

## FOXWOOD VILLAGE HOMEOWNERS ASSOCIATION 2016 Elected Officers \& Executive Board

The Executive Board shall consist of the elected officers and the immediate past president

| EXECUTIVE BOARD |  |  |  |  |
| :--- | :---: | ---: | :---: | :---: |
| President | kevinjfinnegan@optonline.net | Kevin Finnegan |  |  |
| \#ice President | $\underline{\text { denbill@optonline.net }}$ | Bill Austin |  |  |
| Treasurer | $\underline{\text { driverny@aol.com }}$ | Joe Graham |  |  |
| Recording Secretary | jd.jd@juno.com | June Dolson |  |  |
| Corresponding | $\underline{\text { mangiapane@aol.com }}$ | Jenny Mangiapane |  |  |
| Past President | $\underline{\text { stenreader@aol.com }}$ | MaryLee Feldman |  |  |


| COMMITTEES |  |  |  |
| :---: | :---: | :---: | :---: |
| Recreation Committee | Contact: Diane Capobianco \# 94 Flyer and Art Work Design: Pete Mosia Members: Janet Bennardo, Bill Heiberger, Mikey Coppola, Diane \& Dominick Capobianco, MaryLee Feldman, Cathy \& Jim Hannon |  |  |
| Auditor |  | John Monahan Jim Windsor | $\begin{aligned} & \hline \# 246 \\ & \# 261 \end{aligned}$ |
| Clubhouse Rental |  | Angie Van Riper <br> Artie Van Riper <br> Natalie Chinsky | $\# 9$ $\# 114$ $\# 130$ |
| Community Affairs |  | POSITION OPEN |  |
| Flag Display |  | Jim Hannon | \# 75 |
| FOX TALES | itor4foxtales@gmail.com <br> ng Manager editor4foxtales@hotmail.com <br> ion Manager <br> ders: MaryLee Feldman, Margaret | Bill Austin Carolee Olsen June Dolson nato, Mary Lazoryk | $\begin{array}{r} \hline \# 74 \\ \# 26 \\ \# 251 \end{array}$ |
| Library Committee |  | Joy Tyler <br> Diane Capobianco | $\begin{array}{r} \hline \text { \# } 143 \\ \# 94 \end{array}$ |
| Photographers |  | POSITION OPEN |  |
| Senior Services |  | Sandy Kaczynski | \# 123 |
| Telephone Networking |  | Barbara Ross Mary Lazoryk | $\begin{array}{r} \text { \# } 21 \\ \# 202 \end{array}$ |
| Trip Coordinator |  | Cathy Hannon | \# 75 |
| Webmaster | webmasterfvhoa@optimum.net | Paul Spina | \# 112 |
| Welcoming Committee |  | Joy Tyler Diane Capobianco | $\begin{array}{r} \hline \text { \# } 143 \\ \# 94 \end{array}$ |


| ACTIVITIES |  |  |  |  |
| :--- | ---: | ---: | :---: | :---: |
| Arts \& Crafts | Emma Pughielli | \# 46 |  |  |
| Bingo | Tom Van Riper | \# 9 |  |  |
| Bocce | Carlo Pecoraro | \# 210 |  |  |
| Book Club | Diane Capobianco | \# 94 |  |  |
| Bowling | Joan Dowdle | \# 91 |  |  |
| Christmas Giving Tree | Eileen Pastern | \# 51 |  |  |
| Golf | Jerry Dolson | \# 251 |  |  |
| Health Needs | Bob Boswell (interim) | \# 235 |  |  |
| Line Dancing | Joan Dowdle | \# 91 |  |  |

## FROM THE PRESIDENT

Hello fellow residents.
Hope everyone is well, It is now midway through the summer. Let's hope the second half continues to be as good and extends well into the fall.

It seems that the pool is being well utilized as a place to cool off and meet your neighbors. Check the calendar on the back pages of the Fox Tales for the different activities planned for the next two months. A partial list includes bocce, golf, bowling, horseshoes, cards, bingo and exercise classes.
I would like to thank the Recreation Committee for the past activities and the upcoming events being planned.

