



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

“Labor Day”

by Connie Riter

Labor Day is a national holiday that is over 100 years old and is celebrated on the first Monday in September. It is a creation of the labor movement and is dedicated to the social and economic achievements of all American workers. Peter McGuire, a carpenter and union leader, generally receives credit for suggesting a holiday to honor workers in 1882. McGuire chose the September date to give workers a holiday midway through the long stretch between July 4th and Thanksgiving Day. The first Labor Day observance was held in New York City on September 5, 1882. Thousands of workers marched in a parade from City Hall to Union Square. Afterwards they gathered in a park with their families for a picnic and speeches.

In 1887, Oregon became the first State to make Labor Day a legal holiday. In 1894, Congress passed a law recognizing Labor Day as a National Holiday. Labor Day also is a time to say good-bye to summer. In a way it is like New Year’s in that throughout the country students are returning to school and mothers are putting away the bathing suits and white clothes worn during the summer months. It is also the time when we finally will have new shows starting on television and this year we will be electing a new president for our country. Lots of new things are happening now, so Labor Day is a good time to sit back, attend the picnic in the Clubhouse, and enjoy the day!

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From the President's Desk—Bob Hert



We had a fun packed August here at Desert Harbor, starting with a large turn-out for the potato bake, followed by the ice cream social the next week. Our potluck also had a good attendance and great food! I would like to thank everyone who stepped up and worked so hard to make all these events great successes!!

We're looking forward to our September activities: our Labor Day Picnic September 5th, chicken will be provided by the board; in conjunction with our September 17th potluck, we will be having a luau where the meat will be provided by the board and there will be live entertainment. These two events should be a lot of fun and the board is looking forward to seeing everyone attend.

As usual with good times comes some bad times. We've been victimized by a person or persons, who feel it necessary to burglarize our homes. We as residents have chosen not to be victims and have stepped up to patrol our community and look out for our neighbors who may or may not be at home. Please, if you see anyone you feel does not belong here do not engage them, but try to keep them in your sight, and immediately phone 9-1-1. It is wonderful to see us all come together and we will get through this crisis as victors and not victims!

Please be respectful of each other and have fun....life is too short!!!

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)			
Board Member (term 2015-2018)	Bobbie Lowery	Lot #193	480-276-8568
Board Member (term 2016-2019)	Sue Behrens	Lot #24	920-254-2005

Manager's Meeting in August

by Connie Riter

On Friday, August 12, Angie Cummins held her Manager's Meeting. She indicated that her helper, Angie, was leaving today. (She had found a new job). Brian is our new maintenance person. Angie Cummins will be working in the mornings at Desert Harbor this week, from 8:30 – noon, all except on the 17th when she will not be on the property.

We discussed the break-in at Desert Harbor and if we wanted to form a community watch program. Someone brought up having the front gate closed all day, and Angie said that the one who broke in came over the wall. Having the gate closed would not help that much. She brought up having guest tags for all visitors – they should always be accompanied by a resident when they are in the Park. And...guests should be registered with the office. We brought up the idea of having badges for Desert Harbor cars – and the fact that if you have a vendor, you should notify the office when they are coming. She will have a written survey sent out within two weeks asking if we want the gates open or closed. Everybody's voice counts, that is why she wants to do a written survey. If you are in the pool you should not come into the clubhouse without shoes and shirt. This is the rule. The floors will be done in the next two weeks – stripped, cleaned, and waxed. This should help preserve them for a while.

Pat Pederson asked about the \$50 inspection fee charged for people who are selling their homes. She said this was NOT legal. Angie immediately replied that everyone who paid the fee is receiving a refund.

Ken Camp mentioned the stop signs – some are covered up by foliage. Angie needs to drive around the park and check where these signs are. He also mentioned how slow Century Link is in our park when using your computer or phone. She said she would see about getting money put in for 2017 to do some repairs.

River Rock between homes was brought up again. She said she is working on getting more homes done. She is also looking for a new cleaning crew, but has not found one yet that is willing to work at a reasonable price. Cliff suggested hiring someone who lives in the Park and Angie said they have to be licensed. The kitchen should be done by the end of the month. We'll see....

Jackie Bowman mentioned the pictures in the Clubhouse. She thought we were going to get bigger pictures, not just photographs. Angie said that is what people in the Park decided they wanted. Ken mentioned the floor in the clubhouse – will it stay or will it be replaced. She said she doesn't know right now.

Sherry mentioned that we need to communicate more with our neighbors. This would cut down on safety issues. If you are having company for a while, notify your neighbors so they don't think your guests are trespassing....

