VOL LXVI NO. 32

www.woodburnestatesgolf.com

Main Office 503-982-1776

N&V Office 503-981-3313

Friday, February 24, 2023

Bring a Friend to Coffee Hour

Everyone who comes regularly, or even occasionally, to Coffee Hour knows what a good deal it is. But shockingly, there are some in our neighborhood who have never had the pleasure!

So on Thursday, March 2, there will be a "Bring a Friend to Coffee Hour" event! Anyone bringing someone to Coffee Hour who has never been before will receive an extra door prize ticket and the new person will get in FREE!

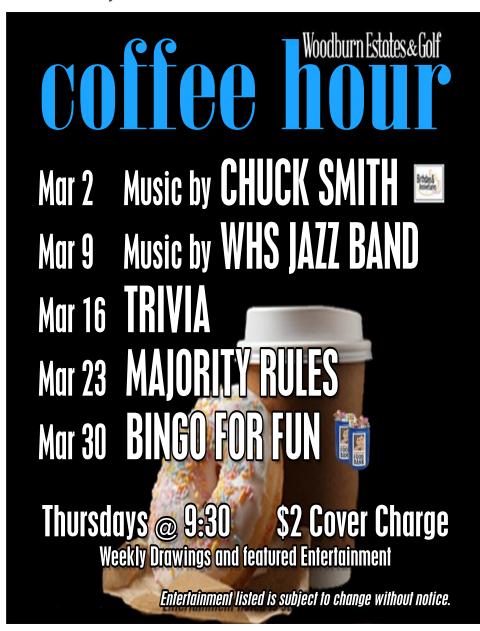
In addition, the first Thursday of the month is Birthdays and Anniversaries Day so if your friend has a birthday or anniversary in



Coffee Hour Performers

March, he or she will receive an extra acknowledgment and prize. So...your friend would receive unlimited coffee, a donut, great company, wonderful entertainment, and if their birthday or anniversary is in March, an extra gift! ALL FOR FREE! You get an extra ticket for bringing them along with the satisfaction of introducing them to a fantastic amenity here in Woodburn Estates!

So, start planning on who you will bring! Coffee Hour starts at 9:30 a.m. P.S. If you've never attended and don't know anyone to bring you, you can bring yourself! Just tell the fabulous lady at the door that you've never been before and she'll let you in free—but no fibbing, because she remembers everyone who's ever come!!!! LOL





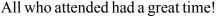
Left: Pete Petroski | Right: Connie Watt & Malena Turner.

Super Bowl Potluck

Sunday, February 12, was Super Bowl Sunday for anyone living in a

cave who might not have known! In celebration, the Activities Committee sponsored a Potluck Party in the Dining Hall and Auditorium.

Besides the main event on the big screen on the stage, there were games for those who weren't football fans or who tired of watching. Corn Hole was very popular as well as Wii Bowling. In addition, there were cards and adult coloring books. No one went away hungry as there were many dishes brought to share, especially yummy desserts. Many people just enjoyed the camaraderie of visiting with neighbors.



Above: Mary Christensen playing Wii Bowling Below: Kathy Zimmerman and Lani Biddle serving



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Future Demographic Survey

By Marilyn Sbardellati, House Director

In the coming months, you will find several inserted questionnaires in your copy of the News & Views. The voluntary questionnaire or demographic survey is an important endeavor to learn more about our community, Woodburn Estates & Golf. The population of WEG is over 2,000 people and other than being over 55, we know little about our community. What do you enjoy doing with your leisure time, do you still work, do you have family in the area, do you golf or use the pool, do you live alone, are you a snowbird are examples of questions you may see on the survey.

Why conduct a survey? WEG was conceived of and built over 60 years ago and for most of us, the first residents were our grandparents' generation. While we may now have much in common with our grandparents, our modern retirement includes plenty of differences. To better serve and meet the needs of today's 55+ community, WEG leadership recognizes the necessity for changes and modernization of our communal space and amenities offered. The first step in this process is to learn about our population and that starts with asking questions.

