

Highland Herald

JANUARY

2012

LIFE'S JANUARY

As we travel along the journey of life,
Let us make the journey worthwhile
By doing some deed of kindness each day,
With not a begrudging groan, but a smile.

For we know that everyone we meet
Is wearily traveling the journey too...
And they sometimes need a helping hand,
As this world they're passing through.

We often meet with things along the way
That are truly hard to bear
Sometimes the road seems dreary and rough
And we're filled with sorrow and care.

As we look at some, on the way,
We think they don't have a care.
But if they have traveled the journey long
They too, have had burdens to bear.

So let us try to make others glad,
As we travel the way along,
And when we all meet at the end of the road,
Let love have been our song.

Happy New Year! Deborah, 1/2012

(It's prettier in color--go online and see!)

Happy Birthday

1	Ted Krzystofiak, #120
3	Lorrie De La Cruz, #016
4	Renae Johns, #241
4	Richard Jones, #048
5	Robert Bissell, #079
8	Bill Smith, #178
8	Jeanne Tynor, #183
8	Robyn Nettis, #119
9	Earlene Norman, #107
9	Jan Kachelmeier, #158
9	Pauline Wenbourne, #008
11	Clayton Wallers, #222
13	Peggy McNaney, #207
14	Diane Sinnema, #271
16	Robert Kent, #043
17	Dena McDevitt, #109
18	Glen Erickson, #081
19	Ulla Laventure, #146
20	Barry Wood, #156
21	Claudia Oglesby, #010
21	Joan Blankenship, #105
22	Betty Sue Rhodes, #015
23	Hughie Tanner, #102
25	Betty Amick, #214
26	Cecilia Fodor, #023
27	Harriet Hurrish, #012
27	Janell Sands, #013
27	Linda Fidell, #142

*Stop to enjoy this new year.
Savor life—don't let it pass
you by!*



January 2012

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- 1 US/Canada Golf Challenge, 12 noon
- 1 Polar Bear Swim , 3:30pm
- 3,4, 6 Jumpin' January Golf Scramble, 9am
- 4 Golf Association Annual Meeting, 4:00pm
- 7 Classie Lassies , after coffee
- 9 HCC Annual Meeting, 7pm
- 10 HCC Board Meeting, 5pm
- 12 The Truth About Water, Dr. Carter, 1pm
- 14 Pancake Breakfast 7:30-9:00am
- 22 Road Runners Rock and Roll Dance, 6:30pm
- 23 Ladies Luncheon and Style Show, 12:30pm
- 24 Dementia Talk by the Whitworths, 3pm
- 24,25, 26 President's Cup Golf Tournament, 10am

Happy Anniversary

- 2 Max & Cookie Roytenberg, #147
- 8 Joe & Renae Johns, #241
- 28 Ed & Candy Gormley, #048



HCC PRINTER

Our HCC printer resides with Loretta Poe, #70, phone 325-9297. She is usually available Monday-Friday from 3:30 to 5:00pm, but please call first.

HIGHLAND COMMUNITY CLUB NEWS

PREZ SEZ

Welcome to a new year. As you read this your new HCC board and officers have been voted in and are now in place for 2012. Best wishes to the new Board members.

Many thanks to the Board members who are returning to their previous jobs. I look forward to working with you all. A big thanks to Barry Wood who has served two years as HCC president and to Barb Peters for a job well done as Activity Director.

As your new president, I hope you will continue to support our new board as we strive to provide you with the programs and entertainment you deserve.

Lets all get involved with the activities and make this a fun place to live. In closing I would like to thank you all for your support and confidence for the year ahead.

Gordon Will, HCC President



HEARD AT THE NOVEMBER HCC BOARD MEETING

Come to our HCC Annual Meeting on January 9 at 7pm and meet our 2012 Board.

