



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

SUNFLOWERS AND SCARECROWS...

by Connie Riter

Pumpkins and multi-colored trees, zombies and ghouls, and definitely cooler temperatures and lower electric bills--these all come to mind when we think of October. In addition, this is the last month of having to watch campaign commercials on television. Here in Arizona, we have seen the end of the monsoons with their haboobs and torrential rains. For those who didn't venture out during one of our latest downpours in early September, here is a picture of our golf course/dog park/lake with its "ducky new residents."



It's always exciting to see how many roads are closed because of flooding and who gets caught by the "stupid motorist law." Fortunately, there was no serious damage in our Park.

Now that the weather is cooler, it is a good time to visit some of the unique places here in Arizona. Old Tucson Studios is a year-round attraction that offers Halloween themed scariness in October. The Arizona State Fair also begins in mid-October and offers a variety of artists, rodeos, Native American cultural events, etc. Arizona is home to over 100 ghost towns, some of which include hauntings in Oatman, Jerome, Goldfield, and Whiskey Row. Flagstaff also is a wonderful city to visit now to see places such as Sunset Crater Volcano, Walnut Canyon, and Wupatki National Monument, as well as the University and Observatory. Tombstone is an Old West Town always worth seeing with its history of gunslingers, OK Corral shootout, and Boot-hill Cemetery. If you prefer something more "romantic," plan a trip to Sedona and walk on one of the many trails there and in Oak Creek Canyon. Now is the time to enjoy the outdoors and the beauty of our State!

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From the President's Desk

by Dick Smith

Hope you all enjoyed the Labor day cook-out. Just to let you know, the meat was supplied by Karen Majur and Cardinal Real Estate Company. Many thanks to them. Sorry I couldn't be there, but a new grand daughter was a little more important.



Our first residents' meeting will be on October 6th. We would like to see everybody there. If you do not attend, you will have no say on what our activities organization does in the park. We need your input as to what you want done. Also, we will have a rundown on activities planned for the coming year.

As the weather cools, we will be getting our winter residents back. I want to welcome them back to the park. We hope you join in with the activities in the park. We do ask that you put your name on the signup sheets as that gives us a count of what we need to plan for.

As always, don't forget the food bins in the clubhouse. As we draw closer to the holidays, there will be a big need. Bring your paper and cardboard and aluminum cans to the bins behind the clubhouse as this is profit for us. Also, if you haven't looked at our web site, please do so. It is desertharboraz.com. We try to keep it up to date with good information.

Our semi-annual Texas Hold'em Tournament starts the 26th of this month. Good luck to all.

Always watch your speed in the park and watch out for the walkers and cyclists going around the park.

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	480-641-7753
Board Member	Midge Drouin	Lot #203	602-459-9039
Board Member	Mike Bauschard	Lot #99	480-288-4332
Board Member	Tim Chrissis	Lot #34	602-459-9236

WEB MASTER, DICK SMITH
480-983-5819

DESERT HARBOR ACTIVITIES

<u>ACTIVITY</u>	<u>COORDINATOR</u>	<u>TELEPHONE</u>
APPLIQUE	RENI DIEBALL	983-0578
BINGO	DENNIS & DIANE MAHER	646-1433
BOWLING	CLIFF TESSMER	630-972-1182
CASINO TRIPS	CONNIE RITER	641-7753
CLOSET QUILTERS	RENI DIEBALL	983-0578
ENTERTAINMENT COMM.	RENEE SPEARS	215-8328
GENEALOGY	ESTHER LOUGH	288-8579
GOLF	DON WALKER	288-5686
HORSESHOES	TBA	
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
SHUFFLEBOARD	TIM CHRISSIS	602-459-9236
STITCH & CHAT	RENI DIEBALL	983-0578
TAI CHI	DICK SMITH	983-5819

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

BIRTHDAYS - ANNIVERSARIES

OCTOBER BIRTHDAYS

2	Karen Stephens	156
5	Bob Mayo	124
5	Marj Nelson	131
7	Bonnie Harrison	40
8	Mike Kereluk	82
11	Karen Anderson	39
19	Jane Boudreau	179
21	Bob Berberian	188
22	Wilma Altenschulte	83
27	Lorraine Albright	14
27	Ron Estes	77
27	Alice Johnson	5
30	Rich Goodrich	60
30	Fran LeVeque	62