The ad-hoc Demographic Committee includes Marilyn Sbardellati, Diana Lindberg, Gwen Dickson, and Marilyn Plowman. We meet every other week, if you have any input or questions, feel free to contact us.

History of Woodburn

By Karen Linton – Research from www.woodburn-or.us, en.m. Wikipedia.org, and census.gov

Originally, the area around Woodburn was inhabited by the Kalapuya Native American tribe. After the provisional government of Oregon set up land claims in the "Oregon Country", the United States annexed much of the Pacific Northwest and established the Oregon Territory in 1848. Then Congress passed the Donation Land Claim Act in 1850 that permitted settlers on unsurveyed lands to select claims without regard to legal subdivisions. Single settlers could claim 320 acres, married couples, 640. Four men all established donation land claims on the eastern part of French Prairie where Woodburn would later be founded. One of them lost his land to foreclosure and Mt. Angel farmer George Settlemier purchased 214 acres on the cheap in 1862. Settlemier had traveled west over the Oregon Trail in 1849. He settled in Mt. Angel where he was a successful nurseryman. He then moved his business to his new property in 1863 establishing the Woodburn Nursery Company.

Despite improvements to the land including a house, the title in the land remained in doubt due to the purchase via foreclosure. During the litigation over the title, Settlemier borrowed money from William Reed using the land as collateral. When Reed began to build a railroad through the area, he decided to run the line through what became Woodburn in anticipation of acquiring the land thinking Settlemier would default on the loan. However, Settlemier did not default and eventually, his case went all the way to the Supreme Court of the

United States (Settlemier v. Sullivan Molokans, Doukhobors, and recent 1878). He received a favorable ruling and retained the land.

Molokans, Doukhobors, and recent refugees from the former USSR and Ukraine. Because Woodburn

Meanwhile, transportation baron Ben Holladay ran his Oregon and California Railroad through what became Woodburn in 1871, at which time Settlemier platted the first four blocks of the town. Originally, the town was called Halsey, but the name was changed to Woodburn due to there already being a Halsey, Oregon further down the valley. The name Woodburn came about after a slash burn that got out of control and burned down a nearby wood lot in the 1880's. A railroad official witnessed the fire and renamed the town. The city was incorporated by the Oregon Legislative Assembly on February 20, 1889. According to the Census Bureau, the city has a total area of 5.37 square miles.

The population in 1890 was 405 people. By 1910, the population had quadrupled, but then stayed stagnant for almost 50 years. In 1970, the city had grown to 7,500 people and has grown steadily since then, with the 2020 census showing 27,827 people and an estimate for 2022 being 29,173.

Woodburn is home to a sizable community of Russian Orthodox Old Believers. They fled persecution in Russia moving to Turkey and then to Woodburn in the 1950's. There are also communities of Russian

refugees from the former USSR and Ukraine. Because Woodburn is surrounded by farmland, many Mexicans began to immigrate to the area, starting in the 1950's. Over a million illegal immigrants (not just in Oregon) were caught in "Operation Wetback" a federal initiative to return them to Mexico. Now the population of Latinos, from Mexico and Central America primarily, is roughly 56%. White population is 38%, and two or more races is 11%. That is over 100%, but the figures are from the Census Bureau website. Residents over 65 comprise 18% of the city. The metropolitan area of Woodburn has an over 400,000 population.

Woodburn Estates & Golf is the largest 55+ retirement community in Oregon and the outlet mall is the #1 tourist retail location in Oregon.

Notable people from Woodburn include Stacy Allison, for whom the road is named. She graduated in 1976 from Woodburn High School and in 1984 from Oregon State University. She was the first woman to reach the summit of Mount Everest in 1988.

Kat Bjelland, of the punk band Babes in Toyland and other bands, including one with Courtney Love, grew up in Woodburn.

Kate Nauta, a model, and minor actress also grew up in Woodburn and lived here until 2000.

