

T H E
ECHO

AUGUST 2018

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2018 Marin County Fair Awards

Congratulations to residents **Laura Kradjan-Cronin** and **Kathryn McMudie** whose accomplishments were rewarded this year at the Marin County Fair. Laura Kradjan-Cronin had two entries accepted: one acrylic painting, "Astoria Wash Day #3," into the juried main exhibit and a combo appliquéd shirt in the "Clothing Revisited" category, for which she won a First Place blue ribbon. Kathryn McMudie was awarded ten ribbons:

1. First Place — *Container of six varieties of cacti "Maria's Garden"*
2. First Place — *Miniature Frog Garden*
3. First Place — *Succulents — "Baby Toes"*
4. Second Place — *Euphorbia Succulent*
5. Second Place — *Columnar Cactus*
6. Third Place — *Euphorbia Succulent*
7. Third Place — *Haworthia retusa Succulent*
8. Third Place — *Crassula Succulent "Kitten Ears"*
9. Fourth Place — *Cup/Saucer of Succulents*
10. Honorable Mention — *Tray of Succulents*

Directory Update

Robert Hatfield
cell 415-572-2126

Sharon Carlson
cell 415-505-2796

New Residents

**Kim Holscher /
David Tetta**
16 Scenic Drive
cell 206-291-0972

Clubhouse Library

When residents are returning books to the library, please drop off at the small back table to be reshelved by the librarians.

We would appreciate residents' cooperation in NOT donating the following categories of books. Please recycle at "Book Place" on Grant Street in Novato, Goodwill, the Hospice Retail Stores, or other locations of your choice.

- 1) Books before the 21st century
- 2) Fiction books published before 2007
- 3) Medical books
- 4) Dictionaries
- 5) Textbooks
- 6) Cook/recipe books
- 7) Craft books
- 8) VCR tapes (Goodwill will take them)
- 9) Magazines more than six weeks old (please recycle)
- 10) Puzzles (we already have a collection)

Thank you for your cooperation.

The Mar Val Librarians

In the News

David Maclam is teaching Tai Chi on Mondays from 11 – noon at Whistlestop in San Rafael, members \$8 (non-members \$10). And you can join David anytime from 6:30 to 9:30 am on the clubhouse deck Sundays, Tuesdays, and Thursdays.

Free: Chet Willett's F-55 Yamaha



Electone organ with bench, manual, and sheet music. Call Janet Willett at 415-883-1740.

THE
ECHO
AUGUST 2018

MARIN VALLEY
MOBILE COUNTRY CLUB

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DIRECTOR/RESERVATIONS Carolyn Corry 370-6403

DEADLINE

Articles are due the 8th of the month or sooner for the following month's issue.

SUBMITTING ARTICLES

Email articles with "ECHO" as the first word of the subject line and a copy of the article in the body of the email to Erma Wheatley:

ermawheatley@gmail.com

Images should be as large as possible to enable a 300 ppi resolution (*pixels/inch*).

Management Update Letter to Residents

Management is currently grading retaining walls for replacement or repair.

Do you have a deteriorated wall you would like us to view and determine if repair or replacement is necessary? Call Matt at the front desk.

Please contact Matt if you feel your driveway has a trip hazard or is in need of new asphalt overlay. We will inspect and repair as needed.

We are paying close attention to fire safety and abatement issues here in the Park. We are working to cut back or clear all common areas of fire-prone material.

New ADA parking and path of travel to the front entrance of the clubhouse is near completion.

Please keep all pets indoors unless on a leash out for a walk. Multiple cats are on report with the front desk as unattended and/or outside. Remember that the young quail are vulnerable to cats.

Water is precious and although we are not in a drought, we should conserve as if we were. Please do not water your gardens between the hours of 8 am and 5 pm. Use water incrementally at night or very early in the morning. This gives your plants a chance to absorb as much as possible. If you need help with setting your timer for your sprinkler system, please contact the front desk. We will set your timer.

Continue with all of your efforts to remove stored items from your carports. Still, many residents have items not permitted in a carport. It is a hard task, but if all cooperate, the Park will look that much better.

Rule 10.1 Please do not hang laundry in your yard to dry. Your neighbors do not appreciate this.

