

DESERT HARBOR—A 55+ COMMUNITY—APACHE JUNCTION, AZ—APRIL 2016

MEET YOUR NEW DESERT HARBOR ACTIVITY BOARD



Left to right: Bob Hert, Cami Weiss, Kathy Gabel, Connie Riter, Sue Behrens, Joyce Hoopes
(not pictured, Bobbie Lowery)

ACTIVITIES ORGANIZATION

President (term 2016-2018)	Bob Hert	Lot #43	480-322-5533
Vice President (term 2016-2018)	Cami Weiss	Lot #188	480-234-5074
Secretary (term 2015-2017)	Connie Riter	Lot #81	315-657-3078
Treasurer (term 2015-2017)	Kathy Gabel	Lot #150	480-264-8354
Board Member (term 2014-2017)	Joyce Hoopes	Lot #141	505-250-6613
Board Member (term 2015-2018)	Bobbie Lowery	Lot #193	480-276-8568
Board Member (term 2016-2019)	Sue Behrens	Lot #24	920-254-2005

From the President's Desk



Outgoing President Ken Camp

This will be my last writing in the newsletter, and I do want to thank all of you for the support you have given me these past two years. Bob Hert will be your new president and I know you will give him the same support you gave me.

Again, I thank my Board for the support they gave me at our Board Meetings and at our monthly meetings. This is and was a "team effort" on all our parts. Connie, thank you for trying to figure out my notes and typing them for the newsletter. You were a great help.

We had a good fun day on Saturday the 12th of March. As of now I do not know the money that was collected, but this will be reported at the April meeting. Thanks to all who volunteered on Wednesday, Thursday, Friday, and Saturday. It was a lot of work, but it all went to a great cause.

This is the time of the year that bikes, golf carts, and anything that is not nailed down may come up missing. This past week we had an SUV stolen, so make sure your cars and other things are locked. This happens in other parks, so we are not the only one.

Again, I urge all of you to be aware of our residents riding their bikes and walking. Also be mindful when leaving the park in your car. Ironwood is a very busy street!



Incoming President Bob Hert

As your new Activity Board president I want you to know your Activities Board will be working hard to bring entertainment to the park all year long. During our monthly residence meetings we will be presenting entertainment options for the coming months and want your input; you may also contact me or any board member with suggestions...remember we also need attendance at these events.

I would like to take this opportunity to thank all of you for your help during our annual FUN DAY. It was a lot of work but the return was well worth it. Thanks to everyone who stored, moved, cleaned, donated, purchased and who worked to sell items that day. The day would not have been a success without all of you!

And I want you to join with me in thanking the outgoing board members; Ken Camp, Dave Borchartt, Tim Chrissis and Midge Drouin for all their hard work they have given this park....not only towards activities but they have also been there personally for people in this park. We know we can count on each and every one of you. Connie Riter, Joyce Hoopes and Cami Weiss were also part of the out-going board and will now be working with the new board just as diligently. I also want to personally thank the board for all the help they have given me and will give me going forward. Please be respectful of each other and have fun....life is too short!!!

BOB HERT—PRESIDENT

In 2014 my wife Bev, son David and I moved from Idaho to Desert Harbor to enjoy, like most of you, the sun and activities Desert Harbor and Arizona have to offer, we haven't been disappointed!! Our plan is to never go back to the cold!!!

Bev and I have 4 boys; and 4 grandchildren—which is the only draw-back to living in AZ....limited visits with the kids.

CAMI WEISS—VICE PRESIDENT

Born in Roseau MN have always worked in Health Care. Starting as business manager, Grand Forks Rehab Hospital then moved to Brainerd MN. Was business/credit manager for 20 years and ended my career to retire from Blue Cross Blue Shield of MN. Married in 1963 to Bruce til his death Feb. 14, 2016. Have one daughter, Julie, who lives in Scottsdale with her husband Tony. I have lived in Arizona for 5 years and 2 years in Desert Harbor.