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- 2. Scroll to the bottom of the home page
- 3. Click on Bugle Blast emails (under Bugle Blast Email Signup)



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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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McCormick Warning: Check Spices

From: iHeart website by Dave Basner Submitted by Connie Doyon

People who don't cook very often have spices laying around – who can get through life without some black pepper? However, if you move through your seasoning too slowly, it winds up sitting on your shelf for years, and it turns out that happens to a lot of people. So many in fact that McCormick, the largest spice manufacturer in the world, has issued a warning to its customers.

In a pair of Facebook posts, the company explained how to tell if your spices are too old, like way too old. Thankfully, it's not too hard to figure it out.

When is the last time you peeked into your spice cabinet? You should see "Hunt Valley, MD" on McCormick labels. If you see "Baltimore, MD," the spice is at least 25 years old. McCormick spices in rectangular tins are at least 25 years old as well.

If your spices are in a rectangular tin or if they were packaged in Baltimore, congratulations, your seasoning has been around for a quarter of a century.

If you have old spices, the good news is you don't have to worry about them making you sick, but it might be in your best interest if you don't use them. When spices age, they lose their flavor so adding old spices to your dishes is pretty pointless. McCormick recommends making sure your spice has a strong aroma and taste, and a vibrant color. You should also replace them every three years.

A Prayer for the World

by Rabbi Harold S. Kushner Let the rain come and wash away the ancient grudges, the bitter hatreds held and nurtured over generations. Let the rain wash away the memory of the hurt, the neglect. Then let the sun come out and fill the sky with rainbows. Let the warmth of the sun heal us wherever we are broken. Let it burn away the fog so that we can see each other clearly. So that we can see beyond labels, beyond accents, gender, or skin color. Let the warmth and brightness of the sun melt our selfishness. So that we can share the joys and feel the sorrows of our neighbors. And let the light of the sun be so strong that we will see all people as our neighbors. Let the earth, nourished by rain, bring forth flowers to surround us with beauty. And let the mountains teach our hearts to reach upward to heaven.

Amen.

Know Your Neighbor Ruth Teneyck

for a made-for-TV rom-Ruth worked com! for an attorney who owned a building that a professional roller skater rented, and Ruth became friends with the skater and his wife. So one night, Ruth went with her friend to Oaks Amusement Park in Portland to go roller skating. While there, she noticed a man she thought was interesting, but he started talking to her friend. When her friend came back, she said that the man was asking her questions about Ruth!

Finally, he came over and asked her to roller dance with him. They spent the remainder of the night together and when he accompanied her to her car, he asked if he could kiss her. She says that when he kissed her, it was all over for both of them. Fireworks boomed, bells rang and he told her that they were going to be married. Two months later, they were! She says that her husband Robert was her soulmate and they were married 33 years before he died in July of 2022.

Some might think that now she would be lonely, but she's stayed as busy as ever. In fact, she credits her longevity (she just celebrated her 90th birthday) to keeping busy and her spirituality. When they moved to Woodburn Estates & Golf 23 years ago, Ruth began to sing in the Women's

Ruth Teneyck should be selling the rights to Chorus, becoming the director eventually. She her love story to Hollywood for a screenplay also sang in the Mixed Chorus, performed with

> the Wrinkle City Players, Ukulele group, Garden Club (some clubs no longer active).

She still sings with the Just For Fun Singers, a mixed senior group in Salem and the Hymn Singers here in WEG. She also crochets and knits, especially hats and makes jewelry and other crafts, which she sells once a month at the Grange when they have their flea market. She's a regular at Coffee Hour. She's in the process of selling some of her late

husband's hobbies and inventions, including a boat, two organs, many putters, and various other items.

She belongs to the non-denominational Woodland Chapel Center for Spiritual Living where she served recently as President of the board. Her degree is in Religion and Ancient History so spirituality is an interest of hers. At age 84, she decided to go back to college for two years to become a Licensed Spiritual Practitioner. Her consultations with people are held at the chapel.

