



## DESERT HARBOR—A 55+ COMMUNITY—APACHE JUNCTION, AZ—February 2012

---

We can't think of February without remembering Valentine's Day and ---- CHOCOLATE! Did you know that for most of its long history, chocolate was not something people ate? It was a beverage -- rarely hot and seldom sweet. Some historians trace it back to 1500 BC, but others feel that the Mayans from Central America were the first to see the value of the cacao bean for making a beverage and used the bean for currency. Its use was restricted to the social elite at that time and many of the tombs of the Mayan nobility contained pottery vessels showing the process of preparing the chocolate as a drink -- a bitter, brown brew! (Recipe: roast and grind beans, mix with water, add spices preferably chilies, stir until frothy, and enjoy! For wimps, sweeten with a little honey.)

In the 14<sup>th</sup> century, the Aztecs gained control of Central Mexico and also enjoyed cacao as a currency and a beverage. They mixed the ground bean with chilies, vanilla, allspice and honey. Then later Columbus on his 4<sup>th</sup> visit to the Americas captured a native trading canoe and found among its cargo some brown "almonds" which appeared to function as money, but it is believed that Columbus never tasted the chocolate. A good turkey hen of the time was worth 100 cocoa beans.

Chocolate first gained popularity in Europe when the Spanish royal physician began to use it for medicinal purposes, as a fever reducer. Then by the mid 17<sup>th</sup> century chocolate became popular in Britain as a beverage for the wealthy. The poor had their coffee and tea. In 1828 a Dutch chemist invented a machine which was able to make chocolate powder from chocolate liquor also removing some of the cocoa butter. By the mid 18<sup>th</sup> century the first chocolate bar was made by mixing the cocoa powder, sugar, and some cocoa butter and forming it into a mold. Other milestones in this chocolate history show where the candy we still enjoy today had its beginnings.

1868-- Cadbury marketed the first box of chocolate candies packed in a Victorian style box.

1849 -- Domingo Ghirardelli emigrated from Italy to California to make a fortune in the gold rush era, sold tents to the gold miners, made some money, and used it to start his chocolate business.

1879 -- Milk chocolate candy was blended by Daniel Peter, a Swiss chocolate manufacturer, and Henri Nestle who was working at that time on a sweetened milk for infants.

1893 -- Milton Hershey began marketing the milk chocolate Hershey bar and in 1905 he introduced the Hershey's kiss.

1926-- Joseph Draps, a Belgian chocolate maker began marketing a high-end expensive chocolate he named Godiva.

And...the final bit of trivia -- at Milton Hershey's suggestion, the American military in WWII decided to include 3 four ounce chocolate bars in a soldier's "D-Ration." While it was meant to sustain the men, it soon became associated with the return of peace when soldiers began sharing their rations with malnourished victims of the war. Chocolate is still a standard issue in the military. So, whether you drink it or eat it, enjoy chocolate in some form this month now that you've read its cherished history!

## From the President's Desk

by Dick Smith



February already! How many of your New Year's resolutions have you broken by now? (I know I have broken all of mine). Hope you are all enjoying the weather here and are "rubbing it in" to the friends and relatives that are enduring the snow and cold.

Don't forget to join us for a potato bake on the 8<sup>th</sup> of February and the pot luck on the 18. We are in the planning stage for the Chili Cook-Off which will be the first part of April this year.

Don't forget to recycle your papers and aluminum cans. That is profit for us. And don't forget the food bins in the clubhouse. The need for food is year round. Hope you join in on all of the activities going on in the park. Check the calendars for times and dates.

**Have a good month!**

---

### ACTIVITIES ORGANIZATION

President	Dick Smith	Lot #74	480-983-5819
Vice President	Sharon Schupbach	Lot #93	480-857-4629
Secretary	Alice Johnson	Lot #5	480-982-1224
Treasurer	Art Roberts	Lot #81	480-641-7756
Board Member	Midge Drouin	Lot #203	602-459-9039
Board Member	Mike Bauschard	Lot #99	480-288-4332
Board Member	Tim Chrissis	Lot #34	816-838-9934

