



KING CITY
CIVIC ASSOCIATION
 AN ADULT - 55 AND OLDER - COMMUNITY

NEWSLETTER



Also available on KCCA's website: www.mykcca.com

KCCA House Committee working hard on KCCA improvements

The KCCA House Committee has been very active on identified projects in the last couple of months.

The Crown Center has seen the most activity, with freshly painted walls, carpet and window tinting.

Reorganization of the kitchen by resident **Ron Yates** and new artwork donated by KCCA resident **Sharon Niemczyk** have contributed to a clean, bright, updated, and usable meeting/activity room. Fresh paint in the Crown Center entryway will be completed soon.

Outside the Crown Center, a safety issue was corrected by lifting the sidewalk to the curb level. This process provided the same result at a lower price had the concrete been replaced.

With the help of KCCA resident volunteers **Keith Wallbridge**,



Celebrating below in the updated Crown Center are (L to R) Dave Smith, Ron Yates, Megan Rutz, Susan Smith, Jim Gorman, Patti O'Toole, Mike Ceccanti, Chris Wallbridge, and Keith Wallbridge. Committee members not pictured: Jackie Ceccanti, Don Borne and Nancy Daum.

Dave and Susan Smith, the Gazebo in Gazebo Park was repaired and painted.

Projects in the planning stages include the cleaning and updating of the Pro Shop restrooms, updating parking lot signage and the creation of a Board of Directors office/workroom in

the back half of the poker room. KCCA residents **Jody Sanders** and **Steve Gearhart** have volunteered to assist committee members with these projects.

IF YOU WOULD LIKE TO VOLUNTEER WITH COMMITTEE PROJECTS, LET US KNOW.



Salute to Veterans Event

Submitted By Paul Hailey

You are invited to a community celebration to honor and say "Thank you" to our many local veterans. The event will be in the King City Clubhouse on November 12 at 3:30 p.m.

There will be a trumpet player sounding Reveille,

singing of military branch songs, short talks by local veterans, Sounding of Taps, and refreshments.

Let's honor our local veterans for their service to our country!

If you have questions, call **Paul Hailey** at 503-620-2161.

KCCA BOARD OF DIRECTORS 2023-2024

Chris Walbridge, President
cwalbridge@mykcca.com

Mike Ceccanti, Director
mceccanti@mykcca.com

Bryan Daum, Vice President
bdaum@mykcca.com

Cherie Gilmore-Forczak, Director
cheriegf@mykcca.com

Michelle Faber, Treasurer
mfaber@mykcca.com

Director - Open

Melanie Sagebear, Secretary
msagebear@mykcca.com

The KCCA Board of Directors meet on the second and fourth Tuesday of each month at 6:30pm. Board meetings are being held in person at the KCCA clubhouse as conditions allow, but can be held virtually if needed. Please check mykcca.com for latest information.

STANDING COMMITTEES

CLUBS AND AMENITIES

Chair: Cherie Gilmore-Forczak
 Date & Time: 2nd & 4th Monday of the Month at 10:00 a.m.
 Location: Meeting Room

GREENS

Chair: Open
 Date & Time: 2nd Tuesday of each Month at 1:00 p.m.
 Location: Pro Shop

HELLO NEIGHBORS

Chair: Chris Walbridge
 Date & Time: 1st Monday of the Month at 10:00 a.m.
 Location: Multi-Purpose Room

HOUSE

Chair: Mike Ceccanti
 Date & Time: One Monday a Month (varies) at 11:00 a.m.
 Location: Crown Center

LANDSCAPING, ARCHITECTURAL REVIEW, AND COMPLIANCE (LARC)

Chair: Melanie Sagebear
 Co-Chair: Mary Maney
 Date & Time: 1st and 3rd Tuesday of the Month at 10:00 a.m.
 Location: Multi-Purpose Room

FINANCE AND BUDGET

Chair: Michelle Faber
 Date and Time: 1st and 3rd Tuesday of the Month at 4:00 p.m.
 Location: Meeting Room

POOL

Chair: Bryan Daum
 Date & Time: 3rd Monday of the Month at 7:00 p.m.
 Location: Multi-Purpose Room

KCCA TEAM

KCCA HOA • 15245 SW 116th Ave, King City, OR 97224 • 503.639.6565

Open Window Hours:

Monday - Friday 8:00 a.m. - 5:00 p.m.