OCTOBER ANNIVERSARIES

17	Phillip & Beverly Thau	32
20	Bill & Alice Johnson	5
26	Gerry & Janice Miller	170

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



SAVE THE DATE!

by Kay McKersie

Tue. Oct. 2nd	12:00p	Ladies Soup 'N Salad Luncheon
Sat. Oct. 6th	9:00a	Resident's Meeting
Oct. (Date and time TBA)		Potato Bake w/entertainment \$10.00
Tue. Oct. 16th	11:00a	Ladies Luncheon
Thu. Oct. 18th	8:15a	Fort McDowell Casino
Sat. Oct. 20th	4:30p	Potluck
Sat. Nov. 10 th	7am-12pm	All Park Patio Sale

PHONE BOOK UPDATES AND NEW RESIDENTS:

NEW RESIDENT: Linda Morales, Lot #46

QUINCY'S TRAVELS *by Dave Borchardt*

Our Desert Harbor resident travel mascot, Quincy the Gambel Quail, recently went on a road trip with Dave & Bev Borchardt to Minnesota. Our first stop where we let Quincy out of the car was in Ankeny, IA to meet up with Jack & Judi Quetschenbach at Culver's Restaurant. Jack & Judi



were showing off the red corvette they were driving and Quincy insisted that he have his picture taken with them (that's him sitting on the mirror in front of Judi). Next Quincy went to Target Field in downtown Minneapolis with Dave Borchardt and David Coffin (Dave & Bev Borchardt's oldest grandson) and Quincy got camera shy and stayed in his plastic travel bag, but David Coffin had his picture taken with the Kirby Puckett statue. Next, Quincy went to the Minnesota Renaissance Festival with Dave Borchardt and David Coffin and shared some of David's dark amber beer (we told Quincy he couldn't drink too much). While

in Minnesota Dave & Bev stayed at Dave's brother Darryl's house. There was a wonderful walking area with flowers and Quincy had



his picture taken with Dave & Bev's daughter, Annette, and son-in-law, Bob Coffin. Then Dave & Bev left for the trip back to Arizona by way of South Dakota and of course had to stop at Wall Drug and then Deadwood, SD but again Quincy was too shy and stayed in his plastic bag at Deadwood. He might have thought that the hunting season was open for Quail. After leaving Deadwood driving through the Black Hills, we had one slow down



when there were cattle in the road. I think Quincy might have been a little scared of the large animals because once again, he stayed in his plastic bag. All in all we



had a pretty good trip visiting family and friends, but it was good to get back home and to our Desert Harbor family.



LABOR DAY PICNIC *by Connie Riter*

Seventy-four people attended our annual Labor Day Picnic on Monday, Sept. 3rd. We also had 6 shut-ins to whom we brought some of our delicious foods and desserts. (Thanks to Terry and Judy Peters, Bev Borchardt, and Midge Drouin who prepared the dinner trays and delivered them. Hot dogs and hamburgers were provided by Karen Majur and Cardinal Homes. Karen and her husband, Terry, also provided a strawberry-cream filled Labor Day Cake. Several people came over to the dessert table to take a picture in front of the cake and others commented, "This is the most enormous cake I have ever seen!" The residents also shared a variety of their own special dishes and desserts.



Many of our winter visitors have started to return and it was so good to see so many smiles and hugs going on as we waited for the magic hour of 5 pm to arrive. A big thank you to all who helped set up the tables and chairs (and take them down afterwards) and those who worked in the kitchen slicing tomatoes and onions and serving the meat. Our grillers, Dave Borchardt, Bill Johnson, and Al Goodwin braved the 100 degree heat to cook our hamburgers and hot dogs. Elaine Kereluk offered a special grace. Mike Bauschard handled the 50/50 sales and Dave Borchardt and Monica Bauschard (our onion cutter) each won the 50/50. A really big thank you to the two angels who pitched in to clean up the kitchen afterwards. And a special thank you to anyone I have forgotten and to all who attended our holiday picnic. Everyone made it a special holiday time!

An old gentleman lived alone in New Jersey . He wanted to plant his annual tomato garden, but it was very difficult work, as the ground was hard. His only son, Vincent, who used to help him, was in prison. The old man wrote a letter to his son and described his predicament:

Dear Vincent,

I am feeling pretty sad because it looks like I won't be able to plant my tomato garden this year. I'm just getting too old to be digging up a garden plot. I know if you were here my troubles would be over. I know you would be happy to dig the plot for me, like in the old days.

