



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

PLEASE REMEMBER TO VOTE ON NOVEMBER 6TH

IS IT REALLY NOVEMBER? *By Dave Borchardt*

It's just amazing how quickly time flies. Seems like only yesterday the first of the year was here, but here it is November and soon it will be Christmas and then another new year, 2013, WOW! Of course November is election time so please get out and vote on Nov. 6th.

For most of the country (not Arizona) daylight savings time will end on Nov. 4th. Then Veterans Day will be on Nov. 11th and Thanksgiving will be on Thursday Nov. 22nd. Don't forget our Thanksgiving pot luck will be on Saturday Nov. 17th.

Connie Riter always puts together a beautiful Veterans display board in the clubhouse, so be sure and check it out. Also, if you are a veteran or you have a family member that was/is a veteran and would like to be included in the display, please let Connie know.

Most of the people who left for summer should be back by now, so Welcome Back! When we used to live in Minnesota, November and December were usually the two cloudiest months of the year and the beginning of sometimes a long, cold winter so it's especially nice to be living here in Arizona now and we really do appreciate all the sunshine we have.

Our golf league will be starting Thurs., Nov. 8th, and we will be playing again at Sunland Springs so please contact Don Walker, lot #206, phone 480-288-5686 to sign up. The start time will be 11:00am, but please contact Don so he can get the foursomes set up.

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From the President's Desk

by Dick Smith



Welcome Back! Most of our winter visitors are back by now. Hope you had a good summer. We are looking forward to you all joining in the activities. By now, you should know that we have a new TV in the clubhouse. ALL and Marta got it for us. It has been in the planning stage for some time and finally appeared. There is a Wii game also for it. Thank you Marta.

Don't forget the residents meetings the first Saturday of every month. Your participation is greatly appreciated. Also, Renee has some great things planned for us this year.

As always, we will have our annual Thanksgiving Pot Luck on November 17th, The turkey will be provided by ALL and Marta. Hope you all attend. Also don't forget our Christmas Pot Luck.

As always, we need to keep filling the food donation boxes. There is always a need for that. Don't forget also that we do have a web site. It is www.desertharboraz.com. Check it out and let me know what you think of it. Have a great November!

ACTIVITIES ORGANIZATION

President	Dick Smith	Lot #74	480-983-5819
Vice President	Sharon Schupbach	Lot #93	480-857-4629
Secretary	Sharon S. will fill in until next election		
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

NOVEMBER BIRTHDAYS

3	Roger Howard	16
5	Dave Borchardt	142
6	Nita Watkins	141
8	Sandy Carmon	75
8	Barbi Davis	94
9	Bob Hansen	151
9	Katherine Kingston	119
10	Linda Aemmer	160
13	Natalie Martinez	199
13	Gene Summers	189
15	Kay McKersie	177
19	Cyndy Schauer	206
22	Rose Chrissis	34
27	Doug Stoesz	174
29	Greg Sather	10

NOVEMBER ANNIVERSARIES

7	Cliff & Phyllis Tessman	51
20	Ross & Sophie Nation	98
21	LeRoy & Toni Ague	126
24	Rich & Sylvia Goodrich	60

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

Sat. Nov. 3rd	9:00am	Resident's Meeting
Tue. Nov. 6th	12:00pm	Ladies Soup 'N Salad Luncheon
Sat. Nov. 10th	7:00am-12:00pm	Patio & Bake Sales
Thu. Nov. 15th	8:15am	Harrah's Casino
Sat. Nov. 17th	4:30pm	Thanksgiving Potluck
Tue. Nov. 20th	11:00am	Ladies Luncheon
Sat. Nov. 24th	4:30pm	German Fest with entertainment

PHONE BOOK UPDATES AND NEW RESIDENTS:

New Residents: James & Anna Parker, Lot #12

MARTA'S MEETING *by Margo Crawford*

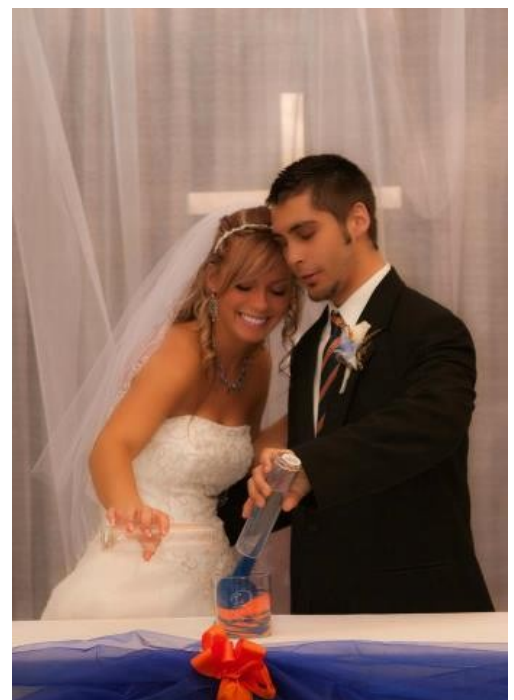
On September 12th, we were invited to join the Desert Harbor Manager, Marta, at the clubhouse for an informal meeting about what's in store for our community. Marta provided us with a basic idea of the improvements and repairs that are being scheduled. Residents also brought areas of concern to her attention. At this time this is what we can expect in the not to distant future. Issues concerning needed repairs in both the men's restroom and the women's restroom are being taken care of at this time, September 26, 2012. These repairs will also include some upgrades to the fixtures in general. Marta is in the process of getting pricing information regarding private street signs within the community. It may be a process of doing a section at a time until it is complete. But this should help when visitors are trying to find their way around in our park. The shuffleboard drain work/enhancement will be scheduled for December of this year. The golf course drain has been submitted as a capital project and hopefully funding for improving the golf course, chipping green, drain basin area will be approved for work to be scheduled early in 2013. This should also make the dog run area more pleasant to use. Another capital expense item is the pool area. The entire area will be resurfaced and a salt cell will be placed in one pool. This is scheduled for after January 2013. Marta is also checking on getting the dart board installed in the clubhouse and will be ordering the necessary shuffleboard supplies. The hot water problem in the clubhouse kitchen should be checked in to on September 26, 2012 and hopefully will be an easy fix. Security cameras will be installed in the community and pool areas but the date has yet to be determined.

She is presenting the prospect of having the dirt lot adjacent to Desert Harbor made into an RV parking area. Meetings With Marta will be scheduled in the future but have to be set according to her busy schedule. The dates will be posted on the clubhouse bulletin board on the east wall by the front doors. Please check there for future meetings and join us. By working together we can make Desert Harbor one of the best communities in the area.

SHE FINALLY "HOOKED" HIM!

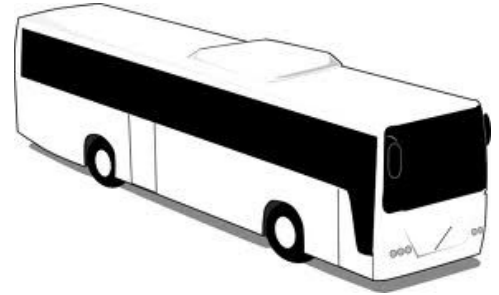
by Helen Rietow

Helen and Ron want to share the news of the marriage of their grandson Jacob Kyle Rietow to Shauna Marie Mann. Jacob is the son of Julie and Jim Rietow and Shauna is the daughter of Lori and Bill Mann. The wedding was held on June 23rd this year in Burr Oak, Indiana and the reception was at the Washington Township Fire Station in Knox, Indiana. What are their future plans? Jacob is going to school to find a career in the medical field, perhaps a doctor or a pharmacist. Shauna is in school to become a teacher. We all join in wishing them much happiness together!



HOLIDAY BUS TRIPS *by Connie Riter*

The new season of bus trips has begun and there are many new and exciting ones planned -- for the holidays and for fun! Here are some planned for the next two months:



Dec. 5th -- 100 years, 100 Quilts. Transportation and admission to the Arizona Historical Society's 100 quilts exhibit. Includes a buffet style lunch at the Marriott. This is in honor of Arizona's centennial. \$62 pp

Dec. 11-13 -- Las Vegas Strip -- Try your luck at the Casino on 12/12/12. Stay at Palace Station. Includes 3 buffets and lots of extras. \$159 pp dbl.

Dec. 14 -- Glendale Glitters. Includes transportation, dinner at the Golden Corral, Holiday Light Display and Entertainment. (Save your gas/ take the bus!) \$39 pp. I'm trying to get a group of at least 10 so we could be picked up here at Desert Harbor.)

Dec. 24 - 26 -- Christmas at the Hacienda Casino. Includes 4 buffets, tour of Las Vegas, Over and Under the Hoover Dam bypass Bridge. Tour of a Chocolate Factory, too. \$98 pp dbl.