Teri Jensen,
 Office Manager
office@kccahoa.com

Michelle Evans,
 Bookkeeper
books@kccahoa.com

Pro Shop 15355 SW Royalty Parkway, King City, OR 97224 • 503.639.7986

Jeff Halfman
 Golf Course Superintendent
golfsuper@mykcca.com

Joy Olmstead
 Pro Shop Manager
golf@mykcca.com

Crown Centers - 16880 SW 126th Ave., King City, OR 97224
 Pools are currently closed

KCCA Website: www.mykcca.com

ABOUT THE KCCA NEWSLETTER

Teri Jensen, Editor

Articles for KCCA's newsletter are due to office@kccahoa.com no later than: 10th of each month for following month's newsletter

Articles submitted are printed as is. Committees and Clubs must submit their articles by email to avoid name misspellings or other inaccuracies.

For advertising information, please contact Mike Antonelli:
 TIGARD LIFE • phone 503-692-9215 • Email: mike@tigardlife.com

Talented Seniors Strut Their Stuff Once Again



Northwest Senior Theatre presents "Every Holiday Has A Song" on Wednesday, Friday and Saturday, Nov. 15, 17 and 18, at 2 p.m. at Rise Church, 10445 S.W. Canterbury Lane, Tigard.

Tickets cost \$10, and there is a clickable link on the website, nwseniortheatre.org, or people can purchase tickets through bit.ly/NSTHoliday23.

There is plenty of free parking, and the venue is wheelchair- and walker-accessible. For more information, call 503-251-4332 or email nwseniortheatre@gmail.com.

KCCA Music Club - Celebrating Tony Bennett

Submitted by Paula Wenzl

The **First Thursday Concert** will be on November 2 at 2:00 in the Club House meeting room.

Tony Bennett passed on July 21, 2023, at the age of 96, after an amazing and long career. He received 20 Grammy awards, sold more than 50 million records worldwide, and, along the way, touched the hearts of many.

Chick and the Chicklets will be back singing *Fly Me to the Moon* and *Give Me the Simple Life*. You will have to join us to see which group does which song!

Ray will direct the choir with *Put On a Happy Face* and that great favorite, *I Left My Heart in San Francisco*.



Our choir jumped at the opportunity to bring his music to you in November. Our “set list” filled in a matter of a few short days!



What can you look forward to? For certain, **Chick and the Chumps** and

Paula will be directing *Who Can I Turn To and Smile*.

What else can you expect? *The Shadow of Your Smile*, *For Once in My Life*, *Long Ago and Far Away* and more.

We are thrilled with our “combo” – **Muriel** on piano, **Zvi** on guitar, **Chick** on percussion and **Greg** on stand-up bass.

If you have questions about our group, please feel welcome to call **Muriel Dresser** at 503-443-6777 or **Paula Wenzl** at 503-720-4835.

Remember First Thursday Nov. 2! We hope you will join us at 2:00 p.m. in the Clubhouse!

Northwest Senior Theatre 

Presents

Every Holiday Has A Song

Launch the Holiday season with NST!

New Year's Valentine's Thanksgiving Christmas Easter Hannukah July 4th



Mark your calendars now!

