

HARBOR LIGHTS

Web address: www.DesertHarborAZ.com

newsletter

DESERT HARBOR—A 55+ COMMUNITY—APACHE JUNCTION, AZ—JULY 2013

SOME THOUGHTS TO PONDER by Connie Riter

We read the stories of the three young women held captive in a house for over ten years... We see the young Arizona mother detained in a Mexican prison for almost a week because of the seat she sat in on a bus.... We view on television the cell in which Jodi Arias is staying now, and cautiously wonder what she must be feeling facing the rest of her life in prison.

These events and so many others make us appreciate the freedoms we enjoy and as another 4th of July comes, we are reminded that freedom, like life, is something to really cherish. For over 230 years Americans have enjoyed the freedom to live where we wish, to work in a job we choose, to raise our children in the way we want, to worship freely and without government tyranny. In many parts of the world, these are only elusive ideals. There is so much turmoil in the world today and we wonder if freedom will ever be enjoyed throughout the world.



We celebrate our freedom with fireworks, potlucks, and picnics and the mercantile world takes advantage of the holiday by running special sales of all kinds. In the early 1900's people sent 4th of July postcards to one another much as we do at Christmas today. The 4th of July was, indeed, a SPECIAL DAY!

However we celebrate, let us take a few moments to relish our freedom and to pray that our nation may always live in the peace and freedom we enjoy today!

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From the President's Desk

by Phil Thau



Well neighbors, it is July and as usual very warm. We have several activities planned for July and August for the summer residents. Many of the Board members will be gone until September. However, we will still try to have the Board and Association meetings.

I would like to thank the residents who stepped up and helped over the last several months while the Board went on holiday.

ACTIVITIES ORGANIZATION

President	Phil Thau	Lot #32	480-299-7972
Vice President	Arturo Tapia	Lot #191	619-341-9341
Interim Secretary	Phyllis Tessmer	Lot #51	480-671-1414
Treasurer	Tim Chrissis	Lot #34	480-982-1891
Board Member	Midge Drouin	Lot #203	602-459-9039
Board Member	Mike Bauschard	Lot #99	480-288-4332
Board Member	Margo Crawford	Lot #104	623-910-2713

DESERT HARBOR ACTIVITIES

<u>ACTIVITY</u>	<u>COORDINATOR</u>	<u>TELEPHONE</u>
APPLIQUE	RENI DIEBALL	983-0578
BINGO	DENNIS & DIANE MAHER	646-1433
CASINO TRIPS	CONNIE RITER	641-7753
CLOSET QUILTERS	RENI DIEBALL	983-0578
CRAFTS	MARGO CRAWFORD	623-910-2713
GENEALOGY	ESTHER LOUGH	288-8579
GOLF	DON WALKER	288-5686
HORSESHOES	TBA	
LADIES OUT OF THE PARK LUNCHEONS	TBA	
LADIES SOUP & SALAD LUNCHEON	JOANN HANKISON	641-0975
LINE DANCING	MARY PAT SUMMERS	983-4227
MAH JONGG	ESTHER LOUGH	288-8579
PINOCHLE	ELAINE KERELUK	987-8587
POKER	MIKE BAUSCHARD	288-4332
SHUFFLEBOARD	CLIFF TESSMER	671-1414
STITCH & CHAT	RENI DIEBALL	983-0578
TAI CHI	DICK SMITH	983-5819

WEB MASTER, DICK SMITH, 480-983-5819

**BONNIE DUPREE, DESERT HARBOR MANAGER,
480-288-8876**

BIRTHDAYS - ANNIVERSARIES

JULY BIRTHDAYS

Day	Name	Lot #
3	Steve Ziegele	71
4	Richard Blake	197
4	Kitty Hutson	56
7	Bill Johnson	5
9	Harvey Nelson	131
9	Cathleen Smartt	20
11	Anne Eubank	169
11	Bertha Luby	86
12	Phyllis Tessmer	51
14	Jerry Murphy	205
14	Alma Shephard	107
15	Ray Altenschulte	83
15	Penny Newby	185
17	Karen Majur	173
17	Ron Ruetz	73
20	Art Roberts	81
21	Noran Olson	27
22	Ellie Henderson	20
23	Bev Borchardt	142
23	Bill Garriot	115
23	Jim Hutson	56
24	Greg Hudson	80
24	Cliff Tessmer	51
25	Kathleen Kalber	64
27	Mary Lou Croyle	120
29	Jim Stephens	156
31	Joe Schnier	146
31	Kim Worthem	80