Love, Papa

A few days later he received a letter from his son.

Dear Papa,

Don't dig up that garden. That's where the bodies are buried.

Love, Vinnie

At 4 a.m. the next morning, FBI agents and local police arrived and dug up the entire area without finding any bodies. They apologized to the old man and left. That same day the old man received another letter from his son.

Dear Papa,

Go ahead and plant the tomatoes now. That's the best I could do under the circumstances.

Love you,

Vinnie

COME JOIN US – IMPROVE YOUR HEALTH & HAVE FUN *by Dick Smith*

If someone gave you a gift that could reduce around two dozen physical and mental health conditions, slow down how quickly the body ages, and help you remain independent would you accept it?

We are doing this in the clubhouse and all you have to do is accept the challenge. You can choose to do nothing and it only gets worse from this day forward. We are doing a 3 or 5 mile walk CD every Wednesday and Friday at 8am. You can be as physical or as slow as you want. We are doing this just to have fun and better our health. We are also considering doing a slower version another day of the week. Haven't really planned that out yet. Let us know if you are interested.

* You can choose to take action, improve your strength and endurance, and reap the benefits of exercise and an active lifestyle. Apart from not smoking, being physically active is the most powerful lifestyle choice any individual can make to improve their health. It truly is the “magic pill” everyone keeps looking for. Come join us, have fun, laugh, make some new friends.

All you need to bring is water, an attitude that says “I can do this”, and a smile.

CLUBHOUSE MAP *by Dick Smith*

We would like your help on something. In the clubhouse, at the north end, next to the craft room is a map of the United States and Canada. If you look, there are stick pins on it. Someone decided it would be fun to take all the pins and put them in a big circle. We have been trying to get the pins back to where they belong. If you would go in and check out where your pin is, we would appreciate it. The pins that are not on the map are on the left side. You can put the pin in the place you were born, or lived, or where you have a second home. It is just an interesting way to get to know a little about our residents. If you need an extra pin, see Dick Smith, lot # 74 for an additional one. Thanks for your help.

ITEMS FOR SALE BY RESIDENTS

If you have something you would like to sell, please let us know...

RECIPES

Rainbow Blondies *by Margo Crawford*

1 cup (2 sticks) butter or margarine
1 ½ cups firmly packed light brown sugar
1 large egg
1 tsp. vanilla extract
2 cups all purpose flour
½ tsp. baking soda
1 12 oz. pkg. of M and M Milk Chocolate Baking Bits
1 cup chopped nuts

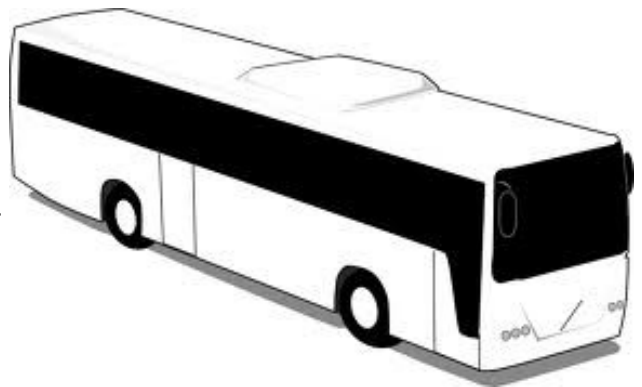
Preheat oven to 350 degrees. (325 for glass pans). Cream butter and sugar until smooth. Add egg and vanilla extract. Combine flour and baking soda. Add to creamed mixture. Dough will be stiff. Stir in "M & M's" Chocolate Baking Bits and nuts. Pour into a greased 13 x 9 in. baking pan. Bake 30 to 35 min. until wooden toothpick placed in center comes out slight moist with crumbs. Cool completely before cutting.



TRAVEL

We're Going Back to "The Fort" *by Connie Riter*

Our free Casino Trip this month is to Fort McDowell on Thursday, Oct. 18th. Those who go will get \$10 in free slot play. Check-in is at 9:30 am with departure from our Park at 10:00 am. Please sign up promptly so we know how big of a bus to get. If you went on our July trip, you may recall that six people from Meridian Manor ended up driving themselves there because the bus sent was too small for us all. So, please sign up and come enjoy the fun. Friends outside the Park are welcome, too--just have them sign and give a phone number.



