

THE BULLETIN

OF THE 60+ CLUB

Volume 38, Number 8
May/June 2024
Karen Polyniak, Editor

CALIFORNIA STATE UNIVERSITY BAKERSFIELD
19AW, 9001 Stockdale Highway Bakersfield, CA 93311
www.csub.edu/60plus

President's Message

Carla Stanley

(428-1517, searosas53@hotmail.com)

April was a busy month! Special thanks to Christina Lopez who came to our general meeting to answer questions about CSUB's special waiver program for students over the age of 60. Specific details about this program are not currently on the CSUB website but information can be obtained from Christina Lopez's office at www.csub.edu/admissions.

Elder College was held April 17 – 18. The seminars were excellent, as was Hodel's lunch at the food court. The field trip up the Kern Canyon and our visits to Nuui Cunii Native American Intertribal Cultural Center and the Kern Valley Museum were enlightening. The morning's activities were topped off by an excellent lunch at Ewing's. Visit our Facebook page www.facebook.com/CSUB60Plus to see pictures. I hope you are inspired to volunteer for the committee to plan the 2025 Elder College and I want to thank this year's committee members – Diane Mitchell, James Mitchell, Karen Polyniak, Sheila Ross and Kathy Wagner.

By the time you read this, the Scholarship Committee will have awarded the 2024 60+ Club scholarship for \$1500.

Instead of the General Meeting speaker, we are holding a special May Health and Wellness Resource Fair to be held on the date of our regular General Meeting – **Thursday, May 9**. Details are on page 2.

60+ Election ballots are still be collected so turn them in by **May 8**. Janis Varner has arranged for the Installation of Officers Luncheon to be held on **Thursday, June 13** at Stockdale Country Club. Information and the reservation form is at the end of this *Bulletin*.

The May board meeting will be on **Thursday, May 2 at 1:30 pm** at the CSUB University Advancement Conference Room. Anyone is welcome to attend, but we have limited space. Any non-board member needs to contact me ahead of time. The June board meeting welcomes the new board to meet with the existing board and that will be held **Thursday, June 6 at 1:30 pm**.

Splinters from the March Board Meeting

Carla Stanley (428-1517, searosas53@hotmail.com)

- Elder College Fund is \$9,608.50. The General Fund is \$9,263.33—this money pays for room rent and technical services, parking costs, as well as costs for all printings and mailings.
- Reports given on Elder College and May Health Fair planning
- There will be a biennial report completed by the end of this fiscal year (June 30, 2024).

May Health and Wellness Resource Fair
Thursday, May 9 from 2 – 4 pm
Stockdale Room

Location: Stockdale Room which is located at the Runner Café. Parking will be in Lots M and K1. Place your parking pass on your dash.

WE WANT TO ANSWER THE QUESTIONS YOU DIDN'T KNOW YOU HAD, and some that you didn't know who to ask. Instead of our regular general meeting, we will have representatives from the following organizations that offer services we need now or will need in an emergency. More information about each agency will be posted on our Facebook page:

www.facebook.com/CSUB60Plus.

Some of the representatives and their descriptions include:

- Art & Spirituality Center: Art for Healing provides opportunities for art-making, laughter, writing, music, and other creative experiences.
- The Bakersfield Fire Department: An emergency response agency that provides EMS, Fire, Rescue, and Haz Mat emergency services.
- The Bakersfield Police Department (BPD) offers programs and services for a wide range of topics pertaining to community safety and well-being.
- Ivy Park at Seven Oaks Senior Living Community: We offer premier assisted living and personalized memory care services. Ivy Park is tailored to provide the retirement lifestyle seniors deserve.
- Independent Living Center of Kern County (ILCKC) emphasizes that people with disabilities are the best experts on their own needs, they have crucial and valuable perspective to contribute to society, and are deserving of equal opportunity to decide how to live, work, and take part in their communities.
- Kern County Aging and Adult Services Programs include the Senior Information and Referral Program, Medicare Health Insurance Counseling and Advocacy Program, Senior Nutrition Program, Meals on Wheels, In Home Supportive Services, Adult Protective Services, and Digital Divide.
- Kern County Public Health is grounded in protecting and promoting the health and safety of the communities we serve. Committed to a healthier Kern, we offer a wide range of services and programs that can be accessed from our webpage kernpublichealth.com. At this event, our health education team will share information on our Know Your Numbers program and Mobile Health Clinic.
- Cheryl Nieuwkoop, Authorized Sales Agent for United Healthcare. Cheryl will have resources available for Medicare Eligible Seniors, Medicare Quick Tips and Clarity Guides.

SPREAD THE WORD! BRING YOUR FRIENDS! This is a chance to get first-hand information about potential programs you could use. Don't wait until the you need their help. **FIND OUT NOW!**

Action Network	Sheila Ross	(444-6839, sheiro6@aol.com)
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Fine Arts Music	Peggy Bryson Donna Bartlett	(333-5623) (833-0721, dshutcherson@yahoo.com)
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There are several music events in April listed at the Music website: www.csub.edu/music.

