



# THE SENIOR COMMUNITY AT SUNNY GLEN

June 2026

sunnyglenjournal@gmail.com

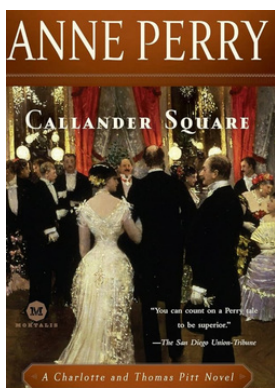
Vol V Issue 06



## JULY 4<sup>TH</sup> BBQ LUNCH

Senior Community  
at Sunny Glen Book Club  
Meets 1st Monday  
of Each Month @ 2PM

**June 1:** Callander  
Square by  
Anne Perry

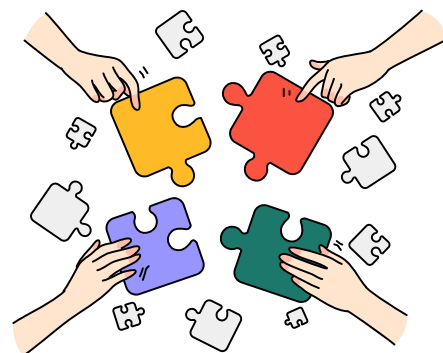


Come out on **July 4<sup>th</sup>** and celebrate with neighbors and friends! Meet new people in the community! Please join us for an afternoon of music, laughter, games, prizes and community spirit. The \$15 admission price includes lunch, dessert and raffle tickets for prizes! Sign up list is now open at the clubhouse. **ALL THE FUN STARTS AT NOON**



## LIBRARY NEWS

JOYCE GUNN



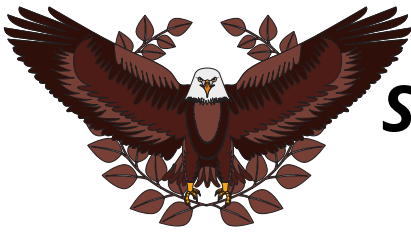
Did you know that your Sunny Glen Library has jigsaw puzzles? We do! A few puzzles are on display, but there are many more in the cupboards below.

Our puzzles range from 300-1500 pieces. They are mostly typical cardboard puzzles, but there are some surprises. There are puzzles of Oakland, National Parks posters, Frida Kahlo, California poppies from the State Parks Association, Multnomah Falls, 100 birds, and an Agatha Christie mystery puzzle.

I have recently donated two wooden puzzles of the type I normally do. Wooden puzzles are not cut on a grid, have irregularly and intricately shaped pieces, the edge is often not straight, and they often include "whimsys" – pieces shaped to relate to the puzzle's theme. They are a different tactile experience from the cardboard puzzles and my favorite.

All of our puzzles have been donated by our residents, though we have limited space so can only accept a few. I assemble each one to be sure it has all its pieces and is in good shape. The pieces are put in a plastic bag in the box so pieces won't get lost during storage. Borrow any puzzle that entices you and after assembling it, please take it completely apart, put the pieces in the plastic bag with the twist tie, and return it to the basket where you return books. Enjoy!

**Newsletter Editor: Rose Basoco (915) 276-5804 (Please leave message/text or E-mail me)**



# Sunny Glen – June 2026 President's Message



## *Pool is Open*

The HOA Board worked hard this last month to get the swimming pool open for community use. It opened Memorial Day weekend although it may take a week or two of good sunshine and warm weather to bring the pool up to a comfortable temperature. Just before opening, the temp was 81° and we are hoping for 85° during the swimming season.

### **Weed Abatement in our Community:**

It appears that majority of our community members have taken the time to clean their yards of weeds and overgrown vegetation. The Sunny Glen Senior Community Board and Community members thank you for getting this not so fun task taken care of and taking pride in our community.

### **Clubhouse Improvements:**

May was a busy time for much needed repairs and improvements to the pool deck, new gate for the pool fence at the gazebo, and a new fence and gates around the back RV parking area.