The Board and I would like to thank Bill Austin for his work as Editor of Fox Tales on this one year anniversary of him taking over the day to day operation. Carolee Olsen, who retired last year, continues to handle all the advertising.
The next HOA Meeting after the summer break is September 27th.
Don't hesitate to contact me or any other Board member if you have any issues, problems or suggestions.
Sincerely,
Kevin Finnegan, HOA President
PS We are still looking for volunteers to take pictures at the various upcoming activities. Also, the Recreation Committee still has a couple of openings on it. If anyone is interested please call me.

## FROM THE EDITOR

Happy Summer!
Hope everyone is enjoying the nice weather we've been having.
This issue marks the anniversary of my taking the helm of Fox Tales as its editor. The experience has helped me appreciate more the hard work done by my predecessor, Carolee Olsen, in producing Fox Tales in the past. She did an excellent job in turning out a quality newsletter. It takes a fair amount of work to create Fox Tales but it provides a useful source of information and enjoyment for our community. As I continue to produce future issues I hope to be able to keep Fox Tales relevant to our needs as Foxwood residents.
I am always looking for ways to improve Fox Tales. The proof reading team of MaryLee Feldman, Margaret Fortunato, and Mary Lazoryk has helped tremendously in making the newsletter a bit easier to put together and have certainly reduced the number of errors. But I would again ask for feedback from our readers. If there are areas that can be improved, or additional topics of interest please let me know. This newsletter belongs to our community and should reflect the interests of everyone here at Foxwood Village.

If anyone wishes to have something included in an issue of Fox Tales it would be helpful if you could send me the information via e-mail (editor4foxtales@gmail.com). If that isn't possible then a written copy of your submittal is acceptable. Written copy can be submitted either by dropping it off at my house (\#74) or in the "cigar" box attached to the sign-up shelf by the doors to the card room in the club house. To allow enough time for inclusion in an upcoming issue please try to get items to me at least 2 weeks prior to the publication date - earlier is always better.

Thanks - enjoy the rest of the summer and this issue of Fox Tales.
Bill Austin, Editor, Fox Tales

## From the Recreation Committee

Hi everyone, hope you are all having a wonderful summer.
As we always do, the recreation committee has several things planned for the coming months but before I tell you about those let's just refresh our memories of July 4th, 2016.

The weather was just perfect, the food delicious and abundant, and fun was had by all who attended. Janet Bennardo did a great job with the games and prizes were given to the winners. But in reality, we were all winners that day in that we were able to share a good time with friends and family.
So, with that said, we move on to August 5th - time to be determined - for our ICE CREAM SOCIAL. This is another chance to enjoy your favorite treat and toppings and see your friends.
September 5th, Labor Day. If you attended this event last year no further explanation of a great time is needed.
September 19th, San Generro Pot Luck Dinner. All I can say is YUM!
September 23rd, Ladies Tea. Yet another reason for girls to have fun.
All information regarding these events will be posted as they come up on the mailboxes and on the Foxwood Homeowners website.
Once again, we are asking the community for volunteers to help the recreation committee with the events we have planned, so please think about it and give any one of us a call to answer your questions. Your time will be appreciated.

Thank you,
MaryLee Feldman
Recreation Committee

## HOA Openings

Photographer: It's always fun to see photos of how we enjoy the various community events. There is an opening for one or more individuals to take pictures of our neighbors as we enjoy parties, trips, and other activities. If you are interested please contact Kevin Finnegan or any member of the HOA executive board.

PLEASE REMEMBER: When you rent the clubhouse: The Card Room, Exercise room and Library are not to be used by your guests.

Also please remember NO GLASS of any kind in the area around the pool.

## Community Related Announcements

## YARD SALE

Dear Neighbors,

## Can you believe it's time for our ELEVENTH ANNUAL YARD SALE?

It's scheduled for Saturday, September 17 from 9:00 AM to 2:00 PM. The rain date will be Sunday, September 18. If you would like to participate or have any questions, please call me at 631-779-3592. There will be a $\$ 5.00$ fee which will be collected on the day of the yard sale. These funds will be used for advertising, supplies and a permit.

