

MVMCC Management Update

Here is some information about PG&E's discount programs. I have mail-in forms plus Spanish, Chinese, and Vietnamese applications at the front desk. Questions? Ask!



Learn about PG&E discount programs

CARE and FERA are PG&E discount programs that help eligible customers pay their energy bills. Over 1.4 million customers are receiving a bill discount through these two programs. **Please note:** Tenants of sub-metered residential facilities such as the Park must use the [CARE/FERA Sub-metered Residential application](#). Review the guidelines below to see if you qualify.

California Alternate Rates for Energy Program (CARE) – A monthly discount of 20% or more on gas and electricity. Participants qualify through income guidelines or if enrolled in certain public assistance programs. See the list of qualifying programs.

Total gross annual household income for 1–2 people: for CARE, \$36,620 or less. FERA is for 3 or more people.

NOTE: Household income is calculated as your income as of the date you apply. Your income eligibility is based on current earnings of all persons living in your household going forward, not on your past income, so if you have had a change in circumstances such as job loss or decreased wages, you may now qualify.

Directory Update

New Residents

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THE ECHO 2023

MARIN VALLEY

MOBILE COUNTRY CLUB
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www.mobilehomeboard.com/

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SUBMITTING ARTICLES

Email articles with "ECHO" as the subject to
Anila Manning: anilahere99@gmail.com
with a copy of the article in the body of the
email. Images should be high resolution.

ECHO DEADLINE

The 8th of the month or sooner
for the following month's issue

Letter to Residents

Greetings from the Park Acquisition Corporation Board.

Finances Our finances are in order. Our cash plus medium- and long-term reserves continues unchanged at \$5.5 million.

Sewage Pumping Station Construction of the replacement/renewal of the sewage pump station no. 1 near the clubhouse has been delayed. However, the City of Novato is working with the chosen contractor to begin and complete the task as soon and as quickly as possible, weather permitting.

Vaccine A new vaccine is available that addresses the old and new mutations of COVID. Ask your doctor if it is advisable for you to get it. Unfortunately, when we let our guard down, we can end up with COVID. It's still around and by all appearances will be with us for a long time.

Water The recent rains have reduced the fears of fires and lack of water here in Marin. While Marin's water reservoirs are nearly full for now, we always need to be mindful of our water usage. Our hillsides seem to be holding up. The recent rains fueled a sprouting of new growth that has prevented, so far, any significant mudslides.

Infrastructure Outside agencies have completed the expected overview of the infrastructure conditions of MVMCC. The City of Novato's engineering group will pass this along to the Helsing Group and the PAC Board.

Projects Several projects are in process for the Park, including the clubhouse roof and solar heating for the pool. We are told that with the City's engineering group being understaffed and overworked, these projects will be delayed.

Activities Management, MVEST, HOL, and Mar Val are all very active on your behalf, and their activities are reported on in articles in each month's *Echo*. I urge you to investigate and participate.

Participation The PAC's board meetings are enriched by resident participation. Your observations and suggestions on how Marin Valley can better serve you and the community's interests are always welcomed. Come to the board meetings or email us.

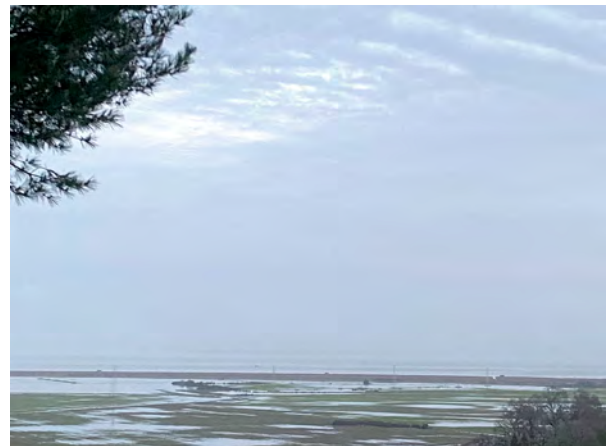
Agendas Agendas for future PAC meetings, including the Zoom link, are posted 72 hours prior to the meetings and are available to those on the mailing list. To be added to this list, contact PAC secretary Carol Joy Harris at caroljoyharris@comcast.net. You can also find the Zoom link on our marinvalley.net homepage.

