

# SUMMER DAYS ARE HERE AGAIN

*“For lo, the winter is past,  
the rain is over and gone.  
The flowers appear on  
the earth, the time of the  
singing of birds is come,  
and the voice of the turtle  
is heard in our land.”*

Song of Solomon 2:11

## A Big Payoff in Taking the Optimistic View

*by N&V Staff*

If you're an optimist, you believe that any defeat is a temporary setback or a challenge. It doesn't knock you down.

Using this theme in your life helps you move forward in your work. A positive view helps to prevent illness, improves relationships, and increases self-esteem. According to Mayo Clinic Proceedings, one study showed that optimists live longer, are healthier, and are more peaceful and calmer.


When you find yourself stuck in pessimism, psychiatrists at Columbia University say there are things you can do to revive your optimistic ways. Developing certain skills can change your view of the world.

- \* Practice seeing the progress you have made in life. That could be in your relationships, work, or personality.
- \* When things go wrong, realize that the situation will only affect you for a limited time.
- \* Decide to be positive even if you don't feel like it. If you smile, your brain assumes you feel good. Act happy and you will begin to feel better.
- \* Be positive with others and they will reinforce your optimistic attitude. Be upbeat and show interest in them. Laugh at other people's jokes.
- \* Carry cards with positive statements about your life and your future.



## Summer Begins June 21st





# coffee hour

**June 2nd** Gameshow **NAME THAT TUNE**

**June 9th** Music by **JAZZ TONES**

**June 16th** Music by **MELANIE ROY**

**June 23rd** Music by **ELLEN WHYTE**

**June 30th** **TALENT SHOW**

*Please sign up at the Coffee Hour Resource Table by June 23*

**Members Only Please**

**Thursdays at 9:30 am in the AUDITORIUM**

**Weekly Drawings and featured Entertainers**

*Performers listed are subject to change without notice.*

## Flag Day

*by N&V Staff*

Flag Day, June 14: Honoring our national symbol.

The idea of an annual day to honor the U.S. flag is believed to have originated in 1885. B.J. Cigrand, a schoolteacher, arranged for the pupils in his Fredonia, Wisc., school to observe June 14 as "Flag Birthday." In many magazine and newspaper articles over the following years, Cigrand enthusiastically advocated the observance of June 14 as Flag Birthday, or Flag Day.

Gradually, the idea was adopted in other parts of the country. Inspired by decades of state and local celebrations, Flag Day was officially established by a proclamation of President Woodrow Wilson in 1916. But it was not until August 3, 1949, that President Harry Truman signed an Act of Congress designating June 14 of each year as National Flag Day.

In his writing about the U.S. flag, Charles Evan Hughes said:

“The flag is the symbol of our national unity, our national endeavor, our national aspiration.”

It tells of the struggle for independence, of union preserved, of liberty and union one and inseparable, of the sacrifices of brave men and women to whom the ideals and honor of this nation have been dearer than life.

The first flag was adopted in 1777 and it had 13 stars and 13 stripes. It changed on July 4, 1960, to accommodate 50 stars with the admission of Hawaii to the union.

There have been 27 different flags featuring the stars and stripes, changing as states were admitted to the union.

When the flag is folded in ceremony, it is folded into a triangle with 13 folds, each representing an idea. The folded flag represents the three-cornered hat, the kind worn by George Washington and others during the Revolutionary War.

Interestingly, Flag Day falls in June, as does Father's Day. The 10th fold is a tribute to fathers who give their sons and daughters to defend the country. The 9th fold represents women, honoring their character traits of faith, love, loyalty, and devotion.





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**N&V Office:** 503-981-3313 • **Main Office:** 503-982-1776  
**Email:** nv@WoodburnEstatesGolf.com  
**Website:** woodburnestatesgolf.com

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**Editor and Advertising:** Kim Farquharson  
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Volunteers are always needed to help with preparation of copy, proofing, and delivery. Please email, if possible, all photos, articles, free ads, or reports. If email is not an option, please submit your information to the N&V office. Use the mail slot in our door. All submissions must include name and member number. Thank you.