Management appreciates your anticipated cooperation.


Matt Greenberg
GENERAL MANAGER
gm.mvmcc@gmail.com
415-883-5911 ■ 415-883-1971 Fax

Greetings from the PAC Board.

Finances Our finances are in order. The debt service on the loan is 2.43 as of May 31, 2018, well above the required 2.0. Our cash plus short-, medium-, and long-term reserves is in excess of 4.9 million dollars.

MVEST MVEST continues to be active in focusing our attention on safety issues around our community. For further information, see John Hansen's report on Page 4.

New Budget Year July begins our new budget year. Those projects previously anticipated and budgeted can now begin. The retaining walls below the clubhouse and above Club View Drive will soon be completed. The same contractor will then begin the ADA work at the clubhouse to make it safer for all to access the facility and pool area. For more details of present projects and future works, see Matt Greenberg's management report on this page.

Project Planning The PAC project planning committee will soon hold meetings to gather input from all interested residents on the development of the acreage below the clubhouse and above Club View Drive. Some of the ideas put forth to date are for a community garden, picnic seating area, an emergency water well, or an assisted living center. Watch for notices when and where your input can be offered. You may also send input to either or both John Hansen or me. Your input is necessary before any plans are formulated. This will be a community-planned project.

Management The PAC Board is looking into the existing management and delegation agreements we have with both the management company operating our facility and the City of Novato. Ideally, they will solidify the City's commitment to a secure and affordable future for residents and further define the role of the PAC in operating this facility. We will be holding noticed meetings to gather input from the residents.

The next PAC meeting will be at 6 pm Wednesday, Aug. 1. The agenda will be posted in the clubhouse before the meeting and emailed to you if requested.

In service,


Jay Shelfer
PAC PRESIDENT
jjshelfer@yahoo.com



Behind the Scenes

by JOHN HANSEN

Marin Valley's Emergency Safety Team, or MVEST, is your (mostly behind the scenes) safety net to help our community avoid preventable disasters and to reduce the effects, provide relief, and speed recovery from not-so-preventable incidents. On the one hand, the likelihood of having one of those bad days is small; but on the other, it only takes one of those days to be your last. MVEST is here to help ensure that you have many more good days and fewer bad days ahead.

MVEST meets in the Fireside Room nearly every Monday evening at 6 pm. As four of the five PAC board members are now on the MVEST Steering Committee (a Standing Committee of PAC), the weekly meetings are conducted as PAC meetings with agendas limited to MVEST issues. You are always welcome to attend these meetings. In addition, several MVEST subcommittees meet frequently to address specific topics and bring recommendations to the Steering Committee.

That's a lot of meetings! So why so frequently, and what do they do? First, we should acknowledge that MVEST is one of very few disaster preparedness organizations that are the envy of the rest of Marin — that says we're doing it right. Second, the MVEST philosophy of disasters is modeled after that of all the professional agencies, from fire departments to FEMA. **Rather than an "event" as reported by the media, disasters are viewed as a "cycle."**



The reasoning is simple but very sound: The more effort expended on the “controllable” parts of the cycle — preparedness, mitigation, response, and recovery — the less is lost on the “uncontrollable” actual incident. The professional approach that is acknowledged and practiced by MVEST has made it much easier to interface and gain the respect of professional responders and associated agencies throughout the county. This also says we're doing it right.

Novato has one of the best fire districts in California, and they are truly expert responders. MVEST does not overlook the possibility of needing to respond in some capacity to emergencies, but the majority of MVEST time and effort is invested in the parts of the disaster cycle that receive less direct attention from our responders — that includes preparedness, mitigation, and recovery. These tasks are the responsibility of every community. MVEST identifies and designs these tasks for Marin Valley, and we train and drill to teach and lead our disaster-related activities. But in the end, these tasks are the responsibility of every resident.

*If you're going to live outside the law,
you've got to be an honest man.*
— Bob Dylan

In the context of MVEST's service to the Marin Valley community, if you don't want to follow the lead that MVEST provides, you'd better have a better plan.