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.

COYOTE COUPON BOOKS ARE HERE! *By Connie Riter*

The Coyote Coupon Books are available again for purchase as a fund raising activity for our Activities Committee. They are bigger and better than ever, with over \$1000 in savings. Over 135 local merchants are represented with 70 restaurant offers. 60 offers are worth \$10 or more. There are free 10-day passes to the AJ or Red Mountain multi-generational centers, \$12 off at Barleens, a new Apache Gold offer, and as always many golf coupons.

The books are \$15 each and there is a sample (voided book) in the Clubhouse. If you'd like to order one (or more!) please call Connie or Art at 641-7753. They make great gifts and help out our local merchants as well as our own Activities Committee. Once we sell 25, the remaining 25 are profit!

COME BOWL WITH US *by Richard D. Blake*

We are bowling at Broadway East Bowl located at Broadway and Ellsworth at 3 PM on Tuesdays. At this time we also have been going to bowl on Sunday mornings when it is only \$.99 cents per string. On Tuesdays the cost is about \$5.00 for three games and \$3.75 to rent shoes if you have none.

When the season starts, around the end of September, the cost per person will be \$ 7.00 for the three strings we bowl . We are hoping to form our own league if we can have about 16 or more people interested in this fun time.

If you would like to bowl with us, please contact me at rdblake94@yahoo.com or call me at 317 966 5740. You can also call Cliff Tessmer at 630-972-1182. We really have a fun time!

TEXAS HOLD 'EM TOURNAMENT

I'll see your 40 thousand and raise you 60 thousand.

On the 26th of October at 5:30 pm, we will start our 6th annual Texas Hold'em Fall Tournament. It will be on Friday and Saturday at 5:30, Sunday at 1pm and if needed the following Tuesday at 5:30pm.

There will be 18 people competing for first, second, third and fourth prizes.

The cost is a \$25 fee. As the number of players dwindle, the pots rise. Betting may go up into the millions. If you have never seen them play, you are invited to come and watch.

We want to wish good luck to all of the players. As the players are eliminated, there will be separate games going on for the "losers".

CHIT CHAT AROUND THE PARK



LADIES' LUNCHEON AT SERRANO'S *By Jane Boudreau*

The monthly luncheon was held on August 21 at Serrano's Mexican restaurant located on Power Road in Mesa. Thirteen ladies enjoyed good food and conversation. We miss our winter visitors and look forward to their return. When they are in attendance we have a much larger group.

Agnes Miller our coordinator asked for suggestions for locations for future luncheons. Anzio's Landing is moving and may be the location for the September or October luncheon. Please check the bulletin board for the location and sign up for the next luncheon. The luncheons are held on the third Tuesday of the month.

We look forward to meeting new residents and welcoming back our winter visitors at our monthly luncheon.

LADIES' GET ACQUAINTED LUNCH *by Margo Crawford*

On Tuesday September 4, 2012 we once again gathered at the clubhouse to enjoy each other's company. The menu always consists of soup, salad and dessert. The atmosphere always consists of fun and chit chat. This is a once a month event and is always enjoyable. Please plan to join in. New comers are definitely welcome. Even ladies who have lived here for some time and the ones who come to the lunch on a routine basis can enjoy continuing friendships, and just the general sharing of fun and good times. Come join in the fun at the October lunch. It is always at the clubhouse and the food is always good.

AUGUST MONTHLY POTLUCK SUPPER *by Jane Boudreau*

The August potluck dinner was held on the eighteenth with approximately forty in attendance. The host and hostess for the dinner were Phyllis and Cliff Tessmer. Each table was provided a stack of wet wipes which was a wonderful idea. Most of us need a wet wipe after dinner as one of the entrees was fried chicken.

The fifty/fifty drawing added \$40.00 to the treasury and two happy winners.

As a reminder the potluck dinners are held on the third Saturday of the month. A sign-up sheet is posted on the bulletin board for you to indicate the number attending and what dish you wish to contribute to the dinner. Attendees are asked to bring their own table service and beverage of choice. Coffee is available with the dinner.

