



Lake Hammock Village
36106 US Hwy 27
Haines City, FL 33844
863-421-5764

"The Park with a Heart"



December, 2022

Gator Tales



BOARD OF DIRECTORS

President: Clark Smith
(951) 965-0200

Vice President: Joyce Middleton
(330) 323-2247

Secretary: Temporary
Matt Rice
(330) 603-9575

Treasurer: Richard Gould
(863) 422-5902

Directors:

Terry Hofer (847) 845-8172

Bill Davis (609)-364-7529

Wanda Stanley (863) 353-2690

COMMITTEE CHAIRS

• **Special Events / Activities**
Terry Hofer (847) 845-8172

• **Welcome** - Margaret Rice
(330)703-0934

• **Sunshine**—Carol Gould
(863) 422-5902

• **Memorials / Wreaths**
Dona Rawson (863) 547-9326

GATOR TALES STAFF

Editor: Shelly Shaffer (910) 624-8925
shelly.shaffer81@yahoo.com

Asst. Editor: Joyce Middleton (330) 323-2247
middletonj33844@gmail.com

Contributing Editors:

Jerry Smith, Dave Graham
Helen Hurr, Valerie Stanley





Message from.... The President

We've made it through November, the busiest month of the year, but we look forward to December and on into 2023 to continue all the fun and great social events we have planned. Your Board of Directors and Activities Committee have many new and exciting events on the schedule, including a "Murder Mystery Dinner Theater" and a "Sock Hop", however, we are always looking for fresh, new and exciting ideas.

It's also that time of year when we start looking for people to run for the Board of Directors. It's not a difficult job, but it does give you a chance to express your opinion, ideas and offer your input into the direction of the park. We actively welcome new members, and you don't need to be a full-time resident to run. We welcome our "Snowbird" friends to join us and since we have no meetings from May until September, there's really nothing that you would miss. For our park to be successful, we need fresh ideas and new people to step forward.

As we close out the year in this final month of December, I would like to thank everyone who has stepped up in 2022 to help your Board of Directors make it a very successful year. I would like to thank all those residents who have joined the HOA, our Bingo team, and all our advertisers who continue to support us by advertising in our "Gator Tales". The Funding we receive from these three sources is what pays for our activities, and it is greatly appreciated. I highly recommend all residents assist us by joining the HOA, a mere \$15.00 for the entire year. You can contact any board member to join, or you can join at the monthly meetings of the HOA.

I would also like to thank all those residents who have supported our community through their attendance at events and meetings, and their support of the HOA and the BOD. I would especially like to thank all those many folks who have answered the call to assist when taking down and putting up tables for the many events that require it. Those folks are too many to name in this message but know that I appreciate each one of you.

Finally, as we enter the Christmas Season, remember your family and friends, and say a special prayer for our military and first responders and remember the real reason for the season.

Merry Christmas and Happy New Year.

ACTIVITIES CHAIRS

Birthdays/Anniversaries- Dona Rawson (863)547-9326 - Sharyl Graham (603)915-1757
Audrey Gioiosa (708)516-9584

Activities/Entertainment: Terry Hofer-(847)845-8172

Ladies' Lunches: Marie Combs 438-6643

Memorial: Dona Rawson – 863-547-9326(Wreaths)

NEWSLETTER

All newsletters can be viewed in color on the website @ www.floridacommunities.com (click on Lake Hammock @ bottom of page).

Just a reminder, any information for Gator Tales needs to be submitted to me by the 20th of each month. There is a blue box outside my door, you can drop your stuff, or you can send it to the email below. All emails **MUST BE** in **WORD DOCUMENT**. **DO NOT SEND AS PDF, it will not be added to the paper.** If you have any questions about the Gator Tales, please contact Shelly Shaffer at 910-624-8925 or (shelly.shaffer81@yahoo.com). We are always looking for new ideas and way to improve our community paper.

Gator Tales Staff
Shelly Shaffer, Editor
64 Sargent St.
shelly.shaffer81@yahoo.com

Joyce Middleton, Asst. Editor
50 Sargent St.
Middletonj33844@gmail.com

Andy & Nancy Belski
Richard & Marion Spiegel

BINGO

NEW HOURS

Start 6:00 pm
Stop Selling: 5:45 pm
Doors Open: 4:30 pm

Hotdogs, Specialty Sandwiches, and homemade desserts.

Don't cook on Monday night, let **us do the cooking for you.**

I'm looking for pet stories of interest for our Gator Tales each month. Let me feature a story about your pet(s). Doesn't matter what you have: iguana, hamsters, dogs, cats, birds. Call Valerie 863-333-1077 and you will be featured in an upcoming article. Even a photo as well.