CSUB University Chamber Singers Concert – Performing music from around the world and from time periods spanning the Renaissance to the 21st century.

Thursday, May 2 at 7:30pm at the Doré Theatre

Cost: General Admission \$7, Seniors (60+) and students \$5, CSUB Students Free with valid ID

Symphonic Band – Presenting a variety of music from the band repertory

Monday, May 6 at 7:30pm at the Doré Theatre

Cost: General Admission \$12, Seniors (60+) and students \$7, CSUB Students Free with valid ID

BC/CSUB Orchestra Concert – Performing works from the orchestral literature and will feature BC student flutist Ashly Kundal

Wednesday, May 8 at 7:30 pm at the Doré Theatre

Cost: General Admission \$12, Seniors (60+) and students \$7, CSUB Students Free with valid ID

Concert Band – Sharing the stage with Jacobsen Middle School and also will feature CSUB student clarinetist Jaison Miles

Friday, May 10 at 6:00 pm at the Doré Theatre

Cost: General Admission \$12, Seniors (60+) and students \$7, CSUB Students Free with valid ID

Fine Arts Theater	Billie Swanson	(587-2544, billieswanson@icloud.com)
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I want to send a special thank you to all volunteers for last event of student written plays in the “Theatre of New Voices” .

Walter Stiern Memorial Rose Garden	Carla Stanley	(428-1517, searosas53@hotmail.com)
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Walter Stiern Memorial Rose Garden- We will be meeting to prune and deadhead roses on **Saturdays, May 11, June 8, July 13 & August 10 from 8:30-9:30 am**. Bring gardening gloves, pruning shears and a bucket to drop your cuttings into. Bring water to stay hydrated, it will be getting warm.

Gordon Callison Memorial Garden- The first planting of this garden was done the end of February with annuals adding color to their small corner of campus. The next planting will be

Thursday, June 20 from 10 – 11 am. Bring gloves and a small spade or garden fork to remove old annuals and plant new ones. Park at the end of the library parking lot and walk by the creek and the koi pond, go pass the library steps and you will find the garden on the left hand.



Well Sample Repository**Kim Jones****(619-985-5127, kimithjones@gmail.com)**

We are continuing to repackage samples at the Well Repository. The date for the next repackaging is **Wednesday, May 22 at 9 am**. Please let me know if you want to join us if you have yet not participated as there is limited space & some prior training required.

Interest Groups**Sheila Ross****(444-6839, sheiro6@aol.com)****Conversations with the Professor****Ted Murphy****(325-0307, tmurphy@bak.rr.com)**

On **Monday, May 20 at 2 pm**, Dr. Todd McBride, Director of Health Related Programs, will talk about the new BS degree in Public Health and the formation of a new Department of Public Health in NSME (Natural Sciences, Mathematics and Engineering) with our last speaker, Dean Jane Dong.



Todd came to the Biology Department in 1996 and taught physiology and other courses. He gave a presentation to Coffee with the Professor a number of years ago and since has grown with the University. Some of you may have been his students!

Location: Dezimmer Leadership Center Room 402D, located east of the tennis courts by the CSUB President's office.

Crafty Paper Arts**Karen Polyniak****(246-8763, kpoly@earthlink.net)**

We will meet on the first **Tuesday, May 7 at 1 pm** to create a fun Snoopy Bobblehead out of paper. We meet at the Wilson Branch of the Kern County Library, 1901 Wilson Road. Cross street is Fremont St between Hughes Lane & South H Street. Parking is in back & the entrance is on Fremont St. Bring your scissors and all other materials will be provided.



In June, we hope to return to the Southwest Library at 8301 Avenue as it is scheduled to be re-opened. On **Tuesday, June 11 at 1 pm**, we will fold a shirt out of dollar bill sized paper in time for Father's Day. You can bring your own bills but I will provide dollar-sized paper to use.

Dinner Club**Linda Cohen****(599-0799, linmar@bak.rr.com)**

Dinner Club will next meet on **Tuesday, May 21 at 5:30 pm** at Crest Bar and Grill, 5025 Wible Road in the Bakersfield KOA. Please reserve your spot by Monday, May 20.

The following month, Dinner Club will meet on **Tuesday, June 18 at 5:30 pm** at Chalet Basque, 200 Oak Street. Please reserve by Monday, June 17.

Fiber Arts**Judy Lawhead****(364-3525, Judy.Lawhead@sbcglobal.net)**

We meet weekly **Wednesday morning at 10 am** at Panera Bread at 4108 California Ave. We work on individual projects and items for donation. While we do a lot of knitting and crocheting we also welcome members who like to loom, cross stitch, needlepoint, embroider and do tatting. We have teachers and supplies for those who would like to learn to knit and crochet. And we would welcome anyone that would like to just have a cup of coffee and visit.