Officers:

President: Gordon Will

Vice President: Sue Rhodes

Treasurer: Clayton Wallers

Secretary: Betty Olson

Activity Director: Paul Laventure

Area Representatives:

Area 1: Lois Crook , Tom Lefebvre

Area 2: Jan McDaniel, Marguerite Bartlett

Area 3: Bruce Williams, Ann Baxter

Area 4: Barbara Peters, Connie Tusa

Area 5: Don Richer, Marian Hargreaves

Specific Activity Facilitators:

TGIF: Mary Shaw

Bingo: Don Richer

Pancake Breakfast: Jerry Kachelmeier

Bunko: Barry Wood

Casino Trips: Jan Brunner

Sunshine Lady: Janell Sands

Getting the News Out:

Monthly Highland Herald: The Whitworths

Weekly Out and About: Peg Copas

Daily Clubhouse Board: Barbara Morrissey

Thanks to our HCC leaders, who work hard to keep us going in directions that make our lives in this community fulfilling.

NEW YEAR'S CELEBRATIONS

It all starts on the 31st with a party to bring in the new year and continues on the first with our second year for our annual international golf tournament and our very own Arizona style Polar Bear Swim.

US/Canada Golf Challenge: Patriotic golfers from the US and from Canada will be playing for national bragging rights on New Year's Day, starting at 12 noon, a little later this year since it is on Sunday. Signup sheets for each team will be on the board behind the office.

Last year the Canadians won and so the Americans are going to be very eager to steal the championship title. Planners Gordon Will and Paul Laventure promise that the rules have changed to make the playing field more even.



Polar Bear Swim: This starts at 3:30pm on New Year's Day. It was great fun last year, with some folks who almost never get in the pool there along with those of us who use it regularly. This year, we were concerned that we might have a really cold Polar Bear Swim because the pool's heater has been dysfunctional. However, it is working now. Therefore, plan to come down and jump in and have fun cavorting in the water around a few quickly melting ice cubes.

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Kort Kurdi, of Arizona U Can Dance and DJ by Design

NEW YEAR'S EVE

Kort Kurdi will be back again this year to DJ our New Year's Eve party. He was here last year and we liked him enough to have him back. He has an extensive database of music and can play just about anything we ask him to play.

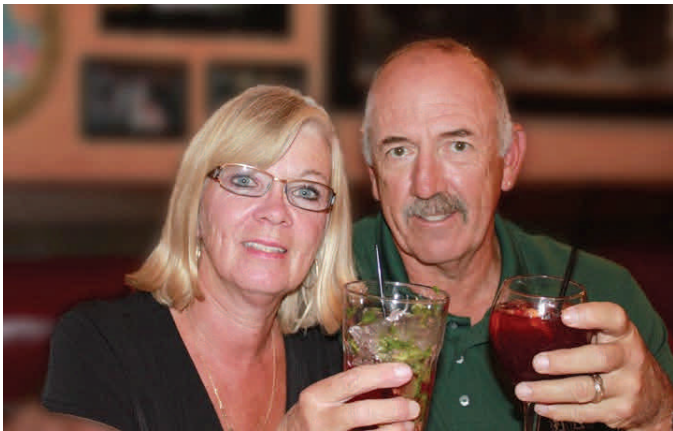
Bring a hot or cold appetizer for the snacks table, something to drink and your dancing shoes.

We'll break at 10pm for a New York New Year's countdown and champagne. Then those of us who are too old to last any longer can toddle on home while the young bloods (whatever your chronological ages) go back to dancing until another countdown at midnight.

Watch the In and About and the message board for times, cost and more information.



*Life is good—
have some fun!*



Ulla and Paul Laventure

OUR NEW ACTIVITIES DIRECTOR

Paul Laventure and his wife, Ulla, hail from Airdrie, a little town near Calgary, Alberta. They live in an adult community there for the six months of the year when they aren't living here. Paul's been in law enforcement for 34 years, starting in the RCMP and retiring from the Calgary Police Service.

It was during his first assignment as a Mountie that he met Ulla. He was interested. She wasn't. "If Paul calls," she told her mother, "tell him I'm not here." But he was persistent. Forty-one years, two children and three grandchildren later, one of their favorite things to do is to "just hang out together."

Ulla retired from her own business as a bookkeeper. Before that she had

various jobs, all involving accounting and financial management. "We're both pretty organized," she says. Paul agrees. "It was important in my job too."