CONNIE RITER—SECRETARY

For 29 years I taught high school and AP math classes in upstate New York, as well as SAT Prep classes. After retiring I worked in a doctor's office for 5 years as a receptionist. We moved to Arizona in 2001, living in another mobile home community until we moved into Desert Harbor 11 years ago. I am co-editor of Harbor Lights, in charge of the Soup n Salad Luncheons, the free Casino Trips, the travel club where we receive money back on trips booked through Sue Sinclair, the Coyote Coupon Book Sales each year, and having name badges printed for new residents. I have one son who lives in North Syracuse, NY and grandchildren by association. I enjoy being the Secretary and promise to do my best to "report the facts and just the facts."

KATHY GABEL—TREASURER

I was born in Ft. Hood, Texas and was raised in an Air Force family. I have lived in many states including Texas, California, Virginia, Florida, Alabama and Arizona. I am married to Jim and have 2 sons (one in North Dakota and the other in Georgia). We moved here from the mountains of southwestern Virginia after I retired as the Human Resources Secretary at Yokohama Tire Corp. I enjoy social gatherings, sunshine, gambling and travelling so it seems we have come to the right area. We have lived here for 3 years and are truly enjoying our retirement and the friends we have made.

JOYCE HOOPES—BOARD MEMBER

Retired 2001 from Merrill Lynch after 33 years. Worked as registered sales assistant to the Albuquerque Compliance Officer. Traveled extensively with husband until his demise in 2012.

BOBBIE LOWERY—BOARD MEMBER

My husband Miles & I have lived here at Desert Harbor for almost 10 years. We have lived at 4 different homes here in the park.

I am looking forward to serving on this board and doing some fun things in our community.

SUE BEHRENS—BOARD MEMBER

Born Nov. 1959 in Sheboygen WI, graduated from North HS 1978, Married Larry Behrens 1979, Daughter Amanda. Attended Lakeshore Tech College and Concordia Lutheran College in Education. Worked as Head Cook for Sheboygen Retirement Home, taught nursery school. Moved to AZ in May of 2014. Stampin Up Demonstrator since 2009, teaching card making and paper crafts. Granddaughter Sage born Aug. 2004.

DESERT HARBOR ACTIVITIES COORDINATORS

<u>ACTIVITY</u>	<u>COORDINATOR</u>	<u>TELEPHONE</u>
BEAN BAG	DON-JUDY CHILDERS	480-982-3664
BINGO	BRUCE-ARLENE WICKEN BOB-BEV HERT	612-518-4284 208-550-1572
CASINO TRIPS	CONNIE RITER	315-657-3078
CLOSET QUILTERS	CAROLE HOBSON	480-288-6270
CLUBHOUSE DECORATING	CAMI WEISS BEV HERT	480-234-5074 208-550-1572
ENTERTAINMENT	CAMI WEISS	480-234-5074
GENEALOGY	ESTHER LOUGH	480-288-8579
GOLF	DON WALKER	480-288-5686
LADIES SOUP & SALAD IN PARK	CONNIE RITER	315-657-3078
MAH JONGG	ESTHER LOUGH	480-288-8579
PING PONG	DON-JUDY CHILDERS	480-982-3664
POKER	MIKE BAUSCHARD	480-288-4332
SHUFFLEBOARD	BOB HERT	480-322-5533
WELCOME	KATHY GABEL	480-264-8354
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

APRIL BIRTHDAYS

DAY	NAME	LOT
1	Cami Weiss	188
5	Diane Tremblay	196
9	Herm Weinert	186
10	Carol Haydter	154
15	Lorna Almon	9
15	Ken Miller	161
19	Judy Mathews	18
20	Marty Martinez	112
21	Rose Tenaglia	140
23	Sandra Schwiezer	89
24	Jim Mathews	18
26	Ruthann Sather	10
29	Pat Peterson	59
30	Nellie Dalton	145

APRIL ANNIVERSARIES

DAY	NAME	LOT
19	Dave & Monika Forster	2
20	Joe & Barb Schnier	146
23	Jim & Judy Mathews	18
27	Wayne & Cheryl Sunderman	71



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

ITEMS FOR SALE OR ITEMS WANTED

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

BUNCO *by Becky Gardner*

Bunco is still going strong-we hope to continue all thru the summer.

Our big winners for [March 3rd](#) were Lorelee Elnes for Most Buncos. Cheryl Sunderman took home Most Wins and Kathy Speese followed up with 2nd Most Wins and Karen Parker got 3rd. Bobby Lowery won the Most Losses. There was no Traveling Bunco!