Meetings Board meetings are also broadcast on Comcast channel 26. A recording of the January meeting is at <https://youtu.be/xT7bAbturNE>. The next board meeting will be on Tuesday, February 7, at 6 pm.

In service,



J Shelfer
Jay Shelfer
PAC PRESIDENT
jjshelfer@yahoo.com
415-250-0375 cell



Photograph: Lorna Sass

Hayfields turned into wetlands ...



Earthquake Preparedness

by **JOHN HANSEN**

Have you ever experienced a major earthquake? Well, I have. As a nearly lifelong California native, I have endured three major temblors – twice having escaped from collapsed buildings – and I expect more to come. We’ve had a few regional earthquakes lately, both north and south of us, but nothing too close – yet. However, while we’re apparently overdue for a local shaker, any fears of our demise can be greatly relieved with some focused preparedness.

The greatest risk in any disaster is a failure to prepare.

Some of the bad things that can happen in mobile homes from even a moderate earthquake include:

- Loss or disruption of home or lifestyle
- Loss or disruption of essential utilities
- Loss or diminished access to essentials (food, water, shelter, medical attention)
- Bodily injury (pets, too) – broken bones, bruises, punctures, and lacerations
- Disorientation, panic, and chaos – you can’t depend on rational thinking during an earthquake, so the more you do ahead of time, the better – we call it preparedness.



Preparedness is too often not a high priority until it should have been.

10 Steps — Here are 10 steps to greatly reduce your risk of an earthquake spoiling your day:

1. **Earthquake early-warning alarm.** If you’ve joined the 21st century and pack a cell phone, you can avail yourself of an early warning system for local earthquakes. A few seconds is not a lot, but enough to allow you to step back from a window and take cover under a table or between chairs. (Remember: “**Drop, cover, and hold on.**”) The new system is called *Earthquake Warning California* (see www.earthquake.ca.gov). The cell phone app is called *MyShake* and is available for both Android and Apple phones. The alert is designed to go off a few seconds before a significant temblor (Richter 4.5/Mercalli III).
2. **Earthquake insurance.** Yeah, I know – it’s expensive, and on top of ever-rising home insurance premiums, that’s hard to swallow. But harder still is the prospect of losing your home to a shaker with no safety net. See CEA (California Earthquake Authority www.earthquakeauthority.com) for more information. And for your car, include comprehensive in your auto policy – it’s the part of your car insurance that covers you when the car’s parked.
3. **Earthquake Resistant Bracing System (ERBS).** Mobile homes are supposed to be mobile, but only while the wheels are still attached – afterwards, that designed mobility can be an asset for a securely placed

unit. If your mobile home or manufactured home is not ERBS-fitted or retrofitted, it can be among the most dangerous structures to be in during an earthquake. You have to contend not only with things shuffling, falling, and hurling about, but also with piers jutting through the floor as the unit slips off its foundation.



Pacific Bracing Company ERBS

Conversely, a mobile home can be among the safest structures to be in if fitted/retrofitted with ERBS. Self-insurance with ERBS is well worth the investment – and can net you an annual premium deduction from CEA. Any of our trusty mobile home specialists – Wilson, Goodie, Wickens – can help you with ERBS or engineered tie-downs. (See any recent *Echo* issue for these contacts.) I chose Pacific Bracing Company for their substantially overengineered system. (See the back page of your *Marin Valley Directory* for this contact.)

4. **Water-heater bracing.** Among the major causes of mobile home fires during earthquakes, even milder ones, are poorly secured water heaters that fall over, snap their gas line, and ignite the home. This is a simple fix with now-standard water-heater bracing that can be installed by the same contractors listed above.