The plans are the same as in the past. You will need to place your tables on Friday afternoon, identified with your name and/or house number, at the area facing the gate on Mill Road. PLEASE DO NOT BLOCK ANYONE'S DRIVEWAY. You can display your merchandise on Saturday morning. To help traffic flow, please allow enough time to drop off you merchandise and move your cars before the gates open at 9:00 AM.
Bob and Janet Edwards \#276

## NEIGHBOR HELPING NEIGHBOR

A Foxwood Village couple are seeking a neighbor to provide companionship and to lend a helping hand with preparing meals and general household chores. If you are interested or want more details please call their daughter, Nancy Giordano, at 845-300-7394.

## BOOK CLUB

Hi, everyone. Here is my new list of books we're reading for the Book Club:

After This by Alice McDermott<br>Girl with the Pearl Earring by Tracy Chevalier<br>Boys in the Boat by Daniel James Brown<br>Galileo's Daughter by Dava Sobel<br>The Panther by Nelson DeMille<br>The Invention of Wings by Sue Monk Kidd

We meet in the clubhouse on the third Wednesday of every month at 2:00 PM except December. All are welcome to join us.

Happy reading,


## 

| AUGUST |  | SEPTEMBER |  | AUGUST |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| MENDEZ, Jaime | 2 | O'HARA, June | 5 |  |  |
| JOYCE, Kate | 5 | MOSIA, Helen | 6 | COPPOLA, Micky \& Tom | 18 |
| MATISIK, Joan | 5 | O'SHEA, Joan | 6 | WINDSOR, Rosary \& Jim | 19 |
| GALASSO, Larry | 6 | HANNON, Catherine | 8 | BECKER, Rebecca \& John | 24 |
| DOWNES, Barbara | 7 | VAN RIPER, Arthur | 10 | KIELBINSKI, Edna \& Tom | 26 |
| TRIMORE, Nellie | 7 | CATALANO, Mike | 11 | GAFFGA, Gigi \& George | 28 |
| GILFOYLE, Kathy | 7 | ZAPPULLA, Maureen | 11 | FINNEGAN, Diane \& Kevin | 29 |
| SULLIVAN, Bill | 8 | TORRES, Ramona | 12 |  |  |
| BRICENO, George | 10 | SQUITIERI, William | 14 |  |  |
| WASHINGTON, George | 10 | MILLER, Joseph | 18 | SEPTEMBER |  |
| YOUNG, Halsey | 10 | PARISE, Joe | 18 | SLOBEN, Inga \& Hadley | 1 |
| FALLON, Janise | 11 | BRIGANTI, Victoria | 19 | BATCHER, Carol \& Bill | 2 |
| TYLER, Joy | 11 | ZAPPULLA, Bob | 21 | BATCHER, Carol \& Bil | 4 |
| WASHINGTON, Elaine | 12 | MAGLIATO, Frank | 25 | BARRETT, Terry \& Tom | 4 |
| PENNY, Regina | 13 | ENGELS, Judy | $\begin{aligned} & 20 \\ & 26 \end{aligned}$ | Digregorio, Marion \& Joseph | 6 |
| ALBERT, Betty | 16 | ENGELS, Judy |  | DERABERTIS, Sandra \& Bob | 8 |
| CLIFFORD, Joy | 16 | HEAVEY, Frances |  | JASINSKI, Paulette \& Frank | 11 |
| GALASSO, Arline | 18 | STANIS, Mary | 27 | BARON, Janet \& Tom | 17 |
| FELDMAN, David | 19 | BUCCELLATO, J | 28 | WASHINGTON, Elaine \& Geo | 20 |
| MAHONEY, Debra | 19 |  |  | BOWLES, Cathy \& Ray | 25 |
| REDICAN, Liz | 19 | FARINHA, Victor |  | MONAHAN, John \& Irene | 28 |
| ARDOLINI, Jean | 21 |  |  | LOMBARDO, Beverlee \& John | 28 |
| DOWDLE, Joan | 21 |  |  |  |  |
| O'CONNOR, Marianne | 22 | OCTOBER |  | PADULA, Barbara \& Lenny | 30 30 |
| DOWNES, Barbara | 24 |  |  | VAN RIPER, Angie \& Thomas | 30 30 |
| STANIS, Steve | 25 | SPINA, Paul |  |  |  |
| ZBAR, Lou | 25 | MENDEZ, Jaime 2 |  |  |  |
| KIELBINSKI, Edna | 26 | GUILFOYLE, John 2 |  | OCTOBER |  |
| TYLER, Lyn | 26 | DODDATO, Cecile |  |  |  |
| HALL, Tom | 27 | HAMILTON, Marilyn |  | DUNLEAVY, Marie \& John | 3 |
| GARBARINO, Rob | 28 | RAUSCH, Eugene |  | RANNO, Diane \& Frank | 3 |
| HASSELBACH, Wolfgang | 29 |  |  |  |  |
| TAYLOR, Kathleen | 31 |  |  |  |  |

