



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

Staying Cool in the Hot Arizona Summer *by Connie Riter*

“...but it’s a DRY heat!” We’ve all heard that many times, but “dry heat” is STILL super hot! Here are some suggestions for keeping cool...

If you can, go north. Visit Flagstaff. The higher elevation is an enjoyable respite from our heat and this college town has lots of things to do -- from hiking, biking, camping, shopping, and dining, to visiting museums there. Show Low, Pinetop/Lakeside and the surrounding areas such as Big Lake in Springerville also offer places to cool off. Another idea is to play indoors. Visit the Art Museum or the Science Center, or one of the local casinos, or take in a movie, or walk through a mall. If you have a dog and want to give them some exercise, too, take them to a local PetSmart or a Lowe’s or Home Depot -- these all allow you to bring your dogs on a leash in the summer. You can also come to our Clubhouse during the day, grab a new book from our Library, and curl up on the sofa. If you have to “get away” to feel cool, you may want to consider visiting a local resort -- most of them offer reduced rates in the summer.

No matter what activities you indulge in while in Arizona, it is vitally important to remember these things:

- **Water** – First, foremost, and of the UTMOST importance, is water. Carry it with you everywhere and at all times. Keep a couple of gallon jugs of water in your trunk in case you break down. Freeze a few 16-oz water bottles, and when you’re ready to go out for the day, take them with you. They’ll melt (quicker than you’d think!) and keep your water cool for hours. It is vitally important to stay hydrated. Arizona is primarily a desert state and you can become dehydrated before you know it.
- **Sunblock** – Even if you plan on being indoors all day. Even if your exposure to the sunlight is limited. Please remember that it takes only TWO MINUTES of direct exposure to sunlight to get a burn during peak months. Sunblock your face (including the part in your hair and the tips of your ears!), neck, arms, and any other parts of you exposed to the sun. Don’t forget the tops of your feet if you’re wearing sandals!
- **Hat** – In tandem with the sunblock, a hat can go a long way toward keeping you cool, keeping the sun off of your head and face, and preventing dehydration.

Sunglasses – Arizona is one BRIGHT state. Limit your eyes’ exposure to harmful UV rays by choosing lenses that block such light. Wearing sunglasses while driving also cuts down on the glare from the pavement and other vehicles. Plus, it’ll reduce the chance of crow’s feet! Despite the heat, we’re wired NOT to melt!

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RESIDENT'S MEETING by Bob Mayo

The Resident's meeting for July was called to order on July 6th by Board Member at Large Michael Bauschard as a result of the resignation of the board President, Vice President and Secretary. Following the Pledge of Allegiance the first order of business was to select a Chairperson Pro Tem to begin the process of electing officers to replace those who had resigned. Nominations for the position were opened and Dennis Maher volunteered to act as Chairperson Pro Tem and was approved by those present.

Bylaws Committee Chairperson Bob Mayo was requested to discuss the procedures required to hold such an election. He explained there were two choices. First to strictly follow the bylaws as currently written by appointing a nominating committee to recommend candidates and report back at the next meeting in August followed by requesting any further nominations from the floor and then providing ballots to all park residents which would be completed and returned and winners announced at the September meeting. The second alternative would be to approve a temporary suspension of that portion of the bylaws covering nominations and elections so officers could be elected immediately to fill the vacant positions.

It was also explained that the organizations would have no access to the General Fund of the organization until such time as a new President and Vice President were elected. A motion was made by Bob Mayo and seconded by Art Roberts to temporarily suspend the portion of the bylaws dealing with nominations and elections to allow the timely election of officers. The motion was approved.

Chairperson Dennis Maher opened the floor for nominations for President. Cliff Tessmer volunteered to serve as President until January 2014 when new elections would normally be held and his election was approved by the members present. Nominations were opened to Vice President with Dennis Maher volunteering to serve until 2014 which was approved. Nominations were opened for Secretary. Margo Crawford was nominated to be the Secretary and was approved. Nominations were opened for the position of Board Member at Large to replace Margo Crawford. Bill Johnson was nominated and approved.

The meeting was turned over to the new President Cliff Tessmer who requested the meeting be adjourned which was approved.