5. **Seismic gas valve.** In the foreseeable future we will become all-electric – but not just yet. Most of us still have gas-powered appliances. The gas is supplied from the pedestal next to your unit. While there is now a yellow-handled valve that we can go out and close if we detect a gas leak, there may be higher priorities just after an earthquake preventing us from getting to the gas supply right away. A seismic valve can be very handy to shut off the gas supply automatically when the shaking starts. You can ask your trusted plumber about the pros and cons of this feature.

6. **Seismic drawer and cupboard door latches.** Modern cupboard doors and drawers have self-closing or lightweight friction or magnetic catches. But it doesn't take much of a shake for your grandmother's china to ignore these convenient closures and fly to its demise. Now you can save your cupboard and drawer contents and prevent a dangerous mess with a couple of different kinds of seismic latches that you can easily install.

For cabinet doors, we recommend Seismolatch, a simple, motion-activated latch that works on all cabinet doors.

Watch this brief demonstration:

www.youtube.com/watch?v=ixeYEED2Gs&ab_channel=etsafetproof



These devices are available on Amazon.com, but the instructions that come with them are next to worthless. Watch this simple "how-to" instead: www.youtube.com/watch?v=UBHjmtqTBxc&ab_channel=ShootCutDeliver

Push latches, also available on Amazon.com, can be used on cabinet doors, too, but I find they're most convenient for drawers.



7. **L-brackets.** Tall dressers, headboards, or cabinets can be tossed around like toys in earthquakes. Secure them to the wall at their desired location.



Steel L-brackets, available at all hardware stores, are ideal for this use. Be sure to use long screws that go deep into a wall stud.

8. **Museum putty and picture hooks.** Museum putty is a long-lasting, nonstaining/nonmarking putty you can stick onto things like vases, bowls, and pictures as well as items on shelves to keep them in place during a shaker. It's also useful for keeping pictures hanging straight on the wall. Seismic picture hooks also help to secure pictures where they belong. My preference for both is the brand Quake Hold, also available on [Amazon.com](https://www.amazon.com).

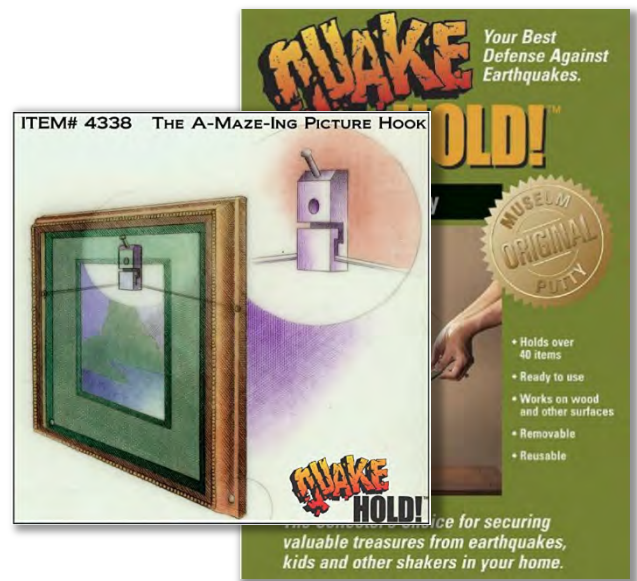
9. **Emergency supplies.** We are all vulnerable to supply-chain disruptions, especially with our daily essentials. Earthquakes are among the incidents that can cause a disruption for extended periods. The rule of thumb is to keep a stash of personal essentials conveniently stored to help buffer a disruption for up to three or four days.

Include pantry goods, bottled water, meds, utility clothes, and plastic tarps and duct tape to secure

broken windows. Also be aware that your emergency stash may be available only if your home is prepared with the above recommendations to survive the incident. If not, it may be unsafe to reenter to retrieve them.

10. **First-aid refresher.** Even with the best preparedness efforts, something is bound to get broken – hopefully not you. But cuts, scrapes, and bruises are possible. We strongly recommend enrolling in a first-aid refresher course and keeping your skills updated. For more information, please review your November 2022 *Echo*.

