



DESERT HARBOR—A 55+ COMMUNITY—APACHE JUNCTION, AZ—SEPTEMBER 2015

## RETIREMENT OPTIONS *by Connie Riter*

September is the month we celebrate Labor Day. Most of us have put in many years of working and in various professions. We have decided to retire here in Arizona, but we did have other options of places to retire. Here are a few of them which you may enjoy reading.

You could have retired to **California** where you might make over \$450,000 and you still couldn't afford to buy a house. The fastest part of your commute is going down your driveway. You know how to eat an artichoke. You drive your rented Mercedes to your neighborhood block party. When someone asks you how far something is, you tell them how long it will take to get there rather than how many miles away it is. The 4 seasons are Fire, Flood, Mud, and Drought.

OR you could have retired to **New York City** where you say "the city" and expect everyone to know you mean Manhattan. You can get into a four-hour argument about how to get from Columbus Circle to Battery Park, but can't find Wisconsin on a map. You think Central Park is "nature." You believe that being able to swear at people in their own language makes you multi-lingual. You've worn out your car horn IF you have a car. You think eye contact is an act of aggression.

OR you could have retired to **Minnesota** where you have only three spices: salt, pepper, and ketchup. Halloween costumes have to fit over parkas. You have seventeen recipes for casseroles. Sexy lingerie is anything flannel with less than eight buttons. The four seasons are: almost winter, winter, still winter, and road repair. The highest level of criticism is "He is different, she is different, or it is different."

OR you could have retired to the **Deep South** where you could rent a movie and buy bait in the same store. "Y'all" is singular and "all y'all" is plural. "He needed killin'" is a valid defense. Everyone has two first names: Billy Bob, Jimmy Bob, Betty Jean, etc. Everywhere is either "in yonder," "over yonder," or "out yonder."

OR you could have retired to **Florida** where you eat dinner at 3:15 in the afternoon. All purchases include a coupon of some kind – even houses and cars. Everyone can recommend an excellent cardiologist, dermatologist, proctologist, podiatrist, or orthopedist. Road construction never ends anywhere in the State. Cars in front of you often appear to be driven by headless people.

BUT...you chose to retire in **Arizona** where you are willing to park 3 blocks away from your house because you found shade there. You've experienced condensation on your behind from the hot water in the toilet bowl. You can drive for 4 hours and never leave Phoenix. You have over 100 recipes for Mexican food. If you drive 65 mph, people will pass on both sides of you. You know how to play 10 different card games, as well as Mexican train. You know that "dry heat" is comparable to what hits you in the face when you open your oven door. The four seasons are: tolerable, hot, really hot, and ARE YOU KIDDING ME?? HAPPY LABOR DAY! Aren't we glad we retired HERE!

**From the President's Desk** *by Ken Camp*



The summer is slipping by and before long it will be time to get out our winter clothes. (Just kidding!) Hope all are surviving the summer heat. August and September should be our hottest months.

We are now in the progress of re-doing our pools and hot tub. Next will be the pool deck. Both should be nice when they are finished.

Briana, our park manager, spoke to us on August 1 and went over the projects coming up and projects that are in progress. We had a good turnout for this meeting. The Apache Junction Police Department spoke to us in August as well and gave us tips and phone numbers to help us in protecting our property and that of our neighborhood. We thank them for being here.

We lost two of our park family, one in July and another in August. Jean Berndt, lot 137, passed away in July and Milt Hinson, Lot 17, passed away in August. Please let Dave Borchardt or me know of such passings, so we can then let the rest of the park know.

Drive carefully in the park and when leaving it. Always be alert of our residents who are walking or riding their bikes.

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**ACTIVITIES ORGANIZATION**

President	Ken Camp	Lot #178	480-641-0975
Vice President	Dave Borchardt	Lot #142	480-671-1682
Secretary	Connie Riter	Lot #81	315-657-3078
Treasurer	Tim Chrissis	Lot #34	480-982-1891
Board Member	Midge Drouin	Lot #203	602-459-9039
Board Member	Sherry Weinert	Lot #186	480-356-0949
Board Member	( OPEN )		

