

# Park Newport View

March 2020

## PARK NEWPORT SHUTTLE

Spring is the perfect time to put some spring back into your step by hopping onto the Park Newport Shuttle to do some shopping and errands. The Shuttle runs the same schedule on Mondays and Wednesdays. Below is a brief Shuttle schedule summary. For additional details, please pick up a schedule at the Clubhouse Office.

10:00 a.m. to 12:15 p.m.

Fashion Island with pickup anytime between 3:40 p.m. and 5:15 p.m.

Any business on Westcliff/17th Street between Dover and Pomona in Costa Mesa. Areas around the 99 Cent Store on Harbor and Victoria in Costa Mesa.

12:30 p.m. to 3:15 p.m.

Fashion Island with pickup anytime between 3:40 p.m. and 5:15 p.m.

Von Karman Plaza & The District Tustin Legacy.

3:30 p.m. to 5:15 p.m.

Fashion Island, Library, US Post Office, Gelson's/Rite Aid, Eastbluff Shopping Center.

## CHERRY BLOSSOM FESTIVAL & PACIFIC CITY

 Huntington Beach, CA

On Sunday, March 15 we will be going to the Cherry Blossom Festival and Pacific City! The Cherry Blossom Festival is an event that has over 50 vendors, music, dance performances, arts & crafts, and fun ways to learn about cultures. Admission into the festival is \$10, and seniors/children are free. After the festival we will go to Pacific City for the ultimate shopping and dining experience. Be sure to try out Ola Mexican Kitchen, with an amazing selection of food and drinks, or the Bungalow that has a beautiful view of the beach. Transportation is complimentary, and departure is 10:00 a.m.

## CARLSBAD FLOWER FIELDS

 Carlsbad, CA

The Carlsbad Flower Fields have reopened for Spring! Join us as we visit the ever-popular floral wonderland, with over 50 acres of extraordinary color and hillsides that overlook the Pacific Ocean! Some of the Flower Fields major attractions include the Tecolote Giant Ranunculus, greenhouses filled with lovely orchids, antique tractor rides, and an American Flag made of petunias. There is also a nursery, garden and gift shop on site! Admission for the Flower Fields is \$18 for adults, and \$16 for seniors. Afterwards we will visit Downtown Carlsbad for an afternoon of shopping and dining. Transportation is just \$5, departing on Sunday, March 29 at 10:00 a.m.

## GRAND OPENING!!

Please join us for the grand opening of our newly remodeled playground from 2:00 p.m. to 4:00 p.m. on Saturday, April 18. The festivities include complimentary ice cream cones provided by Mandi's Candy and Ice Cream Truck, face painting, balloon artist and music. We hope to see you at the playground for some fun activities!



## SAN DIEGO BOTANICAL GARDEN & DOWNTOWN ENCINITAS

Get inspired and reconnect with nature at the beautiful San Diego Botanic Garden. Voted as one of the "Top 10 North American Gardens Worth Traveling For" by the American Gardens Association. This 37-acre garden features four miles of scenic trails that wind through its 29 uniquely themed gardens, including rare bamboo groves, desert gardens, a tropical rainforest, California native plants, and a subtropical fruit garden. Admission at the door is \$18 for adults, \$12 for seniors and military, \$10 for ages 3-17, and children 2 and under are free. Our next stop will be the quaint downtown Encinitas, an exceptional beach town with beautiful, expansive beaches, charming cafes, retro coffee shops, decadent bakeries, and award-winning restaurants. We will be departing at 9:00 a.m. on Saturday, March 14. Transportation is \$5.