..... from Bear's Kitchen

Due to rising costs of dog treats my mom is restarting her dog barkery.

All home-made and all natural ingredients. Biscuits, bones, meatballs, and cupcakes. Every month a new recipe to sample.

For a free sample and ingredient consultation call Valerie, 68 Sargent St.
863-333-1077

LIBRARY

We want to thank everyone for the books for our library.

Would like to ask that when you bring a book back, please leave them in the material basket. We would like to put them away.

Thank You,
The Librarians

Paint Classes are Back

1st Wednesday of every month



Come join us for our Paint Class for some fun, visiting and design. Subject matter will be a specific topic to be determined and Sherri will bring 5 to 6 different subject matters for you to pick the one you want to do. We've missed this fun event and look forward to painting again.

Please let us know if you'd like to participate so we can be certain Sherri has enough supplies.

Joyce @ 330-323-2247; or –
Shelly @ 910-624-8925

Happy Birthday

DECEMBER BIRTHDAY'S

- 1st Sharon Greenfield
5th Walter 'Hutch' Hutchinson
Dawn Karaszewski
7th Gordon Arsenault
Brin McDonald
Debbie Novak
12th Judy Loy
13th David Rawson
14th Ronald Davidson
15th Jerry Cruz
Bruce Martell
16th David Carpenter
Barbara Dickerson
Shelly Shaffer
17th Hollis Yocum
18th John Miller
21st David Lennox
24th Earla Herring
25th Gordon Giger
Marilyn Smith
26th Maria Combs
28th Wanda Stanly
Gary Smith
James Johnson
29th David Butcher
William Byers
31st Greg Blackman



DECEMBER ANNIVERSARY

- 17th Bill & Darlene Davis
22nd Bill & Clarice Klepadlo

(If you are a new resident, please feel free to contact Dona Rawson with your birthdays and anniversaries so she can put you on her list and if any of the above information is incorrect, please let Dona Rawson know 863-547-9326)

Food Bank

“Food is national security. Food is economy. It is employment, energy, history. Food is everything.”

Chef Jose Andres, founder of World Central Kitchen

Non-perishable items can be left in the clubhouse at any time. You can find the bin in the back room. The food is delivered on the first and third Friday of every month. If you are unable to bring them yourself, please call or send a text and we will pick them up.

Thank you for your support!

Sharyl and Dave Graham

603-915-1757

BIRTHDAY AND ANNIVERSARY CELEBRATION

We will celebrate **November and December birthdays and anniversaries** on **Sunday, December 4th** at 6:00 at the clubhouse. Everyone is welcome to join us for cake and ice cream. We will begin with cruise style trivia where you can choose your own team. The winning team will receive a prize for their celebrant. Come to join the fun!

C & D Bus Tours for 2022 & 2023

Informational brochures are available in the clubhouse where the sign-up sheets are.

Diabetes Support Group:

Brain storming Session #4

Topic: Government

Wednesday, December 7th, 7 pm - Clubhouse

New Members Welcome

For more info- Maureen Hatfield

617-874-7755

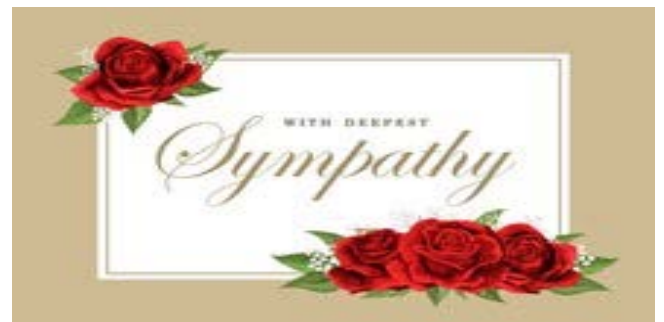
Poker anyone??

Looking for poker players!!! There are 2 poker tables and I'm looking to fill both with players.

If interested, please call: Carmine Gioiosa
(708) 516-9584



Ruth Ives – Fell – Broke Hip -Hospital



Please call if you know of a resident that has been ill or hospitalized so that Carol can send Get Well cards.

Carol Gould

863-422-5902



Jim and Tami Saba
201 Glen Este Blvd.
Residents since May 2022

Jim and Tami said first and foremost they are Christians. They are originally from Toledo and Cleveland, Ohio. Jim and Tami were married in February 2016 in W. Palm Beach, FL. Prior to relocating to FL they came from TN where they resided for 4 years. Jim and Tammy have a total of 6 children and 13 grandchildren. Their children reside in TN and FL. Completing their family is Phoebe their 13-year-old Yorkie.