The clubhouse furniture is a work in progress. We do have our TV above the fireplace, mirrors in the bathrooms, and lights for the stage. No new plants will be planted in the center areas until she can get the irrigation fixed.

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
BUNCO	BECKY GARDNER	480-288-9068
CASINO TRIPS	CONNIE RITER	315-657-3078
CLOSET QUILTERS	CAROLE HOBSON	480-288-6270
CLUBHOUSE DECORATING	SUSAN HOOPES SUE BEHRENS	505-280-5049 920-254-2005
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	JUDY CHILDERS & BEV HERT	
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

<u>DAY</u>	<u>NAME</u>	<u>LOT</u>
2	Sylvia Goodrich	60
6	John Williams	162
11	Miles Lowery	193
12	Joyce Hoopes	141
15	Laura Klahr	194
17	Michael Bauschard	99
18	Carole Hobson	35
18	Vernita Loveridge	153
25	Donna Anderson	7
25	Mary Pat Summers	189
26	Dorothy Mueller	155
28	Dee Goodwin	200
29	Tim Chrissis	34
30	Bill Lofthus	119

SEPTEMBER ANNIVERSARIES

<u>DAY</u>	<u>NAME</u>	<u>LOT</u>
1	Roger & Wanda Tucker	14
5	Doug & Karen Stoesz	174
7	Dave & Midge Drouin	203
11	Bruce & Arlene Wicken	37
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

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 & NEW RESIDENT UPDATES:

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

Evans, David-Gail (lot #42) **NEW RESIDENTS**

Geurts, Barbara (lot #158)

Goudeseune, Joe-Bea (lot #177)

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

Jackson, James (lot #57)

Kroschel, Clark (lot #105) New Phone 480-271-2813

Martolano, Gabrielle (lot #109)

Medcoff, Heather (lot #46)

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

Omness, Danny-Lee (lot #46)

Parker, Anna (lot #12) 303-902-7193

Rasmussen, Harry-Bobbi (lot #47) 850-602-1043 850-910-5574

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

Starting on Monday, October 3rd, there will be Tai Chi classes being held at the clubhouse from 9:AM till 9:45. If you are interested, wear comfortable, loose fitting clothing and pliable shoes. The classes will be every week on Monday's and Thursday's 9 - 9:45. There will be a 15 minute stretch period prior to each class.

If you have any questions please call Midge Drouin at 602-459-9039

Here is a brief history of the ancient form of Tai Chi: Tai Chi is a form of meditative exercise which originated in China and is easily recognized by its slow, captivating movements. Tai Chi represents a way of life helping people to meet day-to-day challenges with energy while remaining calm and relaxed inside. Practicing Tai Chi will improve health, reduce stress, increase energy, improve concentration, increase the quality of sleep, strengthen bones - muscles - and joints, increase flexibility, improve digestion due to internal massage, and improve heart function.

There is NO age limit so if you are interested, there will be a sign up sheet in the clubhouse.

Zentangle - The art of doodling

Beginner class starting the first Wednesday in October from 10:AM till noon. Bring a sketch pad a #8 micron pen or a #2 pencil and a ruler. Experienced members are welcome. Any questions call Midge Drouin at 602-459-9039

Hello everyone! August BUNCO was successful even tho there were a few hiccups.

Aug. 4th winners were Philicia Hightower for Most Buncos. Jackie Hatfield for Most Wins and I (Becky Gardner) for 2nd Most Wins. There was no 3rd place winner since we were short 2 players. Kathy Gabel won Most Losses and Traveling Bunco!

Aug. 18th winners were Ann Bush for Most Buncos and Most Wins. 2nd place went to Nancy Pavkov and 3rd to Sid Gardner. Most losses to Kathy Gabel and Traveling went to Wanda Tucker! Great job everyone!!

We will have 3 Thursday's in September , so let's see you all again on Sept. 1st!!

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.

