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OUR ACTIVITY ROOM IS GREAT!

How many of you know that the Activity Room is available for rent at a very reasonable fee? We have many organizations using the room and we have times available for more. Some of the organizations using the room currently for meetings and functions are: The Morongo Basin Old Car Club, High Desert Aquatics, Chaparral Art Club, Morongo Basin Cultural Arts and CERT. The room is also

available for weddings, birthdays, showers, anniversaries, and parties of all kinds. We have tables, chairs, tablecloths, table service, serving implements and a terrific sound system. We also have an outdoor patio if that is needed.

Come check out the pool and land based classes including: Basic and Medium Aerobics, Active Aerobics, Zumba,

Water Volleyball, Water Yoga and pre-school swimming lessons. Land-based classes include, art classes, bridge, guitar and harmonica lessons, chair exercise and Zumba.

If you have a need that you don't see addressed, let us know! We LOVE new ideas.

If you have a group that would like to meet here or questions, contact Cindy McVay at director@mbchg.org.

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POOL TILES!!!!

You all have seen the beautiful tiles decorating the wall in the pool. Have you ever wondered how YOU can be a part of this fabulous Wall Of Fame? Wonder no more. You can advertise your business, honor a loved one or put your own handsome/beautiful mug on

the wall for just \$100. You can personalize your own tile and we will Ooh and Aww at YOUR contribution to both the décor and the history of the Center for Healthy Generations. Ask at the desk for all the information. **AND IT'S DEDUCTIBLE!!!**

Happy Mother's Day



DO YOU KNOW YOUR CENTER TREASURER?

Kathy Dougan started coming to the High Desert area when she was a little girl in the early 70's. She had many jobs to help support her young family including importing tropical fish from Singapore, the Philippines, Japan and Taiwan and sending them out to wholesale warehouses throughout the United States. She also owned a Discount Tire Center in Yucca Valley for 30 years, When the shop was in full swing, Kathy not only ran the operation but was the tire and alignment technician. Many of her clients went to the shop just to see a woman changing

and aligning tires!

After she retired from the shop, Kathy worked for other businesses as their CFO and everything financial.

Being raised in an Irish family, Kathy had learned to play the keyboards and sang at every opportunity. When she retired from the CFO chapter of her life, she took her musical abilities and played keyboards and directed choir for local churches. She arranged music for her smaller choirs and helped people feel good about themselves through their worship and music. One of those choir members was Bonnie Rainey.

Bonnie had been coming to The Center for Healthy Generations for several years. She encouraged Kathy to come with her to the pool classes. Kathy volunteered at the front desk for a while until the Center found out about her amazing financial background. She was recruited to take care of the financials and organizational aspects of keeping track of volunteers and their hours and any other detail related to money and its care and payment. Kathy is now the person that keeps us solvent. She is an integral part of the Executive Board as the Treasurer for our Organization.

In addition to her amazing math skills she has people and pet skills; she has 1 daughter, 2 step-children, 6 grandchildren and 2 Great-grandchildren. She has 3 dogs, 3 exotic birds and a bunch of friends that enjoy her laugh every day.

Kathy is also the person who cheers us all on. She takes time from the amazing job she does to encourage us all. In a totally volunteer organization, it's easy to forget we are all here giving of our time free of charge. Kathy reminds us daily how important

we are and in turn, becomes an even bigger influence on us all.

If you have something you would like to see in our newsletter or would like to write your own contribution and submit it for inclusion in a future newsletter, contact Cindy McVay at director@mbchg.org or leave a note at the pool desk and we will try to accommodate you. We hope you enjoy this issue.

You have never really lived until you have done something for someone who can never repay you.

DO YOU KNOW YOUR VOLUNTEERS?

In this installment of "Do You Know Your Instructors" we are featuring **Sybil Marcus**. "I'm not actually sure how I first got turned on to the Center, but it was what I was looking for at the time. I wanted exercise and I needed something to take up some time, so this was a perfect fit for me. I'd be lost without this place!"

Meet uber volunteer Sybil Marcus, who was born, raised and worked in San Francisco. After high school she attended college but it was the late 60s, the times were turbulent with opposition to the Viet Nam War

and the Civil Rights Movement and her formal education was put on hold as college campuses erupted and socio-political issues took center stage in her life. As a fulltime activist, her deep commitment to causes dictated an eclectic work background that included waiting tables, and eventually led to employment with an organization that promoted AIDS awareness and prevention.

Sybil moved to the high desert in 2005 after visiting a friend who had purchased a residence here. Upon returning home to the Bay Area she explained, "I began

dreaming about it. I just fell in love with it. The organization I was working for was losing funding so it seemed like a perfect time to take a little bit of an early retirement."