### **Swimming Pool Update:**

Our new pool service has worked diligently with the pool water bringing up all the chemicals to a safe level for swimming. They have also improved the clarity in the pool to a level that has not been seen for many years. We do have some resident ducks enjoying the pool. We have tried several things to discourage them from enjoying the pool and all have failed. They pose no risk to people and will take off when people are present and will soon be on their way.

### **Annual Garage Sale:**

June 27th will be the Sunny Glen Annual Community-Wide Garage Sale.

### **New Gym Equipment:**

Thanks to a generous donation, we now have a BowFlex machine in the gym for your workout enjoyment.

### **Chair Dance Exercise:**

Mondays, Tuesdays, Fridays 10am – 11am, and Thursdays 10am to 10:30am in the Clubhouse to enjoy chair dancing.

### **Sunny Glen Yoga Classes:**

Chair Yoga Mondays at 11:30am in the Clubhouse Library

Gentle Yoga coming in July. All classes are 50 minutes. Instructor Allison Gannon

Contact Allison.gannon@att.net or 925-200-5958

### **Yoga Nidra a guided Meditation Practice**

Tuesdays at 11:30am in the Clubhouse Library. No Mats or equipment are necessary. Instructor Brenda Kiba

Contact kibablee49@gmail.com or 925-550-3577

### **Swimming Exercise Class:**

Tuesdays & Thursdays 4pm – 5pm Starting June 2nd.

### **Society of the Sunny Glen Cyclist:**

Meet at the Sunny Glen Clubhouse Monday, Tuesday, Thursday, Friday, Saturday 10am for a leisurely easy paced 10-mile round trip ride to Peets Coffee at Crow Canyon Commons for a friendly social time. Some rides will take us to Pleasanton, and other longer adventure rides are enjoyed too. All rides are open to everyone interested, and mostly using local trails avoiding the busy streets. Frank Montes is our Commander.

Next Community Board meeting is **7pm Wednesday June 3, 2026**, at the Clubhouse, 9000 Craydon Circle.

Mark Ballock, President

925-998-2924

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

Password: Time4Fun

Next Community **Board Meeting is 7pm Wednesday, JUNE 3, 2026**, at the Clubhouse, 9000 Craydon Circle.

**ELECTRONIC NEWSLETTER, HOA MINUTES & CLUB HOUSE INFORMATION MAY BE VIEWED ON THE WEBSITE BELOW:**

Sunny Glen Website: **Sunnyglen-community.org**

Password: **Time4Fun**

## HOA PROVIDING RESIDENTS WITH BASIC AMENITIES



LOOKING TO SETTLE YOUR MIND AND LET GO OF THE RUMBLINGS OF THE DAY?  
JOIN YOGA NIDRA GUIDED MEDITATION PRACTICE



**STARTING ON JUNE 2ND 2026**  
**TUESDAYS AT 11:30 AM IN THE CLUBHOUSE LIBRARY.**  
NO MATS OR EQUIPMENT NEEDED.

COST: \$10 PER CLASS OR BUY A CLASS CARD THAT GIVES YOU 5 CLASSES FOR \$40.00.

INSTRUCTOR: BRENDA KIBA, RESIDENT OF SUNNY GLEN

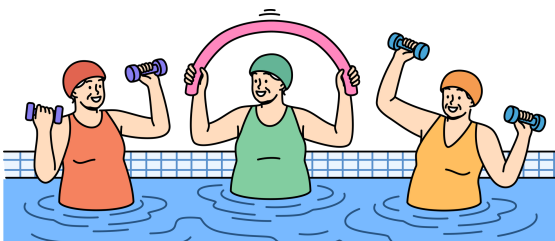
EMAIL: [kibablee49@gmail.com](mailto:kibablee49@gmail.com)

PHONE: 925-550-3577

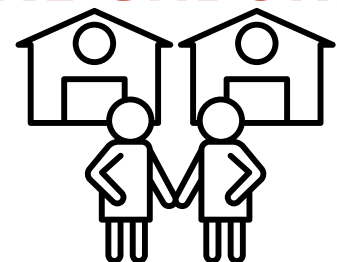


## WATER EXERCISES

HEIDI LOUWAERT will be holding water exercises in the HOA Pool every Tuesday & Thursday from 4-5PM starting June 2<sup>nd</sup> thru October 1st.