## DESERT HARBOR ACTIVITIES

<u>ACTIVITY</u>	<u>COORDINATOR</u>	<u>TELEPHONE</u>
BINGO	BRUCE-ARLENE WICKEN	612-518-4284
CASINO TRIPS	CONNIE RITER	315-657-3078
CLOSET QUILTERS	CAROLE HOBSON	480-288-6270
CLUBHOUSE DECORATING	KAREN KROSCHEL	509-209-3722
ENTERTAINMENT	SHERRY WEINERT CAMI WEISS MIDGE DROUIN	480-356-0949 480-234-5074 602-459-9039
GENEALOGY	ESTHER LOUGH	480-288-8579
GOLF	DON WALKER	480-288-5686
LADIES OUT OF THE PARK LUNCHEONS	TBA	
LADIES SOUP & SALAD LUNCHEON	CONNIE RITER	315-657-3078
LINE DANCING	MARY PAT SUMMERS	480-983-4227
MAH JONGG	ESTHER LOUGH	480-288-8579
POKER	MIKE BAUSCHARD	480-288-4332
SHUFFLEBOARD	CLIFF TESSMER	480-671-1414
STITCH & CHAT	CAROLE HOBSON	480-288-6270
WELCOME	KAREN KROSCHEL	509-209-3722
SUNSHINE	PAT BALLOCK	480-983-5303

**WEB MASTER, DICK SMITH, 480-983-5819**

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

**NEWSLETTER COMMITTEE**  
**Connie Riter, Dave Borchardt, Dick Smith, Bob Mayo,**  
**Midge Drouin, Margo Crawford, Jane Boudreau**

## BIRTHDAYS - ANNIVERSARIES

### SEPTEMBER BIRTHDAYS

Day	Name	Lot #
2	Sylvia Goodrich	60
6	John Williams	162
11	Miles Lowrey	164
13	Don Walker	206
15	Laura Klahr	194
15	Terry Peters	58
16	Niki Kobes	181
17	Michael Bauschard	99
18	Carole Hobson	35
18	Vernita Loveridge	153
25	Mary Pat Summers	189
26	Dorothy Mueller	155
28	Dee Goodwin	200
29	Tim Chrissis	34
30	Bill Lofthus	119

### SEPTEMBER ANNIVERSARIES

Day	Name	Lot #
1	Roger & Wanda Tucker	14
5	Doug & Karen Stoesz	174
7	Dave & Midge Drouin	203
11	Bruce & Arlene Wicken	37
23	Ed & Mary Lou Croyle	120
26	Dick & Cyndi Smith	74



If you wish to add your birthday and/or anniversary or make any corrections to the list, please call Dick Smith at 480-983-5819

#### *August Birthday & Anniversary:*

Birthday, Larry Behrens, Lot #24 (August 22nd)

Anniversary, Larry & Sue Behrens, Lot #24 (August 4th)

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### ITEMS FOR SALE OR ITEMS WANTED

Please let us know if you have something for sale or if you need something

If you have had a phone number change, please let Dick Smith know.  
Dick is in lot #74, phone 480-983-5819



## PHONE BOOK UPDATES :

Berndt, Bart (#137)	correct phone is 605-484-1529
Childers, Don-Judy (201)	correct phone is 480-982-3664
Haucke, Bill-Shari (129)	New 928-978-4457
Hoopes, Joyce (141)	New 505-250-6613
Hoopes, Susan (141)	New 505-280-5049
Kalmakoff, John-Janie (165)	correct phone is 780-666-6328
Leach, Jim-Kathy (148)	Kathy was spelled wrong and the numerical listing in the back shows Cave in 148 and it should be Leach
Odell, Gary (53)	New 509-671-0698
Odell, Rhonda (53)	New 509-671-7582
Riter, Connie (81)	New 315-657-3078
Roberts, Art (81)	New 480-275-0161
Ruetz, Ron (73)	correct phone is 480-822-7550
Speese, Jerry-Kathy	new lot #58
Tremblay, Paul-Diane (196)	New 480-288-8942
Tucker, Roger-Wanda (14)	New 760-399-0927
Weiss, Bruce-Cami (188)	name & phone was omitted in phone book phone number is 480-234-5074
Vendl, Chuck (95)	correct phone is 808-298-7814
Worthem, Kim (80)	correct phone is 406-491-3422

### NEW RESIDENTS :

Ann Bush Lot 107

225-788-2607

**CRIME PREVENTION** – *by Dave Borchardt*

On July 29<sup>th</sup> we had a presentation in our clubhouse by the Apache Junction Police Dept. Apparently there have been a couple of break-ins at our sister park, La Casa Blanca and our manager Brianna thought it would be a good idea for the AJ Police Dept. to come out and give us some information. Serene Carney, the Community Resource Coordinator, gave a very informative presentation about how to prevent crime from happening in our neighborhood.