## UPCOMING EVENTS

**Sunday March 8**

**SANTA MONICA**

10:00 a.m. Departure

**Thursday March 12**

**BRACELET CRAFT**

6:00 p.m. Bayview Room

**Saturday March 14**

**SAN DIEGO BOTANICAL GARDEN & DOWNTOWN ENCINITAS**

9:00 a.m. Departure

**Saturday March 14**

**BREAKFAST**

9:00 a.m. Main Lounge

**Sunday March 15**

**CHERRY BLOSSOM FESTIVAL & PACIFIC CITY**

10:00 a.m. Departure

**Tuesday March 17**

**SWEET TREATS**

7:00 p.m. Main Lounge

**Friday March 20**

**SPAGHETTI DINNER**

6:30 p.m. Main Lounge

**Saturday March 21**

**WHALE WATCHING**

11:45 a.m. Departure

**Thursday March 26**

**PIZZA NIGHT**

6:00 p.m. Main Lounge

**Saturday March 28**

**MANUEL'S TACO TRUCK**

5:00 p.m. - 8:00 p.m. Outside Club

**Sunday March 29**

**CARLSBAD FLOWER FIELDS & DOWNTOWN CARLSBAD**

10:00 a.m. Departure

## GENERAL MANAGER'S COMMENTS

"To get the full value of joy you must have someone to divide it with," said Mark Twain. It's not much of a stretch to imagine the same simple wisdom could apply to a small town such as the one we inhabit here at Park Newport. After all, we are people from all walks of life and diverse backgrounds who agree individually and collectively to inhabit a unique space. Our lives connect as we pass each other in hallways and parking garages, pool areas and tennis courts, under the clock tower and in the Fitness Center. The underlying assumption is that we are a community with the great benefit of shared amenities and mutual covenants between us all. Somewhere in this mix, our capacity for joy and constitutional right to the pursuit of happiness align. Some have referred to this sea of humanity as "Apartment Living," but we think of it as home! Thank you for choosing Park Newport.

## TACOS MANUEL FOOD TRUCK

Come get your taco fix on Saturday, March 28 at 5:00 p.m. - 8:00 p.m. right in front of the Clubhouse, as the premier food truck Tacos Manuel comes to Park Newport! From the same owners of the Cousins Maine Lobster truck, Tacos Manuel is serving authentic street tacos, tortas, quesadillas, sopes, and mulitas. Its sure to be a tasty treat!



## SPAGHETTI DINNER



Don't miss Spaghetti Night in the Main Lounge on Friday, March 20. At 6:30 p.m., the Recreation Staff will be serving spaghetti with meat or marinara sauce, meatballs, salad, garlic bread, dessert and beverages. Dinner is \$7, and free for children 5 and under. Please bring your Park Newport ID to sign up.

# March 2020

## TENNIS NEWS

Spring is finally here which means daylight savings and extra-long days of tennis! This time of the year is very busy at the courts, so please remember to reserve your preferred court and time in advance by emailing parknewporttennis@aol.com or by using the white board at the Pro Shop. Our popular cardio tennis clinics will continue this month with sessions every Saturday from 9-10:30 a.m. and Wednesday from 7-8:30 p.m. Please remember a few basic rules of the tennis courts: shirts and shoes must be worn, skateboarding and other non-tennis activities are prohibited on courts, and guests must be accompanied by their host residents at all time. Lastly, only authorized Park Newport tennis staff is permitted to teach lessons.

## BRACELET CRAFT

Come find your pot o' gold at the end of the rainbow on Thursday, March 12 at 6:00 p.m. The craft for March is making prosperity bracelets to bring you good luck all year. Located in the Bayview Room we will be providing the string, beads and complimentary refreshments all for the price of \$3! Please sign up at the Clubhouse with the Recreation Team. We hope to see you there!

## EMPLOYEE OF THE MONTH



Congratulations to our Employee of the Month Fran Howe. She has been with the company for the past two years as a Leasing Agent. Fran received this award due to her daily commitment, dedication, and providing excellent customer service. Prior to Park Newport, Fran worked at apartment communities in Costa Mesa. In her spare time, Fran enjoys ballroom dancing, cultivating roses in her garden, exercising and watching movies. Please join us in congratulating her on this award.

## S.T.A.R WORKOUT CLASS

Come join our new S.T.A.R. workout class on Saturday, March 21 at 9:00 a.m. This will be the first time we have ever had this program at Park Newport. S.T.A.R. stands for Stretch, Tone, Aerobics, and Recover. This will be a one-hour class that starts off with 15 minutes of stretch yoga, 15 minutes of toning, 15 minutes of cardio aerobics, and 15 minutes of recovery. We hope to see you there!



## Fitness Classes

**CARDIO TENNIS**  
**WED @ 7 pm & SAT @ 9 am**  
Geared towards fitness & conditioning at the tennis courts.

**STRETCH YOGA**  
**TUE & THU @ 11 am**  
Learn basic yoga poses while building your strength and balance.

**HATHA FLOW YOGA**  
**TUE & THU @ 5:45 pm & 6:30 pm**  
Strong, steady flow from posture to posture with focus on strength, openness, awareness and breath.

**SIT & FIT**  
**MON & FRI @ 11 am**  
**WED @ 10:30 am**  
Light cardio and strength training performed while sitting in chairs, balanced for all skill levels.

