



September 2025 • Serving the community of Meadow Oaks

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From the Meadow Oaks Board of Directors

August was a relatively quiet month for Meadow Oaks, aside from some minor issues.

Some of you might have noticed a large beehive in a tree on Maxfli by the 1st green. We are aware of it.

Pasco county will not allow us to do anything with the bees. They have stated that the tree is healthy and has new growth. The bees are not an aggressive strain and in all likelihood will relocate this fall.

If you see a problem around the community, there are several things you can do. If a situation seems dangerous, don't take chances, call 911 immediately. For non-emergency situations call 727-847-8102, option 7. This will get you to dispatch. This number is operated 24/7. You might need to let it ring for a while.

To report a pothole, call 727-847-2411. This is the Pasco County main number. The operator will direct you to the correct person or take your report. You can also use the MyPasco app.

To report a street light outage, call Withlacoochee River Electric at 727-868-9465. You will need to report the address and the number located on the light pole.

MOMA board members' and village presidents' phone numbers can be found in The Wind. Please do not use social media to contact board members. You can find general Meadow Oaks Master Association governing information on the website at <https://meadowoaksmasterassociation.com>.

Thank you for being great neighbors in a great community.

Plans for the Remainder of the Year:



Octoberfest - October 11th - more information will be provided in FB and the October *Wind*. Tickets will need to be purchased before October 4th. We will post

more information at the clubhouse and FB later this month, and sign up sheets will be on the bulletin board. Tickets will be sold by Brenda and Alice. 813-909-3756 or 843-870-5571.

Halloween Party October 25th, more details in October. If you want to get involved, reach out to Lu 727-514-1099. Looking for someone to be the DJ, interested?? This will be planned on September 3rd at 6:15 at the clubhouse and finalized October 8th meeting at the clubhouse at 6:15 p.m.

Want to get involved, reach out to a MOET member or come to a monthly meeting. We're looking forward to a vibrant and fun-filled season, and we hope to see you at our meeting soon!

Alice 843-870-5571 • Brenda 813-909-3756

Lu 727-514-1099 • Raquel 419-656-1701

Only listing those that are in Florida at this time



would love to see you at our meeting!

We are moving into our busy season and looking for what people would like to attend. You can reach the MOET team via moeteam001@gmail.com or call a member. We are always looking for ideas.

Due to some members being away in September we only have BINGO scheduled for September 12th and 25th. We need a money person for the 12th please contact Brenda Martens at 813-909-3756, if you can assist.

✓ Mark Your Calendars for These Upcoming Events and Meetings

September

- Wednesday, September 3, **MOET Meeting 6:15** - Planning for Halloween Party
- Friday, September 12, **Bingo 7 p.m.**
- Thursday, September 25th, **Bingo 7 p.m.**

October

- Thursday, October 2, **Blood Drive 2-6 p.m.**
- Wednesday, October 8, **MOET Meeting 6:15 p.m.**
- Friday, October 10, **Bingo 7 p.m.**
- Saturday, October 11, **Octoberfest Dinner 6-9 p.m.**
- Tuesday, October 21, **The Reserves Board Meeting p.m.**
- Thursday October 23, **Bingo 7 p.m.**

- Saturday, October 25, **Halloween Party 6-10 p.m.**

November

- Wednesday, November 5, **MOET Meeting 6:15 p.m.**
- Saturday, November 8, **Wine & Cheese Night 6-9 p.m.**
- Friday, November 14, **Bingo 7 p.m.**
- Saturday, November 22, **Friendsgiving 4-7 p.m.**

December

- Wednesday, December 3, **MOET Meeting 6:15 p.m.**
- Saturday, December 6, **Christmas Cart Parade at 4:30 p.m.**
- Saturday, December 13, **Breakfast with Santa at 9:30-11 p.m.**
- Wednesday, December 31, **New Year's Eve Party at 6 p.m.**

MOMA Board of Directors

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Chris Brenner - Treasurer

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Julie Toske - Secretary

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Lakeside Village

Jerry Boyce 727-235-1190

The Reserve

Larry Schrieffer 773-392-5493

Woodview Village

Kevin Smith 727-859-5590

Clubhouse & Related Info

SCHEDULING MEETINGS

To schedule a meeting at the clubhouse, please **send** an email to meadowoaksbod@gmail.com. A MOMA representative will get back with you to set the date.