[March 17th](#) we had 5 tables- great turnout. We can handle up to 6 tables. Judy Childers won Most Buncos AND Most Wins- lucky!!! Cheryl Sunderman came in 2nd and Diana Stai got 3rd most wins. Carol Lazzari had the Most Losses! I (Becky Gardner) managed to pull off the last Traveling Bunco. Congratulations to all the winners!

Our next BUNCO dates are Thursday [April 7th](#) and the 21st.

Hope to see you all there. Thank you for all the help and support!

HOCKEY NIGHT IN CANADA

by Jane Boudreau

The third annual party hosted by our Canadian residents was held on February 27, 2016. Each year they select a theme to share with the US residents highlighting the Canadian heritage. For those individuals who grew up in the northern states bordering Canada you fully understand the lure of the hockey rink. It's an outdoor sport for which you bundle up in your warmest clothing to sit in open air arenas cheering your local team. Did I mention it is usually below zero outside?

The clubhouse was decorated with the emblems of each of the Canadian hockey teams. If you wanted to get into the sporting event mind set, beer was available and it did not cost \$8.50 like at the sporting events. The crowd made quick work of the keg. Continuing with the sporting event theme, hamburgers, coleslaw, and Bertha's baked beans were served. Cupcakes and coffee completed the meal.

Following the dinner, music for dancing was provided by Darwin Giem. During the evening twenty-eight door prizes were given away. Additionally there were four winners each receiving \$49 from the 50/50 pot. This was another great fund raiser for our Activities Organization with \$696 added to the treasury.

We had a great turn out for this dinner and want to thank Bonnie Harrison for coordinating the evening. Her supporting cast were Gisele and Dan Piesinger, Guy and Sheryl Nagy, Al and Jenn Hart, Les and Pam Alan, Ardith and Wayne MacNeill, Dave and Monika Forster, Darwin and Sheila Giem, Bertha and Doug Harris and Jim Harrison. To all of you thank you for a every enjoyable evening again this year. We all look forward to next year's event.

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



PHONE BOOK & NEW RESIDENT UPDATES:

Benson, Kurtis-Cindy (lot #115) 480-703-6134

Hert, Bev (lot #43) cross out 208-549-3645 replace with 208-550-1572

Hightower, Bill (lot #8) cross out 772-7453 replace with 480-372-7530

Marpolano, Gabriel (lot #109)

Medcoff, Heather (lot #46) **NEW RESIDENT**

Mueller, Dorothy (lot #155) 480-984-9780

Omness, Danny-Lee (lot #46) **NEW RESIDENTS**

Smith, Jean (lot #164)

Speck, Steve-Mardene (lot #25)

Wallace, James (lot #36) 480-888-8030

Wicken, Arlene (lot #37) correct phone is 612-518-4284

CHURCH NEWS *by Barbara Fox*

Community Worship of Desert Harbor meets every Sunday at 10:30 am in the Clubhouse. We are continuing our study of Genesis on Tuesdays at 6:30 pm in the library. We are ready to start Book 2. The last gospel jam was March 26th. More than 35 residents and guests attended the jam. Coffee and cookies were served. A special Easter service was held on March 27th.

The "Hats Off to You" Mothers Day tea is coming up on May 7th. Ladies, mark your calendars and start planning for the hat contest! Categories will be Best Western (hat decorated with western theme), Holiday Inn (hat decorated for your favorite holiday), La Quinta (hat decorated with Mexican theme).

Summary of March Residents Meeting *by Connie Riter*

Ken Camp began the monthly meeting at 9 am on March 5th with the Pledge of Allegiance. All board members were present. About 75 people were in attendance and no new residents. The secretary's minutes and the treasurer's report were approved as written. Art Roberts made a motion for the secretary to cast one unanimous vote for the new members of the board since there was only one candidate for each office... Bob Hert for president, Cami Weiss for vice president, Kathy Gabel for treasurer, Bobbie Lowery and Sue Behrens for members at large. When this was done, Ken announced that Bobbie would serve out the 2 year term and Sue the new 3 year term.

Ken announced that 160 chairs had been set out for the Ivanka performance and half of the chairs were empty. He said Cami would try to get her back in November or December, and if you missed this one, you may want to be sure to come to the next one. It was really good!

