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MVMCC Management Update

Remember, if you are experiencing any issues with your gas system, please call the front desk before calling PG&E. MVMCC is your gas company. Maintenance personnel and Management have received training to help with any problems.

Prior to any digging, please alert management so we may do a thorough utility location inspection. This inspection can prevent costly repairs to underground wire and pipe. It will also prevent residents from losing power, water, or gas during any investigation and repair.

MVMCC Tree and Shrub policy is in place to protect residents' privacy and to protect our trees from unlawful removal or pruning – especially oaks, as they are protected. Ask the front desk for any assistance. We are here to help.

Rule #12 Carports: Keep up your home's curb appeal and continue with your cleanup of stored items in your carport. Per Mobile Home Residency law, you are permitted only certain items in your carport. BBQs and manufactured patio furniture are among the several accepted items. Parking is paramount with the number of resident vehicles we have here. Please be considerate by cleaning out your carports and parking your vehicles under them.

Prior to any projects at your home, call the front desk to apply for any needed approvals or HCD permits. We can help you with this and guide you through the process.

Thank you for your continued cooperation.



In Memoriam

Sally Benson

Sally Benson peacefully passed away January 3 at her home. She was a very sweet and humorous person who volunteered for years at Marin Humane, loved cats, and enjoyed watching her favorite sport teams and Jeopardy on TV, gambling, dining out, and taking walks with friends. She'll truly be missed by all who knew her, especially her long-term partner, Vern.



Photograph: Brynda Foster

THE ECHO 2023

MARIN VALLEY MOBILE COUNTRY CLUB

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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

PAO *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 at \$5.5 million. With the City's pileup of delayed accounting, funds due us and payments out are still being finalized.

Sewage Pumping Station Construction of the replacement/renewal of the sewage pump station no. 1 near the clubhouse has been delayed. The City and consultants are working on redesigning some of the electrical control panels that have been made obsolete/discontinued. These new units will be sourced and the plan is to be ready to begin construction when the soil dries out. We do have backup pumps, which we are told will back up the existing equipment.

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

Projects Several projects are in process for the Park, including the clubhouse roof and solar heating for the pool. We are told that the City's engineering group is understaffed and overworked and has delayed these projects, but that they will begin this summer.

Vaccine COVID and its new variants are still around. Do not let your guard down.

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, we still need to be careful of our water usage. Our hillsides and drainage system are holding up well in light of the work Matt Greenberg has instituted. We are looking forward to a green spring.

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 Board's 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 For future PAC Board meetings, agendas 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 CarolJoy 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 February meeting is at <https://youtu.be/rLG4L7bMIGo>. The next board meeting will be on Tuesday, March 7, at 6 pm.

In service,



Video Showing of Marianne York

Marianne York died last year and left a vibrant video of life with cancer and why she decided to use the Death with Dignity Law. The video will be played for the Marin County Commission on Aging on March 20 from 4-5:30 pm. Friends and colleagues are welcome to attend and add their remembrances and their opinions on the Death with Dignity Law. The meeting will be at 10 N. San Pedro in Room 1019. For carpool information contact Michael Hagerty at mrhagerty@ucdavis.edu.



When Should You Stop Driving?

by **JOAN CERVISI**

Warning Signs

Here are some warning signs that you should consider stopping driving:

- A decrease in your confidence, feeling scared, or nervous while driving
- You get lost, even on roads you know
- You are having accidents, even if they are only fender benders
- You have a delayed response to unexpected situations
- You have difficulty moving into or maintaining the correct lane of traffic
- You find yourself hitting curbs while backing up or making right turns
- Drivers honk at you
- You have trouble moving your foot between gas and brake pedals or you get confused between the two
- Loved ones are worried about your driving

If your eyesight is changing, ask your optician if it is OK to continue driving. Keep in mind that statistically, many people drive seven to ten years longer than they should. If you are worried about someone else's driving and need to start a conversation about driving safety, it is important to be caring, respectful, and non-confrontational. Show genuine concern and understanding and offer alternatives that will not injure the older driver's self-respect and sense of independence.



Making Adjustments

The good news is that, depending on the severity of the problem, older drivers may be able to adjust their

driving habits to increase safety. For example, they may limit driving to daylight hours and good weather or avoid highways and high-traffic areas.

If you do stop driving, it's okay to keep your car for a while. You might feel better just knowing it is there. And it might be easier to ask others for help if you can offer them the use of your car.