In between all her interests, she managed to have three children, three grandchildren, four great-grandchildren, and five stepchildren all of whom stay in touch and with whom she visits.



Ladies' **Golf Board**

From left to right: Treasurer Nancy Landers, Secretary Carol Bettendorf, Vice-Pres. Carol Meithof, Pres. Sheila Hawn







Estate Planning • Real Property KIRK A. SCHMIDTMAN Attorney at Law Of Counsel to Sussman Shank LLP



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Woodburn C.E.R.T. Classes Are Coming Up!

Retrieved from City of Woodburn | eblast@ci.woodburn.or.us Woodburn C.E.R.T. (Community Emergency Response Team) trains people to be disaster-prepared and how to help themselves and others in minor and major emergency events.

C.E.R.T. Instructors:

- Train community members to be safe and effective neighborhood C.E.R.T. teams.
- Train volunteers to take lifesaving action to help families, neighbors, and businesses get through the first few hours or days following a major disaster when emergency services are overwhelmed.

If you would like to join their great team of volunteers new classes start on February 27, 2023.

To sign up go to https://woodburnfire.com/cert/

5 Love Languages

by Gary Chapman

What are the "5 Love Languages," and how can I demonstrate them in a 55+ HOA Community?

The 5 Love Languages are a concept developed by Gary Chapman, a relationship counselor and author, to describe how people give and receive love. The five love languages are:

- 1. Words of Affirmation: Expressing love through words, 4. Quality Time: Plan social as compliments encouragement.
- 2. Acts of Service: Expressing love through actions, such as doing chores or running errands.
- 3. Receiving Gifts: Expressing love through giving gifts, such as small tokens of appreciation.
- 4. Quality Time: Expressing love through undivided attention, such as spending time together.
- 5. Physical Touch: Expressing love through physical touches, such as hugs and handholding.

In a 55+ HOA community, you can demonstrate the 5 Love Languages in a variety of ways:

1. Words of Affirmation: Leave positive notes or email your neighbors, complimenting them

- on something they did or simply wishing them well.
- 2. Acts of Service: Offer to help with chores or errands, such as grocery shopping or taking care of a neighbor's pets.
- 3. Receiving Gifts: Plan a gift exchange or organize a secret Santa event where everyone can give and receive small gifts.
- events, such as potluck dinners or game nights, where everyone can spend time together and have fun.
- 5. Physical Touch: Give hugs or show physical affection, such as a pat on the back or a handshake, to your neighbors when you see them.

Demonstrating the 5 Love Languages in your 55+ HOA community can create a more positive and supportive environment, build stronger relationships with your neighbors, and improve overall community morale. Additionally, promoting a culture of kindness and appreciation can lead to a stronger and more connected community.

Submitted by Lorrie Cox



Sunday March 5th at 4:00pm

Picture This! -**Artist Linda Chatfield**

By Steve Veltman

March Artist of the Month is Woodburn Estates resident Linda Chatfield. Linda likes to say that she's been making art ever since she was able to grasp a crayon...And when you see her work, you won't doubt it.

Linda is a master of numerous art mediums including oils, pastels and printmaking. Whereas her first exhibition in the Living Room Gallery showcased landscapes, still lifes, and animals, her March show will focus on portraiture. Portraits have long been a specialty as Linda made her first sale when she was fourteen and continues to take commission work to this day.

Well versed in art history, it is always interesting to listen to Linda discuss her favorite subject... Join us for her Show Opening Sunday March 5th at 4:00pm. The Living Room is located in the lobby of the Country Cottage Restaurant. We hope to see you there!





Recreation and Parks Trip

From the City of Woodburn Website

Celebrate International Pie Day Date: at Willamette Valley Pie Company! Leave the driving up to us and enjoy lunch in their delicious bakery where you will find pies, scones, sandwiches, soups, and more!

Transportation is included in the fee, and lunch is on your own.

March 14, 10:30 a.m. – 2:00 p.m. Price: \$15 Register online at: wdbrn.recdesk.com or Call 503-982-5239

A Retiree's COSTGO!

