

APRIL CALENDAR

The calendar events are subject to change.

Tuesday 1

9:00 - 9:45 am Zumba - Ballroom
 10:00 - 10:45 am Zumba - Ballroom
 10:00 - Noon Ceramics - Ceramics Room
 10:30 - 11:30 pm Entertainment Mtg - MPR B
 11:15 - 12:15 pm Balance Class - Ballroom
 1:00 - 3:00 pm Ceramics - Ceramics Room
 1:00 - 4:00 pm Corn Hole Club - Hand Ball Courts
 2:00 - 4:00 pm Creative Writing - MPR B
 6:30 - 9:30 pm Bingo - Ballroom

Wednesday 2

10:00 - Noon Yoga- Ballroom
 10:00 - Noon Snowbird Board Mtg.- Conf. Room
 10:00 - Noon Ceramics - Ceramic Room
 1:00 - 3:00 pm Ceramics - Ceramic Room
 5:00 - 6:00 pm Latin Dance Instruction - Ballroom
 7:00 - 9:00 pm Women's Group - Small Card Room

Thursday 3

9:00 - 9:45 am Zumba - Ballroom
 10:00 - 10:45 am Zumba - Ballroom
 10:00 - Noon Agenda Meeting - Conf. Room
 6:00 - 9:00 pm Eating Better , Living Better - Poolside

Friday 4

9:30 -10:00 am Sit & Fit - Ballroom
 10:15- 10:45 am Water Aerobics - Main Pool
 10:30 - Noon Current Events - Small Card Room
 10:00 - Noon Presidents Forum - MPR B
 1:00 - 4:00 pm Billiard Club - Billiard Room
 1:30 pm Movie - Ballroom
 7:00 pm Movie - Ballroom

Saturday 5

10:00 - Noon Ceramics - Ceramic Room

Sunday 6

8:00 - 9:30 pm Magic, Mischief & Comedy- Ballroom

Monday 7

9:30 -10:00 am Sit & Fit - Ballroom
 10:00 - 11:30 am Computer Club - Small Card Room
 10:00 - Noon Shredding Event - Main Parking Lot
 10:15 - 10:45 am Water Aerobics - Main Pool
 1:00 - 3:00 pm Book Discussion - Conf. Room
 3:00 pm Bird Watching Club - Main Parking Lot
 6:00 - 10:00 pm Billiard Club - Billiard Room
 6:00 - 9:00 pm Fun & Games Club - MPR B

Tuesday 8

9:00 - 9:45 am Zumba - Ballroom
 10:00 - 10:45 am Zumba - Ballroom
 10:00 - Noon Ceramics - Ceramics Room
 11:00 - Noon Stop the Bleed Lecture - Small Card Room
 11:15 - 12:15 pm Balance Class - Ballroom
 1:00 - 3:00 pm Ceramics - Ceramics Room
 1:00 - 4:00 pm Corn Hole Club - Handball Courts
 6:30 - 9:30 pm Bingo - Ballroom

Wednesday 9

10:00 - Noon LOD Board Mtg. - Ballroom

10:00 - Noon
 1:00 - 3:00 pm
 5:00 - 6:00 pm

Ceramics - Ceramics Room
 Ceramics - Ceramics Room
 Latin Dance Instruction - Ballroom

Thursday 10

9:00 - 9:45 am Zumba - Ballroom
 10:00 - 10:45 am Zumba - Ballroom

Friday 11

9:30 -10:00 am Sit & Fit - Ballroom
 9:30 - 3:30 pm Blood Drive - Main Parking Lot
 10:15 - 10:45 am Water Aerobics - Main Pool
 10:30 - Noon Current Events - Small Card Room
 1:00 - 4:00 pm Billiard Club - Billiard Room
 1:30 pm Movie - Ballroom
 7:00 pm Movie - Ballroom

Saturday 12

10:00 - Noon Ceramics - Ceramic Room

Sunday 13

No Scheduled events

Monday 14

9:30 -10:00 am Sit & Fit - Ballroom
 10:15 - 10:45 am Water Aerobics - Main Pool
 3:00 pm Bird Watching Club - Main Parking Lot
 6:00 - 9:00 pm Fun & Games Club - MPR B
 6:00 - 10:00 pm Billiard Club - Billiard Room

Tuesday 15

9:00 - 9:45 am Zumba - Ballroom
 10:00 - 10:45 am Zumba - Ballroom
 10:00 - 11:00 am COP - Small Card Room
 10:00 - Noon Ceramics - Ceramics Room
 11:15 - 12:15 pm Balance Class - Ballroom
 1:00 - 3:00 pm Ceramics - Ceramics Room
 1:00 - 4:00 pm Corn Hole - Hand Ball Court
 2:00 - 4:00 pm Creative Writing - MPR B
 6:30 - 9:30 pm Bingo - Ballroom