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Rules Committee 12/12/2016



# CLASSIFIEDS

Next Publication of NEWS & VIEWS

June 24, 2022

Deadline for Articles, Thursday, June 16, 9:30 a.m.

We LOVE to have your free ads and articles.

The BEST way to get your information in News & Views is to send us this information by e-mail to nv@WoodburnEstatesGolf.com. When submitting free ads be sure to include your MEMBERSHIP NUMBER.

WANTED: Lift chair or sleep chair needed for after surgery. 503-981-1352.

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FOR SALE: Ashley twin mattress and foldable twin platform bed frame \$200. Call Cindy 503-982-4039.

FOR SALE: Greenworks 14" Corded Thatcher. Little used in excellent condition. On Amazon currently \$100. Asking \$50. 10 Foot, 4 prong, 30-amp twist-lock cable for connecting generator to RV or home. Reliance Controls \$45 at Amazon \$20. Maasdam Power Pull 2 Ton Manual Winch, \$10. Call 503-982-0516.

FOR SALE: 6 ft Peal Grandfather clock includes oil for clock works, and Aikosha wind 30-day clock. Make offer/both clocks go together. Call 503-902-0489, leave message.

FOR SALE: GE REFRIGERATOR, white. 28"W, 30"Deep, 64" Tall. One year old. \$200.00; Phillips 4', 32 Watt bulbs (T8 size), \$4.00 per pair; Wood Clamps, 32 inch, \$5.00; 15" \$3.00; 541-673-2023.

## Perfect Summer Dessert: Sweet Biscuits and Strawberries



by N&V Staff

It's strawberry season, and that means classic shortcake -- the sweet, easy, cool, and creamy dessert that always hits the spot.

You can put a twist on your strawberries and cake this summer, using tender sweet biscuits that can be quickly assembled and baked ahead of time. Homemade whipped cream gives it the extra rich and creamy punch that makes this dessert a standout.

You can prepare 2 pounds of strawberries as you normally would. Sprinkle with sugar and wait 30 minutes until they release a sweet syrup.

### Sweet Biscuits

- 3 cups all-purpose flour, plus extra for hands and work surface
- 1/4 cup granulated sugar
- 2 tablespoons (not teaspoons) baking powder
- 1 teaspoon salt
- 3/4 cup unsalted butter, cubed and refrigerator-cold
- 1 cup buttermilk
- 2 tablespoons heavy cream or buttermilk for brushing on top
- Coarse sugar (such as turbinado or demerara) for sprinkling

Preheat the oven to 425 degrees Fahrenheit. Combine all dry ingredients in a large food processor or bowl. Pulse or stir together to mix. Add cubed butter and pulse to process into a small coarse meal texture or use fingers or a pastry cutter to rub the butter with dry ingredients until butter is in pieces no larger than the size of a small pea. Once butter is incorporated with dry ingredients, form a well in the center of the mixture and pour in the buttermilk. With a fork, carefully mix buttermilk in until a dry, shaggy dough forms. Be careful not to over mix, or biscuits might become tough. Once the dough forms, dump the mixture onto a lightly floured work surface and pat it into a rectangle about the size of a standard sheet of paper. With a sharp knife or bench scraper, cut the rectangle into 12 squares -- three on the short side and four on the long side. Carefully transfer the cut biscuits onto a parchment-lined baking sheet and arrange so that all the biscuits are touching. Brush with buttermilk and sprinkle generously with coarse sugar before baking for 20-25 minutes.

### Whipped cream

- 1 cup heavy cream
- 1 teaspoon vanilla extract
- 1/4 cup confectioner's sugar
- 1 tablespoon dry nonfat milk (optional)

Mix ingredients on high speed until stiff and peaks form. Dry milk will help it retain its shape and thickness longer.