JULY ANNIVERSARIES

Day	Name	Lot #
6	Larry & Bertha Luby	86
12	William & Philicia Hightower	8
17	Chuck & Ellie Henderson	201
19	Robert & Bette Roy	130
23	Richard & Karen Anderson	39
25	Bob & Fran LeVeque	62



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

PHONE BOOK UPDATES :

Delete Phil & Barb Fox home phone 602-459-9272
Add Phil Fox 760-668-4746
Add Barb Fox 760-668-4183



NEW RESIDENTS :

Lot 69 Tucker, Roger / Wanda
Lot 70 Allie, Bill / Linda
Lot 87 Lew Burkette / Susie Borman

JULY EVENTS

July 4	Bar B Q	Clubhouse
July 14	Pool Party	Pool Clubhouse
July 18	Movie Night	7:00 pm Clubhouse
July 19	Health Day	2:00 pm Clubhouse
July 25	Bunco	6:30 pm Clubhouse
July 27	Pot Luck w/Bingo	4:30 pm Clubhouse
July 31	Breakfast	7:30—9:30 am Clubhouse

MEMORIAL DAY BAR-B-Q

By Dave Borchardt

Desert Harbor celebrated Memorial Day with a Bar-B-Q and entertainment at the clubhouse. The event started at 4:30 pm with food being served at 5:00 pm. Solstice Communities donated buns, hot dogs, hamburgers and eight slabs of ribs for our event. There were about 70 people in attendance and with side dishes everyone brought, it was quite a hit. The entertainment consisted of two guys, Brant & Kerry, singing older country western songs as well as a few oldies from the 50's. The entertainment lasted from about 7:00 pm to 9:00 pm and they were very entertaining. The entertainment committee is thinking of bringing them back maybe in September or October, and everyone was pretty much in agreement. These two guys are part of a band called Desert Reign that plays from time to time at Filly's in Apache Junction.

E-MAIL ADDRESS UP TO DATE?

Please be sure to let us know if you change your e-mail address. We usually are working a month in advance on the newsletter, so many times there is last minute information that we like to send out. So if you want your e-mail address to be included, please send any corrections or updates to: desertharboraz@aol.com. Also, be sure to add desertharboraz@aol.com to your contact list.

RESTAURANT REVIEW by Bob Mayo

The Wild Side Grill 7215 S. Power Road (480) 840-3981

www.thewildsidegrill.com

For those of you that have been around the area for a while you might have known this as Trophy's Steak House. If the name does not ring a bell you might remember it by the interior which exhibits many trophy animals including bear, elk, bison mountain goats and various other species. It is the claim that there are a total of 29 game animals found in North America and these were all taken by the owner of the restaurant himself.



I gave it a try recently not having been there in about two years and was pleasantly surprised. The menu is fairly extensive and includes various salads, burgers along with appetizers and entrees. The menu includes several dishes featuring meat from some of the various wild animals, including elk, buffalo and others. The bulk of the menu however consists primarily of more common items including fish and pasta and can be found on the web site. Entrées range from around \$15 up to \$33 with burgers and such from about \$7 to \$12.

I decided to splurge a little and ordered the 6 oz filet. The steak was excellent, tender and cooked just exactly as I had ordered. The meal included your choice of potato and a vegetable. The only quarrel I would have was that if one wanted soup or salad the cost was extra. Guess I've been eating in too many cheap places but for the price charged for the meal I was a little surprised.

If you have never been there, it is hidden back behind TC's Pub & Grub on the east side of Power Rd in the Power Marketplace II between Pecos Road and East Rittenhouse Rd. The service was good and while I probably would not make this a permanent haunt, it is an interesting change of pace even if you just go for lunch or to see the animals.





“Thanks for Your Service to Our Country...”

by Connie Riter

Twice each year for the last 5 years, we have been trying to honor the veterans who live in Desert Harbor by posting pictures of them with a description of their service on a display for Memorial Day and for Veteran’s Day. Lately we have included children, grandchildren, and parents. We would like to keep this tradition going by getting more of the residents to submit pictures. If you are away for the summer, please look for a picture or two before you return. I will make copies so the display is standardized and return your original picture to you. This year we also added the names of those who live in the Park but do not have pictures....(So, if you don’t have a picture, we can add you to that list.) Here are some pictures of the Memorial Board this May.....