Dick Smith needs to find a back-up person for the Wi-Fi web site. Otherwise, we may not have a web site if he decides to quit. Connie has 20 tickets to a Cubs spring training game. We will have to drive ourselves since the bus was too expensive. The coyote coupon book sale is over. She presented Tim with \$440 and the 3 remaining books which had not been sold. These will be used for gifts. Joyce mentioned that 66 pounds of food had been collected. Ken presented Bob Hert with a shovel since the job of "Sanford and Son" will now fall upon our new president. Much of the meeting was informational about what was going to take place at the fun days. Bob thanked Jim Gabel for stepping up to help out when Bruce died. Bonnie Harrison donated \$695 to the Activities Committee from the Canadian party. The 50/50 raffle consisted of two \$32 prizes. Joanne Hankinson won one, and Dick Smith won the other. The meeting adjourned at 9:50 am.

MANAGER'S MEETING *by Connie Riter*

Angi Cummins had another manager's meeting on March 18, 2016 at 3 pm in the clubhouse with about 80 residents present. She began by welcoming the new Board and indicating that she would be meeting with the new Board in early April. She said she has been given \$8,000 to \$10,000 to spend within the next few months. She met with the old Board who said that they would like to have a TV over the fireplace and furniture around the old TV and barbecue grills. She said she would like to meet with the new Board for their ideas, too.

She said she is looking at getting the TV and furniture from American Furniture. She said she is planning to get the clubhouse floor polished and is in the process of seeing where to get the broken tiles replaced. The pool deck has started having some chipping and the pool will be closed probably on March 28th and 29th while the company is repairing the chipping. The inside pool, however, will still be open.

She apologized for the length of time it is taking to build the coffee bar and repair the men's bathroom. Mike Kereluk said he has fabricators of granite tops who probably could do the job faster. Angie asked to meet with him after the meeting. The table by the pool is cracked, probably when someone left the umbrella up and the wind knocked the table over. She will see about repairing it. She said she would make a note to have the bathroom cleaned daily and asked that everyone try to be more alert in cleaning up after themselves.

Dream land Villa, by Higley, had over 40 break ins during the last month, and we had an SUV stolen this past week. The SUV was recovered in the Walmart parking lot by Signal Butte. She asked if we would like to have her change the remote portions of the gate key. The vote was 32 yes and a little under 30 no. Street signs have been ordered and after finding mistakes on the ones sent, they are being re-done. She said many people are speeding in the Park, especially the workers, UPS, trash pick-up, etc. Please be careful. Cami mentioned that she has been to 3 parks that have no working bathrooms at all. At least we have one working one.

Angie mentioned that now is the time to be paying attention to removing weeds, fixing screens with holes, and picking up pine needles. Francine complemented Angie on getting the front of the park painted so nicely, and the wall around the golf course. Someone mentioned that the hours for the children to use the pool should be adjusted, since that is the time most of the residents would want to use the pool. She said to bring it up to the new Board. She has no problem adjusting the hours if that is what the residents want. She also gave a big thank you to the winter visitors, saying that she was glad they decide to spend their winters in our Park. This meeting was followed by our Friday Happy Hour.

Joyce and Dave are still having a problem with not having river rock between their properties. They have asked several times and nothing seems to get done.

COMMUNITY SALE, CAR SHOW AND FUN DAY

By Jane Boudreau

Your organizing committee extends a big thank you to all the residents of Desert Harbor for helping make this year's sale a huge success. The day started out slowly. However, when Sharon Schupbach began twirling pink flags to draw attention to our entrance, the number of shoppers increased. The results from the day were a net of \$5422.18 after expenses. We also had donations from vendors as certificates, gift cards and cash. The proceeds from the 34 raffle items the majority of which were donated by residents are included in the total as are the four silent action items donated by residents and Sun Communities. Let's not forget the baked goods which were a huge success. We have requests for sugar free items and lemon bars for next year.

How could I forget the five hourly 50/50 drawings and the Mega 50/50 held at the end of the day? The weather was great a little cool to begin the day, with coffee to warm us up. The weather may have adversely affected our soda and water sales.

The preparation for the sale began last fall with items collected and stored for the March 12th sale date. It takes a community to make a sale of this size a success. That's what I saw-- a community working together. A comment was made to me that it was good to see everyone working side by side, talking and sharing a laugh or two as they prepared the items for sale. What a great community effort.