Dec. 31 - Jan. 1 -- New Years Eve in Palm Springs. Party at the Palm Springs Follies, party hats and champagne toast at midnight. Spectacular sit-down dinner prior to the Follies performance. Visit Spa Resort Casino on New Year's Day. Judy Garland's daughter is making her debut with the follies this night. \$349 pp dbl.

Dec. 30 - Jan. 1 -- Tournament of Roses Parade. Two nights acc., dinner at the Famous Mrs. Knott's Restaurant, New Years Eve Dinner and show at the Tibbies Follies. View the floats as they are being decorated. Reserved seating for the parade. \$499 pp dbl. (*this may be sold out.*)

Jan. 17-19 Balloon Festival and Fair in Lake Havasu. Two nights acc. at the Avi Casino in Laughlin. 2 breakfast buffets in Avi. \$139 pp dbl.

Other trips and more information on these listed are in the travel book in the clubhouse. If interested in making reservations, please call me at 641-7753.

CASINO TRIP FOR NOVEMBER *by Connie Riter*

We are hoping to go to Harrah's Ak Chin Casino on November 15th -- IF we can get 40 or more people between our Park and Meridian Manor. Harrah's requires that many for them to send a free bus for us. Our check in time will be 8:15am with departure at 8:45 am. Please sign up early so we can determine if we have the numbers to go -- otherwise we will cancel our trip. Casino Arizona is opening their Bingo Hall sometime in November, but they have not decided yet if they will be providing free bus trips to their Casino. They do not offer this service at the present time.

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.

COMPUTER POEM *Submitted by Juanita Watkins*

The computer swallowed Grandma, Yes, honestly it's true!
She pressed 'control and 'enter' And disappeared from view.
It devoured her completely, The thought just makes me squirm.
She must have caught a virus Or been eaten by a worm.
I've searched through the recycle bin And files of every kind;
I've even used the Internet, But nothing did I find.
In desperation, I asked Mr. Google My searches to refine.
The reply from him was negative, Not a thing was found 'online.'
So, if inside your 'Inbox,' My Grandma you should see,
Please 'Copy, Scan' and 'Paste' her, And send her back to me.

ITEMS FOR SALE BY RESIDENTS

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

RECIPES

PUMPKIN ROLL *byKay McKersie*

Grease and flour 15 x 10 x 1 in. jelly roll pan. Line with waxed paper.

3 eggs--beaten on high for 5 min.

Gradually add:

1 cup granulated sugar

Stir in:

2/3 cup canned pumpkin

1 tsp. lemon juice

Sift together and stir in:

3/4 cup flour

1 tsp. baking powder

1 tsp. ginger

2 tsp. cinnamon

1/2 tsp. nutmeg

1 tsp. salt

Pour into pan

Top with: 1 cup finely chopped pecans

Bake 15 min. in 375 degree oven.

Remove from oven. Let stand for 10 min.

Turn out on a clean towel sprinkled with powdered sugar. Peel off wax paper.

While still warm, roll up in towel, lengthwise.

Beat filling ingredients until smooth.

1 cup powdered sugar

4 Tbsp. butter

6 oz. cream cheese

1/2 tsp. vanilla

Unroll cake and spread with filling. Reroll without the towel, cover with plastic wrap and chill at least an hour.

This also freezes well.

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.

FROM THE ENTERTAINMENT COMMITTEE *by Renee Spears*

We're looking forward to welcoming back all our winter visitors, you bring a certain vitality and energy to our park!

We're hoping to make Game Night a regular event. We will have Wii bowling, Mexican Train dominoes, Apples to Apples, and any other games people are interested in. We aim to please! Watch for announcements on the bulletin boards. We start at 6:00 and end.....????? This will be an evening when you BYOB and, if you wish, an appetizer for the table.

November 26, 6 - 9 p.m. German Fest. You'll probably be sick of turkey and ready for some great beer brats and hot dogs, along with German potato salad, and other good things to eat. There will be plenty of music and some surprises are planned during the evening. Tickets will be going on sale in Nov. and will be \$8.00 each.

Jam sessions will begin on Dec. 5, from 6:00 to 8:00 p.m. No cost, just come to the clubhouse prepared to have a good time.

Barleen's Arizona Opry is scheduled for Dec. 7. with dinner served at 6:30 p.m. and showtime at 7:30. If we have 20 or more people the cost per ticket is \$31.00. This is their Christmas show and I've been told it's wonderful. To purchase tickets, please call Renee' at 480-215-8328. There are a limited number of seats and about half have been sold. If you're interested in this, don't wait too long.

Don't forget New Year's Eve! We have a great party planned.