RENTING THE CLUBHOUSE

If you are interested in renting the clubhouse, send an email to: meadowclubhouse@gmail.com as soon as you know your date so that it can be reserved for you and added to the community calendar. The rental fee is \$150, payable by check or money order to MOMA. There is also a \$500 refundable cleanup deposit required. The clubhouse can only be used for personal use of Meadow Oaks residents.

KEY FOB INFORMATION

Key fobs are needed to access the entrance to the clubhouse, pool, and tennis courts. If you are new to the Meadow Oaks Community, at the time of your appointment you will receive general information about the community and a tour of the recreation areas. If you would like a fob to use the community amenities, please send an email to: meadowoaksfob@gmail.com

Please do not give your fob to the people you sold your home to. If you are a new homeowner and received your fob this way, please report it so that we can get the correct information attached to the fob.

If you lose your fob, or find a fob, please report it to the above email address. If your fob is lost or damaged, you may get a new one for \$25.



Ongoing Weekly Activities

JUICE YOUR JOINTS, Monday, Wednesday and Fridays 9-10 AM.

Workout with Leslie Sansone video. This is a low to moderate intensity workout with no floor exercise.

YOGA with Cindy Monastar, Mondays 10-11 AM.

Sponsor: Gelsa Staley text to 727-597-0573.

YOGA with Lori Ann Lynde, Wednesdays 5-6 PM.

Sponsor: Gail Swiderski text to 727-204-5506.

ADULT WATER VOLLEYBALL, Mondays 6:30-8:30 PM.

Group communication is through TEAM REACH app. Please download the app and sign up with code: movolleyball. Sponsor: Gina Muster

ADULT WATER VOLLEYBALL, Tuesdays and Fridays 1-3 PM.

Sponsor: William (Billy Bob) Eberhardt 727-798-5683.

"HAND AND FOOT" CARDS, Mondays 6:30 PM.

Sponsor: funnybunny70@yahoo.com

LADIES GOLF LEAGUE, Tuesdays 8 AM.

Sponsors: Judy Collier 810-

441-8685 or Annette Gee 727-808-8844.

DEALER'S CHOICE POKER, Tuesdays 6-8:30 PM Quarter Ante, Members only.

Sponsor: P.J. O'Connor 727-457-2772.

ADULT PICKLEBALL, Tuesdays and Thursdays, 6:30 PM (All Levels)

Sponsor: Lu Brown 727-514-1099.

DOMINOS, Tuesdays 1 PM. No Sponsor

RUMMIKUB, Thursdays 1 PM. No Sponsor

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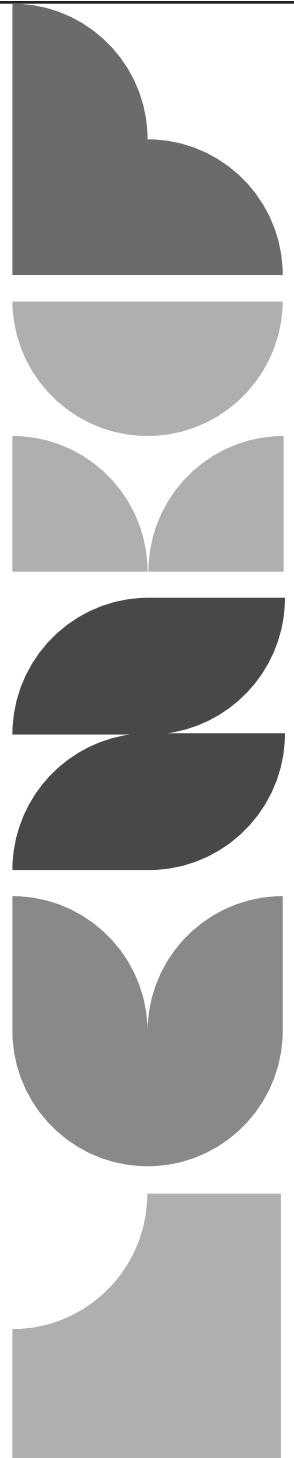
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Exercises to Keep Seniors Fit



Plenty of exercises are geared toward seniors that feature gentle yet powerful movements, and address specific needs like

strength, bone health, cardiovascular health, and balance. Although many fitness routines are safe, it is best to consult with a

Physical activity is crucial for people who aspire to maintain their overall health as their bodies age. Exercise improves flexibility, contributes to a healthy weight, reduces the risk for chronic illnesses, and may even help seniors maintain their independence well into their golden years.