This year we enlisted a vendor to prepare the food for sale. We did not make a lot from the food, however, it allowed residents to work the other areas of the sale. We learned a lot from this year's sale and will make changes accordingly for next year.

Have you begun to collect items for next year? We hope you have and we look forward to a bigger and better sale next year.

Once again thank you for your support in making this year's sale a success from Bob Hert, Jim Gabel and me.

UPCOMING EVENTS

MAY

5th Thursday Cinco de Mayo Party
7th Saturday Resident Meeting 9:00 am
7th Saturday Ladies Mother's Day Tea 2:00 to 4:00 pm
21st Saturday Pot Luck 4:30 HH 5:00 Food
30th Monday Memorial Day Picnic

NO RESIDENT MEETINGS JUNE-JULY-AUGUST

JUNE

18th Saturday Pot Luck 4:30 HH 5:00 Food

JULY

4th Monday July 4th Picnic
16th Saturday Pot Luck 4:30 HH 5:00 Food

AUGUST

20th Saturday Pot Luck 4:30 HH 5:00 Food

SEPTEMBER

3rd Saturday Resident Meeting 9:00 am
5th Monday Labor Day Picnic
17th Saturday Pot Luck 4:30 HH 5:00 Food

ALL EVENTS, DATES AND TIMES ARE SUBJECT TO CHANGE

CHIT CHAT AROUND THE PARK



Ladies Luncheon Out *by Jane Boudreau*

On March 15 a group of nineteen ladies enjoyed lunch at the Seafood Market Restaurant in Mesa. They have a variety of seafood items on the menu with chicken and meat options also available. The majority of the ladies at my table selected seafood dishes. I had the crab cakes which were tasty however, not as good as I've had on the east coast or in Florida. Colleen Kitzman selected a dish prepared with aromatic spices and looked very tempting. I would try her selection on my next visit.

Our server was prepared for us upon arrival and kept our drink glasses full during the meal. We were seated at two long tables with ten place settings at each table. The food for each table arrived at the same time and was hot. I believe we all enjoyed our meal. As the group left the restaurant, several groups were headed off to do a little shopping in the nearby stores.

The next luncheon will be held on April 19. A signup sheet will be available in the clubhouse. A restaurant has not been selected at this time.

LADIES GET ACQUAINTED SOUP-N-SALAD LUNCHEON *by Jane Boudreau*

A spring fashion show followed the monthly Ladies Luncheon in March. Our five models were Joyce Hoopes, Bonnie Harrison, Judy Childers, Kathy Gabel and Kathy Speese. Their clothing was furnished by the Dress Barn located in Power Square in Mesa. Each model selected a casual and a dressy outfit. Each outfit was lovelier than the preceding. Thank you very much to our models and to Kathy Gabel for coordinating the event.

I counted thirty-five ladies in attendance as they enjoyed a variety of soups, salad and desserts. As is our custom coffee was provided. A fifty-fifty drawing was held with Lauralee Elnes taking home \$33.50.

We welcome all the ladies of Desert Harbor to join us on the first Tuesday of the month to sample good food and enjoy lively conversation. A sign up sheet is available in the clubhouse. Please bring your table setting including bowls to sample the soups and serving utensils to accompany your contribution to the meal.

We look forward to seeing you on April 5. Serving begins at noon so come early and meet your neighbors.

RECYCLED GREETING CARDS WANTED

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

HEALTH ARTICLE *by Midge Drouin*

Continued from last month

How do people shut off chronic pain without using narcotics, steroids, and surgery? The first step is isolating the injury to the Autonomic Nervous System through non-invasive FDA approved testing that takes about 20 minutes in my office. A computer software system, along with EKG leads and a blood pressure cuff, identifies and measures the Parasympathetic brain signals that have been disrupted. Depending on the pattern or severity of the disruption a person may need short-term medication to allow the Parasympathetics to heal and reverse the pain process. The Parasympathetic Branch controls a person's rest and digestion functions and often with Parasympathetic dysfunction people develop a bacterial overgrowth in the small intestines called SIBO. Symptoms of SIBO include heartburn, food intolerance, eczema, and anxiety.

Short-term medication may be necessary to get their bacterial overgrowth under control, and long-term nutritional maintenance may be necessary to maintain their healthy blend.