What about our first responders? They'll get here – but don't count on the instant gratification we're used to. There are over 53,000 people in the Novato Fire District response area, and about two dozen responders on duty at any one time. So the math says they're not likely to be here right away. MVEST will be here to help in the interim, but the real burden in the short term rests with us as individual Marin Valley residents. Our personal preparedness is essential.



Preparedness is a long-term investment that yields daily dividends of confidence and sound sleep.

Message from Mar Val

Dear Friends,

As I write this in early January, we are in the midst of some terrific storms – we certainly need the rain to fill our reservoirs and help with fire abatement ... but enough is enough. I hope that everyone is safe.

On February 18, we will again have a Mardi Gras celebration. We plan to serve delicious New Orleans dishes. Mar Val is excited to welcome back Marty Eggers and Virginia Tichenor. They will be entertaining us through the cocktail hour with some energizing, toe-tapping, hand-clapping jazz. Don your Mardi Gras beads and mask and join us in a Mardi Gras-inspired dinner and dessert.

Mar Val would like to express their appreciation to KC Casey for the lovely poinsettias that decorated the bar

during the holidays; to Anila Manning for the long-term loan of two rolling coat racks; and to Charles Watson for donating his wonderful DJ talents at the New Year's Eve party ... the New Year was warmly welcomed.

Mar Val is happy to take musical requests, such as an evening of Frank Sinatra or Metallica, Big Band era or reggae, or ????? Please let us know your choices.

Be on the lookout for announcements on the counter and on the bar regarding Finger Fridays ... coming soon.

Please bring your flashlights to events and help us all get home safely.

Stay dry and warm, friends.



Mar Val is seeking new volunteers for selling drink tickets during our pub and dinner nights as well as servers for dinner events. Please contact Sandee Duncan at 415-883-3034 if you are able to be a volunteer.

Mar Val Presents

Mardi Gras in the Park

Laissez les bon temps rouler

Saturday, February 18

Featuring Dixieland jazz music
Welcoming back Virginia Tichenor & Marty Eggers

5 pm cocktails/music 6 pm dinner

\$15 per person, make checks payable to Mar Val

*Deadline for reservations: February 14 by 5 pm
(or when 140 reservations have been received)*

For questions, call Susan Hoff @ 707-365-9426

All attendees must show proof of COVID vaccination & booster

Home Owners League Message

Welcome friends,

Fundraiser

As our annual fundraising drive tapers off, we wish to thank everyone who helped us physically and financially this year. It makes it possible to increase community events and find new ways to bring us all together and share the joy of living in such a wonderful community.

HOL is looking into initiating several new events. Present suggestions include a ride-sharing board for people wanting to share rides locally; a World Cultures night, where residents can share their experiences of living or visiting other countries and cultures; and a semiannual Grandparents and Grandchildren event celebrating our progeny, which reminds me of a quote: "I love music of all kinds, but there's no greater music than the sound of my grandchildren laughing." If you have ideas for events you would like to see happen, please let me know.

Yard Maintenance

We also raised a considerable amount for the Yard Maintenance

Fund. This assists people who cannot physically and/or financially maintain an attractive and fire-resistant yard. This is organized by Peggy Hill who, like so many other HOL volunteers, continues to give so much to our community.

Holiday Decorations

The First Annual House Holiday Decoration Competition (send me suggestions for a better name) was a success. Many houses were lit up with holiday decorations – from inflatable Santas to reindeer composed of Christmas lights – and many projections, baubles, and trees.

The grand prize was awarded to **Rick Garcia** at 37 Club View; best use of theme went to **Lee Pochapin** at 108 Panorama; the award for best homemade decoration was given to **Mary Currie and Ginger Christie** at 55 Club View; **Jo Ussery** at 126 Marin Valley was deemed the most original; and the most humorous entry was won by **Suzann and Andrew Osborne** at 26 Meadow View. The HOL committee of judges wishes to also mention outstanding displays by

Pat Thompson at 196 Marin Valley, **Cynthia Foster** at 65 Marin Valley, **Jack and Jeanette Cruz** at 33 Marin Valley, **John and Linda Mellquist** at 19 Club View, and **Beverly Wood** at 5 Club View. Thank you to all who participated, and thank you, **Michale Dancer** for the photos and organizing the whole event. We look forward to seeing our community's creative measures next December.

