



Activities News Blast

The **Festival of Enormous Changes at the Last Minute** is observed on **December 30**. People usually panic when they realize that there are only two days left of the year until the next year rolls out. You may think you are out of time, but you still have two days to complete and fulfill your goals for the year! Two days may not be lengthy but it is enough time to finish whatever you started with.

FESTIVAL OF ENORMOUS CHANGES AT THE LAST MINUTE ACTIVITIES

- **Reflect on past times**

Think of the good and the bad things you have done in the past and learn from them instead of regretting them. Attempt to use these events as lessons for future life decisions.

- **Be positive**

It is always better to look on the bright side by moving forward as the new year brings a fresh start. You can accomplish more goals with a positive mindset.

- **Plan**

Planning is great, but what is even better is getting ahead of that new year's resolution and initiating action and commitment right away. Plan new goals for the new year before it starts.

TODAY DEC 30TH, 9 – 3 PM Jim's Torquise Indian Jewelry sale in the Admin parking lot.

Dec 31st -- New Year's Eve, music and dancing by Silver Creek Band, the \$20 ticket will cover the cost of the dance, party favors, appetizers/finger foods and Midnight Champagne Toast. Doors will open at 7:30....DISREGARD the 6:30 HAPPY HOUR this is a mis-print on the ticket. TICKETS CAN STILL BE PURCHASED IN ACTIVITIES.

What's happening in the park the next few days?

FRIDAY:

Billiards – Organized play 8:45 am
 Jammers Practice – HR @ 9 am
 Wood Carving -GR @ 9 am
 Walk Exercise – HW 9 am
 Shuffleboard @ 9:30 am
 Senior Stretch – HW @ 10:30 am
 Crafty Ladies – HR @ 1 pm
 Samba – GR @ 1 pm
 RC Cars - @ 1 pm
 Pegs & Jokers – GR @ 7 pm

SATURDAY:

New Years Eve Party at the HW—
 Doors open at 7:30

Single Solos New Years Eve Party
 HR @ 7 pm

Pinochle – GR @ 7 pm

SUNDAY:

Church services – HW @ 8:30 am

MONDAY:

Billiards – Organized play 8:45 am
 Walk Exercise – HW 9 am
 Mahjong – GR @ 10 am
 Senior Stretch – HW @ 10:30
 Cactus Needles – HR @ 10 am
 Music Rvw Practice – HW @ 12 pm
 Crafty Ladies – HR @ 1 pm
 Bridge – GR 1 pm
 Dessert Thtr Rehearsal – HW @ 3
 pm
 Hand Foot & Toe – GR @ 6:30
 Jammers – HW 6:30 pm
 Ping Pong – HW @ 7 pm

TUESDAY:

ROUND-UP Meeting HW @
 8:30
 Wood Carving – GR @ 9 am
 Couples Dance – HW @ 10
 am
 Hardanger – HR @ 1 pm
 Line Dancing – HW @ 1:30
 5 Crowns - GR @ 9:30 am
 Darts – HR @ 3:30 pm
 Dealers Choice – HR @ 6 pm
 BINGO – HW @ 6 pm
 Pinochle – GR @ 6:30

F – M – T

At the POOL:

Aquasize @ 7 am
 Water Aerobics @ 8 am
 Water Exercise @ 9 am
 Lap swim @ pool 2 – 7 – 9
 am
 Water Walking @ pool 2 – 9-
 10 am
 Water VolleyBall @ pool 2 – 1
 pm (F -M)

SIGN-UP IN ACTIVITIES FOR:

- GEOCACHING
- MANDALA DOT CLASS
- WATER COLOR PAINTING
- COMPUTER CLASSES
- EXTRA SESSIONS ON THE SHUFFLEBOARDS

VOLUNTEER FOR:

- CASINO NIGHTS
- SUPER BOWL SUNDAY
- WESTERN DAYS PLANNING

ARE YOU READY FOR JANUARY 2023 --- HERE IT COMES....and with it comes dances and tag
alongs, potlucks, classes, Massage with Mandy, Seminars, Activity Expo, Casino Night, New Image
Fashions, Iowa Potluck, Canadian Potluck, Caywood Farms, Dwarf Car Museum, Mesa Museum
w/Scavenger Hunt, Organ Stop Pizza. [Check with Activities for dates, sign-ups and ticket
sales.](#)

We have a new opportunity to come together as a community. In 2018 the residents of the
park bought two AED units—one was placed in the laundry room at SD1 and another in the
ladies restroom at Pool 2.

Unfortunately, these AEDs are outdated and need to be replaced,

What is an "End of Life" determination?

After a warranty ends, the manufacturer cannot obtain parts (electrodes/pads,
batteries, etc.) for older defibrillators and therefore cannot adequately support
maintenance, "End of Life" determination is issued. This is a result of technology
changes and improvements to design or usability.

We are taking resident donations in the Activities office toward the purchase of new ones
over the next few weeks, as we want to replace these sooner than later. Funds from the
Christmas Silent Auction that were not designated to a specific group, ie General fund have
been directed toward new AEDs, RAISING APPROXIMATELY \$400.

The NEWBLAST is published, on Wednesday and Friday mornings to the NEWS BLOG on
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Activities & Events/Activities

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confirm your email. Failure to do so will prevent you from receiving email notifications.

AT the "COOP"

Menu

Lunch
11:30am - 1:30pm
MON - FRI

11/26 - 12/30 01/02 - 01/06

Monday Closed		Monday Chicken Alfredo \$12
Tuesday Closed		Tuesday Taco Tuesday \$12
Wednesday Chicken Noodle Soup \$11		Wednesday Cheddar Ham Chowder \$12
Thursday Baked Potato Bar \$11		Thursday Pizza \$11 Veggie or Pepperoni **Gluten free option available**
Friday BLT & Chips \$12		Friday FISH FRY @ 4pm

Chef Salad \$8
Add ham or chicken \$3

Chef salad available daily
Drink included with all lunches