Jim and Tami were high School sweethearts. After graduation they went their separate ways. They both were married previously and had families. Years later they then found each other through social media. Feeling that God wanted them to experience and learn life before they met again.

Jim attended automotive school but did not follow that career path. He instead joined the family construction business. He currently works for Home Depot in Winter Haven. In total he has 17 years with the company.

Tami is a self-taught Graphic Designer and has been employed by several different businesses as she moved. Tami is currently employed at Ship Print and Pack, by Winn Dixie.

They contacted a realtor to help them locate a place in Central Florida. Jim and Tami like the culture and atmosphere of this area. They wanted to settle in a 55 community. Jim and Tami looked elsewhere but appreciated the size of Lake Hammock Village. Jim enjoys the lake as he likes to fish. So far both have been pleased with their decision. They really enjoyed the party "Night at the Asylum" held for Halloween.

Jim and Tami say they are simple people. Both are very creative and enjoy their hobbies. Jim enjoys working with his 3D printers, and the laser printer. Several pieces Jim created are on display in their home. He also creates items for Tami's crafting projects on display. Tami enjoys working with vinyl, printing, and working with ropes, mirrors and many other crafting materials.

As for a bucket list they don't have one. They like to be spontaneous, going to areas to explore, depends on where God takes them.

Jim likes to cook and often prepares dinner. Tami helps clean up after dinner. Jim and Tami are still settling in their home and finding places for everything.

They noted that everyone in Lake Hammock Village has made them feel at home. Jim and Tammi are looking forward to getting involved with the activities.



A" NIGHT AT THE ASYLUM"



Halloween Night 2022

Lake Hammock Village Club House





First place couple: Jim and Bonnie Fischer
First place individual: Bob Kruse



FLORIDA CHRISTMAS CAROL



Palm trees sway,
are you listenin'?

In the pool, waters glistenin'.
A beautiful sight, we're happy tonight,
Livin' in a Florida Wonderland!

Gone away is the blizzard,
Here to stay is the Lizard's,
A warm sunny day, we like it that way,
Livin' in a Florida Wonderland!

On the beach, we can have a picnic,
Turtles, sand, and seagulls in the sun!
Christmas dinner is an old tradition,

Shrimp and crab legs,
What could be more fun?
Later on, we'll be tasting,
Key Lime Pie that we're making,
A hammock to share,
The breeze in your hair,
Livin' in a Florida Wonderland!



Submitted by: Donna Rawson

JOIN US AS WE KICK OFF THE HOLIDAY SEASON WITH A
CHRISTMAS CAROLING, CAMPFIRE,
WEINER ROAST AND SMORES

DECEMBER 10TH, 2022

LHV PAVILION

TIME: 6:00 - TILL?????

HOSTED BY DEBBIE AND RICH BIALECKI

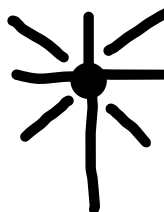
MUSIC WILL BE PROVIDED BY CLARK SMITH



PLEASE BRING A DISH TO SHARE AND WHAT YOU WOULD LIKE
TO DRINK. HOTDOGS AND SMORES WILL BE PROVIDED.

CLARK WILL HAVE THE MUSIC AND WORDS TO ALL YOUR
FAVORITE CHRISTMAS CAROLS. WE LOOK FORWARD TO AN
EVENING OF FELLOWSHIP AND CHRISTMAS CHEER.



**Sights, Sounds
and Tastes  of
Christmas**



**Clubhouse-Sunday-Dec. 11
6:30 P.M.**



Gift Exchange!!

December 17th Maria Combs will host a gift exchange time will be from 2-4pm

At the clubhouse. Bring a \$10.00 value or more wrapped gift with you on the 17th

For a man, woman or either to exchange.

PLEASE NO REGIFTING AND PLEASE NO WHITE ELEPHANT GIFTS!!

Light refreshments will be served. Thank you and hope to see you there.

CHRISTMAS GOLF CART DECORATING AND
GOLF CART PARADE

DECORATE YOUR CART AND JOIN US FOR
OUR NIGHTLY



GOLF CART PARADE

DATE: 12/13 - 12/16/2022

TIME: 6:30 PM

PLACE: LHV CLUBHOUSE

PARADE FINALIE WILL BE DECEMBER 17TH.