Showtimes:
2:00 p.m. • Wed., Fri. & Sat., Nov. 15, 17, 18, 2023
\$10.00

Tickets go on sale now: bit.ly/NSTHoliday23
(Clickable link on our website: nwseniortheatre.org)
Or at the door (cash or check only please)

Rise Church
10445 SW Canterbury Ln., Tigard, OR 97224
Plenty of free parking • Wheelchair & walker accessible
More info: 503/251-4332 or nwseniortheatre@gmail.com

KING CITY LIONS

27th Annual Holiday Bazaar

Fri. & Sat. Nov. 10 & 11, 2023
9:00 am — 4:00 pm
King City Civic Association Clubhouse

- Crocheted, knitted garments, and baby items
- Sewn scarves, handbags, totes
- Quilts, table runners, kitchen towels, aprons
- Dolls and American Girl doll clothing
- Paintings, jewelry, music boxes, gift bags, soaps
- Cookies, bread, dips, jams, jellies, pickles
- Home & Yard décor, bird houses, ornaments

Enjoy coffee, tea, snacks & lunch as you shop

Over 30 Vendors



King City's Garden Club is celebrating our first year, and, as they say, "We've come a long way, baby!" Starting with six women with a passion for

gardening and a vision to join together, we've grown to over 30 members. Our monthly meetings and field trips are educational, inspiring and fun-filled.

In September, we toured the private gardens of **Ann and Tom Cohrs** in Newberg. Over the last five years, they've taken their 1+ acres from bare dirt to stunning gardens,



orchards and water features, all on a grand scale. What an inspiration! Fun fact: In the first year, they planted over 4500 plants.

We love to welcome new members, so drop by November 10, 2:00-4:00 p.m. in the Clubhouse for our next meeting. While our gardens go dormant, we suspend meetings in December and January and resume the 2nd Friday of February with plans for an extraordinary year.

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- Angie's List

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FINANCIAL SURVIVAL FOR FAMILIES IN THE GRIP OF DEMENTIA

Alzheimer's, Parkinson's, or Dementia can wipe out a healthy retirement portfolio and devastate a family financially.

DON'T LET YOUR FAMILY GO BROKE IN A NURSING HOME!

You're invited to attend this important Educational Event.

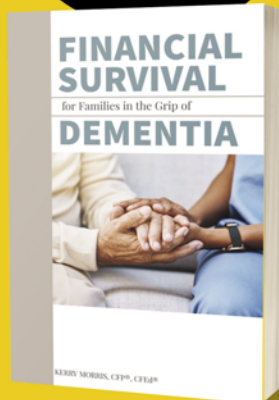
70% of all retirees will have to face the high cost of aging, which will devastate and or derail retirement. The good news is there are numerous ways to protect your family's finances while remaining at home.

This event is sponsored by a nonprofit organization.

Here's What You Will Learn:

- How to stay in your home using IRA funds to pay for care tax free whether in care now or not.
- Using 13 Year old tax law to convert certain accounts from taxable to tax free if used for care.
- Qualifying now for lifetime benefit to protect spousal caregivers if need arises and money to family if no care is needed (Portfolio Protection).
- How to protect the home from medicaid liens.
- Prevent leaving the spouse destitute and broke.
- Smart strategies to preserve assets and resources.
- How to prevent the kids from squabbling over parent's care.
- Protect your children's inheritance.
- How to guard against the financial strain of dementia while also ensuring your loved ones get the best care possible.
- Helping you or your loved ones "age in place" with dignity.
- How to utilize assets in a tax-free manner to help with long-term care costs.
- How to maximize your medicare and long-term care benefits.
- Creating a sustainable and actionable plan for dementia and other issues of aging.
- Navigating the financial, legal, and healthcare mazes of your retirement

Attendees
Receive
FREE Book



MONDAY, NOVEMBER 13, 10 AM AND 2 PM.

THE KING CITY CIVIC ASSOCIATION CLUBHOUSE
15245 SW 116th Avenue King City OR 97224

Seating is Limited!