## **DESERT HARBOR ACTIVITIES**

<b><u>ACTIVITY</u></b>	<b><u>COORDINATOR</u></b>	<b><u>TELEPHONE</u></b>
APPLIQUE	RENI DIEBALL	983-0578
CASINO TRIPS	CONNIE RITER	641-7753
CLOSET QUILTERS	RENI DIEBALL	983-0578
GENEALOGY	ESTHER LOUGH	288-8579
GOLF	DON WALKER	288-5686
LADIES OUT OF THE PARK LUNCHEONS	AGNES MILLER	982-6063
LADIES SOUP & SALAD LUNCHEON	JOANN HANKISON	641-0975
LINE DANCING	MARY PAT SUMMERS	983-4227
MAH JONGG	TBA	
PINOCHLE	ELAINE KERELUK	987-8587
POKER	MIKE BAUSCHARD	288-4332
STITCH & CHAT	RENI DIEBALL	983-0578
TAI CHI	DICK SMITH	983-5819

---

**MARTA ALEGRIA, DESERT HARBOR MANAGER,  
480-288-8876**

**DESERT HARBOR'S NEW WEB MASTER  
Dick Smith Lot #74  
480-983-5819**

**Until We Meet Again, Fred**     *by Connie Riter*

On Wednesday, Dec. 21<sup>st</sup>, over 60 people met in the Clubhouse to “celebrate the life” of Fred Dieball, who died recently. Elaine Kereluk conducted a short service with Reni and her two sons and their family also in attendance. During brief pauses, Dick Smith played some familiar religious hymns as we all paused to reflect on Fred and his life. A table nearby displayed pictures of Fred as a younger, healthier man.

After the service, everyone was invited to stay and have ham sandwiches and share in the salads and desserts which the residents brought. A big thank you to Cyndi Smith, who coordinated the luncheon. Fred and Reni Dieball have lived in Desert Harbor for many years and Fred was active in organizing many of the activities we still enjoy. He will be missed.

**Arizona Lecture Series**     *by Dick Smith*

Looking for something to do on Monday evenings? Look no further. The Apache Junction Performing Arts Center (at the high school) has a lecture series on the culture and history of Arizona. You will get a greater appreciation for Arizona. The lectures begin at 7 pm and last one hour. The doors open one hour earlier.

**Some of the lectures include:**

Jan 30: Desert Dwellers.

February 6: A Pioneer family helps to build Arizona.

February 13: Trimble's Tales featuring Marshall Trimble the state historian.

February 20: Phoenix's Madison Square garden.

February 27: Sharlott Hall (first woman appointed to public office).

March 5: In our own words: Interview with AZ pioneer women.

March 12: Explorations, Disappearances & murder in Canyon Country.

March 19: Desert Drugstore (learn about desert plants).

March 26: Goldfield's history in the superstition mountains.

**Are You Depressed?** *by Midge Drouin*

Do you know the common depression symptoms? What is clinical depression? Most people feel sad or low at some point of their life. But clinical depression is marked by a depressed mood most of the day, particularly in the morning. You may have other symptoms with major depression. Those symptoms might include fatigue or loss of energy everyday, feelings of worthlessness or guilt, impaired concentration, indecisiveness, insomnia or hypersomnia ( excessive sleeping) almost everyday, diminished interest or pleasure in almost all activities nearly everyday, psychomotor agitation or retardation, recurring thoughts of death or suicide and significant weight loss or gain.

Who is at risk for major depression?

Major depression affects 6.7% of the U.S. population over the age of 18, according to the National Institute of Mental Health. Are women at higher risk for depression? About twice as many women as men have major depression. It is thought that hormonal changes in women during puberty, menstruation, pregnancy, miscarriage, and menopause may increase the risk of major depression.

What are the signs of major depression in men? Depression in men is significantly underreported. Men who suffer from clinical depression are less likely to seek help or even talk about their experience. Signs of depression in men may include irritability, anger, or drug and alcohol abuse. Repressing their feelings can result in violent behavior directed both inwardly and outwardly. It can also result in an increase in illness, suicide, and homicide.

What triggers major depression? Not everyone has a trigger for depression. Some common triggers or causes, however include: grief from losing a loved one through death, divorce, or separation, interpersonal deficits that lead to social isolation or feelings of being deprived, major life changes like moving, graduation, job change and retirement, personal conflicts in relationships either with a significant other or a superior, physical, sexual, or emotional abuse.

How is depression diagnosed?

A health professional such as your primary care doctor or a psychiatrist will perform a thorough medical evaluation. How is depression treated? It is treatable by antidepressant medication.