Here's a short list of the issues MVEST has been working on recently:

1. An alternative evacuation route
2. Park-perimeter fuel break
3. Residential defensible space
4. Fire prevention
5. A PG&E grant to make our main access road safer
6. Emergency drinking water planning
7. Emergency household waste management planning
8. Emergency toilets planning
9. Emergency pet management program review
10. Emergency community alert system planning
11. Monitoring and reporting illegal camping in the open spaces around the Park.

The work that MVEST does is more than a collection of projects, it's a continuous process to contribute to the safety and security of our community. You are invited to take a Monday evening off from your regular schedule and come to one of our meetings.

Fresh ideas are always welcome.

Message from Mar Val

Dear Friends,
We are delighted to confirm the time has once again arrived for us to embark on our fantasy visit to the tropics. Please join Mar Val on Saturday, August 18, 2018 for the annual Luau. This of course is the ideal venue for dressing in your most colorful

muumuu or your brightest Hawaiian shirt and join the guests sipping exotic drinks at the popular outdoor Tiki Bar. Although it seems time has been speeding by since we began the series of outdoor parties this year, we are now approaching the last of these events with the Labor Day

celebration on Monday, September 3. Please refer to the reservation forms for menu details for both the Luau and Labor Day.

Allow me to quickly assure you there is no reason to fear festivities will diminish in any way with the end of summer. Plans are already in

place to celebrate Oktoberfest in conjunction with Pub during the third week of September. Please watch for details in next month's *Echo*.

With warmest regards,


Kathleen Dargie
MAR VAL PRESIDENT
kfdargie@aol.com



AUGUST 18 • 5 PM COCKTAILS • 6 PM DINNER

M E N U

BBQ Teriyaki Pork Skewers or Teriyaki Vegetarian Skewers
Vegetarian Fried Rice • Asian Cole Slaw • Hawaiian Rolls • Tropical Dessert

\$12 per person. Reservation deadline is **August 15 at 5 pm** or when 120 reservations have been received. Questions? Call Carolyn Corry at 415-370-6403.

MAR VAL
LUAU

August 18 Luau Reservation Form

Please circle entrée choice

RESIDENT _____ Pork Skewers Vegetarian Skewers
RESIDENT _____ Pork Skewers Vegetarian Skewers
GUEST _____ Pork Skewers Vegetarian Skewers
GUEST _____ Pork Skewers Vegetarian Skewers

Residents attending ___ @ \$12 ea **Check for \$ _____ is enclosed. (NO CASH, please)**
Guests attending ___ @ \$12 ea Checks payable to Mar Val. Questions? Call Carolyn Corry at 415-370-6403.
Reservation deadline is **August 15 at 5 pm** or when 120 reservations have been received.

MAR VAL LABOR DAY DINNER



SEPTEMBER 3 • 5 PM COCKTAILS • 6 PM DINNER
M E N U

BBQ Pork Ribs or Grilled Vegetables/Pasta
Tuscan Potato Salad • Ice Cream Bars

\$12 per person. Reservation deadline is **August 29 at 5 pm** or when 120 reservations have been received. Questions? Call Carolyn Corry at 415-370-6403.

September 3 Labor Day Dinner Reservation Form

Please circle entrée choice

RESIDENT _____ Ribs Vegetable/pasta
RESIDENT _____ Ribs Vegetable/pasta
GUEST _____ Ribs Vegetable/pasta
GUEST _____ Ribs Vegetable/pasta

Residents attending ___ @ \$12 ea **Check for \$ _____ is enclosed. (NO CASH, please)**
Guests attending ___ @ \$12 ea Checks payable to Mar Val. Questions? Call Carolyn Corry at 415-370-6403.
Reservation deadline is **August 29 at 5 pm** or when 100 reservations have been received.

Home Owners League Message

HOL



Farmers Market Food Truck – The Rollin’ Root— starts August 9.

Imagine a truckful of colorful, fresh, organic fruits and vegetables when the Farmers Market truck — *The Rollin’ Root* — comes to the Park weekly on Thursdays starting Thursday, August 9, 12–1 pm. Watch your tube for flyers.

Handyman/Contractor Binder.

Nancy Bingham revised the “Work Performance Rating Survey” sheet. Please use the new sheet. You can find copies in the cubbyholes next to the HOL bulletin board or in the front of the binder. DO NOT FILE your survey in the binder; put it in the box labeled for it.

