

SUNNY GLEN SENIOR COMMUNITY

July 2024

sunnyglenjournal@gmail.com

Vol III Issue 07

PRESIDENT'S MESSAGE:



Summer has arrived with some hot daytime temperatures, and nice evenings to spend some time at the pool or on our patios sipping iced tea. We made it out to enjoy a two-week adventure to Oregon recently and had a beautiful time touring the Oregon Coast from Brookings to Astoria. Lush green landscapes, small towns, jet boat ride, and cool temps in the 60's and 70's. We will be back to visit again.

Dogs Left Outside and Barking:

We have had several complaints about dogs barking in the backyards of resident's homes. While we understand the need to let your dogs outside, however unattended and barking dogs create a nuisance for the neighborhood and is a violation of the CC&Rs. Please check on your dogs periodically to control their barking.

New Pool and Clubhouse Hours of Operations:

We have had many comments regarding our hours of operation and have decided to open the clubhouse an hour earlier at 8am and close at 8pm. This will accommodate our members who would like to get into the gym and pool earlier. Use the Pool at Your Own Risk, and don't swim alone!

Pool Rules:

Sunny Glen Senior Community HOA has established rules for the members to enjoy our pool. These rules are in our Standing Rules within the CC&Rs. Please read and follow them so all our members can enjoy the pool. I will highlight them here for your convenience.

- 1) No Lifeguard on Duty. Swim At Your Own Risk!
- 2) Showers must be taken before entering pool if suntan oils/products have been used.
- 3) Sunny Glen Senior Community residents and their guests ONLY are allowed to use the pool from 8am until dark during the season when the pool is open. ALL GUESTS MUST BE ACCOMPANIED BY A RESIDENT. NO EXCEPTIONS!
- 4) Guests under the age of 18 may only use the pool from 8am and 2pm, Monday through Friday, and 8am to 3pm Saturday and Sunday. Exceptions to these hours will be posted in the lobby for Special Events. Children and guests must always be accompanied by the resident host.
- 5) Do not enter the lobby in wet bathing suits or with wet feet.
- 6) No glass containers are allowed inside the fenced pool area.
- 7) Posted Pool Rules Must Be Followed.

Weed Abatement Season is here:

It's past time to start pulling those unsightly weeds and removing unsightly junk in your yards. It is the homeowner's responsibility to take care of the weeds and overgrown vegetation in their yards. If you need help with this difficult task, Guy Gardner, a member of our community would like to arrange help for you through a free service from the missionaries of the Church of Jesus Christ of Latter-Day Saints who will do outside work cutting the lawn, helping with weeding, and garden cleanup. This service is free of charge to the residents. They will not come into your home to do work. If you would like help, please call Guy Gardner at 925-577-7221 to arrange a visit from the volunteers.

Guitar Jam Starts Tuesday July 2nd in the clubhouse library at 7:15pm.

If you have an instrument and know a few chords or can bang out a beat come on out and join the fun. Nick Selchow will lead the session.

July 4th BBQ 1-4pm:

Plans are on a roll for the Fourth of July BBQ at the Sunny Glen gazebo. Hots dogs/chips/soda combo & dessert. Tickets are \$6.00 per person. Sign up in the Clubhouse lobby on the bulletin board and leave your money in the office mail slot in the door.

.....CONTINUED

San Ramon, CA

Newsletter Contact:

Rose Basoco
915-276-5804

Sunny Glen - HOA Greeter:

Robin Peterson
510-828-7426

Board:

Sunny Glen HOA Board of
Directors:

- President: Mark Ballock
925-998-2924
- Vice President: Allison Gannon
925-200-5958
- Secretary: Heidi Louwaert
510-493-8560
- Treasurer: Marianne Dimick
510-502-9326
- Building/Grounds: Carlos
Carazo
925-999-8430
- Website & Hall Rental: Jo
Jamieson
925-915-9650
- RV Storage: Mark Ballock
- Facility Maintenance: Kerry
Fisher 925-548-1209

Contact Us:

Sunny Glen HOA
9000 Craydon Circle
San Ramon, CA
94583

Email

sunnyglenboard@gmail.com

Website: Sunnyglen-
community.org

Last year's community wide garage sale was so successful and enjoyed by many of our residents that it's now firmly established as an annual event. Residents that are in the Townhouses can set up tables and chairs in front of the Clubhouse as they did last year. Mark your calendars for Saturday July 6, 2024, from 8am to 2pm.

Rick's Breakfast for Sunny Glen Senior Community is Back July 20th: The late Rick Magnuson was a beloved Sunny Glen Senior Community resident for many years. Once per quarter Rick would host a Saturday morning social breakfast bringing the community together to enjoy meeting old friends and developing new friends. The HOA Board has decided to bring the breakfast back in honor and in respect of our old friend. The menu will include pancakes, scrambled eggs, sausage, fruit, and coffee/tea. A nominal fee of \$8.00 per person will be charged.