The couple has traveled every year for their anniversary since their 30th, going to places like Mexico and the Dominican Republic. The most fun trip was when they spent a whole month in Hawaii. "I'd like to live there, but it's just too expensive," Paul says. "Yes, eggs were a dollar each and spices were about \$12 for a little can," Ulla adds. "We didn't spice much."

Paul keeps busy playing golf both here and in Canada. "I played 129 rounds of golf last summer," he bragged. Ulla golfs too, but "I putter," she insists, doing crafts and such. Then she adds, "I volunteer for the Breast Cancer Golf Tournament each year, helping to find sponsors." This is no little thing. Last year the group raised \$24,000!

This is a couple that likes to be busy, likes to be in the middle of things. The Laventures are active in their community in Canada. Here, Paul acts as our community photographer, plays guitar in our local band and is on the golf board and now has agreed to take on the demanding job of Activities Director. He says he isn't planning a lot of changes. "Barb's done a good job and if it isn't broken, don't fix it." He is making some minor transformations — for instance, look for a neater, more organized signup setup in the clubhouse.

Let's all give Paul our support.



Turn on the support for our new Activities Director.



First Place Winners: Shirley Proud and Ron Sheets

GOLF

This month: This is the month for the Brentwood Golf Association's Annual Meeting on the 4th at 4pm. All golfers and social members are urged to come and meet the directors that they voted into office in December. It's also a forum for members to share concerns and ideas. January events are the Jumpin' January Scramble on the 3rd, 4th and 7th of January 2011, and the Presidents Cup on the 24th, 25th and 26th. Sign up sheets will be posted prior to each of those tournaments.

Partners Golf and Grill will be on Fridays at 4pm for the next three months. This starts with 9 hole fun scramble for couples. Singles are welcome too. Just find a partner and come on out. We end with a Grill in the clubhouse. You bring something to grill and a dollar. The BGA provides the side dishes. The golfers share eating space with the TGIF folks. However, we start eating a little later.

Last month: Twenty-eight golfers took part in the 2011 Geisen Cup held on the 6th, 7th, and 9th of December 2011. Shirley Proud won The Ladies event and one of our new residents, Ron Sheets, won the Men's event.



Closest to the Pin Winners: Fred Schmidt, Dick Maertens-Poole and Jack Sim.

A new (to our course) "Closest to the Pin Competition" added some fun to this tournament. Three holes were chosen and the players who hit their balls closest to each hole received a prize, generously donated by Ron Sheets. Two of the winners scored their wins with Holes-in-One. Jack Sim made his on #2 and Fred Schmidt on #7. The third winner was Dick Maertens-Poole.

The weather was a little cold but the competition was excellent and enjoyed by all. By the time you read this, the other December tournament, the Christmas Fun Scramble, will be over.

PLAYKLEEN GOLF TOWELS

Have you ever wished you had a way to keep your golf clubs from getting wet when you had to play in the rain? Well, Ron Sheets has the answer for you. Be sure to ask him about his PlayKleen Golf Towels. He donated three as prizes for the Geisen Cup and the players were impressed.

These towels have a hole in the center that lets you hang it on your longest club and cover the rest. Neat, huh? He said he just got a shipment in so he'd probably be glad to sell you some.



DECEMBER BAKE SALE

Front: Shirley Waller, Betty Anderson, Jacki Beard, Sue Rhodes, Jan McDaniels, Marguerite Bartlett.

Back: Kathy Klawitter, Ulla Laventure, Diane Backstrom

These hardworking ladies made over \$300 for HCC and provided many of us with some yummy baked goods as well.



LADIES LUNCHEON

In November, we raised \$100 for Maggie's Place. In December, we cancelled our meeting and instead attended the park Ladies Christmas Party. This was such a success, with good music, good food and dancing that the ladies are planning to do the same next year.

This month, the 23rd at 12:30pm, we are inviting all the ladies in the park to attend our annual style show. Patti Mitchem, owner of the Desert Loon, will be our moderator. Our models will be women from our own community.

We will have our usual salad, appetizers and dessert luncheon first, so bring your favorite winter luncheon dish for six and a dollar and plan to have a good time.

If you want to check out the Desert Loon ahead of time, you can find it in Booth D27 at the Mesa Marketplace, 10550 E. Baseline Rd.