Children’s Hours for the pool have been changed to 11 am – 2 pm. Other rule changes are being made, and signs will go up when done. Please note: **NO DIAPERS** of any kind are allowed in the pool. This includes child swim diapers and adult diapers. Children must be potty trained in order to swim in the pool. We are also clarifying the age for use of the spa. These changes will be reflected in new signage.

A big THANK YOU to **John Hansen** for donating a nice propane fire pit. We

are thinking of campfire songs for this fall and winter . . .

DON’T MISS

Water Aerobics on Wednesdays is now **Water Pilates**. Monday and Friday Water Aerobics is the usual.

Chair Yoga on Tuesday mornings at 10 am. As we reap the benefits, the class keeps getting bigger and bigger. Donations are nice but not necessary. John Marino is the instructor.

Janet Bogardus’s art classes take place on Thursdays at 3 – 4:30 pm. All are welcome to come and learn from the pro. Janet is renowned in our area for both her art and her teaching. She has a studio at MOCA in Hamilton. Drop-ins are fine. Pick up the materials list in the cubbyholes next to the HOL bulletin board.

John Hansen’s new classes help us learn healthy eating and improve cognitive skills as a by-product. Did you realize that social isolation is the new smoking? Come learn on Thursdays at 1 – 2:30 pm at “Quest for Vibrant Health” in the ballroom.

Craft and Chat Group meets in the library every Wednesday at 11:15 am. Come even if you don’t have a craft to work on — there’s a lot of chatting too. Look forward to a much **bigger and**

better Craft Fair with food and music in November or December.

Game Night after Pub on the first Friday of the month, meeting in the Fireside Room. **Ed Collins** is the contact.

Another **Fall Prevention Class** may be offered later if you did not get in the current class. Initial review is extremely positive. The first question asked was, “What are you afraid of most?” I can think of myriad answers to that one, but that question relates to falling. Presented by Marin General 10 am – noon on Saturdays for eight weeks.

ANNUAL CONTRIBUTION DRIVE.

We have had an enormous response to this year’s contribution drive. Thank you all so much for your donations! Hopefully, many of you will become more active in bringing interesting topics to the Park and help in the hosting of events. If you have something you would like to see happen, find out about it and who does it, notify us, and we can help you set it up. Slip any opinions or suggestions into the cubbyholes next to the HOL bulletin board.

Quack Quack,

Janie Klimes Crocker

Janie Klimes Crocker

HOL PRESIDENT

jkklimes@subell.net

281-414-3984 cell

Michael Hagerty and **Joan Nelson** are taking July and August off from the Tuesday **Meditations on Courage and Grace**. Special thanks to **Joan** for sharing the details of her dying, so that others can be more prepared, courageous, and graceful when the time comes. Thanks also to **Dick Park, Jessa Gabriel, Sandee Duncan,** and **Peggy Hill** for sharing their experiences in the panels, which they hope to do more of in the fall. **Silent Meditation** continues on Thursdays at 6 pm in the Bamboo Room.



COMMUNITY DANCING Saturday • August 4 • 7–9 pm

Come to the clubhouse ballroom on the first Saturday of every month for music and dancing. Guest DJ **Steve Plocher** will play a mix of fun, danceable music on Saturday, August 4.



FILM
NIGHT

HOL COMMUNITY PRESENTATIONS

1st & 3rd Thursdays • Clubhouse • 7 pm • Please, no food or drink • Feel free to bring your chair

Death at a Funeral (UK version)

Thursday • August 2 • 7 pm (2007) Comedy/Crime 90 min

Director *Frank Oz*

Starring *Matthew Macfadyen, Peter Dinklage, Ewen Bremner*

When a man tries to expose a dark secret regarding a recently deceased patriarch of a dysfunctional British family, chaos ensues.