The good news is that exercising regularly doesn't have to be high-impact or strenuous to make an impact.

doctor or another health care professional prior to beginning a new regimen so seniors learn which activities are appropriate for their individual needs and health conditions. As seniors prepare for those discussions, they can explore the following exercises many of their peers already enjoy.

Cardiovascular Activities

It's important that seniors elevate their heart rates and improve or maintain their endurance. The Centers for Disease Control and Prevention recommends 150 minutes of moderate-intensity aerobic exercise per week. These activities fit the bill for boosting the heart.

- **Brisk walking:** Walking is a simple activity that requires no equipment and can be done almost anywhere... even in front of a television. Walk at a brisk pace to raise your heart rate.

- **Swimming:** Swimming and water-based activities are enhanced by the buoyancy of water, which reduces stress on the joints.

- **Cycling:** Whether riding on a stationary bike or a traditional one, cycling is a low-impact way to boost cardiovascular health and strengthen leg muscles.

- **Chair marching:** Individuals with limited mobility can march in place while seated, an activity that can still elevate the heart rate.

Strength Training

The CDC advises engaging in strength training at least two days per week for older adults. This doesn't necessarily have to involve lifting weights. Body-weight exercises are quite effective, too.

- **Stand up:** From a seated position, standing up without using hands and sitting back down works the legs, hips and core.

- **Wall push-ups:** This modified push up builds upper body strength without putting strain on shoulders or wrists.

- **Resistance bands:** Using these bands in varying strengths can effectively work arm and leg muscles.

Balance

Seniors need to focus on exercises that promote balance, which can help prevent dangerous falls.

- **Single-leg stands:** Standing on one leg while holding on to a chair or counter for support is a start, with a gradual build-up for longer lengths of time.

- **Sobriety walk:** One can walk a straight line as if they are proving sobriety to a police officer, by placing the heel of one foot directly in front of the toes of another.

- **Gentle hop:** Hopping (or stepping) gently from one foot to another is another balance technique to master.

These are just some of the exercises that are ideal for seniors who are returning to exercise or new to daily fitness. People also can work with trainers who are experienced at helping seniors get fit.





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Tips to Maximize Closet Space



Who couldn't use a little more closet space at home? As individuals accumulate more belongings, they need places to store all of these items. While modern homes may be built with extra storage in mind, older homes often place a premium on closet space. Homes built earlier than the 1980s may have small closets in bedrooms and only one or two additional closets around the home for linens and other items.

The most obvious solution to a lack of closet space is to build more closets. But too often home floor plans cannot accommodate new closets. Therefore, homeowners may have to get creative to maximize their space.

Sort and discard: Individuals can take some time to empty closets and assess what is in them. Sometimes more space can come from simply thinning out belongings that are no longer used. Take off the plastic coverings on dry cleaning and discard bulky shoe boxes.

Invest in thinner hangers: Clothes hangers come in all types, but the thinnest and most durable ones tend to be the no-slip velvet variety. Such hangers keep garments from slipping off and feature an ultra-thin design, says Real Simple magazine.

Use storage containers: Grouping items together and condensing them can free up space. Tuck belts, handbags

and other items into storage bins that can be labeled and stacked. Loose items can look more cluttered and even take up more space when spread out.

Pair shelves with rods: For those with enough space, hanging a few shelves in unused areas in the closet can provide more storage space. If there is sufficient space above the rod, install a shelf and place seldom-used items up high.

Get a closet system: A customized closet system will certainly provide the best chances to maximize closet space. These companies will measure the closet and assess the contents to draw up a design that will give homeowners what they need. Closet systems also can adjust and grow with lifestyle changes.

Choose other storage solutions: In addition to closets, people can identify other spaces to store items. This can include bins under beds, storage benches or ottomans, the back sides of doors, or in furniture with built-in drawers. Individuals also can purchase free-standing closets or armoires that can fill in when rooms do not have enough closet space or no closet at all.

Maximizing closet space comes down to some creativity, de-cluttering and utilizing additional furniture to meet needs.



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A note from the publisher:

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Just want to take a moment to thank all our readers for patronizing the businesses in this publication and letting them know you saw their ad in *The Wind*. The advertisers make this free magazine possible to all the residents in Meadow Oaks.