Interestingly, many people have a direct correlation between inflammatory pain and supplements that change their intestinal bacteria blend. My wife, for example, feels like her fingers and wrists are broken if she takes probiotics. Within days of stopping the probiotics her inflammatory pain is gone. Repairing the broken inflammation process is further accomplished through food choices. Not flashy, but effective. People need significant Omega-3 fatty acids in their daily meals from wild fish, grass-fed beef, and nuts because Omega-3 is actually converted into the chemicals that are responsible for "shutting off" inflammation. Inadequate amounts of Omega-3 in the diet result in inadequate control of inflammation. Most people do not get consistent amounts of Omega-3 from their food so taking daily fish oil supplements are mandatory. The Omega-3 in fish oil is simply unable to do its job when the dose is too low, the balance of EPA/DHA is not correct or when taken sporadically.

The next nutritional step is to eliminate the chemicals in food that keep people inflamed. Omega-6 fatty acids from soy and soybean oils, vegetable oils, margarine, and shortenings are converted into chemicals that are responsible for "turning on" inflammation. The modern western diet contains 20 times more Omega-6 than someone needs. This means people get 20 times more Omega-6 (bad guys) when compared to the Omega-3 (good guys), and it is this imbalance that leaves people with inflammatory systems too easily turned on or perpetually kept on. People have to take on an active role to identify and eliminate the Omega-6 that promotes inflammation. That means reading food labels and making an effort to eliminate Omega-6 at every meal.

Does restoring that third phase in the inflammation process through better food, fish oil, and Autonomic recovery really work and shut off chronic pain? Yes.

The marvelous thing about inflammation is that it is our ally and we actually need it in order to remain healthy. Once people start working with their natural inflammation repair process and not against it, they begin to conquer chronic pain in the manner that nature intended.

The health articles are generally taken from medical information web sites and are not endorsed or promoted by the newsletter committee

INFORMATION

- GARBAGE** Picked up every Monday and Thursday morning (please don't put your food garbage out the night before because the Coyotes love to rip it open).
- RECYCLE** We have dumpsters located on the west side of the clubhouse. There are two green color containers that are for "aluminum cans" ONLY and another for paper and cardboard. We get money for these two dumpsters, so PLEASE use them as it helps the Activity Club's treasury. The two blue recycle dumpsters are for plastic, glass and all other recycle items. We do not get any money for these two containers, but please recycle as much as you can.
- MAIL** The mail person that delivers our mail will put the "red flag" up when he/she is done. If you have outgoing mail, just put it in the outgoing mail slots and it will be picked up. Please do not put the red flag up, let the mail person do it.
- WEB SITE** www.desertharboraz.net
You can find lots of information there including updates to our calendar
- NAME BADGE** Custom made name badge with your name & lot number
Contact Connie Riter, Lot #81, 315-657-3078

DRIVERS LICENSE & TITLE-REGISTRATION

575 N Idaho Rd Ste 600 Apache Junction 85119 www.azdot.gov

APACHE JUNCTION CHAMBER OF COMMERCE

567 Apache Trail Apache Junction 85120 www.ajchamber.com

DESERT HARBOR RESIDENTS OFFER SERVICES

<u>NAME</u>	<u>LOT</u>	<u>SERVICE</u>	<u>PHONE</u>
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	623-385-5429
Karen Majur	173	Sunshine Home Sales	480-250-2219
Dick Smith	74	House Sitting	480-983-5819
Barry Dalton	145	http://www.abcliveit.com	801-616-2643
Joyce Hoopes	141	Pet Sitting	505-250-6613
Jim Gabel	150	Roof shingle repair, Painting	480-264-8354
Richard Nienkark	192	Painting, light landscaping, irrigation	480-288-0568
Miles Lowery	107	Exterior pressure washing, screens & windows, exterior painting, tighten jacks under home, handyman	480-276-8568
Karen Ayo	175	House cleaning, Elder care	480-383-9071