If you or your group would like to host one of our potluck dinners a sign-up sheet is posted on the bulletin board in the clubhouse. This is a great opportunity to meet your neighbors and welcome new residents to our community.

WHO AM I ?



Our very own Desert Harbor Activities President
DICK SMITH
Lot #74

Thank you to all of you who guessed correctly. The earliest entry was from Sheila Galli sent in at 2:30pm on Aug. 26th. The next closest entry came from Rose Tenaglia entered at 8:10am on Aug. 27th. The last correct entry came from Margo Crawford at 10:33am on Aug. 27th. These entries were very close. Stay tuned for a new one next month.

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

RESIDENT'S MEETING *by Bob Mayo*

Well we hope that everyone had a good summer. For those who traveled elsewhere during the summer we hope you had a very enjoyable time and trust you are excited to be back at Desert Harbor. For those such as myself and many others who stayed through the summer I can say we survived. Really it did not really seem that bad this year as far as heat goes.

This is to remind everyone that the time of the year has arrived when we will once more be having our regular monthly resident's meetings. The first meeting will be Saturday October 6th at 9:00 a.m. at the clubhouse.

We hope that all of our residents will come out and attend this first meeting. We are hoping to have an exciting and fun filled season that will provide all of you with events and entertainment which you will enjoy.

There are a couple of things to keep in mind about events that are coming up in the next several months in addition to our social activities. Down the road we will be having elections for positions on the board of the Activities Organization. Those of you who might be considering running for one of these positions should be sure to make your desires known; or if you know someone else that is interested in serving be sure and remind them. There's nothing like getting an early start. A second thing you may wish to consider are any changes that you feel should be made to the by-laws of the Activities Organization. These by-laws have been in effect for several years and it's possible that changes and updating are required. Changes to the by-laws may be recommended at any time. Simply write up your recommended change and give it to any member of the by-laws committee. These include Carol Rysavy and Connie Riter as well as myself.

We hope to see all of you on October 6th at the meeting and welcome back.

ENTERTAINMENT COMMITTEE UPDATE *by Renee Spears*

What's coming up at Desert Harbor? Starting Oct. 1st Bingo will be on Mondays at 6:00 pm and Shuffleboard on Tuesdays at 2:00 PM. Jam sessions have been postponed until December. The first one will be on Dec. 5th at 6 pm. In October we will be offering a Potato Bake with some great entertainment. We will be featuring a Barbershop Chorus that includes 2 quartets who will be entertaining us through dinner and afterwards. Cost for the evening is \$10 per person. October fest has been changed to German Fest and the new date proposed is Nov. 24 beginning at 6 pm.

Does anyone want to host a Halloween Party? If so, please call Renee (215-8328). She and the Entertainment Committee will be happy to assist you. An exciting New Year's Eve event is in the planning. We're sure you won't want to miss it when you hear what has been planned. Sprinkled in between these events will be other out-of-park events and smaller gatherings. Watch the clubhouse bulletin board. Ideas welcome!

Committee members are: Renee Spears, Dennis and Diane Maher, Cliff and Phyllis Tessmer, Herm and Sherry Weinert, Tim and Rose Chrissis, Pat Ballock, and Danielle Haberman.

HELP OUR WEBSITE

We need your help with the website. Dick is looking for interesting stories from you about your trips, families or whatever is going on in your life.

We like to keep up with what is going on in our neighbors lives. Please send anything you have to Dick Smith. RLCKSMITH@MSN.COM. Thank you!

HEALTH ARTICLE *By Midge Drouin*

What do you know about Vitamin B-12?

Vitamin B-12 (cobalamin) plays a role in making DNA. It also helps keep nerve cells and red blood cells healthy.

Why do people take vitamin B-12?

Vitamin B-12 has been looked at as a treatment for many diseases and conditions. These include fatigue, Alzheimer's disease, heart disease, breast cancer, high cholesterol, and sickle cell disease. However, the results have been inconclusive. Studies suggest that vitamin B-12 does not help with stroke risk or lung cancer.

Vitamin B-12 supplements **do** help people who have a deficiency. Low levels of vitamin B-12 are more likely in people over 50. Vitamin B-12 is also more common in those with certain conditions, like digestive problems and some types of anemia. Low vitamin B-12 can cause fatigue, weakness, memory loss, and other problems with the nervous system.