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Safe Medication Management Strategies

Medications are necessary to manage health conditions, im-

prove quality of life and prevent illnesses. According to the National Health Interview Survey conducted by the Centers for Disease Control and Prevention, American adults between the ages of 18 and 64 take an average of 3.9 prescriptions per person per year. Those age 65 and older take an average of 5.1 prescriptions per year.

It is essential to manage medications properly to avoid serious health risks. Medications can interact with one another and cause adverse drug reactions when paired with over-the-counter products and even certain foods and beverages. Drugs.com reports drug interactions are a major cause of hospitalizations and side effects. A 2024 study published in Scientific Reports found that 5 percent of hospitalizations among patients age 65 and older (78 being the median patient age) were caused by side effects associated with polypharmacy (multiple medication use). This underscores the importance of managing medications properly. The following is a guide to help manage medications effectively.

Know your medications. The first step in safe medication use is to be fully vetted about every medication taken. This includes the brand and generic

name, dosage, frequency of dosage, timing of taking the drug, how it should be administered, side effects, storage, and interactions. It's important to keep an updated list of all medications taken, including vitamins, supplements and OTC drugs to share with each health care provider at every appointment.

Follow directions. Strictly adhere to the information on the medication label and any instructions provided by the doctor or nurse. Never alter dosage volume or frequency without first consulting a health care provider. Complete a full course of antibiotics even after symptoms improve to prevent antibiotic resistance. Do not share medications with others or take someone else's prescriptions.

Communicate effectively. Open a dialogue with health care providers to get further clarification about medications and questions that come up. Report side effects promptly and



inquire about alternative medications that may be available. Also communicate if the cost of a specific drug is prohibitive, as failing to take a medication due to cost can be a health risk.

Keep organized. Utilize an effective system for storing and organizing medications to prevent missed or accidental double doses. Use reminders on smartphones or health trackers to remember when to take medication doses. Always store drugs in their original containers, away from children and pets. Safely discard old medications when the expiration date has passed. Many communities offer drug take-back programs, and the Food and Drug Administration (www.fda.org) provides instructions on how to dispose of certain medications where take-back programs are unavailable.

Ask for help. Anyone who is experiencing difficulty managing medications should reach out to a relative, friend or caregiver service for assistance.

Managing medications safely is a vital component of senior health care.

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with Mixed Tostados

National Hispanic Heritage Month is an annual, month-long celebration that begins on September 15 and lasts through October 15. The month recognizes the culture, history and contributions of American citizens who can trace their lineages to Spain, Mexico, Central and South America, and the Caribbean.

There are many ways to commemorate Hispanic Heritage Month, including by enjoying culturally relevant foods. There's no shortage of great recipes to enjoy during Hispanic Heritage Month, including

this one for "Mixed Tostadas" from "The Complete Mexican, South American & Caribbean Cookbook" (Metro Books) by Jane Milton, Jenni Fleetwood and Marina Filippelli. Tostadas are like edible plates that can support many ingredients, as long as they aren't too juicy.

Mixed Tostadas

Makes 14

- Oil, for shallow frying
- 14 freshly prepared unbaked corn tortillas
- 1 cup mashed red kidney or pinto beans
- 1 iceberg lettuce, shredded
- Olive oil and vinegar dressing (optional)
- 2 cooked chicken breast portions, skinned and thinly sliced
- 8 ounces guacamole
- 1 cup coarsely grated sharp cheddar cheese
- Pickled jalapeño chiles, seeded and

Tostadas continued on next page

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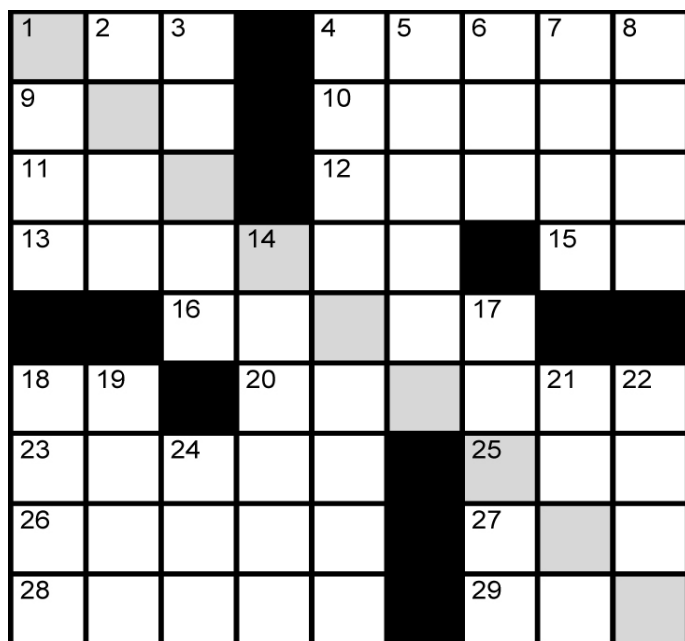
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Fish Exclamation