GATHERING AT THE CLUBHOUSE @ 6:30 PM AND PARADE AROUND THE
PARK AND OUTSIDE THROUGH THE SHOPPING CENTERS. RETURNING TO
THE CLUBHOUSE FOR JUDGING AND REFRESHMENTS.

JUDGING WILL BE DONE BY THE RESIDENTS, SO LOOKING FORWARD TO
SEEING EVERYONE THERE.





WITH YOUR FRIENDS AND NEIGHBORS AT

LAKE HAMMOCK VILLAGE

DECEMBER 31ST, 2022

8:00 PM - 12:00 AM

DOORS OPEN @ 7:30 PM

LAKE HAMMOCK VILLAGE CLUBHOUSE

HOSTED BY: PHYLLIS AND DAVID LENNOX

JOICE AND CLARK SMITH

MUSIC WILL BE PROVIDED BY: "SMOOTH SENTIMENT"

LIGHT HORS D' OEUVRES WILL BE SERVED

DOOR PRIZES AND RAFFLE PRIZES THROUGHOUT THE NIGHT

ONLY 80 TICKETS WILL BE AVAILABLE

\$10.00 FOR HOA MEMBERS NON-MEMBERS AND GUEST \$15.00

TICKETS CAN BE PURCHASED FROM JOICE AND CLARK SMITH @ #121,

Joyce Middleton #50

COME PARTY THE NIGHT AWAY AND WELCOME IN 2023. EARLY BALLOON DROP AT 10:00 PM, AND FOR THE DIE HARDS THE BALL DROP AT 12:00 AM.



Lake Hammock HOA Presents

Murder Mystery Dinner Theatre

January 14, 2023



Join us for a night of Mystery, Mayhem, and Murder.

Full course meal w/dessert, coffee, iced tea

Dinner at 6:00 pm – Show to begin at 7:30 pm

Ticket Cost: \$25 per person / B.Y.O.B.

Tickets available beginning December 1st from:

Terry Hofer, 57 Sargent St., 847-845-8172

Joyce Middleton, 50 Sargent St., 330-323-2247

Bonnie at the office, 53 Sargent St



VALENTINE SOCK HOP

SATURDAY, FEBRUARY 11TH 2023

LHV CLUBHOUSE

6:00 - 10:00 PM

DJ CLARK WILL BE SPINNING THE TUNES

HOSTED BY: DONNA LARMON, CINDY LYONS AND PATTI KELLER

TICKETS WILL BE: \$6.00 TO HOA MEMBERS

NON-MEMBER WILL BE \$8.00

FOOD WILL BE PROVIDED

COME AND SPEND THE NIGHT REMEMBERING WHEN TIMES WERE
GOOD, MUSIC WAS GREAT AND LIVING WAS EASY.



LHV Residents Corner

A Place for our Residents Services

Handy Man at your Service

Jerry Sibila

Cell: 910-876-7221

58 Sargent St.



No job to small!! Give me a call and we can discuss what you need done.

Floors – Plumbing – Ceiling Fans – Painting – -
Household Repairs – Bathroom Remodel – Kitchen Remodel – New Windows - ETC.

Notary Public

Valerie Trejo

68 Sargent St.

863-333-1077



Power Washing / Painting



Gary Stanley

863-333-1079

(Licensed)

Free Estimates
68 Sargent St.



I do alterations, mending, sewing!! Years of experience from Weddings to replacing zipper. Call: "863-307-7206" or email "jultz56@yahoo.com"

Julie Camp

113 Reineke



SUB-FLOOR & FLOORING EXPERTS!

Sub-Floor Repairs



Laminate Flooring



FREE
ESTIMATES

30
YRS
EXPERIENCE

STATE CERTIFIED
GENERAL CONTRACTOR
CGC# 004138

STATE LICENSED
MOBILE HOME INSTALLER
IH# 102549/1

LICENSED
INSURED
BONDED

FLORIDA
ANCHOR AND BARRIER
COMPANY



863.812.4741

800.681.3772

LOOKED UNDER YOUR MOBILE HOME LATELY?

Missing or torn insulation and vapor barrier can allow moisture, mold and mildew to build up, and provide access to insects and rodents into your home!

Call today for a FREE Under Home Inspection

To our valued customers.

During the current times we wanted to let you know that we are taking as many precautions as we can to ensure not only our workers safety but yours as well. We check workers' temperatures each morning and have limited the amount of contact our crews have with each other. Our crews work in Tyvek suits with respirators which helps to ensure your safety as well as theirs.

As a company, we want your business and there is no need for any contact if you so choose. Our business is deemed an "Essential Business" and we are here for you when you need us. You can schedule your inspection by calling 1-800-681-3772.