UPCOMING EVENTS

SEPTEMBER

- 3rd Saturday Resident Meeting 9:00 am
5th Monday Labor Day Picnic— chicken provided by Activities Committee
17th Saturday Luau pot luck with entertainment.
22nd Thursday Les Cole, 6:30—8:30 pm

OCTOBER

- 1st Saturday Resident Meeting 9:00 am
15th Saturday Oktoberfest/Pot Luck 4:30 HH 5:00 Food
29th Saturday All Park Patio Sale, 7 am to 1 pm
31st Monday Halloween Party

NOVEMBER

- 5th Saturday Resident Meeting 9:00 am
11th Friday Breakfast , 7—9 am Tribute to Veterans.
19th Saturday Thanksgiving Pot Luck 4:30 HH 5:00 Food
30th Wednesday Ivanka—Welcome Back Party. 5:30 pm hh/snacks
6:30 pm Ivanka's show

DECEMBER

- 1st Thursday Decorating the Clubhouse, 4 pm
3rd Saturday Resident Meeting 9:00 am
6th Tuesday Kids Next Door, 6:30 pm
13th Tuesday Bell Ringers
6th Friday Home Decorating Contest
17th Saturday Christmas Pot Luck 4:30 HH 5:00 Food Ham provided by Sun
21st Wednesday Caroling and Cookies

ALL EVENTS, DATES AND TIMES ARE SUBJECT TO CHANGE

CHIT CHAT AROUND THE PARK



Ladies Luncheon Out *by Connie Riter*

Our August Luncheon Out was held at Chen's Chinese Restaurant in Gold Canyon. We met in the Clubhouse on August 16th at 11:15. Fifteen ladies from the Park enjoyed a delicious Chinese entree with a lettuce salad, noodles, egg drop soup, and a fortune cookie. The prices at Chen's are reasonable, many of us took part of our lunch home, and it was fun visiting with ladies we haven't seen in a while because of vacations and travelling. Everyone seemed to have a good time and enjoyed the relaxed atmosphere. Next luncheon out is on Sept. 20th when we plan to go to Olive Garden. Come join us then!! Sign up sheet is in the Clubhouse.

Ice Cream Social *by Kathy Gabel*

On [August 13th](#) we had an ice cream social. Approximately 40 residents showed up to enjoy the plentiful ice cream with multiple toppings. Everyone left having had a good time visiting and a sugar high.

Potato Bake *by Bev Hert*

On Saturday the 6th of August over 40 people enjoyed our "First Annual Potato Bake" with all the "fix'ins." After stuffing ourselves several people stayed to play card bingo.

I want to give a big thanks to Ron Schupbach, who works at Sprouts, and took the time to pick out the biggest and tastiest bakers for our dinner.

Thanks also to Don and Judy Childers and Gary and Rhonda Odell who helped Bev and I prepare and serve the potatoes.

This was one of our best attended activities of the summer! Thank you all for coming.

Meeting with the Apache Junction Police

by Connie Riter

In the light of the four recent burglaries in our Park, we had a special meeting with the Police on Thursday, August 25th at 4 pm. Over 100 concerned residents attended the meeting to determine what we could do to improve security in our Park. Serene Carney and Detective Blount were our speakers. Serene began by thanking us for having them come and spoke on safety tips. "Don't make yourself a target by leaving things around that invite burglaries." Watch out for your neighbors.

She spoke on locks, lighting, and landscaping. Flood lights can actually increase your chances of being a victim. You cannot see clearly if the lights are too bright. Dust to dawn motion detectors can be of some help. Regarding landscaping, keep tall bushes trimmed to about 2 feet. If they are larger, trim them up in the form of a V. That way no one can be hiding behind them. Also you may want to plant cactus or other plants burglars would not want to cuddle up to, especially if you live by a wall. Regarding locks, thumb screw locks in window sills can help. Also you may want to use dowel rods. We all want to live in a world where we don't need to lock up everything, but this is not the case. Lock your car doors. If you have a shed, keep it locked, too. Make a list of your valuable items, take pictures of them. Buy or rent an etcher to mark the item in some particular way, so that if it is stolen, you will be able to identify it. Pawn shops are supposed to have a slip filled out on each item, with a thumb print of the one pawning it. These are sent to the police.

There is a free program called "Watch Your Car." If you are enrolled in this program, and the police see your car between 1 am and 5 am, they can stop the driver and check to see they are the owner. Another free program is "raids on line." www.raidsonline.com which is a mapping program which shows criminal activity in a specific area. Go to the website, click on AZ, click on "Apache Junction". This site shows crimes occurring near your home. Another free form is a bicycle and golf cart registration form. Your information will be entered into a database, and if either your bike or golf cart are stolen, the police can check the database and return them to their rightful owner. This form can be completed on line by going to www.ajcity.net/bikereg

Regarding drugs: take time to get rid of unused or expired drugs. Monday – Thursday, 8 – 5 pm, there is a dump at the police station for putting them in. Labels don't need to be removed. They don't take cancer pills however because they are radiated. We could also ask them to come to the park at a given time and collect the drugs in a group.