The newsletter committee neither endorses or approves any product or service

April 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<p>1 7:15am Water Aerobics 8am Exercise 10am Ping Pong 1pm Jim Parker Memorial 4pm Happy Hour 6:30pm Cards</p>	<p>2 7am Coffee/Donuts 9am Residents meeting 2-4 clubhouse Reserved 5:30 Texas Hold'em Tournament</p>
<p>3 10:30 am Church 12:30pm Texas Hold'em Poker</p>	<p>4 7:15am Water Aerobics 8am Exercise 10am Ping Pong 12:42pm Golf 1pm Mahjongg 6:30pm Bingo 6:30pm Billiards</p>	<p>5 7:15am Water Aerobics 10am Ping Pong 12pm Ladies Soup/ Salad Luncheon 6pmNDQ Poker 6:30pm Bible Study 6:30pm Cards 6:30pm Bean Bag Toss</p>	<p>6 7:15am Water Aerobics 8am Exercise 10-12 Craft Class 1pm Mexican Train 1-3 pm Quilting 6:30pm Shuffle-board</p>	<p>7 7:15am Water Aerobics 10am Bunco 1pm Golf 1pm cards 6pm First Thursday Texas Hold'em Poker 6:30pm Billiards</p>	<p>8 7:15am Water Aerobics 8am Exercise 10am Ping Pong 1pm Genealogy 4pm Happy Hour 6:30pm Cards</p>	<p>9 7am Coffee/Donuts 5:30 Texas Hold'em Poker</p>
<p>10 10:30 am Church 12:30pm Texas Hold'em Poker</p>	<p>11 7:15am Water Aerobics 8am Exercise 10am Ping Pong 12:42pm Golf 1pm Mahjongg 6:30pm Bingo 6:30pm Billiards</p>	<p>12 7:15am Water Aerobics 10am Ping Pong 6pmNDQ Poker 6:30pm Bible Study 6:30pm Cards 6:30pm Bean Bag Toss</p>	<p>13 7:15am Water Aerobics 8am Exercise 10-12 Craft Class 1pm Mexican Train 6:30pm Shuffle-board</p>	<p>14 7:15 Water Aerobics 1pm Golf 1pm cards 1-3 pm Quilting 6:30pm Billiards</p>	<p>15 7:15am Water Aerobics 8am Exercise 10am Ping Pong 1pm Genealogy 4pm Happy Hour 5:30 Texas Hold'em Poker 6:30pm Cards</p>	<p>16 7am Coffee/Donuts 4:30pm Happy Hour 5pm Pot Luck</p>
<p>17 10:30 am Church 12:30pm Texas Hold'em Poker</p>	<p>18 7:15am Water Aerobics 8am Exercise 10am Ping Pong 12:42pm Golf 1pm Mahjongg 6:30pm Bingo 6:30pm Billiards</p>	<p>19 7:15am Water Aerobics 10am Ping Pong 11am Ladies Luncheon 6pmNDQ Poker 6:30pm Bible Study 6:30pm Cards 6:30pm Bean Bag Toss</p>	<p>20 7:15am Water Aerobics 8am Exercise 10-12 Craft Class 1pm Mexican Train 1-3 pm Quilting 6:30pm Shuffle-board</p>	<p>21 7:15am Water Aerobics 9:15am Casino 10am Bunco 1pm cards 1pm Golf 6:30pm Billiards</p>	<p>22 7:15am Water Aerobics 8am Exercise 10am Ping Pong 1pm Genealogy 4pm Happy Hour 6:30pm Cards</p>	<p>23 7am Coffee/Donuts 5:30 Texas Hold'em Poker</p>
<p>24 10:30 am Church 12:30pm Texas Hold'em Poker</p>	<p>25 7:15am Water Aerobics 8am Exercise 10am Ping Pong 12:42pm Golf 1pm Mahjongg 6:30pm Bingo 6:30pm Billiards</p>	<p>26 7:15am Water Aerobics 10am Ping Pong 6pmNDQ Poker 6:30pm Bible Study 6:30pm Cards 6:30pm Bean Bag Toss</p>	<p>27 7:15am Water Aerobics 8am Exercise 10-12 Craft Class 1pm Mexican Train 6:30pm Shuffle-board</p>	<p>28 7:15 Water Aerobics 1pm Golf 1pm cards 1-3 pm Quilting 6:30pm Billiards</p>	<p>29 7:15am Water Aerobics 8am Exercise 10am Ping Pong 1pm Genealogy 4pm Happy Hour 6:30pm Cards</p>	<p>30 7am Coffee/Donuts 5:30 Texas Hold'em Poker</p>