Next Community Board meeting is 7pm Wednesday, July 3, 2024, at the HOA Clubhouse, 9000 Craydon Circle.

Until Next Month,

Mark Ballock, President
925-998-2924

Website address is:

Sunnyglen-community.org

Password: Time4Fun

Allison Gannon, Yoga Instructor, Introduction



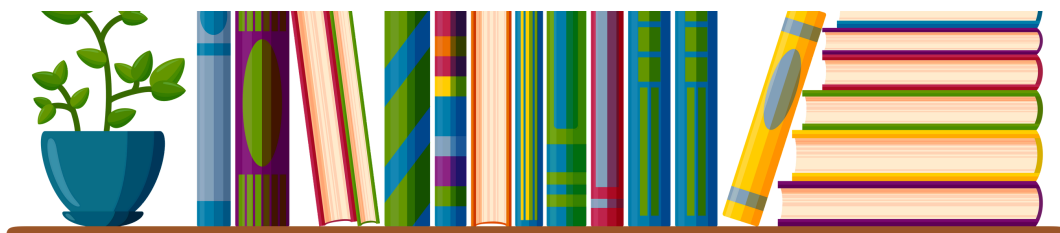
Allison Gannon has taught yoga since 2015 at various yoga studios and fitness centers. At Sunny Glen, she will teach Gentle Yoga and Chair Yoga. Gentle Yoga moves slowly through traditional yoga poses with seated twists and stretches, breathing exercises and standing poses to build balance and strength. Chair Yoga incorporates modifications of classic yoga poses as we move through stretches and twists while seated. Participants may remain seated throughout the full class or choose to stand for certain poses. Both are perfect for beginners, those coming back from injuries and experienced yoga students who prefer a gentle, mindful practice.

Brenda Kiba, Yoga Nidra Instructor, Introduction



Please come and join Brenda Kiba in the Clubhouse Library at 6 pm on Tuesdays starting July 2nd to experience the practice of Yoga Nidra. This practice is a guided meditation that will allow each individual a path to let go of the "daily noise" of their day and to genuinely relax.

Please bring a yoga mat or comfortable blanket or towel to lay on, a pillow for under your head and one for under your knees, a small hand towel to cover your eyes and if you prefer a blanket to keep warm. Come comfortably dressed - no special clothing required. A bottle of water if needed.



LIBRARY NEWS - JOYCE GUNN/LYNNE BIDWELL

Looking for a mystery/suspense book or novel to read this summer? The Sunny Glen Library has John Grisham mysteries and novels available for you. No library card is required, just select the book you would like to read. You may keep the book or return it to the library at your leisure. No library due dates or fines!

John Grisham is an American author, lawyer, and former member of the Mississippi House of Representatives, known for his best-selling legal thrillers. According to the American Academy of Achievement, Grisham has written 37 consecutive number-one fiction bestsellers, and his books have sold 300 million copies worldwide. Along with Tom Clancy and J. K. Rowling, Grisham is one of only three English speaking authors to have sold two million copies on the first printing. [Wikipedia]

The library has the following John Grisham titles available now:

Shelved under Mystery & Suspense: Camino Real, The Guardians, The Judge's List, The Racketeer, Rouge Lawyer, The Rooster Bar, The Summons, A Time for Mercy. Shelved under Novels: Bleachers, Boys from Biloxi, Dooley

Library donations should be in nearly new condition and of general interest. Due to our limited space, we can only accept a few donated items. No large collections, please. If you have a large number of items to donate, consider the San Ramon Libraries where they will sell them, and the money helps fund the libraries.

LYNNE BIDWELL

PET OF THE MONTH



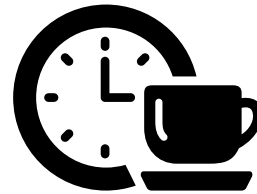
MEET ROXIE

Roxie is a Maltese/Lhasa Apso breed that Carlos and I adopted on 3/4/2016. She is 10 years old and a fixture of Sunny Glen Community. Many of you know her by her bark, but we can assure you it is a loving bark. Unfortunately, stopping and conversing with other dog owners is virtually impossible. She is the pride and joy of our family. We love her dearly.

Maria Carazo

****Residents are asking dog owners to please be respectful of all your neighbors and not let any barking dogs out before 8 a.m. and after 10 p.m.****





ACTIVITIES GUIDE

**All meeting dates will be coordinated on the Master Calendar -
Please reach out to Marianne Dimick.**

Book Club

First Monday of the month at 2pm in the library. The first book is "A Gentleman in Moscow." It's never too late to join in. Contact Robin Peterson

Mah Jong

Thursdays in the library at 1pm. John Lee is the instructor. All levels are welcome.

Water Aerobics

Tuesdays and Thursdays, 2pm at the pool. Contact Heidi Louwaert

Bocce Ball

The oyster shells have been delivered and soon will be on the courts to get this rolling. Times are Monday and Saturdays at 4pm. Once organized, the times can be changed. It needs a leader

Tai Chi

We currently do not have an instructor; however, you can go to either the Dublin or San Ramon Senior Centers.

