

Village Living

Volume 7 Issue 6

Walnut Village Retirement Community

see >
for yourself

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Orange County's most award-winning continuing care retirement community.

Walnut Village Welcomes West Coast Pops Orchestra

You're invited to the July 1 concert that annually delights residents and guests.

Orange County's own West Coast Pops Orchestra will perform at Walnut Village Retirement Community from 7-8 p.m. on July 1 and you're invited! Styled after the famed Boston Pops, West Coast Pops' repertoire includes favorite light classics, television and movie themes, Broadway shows and pop and jazz tunes, including vocal and instrumental soloists.

"Each time the Pops perform here our courtyard is filled with music, joy and good cheer," said Walnut Village Sales and Marketing Director Rich Hall. "Village Living readers are invited to be our guests and attend this special evening with our residents."



Tours will precede and follow the performance. A reception will take place in the Village's El Capitan Lounge featuring savory finger foods and delicacies with wine and refreshing beverages.

If you'd like to join the fun, RSVP to this free event by calling **714-507-7005** by **June 25**.

Seating is limited.



Enjoy Village Life Today!

Be our guest for a tour and lunch at Orange County's most award-winning continuing care retirement community. The weather is delightful and there is always something to enjoy at the Village. Schedule your tour today by calling **714-507-7005**. Let us show you how great village life can be!

Village Lifestyle:

Walnut Village Residents Take their Cue from Professional Billiards Player



Perfecting your stroke. Setting up the best shot and thinking several moves ahead while staying in the moment are all important parts of having a successful billiards game. However, sometimes you just need a little “English” on the ball to do the work.

Billiards: It’s a sport of agility and strategy. Playing is a way to keep your mind active and focused – and it’s fun!

Seven Walnut Village residents are perfecting their game three times a month in the billiards room of the community’s Red Chair Lounge

under the tutelage of professional billiards champion Robin Dodson.

“To be a good teacher, students need to have faith in the teacher,” said resident Rollie Maxson. “We have faith in Robin.”

All seven of Robin’s current students had little to no experience playing billiards. That was three years ago. Now, they are ready to compete in a tournament against residents from three other local retirement communities.

“We’re going to give it our best shot,” said resident Judy

BILLIARDS CONTINUED ON PAGE 4

Meet Judi Marsh, Walnut Village’s Facilitator of Fun!

She creates jam-packed monthly calendars of events, classes and outings that are always fresh, interesting and sometimes breathtaking in their scope. Especially when it comes to travel.

For the past six years, Walnut Village Life Enrichment Director Judi Marsh has delighted residents with her imagination, enthusiasm, skillful planning and willingness to listen to residents’ suggestions.

And if you want to find evidence of this enthusiasm, just look at the myriad of choices that

Walnut Village residents have for intellectual stimulation, physical rejuvenation and spiritual discovery.

She has accompanied residents to destinations like Alaska, Hearst Castle, the Nixon Library, countless museums and many national parks. She has lent her support to resident-run clubs like Book Club, Mahjong and Investor’s Club. She has organized lifelong learning classes, concerts and tournaments.

“I love what I do and I do what I love,” Judi said. “Planning trips and facilitating events are my life’s work



and my passion.”

Judi’s 55-year career began in the Midwest where she worked as a medical assistant. She then settled in North Carolina where she ran a family business and volunteered for the local chamber, was active

FACILITATOR CONTINUED ON PAGE 4

Resident Profile

Navy Vet Nick Frank Finds Friendly ‘Port’ at Walnut Village

During Nick Frank’s Navy career during the 1960s and 1970s his mom jokingly referred to him as a spy.

“I was stationed on a submarine during that time and when a submarine is not firing torpedoes it’s used for surveillance and reconnaissance,” Nick said. “I didn’t consider myself a spy but I was in Naval intelligence.”

So when Nick and his wife Suzanne decided to move to a retirement community about a year ago, they gathered intelligence on a number of communities and chose Walnut Village.

The Franks relied on a family friend who has experience evaluating retirement communities. “She knows her stuff and she rated Walnut Village an ‘A,’” Nick said. “That was good enough for us.”

And when the Franks moved in they were not disappointed. They soon discovered the fitness center, yoga classes, lifelong learning classes and most importantly, great food.

“The food was a pleasant surprise,” Nick said. “I could not believe how good it is! When friends come to dinner they can’t believe the high quality



dining experience”

Suzanne was instrumental in starting a book club and bringing back yoga to Walnut Village after a brief hiatus.

“I love that residents can make suggestions and the staff here listens,” Nick said. “The positive attitude and atmosphere here is infectious.” Come meet Nick and Suzanne at Walnut Village when you come to visit. Make an appointment today by calling **714-507-7005**.



Fire up Your Inner Artist at Clay’s

If exploring your artistic side sounds like fun, then we have just the place for you. In the village square, you will find Clay’s, our working artist studio.

Clay’s has everything you need to get those creative juices flowing, including a kiln, easels, canvas, paper, brushes, paints, clay and more. And we offer craft and fine art classes taught by professional instructors, local volunteers, and residents alike. And don’t forget our well-attended flower arranging classes. Getting started is easy. Just keep an eye on our weekly life enrichment calendar until you spot a class that piques your

on the school board and in various service organizations. When she moved to California 13 years ago she dabbled in marketing and finally found her calling in life enrichment.

“This job gives me the opportunity to engage with our residents,” Judi said. “I not only facilitate events and outings but I enjoy participating. Many of the activities and outings I facilitate and plan are on my bucket list so I’m having fun too.”

Judy plans about 17-20 outings plus about 20 activities within Walnut Village each month. If residents want to get more directly involved in activities and outings, they can join the activities committee and dream up ideas alongside Judi.

“Anything is possible at Walnut Village,” Judi said. “It’s all about the freedom to choose what’s best for you.”

Phillips. “I call it a game of applied geometry. It’s a nice mental challenge. It’s fun to put everything together.”

During a typical billiards session, Robin teaches how to set up shots that will put players in the best position to win. These tenets along with stroke, speed, angle and a winning attitude will go a long way toward success.

“I’m most proud of taking these players from knowing almost nothing about the game to competing in a tournament,” Robin said. “They are passionate about this game. They’re players!”

Studies show that playing pool hones good hand-eye coordination, sharpens the mind, enables stretching and balance, helps build focus and burns calories. And it’s a lot of fun!

interest. Then just show up! We’ll take care of everything else.

One of our most popular classes is (no surprise) working with clay! Not only is it a great way to relax and unwind, it also builds strength in your hands. Resident artists have created pots, birdhouses, and are now working on a clock project.

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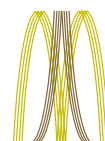
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