**ZUMBA**  
**MON @ 10 am**  
Zumba combines Latin and international music for a fun, effective workout system.

**CIRCUIT TRAINING**  
**MON @ 5:45 pm**  
A fast paced body conditioning workout method that combines several strength training and high intensity aerobic exercises.

**BODY SCULPTING**  
**WED @ 9:45 am & 5:45 pm**  
A non-aerobic, muscle-toning class focused on core strength.


**ATHLETIC YOGA**  
**MON & WED @ 7:30 pm**  
A vigorous fitness-based approach to vinyasa-style yoga with an emphasis on strength and flexibility.

# Park Newport View

# March 2020

## MARCH MOVIES - Park Newport Theater -

**March 3**  
**Waves (R)**  
 2 HR 15 MIN




Traces the journey of a suburban family that is led by a well intentioned but domineering father.  
 Starring: Taylor Russell, Kelvin Harrison Jr., Alexa Demie

**March 6, 7**  
**The Good Liar (R)**  
 1 HR 49 MIN




Consummate con man Roy Courtney has set his sights on his latest mark: the recently widowed Betty McLeish, whom is worth millions.  
 Starring: Helen Mirren, Ian Mckellen, Russell Tovey

**March 10**  
**Miss Americana (NA)**  
 1 HR 25 MIN




A look at iconic pop artist Taylor Swift during a transformational time in her life as she embraces her role as a singer/songwriter and harnesses the full power of her voice.  
 Starring: Taylor Swift, Andrea Swift, Scott Swift

**March 13, 14**  
**Frozen 2 (PG)**  
 1 HR 43 MIN



Anna, Elsa, Kristoff, Olaf and Sven leave Arendelle to travel to an ancient, autumn-bound forest of an enchanted land. They set out to find the origin of Elsa's powers in order to save their kingdom.  
 Starring: Kristen Bell, Idina Menzel, Josh Gad

**March 17**  
**Bombshell (R)**  
 1 HR 49 MIN




A group of women take on Fox News head Roger Ailes in the toxic atmosphere he presided over at the network.  
 Starring: Charlize Theron, Nicole Kidman, Margot Robbie

**March 20, 21**  
**Knives Out (PG-13)**  
 2 HR 11 MIN




A detective investigates the death of a patriarch of an eccentric, combative family.  
 Starring: Daniel Craig, Chris Evans, Ana De Armas

**March 24**  
**Charlie's Angels (PG-13)**  
 1 HR 58 MIN




When a young systems engineer blows the whistle on a dangerous technology, Charlie's Angels are called into action.  
 Starring: Kristen Stewart, Naomi Scott, Ella Balinska

**March 27, 28**  
**Harriet (PG-13)**  
 2 HR 5 MIN



The extraordinary tale of Harriet Tubman's escape from slavery and transformation into one of America's greatest heroes.  
 Starring: Cynthia Erivo, Leslie Odom Jr., Joe Alwyn

**March 31**  
**Dark Waters (PG-13)**  
 2 HR 6 MIN



A corporate defense attorney takes on an environmental lawsuit against a chemical company that exposes a lengthy history of pollution.  
 Starring: Mark Ruffalo, Anne Hathaway, Tim Robbins

**WEEKLY MOVIE SCHEDULE**

- TUESDAYS 2:00 p.m. & 7:00 p.m.
- FRIDAYS 2:00 p.m. & 7:00 p.m.
- SATURDAYS 7:00 p.m.

**DURING EVENTS, THE MOVIES WILL NOT BE SHOWN**

## BREAKFAST OVER BACK BAY

**Main Lounge**

Join us for our monthly Breakfast Over Back Bay on Saturday, March 14 in the Main Lounge at 9:00 a.m. We will be serving freshly made pancakes, waffles, scrambled eggs, bacon, sausage, hash-browns, fresh fruit, bagels, and juice! Breakfast is \$6.50 and complimentary for children 5 and under. Sign-ups will be taken at the door; please remember to bring your Park Newport ID.



## PIZZA NIGHT

**Main Lounge**

Invite your friends and family to our monthly pizza night on Thursday, March 26 at 6:00 p.m. The Recreation Staff will be serving pizza, salad, dessert and beverages. Pizza options include Vegetarian, Cheese, Pepperoni, Hawaiian, BBQ Chicken and Margherita. Dinner is just \$7 and complimentary for children 5 and under. Sign-ups will be taken at the door; please bring your Park Newport ID.