Tripping

We hear that some folks have difficulty avoiding the parking buffers in our parking areas, especially when shopping at Rollin' Root. Matt has arranged for the buffers to display warning stripes and is looking into ways to illuminate them at night, but please be cautious not to trip over them.

Please stay safe and dry in the coming months.



Grand Prize
Rick Garcia
37 Club View

Best Use of Theme
Lee Pochapin
108 Panorama



Best Homemade Decoration
Mary Currie and Ginger Christie
55 Club View

Most Original
Jo Ussery
126 Marin Valley



Most Humorous
Suzann and Andrew Osborne
26 Meadow View

Just One Hour

by **LISA JACKLER**

Hello to all from Just One Hour, and Happy 2023!

A big thank you goes to all those who have volunteered. Marin Valley is such a special community, and I am so grateful to be able to age surrounded by your warm hearts and willing hands.

Numerous volunteers have come forward to help you all, so please don't be shy nor hesitate to think of us either as a backup to your existing resources or as your first "go to." It never hurts to ask.

For those of you who cannot drive, if you are ambulatory try calling us first. We have several willing drivers to assist you. We even have one person who, when available, is willing to drive you to San Francisco for a doctor's appointment, provided gas, tolls, and parking are paid by you. Honestly, folks here are so generous with their time and caring.

If you've had an accident or a surgery, we are the perfect resource for household chores, laundry, plant and pet care, and grocery/medication shopping and pickup.

If you go away on vacation or for business, call us for kitty care, watering, trash takeout, mail and newspaper pickups, household checks, and porch package pickup.

If you need a helper to organize your office, your closet, your papers, or your bookkeeping, or to open your mail and help with paying bills, we are the perfect resource for you. We even have a lovely volunteer who will repair clothing and perhaps hem your pants.

Try us for small tech issues too. Two heads are always better than one!



We still need volunteers for minor household repairs such as:

Smoke and CO detector maintenance and replacement, simple drain clogs, changing light bulbs, toilets that run, assembling small furnishing items, simple lamp fixes, etc.

Also, even if you can't come forward for the repairs, we could really use folks who know what to do, where to go, or whom to call in order to get repairs done. Your knowledge alone is an invaluable resource. Please contact me at 415-686-7048 if you are willing to share your know-how. Your service would require only minutes and a supportive conversation with those in need.

A New Play Is Coming to Marin Valley and you are not going to want to miss it!

by **JANIE KLIMES**

Due to the huge success of our last production, *Night Jet Mystery Theater*, and the enormous fun we had producing and playing in it, the Marin Valley Theater Company, sponsored by HOL, is working on a new one. This time it is a MUSICAL production with over 40 resident players and participants.

Written by Vicki Waddell, Anne Lakota, Joanne Woodward, and me, it's the story of a small theater company that is clawing its way back to production after the pandemic. It depicts the long journey of rebuilding and finding actors, singers, and dancers to re-create the team lost during lock-down. As you might guess, besides singing and dancing there will be plenty of comedy to enjoy.

Today's the Day will premier Saturday, May 20, at 7 pm and staged again on Sunday, May 21, at 2 pm. A sign-up sheet for attendance will be available at the desk on May 1st; tickets are \$10. Guests from outside the Park are welcome but must show proof of COVID vaccination and boosters upon entry. For Marin Valley residents, we will use the ongoing vaccination list from Mar Val. We will NOT be videotaping this event in order to avoid any royalty issues over copyrighted songs.