***Info taken from Web MD***

**BIRTHDAYS - ANNIVERSARIES—2012**

**FEBRUARY BIRTHDAYS**

<u>Date</u>	<u>Name</u>	<u>Lot #</u>
2	Philicia Hightower	6
5	Fay Brandt	109
6	Judy Fischer	96
10	Bette Roy	130
11	Barb Schnier	146
14	Jean Hansen	151
18	Alana Zimmer	41
20	John Smartt	20
21	Allen Horning	106
26	Beverly Thau	32
29	James Almon	9

**FEBRUARY ANNIVERSARIES**

<u>Date</u>	<u>Name</u>	<u>Lot #</u>
7	Gene & Eileen Lervold	90
10	Jim & Bonnie Harrison	40
10	Jerry & Patricia Murphy	205
14	John & Anne Eubank	169
19	Michael & Monica Bauschard	99
19	Ron Ruetz & Helen Rietow	73
28	Mike & Elaine Kereluk	82

If you wish to add your birthday and/or anniversary or make any corrections to the list, please call Kay McKersie at 480-288-9531.



**Want To Do Something “Different?”** *by Connie Riter*

Perhaps a one-day scenic bus trip is just what you need! Here are some available in February and March. Go shopping in Algodonez on February 21 or March 20 (\$59pp). Take a train ride through the Verde Valley on the Clarkdale train, see the Eagles’ nest, and visit the new train museum on March 23. (\$99pp). Visit Sedona, Jerome and return through Mingus Mountain in Prescott Valley on March 23. (\$59). Visit the Big Room at Kartchner Caverns on March 8. (\$99). Or.....visit California where longer tours are available to Death Valley (Feb. 15-17), Disneyland and Universal Studios ( Feb. 22-24), Palm Springs and the Follies on the same days, and other game show trips.

We are still hoping more people will join us on our casino trip to Laughlin on Feb. 26 - 28. We’re staying at the Edgewater and the price (\$89ppdbl) includes 2 buffets. Vegas trips are also available staying at the 4 Queens or the Plaza. Many dates are reserved so check the travel book in the Clubhouse if you are interested, or call me. A bus trip is so much easier than driving through the traffic in Vegas.

Our Park Casino trip with Meridian Manor in March will be on March 15<sup>th</sup> to Mazatzal (Payson). Check in is at 7:15am and we depart at 7:45am. The free trip also gives you \$15 in free slot play

---

**An Evening of Music and Fun** *by Renee Spears*

Mark your calendar for Wednesday, February 8, 5:30 pm. The evening will begin with a baked potato bar at 5:30 followed by the Show Offs at 6:30pm. They appeared here before and were much enjoyed. Tickets will be \$5.00 at the door. Please sign up at the clubhouse.

It's important that we have a good idea of the numbers for food purposes.

**Feel free to invite family and friends to join you.**

---

**Thanks from Dick Smith**

Cyndi and I would like to thank all the people that made all of the activities in the park enjoyable this holiday season. From decorating and undecorating the clubhouse, to cooking and serving the dinners and the setting up and cleaning up after the dinners. You guys are all great. Couldn’t have done it without you.

## What's Going On Around Our Town? *by Connie Riter*

February is a busy month in our area of Arizona. Here are some of the things taking place around Phoenix, Mesa, and AJ this month.

**The Arabian Horse Show at Westworld** on Feb. 16-26.

**The Arizona Fine Art Expo in Scottsdale.** See demonstrations by designers, painters, and sculptors at work. Now through April 1<sup>st</sup>.

**The Renaissance Festival** -- on Route 60 near Gold Canyon, Feb. 11 through April 1 (on weekends)

**Concerts in the Park** -- Bring a lawn chair to the gazebo at Veteran's Memorial Park in AJ at 4 pm on Feb. 21<sup>st</sup>. Free/enjoy!

**Out to Lunch Concert Series in Mesa** Feb 9, 12:30 - 1:30 Free -- each Thursday

**Lost Dutchman Days in AJ** -- Feb. 24-26.

**World Champion Hoop Dance Contest** -- Feb. 11 - 12. Phoenix Heard Museum (9:30am-5pm each day. Admission.

---

### **Howdy,**

When I got home from work last night the power went out. I couldn't get the ol' generator to work because the gas can was empty thanks to "Snow Mobile [Sunday](#)".

I hadn't eaten anything all day and now I was starvin'. Since everythin' in the trailer is operated by electr... electricu... elect... power, I had to think on my feet.