One of the options was the Neighborhood Crime Watch program and in order to be formally recognized as such with signs, etc. is that you must have a Crime Watch Captain and also a Co-Captain and have a minimum of 50% participation of the homes. With the signs displayed in the park, it shows anyone coming into the park that the residents are aware to be on the lookout for anyone that looks like they don't belong and that they will be reported. She also presented many tips regarding lighting in and around your home, the landscaping that should not provide a hiding place for criminals and also the kind of locks that should be used on your doors and windows.

We also had a couple of police officers who gave us some information about the AJ Police Dept. and they also took questions from the residents in attendance. The one officer explained that the only thing they had in their system for our park was three complaints from residents about telephone scams. This is something that goes on continually and we have to be very aware that it could happen to any one of us, so we always have to be very careful. It was a very good presentation and a lot of the information was simply using common sense when it comes to your safety and security



## UPCOMING EVENTS

### SEPTEMBER

5th Saturday Resident Meeting 9:00 am  
7th Monday Bar B Q (Fried Chicken Provided) Bring Side Dish 4:30 HH 5:00 Food  
18th Friday TRACEY—Indoor Target Golf Tournament 1:00 to 3:00 pm  
19th Saturday Pot Luck (Italian Theme) 4:30 HH 5:00 Food

### OCTOBER

3rd Saturday Resident Meeting 9:00 am  
TBA TRACEY Movie at Superstition Springs Harkins Theater  
17th Saturday Pot Luck (German Theme) 4:30 HH 5:00 Food  
22nd Thursday Karaoke with Sandwich & Chips 6:00-9:00 pm  
24-25 Sat-Sun Fall Poker Tournament (resident's only)  
31st Saturday Halloween Party (details to follow)

### NOVEMBER

7th Saturday Resident Meeting 9:00 am  
14th Saturday Patio Sale 7:00 am to Noon  
20th Friday TRACEY—Come Back Buddy Holly 7:00-9:00 pm  
21st Saturday Thanksgiving Pot Luck 4:30 HH 5:00 Food

### DECEMBER

5th Saturday TRACEY—Breakfast 9:00 to Noon  
12th Saturday Resident Meeting 9:00 am  
19th Saturday Christmas Pot Luck 4:30 HH 5:00 Food  
31st Thursday New Year's Eve Party

## CHIT CHAT AROUND THE PARK



### Ladies Get Acquainted Soup and Salad Luncheon *by Cami Weiss*



The ladies monthly soup and salad luncheon was held Tuesday, August 4<sup>th</sup> with 13 attending. A 50/50 drawing was held and Joanne Hankison purchased the winning ticket for \$8.50 and the same amount was given to the Activities Organization. There were three soups, many salads and desserts. Please watch for a notice in the community room to be posted for the September luncheon. Sign up for soup, salad or dessert and come and join us for lunch.

A wonderful visit was had by all. Please join us September 1<sup>st</sup>. We look forward to seeing all of you.

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### Ladies Luncheon Out *by Connie Riter*

Our August luncheon out was held on August 18<sup>th</sup>. Nine of us went to Sweet Tomatoes for lunch. While our numbers were small, we had a good time enjoying our soups and salads and especially their ice cream! Please join us on September 15<sup>th</sup> when we will go to the Outback. Call Rose Chris-sis if you have any questions. Signup sheets will be in the clubhouse. We leave at 11am and we car pool if you need a ride. Some ladies even go shopping afterwards....Please join us!



## **August 1, 2015 Residents Meeting** *by Connie Riter*

A brief residents meeting was held on August 1, 2015 at 9:40 am in the Clubhouse after our meeting with Briana. There were about 58 people in attendance. Board Members present were: Ken Camp, Dave Borchardt, Connie Riter, and Midge Drouin. Absent were: Tim Chrissis, Sherry Weinert, and Sharon Ziccardi, who has submitted a letter of resignation..

Both the minutes of the July meeting and the current Treasurer's Report which were on the tables were approved as written. The treasurer's report showed a combined balance of \$8816.11—\$1381.34 (checking), \$133.47 (petty cash), and \$7301.30 (savings).

**Connie:** Invited all ladies in the Park to come to the Soup n Salad luncheon on August 4, at noon. Bring your service and a soup, salad, or dessert to share

There were no committee reports or old business.

Under new business:

**Ken** indicated that Joyce Hoopes has offered to take care of the food bank. Also Cami Weiss volunteered to fill the member at large position. This will be discussed at the next meeting.