Wishing you good health and safety, The Florida Anchor & Barrier Team



We Also Fi Soft Floors!

***ESTIMATES
ALWAYS FREE***

**OVER 10,000
VAPOR BARRIERS
INSTALLED**



State Certified General Contractor CGC#004138
State Licensed Mobile Home Contractor #IH/102549/1
Insured • Bonded • Workman's Compensation Insurance

30 YEARS EXPERIENCE



Family Owned & Operated BBB Senior or Military Discounts



Est. 1979

RESIDENTIAL COMMERCIAL

422-2295

**WE SERVICE
ALL MAKES**

803 Nilsen Street
Haines City, FL 33844
Lic. #CMC056880

CLEAN & CHECK ✓

 **YORK**®

CERTIFIED COMFORT EXPERT

Insurance Program



Mobile • Modular • Manufactured
Home • Condo

Highlights of the Program

- "A" Rated Insurance
- Owner/Tenant
- Seasonal & Rental
- Value 10k to 125k
- Rates from \$212.00
- Approved Park
- Private Property
- 1970 and Newer Homes
- Replacement Cost
Golf Cart Coverage

Mr. Auto
INSURANCE

Toll Free 1-888-249-5464

P.O. Box 1565 • Haines City, FL 33845

Roger Brandjes - License A028734

CALL FOR A QUOTE

863-557-5465

NEW LOWER RATES

Or apply online
MrAutoFL.com



SPRING HAVEN

a Senior Lifestyle community

Exciting changes are here

We're excited to announce that Spring Haven is **under new management** and is now a Senior Lifestyle community!

Come visit to see our exceptional hospitality and care for yourself. We'd love to show you around and treat you to lunch.

Call to schedule your visit today.

863-269-0077



Independent Living | Assisted Living | Memory Care
Assisted Living Facility License #5504
1225 Havendale Blvd. NW | Winter Haven, FL 33881
WWW.SENIORLIFESTYLE.COM

We'll take care of your pests...
So you can get back to you!

\$50^{*} Off

**4 Seasons
Pest Control**

Call Now!

Receive a FREE inspection
and this great offer.

*Applicable to new annual service agreement.

800 • GO • TRULY

PEST • TERMITE • RODENT • LAWN • INSULATION



Brown Insurance Group

Complete Retirement Services



Annuities, Life Insurance, 401 and IRA Roll overs,
and Medicare Plans

863-651-7784

David Brown
Independent Agent
Dbrown0115@gmail.com



MOBILE HOME ROOFING

Family Owned & Operated



**All Florida
Weatherproofing
& Construction, Inc.**

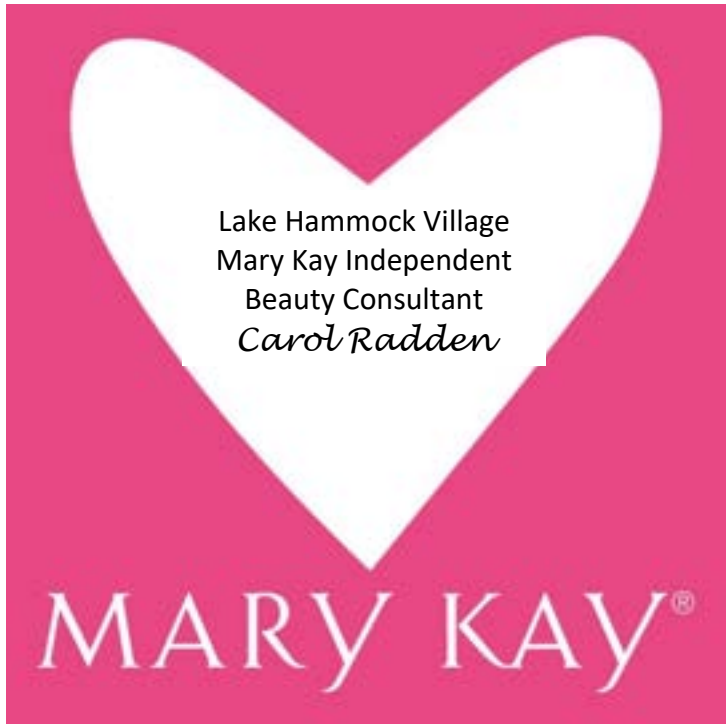
FREE VIDEO ROOF INSPECTIONS

- **Lifetime Transferable Warranty**
 - Energy Efficient
 - Protects Your Home
- **Roof Insurance Certifications**
 - Financing Available
 - **FREE** Estimates

1.877.572.1019
AllFloridaRoofs.com



LICENSED & INSURED #CCC1327406 • CBC1259006



Lake Hammock Village
 Mary Kay Independent
 Beauty Consultant
Carol Radden

For residents of Lake Hammock Village, I give a 20% discount.

