

# BEACH CLUB APRIL EVENTS

## HEALTH & WELL BEING

### EDUCATIONAL SERIES & WORKSHOP

STARTING SATURDAY, APRIL 28, at 2pm

MELISSA McLANE OF LIFE WELLNESS LAB WILL DISCUSS

#### HEALTHY MIND AND BODY AS WE AGE.

Reverse pain and inflammation, weight gain issues and brain fog.

She will cover 1-2 topics each Saturday, once a month

for the next few months.

Bring your questions and health concerns.



## NEIGHBORHOOD GRILL OUT BY THE POOL

SATURDAY, APRIL 21 FROM 5-7 PM

\$5 TO SIGN UP

We provide HAMBURGERS, Turkey or  
Veggie Burgers & Hot Dogs prepared  
by Grill Master Jerry.

You bring the sides to share for 10-12 people.

Sides can include

Appetizers, Salads, Casseroles or Desserts.

Sign up by Wed 4/18



Beach Club Hours 12-9pm Everyday

Beach Club Advisory Group

Cabrillo - Jeanette Pera (408)828-1516

La Sierra - Gloria Nedell (619)522-0767

Las Palmas - Cindy Brennan (619)522-0042

Las Flores - Phyllis Maas (619)379-3044

El Camino - Madhu Arora (760)221-2072

La Playa - Wendy Birnbaum (619)435-5518

La Perla - Alma Ronas (619)435-5595

El Encanto - Elaine Marcus (520)730-5685

El Mirador - Therese Abboud (619)435-6556

La Princesa - Kathryn Grosnoff (619)522-9662

## APRIL DRINK SPECIALS

### BEER

HEINEKEN OR HEINEKEN LT . . .\$4

### WINE

SANTA MARGARITA PINOT GRIGIO . . .\$7

### COCKTAIL

WOO WOO . . . \$6

Peach Liqueur, Vodka and Cranberry Juice



## BINGO

EVERY MONDAY AT 5:15PM

CARDS ARE \$5

WIN CORONADO CURRENCY  
GOOD AT MORE THAN 50 CORONADO  
SHOPS AND RESTAURANTS

## TUESDAY LINE DANCING

4PM - MENS

4:30 BEGINNERS

5PM LEVEL 1

5:30 ADVANCED



## WEDNESDAY SOCIAL

5:15 - 7PM

It's optional to bring an Appetizer to share

The Music Line up

4/4 DANNY LOPEZ

4/11 THREE GUYS

4/18 CANDY SILVA

4/25 BOB WADE

**THE BOOK CLUB**

**APRIL 17TH,**

**10:30AM**

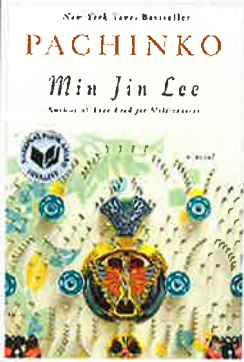
**At the Beach Club**

**"PACHINKO"**

**Min Jin Lee**

**A Korean Family Saga**

**set in Japan**



**GAME NIGHT**

**THURSDAY, APRIL 12 & 26, 4:45pm!**

**WE WILL "LEFT, RIGHT, CENTER &  
meet some new neighbors".**

**2nd and 4th Thursday of the month**

**\$10 BUY IN**

**FRIDAY NIGHT DANCE**

**7-9pm**

**4/6 SUNDANCE**

**4/13 SOPHISTICATS**

**4/20 BLUE ZONE**

**4/27 BAYOU BROTHERS**



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**chili**  
*Cook-Off*

**SATURDAY, MAY 19**

**GET YOUR BEST CHILI RECIPE READY  
WE WILL ALL BE TASTING & VOTING**

**5 -7:30pm**

**DETAILS COMING SOON**

# BEACH CLUB CALENDAR APRIL 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <b>Happy EASTER</b>	2 <b>Bingo 5:15</b>	3 <b>Line Dancing</b> Men's - 4pm Beginners - 4:30pm Level One - 5pm Advanced - 5:30pm	4 <b>Social Hour</b> Share an Appetizer (optional) 5:15 - 7pm <b>Danny Lopez</b>	5	6 <b>Friday Night Dance</b> 7-9 pm <b>Sundance</b>	7
8 <b>Sports on TV</b>	9 <b>Bingo 5:15</b>	10 <b>Line Dancing</b> Men's - 4pm Beginners - 4:30pm Level One - 5pm Advanced - 5:30pm	11 <b>Social Hour</b> Share an Appetizer (optional) 5:15 - 7pm <b>Three Guys</b>	12 <b>Game Night</b> 4:45pm	13 <b>Friday Night Dance</b> 7-9 pm <b>Sophisticats</b>	14
15 <b>Sports on TV</b>	16 <b>Bingo 5:15</b>	17 <b>BC Meeting 10am</b> <b>Book Club - 10:30am</b> <b>Line Dancing</b> Men's - 4pm Beginners - 4:30pm Level One - 5pm Advanced - 5:30pm	18 <b>Social Hour</b> Share an Appetizer (optional) 5:15 - 7pm <b>Candy Silva</b>	19 <b>L&amp;R Meeting 3:30 - R</b> <b>Duplicate Bridge</b> 1pm-BC	20 <b>Friday Night Dance</b> 7-9 pm <b>Blue Zone</b>	21 <b>GRILL OUT</b> <b>BY THE POOL</b> 5-7pm Reserve Ahead Please
22 <b>Sports on TV</b>	23 <b>Bingo 5:15</b>	24 <b>Line Dancing</b> Men's - 4pm Beginners - 4:30pm Level One - 5pm Advanced - 5:30pm	25 <b>Social Hour</b> Share an Appetizer (optional) 5:15 - 7pm <b>Bob Wade</b>	26 <b>Game Night</b> 4:45pm	27 <b>Friday Night Dance</b> 7-9 pm <b>Bayou Brothers</b>	28 <b>Health &amp; Well Being</b> <b>Series</b> 2pm
29	30 <b>Bingo 5:15</b>					
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8am Senior Fitness - R 9am Water Aerobics - BC 12:30pm Party Bridge - R	8:30am Yoga - R 9am Water Aerobics - BC 1pm Duplicate Bridge - R	8am Senior Fitness - R 9am Water Aerobics - BC 1pm Chicago Bridge - R	8:30am Yoga - R 9am Water Aerobics - BC 1pm Duplicate Bridge - R 4/19 1pm Dup Bridge - BC	8am Senior Fitness - R 9am Water Aerobics - BC	9am Water Aerobics - BC

BC = Beach Club R = Roeder UG = Under Ground OS = Off Site