Only the $1^{\text {st }}$ week of Birthdays \& Anniversaries for October are listed in this issue. The full lists will be in the next issue of the Fox Tales. If there are any changes, misspelling or wrong information, please inform the editor so appropriate adjustments can be made. If a member has since passed away and their name is on the list, please let us know and say a prayer for them.

Thank You !
*** If you are a new resident of Foxwood Village, please send an email with your birthday \& anniversary information to editor4foxtales@gmail.com

From Jenny Mangiapane \#148

GET WELL CARDS WERE SENT TO:<br>Artie Van Riper Unit 114

THANK YOU NOTES RECEIVED FROM<br>Carlo \& Angela Pecoraro Unit 210<br>Elizabeth \& Dick Redican Unit 239<br>Fred Jann Unit 268<br>Helen Mosia Unit 54<br>Hadley Sloben Unit 207<br>Artie Van Riper Unit 114<br>The Rossini Family Unit 55

## YYe Got Cards \& LLetters

Thank You to Everyone
There are no words that can adequately express how thankful and blessed we are to live in this caring community. Carlo \& I were overwhelmed by the outpouring of concern and prayers from all of our friends and neighbors here at Foxwood. We were comforted and our spirits uplifted by all the prayer cards, get well cards, phone calls, visits and messages we received. The two words "Thank You" are not enough to express our feelings of gratitude. We especially want to thank our chaperones for giving up their time from their lives to drive me \& Carlo and to be with us providing their love and support. This Jersey girl would have been lost without them, literally. We love you all and are so happy that 4 years ago we were guided to this wonderful community. And a special thank you from Carlo to Kevin for the sausage and peppers hero and to Paul for the thick chocolate milk shake. It helped him gain back some of the weight he lost eating that hospital food.
Love, Carlo and Angela

To all our dear friends and neighbors,
Our thanks to all of you for "Everything." We can not list them all! You are truly the "best bunch" of people and we are so grateful to all of you. Bless you all,
Elizabeth \& Dick
I would like to express my thanks to my neighbors and friends in Foxwood. The cards, calls and visits after my recent hospital stay were deeply appreciated.
Sincerely, Hadley Sloben

Dear Friends and Neighbors
A big thank you for all your cards and well wishes during my recent illness. Its great to be living in such a caring community. that Foxwood is. Thank you again

Artie Van Ríper

To all my Foxwood Friends,
I want to thank all of you for the visits, calls, card \& food. Most of all for your friendship.

Thanks again,
Fred E. Jann
To Our Foxwood Village Friends and Neighbors
special thanks to all who sent their well wishes, cards, food, desserts and phone calls after my recent surgery. It all helped so much in my recovery.
Fondly, Helen Mosia.
We want to thank everyone of our neighbors and friends in Foxwood for their prayers and concern due to my accident. Also, thanks for the lovely cards sent to me.
The Rossini Family \#55