**Philicia and Bev Hert** volunteered to get a committee together to clean out the present kitchen when we need to have everything out.

**Ken:** Somebody is shutting off the vents in the exercise room. Leave the vents alone, please!

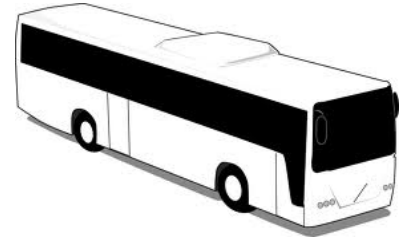
**Karen:** If you reserve the clubhouse for an event, leave the decorations alone.....

**Ken:** Two weeks ago, the clubhouse was used for an event, and the people came in and pulled all our decorations down. At one point, a young child was on the top of a ladder pulling things down. If she had fallen, there would have been a serious law suit. Please leave the decorations alone.

The meeting adjourned at 9:55 am.

## Bus Trips Available

by Connie Riter



Many bus trips have been planned for this coming year and we are working on getting more day trips. Here are a few of the ones coming up – more information on each of these is available in the book in the clubhouse.

Dec. 20 – Besh ba gawah – Festival of Lights in Globe (\$95)  
Dec. 24 – 26 – Christmas in Laughlin at the Aquarius. (\$229pp)  
Dec. 29 – Jan. 1 – Tournament of Roses Parade (\$649pp)  
Dec. 30 – Jan. 1 – New Years' Eve in Rocky Point, Mexico (\$329pp)

Jan. 6, 2016 -- Taliesin West and Musical Instrument Museum (\$149)  
Jan. 12 – 15 – Everyone Loves San Diego (\$599)  
Jan. 13 – 15 – Kingston Trio in Laughlin (\$259pp)  
Jan. 27 – 30 – Santa Fe Culinary and Art Tour (\$599pp)

Feb. 13 – Phoenix Gold Cup Racing at Turf Paradise.(\$99 pp) includes lots of perks, including a back pack this year, rather than a t-shirt.

Most trips include meals and other things. Check the tour book in the clubhouse for more info on these and other trips and take a copy of all the trips, if you wish.

Give me a call for reservations or more information. Connie @ 315-657-3078.

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## CHURCH NEWS

Congratulations to Pastor Penny who graduated with a Masters Degree in Theology on August 29. Several people attended her graduation in North Phoenix.

The folks at Community Worship continue to collect clothing, food, and toiletries for the Genesis Project. Monetary donations and volunteers are also welcome to help feed and clothe the homeless of Apache junction. They are hoping to install plumbing at the facility so they can also offer showers. It is time to re-register with the Fry's Community Reward Program. Quarterly checks received from this program will also go to the Genesis Project. When you shop at Fry's and use their VIP card we can receive rewards. For more information please contact Pastor Penny.

We have finished the book of Acts and have started our new study of Genesis. Study books/Bibles are provided. The craft room is getting full but there's always room for one more!

A new Bible study will be started in mid September. This study will focus on Bible basics and learning more about the books of the Bible - Old Testament, New Testament, The Law, The Prophets, and Psalms. Stay tuned for date and time.



## Live Wild Run Free

by Margo Crawford

Hiding and grazing in the Tonto National Forest are wild horses. These are distant descendants of horses that were turned out or left behind or the miner, pathfinder or homesteader met an unexpected end to their life and the horse had to fend for itself. The horse that was left to handle life for itself would be considered feral. Feral is a domesticated animal that has been turned loose to learn how to be wild / survive. Wild would be a term used to describe an animal that has never been domesticated.

The Wild Horses of the Salt River have been there for many generations. Their calm demeanor is not only awesome to witness but can cause some confusion. Horses tend to be gentle by nature and don't have a specific fear of mankind. However, like any other animal, including human parents, they will protect their young. When young bachelors come of age they go on 'raiding parties' and try to steal mares and fillies from established bands. This is a very exciting time to see them in action. However, it is also important to stay clear of the battles between bachelors and the reigning stallion. They don't attack humans but you do want to stay out of the way of the flying hooves.

Mares tend to give birth or foal in the early morning hours. The newborn must be able to move with the herd by evening. Evening is when predators come looking for food and a newborn baby is high on their list. It takes time for the baby horse or foal to even get up on those tripod style legs let alone get them to do things they should. At a time like this it is wise and considerate to stay at a distance to allow mom and baby time to recover from the birth process and get healthy. We try to keep announcements of new ones quiet for about 2 weeks. We are not being selfish but we want the babies and moms to have time to heal. A newborn girl is called a filly and a newborn boy is called a colt. If the sex is unknown to you, you can use the term foal.