We can still use more talent! If you are an actor, singer, or dancer or have worked backstage with any aspect of production (think audio playback, lighting, set design, etc.), it is NOT too late. Contact me or any of the other writers and we will find a place for you.

janieklimes1948@gmail.com



Circle of Friends

by **TIMO NAVSKY**

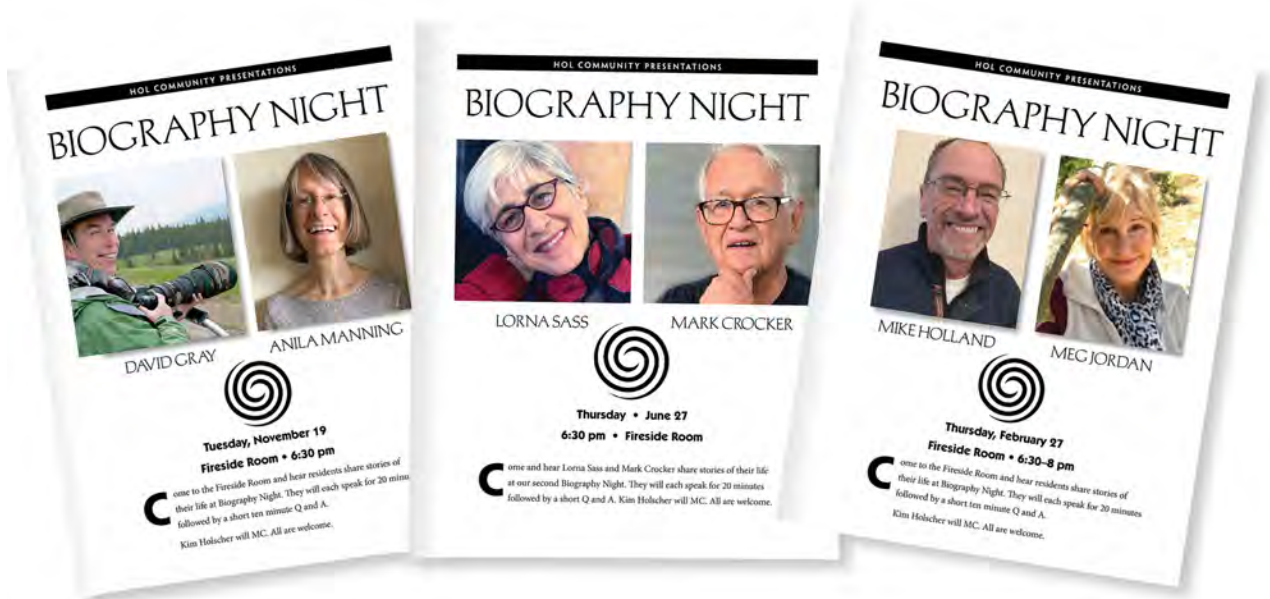
Keeping to our rhythm of gathering every other month, **THERE WILL BE NO MEETING IN FEBRUARY.**

Our next meeting will be on **Tuesday, March 21st** at 4 pm in the Fireside Room. We will be showing a film ... title to be announced.



BIOGRAPHY NIGHT Live and on YouTube

by **KIM HOLSCHER** and **DAVID TETTA**



Lots of people in the Park have been enjoying Biography Night since it started in 2019, and over 40 Park residents have shared some of their life stories. But did you know you can also view most of the past Biography Night videos on the Marin Valley YouTube channel? Just open your browser and type bit.ly/3Zg0LYx, and that shortcut will take you to the MV Biography Night YouTube playlist. You can also click on the Biography Night logo on the right-hand side of our homepage on www.marinvalley.net.

Thursday, February 16 • 7 pm • Fireside Room

Biography Night is pleased to present **Marty Goldberg** this month on Thursday, February 16 at 7 pm in the Fireside Room. Contact Kim Holscher at kimholscher51@gmail.com to invite others to hear stories of our lived experience and to present yours.

Photograph: Lorna Sass



*Gazing out my rainy window
watching my summer hammock
twist in the wind.*

Bet You Didn't Know This About ...