ACTIVITIES ORGANIZATION

President	Cliff Tessmer	Lot #51	480-671-1414
Vice President	Dennis Maher	Lot #193	480-646-1433
Secretary	Margo Crawford	Lot #104	623-910-2713
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	Bill Johnson	Lot #5	480-982-1224

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

AUGUST BIRTHDAYS

Day	Name	Lot #
3	Steve Davison	134
3	Kenneth Kalber	64
3	Bill Dunham	100
4	Pam Allen	136
4	Agnes Olson	27
5	Bruno Borowczyk	26
7	Rick Schwiezer	89
8	Dennis Maher	193
10	Bobbie Lowery	164
18	Patricia Ballock	183
18	John Eubank	169
19	Jackie Bowman	102
24	Elvira Jackson	55
24	Bob Wilson	11
26	Pat Schaefer	106

AUGUST ANNIVERSARIES

Day	Name	Lot #
8	Dave & Bev Borchardt	142
9	Lanny Leathers & Carol Haydter	154
12	John & Rosemarie Williams	162
13	James & Lorna Almon	9
17	Everette & Alma Shepherd	107
23	Dennis & Jackie Justus	24
24	Jim & Karen Stephens	156
26	Greg & Ruthann Sather	10



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 :

NEW RESIDENTS :

Wayne & Cheryl Sunderman Lot #71



BONNIE'S COMMUNITY MEETING *by Margo Crawford*

On the 21st of June we held the monthly meeting with Bonnie. Tracy was in attendance also to continue updating us on upcoming events and making some suggestions for things that might be of interest.

This was a very positive and encouraging meeting. Bonnie is getting settled in and seems to be truly interested in taking on the needs of our community. She is aware that we all take pride in our homes and lots and appreciate that the same care be taken of the community property. I am happy to report that a saltwater system has been installed in the outdoor pool. We will also get (should be installed by now) new handrail covers for the pool step areas. The golf course will be re-done once we have a routine maintenance contract. All 3 greens will remain, proper grass will be put in place, and proper grass will be put in place of the gravel and rock around the edges of the course area. Four trees will be planted and the horseshoe pit will be turned so it faces in the correct direction.

Our new maintenance man will be Tony. He is taking over from Pat as of the date of the writing of this article July 1, 2013. Welcome to Desert Harbor, Tony. We will try to take it easy on you for the first few days!

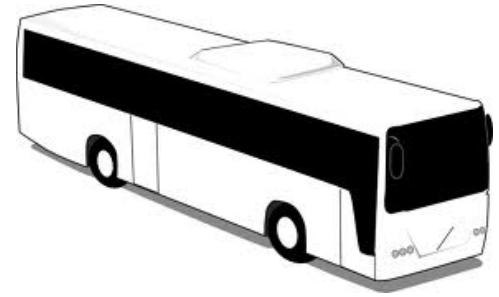
The pool decking will be repaired when Bonnie finds out about the warranties etc. She announced that a county inspector came by and checked out the cracks that are visible in the clubhouse walls. The inspector has assured her they are cosmetic and the maintenance man will be able to do the repairs.

The issues of the kitchen, clubhouse floors and resurfacing the spa will all be addressed as the budget and time frames allow. Security cameras are a regional decision so this is a wait and see. The ceiling fans have been cleaned. The ceiling lights will be checked out by a certified electrician. Tony will be asked to keep a better eye on the maintenance situation along the wall on 36th St. Bonnie will have the landscapers take care of the trees that are community property but branches are hanging over the walls over private lots.

She is also checking into building a nicer patio for the Bar B Q area. We have also been asked to consider switching from the bottled water in the clubhouse to a filtered water fountain. This transition would help free up some extra money for other improvements.

Thank you to all who attended. Please continue to attend these informative meetings in the future. Those of you who been unable to attend please try to add this monthly event to your calendar.

*"Take the first step in faith. You don't have to see the whole staircase, just take the first step."
~ Martin Luther King, Jr. ~*



Bus Trips Again Being Planned! *by Connie Riter*

We can always tell when Fall and cooler temperatures are getting nearer by the number of bus trips being planned. Some exciting ones are available with more on the way.....do any of these sound interesting to you?

Sept. 8-14 -- A wonderful trip to **Yosemite and Lake Tahoe** with 5 tours, 4 meals, a boat cruise and a gondola ride. \$799 pp dbl with \$200 deposit to hold your space.

Oct. 15 - 19 -- **Albuquerque and Santa Fe**. 4 nights, 8 meals, guided tours of Santa Fe and Sky City, and more. \$529 pp dbl.