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KCCA ACTIVITIES CALENDAR

Sunday

Monday

Tuesday

Wednesday



Member Services Window Hours*

Mon. 8 a.m. - 5 p.m.
 Tues. ... 10 a.m. - 7 p.m.
 Wed. 8 a.m. - 5 p.m.
 Thurs.... 8 a.m. - 5 p.m.
 Fri. 8 a.m. - 5 p.m.
 *except holidays

Room Codes:

AC = Arts & Crafts Building
 BR = Clubhouse Banquet Room
 CC = Crown Center
 CO = Call Office for Details
 CR = Computer Room (by Library)
 GR = Lawn Bowling/Croquet Green
 LR = Clubhouse Living Room
 MP = Multi-Purpose Room
 MR = Meeting Room
 OP = Outdoor Pool
 SC = Shuffleboard Courts

9:00am LR Coffee C
 10:00am MP Table Ter
 10:00am BR Tai Chi
 11:00am SC Shufflebo
 11:00am MR Women's
 11:45am MP Pinnocle
 1:00pm MR Golf Brid
 1:30pm CC Red Hat
 6:00pm GR Croquet

9:00am BR Church Services
 1:30pm MR Mexican Train
 6:00pm GR Croquet Club
 7:00pm LR Pool Club

5

9:00am LR Coffee Clutch
 9:30am MR Travel Club Meeting
 10:00am MP Table Tennis
 11:00am SC Shuffleboard
 12:00pm BR Yoga
 1:00pm MR 1st Monday Bridge
 2:00pm BR Iota Delta Sorority
 5:00pm BR Bingo - Lions Club
 6:00pm BR Bingo - Lions Club
 6:00pm GR Croquet Club

6

8:00am MR Golf Club
 9:00am AC Ceramics Club
 9:00am LR Coffee Clutch
 9:30am BR Fitness And Fun
 10:00am CC Clubs And Ameneties
 10:00am MP LARC Meeting
 10:30am GR Lawn Bowling
 11:00am MP Lions With Mel
 12:30pm MP Cribbage
 12:30pm BR Duplicate Bridge
 1:30pm MR Tuesday Cards
 4:00pm MR Finance Budget Meeting
 5:30pm MP Double Deck Pinochle
 6:00pm GR Croquet Club
 7:00pm CC TV Quilt Guild

7

9:00am LR Coffee C
 10:00am MP Table Ter
 10:00am BR Tai Chi
 11:00am SC Shufflebo
 11:45am MP Pinnocle
 12:00pm CC Rainy Da
 1:00pm MR Golf Brid
 1:00pm BR Medicare
 6:00pm GR Croquet

1:30pm MR Mexican Train
 2:00pm BR Monthly Musical
 6:00pm GR Croquet Club

12

9:00am LR Coffee Clutch
 10:00am MP Table Tennis
 11:00am SC Shuffleboard
 12:00pm BR Yoga
 1:00pm MP Bunco Group
 6:00pm GR Croquet Club
 6:30pm GR Woodshop Club
 7:00pm BR King City Camera Club-
 Competition Night

13

9:00am AC Ceramics Club
 9:00am LR Coffee Clutch
 9:30am BR Fitness And Fun
 10:30am GR Lawn Bowling
 12:30pm MP Cribbage
 12:30pm BR Duplicate Bridge
 1:30pm MR Tuesday Cards
 5:30pm MP Double Deck Pinochle
 6:00pm GR Croquet Club
 6:30pm BR Board Of Directors Meeting

14

9:00am LR Coffee C
 10:00am MP Table Ter
 10:00am BR Tai Chi
 11:00am SC Shufflebo
 11:45am MP Pinnocle
 1:00pm MR Golf Brid
 4:00pm BR Drumm
 6:00pm GR Croquet

1:30pm MR Mexican Train
 6:00pm GR Croquet Club

19

9:00am LR Coffee Clutch
 10:00am MP Table Tennis
 11:00am SC Shuffleboard
 12:00pm BR Yoga
 2:00pm MR Hello Neighbors Book Club
 2:00pm LR Iota Delta Sorority
 6:00pm GR Croquet Club
 7:00pm MR Pool Committee Meeting