Submitted by AGCM Claude R. "Moon" Mullen, USN RET – https://www.navalweather.org/images/

Yesterday I was at Costco, buying a large bag of Purina Dog Chow for my loyal pet Owen, the Wonder Dog, and was in the check-out line when a woman behind me asked if I had a dog. What did she think I had, an elephant?

So, because I'm retired and have little to do, on impulse, I told her that no, I didn't have a dog, I was starting

the Purina Diet again. I added that I probably shouldn't, because I ended up in the hospital last time, but that I'd lost 50 pounds before I awakened in an intensive care ward with tubes coming out of most of my orifices and IV's in both arms.

I told her that it was essentially a Perfect Diet and that the way that it works is to load your pants pockets

with Purina Nuggets and simply eat one or two every time you feel hungry. The food is nutritionally

complete (certified) so it works well and I was going to try it again. (I have to mention here that practically everyone in line was now enthralled with my story.)

Horrified, she asked if I ended up in intensive care because the dog food poisoned me? I told her no; I had stopped to pee on a fire hydrant and a car hit me. Well, I thought the guy behind her was going to have a heart attack he was laughing so hard.

Costco won't let me shop there anymore. You better watch what you ask retired people. They have all the time in the world to think of crazy things to say.



The Tree Giveaway Program is Still Open to Woodburn **Residents!**

"He that plants trees loves others besides himself."

Thomas Fuller

The City of Woodburn offers residents the opportunity to receive a tree through the Urban Forestry Tree Giveaway Program. Beginning in November, residents within the city limits can apply for a gift certificate that can be redeemed at Al's Garden Center in Woodburn. This program cycle will run through April of 2023 or until budgeted funds are expended, whichever comes first. If you are interested in receiving a tree, please complete and submit the application, available below.

Program Requirements

- Applicants must reside within the city limits of Woodburn.
- One tree per household, per year.
- Renters are required to obtain property owner authorization to plant
- Residents who need to replace a street tree on their property will not be eligible for the tree giveaway program.
- Residents who are adding a tree in the public right-of-way of their property must apply for, and receive, a tree planting permit before they are eligible for the tree giveaway program. In your application, please • Gift certificates will be good for one year from date of issuance.
- indicate where you plan to plant the tree.
- Once an application is reviewed and approved, a resident will receive a gift certificate for an eligible tree to be redeemed at Al's Garden Center in Woodburn.
- Gift certificate must be forfeited to Al's Garden Center at time of redemption.
- Applicants pay the difference, if any, between the gift certificate amount and the price of the tree.

For more information visit our website at: https://www.woodburn-or.gov/treegiveaway

New Lifetime Golf Member

Judy Sholer with Board President Ken Bourne and Operations Manager Chip Sullivan





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MARK YOUR CALENDAR

Woodburn Estates & Golf*

New Member Welcome

Saturday, March 25 at 2:00 p.m.

CLUBS and COMMITTEES

Contact New Member Chair to arrange a table for your group and introduce yourself to our new members.

Membership@woodburnestatesgolf.com



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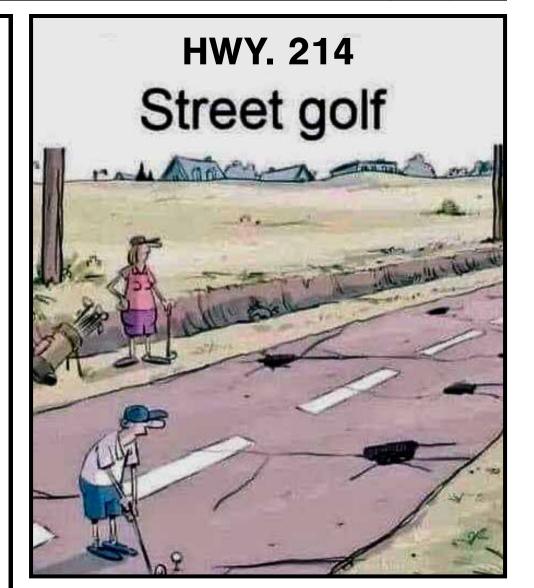
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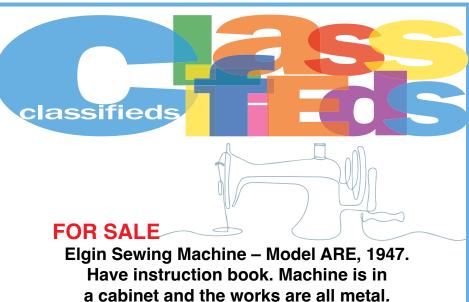
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OFFICE IS CLOSED ON WEDNESDAY