Oct. 31 -- **Kartchner Caverns on Halloween!** Guided tour of the Big Room with lunch included. \$89 pp.

Nov. 15-19 --**Branson Holiday Celebration**. 5 days, 4 nights, 7 shows, 7 meals, round trip airfare and round trip transportation to airport. \$1699 pp dbl.

Nov. 19 - 21-- **Winter Dance Party in Laughlin**. A tribute to Buddy Holly, Ritchie Valens and the Big Bopper. 3 days 2 nights at the Edgewater, 2 buffets, and concert with excellent seats. \$135 pp dbl.

Dec. 3 -- **Algodones, Mexico** -- pharmacies, dentist, eye glasses, shopping. Passport required. \$59 pp.

For those who like to plan farther ahead:

Feb. 5 -- **Tubac Festival** \$49 pp

Feb. 15 -- **Turf Paradise** -- Phoenix Gold Cup Day at the Races. Reserved Seating in Turf Club Terrace, Hot buffet lunch in terrace, a special t-shirt, and lots of perks. This is always a sell-out! \$75 pp.

For more trips available, check the travel book in the clubhouse. And for your reservations, please call me. This benefits our Desert Harbor Activities Committee.

"Keep away from small people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great."

~ Mark Twain ~

Dear Lord,

So far today, I'm - doing all right.



I have not gossiped, lost my temper, been greedy, grumpy, nasty, selfish, or self-indulgent. I have not whined, complained, cursed, or eaten any chocolate. I have charged nothing on my credit card.

But I will be getting out of bed in a minute, and I think that I will really need your help then.

REDNECK SENSITIVITY

Three rednecks were working up on a cell phone tower: Cooter, Ronnie and Donnie.

As they start their descent, Cooter slips, falls off the tower and is killed instantly.

As the ambulance takes the body away, Ronnie says, 'Well, shucks, someone should go and tell his wife. Donnie says, 'OK, I'm pretty good at that sensitive stuff, I'll do it.'

Two hours later, he comes back carrying a case of Budweiser. Ronnie says, 'Where did you get that beer, Donnie?' 'Cooter's wife gave it to me,' Ronnie replies. 'That's unbelievable, you told the lady her husband was dead and she gave you beer?'

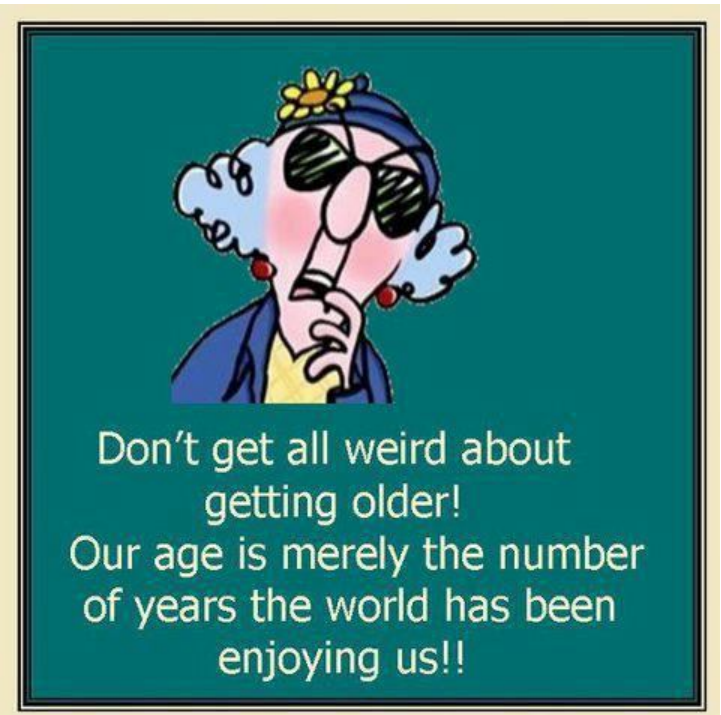
'Well, not exactly', Donnie says. 'When she answered the door, I said to her, "you must be Cooter's widow." She said, 'You must be mistaken. I'm not a widow.' Then I said, 'I'll bet you a case of Budweiser you are.' Rednecks are good at sensitive stuff.

Max & Arlene lived by a lake in Nordern Minnesota. It was early winter and the lake had frozen over.