Bingo

Thursdays at 1pm. In the main hall. All are welcome. Contact Patty Newlan

Bunco and Card Games

No one showed up. Suggestion on how to make this work as several indicated an interest.

Walking Group

Only one person came on Saturday morning. Let's try again on Saturdays at 9 am. Meet in front of the hall.

Coffee Time

This will happen on Fridays only at 10:00am. The coffee will be hot.

Yoga Nidra

Instructor Brenda Kiba

Chair Yoga & Gentle Yoga

Instructor Allison Gannon

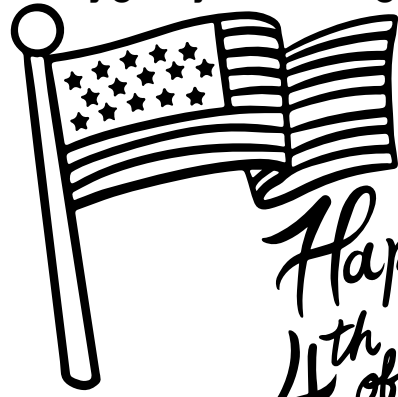
Guitar Jam

If you play an instrument and just want to jam, call Nick Selchow at 925-785-2325

Billiards

There is a sign-up sheet by the pool table. Players can figure this one out.

****Please check the calendar for the meeting time of each group****



Happy 4th of July

JULY 2024

SUN

MON

TUE

WED

THU

FRI

SAT

01

Book Club @ 2PM - Library
Gentle Yoga @ 4PM Hall
Allison Fee \$10
Bocce Ball @ 4pm

02

Water Aerobics @ 2PM
Nidra Yoga @ 6PM Library
Brenda - Fee \$10
Guitar Jam @ 7:15PM Library

03

Chair Yoga @ 10AM Hall - Allison Fee \$10

HOA Board Mtg @ 7PM

04

4TH of July BBQ \$6 1-4PM at the Gazebo

05

Coffee Time @ 10 AM

06

Community Wide Garage Sale 8AM-2PM

Bocce Ball @ 4PM

07

Gentle Yoga @ 4PM Hall
Allison Fee \$10
Bocce Ball @ 4PM

08

Water Aerobics @ 2PM
Nidra Yoga @ 6PM Library
Brenda - Fee \$10
Guitar Jam @ 7:15PM Library

10

Chair Yoga @ 10AM Hall - Allison Fee \$10

11

Water Aerobics @ 2PM
Bingo @ 1-4PM
MahJong @ 1PM Library

12

Coffee Time @ 10 AM

13

Bulk Garbage Pick-Up

Bocce Ball @ 4PM

14

Gentle Yoga @ 4PM Hall
Allison Fee \$10
Bocce Ball @ 4PM

15

Water Aerobics @ 2PM
Nidra Yoga @ 6PM Library
Brenda - Fee \$10
Guitar Jam @ 7:15PM Library

17

Chair Yoga @ 10AM Hall - Allison Fee \$10

18

Water Aerobics @ 2PM
Bingo @ 1-4PM
MahJong @ 1PM Library

19

Coffee Time @ 10 AM

20

RICK'S PANCAKE BREAKFAST @ 9AM \$8

Bocce Ball @ 4PM

21

Gentle Yoga @ 4PM Hall
Allison Fee \$10
Bocce Ball @ 4PM

22

Water Aerobics @ 2PM
Nidra Yoga @ 6PM Library
Brenda - Fee \$10
Guitar Jam @ 7:15PM Library

24

Chair Yoga @ 10AM Hall - Allison Fee \$10

25

Water Aerobics @ 2PM
Bingo @ 1-4PM
MahJong @ 1PM Library

26

Coffee Time @ 10 AM

27

Bocce Ball @ 4PM

28

Gentle Yoga @ 4PM Hall
Allison Fee \$10
Bocce Ball @ 4PM

29

Water Aerobics @ 2PM
Nidra Yoga @ 6PM Library
Brenda - Fee \$10
Guitar Jam @ 7:15PM Library

31

Chair Yoga @ 10AM Hall - Allison Fee \$10

**SUNNY GLEN
4th OF JULY PARTY
AT THE GAZEBO**



**JULY 4TH 1-4 PM
LUNCH AT THE
SUNNY GLEN GAZEBO
HOT DOG/CHIPS/SODA COMBO
& DESSERT**

**TICKETS - \$6.00 per person
SIGN UP & PREPAY IN THE CLUBHOUSE
BY JUNE 30TH**

FAMILIES WELCOME!



**ANNUAL COMMUNITY WIDE GARAGE SALE
JULY 6, 2024, 8AM-2PM**



We are having the annual community wide garage sale on July 6th and will need bags and boxes to contain most of the items. If members could save newspapers, plastic bags and cardboard boxes, it would be a great help to contain the items for sale. Packing materials may be left in the lobby near the office door. Many items for sale are glass and will need packing to protect them. Jo Jamieson