# Booster Clinic Success



*by N&V Staff*

Woodburn Ambulance company came in and held a walk-in clinic to give Covid-19 booster shots. It was a great success, but it did mean waiting in a long line as there was a heavy turnout! Those who arrived early were able to get their booster shot, then slip next door and enjoy Coffee Hour. There will be another opportunity as a second clinic is being planned for June 16th.

A special thank you for all your efforts and patience to keep our community safe.

# Melatonin May Help Sleep, but Untested

*by N&V Staff*

You may have heard of melatonin—the popular supplement that helps you achieve sound, restful sleep without troubling side effects or next-day grogginess. But what exactly is it? Is it effective? Can it be taken every day?

The answer is complicated, the experts say. According to sleep expert Luis F. Buenaver, in an interview with Johns Hopkins Health, melatonin isn't a sedative – it's a hormone. The body produces melatonin naturally, and as melatonin levels rise in the evening, you experience a more drowsy, relaxed state that promotes sleep.

Melatonin supplements are a lab-made version of the same hormone. According to Johns Hopkins Health, the supplements may help people with insomnia fall asleep slightly faster and assist with regulating sleep cycles.

According to Healthline, the Food and Drug Administration doesn't regulate melatonin as a drug, so limited information exists on safe dosage, and quality can vary widely among various supplement brands. If you're interested in trying melatonin for sleep issues, look for products that are verified by the United States Pharmacopeia (USP) to ensure a higher quality standard.

According to CNN, if you're thinking about melatonin for your children, talk to your pediatrician first. Many childhood sleep issues can be solved with proper sleep hygiene, like limiting screen time before bed, and maintaining a bedtime routine that's conducive to rest, like soft lights, reading time, and warm baths.

According to Healthline, there's limited information available on the long-term effects of daily melatonin use, so speak to your doctor about the risks and benefits. If your sleep issues persist, even with melatonin, according to Johns Hopkins Health, and if the melatonin doesn't seem to be helping after a week or two, discontinue use and talk to your health care provider.

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**WALK-IN CLINIC #2**  
**COVID-19 BOOSTER SHOTS**  
Woodburn Ambulance

**WEG Dining Hall**  
**June 16, 2022**  
**9:30 - 12:00**  
WEG members 50 and older  
Bring your Vaccination Card with you  
No pre-registration required  
A mask is required

2022 Woodburn Estates & Golf Directors		
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# Lady Putters

by Barb Knox

May was a great month, we welcomed 14 new members. Awesome to see so many new ladies.

The first Monday in May was raining so we stayed in and spent the time going over the rules, answering questions, and ordering shirts for the new members; a very productive day.

The weather cooperated the rest of May, and the Putters worked overtime. We had (39) holes-n-one. Good job everyone.

Micki had us putt with the opposite hand in case we had an injury to the putting hand, just to get a feel, to see if we could do it. This was extra and did not count against our scores, not that it would have mattered much. Unfortunately, Elaine made a hole-in-one, and could not record it.

Looking forward to June and more great putting.



## Men's Golf Membership Meeting Minutes

June 1, 2022

President Len Westphal called the meeting to order at 10:00 a.m. in the dining hall followed by the Pledge of Allegiance.

All officers, committee chair/representatives were present unless otherwise noted in this report. There were 21 members in attendance.

NEW MEMBERS: none

PRESIDENTS REPORT: Len Westphal--Welcome, everyone! We will be playing the ball down as long as the weather cooperates.

VICE PRESIDENTS REPORT: Mike Archer--no report

TREASURERS REPORT: Allan Lindberg--Men's club checking \$5120.26 (includes \$348.00 50/50)

Voucher fund \$5723.12. 4 new members in May total of 125

SECRETARY REPORT: Fred Bourne will give report under new business.

GREENS REPORT: Ken Bourne (absent) no report

HANDICAP: Russ Krussow spoke on the upcoming Rose-A-Rama and the volunteers needed.