There is some conflicting evidence about using vitamin B-12 to treat elevated levels of homocysteine in the blood. It is not fully understood how or if this elevation contributes to heart disease and other problems with blood vessels, or if the elevation is a result of these conditions. A high level of homocysteine in the blood is a risk factor for coronary, cerebral, and peripheral blood vessel disease. Risks also include blood clots, heart attacks, and certain types of stroke.

Since the evidence for treating elevated levels of homocysteine in the blood remains conflicting, the current recommendation is screening of men over 40 and women over 50. For patients with elevated homocysteine levels, the recommendation is to supplement with folic acid and vitamin B-12. You should talk to your doctor before treating yourself for these conditions. A recent study showed that vitamin B-12, used with folic acid and vitamin B6, reduces the risk for age-related macular degeneration (AMD) in women with heart disease or multiple risk factors for heart disease.

How much vitamin B-12 should you take?

The recommended dietary allowance (RDA) includes the vitamin B-12 you get from both food and any supplements you take. Even at high doses, vitamin B-12 seems fairly safe. Experts have not found a specific dose of vitamin B-12 that's dangerous. No tolerable upper intake levels have been set.

Can you get vitamin B-12 naturally from foods?

Some good food sources of vitamin B-12 are: Fish and shellfish, meats, poultry and eggs, dairy products, and fortified cereals. Generally, it's best to get vitamins from whole foods. But doctors often suggest fortified foods -- and supplements -- to people over 50. As we age, it's harder for our bodies to absorb vitamin B-12 from food.

What are the risks of taking vitamin B-12?

- Taken at normal doses, side effects are rare. High doses may cause acne. Allergies to vitamin B-12 supplements have been reported and can cause swelling, itchy skin, and shock. Drugs for acid reflux, diabetes, and other conditions may make it harder for your body to absorb vitamin B-12.

(This content is selected and controlled by WebMD's editorial staff and is brought to you by Nature Made.)

TO FACEBOOK OR NOT TO FACEBOOK

by Margo Crawford

As with most things concerning computers and the internet, I approach with caution. My first encounter with a chat room was the Weather Chat Room on AOL. I had heard all the horror stories but figured you can't get into trouble talking about weather! As it turned out unless there was a major storm brewing or horrendous weather of some kind, you don't really need to talk about weather in the Weather Chat Room!

I was very shy at first and did a lot of watching and learning. I was very fortunate in that I met some really great people who were always willing to help. Help with anything and thus began my interest in fixing my own computer. I even met some of these on-line friends in person. Again, using caution. I haven't regretted a moment.

It took quite some time for me to even develop an interest in trying out Facebook. The gentle urging of my step-daughters got me to try it. I used it for awhile then deactivated my account. I realized that I did miss the interaction and the connection with so many people at one time at any given moment of the day or night. During my husband's illness it was a virtual comfort to just sit and post comments and respond to comments. Just knowing the world was still out there and someone would communicate with you. Well, maybe not immediately but someone will respond to your comment or post.

At first my settings were a bit too loose. I originally had it set to allow friends and friends of friends. I learned really fast to re-set that to just friends. Friends can be added as the need arises. Don't get to expansive. Under personal information or "About" I don't divulge much at all. With all things public it is best to keep your cards close to your vest. If you are using Facebook and aren't certain about settings and etc., ask. There will be someone on your list of friends who will be able to help. Do not accept invitations for 'finding' someone unless you know who the person is! Don't suppose they are someone you know. If you receive a friend request and you aren't sure about it, message back to them and ask them to verify who they are.

I clean my Facebook page a couple of times a week. I don't want to leave a trail of old messages and pictures for someone to go through and gain information I may not want them to have. So far I have found Facebook to be a good thing. It is communication and sharing. And you can see the silly pictures I make with Miss Elmo. Football season is at hand and she will be donning her various team outfits. And now there is Darn-Win, the sock monkey. He will be joining in the antics. Keep it safe and keep it fun and Facebook can be a good thing.



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.