## Cook's Corner by Catherine Hannon

## Summer is a time of healthy cooking with the bounty of fresh vegetables and fruits from the farms around our homes

## TUNA POTATO SALAD WITH SORREL VINAIGRETTE

Total 45 min ; Serves 6.
Sorrel Vinaigrette;
5 Tbsp. extra-virgin olive oil
$1 / 2$ sweet onion, thinly sliced ( 1 cup)
$1 / 2$ hothouse cucumber, peeled and cut into $3 / 4$ inch pieces
2 cups packed sorrel leave, stemmed
$1 / 4$ cup canola oil
2 Tbsp. crème fraîche
Kosher salt
Salad:
1 lb . small potatoes, such as Yukon Gold or Carola
Kosher salt and pepper
2 Tbsp. extra-virgin olive oil
1 cucumber (1lb.) thinly sliced crosswise
8 oz . arugula, thick stems discarded
8 oz . best- quality tuna packed in olive oil, drained and flaked into large pieces

1. Make the Vinaigrette: In a small nonstick skillet heat 1 tablespoon of the olive oil. Add the onion and cook over low heat, stirring occasionally, until very soft but not browned (about 12 minutes). Scrape into a blender and let cool.
2. To the blender add the cucumber and sorrel and puree until smooth. With the machine on drizzle in theremaining $1 / 4$ cup of olive oil and canola oil. Strainthe vinaigrette into a small bowl, pressing on the solids. Wisk in crème fraîche and season with salt. Cover and refrigerate.
3. Make the Salad: In a medium saucepan, cover the potatoes with 2 inches of water and season with salt. Bring to a simmer and cook until tender, about 30 minutes. Drain and let cool slightly. Thinly slice the potatoes and transfer to a medium bowl. Toss with the olive oil and season with salt.
4. In another bowl combine the sliced cucumber and arugula with $3 / 4$ cup vinaigrette and season with salt and pepper. Toss to coat. Mount the salad on plates and top with the potatoes and tuna. Garnish with pepper and serve the remaining vinaigrette on the side.
NOTE: If sorrel is not available you can substitute 2 cups baby spinach plus 1 tablespoon lemon juice. Make ahead the vinaigrette and refrigerate overnight.

## Green Beans are in abundance in the summer, below are 2 simple recipes

Pickled Beans: Pack 10 oz. haricots verts in a heatproof, 1 -qt. glass jar. In a saucepan bring 1 cup of water, $1 / 2$ cup tomato juice, $1 / 3$ cup rice vinegar, 2 tbsp. each horseradish and salt, 1 tsp. black peppercorns, and 2 crushed garlic cloves to boil; pour over beans and let cool completely. Seal and refrigerate for 2 hours.
Tempura Green Beans: In a bowl whisk 1 cup of flour, 2 tbsp. cornstarch, $1 / 2$ tsp. each of baking powder and salt, and 1 tsp. Old Bay. Whisk in 1 cup plus 2 tbsp. cold club soda. In batches dip 1 or 2 lbs . green beans in the batter. Fry in $1 / 2$ inch of simmering vegetable oil until crisp, about 3 minutes. Sprinkle with Old Bay.

QUICK TIP: Drying Herbs - Microwave Trick; Arrange herb sprigs on a paper towel. Microwave on high in 20-second intervals until dried and crisp. Remove the stems, crumble the herbs and store in airtight containers for up to 3 months.

## Fun and Games





## DOWN

1) Impersonal pronoun
2) When repeated, a Latin dance
3) Require an erasure
4) "It's a girl!" handout
5) Chat room icon
6) Bothersome type
7) Smells to avoid
8) Change back to zeros
9) To whom Brutus got his point across
10) Pie-mode link
11) $\qquad$ mignon
12) $\overline{\text { Pro }}$ basketball building
13) Plural of 31-Across
14) "Burnt" pigments
15) Modus operandi
16) Alcoholic cakes
17) "There $\qquad$ enough hours in the day"
18) Small shovel
19) Bridge-crossing fee
20) Beast associated with Balaam
21) Income from wealth
22) "Nay" offsetter
23) Astronomical distances
24) Burning
25) Really fat Japanese athletes
26) Cash or one's home, e.g.
27) Skip past
28) "7 Faces of Dr.
29) One of the Baltics
30) Gets ready for a golf drive
31) Frederic Douglass was one
32) Food prepared by blending
33) Do extremely well
34) Leafy salad green
35) Addams family butler
36) Feel around blindly
37) Caffeine source
38) Letters on an ambulance
39) Outer edge
40) Cell "messenger"
41) Japanese money