RULES: Dave Schuur--no official report

MIXED TOURNAMENTS: no report

SUNSHINE: Chuck Johnson--sent a card to Kevin Burnside and will send a card to Larry Jones. Asked about Gene Finley but was unsure of the response.

MEMBERSHIP: Stan Hiller (absent)

UNFINISHED BUSINESS: motion was made and seconded to have Dave Rushton as the OGA rep, and the PNGA rep vote was unanimous.

NEW BUSINESS: Harvest fliers will be posted in the glass case in the golf lounge, the format will be member/guest (Chapman) August 26, 27, 28.

CLOSING COMMENTS: Women's Horse Race Saturday, June 25th @ 10:00 a.m.

For those interested in playing a not-so-serious round of competitive golf, every Monday @ 3:00 p.m. Sundowners meet to play 9 holes (no handicap required) Meet at the Pro Shop.

If you're looking for a rules question to be answered, there is a 5-member committee that will have the answer for all your questions.

50/50 raffle won by Len Westphal (\$30.00) motion to adjourn and seconded @ 10:30 by Len Westphal.

NOTE: next meeting July 6, 2022 - 10:00 a.m.

Submitted by Fred Bourne, Approved by Len Westphal



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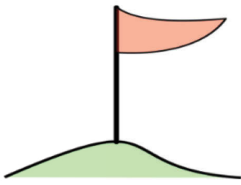
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## FAMILY GOLF DAY(s)










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- **Play day choices are June 18 and 19**


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## 4 Person Scramble June 11, 2022

Computer Pick Mixed Golf Tournament –  
Members Only

Sign ups will end on June 4<sup>th</sup>. Applicable Green Fees  
and Cart Fees must be paid when signing up.

Entry fee is \$20.00 per person.  
Hamburgers will be served in  
gazebo afterwards.

Flights and starting holes will be  
posted June 9<sup>th</sup>.

When finished, 2 signatures  
required per scorecard and drop  
off in box in front of the pro shop.

**Game format: check in 8:30 am**  
**Shotgun start at 9:00 am**

4-person scramble, minimum 3  
drives Men and 4 drives Ladies

Men play from white tees, ladies  
play from red tees

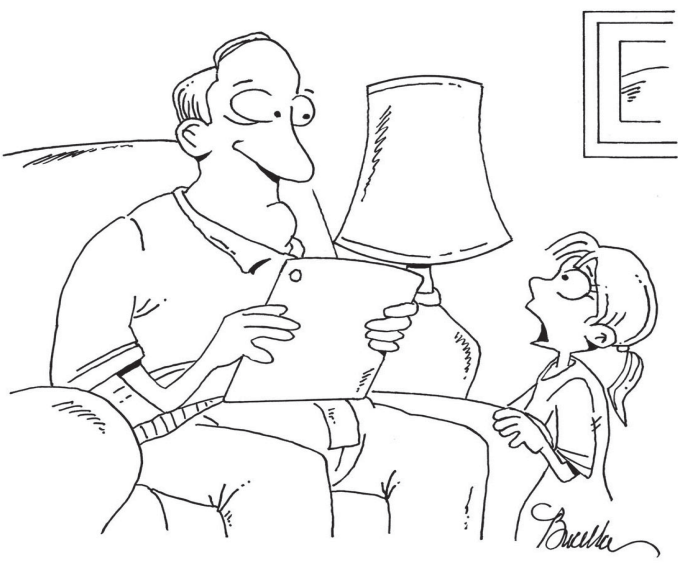
HDCP percentages: 20%, 15%, 10%,  
5% of A, B, C, D players

Remember Social Distancing  
Please pay when signing up - No refunds  
Need USGA handicap to participate.



## June is National Safety Month





“Grandpa, what was it like living off the grid for most of your life?”

# Beyond WEG

## Game Night at Woodburn Grange #79

by N&V Staff

The next Woodburn Grange #79 Game Night is Thursday, June 16. All are invited. There will be a potluck dinner beginning at 6 p.m., with the Grange supplying the main dish. Everyone is asked to bring a salad or dessert. Games start at 7 p.m. If you have a favorite game, please bring it. A table or two of pinocle or bridge would also be fun.

