

MONTHLY MEETING JUNE 11

Among the topics we'll discuss at NewM NA's meeting this month is Neighborhood Watch. After recent daytime break-ins, neighbors are interested in what they can do to protect their property. Monterey Police Department has been invited. **Monday, June 11 7-9 pm**

at Hilltop Park Center upstairs

Everyone is welcome to attend. Check our website for ideas to increase your home and car security.

SMALL CELL UPDATE

Responsive to community requests, it was announced on Monterey's website May 22, 2018: *The City has hired the law firm Best Best & Krieger to review the City's existing wireless telecommunications ordinance (City Code §§ 38-112.4 et seq), proposed revisions submitted by Ms. Nine to the Mayor, revisions submitted to staff by former Planning Commissioner Sam Ezekiel, and to make recommendations to the City for any revisions. The objective of outside counsel's legal review is to ensure that the City's ordinance is consistent with state and federal laws, while retaining as much local control/ discretion as is legally permissible.*

The City retained as lead attorney Joseph Van Eaton.... Planning staff will be hosting a public outreach meeting in advance of any ordinance revisions being brought before the Planning Commission.

This link gives additional insight into the FCC's role in the current tide of change <https://www.bbklaw.com/news-events/insights/2018/legal-alerts/01/red-flags-on-wireless-a-recent-resignation-signal> Note that there is an alliance of state and local governments (of which Monterey could be a part) that is pushing back at the industry-captive FCC and its frantic rush to do the bidding of its patrons, Verizon et al.

FREE ED RICKETTS' LAB TOURS 800 Cannery Row Sat, **June 9** 9 and 10:30 am, 12:30, 2 and 3:30pm Call 646-5640 by 6/8/18 to reserve your place.

MPC HOUSEHOLD WASTE DISPOSAL DAY

June 30th 9am to 2 pm

Cleaning out old paint, pesticides, solvents, aerosols, light bulbs, batteries, electronics? Don't put them in the trash. Take them to MPC Parking Lot A It's free!

SAVE THE DATE! 2nd Annual Neighborhood Lawn

Party **Saturday August 4th** 1 to 4 pm

Local musicians: email a video to koicapps@gmail.com by July 15 if you'd like to be part of the fun.

SPORTS CENTER PHYSICAL THERAPY

Are you aware that the Monterey Sports Center offers a whole range of Physical Therapy options for all ages that may be covered by your medical insurance?

Aquatic Therapy: Individual evaluation and instruction on flexibility, strength, conditioning, stabilization, postural training and neutral spine awareness in the 92-degree therapeutic pool.

Educational Visit: Have a nagging injury, an old injury, or want to prevent an injury? A Physical Therapist can help you get the most out of your exercise program.

Physical Therapy Evaluation: Comprehensive musculoskeletal evaluation by a licensed Physical Therapist. Learn about your body and what you can do to strengthen and improve your health and fitness.

Independent Program Setup: Get advice on a home exercise program or assistance in setting up your gym program from MSC professional physical therapy staff.

Postural/Ergonomic Training: Professional Physical Therapy staff can assist you with postural training and ergonomic instruction for the workplace. Reduce back and neck strain and prevent repetitive injuries like carpal tunnel syndrome.

Therapeutic Exercise: Physical Therapist supervised exercise. Licensed staff provides instruction on flexibility, conditioning, strength, stabilization, postural education and neutral spine awareness.

Therapeutic Pilates: Physical Therapist supervised instruction in Pilates, perfect for individuals just beginning to learn Pilates or for individuals with joint, back or medical conditions and for individuals recovering from injury.

MSC Physical Therapy is a preferred provider for Blue Cross, Blue Shield, Medicare, Tricare and many other insurance providers. Call 646-5627 for insurance authorization, appointments and billing details.

ANOTHER COMMUNITY RESOURCE: VNA

Central Coast Visiting Nurse Association (CCVNA) is as close as your phone for help with Home Health Care, In-Home Hospice Care, Travel Immunizations, Worksite Wellness Programs, Cholesterol & Diabetes Screening, and more. For a full list of services, visit our website - www.newmontereyneighborhood.org. Call CCVNA's Monterey office at 372-6668 or visit their website www.CCVNA.com.

30+ Adult Baseball League Sollecito Ballpark

A competitive league for adults over thirty of all skills and abilities. Individuals are placed on teams by Monterey Recreation staff. Players provide their own uniforms. Teams consist of 16 players and will play a minimum of 12 games. Team requests will be considered but not guaranteed. A copy of I.D. is required for age verification at time of registration. (Age determined as of August 25, 2018.) Deadline to register is Friday, **August 3, 2018** or until 160 total players have registered.