Max asked Arlene if she would walk across the frozen lake to the general store to get him some beer. She asked him for some money but he told her, "Nah, just put it on our tab."

So Arlene walked across, got the beer at the general store, then walked back home across the lake. When she got home and gave Max his beer, she asked him, "Max, you always tell me not to run up the tab at the store. Why didn't you just give me some money?"

Max replied, "Well, I didn't want to send you out there without some money when I wasn't sure how thick the ice was yet."



RECIPES

Vegetable Tian

(thinly sliced veggies topped with cheese and then roasted)...

Ingredients:

1 Tbsp. olive oil
1 medium yellow onion
1 tsp. minced garlic
1 medium zucchini
1 medium yellow squash
1 medium potato
1 medium tomato
1 tsp. dried thyme
to taste salt & pepper
1 cup shredded Italian cheese



Directions:

STEP 1: Preheat the oven to 400 degrees f. Finely dice the onion and mince the garlic. Sauté both in a skillet with olive oil until softened (about five minutes).

STEP 2: While the onion and garlic are sautéing, thinly slice the rest of the vegetables.

STEP 3: Spray the inside of an 8x8 square or round baking dish with non-stick spray. Spread the softened onion and garlic in the bottom of the dish. Place the thinly sliced vegetables in the baking dish vertically, in an alternating pattern. Sprinkle generously with salt, pepper, and thyme.

STEP 4: Cover the dish with foil and bake for 30 minutes. Remove the foil, top with cheese and bake for another 15-20 minutes or until the cheese is golden brown

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.

Pecan Pie Cobbler (Recipe from Pillsbury)

1 Box refrigerated pie crusts, softened as directed on box
2 1/2 cups light corn syrup
2 1/2 cups packed brown sugar
1/2 cup butter, melted
4 1/2 teaspoons vanilla
6 eggs, slightly beaten
2 cups coarsely chopped pecans
Butter-flavor cooking spray
2 cups pecan halves
Vanilla ice cream, if desired

1. Heat oven to 425°F. Grease 13x9-inch (3-quart) glass baking dish with shortening or cooking spray. Remove 1 pie crust from pouch; unroll on work surface. Roll into 13x9-inch rectangle. Place crust in dish; trim edges to fit.

2. In large bowl, stir corn syrup, brown sugar, butter, vanilla and eggs with wire whisk. Stir in chopped pecans. Spoon half of filling into crust-lined dish. Remove second pie crust from pouch; unroll on work surface. Roll into 13x9-inch rectangle. Place crust over filling; trim edges to fit. Spray crust with butter-flavor cooking spray.

3. Bake 14 to 16 minutes or until browned. Reduce oven temperature to 350°F. Carefully spoon remaining filling over baked pastry; arrange pecan halves on top in decorative fashion. Bake 30 minutes longer or until set. Cool 20 minutes on cooling rack. Serve warm with vanilla ice cream.

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*

Eight ladies braved the heat and went to the Olive Mill for lunch on Tuesday, June 18th. Breakfast or lunch was available, so there was a real mix of food on the table. The dining room has been changed since I was last there and it has more seating room.

The outside is set up with picnic tables under the olive trees, so it would be a nice place to go when the weather is cooler.

They sell a wide selection of different olive oils, wines, coffees, relishes, chocolates, etc. I was told to get some of their garlic olive oil for frying eggs, so I picked up a bottle. Pricey, but I hear it is really good.

You really can't beat lunch with good friends.

Ladies Soup n Salad Luncheon in July *by Connie Riter*

Fifteen ladies attended the soup n salad luncheon this month on July 2nd. A variety of salads were enjoyed as well as a delicious vegetable beef soup and a cold cantaloupe soup which was quite refreshing in the 118 degree weather! Desserts were plentiful and varied with a lovely flag cake as the center of attention on this table. Everyone enjoyed the time to relax, taste some new dishes, and meet some of our new residents in the Park. Carol Rysavy won the 50/50 drawing. All ladies in the Park are welcome to attend these monthly luncheons held on the first Tuesday of the month at noon. A sign up sheet is posted in the Clubhouse on which to indicate what you plan to bring. It doesn't take all day, and it's a good way to get out of the house on these hot summer days.....