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! So far....we have sold a few....we have a long ways to go.

CHIT CHAT AROUND THE PARK



PATIO SALE IN NOVEMBER *by Midge Drouin*

Heads up everyone! Once again we're having our bake, book and white elephant and patio sale here at Desert Harbor. The date is Saturday, November 10th from 7 am till 12:00 noon. There will be a previewing on Friday the 9th in the evening to scope out the books, bake and white elephant tables, at which time you may purchase things that you might want.

Think about what you would like to contribute to the book area, bake sale and white elephant table. We can always use good donated items. There will be a sign up sheet on the clubhouse bulletin board. So save your money, we plan to have coyote coupon books and recipe books for sale also. See you at the sale!!!!

GOOD TIME BY ALL *by Midge Drouin*

On Saturday, September 15th, we had our "Third Saturday of the Month" potluck. There were 56 people in attendance, many delicious dishes prepared, along with the dessert table. Fifty/fifty took in enough money to have two money prizes. After everyone had eaten, we were entertained with karaoke singers. Thank you Jim and Judy Mathews and the entertainment committee for this fun time. A big thank you to Dick and Cyndi Smith for hosting this potluck, too!

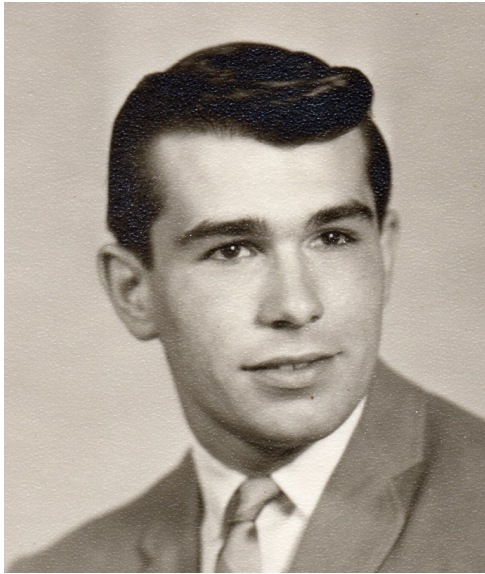
LADIES' GET ACQUAINTED LUNCH *by Margo Crawford*

This month the in the park lunch was just as much fun as ever. There were 16 women in attendance and the food was plentiful. Delicious soups, salads and desserts adorned the serving tables. It is always good to sit around with the gals and chat. We played 50/50 and Justine Hilliard was the lucky winner. (I hope she spends her winnings wisely!) As the winter visitors return, the attendance at our gathering will grow in number. Sometimes we even play a game or two besides 50/50. Please join in the fun at the clubhouse. Women who are new to the park please come in and say howdy and give us a chance to get to know you. And those of you who are returning, come on and share your summer time activities with us. We can get acquainted as well as re-acquainted. This is a fun group.

LADIES LUNCHEON *by Kay McKersie*

Tuesday, September 18th five of us gathered at Los Gringos for lunch. Although our group was small, we had a very nice time exchanging our summer complaints of heat and our plans for the fall season slowly approaching. We are looking forward to seeing our winter visitors return so our attendance will pick up.

WHO AM I ?



Look for current
photo next month

I moved into Desert Harbor in 2007. I am fairly active in the community and like to participate in community events and I enjoy going to casinos.

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!

Special Note: Last month we missed two entries in the Who Am I contest. One from Dee Goodwin (#200) and one from Nancy Pavkov (#61) and both had correctly guessed Dick Smith. They were not the earliest entries but they were close.

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

RESIDENT'S MEETING - *by Bob Mayo*

The first Resident's Meeting of the new season was held on Saturday October 6th starting at 9:00 a.m. Following the reading of the minutes from the May meeting and the Treasurer's report, our Treasurer Art Roberts made a motion that the residents approve the payment of \$109.45 to our web hosting company to cover the cost of using the web site for the coming year. The motion was seconded and approved.

The Entertainment Committee is trying to set up a bowling league to start play around the first of November. This will be strictly a non-sanctioned fun league and open to all park residents. There is a list on the bulletin board with information and people to contact. People were reminded that there is Bingo on Mondays starting at 6:00pm as well as shuffleboard on Tuesdays. Beginning in November the shuffleboard starting time will move up to a 2:00 pm start. We will also have our golf league starting up again around the first of November. There is further information on all these events on the bulletin board. There will also be a German Fest on November 24th at 6:00 pm and tickets will be on sale for \$7.00.