Love Actually Thursday • August 16 • 7pm (2003) 2hr 15min ComedyDrama/Romance

Director/Writer *Richard Curtis* Starring *Bill Nighy, Colin Firth, Emma Thompson, Keira Knightley, Liam Neeson, Hugh Grant*
Golden Globes nominee *Best Motion Picture – Comedy or Musical; Best Screenplay – Motion Picture*

Various loosely interrelated tales follow the lives of eight very different couples in dealing with their love lives, all set during a frantic month before Christmas in London, England. ■

ART IN THE PARK



by **SUZIE LAHR**

Our next exhibit will be hung in the Marin Valley Gallery on Saturday, September 8. All Park artists are invited to participate in the exhibit. The current gallery art pieces will come down on Saturday, September 8, between 10 am – noon, so please pick up your art on that day during that time. That same day, we will begin placing new art pieces on the walls at 12 noon. I encourage and invite all Park artists to participate in this exhibit by bringing in one or two

framed and wired art pieces (ready to hang) between 10 am and 12 noon. If you have any questions, please call me at (415) 884-9611 or email me at suzielahr@aol.com. It takes a lot of art to fill the Marin Valley Gallery! We welcome the inclusion of all art forms, mediums, and categories, be it wall art, jewelry, pottery, or handcrafted items and other artistic creations.

With the support and sponsorship of HOL, we have several new classes including watercolor and drawing. Arts and crafts groups get together each week to enjoy the camaraderie of like-minded friends. With this stimulation we hopefully encourage all to revitalize their creativity and to see new emerging artists in our midst. Our mailing list has grown to 50+ artisans and we have regular meetings every

six weeks or so for those who want to join us to connect and continue our endeavors. We hope those residents who are reading this and who have the desire to create or are creating will connect with us by contacting our artistic curator Suzie Lahr at suzielahr@aol.com, and you will receive informational emails with meeting dates and times.



Marin MOCA Palm Drive — Hamilton Main Gallery — “Color Works”
Ron Collins Gallery
Teen Poster Contest 2018
August 4 – September 16

Marin Community Foundation
Hangar 5 — Hamilton Landing
Nature — A Guy Colwell Retrospective
May 30 – September 20 ■

John Hansen: Man of Many Hats

by JOAN NELSON

*Disaster Survival,
Vibrant Health,
and Spiritual
Enlightenment*

Every time I run into PAC Vice President (also MVEST's "FireWise") John Hansen, I'm reassured to know that this man is in charge of a strong, well-organized commitment to the Marin Valley community's shared health, safety, and security. I couldn't help but wonder where he got such a depth of commitment.

So I asked him.

Turns out, he had first-hand experience with how ill-prepared most people are for coping with disasters.

Back in the early '60s, following in the footsteps of his father, his grandfather, and several uncles and cousins, John was a fireman for about five years.

And he survived three major earthquakes.

The first was in the late '40s, ... "somewhere on the Mojave Desert." Stacked boulder walls collapsed, but he was in a sturdy crib under a pitched roof. He apparently dodged two bullets that day, as the family story goes, ... because there was a rattlesnake under the crib! The story is that he was apparently not frightened by all the chaos. But he did have a serious frown



on his face. (I don't know if he was frightened while managing the chaos here on Friday, September 30, 2016. But I do remember the serious frown on his face.)

Then, about a year later, the fire station where the family lived in the San Bernardino Mountains burned to the ground. Everyone got out safely but lost what little they owned.

The second earthquake was in Coalinga in 1955. He was in an old Episcopal church that promptly collapsed with the shaking. Again, he was somehow able to avoid injury and was able to climb out on his own.

The third earthquake was the Loma Prieta shaker in 1989. John lived in Santa Cruz then and was outdoors, so once again, he avoided injury.

*Another Kind
of Disaster
Preparedness:
Quest for Vibrant
Health*

John spent most of his formative years in Coalinga, a small town tucked at the foot of the Central California Coast Range, about 70 miles west of Fresno.

There he met and frequently visited an old cowboy who lived alone in a small cabin in the hills nearly 20 miles from town. John is adamant: "It wasn't an easy trek by bicycle

or horseback but always well worth the journey." Goldtree (pronounced "Goltra") McCall was a 92-year-old (in 1954) genuine cowboy. He actually herded cattle from Texas to St. Louis in his youth. He was not a religious man in the formal sense but as John recalls, "a very wise and spiritual man in his own earthy way." He adds, "I don't recall any particular thing he said or did; it was simply who he was or how I perceived him that sent me on my life's course."