POTLUCK DINNER *by Margo Crawford*

We had a great turnout for the June potluck dinner. There was plenty of delicious food to be shared. I would like to encourage people who haven't attended an event in a while to please consider giving this event another try. Bring a dish and join in and meet your neighbors. At least come and sample some delicious side dishes that you didn't have to prepare! After the dinner there was a very entertaining game of LRC. (Left Right Center) I have not played this game but understand it is a great ice breaker and leads to lots of fun and laughter as you need to depend on your neighbor at the table and they in turn depend on you. We are spreading our wings so to speak and have been enjoying other games such as Bean Bag Toss and Card Bingo. Card Bingo is different from regular bingo and easy to learn.

WHO AM I ?



JUDY FISCHER LOT #96

Congratulations to Art Roberts for guessing correctly.

One of these days, we will come up with a prize.

Stay tuned for the next one.

COMPUTER CORNER

by Margo Crawford



Ways to improve display quality

by Margo Crawford

The appearance of your computer's display can be influenced by several factors. The monitor you use and its settings, how Windows is configured, and how you use your computer can all have an effect on display quality.

To ensure that your monitor is calibrated correctly, check the instructions that came with your monitor. To learn how to configure Windows display settings, see [Getting the best display on your monitor](#).

Trying to run too many programs at the same time can cause display problems such as jittery or choppy video. If you notice erratic or reduced visual performance on your computer, try one or more of the actions described below.

Reduce the number of open programs or windows

The more programs you have open, the more system resources Windows needs. Try closing programs that you're not currently using, or reducing the window size.

Avoid running too many graphics-intensive programs at the same time

Even if you have only a few programs running, some programs (such as video-editing programs) and features (such as high-definition television) use a lot of system resources. Running too many of these programs at the same time puts a strain on system resources and might degrade display quality or make video appear jittery or disconnected.

Reduce your monitor's resolution

On some computers, very high resolutions require a lot of system resources to display properly. If you notice problems at high resolutions, try lowering the resolution until the problems disappear.

1. Click to open Display.
2. In the left pane, click Adjust resolution.
3. In the Resolution list, click the resolution you want, and then click Apply.

For more information, see [Change your screen resolution](#).

HEALTH ARTICLE *by Midge Drouin*

Mind-Body Wellness - Healing The Body and Mind

Relaxing your mind and body can help ease stress, it can also relieve anxiety, depression and sleep problems. Try one or more of the following techniques to help you relax: Yoga which includes breathing, meditation and exercises called posture or poses that stretch the body. Progressive muscle relaxation involves tensing and relaxing each muscle group to reduce anxiety and muscle tension. If you have trouble falling asleep, this method may be helpful with sleep problems.

Mindfulness-based stress reduction focuses your attention on things that are happening in the present moment. The idea is just to note what is happening without trying to change it. Deep breathing is one of the best ways to lower stress. When you breathe deeply it sends a message to your brain to calm down and relax. The brain then sends this message to your body.

Guided imagery is a technique in which you imagine yourself in a setting that helps you feel calm and relaxed. Laughter and humor makes life richer and healthier, it also increases creativity, reduces pain, and speeds healing. Building resilience can help you cope. Being resilient means your able to bounce back from difficult situations or problems. Positive thinking or healthy thinking is a way to help you stay well or cope with a health problem by changing how you think. If you think in a positive way you may be able to care for yourself and handle life's challenges and you may be more able to avoid or cope with stress, anxiety and depression. *Info taken from the Web*

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20 Benefits Of Walking

1. Helps with weight management
2. It's accessible to everyone
3. Doesn't require special equipment
4. One of the easiest ways to get more active
5. Reduces symptoms of depression and anxiety
6. It's a low impact exercise
7. Lowers low-density lipoprotein (LDL) cholesterol (the "bad" cholesterol)
8. Raises high-density lipoprotein (HDL) cholesterol (the "good" cholesterol)
9. Lowers blood pressure
10. Reduces the risk of some cancers
11. Helps reduce risk and aids with the management of type 2 diabetes
12. Improves mood
13. Helps maintain strong bones
14. Reduces the risk of heart attack
15. Less likely to lead to injuries
16. Reduces stress
17. Reduces risk of heart disease
18. You don't have to pay for it
19. Builds aerobic fitness
20. Helps maintain lean muscle tissue

Desert Harbor Community Church

Everyone is welcome to attend

There is a community church Service every Sunday in the clubhouse at 10:30am with Holy Communion given on the first Sunday of each month. The Community Church is at all times a non-denominational service so that "whosoever will may come" and we always encourage all residents to attend.