Connie Riter provided information on upcoming out of park trips including an outing to Harrah's Ak Chin casino on November 15th. There are also trips available to the Rose Bowl Parade as well as the "Glendale Glitters" event in December. Information on all these trips is available in the clubhouse. Connie also said that the new Coyote Coupon books are on sale for \$15.00. These books offer many discounted offers and coupons for meals, golf and many other events in the local area and are well worth the cost.

Midge Drouin reminded people of the Patio Sale, and the accompanying White Elephant and book sale scheduled for November 12th from 7 am – 12 pm. Signup sheets are available at the clubhouse.

Dick Smith read a letter from the Secretary, Alice Johnson, stating that she had to resign from that position. Normally there would be nominations and the election of a new Secretary; however Vice President Sharon Schupbach volunteered to perform the duties until the next election of officers in March and her offer was accepted and approved. Dick also stated that plans were moving forward for the New Years Eve party and that tickets would be sold for \$11.00 per person. He also announced that the clubhouse has been reserved on November 22 and 23 for private events.

Under new business the long planned Desert Harbor Cookbook project has reached the point of being ready to be published, however money must be approved for the printing. After much discussion a motion was made by Bob Mayo to approve the printing of 200 of these books at a total cost of \$660.00. The motion was seconded and approved by members present. The books will sell for \$10.00 apiece and will hopefully provide a healthy profit to the organization.

Meeting was adjourned at 9:50 a.m.

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 is sleep apnea?

Sleep apnea is a disorder characterized by a reduction or pause of breathing (airflow) during sleep. It is common among adults but rare among children. Although a diagnosis of sleep apnea often will be suspected on the basis of a person's medical history, there are several tests that can be used to confirm the diagnosis. The treatment of sleep apnea may be either surgical or nonsurgical.

An apnea is a period of time during which breathing stops or is markedly reduced. In simplified terms, an apnea occurs when a person stops breathing for 10 seconds or more. If you stop breathing completely or take less than 25% of a normal breath for a period that lasts 10 seconds or more, this is an apnea. This definition includes complete stoppage of airflow. Other definitions of apnea that may be used include at least a 4% drop in oxygen in the blood, a direct result of the reduction in the transfer of oxygen into the blood when breathing stops.

Apneas usually occur during sleep. When an apnea occurs, sleep usually is disrupted due to inadequate breathing and poor oxygen levels in the blood. Sometimes this means the person wakes up completely, but sometimes this can mean the person comes out of a deep level of sleep and into a more shallow level of sleep. Apneas are usually measured during sleep (preferably in all stages of sleep) over a two-hour period. An estimate of the severity of apnea is calculated by dividing the number of apneas by the number of hours of sleep, giving an apnea index (AI in apneas per hour); the greater the AI, the more severe the apnea.

A hypopnea is a decrease in breathing that is not as severe as an apnea. Hypopneas usually occur during sleep and can be defined as 69% to 26% of a normal breath. Like apneas, hypopneas also may be defined as a 4% or greater drop in oxygen in the blood. Like apneas, hypopneas usually disrupt the level of sleep. A hypopnea index (HI) can be calculated by dividing the number of hypopneas by the number of hours of sleep.

The apnea-hypopnea index (AHI) is an index of severity that combines apneas and hypopneas. Combining them gives an overall severity of sleep apnea including sleep disruptions and desaturations (a low level of oxygen in the blood). The apnea-hypopnea index, like the apnea index and hypopnea index, is calculated by dividing the number of apneas and hypopneas by the number of hours of sleep.

Another index that is used to measure sleep apnea is the respiratory disturbance index (RDI). The respiratory disturbance index is similar to the apnea-hypopnea index; however, it also includes respiratory events that do not technically meet the definitions of apneas or hypopneas, but do disrupt sleep.

Sleep apnea is formally defined as an apnea-hypopnea index of at least 15 episodes/hour in a patient if they do not have medical problems that are believed to be caused by the sleep apnea. This is the equivalent of approximately one episode of apnea or hypopnea every 4 minutes. High blood pressure, stroke, daytime sleepiness, congestive heart failure, (low flow of blood to the heart), insomnia, or mood disorders can be caused or worsened by sleep apnea. In the presence of these conditions, sleep apnea is defined as an apnea-hypopnea index of at least five episodes/hour. This definition is stricter because these individuals may be already experiencing the negative medical effects of sleep apnea, and it may be important to begin treatment at a lower apnea-hypopnea index.