20

9:00am AC Ceramics Club
 9:00am LR Coffee Clutch
 9:30am BR Fitness And Fun
 10:00am MP LARC Committee Meeting
 10:30am GR Lawn Bowling
 11:00am MP Lions With Mel
 11:30am MR Lions Club Monthly Meeting
 12:30pm MP Cribbage
 12:30pm BR Duplicate Bridge
 1:30pm MR Tuesday Cards
 4:30pm MR Finance Budget Meeting
 5:30pm MP Double Deck Pinochle
 6:00pm GR Croquet Club
 6:00pm BR TV Quilt Guild

21

9:00am LR Coffee C
 10:00am MP Table Ter
 10:00am BR Tai Chi
 11:00am SC Shufflebo
 11:45am MP Pinnocle
 1:00pm CC Bunco B
 1:00pm MR Golf Brid
 6:00pm MP Bible Stu
 6:00pm GR Croquet

1:30pm MR Mexican Train
 6:00pm GR Croquet Club

26

9:00am LR Coffee Clutch
 10:00am MP Table Tennis
 11:00am SC Shuffleboard
 12:00pm BR Yoga
 6:00pm GR Croquet Club

27

9:00am AC Ceramics Club
 9:00am LR Coffee Clutch
 9:30am BR Fitness And Fun
 10:00am MP Lion's Club Meeting W/ Mel
 10:30am GR Lawn Bowling
 12:30pm MP Cribbage
 12:30pm BR Duplicate Bridge
 1:30pm MR Tuesday Cards
 5:30pm MP Double Deck Pinochle
 6:00pm GR Croquet Club
 6:30pm BR Board Of Directors Meeting

28

9:00am LR Coffee C
 10:00am MP Table Ter
 10:00am BR Tai Chi
 11:00am SC Shufflebo
 11:45am MP Pinnocle
 1:00pm MR Golf Brid
 6:00pm GR Croquet