The rest of the months are as follows:

February: Dr. Robert Grant, who is recommended by Lois Crooks. More about Dr. Grant next month.

March: Linda Smith helps us to make a spring card.

April: To be decided. Any ideas?

From May through September, we eat out. We need a Summer Facilitator for this.

Helen Whitworth has announced that this would be her last year as Ladies Luncheon Facilitator. She invites anyone who is interested to talk to her about doing this job.



Changes coming up!

That can be a good thing!

CLASSIE LASSIES

Classie Lassies has been on hiatus for a few months. However, Now that Barb Peters has agreed to be their leader, they are starting up again. She says, "Since I no longer HCC Activity Director, I have more time to spend on fun things like this."

The Classie Lassies will hold their first meeting of the year after Coffee on Saturday, the 7th. They will be welcoming Barb as their new leader and planning their next outings. All women in the park are welcome to join the group.

OUR IRISH POET

Max Roytenberg and his wife Cookie come here every winter all the way from Ireland. Writing poetry is one of Max's many talents. We printed a short one of his poems in the December Herald. In the next column is a longer one. If you too like to play around with poetry, or writing, do let us know. We'd love to publish some of it.

HAPPY NEW YEAR



MAGGIE'S PLACE

In December, Stacy Novak came to the Ladies Luncheon and talked about how Maggie's Place helps unwed mothers, most of whom are homeless, get back on their feet. They guide the moms in setting reachable goals and provide support so that they can meet their objectives. Many of the women in these homes work towards their GED.

Maggie's Place provides a nurturing, table home environment, nutritious food, clothing, therapeutic counseling, life skills courses, access to educational programs and other community services. Moms can stay there up to 6 months after their babies are born.

Giving helps others over some of life's bumps. And it makes us feel better too!

The HCC matched the money that the ladies raised, making our community's contribution to this worthy cause. \$200. Learn more at Maggies-place.org.

ARE WE CLEAR ON THIS?

So we've lived a full life,
careers and wives and kids.
We're resting on the oars a bit,
living on our savings,
Doing the things we never had the time
to do or thought
We might like to do, hobbies we never
had the thought for.

Some of this stuff is fun, enjoyable,
absorbing, so we could
Take it seriously—or not—
maybe we're good enough for a
Second career, or a third or fourth,
but without the passion,
The hunger, the desperation to
succeed. The stakes are not
That high. Our self-esteem is firmly
planted in our past
Accomplishments. But it's nice,
it's nice to let the creativity
We have been suppressing flow out,
and if we make a
Mess of it so what. Part of the fun
is not really caring.

No pressure, right! But being
what we are we can't help caring,
Piling our ego on. We care all right!
We want to be really good
At what we do. It's hard for us to be

any different than we always were. We
move more slowly but we
still want to get there.

Can you stop wanting to change the
world? Can you stop caring about
What seems to be an awful mess that
only needs you to set it right?

Let's be clear on this—I can't stop
caring--can you? Why don't they ask
Me what we should do? I still have
all the answers. Ask me!

MMR/NOV/2011 Arizona

WEIGHTS AND CHAIR EXERCISES

Health conscious residents can meet in the clubhouse on Mondays, Wednesdays and Fridays at 7:45am for Weightlifting and stay for the 8am Chair Exercises.

Weightlifting is a great way to rebuild the muscle strength that we tend to lose as we age. Stronger muscles are more efficient at burning fat, decreasing glucose levels and lowering blood pressure, all issues for us seniors.

Chair exercises, like the weightlifting, put little stress on limbs and muscles. Thus people with varied abilities can use them to keep their bodies limber. Try out the program, you may find it beneficial.

Keeping our health in good shape can be a slippery job. Let's use the help these programs offer.



THE TRUTH ABOUT WATER

Dr. Casey Carter will be here on Thursday, the 12th at 1pm to talk to us about how important water is to us and how we can improve it so that it will be even healthier.

Dr. Casey is a Chiropractor with an MD. She will not be selling anything at this meeting. Her free talk and amazing demonstration is about an hour long.

There's a signup sheet in the clubhouse. Come and learn how to improve your health!