MANAGEMENT TEAM

Vincent Caldwell, Facilities Manager...... maint@woodburnestatesgolf.com Debbie Brown, Financial Manager accounting@woodburnestatesgolf.com Chip Sullivan, Operations Manager......gm@woodburnestatesgolf.com

WEG STAFF

Alisha Bishop, Front Desk..... info@woodburnestatesgolf.com Dave Robinson, Greens Superintendent..... super@woodburnestatesgolf.com Chip Sullivan, Pro Shopproshop@woodburnestatesgolf.com

CALENDAR

(February 24, 2023 – March 10, 2023)

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

FRIDAY, FEBRUARY 24

8:00am - 9:00am	Mermaid Water
	Aerobics (Pool)
8:00am - 9:00am	Walking Club (Aud)
9:15am - 10:00am	Senior Yoga (Aud)
9:30am - 10:30am	Ladies Laugh & Chat
	(Blue Rm)
10:00am - 12:00pm	Pickleball (Dining Rm)
10:15am - 11:15am	Senior Cardio/Zumba
	(Aud)
12:30pm - 4:30pm	Friday Bridge Group
	(Blue Rm)
12:30pm - 3:30pm	Bunco (Craft Rm)
2:00pm - 3:00pm	Womens Pm Water

SATURDAY, FEBRUARY 25

Aerobics (Pool)

10:00am - 12:00pm 12:00pm - 9:00pm	Pickleball (Aud) Private Event (Aud & Kitchen)
2:45pm - 5:00pm 5:00pm - 9:00pm	Water Volleyball (Pool) Hand & Foot Group (Blue Rm)

SUNDAY, FEBRUARY 26

l:00pm - 4:00pm	Music Jammers (Aud &
•	Kitchen)

MONDAY, FEBRUARY 27

•	
8:00am- 9:00am	Mermaid Water Aerobics (Pool)
8:00am - 9:00am	Walking Club (Aud)
8:30am - 2:30pm	Sr. Estates Quilters
olooulli Zioopiii	(Craft Rm)
9:00am - 11:00am	Tech Time (Card Room)
9:15am - 10:00am	Senior Yoga (Aud)
9:30am - 10:30am	Ladies Laugh & Chat
	(Blue Rm)
10:00am - 12:00pm	Pickleball (Dining Rm)
10:15am - 11:15am	Senior Cardio/Zumba
	Class (Aud)
11:15pm - 12:15pm	Tai Chi Class (Aud)
12:00pm - 4:00pm	Monday Bridge (Dining
	Rm)
12:30pm - 4:30pm	Fabric Quilting Arts
•	(Aud)
2:00pm - 3:00pm	Womens Pm Water
• •	Aerobics (Pool)
5:00pm - 8:00pm	Pickleball`(Aud)
•	