Boris Lisitsin

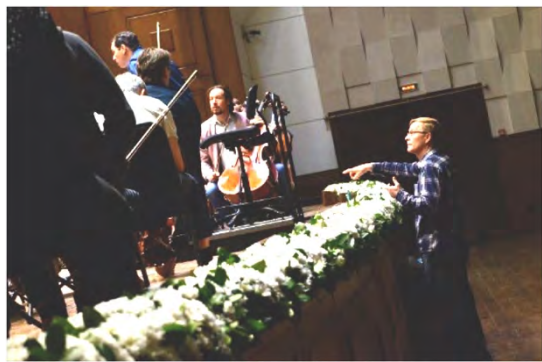
by **ANILA MANNING**

You may know Boris as the quiet gardener or the dancer in the meadow, but it's a large step from growing beautiful dahlias to accepting bouquets of flowers onstage at the Novosibirsk Academic Symphony Orchestra at the world premiere of his symphonic fantasy Music of the Sea.

Boris, you grew up in Siberia – just how did you become a composer?

Everything happened by accident. I was studying at a music college, opened the door to the neighboring concert hall out of curiosity, and heard something that shocked me: *Requiem* by Verdi. From that moment to this day, music has not let me go. I suddenly decided that I wanted to compose myself – and sat down to write ... a symphony.

He studied with a composer and wrote a one-act opera, A Feast During the Plague, which was filmed for TV, was hired to write many more pieces and then an opera-ballet The Snow Queen ... and then the USSR collapsed.



Curious detail: The USSR paid composers, and the highest fee was for writing an opera. So I was given

2,500 rubles (\$5,000 US), and the second part of the fee was to be paid after the New Year. But on the first morning of the new 1992, when I, like all other citizens, came to the store, I saw that sour cream had become 30 times more expensive, and the remaining money would be enough only for a cup of coffee. So my wife, Nadia, and I came to America and she won the green-card lottery, and we moved to San Francisco, then San Rafael, and in 2003 to Marin Valley.



You know, I noticed that when I just write – for the theater or on commission – I write music. But when, under the influence of an external factor that makes a serious impression on me, I open a certain channel of communication with something higher, and I begin to write the music that comes from there. And this is Music with a capital letter. In this case, a factor that had a huge impact on me was a visit to the North Pacific Ocean, where I

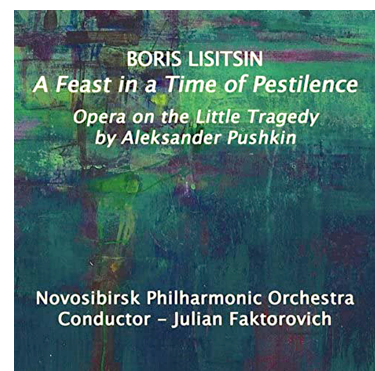
saw the majestic, sometimes wild power of nature, suddenly turning into a completely quiet state, soon replaced by another rampage ... just like life.

My new composition is already in progress. If *Music of the Sea* was written in a nontonal language using linearity and minimalism, then the next work is based on unconventional sounds and playing techniques, but without losing contact with the listener. Classical instruments need to speak in a unique language. I am always looking for my own musical language, discovering new harmonies.

Composers can work as much as they like – and they should, so they can make themselves good tools, but the music will be just boring until something “pops.” A composer is a tool that God comes through, and then it gets interesting. Life is fun!

Janet Bogardus's contemporary, expressive painting graces the cover of his latest CD.

You can listen to Boris's dramatic music at www.youtube.com/@BorisLs25/videos.



Duck Season

Text and Photography by **DAVID GRAY**

With the rains of January coming on strong and our mostly ephemeral ponds filling, my thoughts turned to ... ducks!

We saw this male green-winged teal (*Anas crecca*) in his mating plumage at the Lee Metcalf National Wildlife Refuge in Montana this summer, not too far from where the TV series *Yellowstone* is being filmed. The green-winged teal is the smallest duck in North America, weighing $\frac{3}{4}$ of a pound. Its range includes our area, and I have seen them in the Las Gallinas ponds.



A Northern shoveler (*Anas clypeata*) and his mate were also there, with the male in his mating plumage as well. Smaller by a pound than the similarly colored 2.4-pound mallard, the shoveler gets its name for its beak, which is much broader

than the typical duck bill. They feed on plankton and seeds, and use their bills to strain their food from the water. The male shoveler can be distinguished from the male mallard by its black bill, white breast, rufous flanks and belly, and bright yellow eye.