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Keep your eyes on the road – take walks at various times and look around you. Take your coffee outside and watch. If you see a suspicious person do not confront them, but call 911. If you want to set up a neighborhood watch group, do it! You need 50% community participation to make it work. Detective Blount, who has been with the police department for 5 years, mentioned that we live in one of the safer communities in Apache Junction. He said once the burglar gets into the house, they go to the Master bedroom, looking for jewelry. Let people know if you are leaving for a while. Take your cell phones on walks. Shy away from making contact with a suspicious person. He described the two people seen in our park. One was in his early 20's, thin, short hair, average height, some facial hair, and was wearing a tank top. The other was in his early 30's, a little stockier build, dark hair, well dressed, olive colored skin. The police do not know if the two are working together. Burglaries occurred between 7 and 11 am. You may want to consider having passes for cars in the park so people could identify cars just passing through. In our burglaries, a single person seemed to be responsible, in one car. They went to the back of the house, and entered through a window or door in the back.

Be creative in hiding your valuables. Someone suggested using zip lock bags, hanging them in your closet, and putting clothes on top. Leave a TV on and the lights on. Too much greenery in the back of the house is not good. Keep car keys by your bed at night and if you hear a noise outside, hit the panic button. This would scare them away. Having a security system is another tool some people have. Let's try to make this a safer community for everyone by working together.

To Desert Harbor Residents,

It's been great working here at Desert Harbor and meeting everyone that I have met. I'm leaving [Sun Communities](#) and Desert Harbor. I will miss my residents and this community that I've called home for almost two years. It was a rather hard decision to leave here after really getting to know the residents here at desert harbor. You don't realize the impact that you have on someone's life until you get to know them and see what journey they are on or going to be on. So, with that I will say good bye and well wishes to everyone here at desert harbor.

To everyone, have a great summer and have a great day.

Thank you,
Angie Seniff, Assistant Community Manager

HEALTH ARTICLE *by Midge Drouin*

Finding your happiness in your body *by Maureen Connolly* selected by Midge Drouin

When fear, anger, frustration, sadness or anxiety is poking a hole in your happiness bubble, every organ in the body reacts — including your heart, brain, skin, kidneys and intestines. It's easy to spot the effects on the outside. One example is a plump belly, the result of a body that's pumping out high amounts of the stress-related hormone cortisol, which causes us to store fat in our stomachs. Wrinkles and lackluster skin? These mood states activate our nervous system to cause inflammation and oxidation, which are known to cause wrinkles and lackluster skin. Things inside aren't pretty either. Your stomach may be churning, your head pounding, your back tweaking and your heart beating a little faster. In a word, when we're the opposite of happy or balanced, our body does its best to alert us that things are out of whack. Learning ways to deal with and process stress and negative emotions will bring you one step closer to a state of balance, or what some describe as a positive state of being.

So where do you begin? Experts say that engaging your body and breath regularly and constructively are two amazing tools for getting you closer to that balance. When we're in balance, our autonomic nervous system (ANS) — which regulates key areas of our bodies including the heart and the intestinal tract — are much happier. Try these tips for getting in balance:

Move often. According to the American Council on Exercise, one 30-minute exercise session generates 90 to 120 minutes of relaxation response. Essentially this is a state your ANS likes to be in — heart rate, blood pressure and breathing is regulated and the body is functioning normally, as opposed to being in an all-systems-alert state of arousal. And consider that for your 30-minute investment, you get a three- to four-fold gain (not to mention what the exercise is doing for your brain, heart, belly, hips and thighs). To top it off, you get a mood boost, thanks to the surge in neurotransmitters and endorphins released by the brain during exercise.

Use your breath. We're not talking about running on a treadmill, but rather practicing a technique that focuses on finding calm through your breath. Thomas Morledge, MD, of the Center for Integrative Medicine at the Cleveland Clinic, offers this short breathing meditation, intended to stabilize the autonomic nervous system.

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

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To start the meditation, place both hands, one on top of the other, over the center of your chest. This is your heart center. Now close your eyes and become aware of each in breath and each out breath. Now visualize an image that is emotionally endearing to you. (Dr. Morledge pictures his son when he was an infant and he was rocking him to sleep.) Stay with this image and the feeling that accompanies it for a minute, while maintaining an awareness of each breath. Then slowly open your eyes and move into your day.

It's best to practice this on occasion, says Dr. Morledge, so that when you really need it, you can evoke the image and move into this relaxed state more effectively.