Feeling the need to get more involved socially in her new community, six years ago Sybil began taking a Stained Glass class every Wednesday evening, and then began attending water aerobics at the Center for Healthy Generations two years ago. "I needed to exercise. It's very important because I spend a lot of time watching TV too, so I've got to balance that out."

Currently, Sybil participates in pool activities three times a week and has recently become an Instructor, substituting when needed until she works into her own weekly class. In addition, she logs time on Monday mornings and every other Saturday as pool receptionist, answering the phone, attending to Center business, and supporting other class Instructors.

Asked if there was anything else she'd like to share, she smiled. "I like to walk my dog, Mojo...he's my baby!"

ABBREVIATED BOARD AGENDA

The Expected Agenda for the March 2017 meeting is as follows in an abbreviated form:

Public Comments (moved to the beginning of the meeting in case you have a comment but do not want to sit through the whole meeting)

Financial Report



Old business:
Fees for the Activity room

News letter

New Business:

Phones, Internet, Cable

Earning Volunteer Hours

San Manuel Grant opportunity

Fee increase

Volunteer appreciation date

Get together for donors and potential donors

Silver Sneaker

Putting Tree up in the lobby

Upcoming activities: Garage Sale and Rubber Ducky



ACTIVITY ROOM FOR YOUR NEXT PARTY!!

How often have you wanted to throw a party but you just didn't want to clean house? Or you knew your neighbors would complain because cars were parked in front of their

driveways? Well, we have the solution! The Center for Healthy Generations has a terrific activity room with a beautiful patio that is available to rent for the small fee of

\$25.00 an hour. We have tables, chairs, serving ware table clothes and a terrific sound system. Please contact Cindy or Bonnie to schedule your next soirée!

COMING NEXT ISSUE

4th of July

Other really cool stuff that we just don't know about right now but listen to the announcements...we'll be sure to let you know as soon as we do!



“The best way to find yourself is to lose yourself in the service of others.”

Gandhi

Do you know Audrie Denham? She is our Instructor of the Quarter.

Sooner or later, if you spend any appreciable amount of time here at the Center, you are bound to hear about, or better yet, meet one of the Center's senior seniors, Audrie Denham. I had been warned prior to my interview with Audrie that she doesn't divulge her age, so when I commented that we share the same birthday...December 20th...I thought I might trick her into talking about the year she was born. WRONG! "I'm not going to give you the year", she stated mischievously, "but I'll tell you I was almost out of high school when WWII started." So, if you have any illusions that Audrie can be defined by her age, then go ahead and do the math, but once you engage her it becomes apparent that age is the last thing that defines this feisty fitness instructor.

Her enthusiasm for the Center, and life in general, is infectious. "I really believe in what I'm doing. It keeps me healthy, I don't have aches or pains. Did you know for years I haven't even had aspirin in the house. Never had pain, and don't have pain now." Audrie attributes her good health to eating well and being active, but also emphasizes the importance of a good attitude. "Why be unhappy? What do you get from it...nothing!"

Born in Temple, Oklahoma, Audrie grew up on a farm learning all about hard work, until she was 19 years old. Her parents emphasized independence and responsibility, traits that she and her husband reinforced in their own three children.

Married to Calvin Denham in 1943 during WWII, Audrie worked in the laundry at FT. Sill to support the war effort. He served in the Army, stationed at Paris, TX, then the Air Force, completing his military service on construction projects which led to self employment in the construction industry, operating heavy equipment as a finish grader on new housing starts. Audrie served as CEO of their business, Coast Grading, until the early 80's when new construction slumped and Calvin finished his career as a private consultant until retirement.

In the meantime they raised two boys, Calvin and Gary, and a daughter, Pam. Gary followed in his father's footsteps working in the construction field, living in Cathedral City, CA while Pam became a nurse, living and working in Payson, UT. Oldest son Calvin was studying to become a Prosthodontist when he was tragically killed in a boating accident.

Audrie has fond memories of the five of them piling into the family car for mostly weekend trips to the usual family destinations such as Disneyland and Knott's Berry Farm, but loved most the trips they took to museums, especially those whose displays told the story of the history of the area they were visiting. She cites as one of the best of these family adventures the Studebaker National Museum in South Bend, IN.

Over the years in addition to raising her family, Audrie sold shoes at JC Penney, then completed training to become a nurse, finishing out a career she enjoyed for 20 years in Neurology at UCLA. While Calvin was struggling to maintain the grading business, Audrie bought two houses in Anaheim, CA and operated them as full service senior guest homes. They retired and built a new home in Twenty Nine Palms, CA in 1989 and Calvin passed four years later in 1993.