Mary Kay has a new product to deal with **undereye puffiness** – it works **very quickly**. If you would like to try it call or text me at 407 276-2307. If I don't answer, please leave a voice mail as I work full-time.

I have Look Books available and will be glad to drop them off to Lake Hammock Village residents.

PERFORMANCE GOLF CARTS
 Golf Cart Sales and Service

Simplifying Your Life
863.875.5600
www.performancegolfcarts.com



GOLF CART SALES & SERVICE

-  Always FREE Pick Up and Delivery
-  2 YEAR Bumper to Bumper Warranty on All Refurbished Golf Carts
-  Shop all of our new, used, and refurbished golf carts online 24/7

GOLF CARTS, PARTS AND ACCESSORIES

From the beginning we set out to be the simplest golf cart company you have ever dealt with. Our straight forward, honest, and up front approach over the years has been our recipe for success. Always offering unmatched guarantees, unmatched value, and an unmatched commitment to our customers. Please allow us the opportunity to show you the difference, please stop by and meet our team or give us a call today to schedule your appointment.

1051 US Highway 92 W
 Auburndale, FL 33823
(Across from the Auburndale Flea Market)

MERRY CHRISTMAS

K F A M I L Y T R N K B J L H
Y M U T J C O R B S X G O J H
Y U P L R C A R O L S I Y I F
Y C M R R E Q N W E E V E N N
L H F E E P E H D N D I J G O
S R B T D S C S S Y W N G L R
Y I Q M T Y E R C M C G S E T
U S T O C K I N G S J A E I H
U T L I G H T S T G S D N W P
L M F L I O V S M S N J S E O
K A V F X B I Z G I I G D T L
B S R E B Z S L E I G H X C E
F K Y O L Q H R N S N O W R U
X N L R J F Z C D N D E X X V
H S T A R W S A N T A T L V M