The headline is a clue to the word in the shaded diagonal.

Across

1. Bossy remark?
4. Construction girder
9. Ring bearer, maybe
10. The writer Saki's real name
11. "Yadda, yadda, yadda"
12. Pimp
13. Casual clothing
15. In attendance
16. Say "@#\$%!"
18. Commercial
20. Father of Agamemnon
23. Certain Muslim
25. Freudian topic
26. Astound
27. Soar
28. Dads
29. A sib

Down

1. Docile
2. Curse

3. Killer whales

4. Blasphemy and sacrilege



5. College treasurer
6. Compass heading
7. Geometry calculation
8. Alpine sight
14. Holiday since 1966
17. Coral formations
18. Rush job notation
19. Russian legislature
21. ___ fruit
22. Some beans
24. Short snooze

Puzzle answers on 10

Tostadas *continued*

sliced, to taste

1. Heat the oil in a shallow frying pan and fry the corn tortillas, one by one, until golden brown on both sides and crisp but not hard.

2. Spread each tortilla with a layer of mashed pinto or kidney beans. Put a layer of shredded lettuce (which can either be left plain or lightly tossed with a little dressing) over the beans.

3. Arrange chicken slices on top of lettuce. Spread over a layer of the guacamole and then sprinkle grated cheese on top.

4. Arrange the mixed tostadas on a large platter and serve immediately, while still warm. Use your hands to eat tostadas, as they are extremely messy.

Variations: Instead of chicken, try using shredded pork, ground beef or turkey, or sliced chorizo. For a more authentic taste, use queso fresco or feta cheese instead of cheddar.

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Tips To Find a Job in the Modern Market

Professionals know that standing out in a crowded field of applicants has long been a challenge when seeking a new job. But that challenge grew significantly more difficult in the internet era, when it became vastly easier and quicker to apply for a new opportunity but simultaneously more difficult to stand out from the many other applicants who could apply in a few minutes or less.

The modern job market certainly requires a different approach to finding a job than in years past. However, some useful points can help talented professionals find their next job.

- **Hone your networking skills.** Networking is a vital skill for modern professionals, including those looking for a new job. Though internet reports suggest as much as 85 percent of job openings are now filled through networking, that data has been debunked and characterized as a myth. Still, networking can help professionals learn about openings before they're listed (if they're even listed at all) and also provide insight into a company's culture.

- **Create a visible online profile.** LinkedIn was long considered the go-to platform for professionals to establish an online profile, and that's largely still the case. Though some LinkedIn users complain that jobs advertised on the site are not removed even weeks after



The modern job market can be difficult to navigate. But diligent and dedicated professionals who commit to the process can land a fulfilling job.

they've been filled and others feel the site has become a more traditional social networking site and less a professional networking platform in recent years, it's still a go-to platform among human resources professionals and recruiters. In fact, a recent report from Jobvite found that 87 percent of recruiters utilize LinkedIn to identify candidates. So while some may view LinkedIn as less useful than it used to be, HR professionals continue to value it.

- **Create an informative online profile.** It's important to have an online profile in the modern professional world and equally vital to make that profile as informative as possible. Avoid lengthy sentences that HR professionals and others are

unlikely to read in favor of bullet points of relevant experiences and skills. It's possible to be both concise and informative, and professionals should aspire to be both when crafting their online profile.

- **Keep looking.** Though it's hard to confirm various online claims regarding how many applications the average job seeker submits before landing a new job, various sources indicate a person can expect to apply for as many as 200 jobs before successfully finding new work. That's a lot of leg work and frustration, but it's vital that professionals avoid waving the white flag. A new opportunity will eventually arise, particularly for those who fully commit to finding a new job.