The Woodburn Grange is located at the corner of Hwy 214 and Settlemeier Ave.

## Woodburn Friends of the Library Book Sale

Saturday, June 11, 2022  
10:00 a.m. to 4:00 p.m.  
Woodburn Public Library – 280 Garfield St.

# Taste of WOODBURN

## Downtown Plaza

JUNE 11

11AM – 9PM

JUNE 12

12PM – 6PM

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[manager@rayofhopethrift.org](mailto:manager@rayofhopethrift.org)

by N&V Staff

Ray of Hope Community Thrift Store made a presentation at Coffee Hour a couple of weeks ago. They mentioned something that I did not know. You can call them and schedule a pickup for items that you are donating. This is very convenient for our WEG members that cannot wrestle a couch or chair or cupboard out of the house and have no way to haul it. Just give them a call and arrange a pickup.

On June 25 and 26, the Ray of Hope truck will be parked at the dead-end street of Princeton and Rainier Road. Any leftover items from the Community Garage Sale can be dropped off at this site. This will be a great help to getting the garage sale stuff taken care of and cleaned up.

On Tuesday, June 28, they will be running the truck around for pickup requests. Thank you for the wonderful service to our community.

Kirk A. Schmidtman,  
Attorney at Law

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# Time to Celebrate Dad!

*by N&V Staff*  
Father's Day is coming soon. On the third Sunday in June, Americans (as well as 84 other countries) celebrate dads and all that they do for kids and families.  
Dads do a lot. According to the University of Texas, kids with engaged fathers are dramatically more likely to do better in school, attend college, and live healthier, more productive lives. Fatherhood is an emerging area of study for family researchers, but the results so far are amazing – research consistently shows that good dads make a big difference. So, on Father's Day – Sunday, June 15 – a special greetings to all the fathers out there!

# STING to Stop Procrastination

*by N&V Staff*  
A recovering procrastinator herself, author Rita Emmett gives this advice in her Procrastinator's Handbook (Walker & Co.): Think STING!  
S: Select just one thing to do. Even if it's one small thing. Do just that. In a multi-faceted project, select a single component. Once you get started, you may want to finish the whole task, and if you do, great. If not, you still did one part of it.  
T: Time yourself. Set a timer. Give yourself a set amount of time to do the job. Even if you have a job that takes two hours, setting a timer for 30 minutes gives you the chance to quit if you want to quit. You will already be further ahead than if you hadn't started.  
I: Ignore everything. Don't make a phone call, send an e-mail, or read anything.  
N: No breaks. They make jobs last longer. They are another reason a job takes so long.  
G: Give yourself a reward. Watch a movie. Spend time doing something you like.  
Do your most dreaded task first and get it out of the way. That cuts down on the dread time. The dread of doing something uses up more time and energy than the task itself.

# Meet our Neighbor Lorna Weller



*by Anne Reslock*  
Lorna's art interest is stained glass, in particular fused glass. Her interest in glass began in Lincoln City and expanded after moving to Woodburn Estates & Golf. She has taught classes at various living facilities in the Woodburn area. Lorna is currently offering a "drop-in" class on the 2nd Wednesday of the month in the Blue Room, 10:30 a.m. in Estates Clubhouse. The skill level is easy. Cost includes materials and equipment is provided. Pendants, wind chimes small plates, bowls, and seasonal items can be made. Drop by and see what can be made, no experience is needed.  
Woodburn Art Center/Glatt Gallery will be offering Open Studio Mondays, 10 a.m. - 3 p.m. throughout the summer. All mediums welcome. Corner of Boones Ferry Road and Country Club Road.



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**In Memory of William E Olen, Sr.**

**May 7, 1936 – May 11, 2022**

On Wednesday, May 11, 2022, William E. Olen Sr., 86, passed away at his home in Woodburn with his wife, Linda, and daughter, Kathryn by his side. There will be a memorial service on June 25, at 11 a.m.