Transportation Options:

Taxis

- Marin County Taxi – 415-328-7917
24-hour reservation required
- United Taxi – 415-342-9023

GoGoGrandparent – 855-464-6872
order rides for seniors using UBER or LYFT

Novato Dial-a-Ride – 415-454-0902

Vivalon Rides – 415-456-9062
specialized transportation and medical rides throughout Marin County and other parts of the Bay Area for seniors and individuals with mobility issues. New name for Whistlestop Wheels.

Message from Mar Val

Dear Friends,

I would like to clarify several more Mar Val myths:

Reservations

Yes, you need a reservation to attend a Mar Val event. The wonderful folks who are managing the kitchen work diligently to shop and prepare for the appropriate amount of food for those folks with paid reservations. In order to try to control costs, they strive to keep waste to a bare minimum. If your plans change and you cannot attend an event for which you have a reservation, please notify Susan Hoff. There is often a list of folks who missed the sign-up deadline and would be so happy to be able to attend.

Who Can Come?

No, you cannot come to an event just to “have a drink” or “listen to the music” or “come to visit with someone.” Mar Val holds a limited liquor license – that means that, for Pub, any resident and their guests may come and enjoy the evening; however, for events (the monthly dinners), the license allows only those residents and their guests who have a paid reservation to attend. Sorry folks, we wish that the ABC rules were different, but they aren’t.

Welcome Back, Larry

Mar Val is thrilled to welcome back Larry Moore, Director of Hospitality. Larry has been dealing with health issues and while working remotely was still the driving force behind decorations and food for all events. It is wonderful to have him back at the helm in person.

Mar Val will be celebrating St. Patrick’s Day on March 11, with corned beef/cabbage or vegetarian shepherd’s pie. Pat Thurston, Tom Nadolski, and Sandee Duncan will be concocting Irish coffees – everyone is Irish on this day, so wear your green and join us.

It is early February as I write this and Mar Val has held its first Friday Fingers. Come join us on Friday nights for drinks, food, and friends.

Friday Fingers

Here are the Friday Finger guidelines.

1. Finger foods and bagged snacks will be available for \$5 per person, unless you bring a dish of finger foods to share
2. Purchasing just the \$2 snacks is no longer an option. The charge is now \$5 for snacks and assorted finger foods.
3. There will be pizza every Friday.
4. POPCORN IS FREE.

Examples of finger foods:

pizza
chicken wings
deviled eggs
pigs in a blanket
meatballs
chicken wings/drumsticks sliders
dips and crudites
muffins, cookies
and cupcakes.

Hope to see you and your flashlight at Pub and events.

Let’s all stay safe and healthy.



Mar Val Presents



Saturday, March 11

5 pm Cocktails/Music 6 pm Dinner

Featuring Irish Coffee!!

(same price as our cocktails – only \$6)

Menu

Corned Beef/Cabbage or Vegetarian Shepherd's Pie
Potatoes Carrots Rolls
Dessert

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

*Deadline for reservations: March 7 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 & boosters

Home Owners League Message

Welcome,

The Home Owners League is always looking for new and exciting activities to put on or sponsor in our wonderful community.

Recycling

One area we are all concerned about is recycling. Many of us are active recyclers, dutifully separating our paper, bottles, plastic, and compost each week, although I do notice when driving around early on Monday mornings that some people put out only their gray garbage cans. Ellen Jane Schulz has been thinking about our garbage for quite some time, and she has arranged a public meeting with a team member from Marin Sanitary Service to address how to dispose of our waste as environmentally as possible. Plastic is one of the hot issues we will be covering. In a recent article, the *New York Times* estimated that of the 139 million metric tons of plastic waste disposed of annually worldwide, only 2% is actually recycled into new products.

This should be an interesting meeting. It will be in the ballroom on April 8 at 11 am, followed by pizza and soda.

World Cultures

Other new groups in the works include a World Culture group that will invite people who have experience with different cultures to come and discuss them with us all.

These may be cultures within the US or abroad. This should lead to some interesting discussion and an opportunity to learn.

Grandparents and Grandchildren

We are also planning an event for grandparents and grandchildren, to celebrate and enjoy our younger offspring, with fun opportunities to play and be creative with these youngsters. Of course, it will be open to all, grandparents or not.