**Drinking water
lubricates joints,
stirs
metabolism**



Sometimes aching joints are just telling you they're thirsty. Whether or not you have arthritis, water works by filling the spaces between joints.



The right amount for you could be more or less than the recommended eight glasses of water a day. When you exercise, if the weather is hot or your health condition requires more, eight glasses may not be enough.

If you drink many other fluids, the minimum amount of actual water you need to drink is two to three glasses a day. Water moves nutrients through your body, hydrates your joints and cells and increases metabolic activity.

Low-fat milk and calcium-fortified orange juice are good drinks. Two or three cups of green tea or one cup of fruit juice are excellent drinks.

Two cups of caffeinated coffee, soft drinks or tea count in your favor.

Sodas that contain phosphoric acid, which can prevent calcium from being absorbed, can increase your risk of osteoporosis, say researchers at the Cleveland Clinic.

Always drink alcohol in moderation, one or two glasses a day at most. Alcohol is dehydrating, which can decrease the amount of water in your body and decrease water's benefits.

About 20 percent of your fluid need is met by the foods we eat. The other 80 percent must be from beverages.

Remember that water is a pleasant drink. It's safe, inexpensive and always available.

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Back pain is one of the most common conditions across the globe. The World Health Organization says low back pain is the single leading cause of disability around the world, affecting an estimated 619 million people in 2020. That number was projected to rise to 843 million by 2050 as a result of aging populations and sedentary lifestyles. The National Institutes of Health says that 80 percent of adults in the United States experience low back pain at some point in their lives.

There are many reasons why back pain can occur. Muscle strain, arthritis, herniated discs, and other conditions can contribute to back pain. The National Institute of Neurological Disorders and Stroke advises visiting a doctor if back pain is persistent. Early diagnosis can prevent chronic issues and rule out more serious conditions.

GET MOVING

Although moving around may be the last thing on the minds of people experiencing

back pain, remaining physically active is essential to good health. Plus, movement actually is the best medicine for back pain itself. A review published in JAMA Internal Medicine in 2016 found that exercise alone reduces the risk of back pain by 35 percent. Low-impact activities like walking, swimming and yoga help to strengthen muscles, improve flexibility and reduce pain in the process. This can be beneficial to seniors who find low-impact activities are best for their health.

STRENGTHEN CORE

People now sit for long periods of time, which can contribute to back problems. The Centers for Disease Control and Prevention says Americans sit for an average of 10 hours a day, often with poor posture and non-engaged core muscles. Getting up off of seats and strengthening core muscles can prevent back injury and pain.

The American College of Sports Medicine recommends

two days of strength training per week with a focus on the core, back and hips. Individuals who don't know how to start safely should consult with a physical therapist or certified personal trainer.

ALTERNATIVE TREATMENTS

It may be easy to take a pill when pain begins, but people may want to explore alternative methods to alleviate pain. Changing ergonomics of work stations or how a person performs activities can help. The American Psychological Association reports techniques like mindfulness and cognitive behavioral therapy can reduce pain severity and improve quality of life. Massage therapy or even acupuncture are additional treatments to consider for back pain.

Back pain is a common complaint as one ages. There are ways to overcome the pain and remain as active as possible.

"With time the pain eases, the body recovers
and the brain figures out new ways to go on."

— Federico Chini —

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6 Health Benefits of Honey

Some refer to honey as “the nectar of the gods” due to its ties to healing, divinity and culture in ancient times. Honeybees collect nectar from flowers and convert it into honey through an enzymatic process in their specialized bodies. Honey is stored in honeycombs for later consumption. The National Honey Board says a hive can produce about 55 pounds of surplus honey each year that beekeepers harvest from the combs. The extracted honey is strained to remove any particles and excess wax before it is bottled and brought to consumers.

People are drawn to honey, not only for its sweet taste, but because of the health benefits it provides. Here are six unique health benefits of honey.

1. Honey is rich in health-promoting plant compounds known as polyphenols. Healthline says regular consumption of polyphenols is thought to boost digestion and brain health,

and protect against certain diseases.

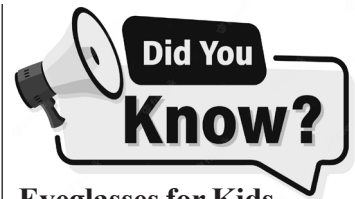
2. Antioxidants found in honey might be associated with a reduced risk of heart disease.