Our pastor, Penny Newby does the services, we have various speakers from a bible college join us for the services also.

Starting July 10, Bible Study will start up again Wednesday nights at 6:00pm. Everyone is welcome to attend.

SAVE THE DATE! *by Kay McKersie*

Sat.	Aug. 3rd	9:00a	Resident's Meeting
Tue.	Aug. 6th	12:00p	Ladies Soup 'N Salad Luncheon
Tue	Aug 6th	1:00p	Tribute to John Wayne (Solstice
Wed	Aug 14th	7:30a	Pancake Breakfast
Thu	Aug 15	7:00p	Movie Night
Thu.	Aug. 15th	8:15a	Ft. McDowell Casino
Fri.	Aug. 16th	3:00p	Bonnie's Meeting
Tue.	Aug. 20th	11:00a	Ladies Luncheon
Sat.	Aug. 17th	4:30p	Potluck
Thu	Aug 29th	5:00p	Potato Bake

DESERT HARBOR RESIDENTS OFFER SERVICES

<u>NAME</u>	<u>LOT</u>	<u>SERVICE</u>	<u>PHONE</u>
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	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

August 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	 <small>kt13823235 fotosearch.com</small>			1 7:30am Water Aerobics 1pm Cards 6:30pm Billiards	2 7:30am Water Aerobics 4pm Happy Hour 7pm Cards	3 8am Coffee/Donuts 9am Residents Meeting 5:30 Texas Hold'em Poker
4 10:30 am Church 1pm Texas Hold'em Poker	5 7:30am Water Aerobics 1pm Mahjongg 6:30pm Bingo 6:30pm Billiards	6 7:30am Water Aerobics 12pm Ladies Soup/Salad Luncheon 1pm Tribute to John Wayne (Solstice) 6:30 pm NDQ Poker 7pm Cards	7 7:30am Water Aerobics 1pm Quilting 6pm Bible Study 7pm Shuffleboard	8 7:30am Water Aerobics 1pm Quilting 6:30pm Billiards	9 7:30am Water Aerobics 4pm Happy Hour 7pm Cards	10 9am Coffee/Donuts 5:30pm Texas Hold'em Poker
11 10:30 am Church 1pm Texas Hold'em Poker 2pm Pinochle	12 7:30am Water Aerobics 1pm Mahjongg 6:30pm Bingo 6:30pm Billiards	13 7:30am Water Aerobics 6:30 pm NDQ Poker 7pm Cards	14 7:30am Water Aerobics 7:30am-9:30am Breakfast 1pm Cards 6pm Bible Study 7pm Shuffleboard	15 7:30am Water Aerobics 8:15am Casino Trip Ft. McDowell 1pm Cards 6:30pm Billiards 7pm Movie Night	16 7:30am Water Aerobics 3pm Bonnie Resident meeting 4pm Happy Hour 5:30 pm Texas Hold'em Poker 7pm Cards	17 9am Coffee/Donuts 4:30pm Happy Hour 5pm Pot Luck
18 10:30 am Church 1pm Texas Hold'em Poker	19 7:30am Water Aerobics 1pm Mahjongg 6:30pm Bingo 6:30pm Billiards	20 7:30am Water Aerobics 11am Ladies Luncheon 6:30 pm NDQ Poker 7pm Cards	21 7:30am Water Aerobics 1pm Quilting 6pm Bible Study 7pm Shuffleboard	22 7:30am Water Aerobics 1pm Quilting 6:30pm Billiards	23 7:30am Water Aerobics 4pm Happy Hour 6:30pm Bunco 7pm Cards	24 9am Coffee/Donuts 5:30pm Texas Hold'em Poker
25 10:30 am Church 1pm Texas Hold'em Poker 2pm Pinochle	26 7:30am Water Aerobics 1pm Mahjongg 6:30pm Bingo 6:30pm Billiards	27 7:30am Water Aerobics 6:30 pm NDQ Poker 7pm Cards	28 7:30am Water Aerobics 1pm Cards 6pm Bible Study 7pm Shuffleboard	29 7:30am Water Aerobics 1pm Cards 5pm Potato Bake (card bingo-movie) \$3.00	30 7:30am Water Aerobics 4pm Happy Hour 7pm Cards	31 9am Coffee/Donuts 5:30pm Texas Hold'em Poker