“Let every nation know, whether it wishes us well or ill, that we shall pay any price, bear any burden, meet any hardship, support any friend, oppose any foe, to assure the survival and success of liberty.”

...John F. Kennedy

RECIPES

SLOW COOKER PORK TENDERLOIN

by Dick Smith

2 pound Pork Tenderloin
1/4 cup low sodium soy sauce
1 TBS Yellow Mustard
2-3 TBS maple syrup
2 TBS olive oil
2 TBS Diced dried onions
1 1/2 TSP Garlic Salt or Powder

Mix ingredients above. Pour over Tenderloin in the crock pot and cook on low for 6 hours



May Pot Luck/ Left-Right-Center *by Midge Drouin*

Our May pot luck turned out to be a fun-filled evening. Our hosts for the evening were Dick and Theresa Blake. There were around 60 residents in attendance enjoying many varieties of food and desserts. Afterwards 16 of us sat down to play left-right-center which lasted for about two hours. By the way, we could use people to sign up to host our upcoming pot lucks. Talk to one of our board members. They will be happy to let you know how to host. Thanks to everyone who helped set-up and clean-up.

RECYCLED GREETING CARDS WANTED

Do you have leftover greeting cards? There is a basket in the clubhouse that you can put them in. Connie Riter will be sure the cards are sent to St. Jude's in Nevada. Thank you.

BOOK REVIEW - *by Bob Mayo*

The Sleepwalkers: How Europe Went to War in 1914 by Christopher Clark

The majority of us have lived through much of the often times tumultuous 20th Century. This includes many of the conflicts that have occurred during our lifetime including World War Two, The Cold War with its conflicts in places such as Korea and Vietnam, the Cuban Missile Crisis, the Berlin Blockade and resulting tensions which lead to the building of the Berlin Wall which divided the European continent for approximately 30 years. As we look back over this period in our history it is probably fair to conclude that the seeds for many of these conflicts were in large part sown in the "War to End All Wars"; commonly known as World War One.

It is well known that the major catalyst of this conflict was the assassination of Archduke Franz Ferdinand of Austria and his wife Sophie during an official visit to Sarajevo in what is now Bosnia in June 1914, by a Serbian citizen named Gavrillo Princip. The Archduke was the heir apparent to the Hapsburg throne of the Austro-Hungarian Empire and the event led to a declaration of war by Austria-Hungary against Serbia whom they deemed to have been behind the assassination.

So the question becomes, how did this apparently simple quarrel between two neighboring states end up in a war which involved all of the major nations/states in Europe as well as eventually the United States? This book provides many of the answers to that question. It relies on not only the official records of the nations involved but also the words and thoughts of individuals in key positions in the various governments found in their personal diaries and memoirs.

The book looks at all the major players in the conflict. Not just the well known leaders such as Tsar Nicholas II of Russia, Kaiser Wilhelm II of Germany, Raymond Poincare the President of France; but also at the many individuals that were the actual executives of the various states and were largely responsible for the national policies of these states. These include the many ambassadors, foreign secretaries as well as many of their assistants as well as others in positions to influence a nation's policies. It also looks at the relationships between states and their various alliances that sometimes conflicted with each other as well how these relationships and alliances could shift almost from day to day.

This is not an easy read and is not really meant to be. It is rather a well researched and documented history of how this particular conflict evolved with results that in many ways are still with us today. This is an exceptional read for anyone with an interest in history and a desire to understand how seemingly minor events can suddenly escalate out of control, resulting in outcomes that can cause ripple effects many years, even decades later.

ITEMS FOR SALE OR ITEMS WANTED BY RESIDENTS

FOR SALE: Weslo Cadence G40 Treadmill.....with instruction manual and safety key. In excellent condition. Why wait to use the one at the Clubhouse? Own your own! Bette Roy 480-982-3805. \$175 or best offer.

CHIT CHAT AROUND THE PARK



LADIES LUNCHEON *by Kay McKersie*

Philicia selected Babbo's Italian Eatery for our monthly restaurant outing. Eleven women attended and the food was great! The special of the day was a full order of spaghetti and meatballs for half the regular price. A really good deal. A lot of delicious looking salads were ordered around the table too.