## ACROSS

1) Polar cover
2) SeaWorld favorite, once
3) Great, to a Beatles' fan
4) Flourish
5) Word following a handshake
6) Fury
7) Vast part of the North Atlantic
8) Farmer's field
9) Dresses
10) Restaurant reading
11) Iraqi port
12) Inheritance reducer
13) Dada pioneer
14) Turned chicken
15) Decompose
16) Belle man?
17) Come unglued
18) Tibet's capital city
19) "Thusly, we have spoken"
20) Cook Maryland crabs
21) "Buona $\qquad$ " (Italian greeting)
22) Lowers, as a light
23) Zero, in soccer
24) Drunkard
25) Agile deer
26) Remarkable thing to see
27) Emit, as sweat
28) Plushness or opulence
29) Cab driver?
30) Rainbow shape
31) "Please pardon me"
32) Center of gravity?
33) "Other" category (Abbr.)
34) Wolflike
35) Sushi roll fish
36) Scout uniform item
37) Hypothetical evolutionary link

SODUKO
国

## Can you identify these Long Island lighthouses?



## This and That



Dave Feldman with Tom Van Riper and the prize winning fluke Dave caught. Congrats, Dave. Well Done!

Now I lay me down to sleep One less terrorist this world does keep
With all my heart I give my thanks
To those in uniform, regardless of rank
You serve our country and serve it well
With humble hearts your stories tell
So as I rest my weary eyes
While freedom rings our flag still flies
You give your all, do what you must
With God we live and in God we trust
Submitted by Joe Spano \#97

One Sunday morning, a mother went in to wake her son and tell him it was time to get ready for church, to which he replied, "I'm not going!"
"Why not?" she asked.
I'll give you two good reasons," he said. "(1), they don't like me, and (2), I don't like them."
His mother replied, "I'll give you two good reasons why you SHOULD go to church; (1) You're 59 years old, and (2) you're the pastor!"


HOW DAVE REALLY DID IT!
When going fishing, take an Action Figure with you.... it will make your catch look amazing!!!


Just kidding great catch, Dave.

When I die, I want to go peacefully like my grandfather did - in his sleep. Not yelling and screaming like the passengers in his car.
-Bob Monkhouse
I intend to live forever. So far, so good.
-Steven Wright

## A BOCCE MIRACLE



MaryLee Feldman scored a double kiss for 4 points at bocce.
Way to go MaryLee!

## Lighthouses

A - Long Beach Bar Light (Bug Light)
B — Orient Point Light (the Coffee Pot)
C — Fire Island Light
D - Horton Point Light
E - Montauk Point Light

| SODUKO |  |  |  |  |  |  |  |  |  |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :---: |
| 2 | 3 | 6 | 7 | 8 | 1 | 9 | 4 | 5 |  |
| 8 | 5 | 1 | 9 | 4 | 6 | 7 | 2 | 3 |  |
| 7 | 4 | 9 | 5 | 3 | 2 | 8 | 1 | 6 |  |
| 4 | 7 | 2 | 1 | 5 | 8 | 6 | 3 | 9 |  |
| 3 | 9 | 5 | 2 | 6 | 7 | 1 | 8 | 4 |  |
| 6 | 1 | 8 | 4 | 9 | 3 | 2 | 5 | 7 |  |
| 5 | 6 | 4 | 8 | 1 | 9 | 3 | 7 | 2 |  |
| 1 | 2 | 3 | 6 | 7 | 5 | 4 | 9 | 8 |  |
| 9 | 8 | 7 | 3 | 2 | 4 | 5 | 6 | 1 |  |

## ATTENTION MODEL RAILROADERS



In the February / March issue I spoke about my interest in model railroading. Since then several fellow Foxwood Village residents expressed interest. To that end I'd like to explore the possibility of starting a model railroad club here.
If anyone is interested please let me know. You need no experience, no plans for building your own layout, just an interest in the hobby. If interested please contact me at dcnbill@optonline.net or call me at 631-669-4508.
Bill Austin \#74


You might have noticed the new sign by the sales office. The location provides better visibility as you enter Foxwood Village. Hopefully it will make it easier for visitors to head in the right direction when looking for an address.

