

# SUNNY GLEN SENIOR COMMUNITY

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SEPTEMBER 2024

sunnyglenjournal@gmail.com

Vol III Issue 09

## PRESIDENT'S MESSAGE:



What a summer we are having here in Sunny Glen! Hot days in the 100's and warm nights in the 70's. It's nice to see that the pool is being used every day and people are enjoying themselves. We are trying our best to maintain the pool temps between 84 degrees and 90ish. Multiple back-to-back the autumnal equinox. Whichever date you choose as the start of your fall it is certain to fall in September. Bring out the fall decorations and be inspired by the fall colors and changing of the trees.

The month of August has seen steady use of the pool, and the pool temps have been relatively steady and refreshing throughout the month. As we approach fall with cooler days the pool temps will drop off a few degrees. The pool will remain open through the end of October for our members enjoyment.

### **Weed Abatement Thank You:**

I want to thank our residents for taking care of the weeds around their homes. By keeping our homes free of weeds, dead and overgrown vegetation our community feels inviting, and safe. It also encourages all of us to do our part in keeping our neighborhood thriving.

### **Ivy Park Development Plan:**

Ivy Park Assisted Care facility on Fircrest Lane. is proposing an increase of capacity and expansion of the parking lot. This will adversely affect our entire Sunny Glen Community by bringing in more cars on Fircrest Lane. We have requested a formal public hearing and are waiting to hear from the City for a public hearing date.

**Next Community Board meeting is 7pm Wednesday September 4, 2024,  
at the Clubhouse, 9000 Craydon Circle.**

Until Next Month,

Mark Ballock, President  
925-998-2924

**Website: [Sunnyglen-community.org](http://Sunnyglen-community.org)**

**Password: Time4Fun**

**Email: [Sunnyglenboard@gmail.com](mailto:Sunnyglenboard@gmail.com)**





## MONTHLY BOOK CLUB

The next book we will be discussing is *The Book Woman of Troublesome Creek* by Kim Michele Richardson. You may join anytime - We meet the first Monday of the month at the Clubhouse. Please see the monthly calendar.

# WELCOME

## NEW NEIGHBOR

Rosa Palma  
6944 Wisteria



## BUNCO



Fellow Sunny Glen neighbors please join our Bunco game on the 3rd Wednesday of each month @ 7 PM in the clubhouse. It's a fun way to get to meet others. Each table requires 4 players, please contact me Angie Montes @ (925) 785-5485 as to your availability. Hope to see you there, the more the merrier!

## Sunday, September 1st Craftapalooza!



Resident Sam Abrams is hosting an all day open crafting event for all residents and friends. Bring your crafts - scrapbooking, crochet, cardmaking... anything is welcome!

Meet new friends and have fun working on your crafts @ the clubhouse.

**We will be crafting from 9am-6pm Bring a snack to share!** Any questions, call Sam @ 510-566-3179

**LIBRARY NEWS - JOYCE GUNN/LYNNE BIDWELL**

I can't believe that it's September. What a hot summer we have had!  
I hope you have been enjoying the nice cool Sunny Glen Library.

I thought I would introduce you to a few of the sections in the library. There are two shelves of biographies near the door. Some are about sports figures including Joe Montana, Lance Armstrong, Yogi Berra, Bobby Knight, Steve Young and Sandy Koufax. There are many Hollywood personalities represented, including Rob Lowe, Steve Martin, Shirley Maclaine, George & Gracie Burns, Viola Davis and Jane Fonda. You'll also find many people involved in politics.

If spies and intrigue get your adrenalin racing, check out the books by David Baldacci with his multiple series, Lee Child who writes the Jack Reacher series, Daniel Silva's series about Gabriel Allon – a former Israeli operative, or some classics by Helen MacInnes, John LeCarre and Tom Clancy.

On a lighter note, we have a substantial collection of romance novels. The authors range from Carolyn Brown and Janet Dailey to Fern Michaels, Nora Roberts and Danielle Steel. Debbie Macomber's are set in Washington and Alaska, and if you want a western romance filled with love and cowboys, try Lori Wilder, Jennifer Ryan, Diane Palmer or Linda Lael Miller. Happy Reading!

Joyce Gunn

## Yoga at Sunny Glen



The Yoga program at Sunny Glen began in early July with weekly gentle yoga and chair yoga classes. Gentle yoga meets every Monday at 5:00 PM.

Chair yoga will continue meeting on Wednesday at 10:00 AM through the end of August, after which we will take a pause. If you know someone who would enjoy a seated yoga practice with stretching, moving our bodies and breathing deeply, please reach out to them with Allison's contact information.

We hope to build the chair yoga program at Sunny Glen to benefit more of our neighbors and friends. Allison Gannon, Registered Yoga Teacher  
tel: 925-200-5958 or email: [allison.gannon@att.net](mailto:allison.gannon@att.net)

# SEPTEMBER 2024



SUN

MON

TUE

WED

THU

FRI

SAT

### Labor Day

01

**Craftapalooza**  
9am-6pm  
@ the  
Clubhouse

02

Book Club @  
2PM - Library  
Gentle Yoga  
@ 5PM Hall  
Allison Fee \$10  
Bocce Ball @  
4PM

03

Water Aerobics  
@2PM  
Guitar Jam  
@ 7:15PM  
Library

04

**HOA Board  
Mtg @ 7PM**

05

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

06

Hot  
September  
Nights @  
Gazebo  
6PM

07

08

Gentle Yoga  
@ 5PM Hall  
Allison Fee \$10  
Bocce Ball @  
4PM

09

Water Aerobics  
@2PM  
Guitar Jam  
@ 7:15PM  
Library

11

12

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

13

Hot  
September  
Nights @  
Gazebo  
6PM

14

15

Gentle Yoga  
@ 5PM Hall  
Allison Fee \$10  
Bocce Ball @  
4PM

16

Water Aerobics  
@2PM  
Guitar Jam  
@ 7:15PM  
Library

18

**Bunco  
7PM**

19

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

20

Hot  
September  
Nights @  
Gazebo  
6PM

21

22

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

23

Water Aerobics  
@2PM  
Guitar Jam  
@ 7:15PM  
Library

25

26

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

27

Hot  
September  
Nights @  
Gazebo  
6PM

28

29

Gentle Yoga  
@ 5PM Hall  
Allison Fee \$10  
Bocce Ball @  
4PM

30