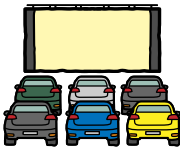





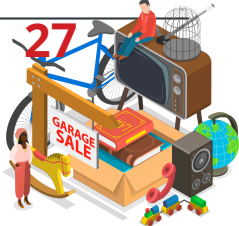

## WELCOME OUR NEW NEIGHBORS



**137 NEPTUNE PLACE**  
**9049 CRAYDON CIRCLE**



**SUNNY GLEN HOA**

SUN	MON	TUE	WED	THU	FRI	SAT
	<p><b>01</b> Chair Yoga @ 11:30am w/ Allison <b>Book Club</b> @ 2:00PM Bocce Ball @ 4:00PM</p>	<p><b>02</b> Chair Exercise Class w/Mina: Mon,Tues, Thurs &amp; Fri 10-11AM <u>in Club Hall</u> <b>YOGA NIDRA</b> @ 11:30AM <b>IN LIBRARY</b></p>	<p><b>03</b> <b>HOA MEETING</b> <b>@ 7:00PM</b> <b>(ALL RESIDENTS ARE WELCOME)</b></p>	<p><b>04</b> Chair Exercise Class w/Mina: Mon,Tues, Thurs &amp; Fri 10-11AM <u>in Club Hall</u> <b>BINGO</b> @ 1:00PM</p>	<p><b>05</b> Chair Exercise Class w/Mina: Mon,Tues, Thurs &amp; Fri 10-11AM <u>in Club Hall</u></p>	<p><b>06</b>  <b>NAT'L DRIVE-IN DAY</b></p>
<p><b>07</b>  <b>JUNE BUG DAY</b></p>	<p><b>08</b> Chair Yoga @ 11:30am w/ Allison Bocce Ball @ 4:00PM</p>	<p><b>09</b> Chair Exercise Class w/Mina: Mon,Tues, Thurs &amp; Fri 10-11AM <u>in Club Hall</u> <b>YOGA NIDRA</b> @ 11:30AM <b>IN LIBRARY</b></p>	<p><b>10</b></p>	<p><b>11</b> Chair Exercise Class w/Mina: Mon,Tues, Thurs &amp; Fri 10-11AM <u>in Club Hall</u> <b>BINGO</b> @ 1:00PM</p>	<p><b>12</b> Chair Exercise Class w/Mina: Mon,Tues, Thurs &amp; Fri 10-11AM <u>in Club Hall</u></p>	<p><b>13</b> <b>HALL RENTED FOR PRIVATE PARTY</b></p>
<p><b>14</b>  <b>FLAG DAY</b></p>	<p><b>15</b> Chair Yoga @ 11:30am w/ Allison Bocce Ball @ 4:00PM</p>	<p><b>16</b> Chair Exercise Class w/Mina: Mon,Tues, Thurs &amp; Fri 10-11AM <u>in Club Hall</u> <b>YOGA NIDRA</b> @ 11:30AM <b>IN LIBRARY</b></p>	<p><b>17</b>  <b>BUNCO</b> @ 6:00PM</p>	<p><b>18</b> Chair Exercise Class w/Mina: Mon,Tues, Thurs &amp; Fri 10-11AM <u>in Club Hall</u> <b>BINGO</b> @ 1:00PM</p>	<p><b>19</b> Chair Exercise Class w/Mina: Mon,Tues, Thurs &amp; Fri 10-11AM <u>in Club Hall</u></p>	<p><b>20</b>  <b>SUMMER SOLTICE</b></p>
<p><b>21</b>  <b>FATHER'S DAY</b></p>	<p><b>22</b> Chair Yoga @ 11:30am w/ Allison Bocce Ball @ 4:00PM</p>	<p><b>23</b> Chair Exercise Class w/Mina: Mon,Tues, Thurs &amp; Fri 10-11AM <u>in Club Hall</u> <b>YOGA NIDRA</b> @ 11:30AM <b>IN LIBRARY</b></p>	<p><b>24</b></p>	<p><b>25</b> Chair Exercise Class w/Mina: Mon,Tues, Thurs &amp; Fri 10-11AM <u>in Club Hall</u> <b>BINGO</b> @ 1:00PM</p>	<p><b>26</b> Chair Exercise Class w/Mina: Mon,Tues, Thurs &amp; Fri 10-11AM <u>in Club Hall</u></p>	<p><b>27</b>  <b>ANNUAL HOA GARAGE SALE</b></p>
<p><b>28</b>  <b>PAUL BUNYON DAY</b></p>	<p><b>29</b> Chair Yoga @ 11:30am w/ Allison Bocce Ball @ 4:00PM</p>	<p><b>30</b> Chair Exercise Class w/Mina: Mon,Tues, Thurs &amp; Fri 10-11AM <u>in Club Hall</u> <b>YOGA NIDRA</b> @ 11:30AM <b>IN LIBRARY</b></p>	<p><b>**HEIDI LOUWAERT will be holding water exercises in the HOA Pool every Tuesday &amp; Thursday from 4-5PM starting June 2<sup>nd</sup> thru October 1st**.</b></p>			