5:00pm - 8:00pm 5:45pm- 8:00pm	Aerobics (Pool) Pickleball (Aud) Water Volleyball (Pool)
TUESDAY,	FEBRUARY 28
8:00am- 9:00am	Mermaid Water Aerobics (Pool)
10:00am - 11:00am 10:00am - 12:00pm 10:00m - 12:00pm 11:00am - 2:45pm	Senior Fitness (Aud) Needlecraft (Card Rm) Ping Pong (Dining Rm) Ukulele Uke-de-dos (Craft Rm)
11:30am - 1:15pm	Kiwanis Ćlub of Woodburn (Blue Rm)
1:30pm - 2:30pm 1:30pm - 2:30pm 2:45pm - 5:00pm 5:00pm - 9:00pm	Board Meeting (Aud) Bible Study (Conf. Rm 1) Water Volleyball (Pool) Tuesday Night Poker(Card Rm)
6:00pm - 7:00pm 6:00pm - 8:00pm	Beginner Line Dance Class (Aud) Pickleball (Dining Rm)
Adve	rtise

in the **News & Views**

For more information EMAIL **NV@woodburnestatesgolf.com**

WEDNESDAY, MARCH 1

Mermaid Water Aerobics (Pool)

8:00am- 9:00am

8:00am-9:00am

8:00am- 9:00am

8:00am - 9:00am

8:00am - 9:00am	Walking Club (Aud)
9:00am - 10:00am	Ping Pong (Dining Rm)
9:15am - 10:00am	Senior Yoga (Aud)
9:30am - 10:30am	Laugh & Chat (Blue Rm)
10:00am - 12:00pm	Mens Golf Club Meeting
	(Dining Rm)
10:15am - 11:15am	Senior Cardio/Zumba
	Class (Aud)
12:00pm - 4:00pm	Double Deck Pinochle
	(Card Rm)
1:00pm - 3:45pm	Wii Bowling (Aud)
1:30pm - 3:30pm	Homestyle Hymn Sing
	(Blue Rm)
2:00pm - 3:00pm	Womens Pm Water
	Aerobics (Pool)
6:00pm - 9:00pm	Bingo (Dining Rm)
6:00pm - 9:00pm	Pinochle (Blue Rm)

THURSDAY, MARCH 2

FRIDAY	MARCH 3	2:00pm - 3
	Line Dancing (Aud)	1:00pm - 3:
5:45pm - 8:00pm 6:00pm - 9:00pm 6:00pm - 7:30pm	Water Volleyball (Pool) Pinochle (Blue Rm) Intermediate/Advanced	10:30am - 1 12:00pm - 4
5:00pm - 9:00pm	Thursday Night Poker (Card Rm)	10:15am - 1
11:30am - 3:00pm	Foodies Club Meeting (Kitchen)	9:30am - 10 10:00am - 1
8:30am - 2:30pm 9:30am - 11:00am	Sr. Estates Quilters (Craft Rm) Coffee Hour (Aud)	8:00am - 9 9:00am - 10 9:15am - 10
	Aerobics (Pool)	

Mermaid Water Aerobics (Pool)

Walking Club (Aud)

Mermaid Water

0.00aiii - 3.00aiii	Walking Club (Auu)
9:15am - 10:00am	Senior Yoga (Aud)
9:30am - 10:30am	Ladies Laugh & Chat
	(Blue Rm)
10:00am - 12:00pm	Pickleball (Dining Rm)
10:15am - 11:15am	Senior Cardio/Zumba
	(Aud)
12:00pm - 4:30pm	Friday Bridge Group
	(Blue)
12:30pm - 3:30pm	Bunco (Craft Rm)
2:00pm - 3:00pm	Womens Pm Water
•	Aerobics (Pool)

SATURDAY, MARCH 4

10:00am - 10:00pm	Private Event (Aud,
2:45pm - 5:00pm	Dining Rm, Kitchen) Water Volleyball (Pool)
5:00pm - 9:00pm	Hand & Foot Group (Blue Rm)

MUNDAY, MARCH 6	
8:00am- 9:00am	Mermaid Water Aerobics (Pool)
8:00am - 9:00am	Walking Club (Aud)
8:30am - 3:30pm	Marion Cty Veteran
-	Services (Conf. Rm 2)
8:30am - 2:30pm	Sr. Estates Quilters
	(Craft Rm)
9:00am - 11:00am	Tech Time (Card Room)
9:15am - 10:00am	Senior Yoga (Aud)
9:30am - 10:30am	Ladies Laugh & Chat
	(Blue Rm)
10:00am - 12:00pm	Pickleball (Dining Rm)
10:15am - 11:15am	Senior Cardio/Zumba
	Class (Aud)
11:15pm - 12:15pm	Tai Chi Class (Aud)