Use your senses to bring you more into the moment. While we're making dinner, we could choose to chop and worry about the 10 million other things that need to get done this week. Or we could give our brains a break, while using our bodies — primarily our senses — to derive pleasure from the moment. Something as simple as noticing the vibrant color of an orange pepper, touching its smooth exterior, noticing the sweet smell and tasting the crispness of it engages all our senses and regulates the autonomic nervous system. All this and you've invested five, maybe 10 seconds of your time. This isn't to say that we need to go through our day staring at peppers and savoring each little moment. That's not practical or even safe. But being more attuned to the little opportunities for being physically engaged throughout your day does fuel your well-being.

Smile and mean it. A smile that's genuine — the kind where you're using those crow's-feet muscles on either side of your eyes — actually grabs on to specific parts of your brain that bring joy. Research has shown that configuring the face this way actually stimulates the ANS and signals the brain that we're happy about something. An insincere (or social) smile — the kind typically associated with stress that only engages our mouth, and not our eyes as well — actually has the opposite effect by triggering the ANS that something is not right, which in turn ups adrenaline and cortisol, hormones that feed coronary heart disease.

Build up your inventory of small, feel-good indulgences. If Egyptian cotton sheets bring a smile to your face every time you sink under the bedcovers, then treat yourself to some. If the scent of green apple or orange perks up your mood, then buy a candle or some body scrub with these scents. If all of your shoes are killing your feet by the end of the day, then hobble over to the nearest shoe store and treat your feet to comfortable shoes.

Figure out where happiness lives in your body and feed it. "If topping off your morning cereal with a handful of sweet, ripened raspberries brings a smile to your face, says Pardo, "then make a point to pick up some raspberries. If a two-minute foot rub leaves you smiling long afterwards, get one. "It sounds so simple, but so often we're focused on other people's happiness that we overlook small things that feed our own." As you set goals for yourself, allow for gradual change and setbacks. Make room for all your complicated and contradictory feelings in this process toward growth and self-awareness. Allow yourself to fully experience the ebb and flow of relationships, as well as the challenge of negotiating what you need for your one-of-a-kind recipe for happiness.

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 BADGES** Custom made name badge with your name & lot number
Contact Connie Riter, Lot #81, 315-657-3078
- FOOD BANK** There is a cardboard box in the clubhouse marked "Food Bank". Please bring non-perishable items to put in the box. Please do not bring outdated or expired items, we just have to throw them away.

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

STAPLES REWARDS NUMBER FOR DESERT HARBOR 2892869542

DESERT HARBOR RESIDENTS OFFER SERVICES

<u>NAME</u>	<u>LOT</u>	<u>SERVICE</u>	<u>PHONE</u>
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
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, Handyman	480-264-8354
Richard Nienkark	192	Painting, light landscaping, irrigation	480-288-0568
Karen Ayo	175	House cleaning, Elder care	480-383-9071

The newsletter committee neither endorses or approves any product or service

September 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 7:15am Water Aerobics 10am Bunco 1pm cards 6:00 Texas Hold'em Poker	2 7:15am Water Aerobics 8am Exercise 10am Ping Pong 4pm Happy Hour	3 7am Coffee/Donuts 9am Resident's Meeting
4 10:30 am Church 12:30pm Texas Hold'em Poker	5 7:15am Water Aerobics 8am Exercise 10am Ping Pong 1pm Mahjongg 4:30 Happy Hour 5pm Labor Day Picnic 6:30pm Bingo 6:30pm Billiards	6 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	7 7:15am Water Aerobics 8am Exercise 1pm Mexican Train 1-3 pm Quilting 7:30pm Shuffleboard	8 7:15am Water Aerobics 1pm cards 1-3 pm Quilting 6:30pm Billiards	9 7:15am Water Aerobics 8am Exercise 10am Ping Pong 4pm Happy Hour	10 7am Coffee/Donuts 5:30 Texas Hold'em Poker
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18 10:30 am Church 12:30pm Texas Hold'em Poker	19 7:15am Water Aerobics 8am Exercise 10am Ping Pong 1pm Mahjongg 6:30pm Bingo 6:30pm Billiards	20 7:15am Water Aerobics 10am Ping Pong 11am Ladies Luncheon 6pmNDQ Poker 6:30pm Bible Study 6:30pm Cards 6:30pm Bean Bag Toss	21 7:15am Water Aerobics 8am Exercise 1pm Mexican Train 1-3 pm Quilting 7:30pm Shuffleboard	22 7:15am Water Aerobics 1-3 pm Quilting 1pm cards 6:30pm Billiards	23 7:15am Water Aerobics 8am Exercise 10am Ping Pong 4pm Happy Hour	24 7am Coffee/Donuts 5:30 Texas Hold'em Poker
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