A few residents joined us for the first time. It is nice to see them joining in with our group. Renee gave a little test to see how we handled unexpected events that came up in our lives. Gave us an insight into how we react in our daily lives. We are looking forward to next month at the Olive Mill.

CRAFT CLASS *by Margo Crawford*

After serious consideration I have decided to cancel the craft class until this fall. Too many people are away on vacations and gone for the season. I myself will be leaving on vacation sometime in July. Please continue to think of ideas to share and suggestions for classes or get-togethers. I will continue to check the internet for easy crafts to make. Also, keep in mind that we can start on some holiday ornaments and stocking stuffers. See you in the fall!

Ladies Soup 'n Salad Luncheon *by Connie Riter*

The ladies soup 'n salad luncheon was held on June 4th at noon with 15 ladies attending. (Numbers drop in the summer months, but still we have a good time.) Again we had a variety of delicious salads and desserts and a large loaf of Italian bread to accompany the one soup Renee Spears and Danielle brought. Beverly Norman won the 50/50 raffle.

We meet on the first Tuesday of each month and all ladies are welcome. With the summer heat, we see so few people and this is a good way to meet and greet your neighbors. Come join us on July 2nd, and sign up on the sheet provided in the Clubhouse, indicating what you will bring. We know you will enjoy it!

WHO AM I ?



LOOK FOR
NEXT MONTH'S
CURRENT
PHOTO

I moved into Desert Harbor in 2002.
Some of the things I like to do include Bingo, Pot Lucks,
And I love gardening with plants and flowers

If you know who I am, please jot your guess along with your name and lot number and put it in the suggestion box at the clubhouse.

You may also submit your guess by e-mail to desertharboraz@aol.com, and, please put the date and time on your entry.

Thank you!

You can also view the newsletter in full color at our website www.desertharboraz.com

COMPUTER CORNER

by Margo Crawford



How can I tell if my computer is up to date?

Your computer is up to date when you've installed the latest updates for Windows and your programs. To check for Windows updates, follow these steps:

1. Click Start, Control Panel, System and Maintenance, then Windows Update.
2. In the left pane, click Check for updates, and then wait while Windows looks for the latest updates for your computer.
3. If any updates are found, click Install updates.
- 4.

You might see both important and optional updates. If you don't see the Install updates button when there are only optional updates, click Optional updates available, choose the ones you want, and then click OK.

Note

- If language packs are available, install only the languages that you use.

Important updates help improve the security of Windows and your computer, and they should be installed. Optional updates often are updated device drivers or program updates that aren't critical to their operation. You can install optional drivers if they add features (such as additional languages) or if you are having problems with an existing device or program. For more information about security updates, see [Get security updates for Windows](#).

To check for updates for other software programs and devices that do not appear in Windows Update, go to the software publisher's or manufacturer's website.

Tips

- Here's how to get updates for Windows and other Microsoft programs at the same time, including updates for Microsoft Office (Word, Outlook, Excel, PowerPoint, and more) as well as new Microsoft software: In the left pane of Windows Update, click Change settings. Then, under Microsoft Update, select the Give me updates for Microsoft products and check for new optional Microsoft software when I update Windows check box. If you're already using Microsoft Update, which works with Windows automatic updating, Windows Update will automatically open and display your update status.
- Some programs, such as antivirus or spyware monitoring programs, provide a link to check for updates from within the program or have subscription services that can notify you when new updates are available. It's a good practice to check for updates for your security-related programs first, and then for the programs or devices you use most often. If you use Windows Defender, see [Keep Windows Defender definitions up to date](#) for more information.

HEALTH ARTICLE *by Midge Drouin*

Tai Chi Improves Symptoms of Parkinson's Disease

Tai chi, a type of exercise that guides the body through gentle, flowing poses, may help some of the worst physical problems of Parkinson's disease, a new study shows.

If further studies confirm the findings, experts say it appears that tai chi might be an effective therapy for improving a person's ability to walk, move steadily, and balance. Tai chi may also reduce the chances of a fall.

"The results from this study are quite impressive," says Ray Dorsey, MD, MBA, a neurologist and associate professor at Johns Hopkins School of Medicine in Baltimore.

"It's always difficult to compare results across studies, but the magnitude of the impact that they had is larger, in some cases, than what is seen with medications in Parkinson's," says Dorsey, who also directs the Movement Disorders Center and Neurology Telemedicine at Johns Hopkins. He was not involved in the research.