CLUBS - NOVEMBER 2023



Wednesday	Thursday	Friday	Saturday
<p>Clutch ennis</p> <p>Board Golf Meeting</p> <p>ge Group Society Club</p> <p>1</p>	<p>9:00am AC Ceramics Club</p> <p>9:00am LR Coffee Clutch</p> <p>9:00am CC TOPS</p> <p>9:30am BR Fitness And Fun</p> <p>9:30am MP Knit & Crochet Club</p> <p>10:00am MR King City Bible Study</p> <p>10:30am GR Lawn Bowling</p> <p>11:00am BR Line Dancing</p> <p>1:00pm MP Artists Guild</p> <p>2:00pm BR KC Music Club Performance</p> <p>6:00pm GR Croquet Club</p> <p>6:30pm MP Table Tennis</p> <p>7:00pm BR Republican Club Meeting</p> <p>2</p>	<p>9:00am LR Coffee Clutch</p> <p>9:45am MR Friday Morning Bible Study</p> <p>10:00am MP Hnsc Meeting</p> <p>10:00am BR Tai Chi</p> <p>10:30am CC Mah Jongg Club</p> <p>11:00am SC Shuffleboard</p> <p>12:00pm BR Yoga</p> <p>1:30pm MP Art Class</p> <p>6:00pm GR Croquet Club</p> <p>3</p>	<p>10:00am CC Royal Garden</p> <p>Homeowners Meeting</p> <p>10:00am BR Wa. Co. GOP Central Committee Meeting</p> <p>10:30am GR Lawn Bowling</p> <p>5:30pm MP Double Deck Pinochle</p> <p>6:00pm GR Croquet Club</p> <p>4</p>
<p>Clutch ennis</p> <p>Board</p> <p>y Book Club</p> <p>ge Group</p> <p>e 101 Club</p> <p>8</p>	<p>9:00am AC Ceramics Club</p> <p>9:00am LR Coffee Clutch</p> <p>9:00am CC TOPS</p> <p>9:30am BR Fitness And Fun</p> <p>9:30am MP Knit & Crochet Club</p> <p>10:00am MR King City Bible Study</p> <p>10:30am GR Lawn Bowling</p> <p>11:00am BR Line Dancing</p> <p>12:00pm CH Lions Holiday Bazaar Set Up</p> <p>2:00pm MR KC Music Club Practice</p> <p>6:00pm GR Croquet Club</p> <p>6:30pm CC Garden Villas HOA Meeting</p> <p>9</p>	<p>9:00am CH Lions Holiday Bazaar</p> <p>10:30am CC Mah Jongg Club</p> <p>11:00am SC Shuffleboard</p> <p>6:00pm GR Croquet Club</p> <p>10</p>	<p>Thank You, Veterans!</p> <p>9:00am CH Lions Holiday Bazaar</p> <p>10:30am GR Lawn Bowling</p> <p>5:30pm MP Double Deck Pinochle</p> <p>6:00pm GR Croquet Club</p> <p>6:30pm CC Polish Poker</p> <p>11</p>
<p>Clutch ennis</p> <p>Board</p> <p>ge Group</p> <p>g For Peace Club</p> <p>15</p>	<p>9:00am AC Ceramics Club</p> <p>9:00am LR Coffee Clutch</p> <p>9:00am CC TOPS</p> <p>9:30am BR Fitness And Fun</p> <p>9:30am MP Knit & Crochet Club</p> <p>10:00am MR King City Bible Study</p> <p>10:30am GR Lawn Bowling</p> <p>11:00am BR Line Dancing</p> <p>1:00pm MP Artists Guild</p> <p>2:00pm BR KC Music Club Practice</p> <p>4:00pm BR Bingo- Lions Club</p> <p>6:00pm GR Croquet Club</p> <p>6:00pm CR Poker</p> <p>6:30pm MP Table Tennis</p> <p>16</p>	<p>9:00am LR Coffee Clutch</p> <p>9:45am MR Friday Morning Bible Study</p> <p>10:00am BR Tai Chi</p> <p>10:30am CC Mah Jongg Club</p> <p>11:00am SC Shuffleboard</p> <p>12:00pm BR Yoga</p> <p>1:30pm MP Art Class</p> <p>2:00pm LR Movie Time</p> <p>6:00pm GR Croquet Club</p> <p>17</p>	<p>10:30am GR Lawn Bowling</p> <p>5:30pm MP Double Deck Pinochle</p> <p>6:00pm GR Croquet Club</p> <p>18</p>
<p>Clutch ennis</p> <p>Board</p> <p>abes</p> <p>ge Group</p> <p>dy Club</p> <p>22</p>	<p>Happy Thanksgiving! (Office Closed)</p> <p>23</p>	<p>(Office Closed)</p> <p>9:00am LR Coffee Clutch</p> <p>9:45am MR Friday Morning Bible Study</p> <p>10:00am BR Tai Chi</p> <p>10:30am CC Mah Jongg Club</p> <p>11:00am SC Shuffleboard</p> <p>12:00pm BR Yoga</p> <p>1:30pm MP Art Class</p> <p>6:00pm GR Croquet Club</p> <p>6:30pm MR Canasta</p> <p>24</p>	<p>10:00am MP TV Charity Quilters</p> <p>10:30am GR Lawn Bowling</p> <p>5:30pm MP Double Deck Pinochle</p> <p>6:00pm GR Croquet Club</p> <p>6:30pm CC Polish Poker</p> <p>25</p>
<p>Clutch ennis</p> <p>Board</p> <p>ge Group Club</p> <p>29</p>	<p>9:00am AC Ceramics Club</p> <p>9:00am LR Coffee Clutch</p> <p>9:00am CC TOPS</p> <p>9:30am BR Fitness And Fun</p> <p>9:30am MP Knit & Crochet Club</p> <p>10:00am MR King City Bible Study</p> <p>10:30am GR Lawn Bowling</p> <p>11:00am BR Line Dancing</p> <p>1:00pm MP Artists Guild</p> <p>2:00pm BR KC Music Club Practice</p> <p>6:00pm GR Croquet Club</p> <p>6:30pm MP Table Tennis</p> <p>30</p>	<p> You need a key card to gain entry to the amenities.</p> <p>If you have an Aquatic Center key card, it will provide you access to all the facilities. If you don't, please fill out an application for the KCCA Amenities Key Card. The form is online at mykcca.com, or you can get a form in the holder by the Clubhouse entrance. Please return your application to the office drop box.</p>	