Good Shepherd Church  
28986 SE Haley Rd  
Boring OR 97009



# CALENDAR (June 11-June 24)

**\*Any change of date, time, activity, or place must be made with the Office at 503-982-1776.**

## SATURDAY, JUNE 11, 2022

10:00 a.m. - 11:30 a.m. Papercrafting (Craft Room)  
3:00 p.m. - 5:00 p.m. Water Volleyball (Swimming Pool)  
4:00 p.m. - 9:00 p.m. Hand & Foot Card Game (Blue Room)

## SUNDAY, JUNE 12, 2022

1:00 p.m. - 4:00 p.m. Music Jammers  
4:30 p.m. - 6:30 p.m. Wrinkle City Players Play Practice (Auditorium)

## MONDAY, JUNE 13, 2022

8:00 a.m. - 9:00 a.m. Mermaid Aerobics (Swimming Pool)  
8:30 a.m. - 9:15 a.m. Walking Club (Auditorium)  
8:30 a.m. - 2:30 p.m. Sr. Estates Quilters (Craft Room)  
9:15 a.m. - 10:15 a.m. Yoga (Auditorium)  
9:30 a.m. - 10:30 a.m. Ladies Laugh & Chat (Blue Room)  
10:00 a.m. - 12:00 p.m. Pickleball (Dining Room)  
10:15 a.m. - 11:15 a.m. Zumba (Auditorium)  
11:00 a.m. - 12:00 p.m. Tai Chi Advance (Auditorium)  
12:00 p.m. - 1:00 p.m. Tai Chi Beginners (Auditorium)  
12:30 p.m. - 4:00 p.m. Bridge (Blue Room)  
2:00 p.m. - 3:00 p.m. Water Aerobics (Swimming Pool)  
5:00 p.m. - 8:00 p.m. Pickleball (Dining Room)  
5:45 p.m. - 6:00 p.m. Water Volleyball (Swimming Pool)

## TUESDAY, JUNE 14, 2022

8:00 a.m. - 9:00 a.m. Mermaid Aerobics (Swimming Pool)  
9:00 a.m. - 10:30 a.m. Ping Pong (Dining Room)  
10:00 a.m. - 10:45 a.m. Fitness Club (Auditorium)  
10:00 a.m. - 12:00 p.m. Needlecraft (Card Room)  
11:00 a.m. - 2:30 p.m. Uke-de-dos (Craft Room)  
12:00 p.m. - 4:00 p.m. Progressive Hand & Foot (Blue Room)  
2:00 p.m. - 4:00 p.m. Wrinkle City Players Play Practice (Auditorium)  
3:00 p.m. - 5:00 p.m. Water Volleyball (Swimming Pool)  
5:00 p.m. - 9:00 p.m. Poker Games (Card Room)

## WEDNESDAY, JUNE 15, 2022

8:00 a.m. - 9:00 a.m. Mermaid Aerobics (Swimming Pool)  
8:30 a.m. - 9:15 a.m. Walking Club (Auditorium)  
9:00 a.m. - 10:30 a.m. Ping Pong (Dining Room)  
9:15 a.m. - 10:15 a.m. Yoga (Auditorium)  
9:30 a.m. - 10:30 a.m. Ladies Laugh & Chat (Blue Room)  
10:00 a.m. - 12:00 p.m. Pickleball (Dining Room)  
10:15 a.m. - 11:15 a.m. Zumba (Auditorium)  
12:00 p.m. - 4:00 p.m. Double Deck Pinochle (Card Room)  
12:00 p.m. - 1:00 p.m. Friends of Bill W. (Craft Room)  
1:30 p.m. - 4:30 p.m. Wii Bowling (Auditorium)  
1:45 p.m. - 3:30 p.m. Home-Style Hymn Sing (Blue Room)  
2:00 p.m. - 3:00 p.m. Water Aerobics (Swimming Pool)  
4:00 p.m. - 9:00 p.m. Pinochle Group (Blue Room)  
6:00 p.m. - 7:30 p.m. Bingo (Dining Room)