DESERT HARBOR RESIDENTS OFFER SERVICES

<u>NAME</u>	<u>LOT</u>	<u>SERVICE</u>	<u>PHONE</u>
Philicia Hightower	6	Cleaning & Errands	480-374-4570
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
Greg Sather	10	Interior, Exterior Painting	602-558-0305
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
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

October 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>1 7:30am Water Aerobics 9am Tai Chi 1pm Mahjongg 6pm Bingo 6:30pm Billiards</p>	<p>2 7:30am Water Aerobics 12pm Ladies Soup/Salad Luncheon 2pm Bible Study 2pm Shuffleboard 6:30pm NDQ Poker 7pm Cards</p>	<p>3 7:30am Water Aerobics 8am Exercise 9am Line Danc- ing 1pm Quilting 1pm Mahjongg 6:30pm Quilting</p>	<p>4 7:30am Water Aerobics 9am Tai Chi 6:30pm Billiards 6:30pm Euchre</p>	<p>5 7:30am Water Aerobics 8am Exercise 1pm Genealogy 4pm Happy Hour 7pm Cards</p>	<p>6 8am Coffee/ donuts 9am Resident's Meet- ing 5:30pm Texas Hold'em Poker</p>
<p>7 10:30am Church 1pm Texas Hold'em Poker</p>	<p>8 7:30am Water Aerobics 9am Tai Chi 1pm Mahjongg 6pm Bingo 6:30pm Billiards</p>	<p>9 7:30am Water Aerobics 2pm Bible Study 2pm Shuffleboard 6:30pm NDQ Poker 7pm Cards</p>	<p>10 7:30am Water Aerobics 8am Exercise 9am Line Danc- ing 1pm Mahjongg 6:30pm Quilting</p>	<p>11 7:30am Water Aerobics 9am Tai Chi 1pm Quilting 6:30pm Billiards 6:30pm Euchre</p>	<p>12 7:30am Water Aerobics 8am Exercise 1pm Genealogy 4pm Happy Hour 7pm Cards</p>	<p>13 8am Coffee/ donuts 5:30pm Texas Hold'em Poker</p>
<p>14 10:30am Church 1pm Texas Hold'em Poker 2pm Pinochle</p>	<p>15 7:30am Water Aerobics 9am Tai Chi 1pm Mahjongg 6pm Bingo 6:30pm Billiards</p>	<p>16 7:30am Water Aerobics 11am Ladies Luncheon (outside park) 2pm Bible Study 2pm Shuffleboard 6:30pm NDQ Poker 7pm Cards</p>	<p>17 7:30am Water Aerobics 8am Exercise 9am Line Danc- ing 1pm Quilting 1pm Mahjongg 6:30pm Quilting</p>	<p>18 7:30am Water Aerobics 9am Tai Chi 9:30am Casino Trip Ft McDowell 6:30pm Billiards 6:30pm Euchre</p>	<p>19 7:30am Water Aerobics 8am Exercise 1pm Genealogy 4pm Happy Hour 5:30pm Texas Hold'em Poker 7pm Cards</p>	<p>20 8am Coffee/ donuts 4:30pm Happy Hour 5pm Pot Luck</p>
<p>21 10:30am Church 1pm Texas Hold'em Poker</p>	<p>22 7:30am Water Aerobics 9am Tai Chi 1pm Mahjongg 6pm Bingo 6:30pm Billiards</p>	<p>23 7:30am Water Aerobics 2pm Bible Study 2pm Shuffleboard 6:30pm NDQ Poker 7pm Cards</p>	<p>24 7:30am Water Aerobics 8am Exercise 9am Line Danc- ing 1pm Mahjongg 6:30pm Quilting</p>	<p>25 7:30am Water Aerobics 9am Tai Chi 1pm Quilting 6:30pm Billiards 6:30pm Euchre</p>	<p>26 7:30am Water Aerobics 8am Exercise 1pm Genealogy 4pm Happy Hour 5:30pm Texas Hold'em Poker</p>	<p>27 8am Coffee/ donuts 5:30pm Texas Hold'em Poker tournament</p>
<p>28 10:30am Church 1pm Texas Hold'em Poker tourna- ment 2pm Pinochle</p>	<p>29 7:30am Water Aerobics 9am Tai Chi 1pm Mahjongg 6pm Bingo 6:30pm Billiards</p>	<p>30 7:30am Water Aerobics 2pm Bible Study 2pm Shuffleboard 5:30pm Texas Hold'em poker tournament 6:30pm NDQ Poker 7pm Cards</p>	<p>31 7:30am Water Aerobics 8am Exercise 9am Line Danc- ing 1pm Mahjongg 6:30pm Quilting</p>			