Pauline Hawkins

As many of you are aware, Pauline Hawkins has been making Marin Valley more beautiful in many ways, especially our gardens and roads. We are going to take an opportunity to celebrate all she has done, particularly in the garden outside the clubhouse, which she tended for many years, turning a vast juniper patch into the traditional English garden that we have loved, as well as tending to trees and the annual display of daffodils as you enter the Park. More details will be announced when the organizing is completed. Please join us in expressing our gratitude for her tireless work.

Painting with Acrylics

Janet Bogardus is going to offer an "Intro to Painting with Acrylics" class concentrating on color and painting with acrylic paints. The class will cover color mixing and the use of acrylic media in creating several figurative and abstract paintings.

This is a class both for absolute beginners and for those with experience to come and refine their skills. There will be six sessions, with each class being an hour and a half. As soon as we settle on dates, there will be a sign-up sheet on the front counter.

Just One Hour

Lisa Jackler is now running the Just One Hour group, which continues to assist people in the Park. If you have a job that needs doing, please get in touch with her. Also, if you have handyman skills, we could always use another volunteer or two.

Art in the Park

The next Art in the Park exhibition will be hung on April 22, and Suzie Lahr would like to extend a special invitation to new residents who are artists at any level. Judging from the previous exhibits, this should be another stunning show.

Dump Run

Ed Collins tells us the next dump run will be Friday, March 17. See p. 8.

If you have creative ideas you would like to see come to life in Marin Valley, please let me know.

Happy Spring.



Dump Run FRIDAY, March 17

by **ED COLLINS**

We're at it again! David MacLam, Sean Casey, Tom Teixeira, and I will be picking up your unwanted items that won't fit in trash cans and taking them to the dump. You can **email or text (no phone calls)** to be put on our list. Items for the run need to be piled in your carport or driveway and clearly labeled as junk. You may need to help load the junk or arrange to have someone to help if the items are large. If needed there is usually time for two runs, one in the morning and one in the afternoon.

Volunteers to help with these runs would be appreciated.

Toxic materials such as chemicals, oil, paint, and pressure-treated wood are not accepted. You can take those items to Recology Sonoma Marin Recycling Center at 7576 Redwood Blvd., Novato, 800-243-0291 www.recology.com/recology-sonoma-marin/novato-recycling-center/ Electronic items are also not accepted. ht

You can drop them off in Bel Marin Keyes at The Computer & Technology Resource Center, 42 Digital Dr. #3, Novato, 415-883-1428.

There is also Renew Computers in San Rafael, www.renewcomputers.com.

HOL will cover the costs, and donations are appreciated.

Email Ed at mretc@hotmail.com or text at 415-377-7696. Again, please, no phone calls.



Ask the Pelvic Floor Specialist

by **JANET TAMALIK McGRATH**

Workshop March 14, 2-4 pm

Physical therapist Marci Silverberg is a pelvic floor specialist who works with the interconnections between our body's many systems. For example, did you know that lower back pain can be connected to pelvic floor muscle dysfunction, and that there are techniques to build, support, and relax those muscles, no matter what age? Our pelvic bowl is connected also to our bladder, lower bowel, and other features essential for health.

I am inspired by what I've learned from Marci recently – simple techniques to address lower back and shoulder issues, especially when pain is activated. I have found within only a couple of months of applying some strengthening and releasing exercises Marci gave me, a deeper awareness and ability to listen to what my body is telling me. For that reason, I'm so excited that she is available to offer a free **"Ask the Pelvic Floor Specialist"** workshop at the clubhouse.



Marci brings a wealth of knowledge and experience and will open her presentation with interesting and encouraging information. Then she will welcome your questions, as they will be her guide. Marci has a warm, inviting, and wonderfully communicative style that is sure to light up the room. If you don't have questions, only curiosity, then this would be a great opportunity for you to listen to other people's questions and Marci's answers.

Marci has helped women and men of all ages. With aging, Marci's **Pelvic Floor Tool Kit** is a wonderful resource to have: it gives us insights into how this key part of the body works and how to plan to maintain mobility and pelvic floor functions. Her advice can also be helpful for anyone who has had hip replacement surgery, incontinence, constipation, muscular tension, or knee, foot, or balance issues. Come ask the pelvic floor specialist! It comes with belly laughs and refreshments.

If you miss the workshop, a follow-up article will be published in the *Echo* with some key helpful information for all.

Questions?

I'm at 916-710-0978. Please leave a message (my voicemail is in Inuit).

All residents are welcome!