All games will be played on Saturdays and/or Sundays. Game times vary. For ages 30 and older.

28080-1 Aug 25-Nov 18 \$150/\$115 Mty Res

HILLTOP PARK CENTER

F 10am-noon Watercolor Painting

The focus will be on improving your current skills or for the beginner to give you the basic techniques and skills to achieve your painting goals. Instructor will work with each person's individual painting preferences and goals. You will learn to plan your composition and then paint in your own personal style. Instructor has a fun, relaxed teaching style that will make your painting experience enjoyable and stress free. \$5.00 class fee payable to the Instructor at first class. For ages 18 and older.

21088-1 F Jul 6-Jul 27 J. Anderson \$190/\$160 Mty Res

F 12:30-2:30 pm Art Journaling

Learn the enjoyment of having a personal Art Journal created by you. Class will cover drawing and different ways to add color, collage, stamping and more. Let go of perception of what it should be and let it just be. No art experience necessary. Fun will be had by all. \$5.00 class fee payable to the Instructor at first class.

For ages 18 and older.

21089-1 F Jul 6-Jul 27 J Anderson \$190/\$160 Mty Res

TH Color Outside the Lines: Adult Coloring Group

2nd TH: July 12 10-11am No fee

Coloring is not just for kids! Join the fun and see why coloring is a new way for adults to de-stress while making a beautiful piece of art. Materials provided. For ages 18+

Mondays Jun 11-Jul 23 Tennis for Beginners

Semi-private lessons with 2 players for each 30 minute lesson. A great introduction to this lifelong sport! All players learn forehands, backhands, volleys, how to serve and keep score. Players also learn about good sportsmanship and tennis etiquette. Racquets and balls are provided. **For ages 6-12 years.** \$94/\$72 Mty Res

W Grover, instructor (No Classes Jun 18)

28066-1 M 3:30-4pm Jun 11-Jul 23

28066-2 M 4-4:30pm Jun 11-Jul 23

28066-3 M 4:30-5pm Jun 11-Jul 23

Celebrate "Brews for Books" on the last Wednesday of every month at Alvarado Street Brewery. Show your server a Brews for Books bookmark, or your MPL card and 10% of your check will be donated to the Monterey Public Library.

SCHOLZE PARK CENTER

Legal Services for Seniors (60 and older)

A special service to help seniors with a variety of needs such as healthcare or pension problems. For information: 646-3878. For appointment: 899-0492

Wed Jun 20 2-4pm **Senior Prom** \$3

Last Chance! Come for an afternoon of dancing, food and fun! Socialize with friends and dance to the oldies at the Senior Prom, where Prom King and Queen will be crowned at the end of the day. Pre-register by **June 8**. For ages 18 and older

Th Jun 7, 21 & 28 1-3pm **Thursday Matinee**

Current hits and favorite classics are featured weekly! Call 646-3878 on Thursday morning for the exciting movie of the day. For ages 18 and older. No fee.

YOUTH CENTER

Sat 10-Noon Intro to Meridian Tapping \$10/\$7 Mty Res

Like acupuncture and acupressure, Meridian Tapping is a set of techniques which utilize the body's energy meridian points. You can stimulate these meridian points by tapping on them with your fingertips - literally tapping into your body's own energy and healing power. Tapping is simple and painless. It can be learned by anyone. And you can apply it to yourself, whenever you want, wherever you are. Your body is more powerful than you can imagine.....filled with life, energy and a compelling ability for self-healing. With Meridian Tapping, you can de-stress and learn a do-it-yourself wellness technique to create more personal power and peace. For ages 18 and older.

26051-1 Sat June 16 M. Cassidy, instructor

26051-2 Sat Sep 15 M. Cassidy, instructor

CHEER FOR MONTEREY'S TEAM

Love to watch baseball teams play? Check out Monterey's Amberjacks June 1 to July 22 at Sollecito Ballpark Friday/Saturday 6:30 pm Sunday 4pm Check their website for schedule www.montereyamberjacks.com

2018 NewM NA BOARD MEMBERS

Nicole Capps, President	776-8547 koiccapps@gmail.com
Laurie Hambaro, Vice President	917-8346 justinccase@msn.com
Sharon Dwight, Treasurer/NIP	375-0841 ddwight@redshift.com
Timothy Wong, Secretary	656-9434 twong@trinityhigh.org
Bob Evans	595-5351 bobevans13@me.com
Bruce Orinstein	borinstein@sbcglobal.net

Visit www.newmontereyneighborhood.org to join - \$10/yr