Fun & Games**Carole & Bob Guillory****(665-2148, bcguillory@sbcglobal.net)**

Wednesdays, May 1 & June 5 will be our next Fun and Game Days. It will be at the usual place, Round Table Pizza at 4200 Gosford Road. Come at **noon** and enjoy a no-host lunch; then at **1 pm** we will start the Mexican Train, Mah Jongg, and Phase 10 games. Don't forget we are always interested in learning new games. We continue to meet during the summer.

Lunch Bunch**Nancy Hine****(619-7539, smilenhine@hotmail.com)**

On the second **Wednesday, May 8**, Lunch Bunch will gather at SONDER, 9500 Brimhall Rd, #100 in the plaza NW of Calloway and Brimhall. It faces Brimhall, but it's 3 buildings east of Calloway, right next to Urner's Mattress. We will gather at **11:00 am and order by 11:30 am**. Their white sangria is fantastic, if you're not driving. Please reserve a place with Nancy Hine by Tuesday, May 7.

There will be Lunch Bunch on **June 12, the second Wednesday**. Nancy Hine will send details later.

Readers Group**Kathy Wagner****(805-8767, Jonwag49@earthlink.net)**

The Readers' Group will meet on **Wednesday May 15 at 2 pm** at 1705 Aubusson, Bakersfield 93311. We will discuss *Life in the Balance* by Jim Down. The phone number is 663-0198. For further information, please call Kathy Wagner at 805-8767.

We won't have a meeting in June. For the summer we are reading the latest by Ken Follett entitled "*The Armor of Light*". The September meeting will be in the next *Bulletin*.

60+ Club Scholarship Donation

We have been awarding a \$1500 scholarship to a CSUB nursing student or one pursuing a career in Education every year since 2019. Please help us continue this activity by donating to our scholarship fund. If 60 people gave \$25 each, this year's scholarship will be your personal gift to help a deserving student through their last year of classes.

Please make your check out to
"CSUB FOUNDATION"
Write "60+ Club Scholarship"
in the memo section of your check.

Mail to:
University Advancement
CSU Bakersfield
9001 Stockdale Hwy
Mail Stop 19AW
Bakersfield, CA 93311-1022

MAY 2024						
S	M	T	W	T	F	S
			1 Fun & Games 1p	2 Board Meeting 1:30p CSUB Music 7:30 p	3	4
5	6 CSUB Music 7:30 p	7 Crafty Paper Arts 1p	8 Fiber Arts 10a Lunch Bunch 11a CSUB Music 7:30 p	9 Health Fair 2p - 4p	10 CSUB Music 6 p	11 Rose Garden 8:30a
12 Mother's Day	13	14	15 Fiber Arts 10a Readers 2p	16	17	18
19	20 Convo w/ Prof 2p	21 Special Election Day Dinner Club 5:30p	22 Well Sample 9a Fiber Arts 10a	23	24	25
26	27 Memorial Day	28	29 Fiber Arts 10a	30	31	

JUNE 2024						
S	M	T	W	T	F	S
						1
2	3	4	5 Fun & Games 1p Fiber Arts 10a	6 Board Meeting 1:30p	7 Deadline for Installation Lunch	8 Rose Garden 8:30a
9	10	11 Crafty Paper Arts 1p	12 Fiber Arts 10a Lunch Bunch 11a	13 Installation Lunch 11:30a	14 Flag Day	15
16 Father's Day	17	18 Dinner Club 5:30p	19 Juneteenth Fiber Arts 10a	20 Callison Garden 10a	21	22
23	24	24	26 Fiber Arts 10a	27	28	29
30						

You are Invited!
60+ Spring Luncheon and Installation
Thursday June 13
Stockdale Country Club
11:30 am Social Hour
Noon Lunch

Please join us as we thank the "Old" Board and the members who have made this year so enjoyable. Welcome our "New" Board as they continue to bring our members activities to enjoy the upcoming year. Remember our Officers volunteer their time to ensure our organization provides a positive experience for our members.

Please choose your luncheon selection from below.
The price for each is \$30 inclusive:

COBB SALAD

CHICKEN CREPES WITH SPRING SALAD

EGGPLANT PARMESAN

Food Pantry - Feel free to bring anything that you think will be appreciated by the students. Beside food, there is always a need for hygiene products-soaps, shampoos, deodorants, lotions, razors, etc

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60+ Installation Luncheon – Thursday, June 13 (Deadline for reservations is June 7)

Name(s) _____

Phone _____

Please indicate choice of entrée:

- | | Quantity |
|--|----------|
| <input type="checkbox"/> Chicken Crepes | _____ |
| <input type="checkbox"/> Cobb Salad | _____ |
| <input type="checkbox"/> Eggplant Parmesan | _____ |

Total amount enclosed _____

Please make check out to "JANIS VARNER" and mail with form to
11901 Payton Manor Drive, Bakersfield 93312
Any questions to Janis at 661-979-7136