TOPS

TAKE OFF POUNDS SENSIBLY

The new year is a good time to evaluate lifestyles, and see if a disciplined way to weight loss and good health might be beneficial. TOPS has a chapter in the Highlands that meets on Monday mornings at 10:30, with weigh-in followed by a meeting. New ideas are shared at the meetings and there are often contests to encourage weight loss.

Men and women from the Highlands and also outside the park are welcome. Dues are only \$28 per year, with \$1 local dues per month. A visit to a meeting will give insight to procedure. There is no obligation. Contact: Mary Lou Sim 319-9743 or Betty Olson 641-2462.



NEW SUNSHINE LADY

As of this month, Janell Sands is our new Sunshine Lady. She replaces Marion Severson who has held the job for several years. Thank you, Marion, for all of your efforts to keep us up to date on the health of our community.

If you have any news about the health of any of our residents, please contact Janell at ssunset64@yahoo.com or 480-495-1006.



LEWY BODY DEMENTIA

Lewy body dementia (LBD), the second most common dementia after Alzheimer's, was identified as a disease less than sixteen years ago, thus many in the medical community are still not "Lewy savvy." Also, dementias seldom appear alone, thus the more easy-to-identify Alzheimer's gets diagnosed and the LBD may not.

This wouldn't matter if all dementias were treated the same. They aren't. Some common medications can be very dangerous for a person with LBD. Also, there are some distinctive symptoms, that if recognized, makes it much easier for LBD caregivers to give their loved ones good care.

Dementia Talk: On January 24th at 3:00pm, your editors will give a free one hour seminar about Lewy Body Dementia, its symptoms, treatment and care. We invite you to come and encourage you to invite any friends or neighbors, in or out of the park, whom you think might be interested.

We've been teaching about this disorder for years. In 2008, we spoke at the Ladies Luncheon. Since then we've written a couple of books on the subject and developed a self-teaching program for memory care facilities and support groups. Now we are going to record a DVD that will be even easier for them to use.

The seminar on the 24th will be recorded for use by support groups and the general public. Each family who attends will be eligible for a free DVD of the program once it is published.

A BOOK JUST FOR FUN!

A Rex-full Summer: A Thrifty Traveler's Tribulations and Triumphs



From the back cover: A dream realized is seldom as perfect as expected. When Helen gets her wish to become a motorhome traveler, she finds her adventures leavened with crises. With her patient husband, she travels from Arizona to Washington in a motorhome that often seems to have a mind of its own. A side trip to Alaska provides the reader with an unexpected view of life in that state.

Written by Helen and published by Jim, this book is available at the Whitworths, #19, for \$10 each. Soon it may be available in digital format through Amazon.com.



**Happy
New Year
2012**

*Dementia can be as confusing
for the uneducated caregiver
as it is for the patient.*



ROCK N ROLL DANCE

THE ROADRUNNERS ARE BACK!

Get out your poodle skirts and saddle shoes, gals. Find your air guitars and blue suede shoes, guys. Carol and Ron Sabo and their Roadrunner band are back with their Rock n Roll music from the 50's, 60's and 70's. They've been here enough so that we know we know to expect a good time, with great danceable music when they come. If you're new and want to know more about this couple, go to their website: <http://www.loraincounty.com/crsrs/Powerpoint/rrweb.html>



**life is a great journey,
through the valleys of hope
and the mountains of joy,
across the seas of uncertainty
and the open plains of happiness.**

**and back and forth to the loo
a lot...**

SERVICES IN OUR COMMUNITY

Residents who and have a service to offer can be listed here:

Handyman: Mel Hornstein, #184, phone 275-7086. Good work, reasonable rates.

Haircuts, color, perms, etc: Lorrie De La Cruz, #16, phone 214-5958. Email: lorraine1351@gmail.com. In your home, evenings and weekends, by appointment. Organic, non-toxic products.

Photo Restoration: Helen Whitworth, #19. Phone: 480-981-1117, email: Helen@whitworth2.com. Low prices, free estimates.

Small Plumbing Jobs: Retired Plumber, 45 yrs exp., reasonable rates. Jerry Kachelmeier, #158, 480-357-8648

House cleaning, errands: Patty McKee, #96, 577-2821. Careful, dependable, reasonable rates.