King City Women's Golf Club

Submitted by Linda Ray-Keeney on behalf of the King City Women's Golf Club (KCWGC)

The Nominating Committee completed its search for next season's leaders. Formal elections were held on October 25, during our last meeting of the year.

2024 officers are:

- **Joy Hirl**, president
- **Laurie Fosmark**, vice-president
- **Donna Delaney**, secretary
- **Ann Webster**, treasurer
- **Linda Clark**, handicap chair
- **Lupe Gamez**, asst. handicap chair
- **Wendy Marchant & Ellen Lee**, sharing team captain duties
- **Ipo Cole & Jean Bain**, sharing greens committee duties

We are very grateful for those ready to give another year of service to the club and its members.

The ladies of KCWGC are not just interested in building friendships during the fun (but sometimes frustrating) game of golf. We are interested in finding ways to give back.

Every year, we hold a Golf for Charity event in the fall to raise funds for the Packed with Pride program that serves the Tigard-Tualatin School District families in need. All dollars raised from the entry fees and 50/50 Split-the-Pot were presented to the program director during our October 25 meeting.

The club also gives a portion of its treasury for various enhancements to the golf course, which benefits all players.

Let's not forget that we gather items to donate to the Caring Closet located at the Templeton



Elementary School campus during our December holiday luncheon. The Caring Closet's mission is to provide free, clean, appropriate, and adequately fitting clothing and shoes to those students in need.

Be sure to stop by the pro shop or reach out to **Joy Hirl**, KCWGC president, at jdhirl@aol.com for information on the club and how to join us for the 2024 season.

All lady players with varying abilities are welcome.

See you on the course soon!

Living Here, Working Here and Loving King City

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First Hour for King City & Summerfield Residents
(mention this ad)

Proudly Serving King City for 20 Years!

KING CITY MONTHLY MUSICAL

Presents: BCB's Saxophone Quartet

Submitted by Linda Sawyer & Molly Bowman

It's a common misconception that the saxophone is a brass instrument. This is understandable because saxophones are literally made of brass. However, saxophones actually belong to the woodwind family.

The saxophone has gained quite a reputation in the music world. Jazz music was and is the saxophone's ideal medium. It was often played with wild abandon, which caused the Sax to earn a reputation as "mad, bad, and dangerous to know." A Saxophone is capable of producing sounds no other instrument can come close to. Its voice is a rich, profound sound that can be comical, silky smooth, sassy, or soul-searching. Now that

you know what one saxophone does, imagine what will happen when **Martin, Stephen, Jacob and John** show up and start playing four saxophones together! It's going to be a wild and wonderful show.

Sunday, November 12, at the KCCA Clubhouse. This is a **NON-PROFIT GROUP**

Remember, you can purchase raffle tickets for a chance to win



\$5 and \$10 prizes. All proceeds from raffle sales will be donated to the Quartet.

We THANK KCCA for their continued sponsorship of these Concerts.

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- Every third Friday of the month.
- Snacks at all movies.
- You’ll laugh, you’ll cry, you might even be on the edge of your seat... but it’ll be fun.