Academically, he claims that he "had trouble battling my expansive curiosity." He "meandered" his way through various college degrees in biology, marine biology, geology, and chemistry, culminating in doctoral work in medical physiology.

with a Depth of Commitment

Noting that he has worn many hats over the years, he lists: professional scuba diver, marine biologist, oceanographer, environmental consultant, analytical chemist, high school teacher, college lecturer, publisher, herbalist, and holistic health counselor. Then Zoe Hansen and he started a business supporting a spectrum of holistic health and medical practices until they retired the business and sold it to a Canadian doctor in 2011.

John grew up in a Christian family but always found Christianity to be about “as fulfilling as a picture of a good meal when you’re hungry.” Over the years, he “tested the waters” with a few other popular paths like yoga, Diamond Heart, and some of the “New Age” leaders. But he continued to have the occasional profound esoteric experience that told him, “No, there is so much more.”

He became fascinated with the spiritual “mapmaker,” Ken Wilber, but even Ken explains that “the map is not the terrain.” Then there was Marin psychologist John Welwood, who

integrated the spiritual realizations of Buddhism with the psychological insights of the West.

A few years after he met Zoe she introduced him to a young Buddhist monklike nascent teacher who called himself “Adyashanti.” By this time, John felt sufficiently inspired to accept a spiritual teaching. This continues to make him feel more and more “spiritually grounded.”

Which brings us to the newest of John’s many hats:

He was the middle of three kids in a traditional lower-middle-class family. His father died suddenly at the traditional age for Hansen males of 49, leaving John young and unprepared to meet his mother’s expectation to be head of the family. Years later his mother died after several years of gradually succumbing to a host of what we now call chronic degenerative diseases. She died crippled with arthritis and osteoporosis, blind from MD, deaf, and very lonely in a cognitive well of advanced Alzheimer’s. John wondered

if his fate would be so dismal. He tried to embrace the Native American perspective of waking in the morning and thinking to himself, “This is a good day to die.” Nevertheless, the cloud of his parents’ demise clung to him.

It wasn’t until late last year when he read the book *The End of Alzheimer’s* by Dale Bredesen that those years of academic, professional, and personal experiences finally merged into the realization that not just Alzheimer’s, but nearly all chronic degenerative diseases can be prevented, and even reversed, by simple lifestyle choices.

This realization and the combination of his academic and professional experiences provided the foundation and inspiration for us — most fortunate — Marin Valley residents who reap the rewards of his deep commitment as he dons his newest hat: Leader/facilitator of our new seminar/workshop/support group *The Quest for Vibrant Health: A step-by-step journey of self-healing and self-rediscovery.* ■



American Bittern

Article and Photography by DAVID GRAY



The American bittern (*Botaurus lentiginosus*) is an uncommonly seen marsh bird. They are fairly large, having a wingspan of some 42 inches as adults and weighing 1^{1/2} pounds. Their natural camouflage and quiet stillness make them hard to spot. They tend not to fly very much, staying local to one freshwater wetland or another and “wading” across the tops of the marsh grasses, supporting their weight with some wing flapping.

When they are hunting or hiding, they stick their bills straight up in the air to mimic the marsh grasses. The

above photograph, taken at Abbotts Lagoon in Point Reyes National Seashore, shows this behavior. On the right of this photo, you can see a dragonfly in flight, with the bittern tracking it raptly. Bitterns are very still and patient when hunting. In the next photograph, you can see that the hunt was successful: the dragonfly’s wing is caught in the bittern’s beak. Unfortunately for the bittern, when it tried to get a better grasp on its prey, the dragonfly escaped. After a brief squawk of frustration, the bittern went back to its reedlike stance, waiting for the dragonfly to forget all about the incident.



The American bittern's diet is pretty broad, ranging from insects to amphibians to crustaceans to small fish and even small mammals. They are therefore ideally suited to the marsh. Like owls, they regurgitate any indigestible pieces of their prey in pellet form. They nest at the edges of marshes and are largely solitary birds.

The males will fight each other to win a mate in a ritual battle that starts with a crouching approach, followed by fluffing of their feathers and striking at the opposing suitor with their bill. The fight can then become

airborne, with combatants attacking with powerful strikes of the bill.