For help with those DIY jobs when you run into a roadblock—or for the ones you'd never dare tackle on your own.

VOLUNTEER OPPORTUNITIES

Pancake Breakfast Clean up: Contact Jan Kachelmeier, 357-8648.

Saturday Coffee: Signup sheet in clubhouse. Still need servers for a few months.

Ladies Luncheon Clean up after the Style Show. Contact Helen Whitworth, 981-1117.

Can Crushers: Contact Phil Henault, 474-4261.

EXERCISES AND HEALTH

Weights: MWF. 7:45 - 8am.

Chair Exercises: MWF, 8am, Adele Genow, 654-5163.

Water Aerobics: MWF, 9am in the pool. Contact: Anne Baxter, 807-5313.

Let's Dance! Tuesday and Thursday in the clubhouse, 8am. Mary Shaw, 773-7489.

TOPS. Mondays. Weigh-in at 10:30am, Meeting at 11. (See page 9)

Mixed Golf: Tu, W, F at 9am. Bring 50 cents for two rounds of golf.

Ladies Golf: Thursday, 9am.

Partners Golf and Grill: Fridays, Golf at 4pm, Grill afterwards.

Shuffle Board. Saturdays, 2pm.



Please SIGN UP so we'll know how many to plan for—and then ATTEND OR ERASE YOUR NAME. Signup sheets are taken down on the THURSDAY PRIOR to the event. Bring your own table service unless otherwise noted.

CRAFTS

Quilting: Wednesday, 1-3pm in the craft room. Any sewing craft, not just quilting. Maradie Birmingham, 325-0232

Ceramics: Tuesday, 1pm in the craft room. Just show up. Visitors welcome. Sue Rhodes, 924-1516.

Carving: Thursdays, 10am. Contact: Jack Sim, 656-5482.



January 2012

REGULAR EVENTS

Saturday Coffee: Saturdays, 7:30am. Free coffee, donuts \$1. 50-50 Raffle. Catch up on the news of the week.

TGIF: Fridays, 4:30pm social hour, 5:30pm, dinner. \$2 plus a side dish for 8. Bring your own table service. Contact: Mary Shaw, # 86, 773-7489.

Lunch Bunch: Tuesdays, 12 noon. Contact: Cel Fodor, 830-5571.

Pancake Breakfast: Saturday, the 14th, 7:30-9AM. Table service provided \$4.00.

Ladies Luncheon: Monday, the 23rd at 12:30pm. (See page 7)

Classy Lassies: Saturday, the 7th after Coffee. Barb Peters, 218-5924.



CARDS CORNER



Cribbage: Mondays at 7pm. Contact: Cel Fodor, 830-5571.

Left, Right & Center Alternates with Bunko on Wednesdays at 6:30pm. \$5 for evening. Contact: Barb Peters, 218-5924.

Bunko: Alternates with LRC on Wednesdays at 6:30pm. \$2 and a snack. Contact: Barry Wood, 218-7478.

500: Wednesdays, 7pm.

Mixed Bridge: Friday at 12:30pm. Sign up and come with a dollar. Looking for players.

Pinochle: Fridays, 1:00pm

Bingo: Thursday at 6:30pm. Just come—no need to sign up.

Texas Hold Em: Usually every other Tuesday around 1pm. Watch for signs.

EDITOR'S NOTES

Happy New Year! The celebrations are over and its time to get back in the groove...make good those resolutions, get working on our winter projects, etc.

As editors, our goal is to provide you with a newsletter you will enjoy reading for more than just what's happening when. If you have any ideas about what you'd like to see here, do let us know.

One of the things you will notice more and more are links to webpages. We try to add them whenever we can so that you can learn more about the subject than we can put in the newsletter.

In fact, a good way to read the Herald is to go online. Then when you come to a link, just click on it to go right to the webpage in question. When you read online, you get to see the colors too. So even if you prefer reading in the regular way, consider going online just to see what the Herald looks like in color and checking out any of the links that interest you.