Monday Bridge (Blue

12:30pm - 4:30pm **Fabric Quilting Arts** (Aud) 2:00pm - 3:00pm Womens Pm Water

12:00pm - 4:00pm

Aerobics (Pool) Pickleball (Aud) 5:00pm - 8:00pm 5:45pm- 8:00pm Water Volleyball (Pool)

TUESDAY, MARCH 7

8:00am - 9:00am	Mermaid Water Aerobics (Pool)
10:00am - 11:00am	Senior Fitness (Aud)
10:00am - 11:00am	Writing Club (Blue Rm)
10:00am - 12:00pm	Needlecraft (Card Rm)
10:00am - 12:00pm	Ping Pong (Dining Rm)
11:00am - 4:00pm	Progressive Hand &
	Foot (Blue Rm)
11:00am - 2:45pm	Ukulele Uke-de-dos
	(Craft Rm)
1:00pm - 3:00pm	Realtor Training Class
	(Dining Rm)
1:30pm - 2:30pm	Bible Study (Conf. Rm 1)
2:45pm - 5:00pm	Water Volleyball (Pool)
5:00pm - 9:00pm	Tuesday Night Poker
	(Card Rm)
6:00pm - 7:00pm	Beginner Line Dance
	Class (Aud)
6:00pm - 8:00pm	Pickleball (Dining Rm)

WEDNESDAY, MARCH 8

8:00am - 9:00am	Mermaid Water
	Aerobics (Pool)
8:00am - 9:00am	Walking Club (Aud)
9:00am - 10:00am	Ping Pong (Dining Rm)
9:15am - 10:00am	Senior Yoga (Aud)
9:30am - 10:30am	Laugh & Chat (Blue Rm)
10:00am - 12:00pm	Pickleball (Dining Rm)
10:15am - 11:15am	Senior Cardio/Zumba
	Class (Aud)
10:30am - 12:30pm	Crafts for Fun (Blue Rm)
12:00pm - 4:00pm	Double Deck Pinochle
	(Card Rm)
1:00pm - 3:45pm	Wii Bowling (Aud)
2:00pm - 3:00pm	Womens Pm Water
	Aerobics (Pool)
6:00pm - 9:00pm	Bingo (Dining Rm)
6:00pm - 9:00pm	Pinochle (Blue Rm)

THURSDAY, MARCH 9

8:00am - 9:00am	Mermaid Water Aerobics (Pool)
8:30am - 2:30pm	Sr. Estates Quilters (Craft Rm)
9:30am - 11:00am	Coffee Hour (Aud)
11:30am - 2:30pm	Foodies Club Meeting
•	(Kitchen)
1:30pm - 4:00pm	Genealogy (Blue Rm)
5:00pm - 9:00pm	Thursday Night Poker
	(Card Rm)
5:45pm - 8:00pm	Water Volleyball (Pool)
6:00pm - 9:00pm	Pinochle (Blue Rm)

FRIDAY, MARCH 10

Mermaid Water Aerobics (Pool)
Walking Club (Aud)
Senior Yoga (Aud)
Ladies Laugh & Chat
(Blue Rm)
Pickleball (Dining Rm)
Senior Cardio/Zumba
(Aud)
Friday Bridge Group
(Blue Rm)
Bunco (Craft Rm)
Womens Pm Water
Aerobics (Pool)

News & Views **Article Deadline**

Publication Director, Sherman Lackey

All articles, advertising, and pictures are to be submitted to N&V by 9:30 a.m. on Thursday, the week before the Thursday delivery distribution. Eagle Press has moved up their deadline and therefore, our deadline has changed.

Page 8 Friday, February 24, 2023



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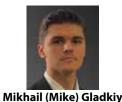




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