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Benefits of Tai Ch

Submitted by Bill Kirtley as adapted from ChatGPT

Tai chi is a traditional Chinese practice that has gained popularity worldwide due to its numerous health benefits. Some of the key health benefits of tai chi are:

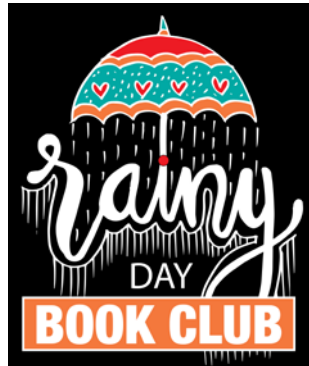
- 1. Improved balance and coordination:** Tai chi movements require shifting weight from one leg to the other, which improves balance and coordination over time. This is especially beneficial for older adults, who may be at increased risk of falls.
- 2. Reduced stress and anxiety:** Tai chi is a low-impact exercise that emphasizes deep breathing and relaxation techniques, which reduce stress and anxiety levels.
- 3. Improved flexibility and muscle strength:** Tai chi involves slow, controlled movements that improve flexibility and muscle strength, particularly in the legs and core.
- 4. Enhanced cardiovascular health:** Although tai chi is a low-impact exercise, it still provides a moderate cardiovascular workout, which improves heart health and reduces the risk of cardiovascular disease.
- 5. Improved mental clarity and focus:** Practicing tai chi regularly improves mental clarity and focus, as well as promoting a sense of calm and well being.

Tai chi is a safe and effective exercise option for people of all ages and fitness levels, and provides a wide range of health benefits. Tien Tai Chi is available on Wednesday and Friday from 10:00 to 11:00 AM in the Clubhouse Banquet room.

Rainy Day Book Club – Open to new members!

Rainy Day Book Club is a King City club that reads everything, including Fiction, Non-Fiction, Mystery, Fantasy, Historical Fiction, Classics, and Young Readers. We meet in the Meeting Room in the main clubhouse on the Second Thursday of each month at noon for about 1 hour. This is a brown bag (optional) lunchtime get-together.

Ladies and gents are welcome, and we have room for 3-4 more members.



At the next gathering on November 9, we will discuss “The Exiles” by Christina Baker Kline. For December (on the 14th), we will be sharing our opinions and some holiday cheer. Our

book for the December meeting is “Skipping Christmas” by John Grisham.

Please come and join us. For more info and to register, please contact Gail Delong at gail.delong@yahoo.com or 575-202-2288 (a King City resident). Happy Reading!

King City Travel Club UPDATE: December 9, 2023 Christmas Boat Cruise Cancelled



Due to a schedule change for the Christmas ships, we are canceling this trip. We will tear up your checks if you wish, or they will be returned to the clubhouse for you to pick up. Sorry for the inconvenience.

Giving Thanks & Appreciation



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Annual Enrollment Period for Medicare is Oct. 15-Dec. 7th THIS IS THE TIME TO . . .



- ✓ Enroll in a Medicare Advantage Plan
- ✓ Review your benefits and the 2024 changes
- ✓ Understand your options

For help, contact Michelle to set up either an in-person or virtual meeting, **503-780-0228** or Michelle@cascadewip.com. Our services and consultations are always at **no cost to you**, and we have relationships with most national and local carriers.



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KCCA Travel Club Looking for New Members

Plans will soon be underway for 2024 travel trips, and we would like to add several new people to our group to share ideas and the workload.



We are looking for men/women who have computer expertise, financial abilities and others who like to travel and have good ideas. We meet on the first Monday of the month at 9:30 a.m. in the meeting room at the Clubhouse.

If you are interested or know someone who might be interested, please contact **Sherry Smith** at 503-789-2079 or smithjs6@comcast.net.

All ideas from our KCCA members are welcome.



Have Medicare Questions?

We have been advocating locally for Beneficiaries since 2007. Our goal is to help beneficiaries get the exact coverage they need and deserve. We are local independent Advocates that represent most of the insurance carriers in the Medicare Marketplace. We are trained to educate on assistance programs:

- State and Federal Programs
 - Medicare/Medicaid
 - Social Security
 - Medicare Savings Programs
 - Extra Help
- Consults with those who qualify for:
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