I am a member of the Salt River Wild Horse Management Group. I will soon have a T-Shirt that announces me as Volunteer Protector. Visiting these beautiful wild horses in their natural habitat where they have become an important part of the ecosystem is marvelous. The horses' plight has been on the news recently and garnered a huge new interest in them. This is wonderful for the horses and those of us who go out on a regular basis to spend time with them and take pictures. Please feel free to ask me about the horses. I will do my best to answer your questions. If you go out to the Tonto National Forest / Salt River please remember to buy a daily parking pass if you don't already have an appropriate pass for the forest. Also, be prepared as we don't always get to see the horses. However, there is almost always something to see at the various campsites and along the river. \* Watch out for snakes!

## HEALTH ARTICLE *by Midge Drouin*

### High Cholesterol: Cholesterol-Lowering Medication

[How Do Statins Work?](#) [How Does Nicotinic Acid Work?](#) [How Do Bile Acid Resins Work?](#) [How Do Fibrates Work?](#) [Combination Drugs for Cholesterol Lowering](#) [What Are the Side Effects of Cholesterol-Lowering Drugs?](#) [Are There Foods or Other Drugs I Should Avoid While Taking Cholesterol-Lowering Medicine?](#)

If you have [high cholesterol](#), your doctor may recommend [cholesterol medication](#) in addition to a diet low in [saturated fat](#), high in fiber, and low in refined carbohydrates. [Cholesterol](#) is an important part of your cells and also serves as the building block of some hormones. The [liver](#) makes all the cholesterol the body needs. But cholesterol also enters your body from dietary sources, such as animal-based foods like milk, eggs, and meat. Too much cholesterol in your [blood](#) can increase the risk of [coronary artery disease](#). The first line of treatment for abnormal cholesterol is usually to eat a diet low in saturated and [trans fats](#), and high in [fruits and vegetables](#), nuts, and seeds, and to increase [exercise](#). But for some, these changes alone are not enough to lower [blood cholesterol levels](#); they also may need medicine to bring down their cholesterol to a safe level. Cholesterol-lowering drugs include: [Statins](#), [Niacin](#). Bile-acid resins, Fibric acid derivatives, and Cholesterol absorption inhibitors. Cholesterol-lowering medicine is most effective when combined with a healthy [diet and exercise](#).

How Do Statins Work? [Statins](#) block the production of cholesterol in the [liver](#) itself. They lower [LDL](#), the "bad" cholesterol, and [triglycerides](#), and have a mild effect in raising HDL, the "good" cholesterol. These drugs are the first line of treatment for most people with high cholesterol. Statins have been shown in multiple research studies to reduce the risk of cardiovascular events like [heart attacks](#) and death from [heart disease](#). Side effects can include intestinal problems, liver damage, and muscle inflammation. Statins also carry warnings that [memory loss](#), mental confusion, high [blood sugar](#), and [type 2 diabetes](#) are possible side effects. It's important to remember that statins may also interact with other medications you take. Examples of statins include: [Atorvastatin \(Lipitor\)](#), [Fluvastatin \(Lescol\)](#), [Mevacor](#), Pitavastatin (Livalo), [Pravastatin \(Pravachol\)](#), [Rosuvastatin \(Crestor\)](#), and [Simvastatin \(Zocor\)](#).

How Does Nicotinic Acid Work? [Nicotinic acid \(niacin\)](#) is a B-complex vitamin. It's found in food, but is also available at high doses by prescription. It lowers [LDL cholesterol](#) and raises [HDL cholesterol](#). The main side effects are flushing, [itching](#), tingling and [headache](#). Research has not shown that adding nicotinic acid to statin therapy is associated with a lower risk of [heart disease](#). Examples of nicotinic acid medications include: [Nicolar](#), and [Niaspan](#).