Parkinson's disease involves the slow destruction of brain cells that make a chemical called dopamine. Nerve cells depend on dopamine to send messages that guide muscle movement. As the cells die, movements may become shaky, stiff, and unbalanced. Walking may be harder. It may also be tougher to start a movement or keep going.

Medications may help control some things, like tremors, but many drugs are not as good at helping the so-called axial symptoms of Parkinson's disease, which include problems with balance and walking.

Tai Chi Comes Out Tops

For the study, doctors assigned 195 people with mild-to-moderate Parkinson's disease to one of three groups: The first took tai chi classes, the second exercised with weights, and the third was assigned to a program of seated stretching. All the groups met for 60-minute sessions twice each week.

After six months, people who had been taking tai chi were able to lean farther forward or backward without stumbling or falling compared to those who had been doing resistance training or stretching. They were also better able to smoothly direct their movements. And they were able to take longer strides than people in the other two groups.

Like resistance training, tai chi helped people walk more swiftly, get up from a chair more quickly, and increased leg strength.

Perhaps the most impressive benefit of tai chi, however, was related to falls. Falls are common in people with Parkinson's, and they can cause serious injuries, including fractures and concussions. Studies show falls are the main cause of hospitalizations in Parkinson's patients. People in the tai chi group reported half the number of falls compared to those who were taking resistance training and two-thirds fewer falls than people who were doing light stretching exercises.

(the article will continue next month)

From the Web, MD as compiled by Midge Drouin

Mind-Body Benefit?

"This is a very encouraging study," says Chenchen Wang, MD, Msc, a rheumatologist and associate professor at Tufts University School of Medicine in Boston.

Wang has studied the benefits of tai chi for osteoarthritis and fibromyalgia, but she was not involved in the current research.

"Most of our previous studies have measured pain, depression, and anxiety, which are subjective measures. These results are very impressive because they used objective measurements," Wang tells WebMD.

It's not clear exactly why tai chi may offer an edge over more conventional kinds of exercise like resistance training, but researchers say they believe it probably has something to do with the mind-body connection that's encouraged throughout the poses.

"It's intentional movement. So every step you take, you are aware of it. We put quite a bit of emphasis on the self-awareness of the movement," says Fuzhong Li, PhD, senior scientist at the Oregon Research Institute, a nonprofit center for the study of human behavior in Eugene, Ore.

Additionally, Li says, tai chi has some practical advantages over other kinds of exercise.

"You don't need any equipment. You can practice anywhere, anytime. It's low cost. It can easily be incorporated into the rehab setting, as well," Li says.

MANAGER'S MEETING *by Margo Crawford*

There was a good turn out by the residents for the meeting with Bonnie Dupree in May. Many issues were addressed. Bonnie commented that she had only been here for 13 days and was still getting settled in and finding out which projects had been approved for the budget and which ones are still on hold. The outdoor pool will be switched to the salt water system in June and repairs will be made to the golf course during June also. Ken Camp requested an update as to when we can expect the kitchen to be renovated. Bonnie said she would check on that and get back to us.

Road repairs will have to wait until 2014. This time line involves contracts and warranties and will be checked into further. Until this meeting Bonnie was unaware of the severe cracks in the walls of the clubhouse. Now that they have been pointed out to her, she will see what needs to be done to correct that situation. River rock is still on the agenda for the lots that suffered severe washouts during the Monsoons. However, she is unable to provide a time line for the work to be done. Security cameras continue to be a requested item and apparently continue to be shelved until sometime in the future. Several residents requested that the clubhouse be cleaned more thoroughly and to include the overhead vents and fans. Bonnie stated that as soon as possible the large storage room behind the table storage area and card room and craft room will be cleared out to better provide storage area for the needs of the clubhouse and activities.

Tracy also attended this meeting and discussed future events she is planning including a game called, "Where's Tracy". We will be receiving details and information about prizes for this game.

