'd like to help with deliveries, please contact Sharon Syncheff for more details at 818-620-8854.

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To save you time, and to have a copy for your records, please email your work requests to amar.gupta@seabreezemgmt.com. It is the quickest and most reliable way to submit. For your convenience, there are also work request forms located outside the Management Office and in the Main Lounge.







Family members, if you'd like your loved one mentioned, please let us know.
Thank you.

Amar (714) 960-5475

ALL ARTICLES FOR LANDMARK LIVING

All articles, club news, events, and notices must be **submitted by the 5th of every month** in order to get into the following month's Landmark Living. Club news submissions must be 150 words or less to be accepted.

Newsletter Staff, Board of Directors and Management reserve the right to edit, correct or alter material.

Email your submissions to: land-marklivingnewsletter@gmail.com









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