BOW

CANDY CANE

CAROLS

CHRISTMAS

ELF

FAMILY

GIVING

JINGLE

JOY

LIGHTS

NORTH POLE

PRESENTS

REINDEER

SANTA

SLEIGH

SNOW

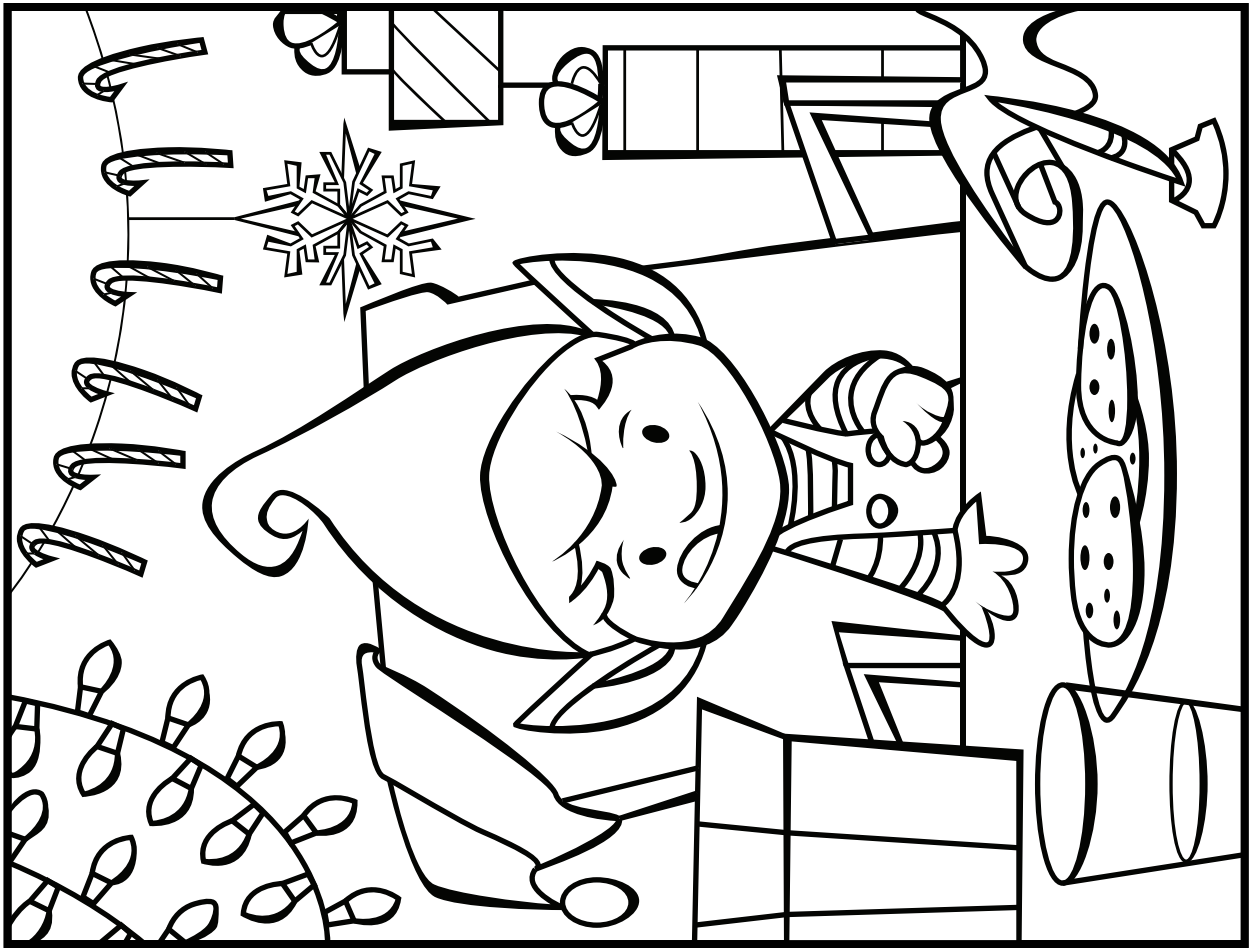
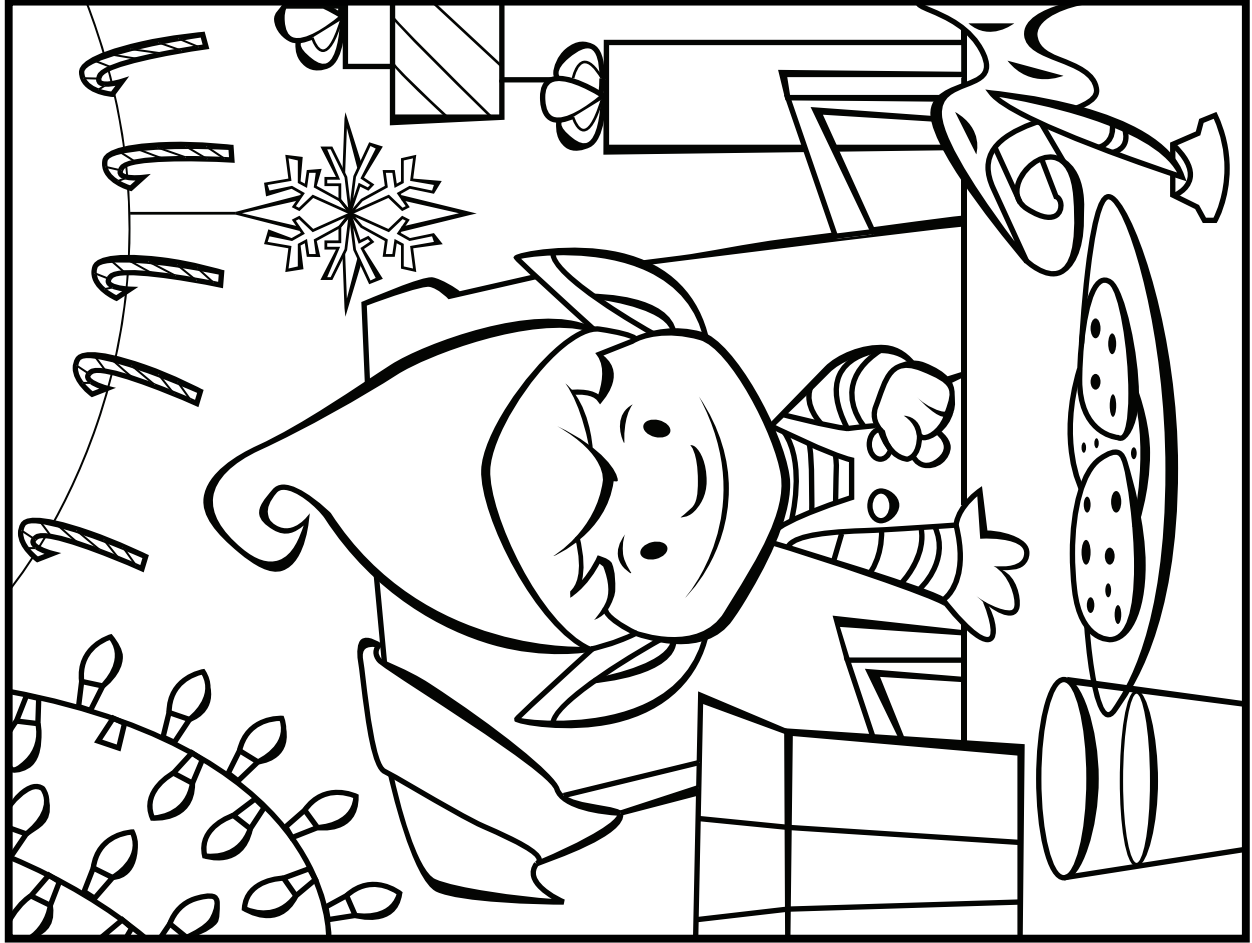
STAR