Your editors, Helen and Jim Whitworth



Take a turn to the internet:

Get the Highland Herald Online:

hugshelen.com/herald.html

THE NEWSLETTER TEAM

Editors: Jim and Helen Whitworth, #19
981-1117. herald@hugshelen.com

Proofreaders: Barb Peters, Betty Olson, Peg Copas and Marian Hargreaves.

Delivery Team : Joan Will

Crew: Loretta Poe, Lois Crooks, Dave Tobey, Marion Severson, Janice Brunner, Betty Amick, Sharon Eckert, Gail Anshutz, Gerry Bernard

Advertisements: Call Barbara DeMith, 832-6081, to get your ad in the Herald. (Email the editors with your information for the *free* ads)

Residents:

Items for sale : free
Card size ad for services: \$5

Non-residents and all larger ads:

Quarter page: \$ 65
Half-page: 75
Full-page: 95

Final assembly and Printing:







Barbara DeMith, ELS Activities Dir.

Submissions: Please have submissions to the Herald **in by the 15th** of the month. Announcements and ideas for articles and people to interview or honor are encouraged.

HAPPY NEW YEAR

Manager: Suzanna Spann-Hernandez
Admin. Assistant: Elizabeth Gillespie
Maintenance Supervisor: Rodney Johnson
ELS Activities Coordinator: Barbara DeMith
Office Phone: (480) 832-6260
Office Fax: (480) 832-6276
Monday—Friday: 9am to 5pm
Saturday and Sunday: Closed



SUN	MON	TUE	WED	THU	FRI	SAT
1 New Years Day US v Canada Golf 10 am Polar Bear Swim 2:30 pm	2 	3 Golf Scramble 9 am Noon Lunch	4 Golf Scramble 9 am Bunko / LRC 6:30 pm	5 Ladies Golf 9 am Bingo 6:30 pm	6 Golf Scramble 9 am TGIF 4:30 pm	7 Coffee 7:30 am Classie Lassies after Coffee 
8 	9 HCC Annual Mtg 5 pm	10 Golf 9 am Noon Lunch HCC Board Mtg 5 pm	11 Golf 9 am Bunko / LRC 6:30 pm	12 Ladies Golf 9 am Truth About Water 1 pm Bingo 6:30 pm	13 Golf 9 am  TGIF 4:30 pm	14 Pancake Bkfst 7:30—9 am
15 	16	17 Golf 9 am Noon Lunch	18 Golf 9 am  Bunko / LRC 6:30 pm	19 Ladies Golf 9 am Bingo 6:30 pm	20 Golf 9 am TGIF 4:30 pm	21 Coffee 7:30 am 
22 Road Runners Rock n roll dance 6:30 pm	23 Ladies Luncheon & Style Show 12:30 pm	24 Presidents Cup Golf 10 am Noon Lunch Dementia Talk 3pm	25 Presidents Cup Golf 10 am Bunko / LRC 6:30 pm	26 Presidents Cup Golf 10 am Bingo 6:30 pm	27 Ladies Golf 9 am TGIF 4:30 pm	28 Coffee 7:30 am 
29 	30	31 Golf 9 am Noon Lunch 	 January 2012 Happy New Year			

REGULARLY SCHEDULED ACTIVITIES

<p>MONDAY 7:45 AM Weights 8:00 AM Chair Exercises 9:00 AM Water Aerobics 7:00 PM Cribbage TUESDAY 8:00 AM Aerobic Dance 9:00 AM Golf 10:45 AM TOPS 12:00PM Lunch Bunch 1:00 PM Ceramics</p>	<p>WEDNESDAY 7:45 AM Weights 8:00 AM Chair Exercises 9:00 AM Golf 9:00 AM Water Aerobics THURSDAY 8:00 AM Aerobic Dance 10:00 AM Carving 9:00 AM Ladies Golf 6:30 PM Bingo</p>	<p>FRIDAY 7:45 AM Weights 8:00 AM Chair Exercises 9:00 AM Golf 9:00 AM Water Aerobics 12:30 PM Mixed Bridge 1:00 PM Nine Card Pinochle 4:30 PM TGIF Social Hour 5:30 PM TGIF Dinner SATURDAY 7:30 AM Coffee</p>
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