## THURSDAY, JUNE 16, 2022

8:00 a.m. - 9:00 a.m. Mermaid Aerobics (Swimming Pool)  
8:30 a.m. - 2:30 p.m. Sr. Estates Quilters (Craft Room)  
9:30 a.m. - 11:00 a.m. Coffee Hour (Auditorium)  
9:30 a.m. - 12:00 p.m. Booster Walk-in Clinic #2  
1:00 p.m. - 3:00 p.m. The Jazz Tones (Auditorium)  
5:00 p.m. - 9:00 p.m. Poker Night (Card Room)  
4:00 p.m. - 9:00 p.m. Pinochle Group (Blue Room)  
6:00 p.m. - 8:00 p.m. Water Volleyball (Swimming Pool)

## FRIDAY, JUNE 17, 2022

8:00 a.m. - 9:00 a.m. Mermaid Aerobics (Swimming Pool)  
8:30 a.m. - 9:15 a.m. Walking Club (Auditorium)  
9:15 a.m. - 10:15 a.m. Yoga (Auditorium)  
9:30 a.m. - 10:30 a.m. Ladies Laugh & Chat (Blue Room)  
10:00 a.m. - 12:00 p.m. Pickleball (Dining Room)  
10:15 a.m. - 11:15 a.m. Zumba (Auditorium)  
12:30 p.m. - 3:30 p.m. Bunco (Craft Room)  
12:30 p.m. - 4:00 p.m. Bridge (Blue Room)  
2:00 p.m. - 3:00 p.m. Water Aerobics (Swimming Pool)  
4:00 p.m. - 6:00 p.m. Wrinkle City Players Play Practice (Auditorium)

## SATURDAY, JUNE 18, 2022

3:00 p.m. - 5:00 p.m. Water Volleyball (Swimming Pool)  
4:00 p.m. - 9:00 p.m. Hand & Foot Card Game (Blue Room)

## SUNDAY, JUNE 19, 2022

## MONDAY, JUNE 20, 2022

8:00 a.m. - 9:00 a.m. Mermaid Aerobics (Swimming Pool)  
8:30 a.m. - 9:15 a.m. Walking Club (Auditorium)  
8:30 a.m. - 2:30 p.m. Sr. Estates Quilters (Craft Room)  
9:15 a.m. - 10:15 a.m. Yoga (Auditorium)  
9:30 a.m. - 10:30 a.m. Ladies Laugh & Chat (Blue Room)  
10:00 a.m. - 12:00 p.m. Pickleball (Dining Room)  
10:00 a.m. - 1:30 p.m. WEG Ladies Club Meeting (Dining Room)  
10:15 a.m. - 11:15 a.m. Zumba (Auditorium)  
11:00 a.m. - 12:00 p.m. Tai Chi Advance (Auditorium)  
12:00 p.m. - 1:00 p.m. Tai Chi Beginners (Auditorium)  
12:30 p.m. - 4:00 p.m. Bridge (Blue Room)  
2:00 p.m. - 3:00 p.m. Water Aerobics (Swimming Pool)  
5:00 p.m. - 8:00 p.m. Pickleball (Dining Room)  
5:45 p.m. - 6:00 p.m. Water Volleyball (Swimming Pool)

## TUESDAY, JUNE 21, 2022

8:00 a.m. - 9:00 a.m. Mermaid Aerobics (Swimming Pool)  
9:00 a.m. - 10:30 a.m. Ping Pong (Dining Room)  
10:00 a.m. - 10:45 a.m. Fitness Club (Auditorium)  
10:00 a.m. - 12:00 p.m. Needlecraft (Card Room)  
11:00 a.m. - 2:30 p.m. Uke-de-dos (Craft Room)  
2:00 p.m. - 4:00 p.m. Wrinkle City Players Play Practice (Auditorium)  
3:00 p.m. - 5:00 p.m. Water Volleyball (Swimming Pool)  
5:00 p.m. - 9:00 p.m. Poker Games (Card Room)