Info taken from Web MD

NISQUALLY WILDLIFE PRESERVE

by Margo Crawford

I spent most of the month of July of this year either on the road on in the state of Washington. While there I visited a rustic spot called Nisqually Wildlife Preserve. It was a working farm at one time, that changed hands several times. The last owner donated it to the state as a preserve for wildlife. It is a walking tour so if you go, wear comfy shoes! There are trails to follow with placards stationed along the way that provide information about the flora and fauna. A very long boardwalk extends out over the tide pools that lead to the Puget Sound.



As we started out along the walk, the tide was just starting to come in. By the time we were returning, the areas of previously low water were now getting deeper and deeper. Herons, ducks and seagulls were busily diving and searching for food. The air was alive with activity! At various spots along the walk duck blinds were provided for viewing the wildlife. Not for hunting! Just observation and picture taking.

There are gazebos along the way also so you can get some shade and sit and rest for a bit. This was a nice, pleasant place to visit that only requires comfortable walking shoes and some determination. And even when standing side by side taking pictures, each person can find something different in their photos. There is a small fee for entering but it is worth it for the natural setting and being able to see so much wildlife. And you can picnic around the parking lot area.



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
Liz Pawlowski	6	Odd jobs, anything you can't do yourself	619-508-5402

NOVEMBER 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 7:30am Water Aerobics 11am Golf 6:30pm Billiards 6:30pm Euchre	2 7:30am Water Aerobics 8am Exercise 1pm Genealogy 4pm Happy Hour 7pm Cards	3 8am Coffee/Donuts 9am Residents Meeting 5:30pm Texas Hold'em Poker
4 10:30am Church 1pm Texas Hold'em Poker	5 7:30am Water Aerobics 1pm Mahjongg 6pm Bingo 6:30pm Billiards	6 7:30am Water Aerobics 12pm Ladies Soup/Salad Luncheon 2pm Bible Study 2pm Shuffleboard 6:30pm NDQ Poker 7pm Cards	7 7:30am Water Aerobics 8am Exercise 9am Line Dancing 1pm Mahjongg 1pm Quilting 6:30pm Quilting	8 7:30am Water Aerobics 11am Golf 1pm Quilting 6:30pm Billiards 6:30pm Euchre	9 7:30am Water Aerobics 8am Exercise 1pm Genealogy 4pm Happy Hour 7pm Cards	10 7am—12pm Patio Sale 5:30pm Texas Hold'em Poker
11 10:30am Church 1pm Texas Hold'em Poker 2pm Pinochle	12 7:30am Water Aerobics 1pm Mahjongg 6pm Bingo 6:30pm Billiards	13 7:30am Water Aerobics 2pm Bible Study 2pm Shuffleboard 6:30pm NDQ Poker 7pm Cards	14 7:30am Water Aerobics 8am Exercise 9am Line Dancing 1pm Mahjongg 6:30pm Quilting	15 7:30am Water Aerobics 8:15am Casino Trip..Harrah's 11am Golf 6:30pm Billiards 6:30pm Euchre	16 7:30am Water Aerobics 8am Exercise 4pm Happy Hour 1pm Genealogy 7pm Cards 5:30pm Texas Hold'em Poker	17 8am Coffee/Donuts 4pm Happy Hour 5pm Pot Luck
18 10:30am Church 1pm Texas Hold'em Poker	19 7:30am Water Aerobics 1pm Mahjongg 6pm Bingo 6:30pm Billiards	20 7:30am Water Aerobics 11am Ladies Luncheon (Outside Park) 2pm Bible Study 2pm Shuffleboard 6:30pm NDQ Poker 7pm Cards	21 7:30am Water Aerobics 8am Exercise 9am Line Dancing 1pm Mahjongg 1pm Quilting 6:30pm Quilting	22 	23 CLUBHOUSE RESERVED	24 8am Coffee/Donuts 6pm-9pm GERMAN FEST
25 10:30am Church 1pm Texas Hold'em Poker 2pm Pinochle	26 7:30am Water Aerobics 1pm Mahjongg 6pm Bingo 6:30pm Billiards	27 7:30am Water Aerobics 2pm Bible Study 2pm Shuffleboard 6:30pm NDQ Poker 7pm Cards	28 7:30am Water Aerobics 8am Exercise 9am Line Dancing 1pm Mahjongg 6:30pm Quilting	29 7:30am Water Aerobics 11am Golf 6:30pm Billiards 6:30pm Euchre	30 7:30am Water Aerobics 8am Exercise 1pm Genealogy 4pm Happy Hour 7pm Cards	