# JUNE 2026

# WHAT IS YOGA NIDRA

LOOKING TO SETTLE YOUR MIND AND LET GO OF THE RUMBLINGS OF THE DAY?

JOIN YOGA NIDRA GUIDED MEDITATION PRACTICE

**STARTING ON JUNE 2ND 2026**

**TUESDAYS AT 11:30 AM IN THE CLUBHOUSE LIBRARY**

NO MATS OR EQUIPMENT NEEDED

JUST BRING AN OPEN MIND AND THE WILLINGNESS TO

“LET GO OF THE DAILY NOISE”



## WHAT IS YOGA NIDRA?

Yoga Nidra, or "yogic sleep," is a guided meditation practice performed sitting or lying down (whichever is preferred). It systematically guides you into the threshold state between wakefulness and sleep, allowing your body to deeply rest while your mind remains consciously aware. No mats or equipment required. Just your willingness to open your mind and to “Let go of the daily noise.”

**COST: \$10 PER CLASS OR BUY A CLASS CARD THAT GIVES YOU 5 CLASSES FOR \$40.00.**

**INSTRUCTOR: BRENDA KIBA, RESIDENT OF SUNNY GLEN**

EMAIL: [kibablee49@gmail.com](mailto:kibablee49@gmail.com)

PHONE: 925-550-3577

# SATURDAY, JUNE 27, 2026

## HOA ANNUAL

### NEIGHBORHOOD GARAGE SALE



# JOIN THE JULY 4TH BBQ!



# 4TH BBQ OF JULY PARTY

STARTS AT NOON  
CLUBHOUSE

ENTRANCE FEE \$15

LUNCH INCLUDED

GAMES/SWIMMING/MUSIC

COME OUT AND CELEBRATE

250 YEARS OF INDEPENDENCE

SIGN UP NOW AT CLUBHOUSE

REGISTRATION CLOSSES 6/30/26

**COMING IN AUGUST!**

**8/14/26**

**ICE CREAM  
SOCIAL**

**OPEN TO  
RESIDENTS &  
FAMILY**

**START TIME  
5PM  
FREE  
ENTRANCE**

**BBQ AVAILABLE  
FOR YOU TO USE**

**FAMILY POOL  
TIME**