Circle of Friends

by **TIMO NAVSKY**

Our next meeting will be on **Tuesday, March 21 at 4 pm** in the Fireside Room. We are going to show *The Hospice Journey*, a step-by-step guide with Barbara Karnes, RN, and Karen Wyatt, MD, hospice physician.

The interview highlights these important topics:

- When is it time to consider hospice?
- Why hospice care is a special type of medical care
- How to find a good hospice
- What it takes to care for a loved one at home
- What hospice does and doesn't provide for families
- How to talk to a loved one about hospice
- What to expect as death draws near.

Our New Play: *Today's the Day!*

by **ANNE LAKOTA**

The actors, singers, dancers, musicians, production crew, and artists of *Today's the Day* are working hard to bring you an exciting new musical! We have so much talent and enthusiasm in our Park, so many people who are willing to share their time to make this show happen.

Our singers, dancers, and musicians have been rehearsing since the beginning of January, and now the whole cast has begun its rehearsals. Everyone is planning their costumes and thinking of ways to make their performances more fun.

There will be an evening performance and a matinee. Showtimes are: Saturday, May 20 at 7 pm, and Sunday, May 21 at 2 pm.

We are still looking for someone to work backstage running a laptop connected to two video monitors and the sound system. If that interests you, please contact Janie Klimes or Anne Lakota.

janieklimes1948@gmail.com
alakota@sbcglobal.net

It will be *Unforgettable!*



New Art in the Gallery

by **SUZIE LAHR**

Installation Saturday, April 22

This is the time for many changes with springtime in the air!

Daylight savings time is right around the corner, spring bulbs will be blooming, trees will be getting new buds, birds will be nesting, and in April the Marin Valley Gallery will be seeing new art on the walls.

There are so many talented artists residing here, and new ones we keep hearing about

who have recently moved in. Is that by chance you? If so, please let us know. We enjoy embellishing our clubhouse walls with new wall art and welcome you into our resident artists' exhibits.

The next exhibit will be installed on Saturday, April 22, and we want all residents – from talented beginners to more advanced artists – to be part of it. To join us, please contact Suzie Lahr at 415-884-9611 to talk further about details.

Learn How to Paint with Acrylics

by **JANET BOGARDUS**

I'm offering an art class starting in April, "Intro to Painting with Acrylics." We will cover color mixing and use of acrylic media in creating several representational and abstract paintings.

We will meet for 1½ hours once a week for 6 weeks in the ballroom.

We have two possibilities:

Mondays at 4-5:30 pm, or

Thursdays at 4:30-6 pm.

I'll put a sign-up sheet at the clubhouse to see which times work best for people.

We would start April 3 or 6.

Suggested donation: \$15 per class.



Reduce. Rescue. Repair. Reuse. Repurpose. Recycle.

by **ELLEN JANE SCHULZ**

Presentation Saturday, April 8 • 11 am – 1 pm • Ballroom • Pizza/Sodas

We can all try a little harder to reduce our carbon footprint. One aim is to keep things out of landfill – and compost and recycle everything we can ... BUT not everything is recyclable.

Plastics are poisoning our planet. They are forever! They break down into microplastics and contaminate the earth, sea, and all creatures, including us.

What is the solution? Avoid it as much as you can. Do not buy things in plastic if you can get them in cardboard or alternative coverings. Avoid plastic or Styrofoam deli and takeout containers. Bring your own containers, water bottles, and reusable grocery bags. Cook from scratch more often.

Reuse our plastic bags and containers. ALL PLASTIC BAGS GO TO LANDFILL (as do “paper” cups, which are layered with plastic) – whether clear, green, white, black, purple, pink, or any other color. The green “compostable” bags are NOT compatible with our provider Marin Sanitary’s composting methods – they tangle the machinery. You can wrap your green waste in newspaper or place it in paper bags inside the green bin. If it’s juicy – keep it in a container in the freezer, then wrap it up on garbage night.



We do a great job here at Marin Valley in the Rescue and Repurpose categories with our phenomenal Breezeway Boutique! Special thanks to Tara Plocher and Kevin Mulvany!

Marin Sanitary will provide an instructional presentation in the ballroom on
Saturday, April 8 at 11 am

The presentation will graphically demonstrate what goes where. I attended such a training several years ago and found it quite eye-opening. Please mark your calendars and stay tuned!

Falling: A Case Study

by **MARK CROCKER**

Mark Crocker, age 84, a confessed serial faller with vision and knee issues, has embarked on this 12-step program:

Step 1: GET RID OF CROCS. Wearing Crocs on wet surfaces is akin to ice skating.