## WHALE WATCHING



Join us Saturday, March 21 for a day of Whale Watching! Thousands of gray whales migrate annually along the Newport Beach coastline from the summer feeding grounds in the Bering Sea to the winter grounds of the Baja California lagoons. They also travel along the Newport Beach coast during the winter and early spring. This trip is \$20 per person, which includes your ticket and transportation. Our departure time is 11:45 a.m.

## ANGELS GAME



Take me out to the ball game for Opening Night! On Friday, April 3 we will be departing for Anaheim Stadium at 5:00 p.m., to watch the Los Angeles Angels take on the Houston Astros which is surely to be an exciting game. This game is also a promotional evening, so all guests will receive an Angels Wall Calendar. The cost is \$30 which includes your seat in the lower view all-star section and transportation.

## SANTA MONICA



Spend the day with your friends or family in Santa Monica on Sunday, March 8. Santa Monica is a beachfront city in Los Angeles that features breathtaking beaches, downtown shopping centers, and art galleries. Some of the more popular tourist attractions are the Santa Monica Pier, Pacific Palisades, and Third Street Promenade. Departure is at 10:00 a.m. and transportation is just \$5. Sign up today!

## ST. PATRICK'S DAY TREATS

Join us on Tuesday, March 17 as the Recreation Staff will be serving complimentary cupcakes and cookies to celebrate St. Patrick's Day. This event is complimentary and will take place in the Main Lounge at 7:00 p.m. We hope to see you there!



## NATIONAL CHAMPIONSHIP BASKETBALL GAME

Join us to find out which team gets to cut down the net at the NCAA Men's Basketball Championship on Monday, April 6. Come witness the dramatic ending to this incredible tournament! The Recreation Staff will be serving complimentary hot dogs starting at 6:00 p.m. The game will be shown in both the Theater and Library for all to enjoy.



# March 2020

## Phone Numbers

Courtesy Patrol 644-7333 Rental 644-1900  
 Administration 644-7333 Tennis Shop 759-1729  
 Clubhouse 644-4664 Non-Emergency Police 644-3717  
 Maintenance 644-2622 Emergency 911