Retirement Plan:




**Sleep until you're hungry.
Eat until you're sleepy.**

DESERT HARBOR RESIDENTS OFFER SERVICES

<u>NAME</u>	<u>LOT</u>	<u>SERVICE</u>	<u>PHONE</u>
Margo Crawford	104	Computer repair, 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	Bus Trips	480-641-7753
Renee Spears	57	Reiki Sessions	480-215-8328
Jean Myers	44	Pet & House Sitting, Drive to Store, Doctor's Office, Airport, House Cleaning	480-671-4481
Bob Myers	44	Yard work, odd jobs	480-671-4481
John Williams	162	Handyman	602-561-4562
Rich Blake	197	Therapist, reasonable cash rates, individual, couples, PTSD, most issues addressed	317-966-5740
Liz Pawlowski	6	Odd jobs, anything you can't do yourself	619-508-9402
Karen Majur	173	Sweet Life Home Sales	480-250-2219
Lance Johnson	29	Custom Jewelry, Professional Jewelry Repair	801-231-3568
Colleen—Pat	184	Painting, house sitting, yard work, baking, laundry, Window washing, errands, house cleaning	480-288-8155 218-851-9299
Dick Smith	74	House Sitting, Transportation to Dr. or Store	480-983-5819

July 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>1 7:30am Water Aerobics 1pm Mahjongg 6:30pm Bingo 6:30pm Billiards</p>	<p>2 7:30am Water Aerobics 12pm Ladies Soup/Salad Luncheon 6:30 pm NDQ Poker 7pm Cards</p>	<p>3 7:30am Water Aerobics 1pm Quilting 6pm Bible Study 7pm Shuffleboard</p>	<p>4 7:30am Water Aerobics 1pm Cards 6:30pm Billiards BBQ and tournaments</p>	<p>5 7:30am Water Aerobics 4pm Happy Hour 7pm Cards</p>	<p>6 9am Coffee/Donuts 10am Residents Meeting 5:30 Texas Hold'em Poker</p>
<p>7 10:30 am Church 1pm Texas Hold'em Poker</p>	<p>8 7:30am Water Aerobics 1pm Mahjongg 6:30pm Bingo 6:30pm Billiards</p>	<p>9 7:30am Water Aerobics 6:30 pm NDQ Poker 7pm Cards</p>	<p>10 7:30am Water Aerobics 1pm Cards 6pm Bible Study 7pm Shuffleboard</p>	<p>11 7:30am Water Aerobics 1pm Quilting 6:30pm Billiards</p>	<p>12 7:30am Water Aerobics 10am Bonnie's Resident Meeting 2pm Healthy Choice snacks Tracy-solstice 4pm Happy Hour 7pm Cards</p>	<p>13 9am Coffee/Donuts 5:30pm Texas Hold'em Poker</p>
<p>14 10:30 am Church 1pm Texas Hold'em Poker 2pm Pinochle</p>	<p>15 7:30am Water Aerobics 1pm Mahjongg 6:30pm Bingo 6:30pm Billiards</p>	<p>16 7:30am Water Aerobics 11am Ladies Luncheon (outside park) 6:30 pm NDQ Poker 7pm Cards</p>	<p>17 7:30am Water Aerobics 1pm Quilting 6pm Bible Study 7pm Shuffleboard</p>	<p>18 7:30am Water Aerobics 8:15am Casino Trip Gila River (Lone Butte) 1pm Cards 6:30pm Billiards</p>	<p>19 7:30am Water Aerobics 3pm Bonnie's Resident meeting 4pm Happy Hour 7pm Cards</p>	<p>20 9am Coffee/Donuts 5:30pm Texas Hold'em Poker</p>
<p>21 10:30 am Church 1pm Texas Hold'em Poker</p>	<p>22 7:30am Water Aerobics 1pm Mahjongg 6:30pm Bingo 6:30pm Billiards</p>	<p>23 7:30am Water Aerobics 6:30 pm NDQ Poker 7pm Cards</p>	<p>24 7:30am Water Aerobics 1pm Cards 6pm Bible Study 7pm Shuffleboard</p>	<p>25 7:30am Water Aerobics 1pm Quilting 6:30pm Billiards</p>	<p>26 7:30am Water Aerobics 4pm Happy Hour 5:30pm Texas Hold'em Poker 7pm Cards</p>	<p>27 9am Coffee/Donuts 4:30pm Happy Hour 5pm Pot Luck Bingo</p>
<p>28 10:30 am Church 1pm Texas Hold'em Poker 2pm Pinochle</p>	<p>29 7:30am Water Aerobics 1pm Mahjongg 6:30pm Bingo 6:30pm Billiards</p>	<p>30 7:30am Water Aerobics 6:30 pm NDQ Poker 7pm Cards</p>	<p>31 7:30am Water Aerobics 1pm Cards 6pm Bible Study 7pm Shuffleboard</p>	