## CONGRatulations Lyn Tyler

Our own Lyn Tyler won the Riverhead Memorial Day Poetry Contest.
Here is her winning entry.

## War Games

Death stepped in on leaden paws what are the rules, where are the laws?

People run but nowhere to hide death is coming from every side

The question is the same old song Who is right, who is wrong? Bombs burst, smoke flies People die before our eyes

Adults scream, children cry Oh dear God, It's happening......why? Why do we go on playing death games when all around the world is in flames

If we pray at home and also away will peace come, and decide to stay?

Give us children straight and tall and a world where freedom is given to all

LYN TYLER 2014

Take the Beachbody Challenge! www.shakeology.com/joyclifford

JOY CLIFFORD
Independent Team Beachbody Coach 516-316-7992

Drinking Shakeology daily helps you
*Increase your energy
*Curb junk food cravings
*Improve digestion and regularity
*Loose unwanted weight

Clinically proven to help you
*Lower cholesterol
*Reduce blood sugar levels
(as measured by HbAlC )


| SUN | MON | TUE | WED | THO | FRI |  | SAT |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | $\begin{array}{lc} \text { EXERCISE } & \mathbf{1 2 : 0 0} \\ \text { CARDS } & 7: 00 \end{array}$ | 2  <br>   <br> LINE DANCING 10:00 <br> CANASTA $1: 00$ <br> PENNY POKER $1: 00$ <br> GOLF $1: 30$ <br> BOCCE $6: 00$ <br> CARDS $7: 00$ | 3  <br> PAPERS  <br> EXERCISE $10: 30$ <br> BRIDGE $12: 30$ <br> CARDS 700 <br> BINGO $7: 00$ <br>   | LINE DANCING 10:00 MAHJONG 1:00 TEXAS HOLDEM 7:00 | 5 <br> EXERCISE <br> BUNCO <br> POKER | $\begin{aligned} & \text { 10:30 } \\ & \text { 1:00 } \\ & 7: 00 \end{aligned}$ | 6 <br> HORSESHOES |
|  | 8  <br>   <br> EXERCISE $12: 00$ <br> BUNCO $7: 00$ <br> CARDS $7: 00$ <br>   <br> REC COM $7: 00$ | 9  <br>   <br> LINE DANCING $10: 00$ <br> CANASTA $1: 00$ <br> PENNY POKER $1: 00$ <br> GOLF $1: 30$ <br> BOCCE $6: 00$ <br> CARDS $7: 00$ | 10  <br> CANS  <br> GLASS/PLASTIC  <br>   <br> EXERCISE $10: 30$ <br> BRIDGE $12: 30$ <br> GENEALOGY $2: 00$ <br> CARDS $7: 00$ <br> BINGO $7: 00$ | LINE DANCING 10:00 MAHJONG 1:00 TEXAS HOLDEM 7:00 | 12 <br> EXERCISE <br> POKER |  | $13$ <br> HORSESHOES |
|  |  15 <br>   <br> EXERCISE $12: 00$ <br> CARDS $7: 00$ | 16  <br> LINE DANCING $10: 00$ <br> CANASTA $1: 00$ <br> PENNY POKER 100 <br> GOLF $1: 30$ <br> CARDS $7: 00$ <br> COCCE Makeup  | 17  <br> PAPERS  <br> EXERCISE  <br> BRIDGE  $12: 30$ | 18 <br> LINE DANCING 10:00 MAHJONG 1:00 TEXAS HOLDEM 7:00 | 19 <br> EXERCISE POKER | $\begin{gathered} 10: 30 \\ 7: 00 \end{gathered}$ | $20$ <br> HORSESHOES |
|  | 22  <br>   <br> EXERCISE $12: 00$ <br> CARDS $7: 00$ |  | 24  <br> GANS  <br> GLASS/PLASTIC  | 25 <br> LINE DANCING 10:00 MAHJONG 1:00 TEXAS HOLDEM 7:00 | $\begin{aligned} & 26 \\ & \begin{array}{l} \text { EXERCISE } \\ \text { POKER } \end{array} \\ & \hline \end{aligned}$ | $\begin{gathered} 10: 30 \\ 7: 00 \end{gathered}$ |  |
|  |   <br> EXERCISE  <br> CARDS $12: 00$ <br> $7: 00$  |  | B1  <br> PAPERS  <br> EXERCISE $10: 30$ <br> BRIDGE $12: 30$ <br> CARDS $7: 00$ <br> BINGO $7: 00$ | Birthstone: Peridat Flower: Poppy or Gladiola |  |  |  |