Dinner took a long bit of time to prepare because it takes 7 lighters and 8 cans of hair-spray to cook a spam can and pot of beans. But, I'll tell y'all, it was delic... delici... it was sum good eatin'.

**Take Care Y'all**



## **January Resident's Meeting** - by Bob Mayo

The monthly resident's meeting for January was called to order at 9 a.m. on January 7<sup>th</sup> by Activities President Dick Smith. Following the Pledge of Allegiance the Secretary's report and Treasurer's report were presented and approved.

It was brought up that if you know of new members in the park to inform them of the activities available including such things as the ladies luncheons and the shuffleboard games held on Wednesdays at 3 p.m. Dick also put in a plug for more people to become involved in the "Get Fit" program which is provided by the park. Sessions are held on Wednesdays at 7:45 a.m. and on Fridays at 9 a.m. at the clubhouse. A minimum of 10 people is required to assure we can continue to have this service.

Several upcoming events for February were announced. On Feb 8<sup>th</sup> there will be a Potato Bake dinner followed by entertainment by "Jim & Jake." They have entertained in the park previously as the "Showoffs." There will be a \$5 charge at the door. On February 9<sup>th</sup> there will be a Quilt Show at the clubhouse with Reni Dieball and others displaying many of their beautiful quilts. A bus trip to Laughlin's Edgewater casino is planned for February as well. It will be a 3 day trip departing on the 26<sup>th</sup> and returning on the 28<sup>th</sup>. Those interested should sign up in the clubhouse.

Since we have a number of Canadian residents in the park, there was a request made to display the Canadian Flag in the clubhouse along with the American Flag. The request was approved. Bob Mayo will check into the appropriate manner for displaying the flags.

Midge Drouin reminded residents that our next Patio and Bake Sale is scheduled for March 10<sup>th</sup> from 7am-12 pm.

---

## **Did you know?**

The first game of "Bingo" was played on Dec 17, 1927 at a county fair in Atlanta, Georgia. At that time the game was called "Beano" because it was played with beans. A toy salesman from New York, Edwin Lowe, watched the game being played at the fair and was excited by how involved the participants were. He brought the game back to New York and its popularity soared. Whenever players yelled out "Beano" it sounded so close to Bingo that eventually it was just referred to by that name.

## CHIT CHAT AROUND THE PARK



### **Save The Date and Plan Ahead** by Midge Drouin

On Saturday March 10<sup>th</sup>, the Activities Organization will be having its second patio sale of the season. Along with the sale as usual, we will have a bake sale, book sale, and white elephant sale. So plan ahead and gather your items that you'd like to sell and put them aside. I will be reminding everyone at the next residents' meeting of the sale. The sale will run from 7am until 12 noon.

---

### **Here We Go, A-Caroling....**by Connie Riter

Three golf carts and 10 carolers carrying flashlights, music books, and lanterns spread a little Christmas cheer in the evening of Dec. 21<sup>st</sup>. We stopped at many, many homes to sing and several residents thanked us with tears in their eyes. (By the end of the evening, we sounded pretty good!) We met again after two hours of caroling at the Clubhouse to warm up and share Christmas cookies and cocoa. A cookie exchange also followed for those who wished to participate. A big thank you to all the carolers, the listeners, and to the bakers. It was a fun experience! Perhaps next year we can encourage more men to join in the singing.....

---

### **Ladies Get Acquainted Soup and Salad Luncheon** by Jane Boudreau

On Tuesday, January 3 the ladies of Desert Harbor enjoyed their first Soup and Salad Luncheon of the new year. Thirty-one ladies attended the luncheon sharing a variety of soups, salads, bread, and desserts. A fifty/fifty drawing was held with sixteen dollars being contributed to the Activities Organization treasury.

Please invite a neighbor to join you at the next luncheon. They are held the first Tuesday of each month in the Clubhouse with serving beginning at 12 noon.

---

**Spaghetti Dinner Recap** *by Midge Drouin*

Our spaghetti dinner that was held on Wednesday, January 11th turned out to be very successful. We seated around 118 people enjoying spaghetti with meatballs and sauce. On one of the serving tables were salad, sprinkle cheese, and a couple of cakes for dessert. Altogether it was a very relaxing evening with friends and neighbors visiting and enjoying each other's company. A huge thank you goes out to all who helped with the cooking of the spaghetti, meatballs and sauce, everyone who set up the hall, the servers, the clean up committee, and everyone who bought tickets to support the activities organization. We had our usual 50/50 raffle where there were three prizes given away. Thanks again for all your support!!!!!!!