Step 2: GET RID OF OPEN-TOE SANDALS. Mine caught on the curb in front of the clubhouse. SPLAT! Fell face down, fortunately landing on my open palms, my nose millimeters from the sidewalk.

Step 3: ALWAYS HOLD ONTO THE RAILING. This has saved me numerous times when my eyes and feet failed me.

Step 4: BE CAREFUL WHEN WEARING BIFOCALS WHILE GOING DOWN OR UP STEPS. My bifocals make the steps and my feet fuzzy. I now remove my bifocals when taking the steps or wear glasses with only distance lenses. Consider bifocals with a smaller reading lens area.

Step 5: DON'T CARRY ANYTHING THAT REQUIRES TWO HANDS. Not only are you in danger of falling, but also of breaking and scattering whatever it is you are carrying. Put it down on the steps and pull it behind you, one step at a time.

Step 6: KEEP YOUR SHOULDERS BACK AND DOWN. This improves balance and posture. It also helps avoid "the hump."

Step 7: WALK HEEL TO TOE, SLIGHTLY LIFTING THE FORWARD FOOT WITH EACH STEP. Do this inside and outside to avoid stumbling over uneven surfaces, doorway thresholds, and rugs.

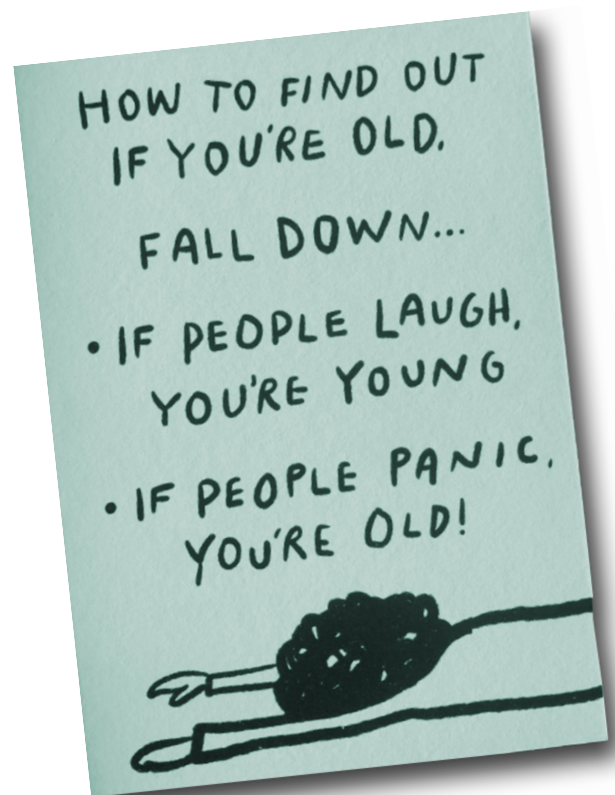
Step 8: KEEP ONE HAND ON BATHROOM GRAB/SAFETY BARS. Grip tightly when getting in and out of a shower or bathtub. In fact, it's a good idea to always hold on to a grab bar while showering. I do ... now.

Step 9: KEEP ONE FOOT SLIGHTLY FORWARD AND ONE FOOT SLIGHTLY BACK WHEN STANDING AND LOOKING UP. This allows you to quickly adjust your balance when in the shower or outside searching for your favorite star.

Step 10: USE A FLASHLIGHT WHEN WALKING IN THE DARK. I carry an Olight 90 lumens 3AAA compact keychain flashlight on a lanyard. Cost is \$10 on Amazon. I use it daily, both inside and outside. It's great for avoiding falls when arriving at or leaving the clubhouse in the dark.

Step 11: A SHORTCUT IS NOT ALWAYS SHORTER. Take the less hazardous way (i.e., ramp over stairs). It may cost you seconds, maybe a minute or more, but think how much time, pain, and money you will save if you don't have to call an ambulance, spend hours in an ER, or be in a cast for months, not to mention possible surgery.

Step 12: USE WALKING POLES OR A CANE if you feel unsteady or know you are going to walk over uneven surfaces. I have a folding cane that I can pop out in seconds. I don't fly without it. It allows you to board first with the "special needs" travelers and gets you into your economy seat before the onslaught.