| SUN | MON | TUE | WED | THU | FRI |  | SAT |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Birthstone - Sapphire |  |  |  | I <br> LINE DANCING 10:00 MAHJONG 1:00 TEXAS HOLDEM 7:00 | EXERCISE <br> BUNCO <br> POKER | $\begin{aligned} & \text { 10:30 } \\ & \text { 1:00 } \\ & 7: 00 \end{aligned}$ | 3 <br> horseshoes |
| 4 |  | 6   <br>    <br>    <br> LINE DANCING $10: 00$  <br> CANASTA $1: 00$  <br> PENY POKER $1: 00$  <br> GOLF $1: 30$  <br> CARDS $7: 00$  <br>    | 7  <br> CANS  <br> GLASS/PLASTIC  <br>   <br> EXERCISE $10: 30$ <br> BRIDGE $12: 30$ <br> CARDS $7: 00$ <br> BINGO $7: 00$ | $8$ <br> LINE DANCING 10:00 MAHJONG 1:00 TEXAS HOLDEM 7:00 | EXERCISE POKER | $\begin{gathered} 10: 30 \\ 7: 00 \end{gathered}$ | 10 <br> HORSESHOES |
|  | 12  <br>   <br> EXERCISE $10: 30$ <br> BOWLING $1: 00$ <br> BUNCO $7: 00$ <br> CARDS $7: 00$ <br>   <br> REC COM $7: 00$ | I3  <br>   <br>   <br> LINE DANCING $10: 00$ <br> CANASTA $1: 00$ <br> PENY POKER $1: 00$ <br> GOLF $1: 30$ <br> CARDS $7: 00$ | I4  <br> PAPER  <br> EXERCISE $10: 30$ <br> BRIDGE $12: 30$ <br> GENEALOGY $2: 00$ <br> CARDS $7: 00$ <br> BINGO $7: 00$ | 15 <br> LINE DANCING 10:00 MAHJONG 1:00 TEXAS HOLDEM 7:00 | $16$ <br> EXERCISE POKER | $\begin{gathered} 10: 30 \\ 7: 00 \end{gathered}$ | 17 <br> HORSESHOES |
| $18$ | I9  <br>   <br> EXERCISE $10: 30$ <br> BOWLING $1: 00$ <br> CARDS $7: 00$ | 200  <br>   <br>   <br> LINE DANCING $10: 00$ <br> CANASTA $1: 00$ <br> PENNY POKER $1: 00$ <br> GOLF $1: 30$ <br> CARDS $7: 00$ | 2II  <br> CANS  <br> GLASS/PLASTIC  | LINE DANCING 10:00 MAHJONG 1:00 TEXAS HOLDEM 7:00 | $23$ | $\begin{gathered} 10: 30 \\ 7: 00 \end{gathered}$ | 24 horseshoes |
|  | 2,6  <br>   <br> EXERCISE $10: 30$ <br> BOWLING $1: 00$ <br> CARDS $7: 00$ | 27   <br>    <br>    <br> LINE DANCING $10: 00$  <br> CANASTA $1: 00$  <br> PENNY POKER $1: 00$  <br> GOLF $1: 30$  <br> CARDS $7: 00$  <br>    <br> HOA $7: 00$  | 28  <br> PAPER  <br> EXERCISE $10: 30$ <br> BRIDGE $12: 30$ <br> CARDS $7: 00$ <br> BINGO $7: 00$ <br>   | 29 <br> LINE DANCING 10:00 MAHJONG 1:00 TEXAS HOLDEM 7:00 | $30$ | $\begin{gathered} 10: 30 \\ 7: 00 \end{gathered}$ |  |