We are lucky to have the rains, but remember to ease up on your accelerator pedal and stay dry out there!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1 style="text-align: center;">FEBRUARY 2023</h1> <p style="text-align: center;">Please check our website marinvalley.net for any changes or for Zoom links.</p>			<p style="text-align: right;">1</p> <p>2-3PM Craft&Chat</p> <p>4:30PM Dancing <i>Deck</i></p> <p>6PM HOL Board Meeting <i>Fireside Room</i></p>	<p style="text-align: right;">2</p> <p>10-11AM Chair Yoga <i>Ballroom</i></p> <p>11AM-12PM Rollin' Root </p>	<p style="text-align: right;">3</p> <p>12PM Mahjong</p> <p>4:30PM Dancing <i>Meadow</i></p> <p>4-5PM Taiji</p> <p>5-7PM Pub</p> <p>6-10PM Game Night <i>contact Ed Collins</i></p>	<p style="text-align: right;">4</p> <p>1-4PM Breezeway Market</p> <p>4:30PM Dancing <i>Meadow</i></p>
			<p style="text-align: right;">5</p> <p>10-10:30AM Meditation <i>Zoom/Michael Hagerty</i></p> <p>4-5PM Taiji <i>Deck David MacLam</i></p>	<p style="text-align: right;">6</p> <p>5AM Trash</p>	<p style="text-align: right;">7</p> <p>4-5PM Taiji</p> <p>6PM PAC Board Meeting <i>Zoom/contact Carol-Joy Harris</i></p>	<p style="text-align: right;">8</p> <p>2-3PM Craft&Chat</p> <p>4:30PM Dancing</p> <p>6PM Mar Val Board Meeting Echo deadline</p>
<p style="text-align: right;">12</p> <p>10-10:30AM Meditation</p> <p>4-5PM Taiji</p>	<p style="text-align: right;">13</p> <p>5AM Trash</p> <p>5PM MVEST <i>Zoom/contact John Hansen</i></p>	<p style="text-align: right;">14</p> <p>4-5PM Taiji</p>	<p style="text-align: right;">15</p> <p>1PM Ladies Bridge <i>Private, Fireside Room</i></p> <p>2-3PM Craft&Chat</p> <p>4:30PM Dancing</p> <p>5PM Mar Val Mardi Gras deadline</p>	<p style="text-align: right;">16</p> <p>10-11AM Chair Yoga</p> <p>11AM-12PM Rollin' Root</p> <p>7PM Bio Night: Marty Goldberg <i>Fireside Room</i></p>	<p style="text-align: right;">17</p> <p>12PM Mahjong</p> <p>4:30PM Dancing</p> <p>4-5PM Taiji</p> <p>5-7PM Pub</p>	<p style="text-align: right;">18</p> <p>4:30PM Dancing</p> <p>5-7PM Mar Val Mardi Gras in the Park</p>
<p style="text-align: right;">19</p> <p>10-10:30AM Meditation</p> <p>4-5PM Taiji</p>	<p style="text-align: right;">20</p> <p>5AM Trash</p>	<p style="text-align: right;">21</p> <p>4-5PM Taiji</p>	<p style="text-align: right;">22</p> <p>2-3PM Craft&Chat</p> <p>4PM Book Club <i>contact Carol-Joy Harris</i></p> <p>4:30PM Dancing</p>	<p style="text-align: right;">23</p> <p>10-11AM Chair Yoga</p> <p>11AM-12PM Rollin' Root </p>	<p style="text-align: right;">24</p> <p>12PM Mahjong</p> <p>4-5PM Taiji</p> <p>4:30PM Dancing</p> <p>5-7PM Pub</p>	<p style="text-align: right;">25</p> <p>4:30PM Dancing</p>
<p style="text-align: right;">26</p> <p>10-10:30AM Meditation</p> <p>4-5PM Taiji</p>	<p style="text-align: right;">27</p> <p>5AM Trash</p>	<p style="text-align: right;">28</p> <p>4-5PM Taiji</p>				