Keeping busy, Audrie volunteered for several years with the Citizens Patrol in her community, finally moving in 1999 to her current residence in Gates of Spain, Yucca Valley, CA. Determined to stay active and involved, she became a Volunteer and Instructor at the Center for Healthy Generations quite inadvertently. She was bringing a friend to the pool for rehab and the Director at the time urged her to join the activities. She began taking water aerobics in about 2000 and before long the course instructor asked Audrie to fill in while she went on vacation...but she never returned! Undaunted, Audrie persevered in the new role she inherited and is still an Instructor for the Land Based Exercise Class that meets in the Activity Room on Tuesday and Thursday at 10am.

I asked her what it was about the Center that kept her interested and dedicated. "I just love the people, so positive, and the exercise. I just love the whole atmosphere of the place!"

Wrapping up the interview, I tried one last time, tongue in cheek, to see if I could get Audrie to divulge her age, but no dice. Instead she left me with this sage advice. "I want every day the good Lord is going to give me...and then I'm going to love every one of those days."

The Center for HG Tech Stuff!

Welcome to The Center for HG Tech Stuff! The purpose of this column is to provide information on technology for computers, tablets, iPads, smartphones hardware and software. This will be done through articles, questions and answer sessions, and any other means necessary through this column.

My name is Katherine M. Hilton. I have been in the technology field for 37 years holding every position possible including Director of Information Technology. If there is something of interest that you would like me to address through this column in a future newsletter or if you have a question you need answered, simply email me at TheCenterForHG@gmail.com. Make sure to type The Center for HG in the subject line so I know what the email is and read it. I look forward to receiving your feedback as well.

HANDS FREE DEVICES

In today's crazy world we are all juggling many tasks (many times, all at the same time)! The latest technologies with hands free devices and their applications are a great benefit to our busy lives. Many of you have heard of or use Siri. Siri is a built-in application on some of the latest Apple devices. Siri is considered a personal intelligent assistant. Through your voice command she helps you operate the Apple devices and the applications on these devices. I personally have never used Siri, but others that have are totally impressed.

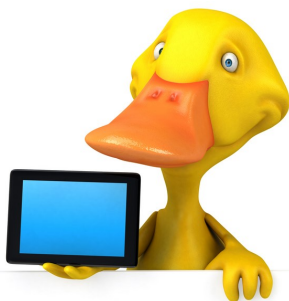
Another personal intelligent assistant is Alexa. Alexa comes with the Amazon Echo and Dot. These devices are speakers with Alexa assisting you through voice commands. Alexa is pretty cool! I have the Echo with Alexa and we use her every day. Some of the things Alexa does are:

- Order a pizza,
- Call Uber,
- Play Pandora and other stations,
- Keep your to-do and grocery list (which are available on your iPad, tablet, smartphone at any time),
- Play trivia,
- Play thunderstorms and other sounds,
- Get the weather,
- Turn on lights in different rooms in your house (requires an attachment),

And much, much more. Here is a link to view a list: <http://www.pocket-lint.com/news/138846-amazon-echo-what-can-alexa-do-and-what-services-are-compatible>

There are other hands free devices out there. I just wanted to share a couple with you to give you an idea of how technology is evolving. And why do these personal intelligent assistants have female names?

Katherine M. Hilton



Find us on the web at:

www.mbchg.org

And on Facebook:

The Center for Healthy Generations

*The Center for Healthy
Generations provides exercise, educa-
tion and activities promoting
wellbeing for all ages.*

Questions? You can contact the director at:

director@mbchg.org

Contributing Writers for the Center for Healthy Generations Newsletter

The Center is very lucky to have two terrific writers who contribute greatly to our quarterly newsletter.

Tom Mitchell is doing interviews with members. If you have a request for someone to be interviewed, please put a note in Cindy's box.

Katherine Hilton will be doing a quarterly column on Technology issues and questions. If you have a question regarding technology, put it in Cindy's box.

Any suggestions or comments can also be put in
Cindy's box.

T H I S A N D T H A T

**We have a van for
sale!**

**A fabulous
participant and
instructor donated a
van for us to use as a
fundraiser!**

**Any reasonable offers
will be considered!!**

**Our Rubber Ducky theme this
year will be Masquerade!**

**Start looking now for your
mask for the most creative,
most unusual and best Ducky
Masquerade mask contests.
More information to follow.**

Mark the date now:

September 8, 2017

The Sunset Rotary Club of
Yucca Valley will be having
their

**15th Annual Dessert Soiree
Charity Benefit Party &
Auction on April 8, 2017 at
6:00 PM at the Boys &
Girls Club**

56525 Little League Drive,
Yucca Valley.

The cost is \$30 per person.