Hamilton Levee

Text and Photography by **DAVID GRAY**

We have the great fortune to live on the Pacific Flyway, a route used by migratory birds as they go from hemisphere to hemisphere following food and fair weather. As a result, we have nearly 300 species of birds right in our neighborhood! About a mile away from Marin Valley is the Hamilton Levee, which overlooks San Pablo Bay. It is home to numerous bird species and is a favorite stopover for transient birds. It's a nice, level walk on a path that is wide and well-maintained.



White pelicans (Pelecanus erythrorhynchos) with San Pablo Bay in the background.



A flock of black-bellied plovers (Pluvialis squatarola) in nonbreeding plumage.








Red-tailed hawk (Buteo jamaicensis)

On a recent walk out at the levee in between cloudbursts, I got a chance to photograph some local birds. Seen but not shown were black-neck stilts
buffleheads
great blue heron
great egret
mallards
ruddy ducks
snowy egrets
and various gulls.



Say's Phoebe (Sayornis saya)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>MARCH</h1> <h1>2023</h1> <p>Please check our website <i>marinvalley.net</i> for any changes or for Zoom links.</p>			<p>1 2-3PM Craft&Chat</p> <p>4:30PM Dancing <i>Deck</i></p> <p>6PM HOL Board Meeting <i>Fireside Room</i></p>	<p>2 10-11AM Chair Yoga <i>Ballroom</i></p> <p>11AM-12PM Rollin' Root </p>	<p>3 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>4 4:30PM Dancing <i>Meadow</i></p>
<p>5 10-10:30AM Meditation <i>Zoom/ Michael Hagerty</i></p> <p>4-5PM Taiji <i>Deck David MacLam</i></p>	<p>6 5AM Trash</p>	<p>7 4-5PM Taiji</p> <p>6PM PAC Board Meeting <i>Zoom/contact Carol-Joy Harris</i></p> <p>5PM Mar Val St. Patrick's Day deadline</p>	<p>8 2-3PM Craft&Chat</p> <p>4:30PM Dancing</p> <p>6PM Mar Val Board Meeting</p> <p>Echo deadline</p>	<p>9 10-11AM Chair Yoga</p> <p>11AM-12PM Rollin' Root </p>	<p>10 12PM Mahjong</p> <p>4:30PM Dancing</p> <p>4-5PM Taiji</p> <p>5-7PM Pub</p>	<p>11 4:30PM Dancing</p> <p>5-7PM Mar Val St. Patrick's Day dinner</p>
<p>12 10-10:30AM Meditation</p> <p>4-5PM Taiji</p> <p>DAYLIGHT SAVINGS Turn clocks ahead</p>	<p>13 5AM Trash</p> <p>5PM MVEST <i>Zoom/contact John Hansen</i></p>	<p>14 2-4PM Pelvic Floor Workshop <i>contact Janet McGrath</i></p> <p>4-5PM Taiji</p>	<p>15 1PM Ladies Bridge <i>Private, Fireside Room</i></p> <p>2-3PM Craft&Chat</p> <p>4:30PM Dancing</p>	<p>16 10-11AM Chair Yoga</p> <p>11AM-12PM Rollin' Root </p>	<p>17 12PM Mahjong</p> <p>4:30PM Dancing</p> <p>4-5PM Taiji</p> <p>5-7PM Pub</p>	<p>18 4:30PM Dancing</p>
<p>19 10-10:30AM Meditation</p> <p>4-5PM Taiji</p>	<p>20 5AM Trash</p>	<p>21 4PM Circle of Friends <i>contact Aneasha Dillon</i></p> <p>4-5PM Taiji</p>	<p>22 2-3PM Craft&Chat</p> <p>4:30PM Dancing</p>	<p>23 10-11AM Chair Yoga</p> <p>11AM-12PM Rollin' Root </p>	<p>24 12PM Mahjong</p> <p>4-5PM Taiji</p> <p>4:30PM Dancing</p> <p>5-7PM Pub</p>	<p>25 4:30PM Dancing</p>
<p>26 10-10:30AM Meditation</p> <p>4-5PM Taiji</p>	<p>27 5AM Trash</p>	<p>28 4-5PM Taiji</p>	<p>29 2-3PM Craft&Chat</p> <p>4PM Book Club <i>contact Carol-Joy Harris</i></p> <p>4:30PM Dancing</p>	<p>30 10-11AM Chair Yoga</p> <p>11AM-12PM Rollin' Root </p>	<p>31 12PM Mahjong</p> <p>4-5PM Taiji</p> <p>4:30PM Dancing</p> <p>5-7PM Pub</p>	