**P.S. Don't forget the upcoming Potato Bake.**

---

**NEW YEAR'S EVE** *By Dave Borchardt*

There were around 40 to 50 Desert Harbor residents who went to the New Year's Eve party at the clubhouse. Some played Texas Hold Em and Uno. Everyone brought along snack foods and something to drink and there was plenty of ham, turkey, and cheese for sandwiches. The music for the evening was provided by our own Desert Harbor Disc Jockey, Dick Smith, who kept the tunes going all night long. It was a fun event for all who attended.

---

**STUDIO 3 PERFORMS AT HOLIDAY POTLUCK** *by Jane Boudreau*

Following our December Holiday Potluck supper students from Studio 3 Performing Arts Academy entertained us with their Holiday Program. The school provides a variety of classes in the performing arts. The group who performed for us consisted of eight young ladies and five young men. With limited floor space for them to complete their routines they did a great job. Holiday music was the background for both the vocal and dance routines. The program lasted over an hour. Performing for groups like ours provides an opportunity for the students to perfect their skills. The donations collected at performances like ours is used to fund trips to various locations. Their 2012 trip destination is to New York City. We wish them much success in their fund raising.

**Bread Pudding** *by Midge Drouin*

**Ingredients:**

2 eggs

2 cups milk

1 cup sugar

1 Tbl. butter or margarine melted

1 teas. ground cinnamon

1 cup raisins (optional )

10 slices day-old bread, crusts removed, cut into 1/2 inch cubes Preheat oven to 350 degrees.

Butter an 8 x 8 baking dish. Bake for 55 to 60 minutes. Cool on wire rack

**Sauce :**

1 cup sugar

1/2 cup butter

1/2 cup heavy cream

1 teas. vanilla extract Combine everything in a sauce pan. While stirring, bring to a boil.

---

Book Review: **The Violets of March** *by Nancy Pavkov*

This is a debut novel of Sarah Jio. Emily is a published novelist, newly divorced. She goes to Bainbridge Island in Washington to spend time with her Aunt Bee and try to heal her wounds. There she finds a diary written in 1943. It all leads to family mysteries solved for her. This is quite a nice story, enjoyable to read, and best of all -- Emily finds her love!



# WHO AM I ?

## Board Member Michael Bauschard



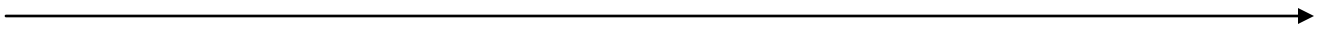
**About 1982**



**2011**

**SAVE THE DATE!** *BY Kay Mckersie*

Sat. Feb. 4th/9:00am Feb 3rd 2-4 pm	Residents Meeting Wine and Cheese Party by Mandy
Tue. Feb. 7th/12:00pm	Ladies Soup 'N Salad Luncheon
Wed. Feb. 8th/5:30pm 6:30pm	Potato Bake Showoffs
Thu. Feb. 9th/1:00pm	Quilt Show
Sat. Feb. 18th/4:30pm	Potluck
Tue. Feb. 21st/11:00am	Ladies Luncheon
Th.-Fr. Feb. 26-28	Edgewater Casino Laughlin
Sat. Mar. 10th7:00am	Patio & Bake Sales
Sat. Mar. 17th 4:30pm	St. Patrick's Potluck & Corn Beef and Cabbage



## DESERT HARBOR RESIDENTS OFFER SERVICES

<b>Name:</b>	<b>Lot</b>	<b>Service</b>	<b>Phone</b>
Greg Sather	10	House Painting	602-558-0612
Philicia Hightower	6	Cleaning & Errands	480-674-4570
Midge Drouin	203	Haircuts, Styling, Blow Drying	602-459-9039
Margo Crawford	104	Photo restoration, scanning-slides	623-910-2713
Dorothy Mueller	155	Avon Products, Free Boxes	480-984-9780
Esther Lough	123	Puppy Sitting	480-288-8579
Connie Riter	81	Travel, Trips	480-641-7753
Renee Spears	57	Reiki Sessions	480-215-8328
Jean Myers	44	Pet & House Sitting, Drive to Store, Dr's.-Airport	480-671-4481
Bob Myers	44	Yard work, odd jobs	480-671-4481
John Williams	162	Handyman	602-561-4562
Toni Ague	126	Sewing, alterations, interior painting	319-533-1098
Miles Lowery	164	Exterior pressure washing, screens & windows, exterior painting, tighten jacks under home, repair-replace roofs, handyman	480-276-8568
Rich Blake	197	Therapist, reasonable cash rates, individual, couples, PTSD, most issues addressed	317-966-5740
Doug Stoesz	174	Will transfer your favorite VHS tapes to DVD or your favorite vinyl records to CD	480-982-1065