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1 Santa Monica 10:00 a.m. Departure	2 Shuttle Service 10 a.m. - 5 p.m.  Zumba 10 a.m. Sit & Fit 11 a.m. Circuit 5:45 p.m. Shape & Tone 6:30 p.m. Athletic Yoga 7:30 p.m.	3 Movie: 2 p.m. & 7 p.m. Waves  Blood Pressure Screen 8:30 a.m. Stretch Yoga 11 a.m. Hatha Flow Yoga 5:45 p.m. 1/2 Hatha Flow Yoga 6:30 p.m.	4 Shuttle Service 10 a.m. - 5 p.m.  Body Sculpting 9:45 a.m. Sit & Fit 10:30 a.m. Body Sculpt 5:45 p.m. Shape & Tone 6:30 p.m. Cardio Tennis 7 p.m. Athletic Yoga 7:30 p.m.	5 Resident Services Office Hours: 8:30 a.m. - 7 p.m.  Stretch Yoga 11 a.m. Hatha Flow Yoga 5:45 p.m. 1/2 Hatha Flow Yoga 6:30 p.m.	6 Movie: 2 p.m. & 7 p.m. The Good Liar  Zumba 10 a.m. Sit & Fit 11 a.m.	7 Movie: 7 p.m. The Good Liar  Cardio Tennis 9 a.m. Frozen 2	
8 Santa Monica 10:00 a.m. Departure	9 Shuttle Service 10 a.m. - 5 p.m.  Zumba 10 a.m. Sit & Fit 11 a.m. Circuit 5:45 p.m. Shape & Tone 6:30 p.m. Athletic Yoga 7:30 p.m.	10 Movie: 2 p.m. & 7 p.m. Miss Americana  Blood Pressure Screen 8:30 a.m. Stretch Yoga 11 a.m. Hatha Flow Yoga 5:45 p.m. 1/2 Hatha Flow Yoga 6:30 p.m.	11 Shuttle Service 10 a.m. - 5 p.m.  Body Sculpting 9:45 a.m. Sit & Fit 10:30 a.m. Body Sculpt 5:45 p.m. Shape & Tone 6:30 p.m. Cardio Tennis 7 p.m. Athletic Yoga 7:30 p.m.	12 Resident Services Office Hours: 8:30 a.m. - 7 p.m.  Bracelet Jewelry Craft 6:00 p.m. Bayview Room  Stretch Yoga 11 a.m. Hatha Flow Yoga 5:45 p.m. 1/2 Hatha Flow Yoga 6:30 p.m.	13 Movie: 2 p.m. & 7 p.m. Frozen 2  Zumba 10 a.m. Sit & Fit 11 a.m.	14 Movie: 7 p.m. Frozen 2  San Diego Botanical Garden & Downtown Encinitas 9:00 a.m. Departure  Breakfast 9:00 a.m. Main Lounge  Cardio Tennis 9 a.m.	
15 Cherry Blossom Festival & Pacific City 10:00 a.m. Departure	16 Shuttle Service 10 a.m. - 5 p.m.  Zumba 10 a.m. Sit & Fit 11 a.m. Circuit 5:45 p.m. Shape & Tone 6:30 p.m. Athletic Yoga 7:30 p.m.	17 Movie: 2 p.m. & 7 p.m. Bombshell  St. Patrick's Day Treats 7:00 p.m. Main Lounge  Blood Pressure Screen 8:30 a.m. Stretch Yoga 11 a.m. Hatha Flow Yoga 5:45 p.m. 1/2 Hatha Flow Yoga 6:30 p.m.	18 Shuttle Service 10 a.m. - 5 p.m.  Body Sculpting 9:45 a.m. Sit & Fit 10:30 a.m. Body Sculpt 5:45 p.m. Shape & Tone 6:30 p.m. Cardio Tennis 7 p.m. Athletic Yoga 7:30 p.m.	19 Resident Services Office Hours: 8:30 a.m. - 7 p.m.  Stretch Yoga 11 a.m. Hatha Flow Yoga 5:45 p.m. 1/2 Hatha Flow Yoga 6:30 p.m.	20 Movie: 2 p.m. Knives Out  Spaghetti Dinner 6:30 p.m. Main Lounge  Zumba 10 a.m. Sit & Fit 11 a.m.	21 Movie: 7 p.m. Knives Out  Whale Watching 11:45 a.m. Departure  S.T.A.R Workout Class 9:00 a.m. Aerobic Room  Cardio Tennis 9 a.m.	
22 Cherry Blossom Festival & Pacific City 10:00 a.m. Departure	23 Shuttle Service 10 a.m. - 5 p.m.  Zumba 10 a.m. Sit & Fit 11 a.m. Circuit 5:45 p.m. Shape & Tone 6:30 p.m. Athletic Yoga 7:30 p.m.	24 Movie: 2 p.m. & 7 p.m. Charlie's Angels  Blood Pressure Screen 8:30 a.m. Stretch Yoga 11 a.m. Hatha Flow Yoga 5:45 p.m. 1/2 Hatha Flow Yoga 6:30 p.m.	25 Shuttle Service 10 a.m. - 5 p.m.  Body Sculpting 9:45 a.m. Sit & Fit 10:30 a.m. Body Sculpt 5:45 p.m. Shape & Tone 6:30 p.m. Cardio Tennis 7 p.m. Athletic Yoga 7:30 p.m.	26 Resident Services Office Hours: 8:30 a.m. - 7 p.m.  Stretch Yoga 11 a.m. Hatha Flow Yoga 5:45 p.m. 1/2 Hatha Flow Yoga 6:30 p.m.	27 Movie: 2 p.m. & 7 p.m. Harriet  Pizza Night 6:00 p.m. Main Lounge  Stretch Yoga 11 a.m. Hatha Flow Yoga 5:45 p.m. 1/2 Hatha Flow Yoga 6:30 p.m.	28 Movie: 7 p.m. Harriet  Manuel's Taco Truck 5:00 p.m. - 8:00 p.m.  Cardio Tennis 9 a.m.	
29 Carlsbad Flower Fields & Downtown Carlsbad 10:00 a.m. Departure	30 Shuttle Service 10 a.m. - 5 p.m.  Zumba 10 a.m. Sit & Fit 11 a.m. Circuit 5:45 p.m. Shape & Tone 6:30 p.m. Athletic Yoga 7:30 p.m.	31 Movie: 2 p.m. & 7 p.m. Dark Waters  Blood Pressure Screen 8:30 a.m. Stretch Yoga 11 a.m. Hatha Flow Yoga 5:45 p.m. 1/2 Hatha Flow Yoga 6:30 p.m.	FITNESS CENTER HOURS Mon-Fri: 5 a.m. - 10 p.m. Saturday: 8 a.m. - 10 p.m. Sunday: 8 a.m. - 8 p.m.				