## WEDNESDAY, JUNE 22, 2022

8:00 a.m. - 9:00 a.m. Mermaid Aerobics (Swimming Pool)  
8:30 a.m. - 9:15 a.m. Walking Club (Auditorium)  
9:00 a.m. - 10:30 a.m. Ping Pong (Dining Room)  
9:15 a.m. - 10:15 a.m. Yoga (Auditorium)  
9:30 a.m. - 10:30 a.m. Ladies Laugh & Chat (Blue Room)  
10:00 a.m. - 12:00 p.m. Pickleball (Dining Room)  
10:00 a.m. - 11:30 a.m. Paper Crafting (Craft Room)  
10:15 a.m. - 11:15 a.m. Zumba (Auditorium)  
12:00 p.m. - 4:00 p.m. Double Deck Pinochle (Card Room)  
12:00 p.m. - 1:00 p.m. Friends of Bill W. (Craft Room)  
1:30 p.m. - 4:30 p.m. Wii Bowling (Auditorium)  
2:00 p.m. - 3:00 p.m. Water Aerobics (Swimming Pool)  
4:00 p.m. - 9:00 p.m. Pinochle Group (Blue Room)  
6:00 p.m. - 7:30 p.m. Bingo (Dining Room)

## THURSDAY, JUNE 23, 2022

8:00 a.m. - 9:00 a.m. Mermaid Aerobics (Swimming Pool)  
8:30 a.m. - 2:30 p.m. Sr. Estates Quilters (Craft Room)  
9:30 a.m. - 11:00 a.m. Coffee Hour (Auditorium)  
12:00 p.m. - 3:30 p.m. Pinochle Afternoon (Blue Room)  
1:00 p.m. - 3:00 p.m. The Jazz Tones (Auditorium)  
5:00 p.m. - 9:00 p.m. Poker Night (Card Room)  
6:00 p.m. - 9:00 p.m. Pinochle Group (Blue Room)  
6:00 p.m. - 8:00 p.m. Water Volleyball (Swimming Pool)

## FRIDAY, JUNE 24, 2022

7:30 a.m. - 9:30 a.m. Chamber Meet & Greet (Auditorium)  
8:00 a.m. - 9:00 a.m. Mermaid Aerobics (Swimming Pool)  
9:15 a.m. - 10:15 a.m. Yoga  
9:30 a.m. - 10:30 a.m. Ladies Laugh & Chat (Blue Room)  
10:00 a.m. - 12:00 p.m. Pickleball (Dining Room)  
10:15 a.m. - 11:15 a.m. Zumba (Auditorium)  
12:30 p.m. - 3:30 p.m. Bunco (Craft Room)  
12:30 p.m. - 4:00 p.m. Bridge (Blue Room)  
12:00 p.m. - 3:00 p.m. Water Aerobics (Swimming Pool)  
4:30 p.m. - 6:30 p.m. Wrinkle City Players Play Practice (Auditorium)

## OFFICE CLOSED ON WEDNESDAYS

 Woodburn Estates & Golf

activities  
committee

Estates Neighborhood

GARAGE

SALE



**Fri. & Sat. June 24 & 25, 2022**  
**9:00 am - 4:00 pm**

Members who wish to participate on either of these days should register by June 17, using one of the following methods:

1. Sign-up at the Coffee Hour “Resource Table”
2. Sign-up in the office
3. Sign-up by email to [weg.gsale@gmail.com](mailto:weg.gsale@gmail.com)

Please indicate what days you wish to participate. Remember to include your name and telephone number in case we have any questions.



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1. Visit **WoodburnEstatesGolf.com**

2. Scroll to the bottom of the home page

3. Click on **Bugle Blast emails** (under **Bugle Blast Email Signup**)

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