## **DESERT HARBOR RESIDENTS OFFER SERVICES**

<b><u>NAME</u></b>	<b><u>LOT</u></b>	<b><u>SERVICE</u></b>	<b><u>PHONE</u></b>
Midge Drouin	203	Haircuts, Styling, Blow Drying	602-459-9039
Dorothy Mueller	155	Avon Products, Free Boxes	480-984-9780
Esther Lough	123	Puppy Sitting	480-288-8579
Connie Riter	81	Bus Trips	315-657-3078
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
Liz Pawlowski	6	Odd jobs, anything you can't do yourself	619-508-9402
Karen Majur	173	Sunshine Home Sales	480-250-2219
Al & Jen Kitterman	36	Tatting & pine needle baskets, unique gifts	480-982-4057
Barry Dalton	145	<a href="http://www.abcliveit.com">http://www.abcliveit.com</a>	801-616-2643
Joyce Hoopes	141	Pet Sitting	505-250-6613

*The newsletter committee neither endorses or approves any product or service*

*Updates to the calendar can always be found on the website  
[www.desertharboraz.net](http://www.desertharboraz.net)*

# September 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> 7:15am Water Aerobics 12pm Ladies Soup/Salad Luncheon 6pm NDQ Poker 6:30pm Bible Study	<b>2</b> 7:15am Water Aerobics 8am Exercise 10-12 Craft Class 1pm Mexican Train 1-3 pm Quilting	<b>3</b> 7:15am Water Aerobics 1pm cards 5:30 First Thursday Texas Hold'em Poker 6:30pm Billiards	<b>4</b> 7:15am Water Aerobics 8am Exercise 4pm Happy Hour 7pm Cards	<b>5</b> 7am Coffee/Donuts 9am Residents Meeting 5:30 Texas Hold'em Poker
<b>6</b> 10:30 am Church 12:30pm Texas Hold'em Poker	<b>7</b> 7:15am Water Aerobics 8am Exercise 1pm Mahjongg 4:30 Happy Hour 5pm Labor Day Picnic 6:30pm Bingo 6:30pm Billiards	<b>8</b> 7:15am Water Aerobics 10am Ping Pong 6pm NDQ Poker 6:30pm Bible Study 7pm Cards	<b>9</b> 7:15am Water Aerobics 8am Exercise 10-12 Craft Class 1pm Mexican Train 7pm Shuffleboard	<b>10</b> 7:15 Water Aerobics 1pm cards 1-3 pm Quilting 6:30pm Billiards	<b>11</b> 7:15am Water Aerobics 8am Exercise 4pm Happy Hour 7pm Cards	<b>12</b> 7am Coffee/Donuts 12-2pm Clubhouse Reserved 5:30 Texas Hold'em Poker
<b>13</b> 10:30 am Church 12:30pm Texas Hold'em Poker	<b>14</b> 7:15am Water Aerobics 8am Exercise 1pm Mahjongg 6:30pm Bingo 6:30pm Billiards	<b>15</b> 7:15am Water Aerobics 10am Ping Pong 11am Ladies Luncheon 6pm NDQ Poker 6:30pm Bible Study 7pm Cards	<b>16</b> 7:15am Water Aerobics 8am Exercise 10-12 Craft Class 1pm cards 1-3 pm Quilting	<b>17</b> 7:15am Water Aerobics 9:15am Casino Trip Fort McDowell 6:30pm Billiards	<b>18</b> 7:15am Water Aerobics 8am Exercise 1-3pm Tracy's Mini Golf 4pm Happy Hour 5:30 Texas Hold'em Poker 7pm Cards	<b>19</b> 7am Coffee/Donuts 4:30 Happy Hour 5pm Pot Luck (ITALIAN THEME)
<b>20</b> 10:30 am Church 12:30pm Texas Hold'em Poker	<b>21</b> 7:15am Water Aerobics 8am Exercise 1pm Mahjongg 6:30pm Bingo 6:30pm Billiards	<b>22</b> 7:15am Water Aerobics 10am Ping Pong 6pm NDQ Poker 6:30pm Bible Study 7pm Cards	<b>23</b> 7:15am Water Aerobics 8am Exercise 10-12 Craft Class 1pm Mexican Train 7pm Shuffleboard	<b>24</b> 7:15 Water Aerobics 1pm cards 1-3 pm Quilting 6:30pm Billiards	<b>25</b> 7:15am Water Aerobics 8am Exercise 4pm Happy Hour 7pm Cards	<b>26</b> 7am Coffee/Donuts 5:30 Texas Hold'em Poker
<b>27</b> 10:30 am Church 12:30pm Texas Hold'em Poker	<b>28</b> 7:15am Water Aerobics 8am Exercise 1pm Mahjongg 6:30pm Bingo 6:30pm Billiards	<b>29</b> 7:15am Water Aerobics 10am Ping Pong 6pm NDQ Poker 6:30pm Bible Study 7pm Cards	<b>30</b> 7:15am Water Aerobics 8am Exercise 10-12 Craft Class 1pm Mexican Train 7pm Shuffleboard			