# February 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<p>1 7am Water aerobics 7:45am Get Fit 9am Line Dancing 1pm Mahjongg 1pm Quilting 6:30pm Quilting</p>	<p>2 7am Water aerobics 9am Tai Chi 11am Golf 6:30pm Billiards 6:30pm Euchre</p>	<p>3 7am Water aerobics 9am Get Fit 1pm Genealogy 4pm Happy Hour 7pm Cards/ Games</p>	<p>4 8am Coffee/ Donuts 9am Residents meeting 5:30pm Texas Hold'em Poker</p>
<p>5 10:30am Church 12:30 pm Texas Hold'em Poker</p>	<p>6 7am Water aerobics 9am Tai Chi 1pm Mahjongg 6:30pm Billiards</p>	<p>7 7am Water aerobics 12 pm Ladies Soup/Salad Luncheon 2pm Bible Study 6:30 MDQ Poker 7pm Cards</p>	<p>8 7am Water aerobics 7:45am Get Fit 9am Line Dancing 1pm Mahjongg 5:30pm Potato Bake &amp; show</p>	<p>9 7am Water aerobics 9am Tai Chi 11am Golf 1pm-4pm Quilt Show (clubhouse) 6:30pm Billiards 6:30pm Euchre</p>	<p>10 7am Water aerobics 9am Get Fit 1pm Genealogy 4pm Happy Hour 7pm Cards/ Games</p>	<p>11 8am Coffee/ Donuts 5:30pm Texas Hold'em Poker</p>
<p>12 10:30am Church 12:30 pm Texas Hold'em Poker 2pm Pinochle</p>	<p>13 7am Water aerobics 9am Tai Chi 1pm Mahjongg 6:30pm Billiards</p>	<p>14 7am Water aerobics 2pm Bible Study 6:30 MDQ Poker 7pm Cards</p>	<p>15 7am Water aerobics 7:45am Get Fit 9am Line Dancing 1pm Mahjongg 1pm Quilting 6:30pm Quilting</p>	<p>16 7am Water aerobics 9am Tai Chi 11am Golf 6:30pm Billiards 6:30pm Euchre</p>	<p>17 7am Water aerobics 9am Get Fit 1pm Genealogy 4pm Happy Hour 5:30pm Texas Hold'em Poker 7pm Cards/ Games</p>	<p>18 8am Coffee/ Donuts 4:30 Happy Hour 5pm Pot Luck</p>
<p>19 10:30am Church 12:30 pm Texas Hold'em Poker</p>	<p>20 7am Water aerobics 9am Tai Chi 1pm Mahjongg 6:30pm Billiards</p>	<p>21 7am Water aerobics 11am Ladies Luncheon (outside park) 2pm Bible Study 6:30 MDQ Poker 7pm Cards</p>	<p>22 7am Water aerobics 7:45am Get Fit 9am Line Dancing 1pm Mahjongg 6:30pm Quilting</p>	<p>23 7am Water aerobics 9am Tai Chi 11am Golf 6:30pm Billiards 6:30pm Euchre</p>	<p>24 7am Water aerobics 9am Get Fit 1pm Genealogy 4pm Happy Hour 7pm Cards/ Games</p>	<p>25 8am Coffee/ Donuts 5:30pm Texas Hold'em Poker</p>
<p>26 10:30am Church 12:30 pm Texas Hold'em Poker 2pm Pinochle  Casino Trip Laughlin 2 nights</p>	<p>27 7am Water aerobics 9am Tai Chi 1pm Mahjongg 6:30pm Billiards  Casino Trip Laughlin</p>	<p>28 7am Water aerobics 2pm Bible Study 6:30 MDQ Poker 7pm Cards</p>	<p>29 7am Water aerobics 7:45am Get Fit 9am Line Dancing 1pm Mahjongg 1pm Quilting 6:30pm Quilting</p>			