3. The Mayo Clinic says studies suggest that honey might offer antidepressant, anticonvulsant and anti-anxiety benefits.

4. Both the flavonoids and polyphenols in honey have been shown to be anti-inflammatory, which means they can help tame inflammation in the body that comes from illnesses and eating ultra-processed foods. As a natural sweetener, the Cleveland Clinic says honey is a less inflammatory choice than regular sugar.

5. The World Health Organization and the American Academy of Pediatrics both endorse honey as a natural cough remedy. However, honey should not be given to children under the age of one.

6. Manuka honey can be applied topically to treat cuts and sores. This specific type of honey is found to be both antibacterial and antifungal. Raw honey of other types has been used to treat burns and wounds for centuries.



Eyeglasses for Kids

There is no definitive age when a child may need to get eyeglasses. However, the American Association for Pediatric Ophthalmology and Strabismus notes that children’s visual systems are still developing during the first 12 years of their life, and during this period wearing glasses can be important for normal vision development. Glasses can help straighten crossed or misaligned eyes, bolster weak vision caused by differences in vision between a child’s eyes, and even protect the stronger eye. The American Academy of Pediatrics recommends children begin vision screening around age 3 and receive annual screenings each year at ages 4, 5 and 6. After that, screening is recommended when children turn 8, 10, 12, and 15. Of course, parents who begin to suspect their children are having trouble with their vision are urged to take the child to an ophthalmologist once such suspicions arise. Some notable signs include inexplicable declines in academic performance, children sitting closer to the television than they once did and children’s own remarks regarding their vision if they say anything at all.



PUZZLE ANSWERS

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7	8 Juice Your Joints 9:00 AM YOGA 10:00 AM "Hand & Foot" Cards 6:30 PM Adult Water Volleyball 6:30 PM	9 Ladies Golf League 8 AM Water Volleyball 1-3 PM Dominoes 1:00 PM Dealer's Choice Poker Members Only 6-8:30 PM Adult Pickleball 6:30 PM	10 Juice Your Joints 9:00 AM YOGA 5:00 PM	11 Rummikub 1:00 PM Adult Pickleball 6:30 PM	12 Juice Your Joints 9:00 AM Water Volleyball 1-3 PM  7:00 PM	13 Martinez Party
14	15 Juice Your Joints 9:00 AM YOGA 10:00 AM "Hand & Foot" Cards 6:30 PM Adult Water Volleyball 6:30 PM	16 Ladies Golf League 8 AM Water Volleyball 1-3 PM Dominoes 1:00 PM Dealer's Choice Poker Members Only 6-8:30 PM Adult Pickleball 6:30 PM	17 Juice Your Joints 9:00 AM YOGA 5:00 PM	18 Rummikub 1:00 PM Adult Pickleball 6:30 PM	19 Juice Your Joints 9:00 AM Water Volleyball 1-3 PM	20 Hiller Party 
21	22 Juice Your Joints 9:00 AM YOGA 10:00 AM "Hand & Foot" Cards 6:30 PM Adult Water Volleyball 6:30 PM 	23 Ladies Golf League 8 AM Water Volleyball 1-3 PM Dominoes 1:00 PM Dealer's Choice Poker Members Only 6-8:30 PM Adult Pickleball 6:30 PM	24 Juice Your Joints 9:00 AM YOGA 5:00 PM	25 Rummikub 1:00 PM Adult Pickleball 6:30 PM  7:00 PM	26 Juice Your Joints 9:00 AM Water Volleyball 1-3 PM	27 Chisholm Party
28 O'Meara Party	29 Juice Your Joints 9:00 AM YOGA 10:00 AM "Hand & Foot" Cards 6:30 PM Adult Water Volleyball 6:30 PM	30 Ladies Golf League 8 AM Water Volleyball 1-3 PM Dominoes 1:00 PM Dealer's Choice Poker Members Only 6-8:30 PM Adult Pickleball 6:30 PM				

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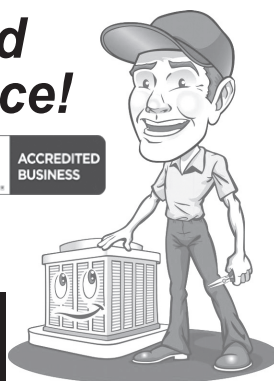
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