The females do most of the work — building the nest and caring for the average of five eggs in the typical brood. After about a month, the eggs hatch, and the female feeds the chicks until they are big enough to learn to fend for themselves, typically for a few weeks.

Now that summer is here, please remember to take plenty of water with you when you venture out to enjoy our beautiful local area, bitterns and all! ■

AUGUST 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30-9:30 AM Taiji MaClam/ Clubhouse Deck 1-4 PM Mahjong Fireside Room	6-8 AM Trash Pickup 9:30 AM Low-Impact Exercise Fireside Room 10-11 AM Water Aerobics Pool 6 PM MVEST Meeting Fireside Room 7:20 PM Poor Man's Poker Card Room	6:30-9:30 AM Taiji MaClam/ Clubhouse Deck 10-11:30 AM Chair Yoga John Marina/ Fireside Room	10-11 AM Water Pilates Pool 11 AM-1 PM Whistlestop Roberta 415-883-0843 11:15 AM-2 PM Craft and Chat Ballroom 3-4 PM Watercolor Class Ballroom 6 PM PAC MEETING	6:30-9:30 AM Taiji MaClam/Deck 9:15 AM QiGong Dove 12-30 PM Quest for Vibrant Health Hansen 3-4:30 PM Draw On! Bogardus 6-6:40 PM Silent Meditation Bamboo Room 7 PM Film Night DEATH AT A FUNERAL	10-11 AM Water Aerobics Pool 4 PM Canasta 5-7 PM Pub Night Ballroom 7 PM Board Game Night Fireside Room	7-9 PM COMMUNITY DANCE
6:30 AM Taiji Mahjong 1 PM Mahjong	6-8 AM Trash Pickup 9:30 AM Low-Impact Exercise 10-11 AM Water Aerobics 6 PM MVEST Meeting 7:20 PM Poor Man's Poker	6:30 AM Taiji 10 AM Chair Yoga	10 AM Water Pilates 11 AM Whistlestop 11:15 AM Craft and Chat 3 PM Watercolor Class 4:30 PM Book Group 6 PM MARVAL MEETING ECHO DEADLINE	6:30 AM Taiji 9:15 AM QiGong 12-1 PM Rollin' Root Clubhouse Parking Lot 1-2:30 PM Quest for Vibrant Health 3-4:30 PM Draw On! 6 PM Silent Meditation	10 AM Water Aerobics 4 PM Canasta 5 PM Pub Night Bingo	18 MAR VAL LUAAU 5 PM COCKTAILS 6 PM DINNER
6:30 AM Taiji Mahjong 1 PM Mahjong 8:30 PM FULL MOON	6-8 AM Trash Pickup 9:30 AM Low-Impact Exercise 10-11 AM Water Aerobics 6 PM MVEST Meeting 7:20 PM Poor Man's Poker	6:30 AM Taiji 10 AM Chair Yoga	10 AM Water Pilates 11 AM Whistlestop 11:15 AM Craft and Chat 3 PM Watercolor Class 4:30 PM Book Group	6:30 AM Taiji 9:15 AM QiGong 12-1 PM Rollin' Root 1-2:30 PM Quest for Vibrant Health 3-4:30 PM Draw On! 6 PM Silent Meditation 7 PM Film Night LOVE ACTUALLY	10 AM Water Aerobics 4 PM Canasta 5 PM Pub Night	25
6:30 AM Taiji Mahjong 1 PM Mahjong	6-8 AM Trash Pickup 9:30 AM Low-Impact Exercise 10-11 AM Water Aerobics 6 PM MVEST Meeting 7:20 PM Poor Man's Poker	6:30 AM Taiji 10 AM Chair Yoga	10 AM Water Pilates 11 AM Whistlestop 11:15 AM Craft and Chat 3 PM Watercolor Class 4:30 PM Book Group	6:30 AM Taiji 9:15 AM QiGong 12-1 PM Rollin' Root 1-2:30 PM Quest for Vibrant Health 3-4:30 PM Draw On! 6 PM Silent Meditation	10 AM Water Aerobics 4 PM Canasta 5 PM Pub Night	31 SEPTEMBER 1 7-9 PM COMMUNITY DANCE