



# Carlyon Beach Community News January 2020



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Office Hours: Monday – Friday 9:00 am to 4:30 pm – The office will be closed from Noon to 12:30 pm for Lunch Period

## 2020 COMMUNITY EVENTS

Board Workshop: January 22 6:30 pm (Wednesday)

Board Meeting: January 28 7:00 pm (Tuesday)

Low Impact Exercise Class: Tuesday 9:45 – 10:45 am

Gentle Exercise Class: Tuesday 11:00 – 11:45 am

Strengthen & Stretch Exercise Class: Thursday 9:45 am – 10:35 am

Yoga – Thursday 4:00 pm

**Reminder, there will not be any exercise class on January 9 & 14**

## HAPPY NEW YEAR 2020!!!!

January 8, Wednesday	Koffee Klatch @ the Clubhouse	1:00 pm
January 14, Tuesday	Events Group Meeting @ the Clubhouse	1:00 pm
February 12, Wednesday	Koffee Klatch @ the Clubhouse	1:00 pm
March 11, Wednesday	Koffee Klatch @ the Clubhouse	1:00 pm
April 3, Friday	Egg Stuffing for Easter Egg Hunt	4:00 pm
April 5, Sunday	Easter Bonnet Parade & Egg Hunt	1:00 parade 2:00 pm hunt
April 8, Wednesday	Koffee Klatch @ the Clubhouse	1:00 pm
April 14, Tuesday	Events Group Meeting @ the Clubhouse	1:00 pm



Bring in the new year meeting new friends at the community Koffee Klatch on **Wednesday, January 8 at 1:00 pm**. There will be coffee, teas, and goodies. Join in the conversations, adventures for the new year & enjoy the view. Everyone is welcome! Hope to see you...

Sharon Harris & The Events Group



## **IMPORTANT DATES TO REMEMBER**

**March 5, 2020** is the last day to submit proposed By-Law changes.

**April 2, 2020** is the last day to submit applications for a Board of Trustee position (4 positions open).

Both By-Law proposed change forms & board applications are available at the office.

**June 5, 2020** is the last day you can pay any back owed assessments or fees. You must be current with your payments to be eligible to vote at the Annual Meeting. If you have questions regarding your account, please contact Lynda Giff, bookkeeper, at 360-866-0717.

**Annual Meeting June 13, 2020** Griffin Fire Dept at 10:00 am.

## **Exercise Classes – Lisa Krupp**

There are now three exercise classes held on Tuesday and Thursday mornings, all at no cost though donations to cover the cost of equipment are accepted. For more information on these classes you may phone or text Lisa at 360-259-7374.

**Tuesday 9:45-10:45 “Senior” Fitness** This session includes about 10-15 minutes of low impact aerobics and some work with hand weights and resistance bands. This is intended to be a whole-body workout to build strength along with stretching major muscle groups and working on balance. It is not necessary to bring anything to the class.

**Tuesday 11:00-11:45 Seated exercise class** with hand weights and resistance bands. These exercises can also be done standing, but this is appropriate for those of us with physical challenges or unreliable balance.

**Thursday 9:45-10:35 Strengthen and Stretch** The goal of this class is to strengthen the core muscles and hips and leg muscles specifically. Many of us will develop some arthritis in knees and hips and it's important to maintain strength in the muscles surrounding those joints. We also spend time stretching. For this class it is a good idea to bring a yoga mat because we do spend some time on the floor. (No class on January 9 & 14)

(Also, on Thursday is a 90 minute yoga class, 4:00-5:30, led by Bill.)