STOCKINGS

TREES

Santa's Office

A mischievous elf wants one of Santa's cookies. Can you find the seven differences between the two pictures of Santa's office?



December 2022

November '22

S M T W T F S
 6 7 8 9 10 11 12
 13 14 15 16 17 18 19
 20 21 22 23 24 25 26
 27 28 29 30

January '23

S M T W T F S
 1 2 3 4 5 6 7
 8 9 10 11 12 13 14
 15 16 17 18 19 20 21
 22 23 24 25 26 27 28
 29 30 31

Sunday		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27		28	29	30	1 10 am Shuffleboard	2 9:15 Water Aerobics 1 pm POKENO Food Bank Pickup	3 8:30 am Breakfast at Diner
4	6 pm Birthday & Anniversary Celebration	5 9:15 am Water Aerobics 10 am Shuffleboard 1-3 Hand & Foot 6 pm BINGO	6 10 am Cornhole 11 am Activities Meeting 7 pm HOA Board Meeting	7 8 am Coffee & Doughnuts 9:15 am Water Aerobics 1 pm Paint Class 7 pm Diabetes Meeting	8 10 am Shuffleboard 7 pm Dominos	9 9:15 am Water Aerobics 1 pm POKENO	10 6 pm Campfire
11	6:30 PM Sights, Sounds And Tastes of Christmas	12 9:15 am Water Aerobics 10 am Shuffleboard 1-3 Hand & Foot 6 pm BINGO	13 9 am Cornhole 1 pm Sassy Stitchers 6:30 pm Golf Cart Parade 7 pm HOA Meeting	14 8 am Coffee & Doughnuts 9:15 am Water Aerobics 11:30 am Lady's Lunch 6:30 pm Golf Cart Parade	15 10 am Shuffleboard 1 pm Line Dance Class 6:30 pm Golf Cart Parade 7 pm Dominos	16 9:15 am Water Aerobics 1 pm POKENO Food Bank Pickup 6:30 pm Golf Cart Parade 7 pm CLR	17 6:30 PM Golf Cart Parade FINALIE JUDGING AFTER THE PARADE
18		19 9:15 am Water Aerobics 10 am Shuffleboard 1-3 Hand & Foot 6 pm BINGO	20 10 am Cornhole	21 8 am Coffee & Doughnuts 9:15 am Water Aerobics	22 10 am Shuffleboard 1 pm Line Dance Class 6 pm Christmas Caroling 7 pm Dominos	23 9:15 am Water Aerobics 1 pm POKENO 7 pm CLR	24 8 pm - 12 am New Years Eve Party
25	Christmas Dinner	26 9:15 am Water Aerobics 10 am Shuffleboard 1-3 pm Hand & Foot 6 pm BINGO	27 10 am Cornhole 1 pm Sassy Stitchers	28 8 am Coffee & Doughnuts 9:15 am Water Aerobics	29 10 am Shuffleboard 1 pm Line Dance Class	30 9:15 am Water Aerobics 1 pm POKENO 7 pm CLR	31
1		2	Notes				

We will be starting Euchure up again on Sunday, January 8, 2023
 7 pm. Bring a \$1 bill and nickles

DIABETES SUPPORT GROUP 2022-2023

Will meet on the following dates at the CLUBHOUSE at 7 pm.

WED. OCT. 5th – MOTIVATION

WED. NOV. 2nd – RESOURCES

WED. DEC. 7th – GOVERNMENT

WED. JAN. 4th – NO MEETING

WED. FEB. 1st – DIET

WED. MARCH 1st – EXERCISE

WED. APRIL 5th – MEDICATION

WED. MAY 3rd – STRESS