Wednesday 16

10:00 - 11:00 am Yoga - Ballroom
 10:00 - Noon Ceramics - Ceramic Room
 1:00 - 3:00 pm Ceramics - Ceramic Room
 5:00 - 6:00 pm Latin Dance Instruction - Ballroom

Thursday 17

9:00 - 9:45 am Zumba - Ballroom
 10:00 - 10:45 am Zumba - Ballroom

Friday 18

9:30 -10:00 am Sit & Fit - Ballroom
 10:15 - 10:45 am Water Aerobics - Main Pool
 10:30 - Noon Current Events - Small Card Room
 1:00 - 4:00 pm Billiard Club - Billiard Room
 1:30 pm Movie - Ballroom
 7:00 pm Movie - Ballroom

Saturday 19

10:00 - Noon Ceramics - Ceramic Room

Sunday 20

No Scheduled Events

Monday 21

9:30 -10:00 am Sit & Fit - Ballroom
 10:00 - 11:30 am Computer Club - Small Card Room
 10:15 - 10:45 am Water Aerobics - Main Pool

3:00 pm Bird Watching Club - Main Parking lot
 6:00 - 9:00 pm Fun & Games Club - MPR B
 6:00 - 10:00 pm Billiard Club - Billiard Room

Tuesday 22

9:00 - 9:45 am Zumba - Ballroom
 10:00 - 10:45 am Zumba - Ballroom
 10:00 - Noon Ceramics - Ceramics Room
 11:15 - 12:15 pm Balance Class – Ballroom
 1:00 - 3:00 pm Ceramics - Ceramics Room
 1:00 - 4:00 pm Corn Hole Club - Hand Ball Courts
 6:30 - 9:30 pm Bingo - Ballroom

Wednesday 23

10:00 - Noon Ceramics - Ceramics Room
 1:00 - 3:00 pm Ceramics - Ceramics Room
 5:00 - 6:00 pm Line Dance Instruction - Ballroom

Thursday 24

9:00 - 9:45 am Zumba - Ballroom
 10:00 - 10:45 am Zumba - Ballroom
 6:00 - 8:00 pm Think & Drink Trivia Night - Ballroom

Friday 25

9:30 -10:00 am Sit & Fit - Ballroom
 10:15- 10:45 am Water Aerobics - Main Pool
 10:30 - Noon Current Events - Small Card Room
 1:00 - 4:00 pm Billiard Club - Billiard Room
 1:30 pm Movie - Ballroom
 7:00 pm Movie - Ballroom

Saturday 26

10:00 - Noon Ceramics - Ceramic Room

Sunday 27

10:00 - Noon CERT Meeting - Small Card Room
 10:00 - 1:00 pm Service & Social Board Mtg. - Conf. Rm

Monday 28

9:30 -10:00 am Sit & Fit - Ballroom
 10:15 - 10:45 am Water Aerobics - Main Pool
 3:00 pm Bird Watching Club - Main Parking Lot
 6:00 - 10:00 pm Billiard Club - Billiard Room
 6:00 - 9:00 pm Fun & Games Club - MPR B
 11:00 - 12:30 pm Cooking Demo - Ballroom

Tuesday 29

9:00 - 9:45 am Zumba - Ballroom
 10:00 - 10:45 am Zumba - Ballroom
 10:00 - Noon Ceramics - Ceramics Room
 11:15 - 12:15 pm Balance Class - Ballroom
 1:00 - 3:00 pm Ceramics - Ceramics Room
 1:00 - 4:00 pm Corn Hole Club - Handball Courts
 6:30 - 9:30 pm Bingo - Ballroom

Wednesday 30

10:00 - Noon Ceramics - Ceramics Room
 1:00 - 3:00 pm Ceramics - Ceramics Room
 5:00 - 6:00 pm Latin Dance Instruction - Ballroom

Barbecue Area Guidelines

Now that use of the BBQ area is available once again, the following guidelines must be followed.

- Use of a BBQ without a reservation and permit is not allowed. Reservations and permits for groups of 10 or less must be obtained from the clubhouse guard. BBQs are reserved for 1 hour.
- Reserved BBQ parties are available for residents and their quests, Monday-Friday during posted pool hours, for parties of 10 or more. Reservations, permits, instructions and guidelines can be obtained in the LOD office. A \$25 cleanup deposit is required for reserved parties.
- Clean up is required of all residents.
- No glass containers or alcoholic beverages are permitted on the entire pool deck including the BBQ area.. This includes but not limited to: glass pot covers, casserole dishes, coffee makers, ceramic mugs, dishes, or crock pots. **NO GLASS.**
- Trash removal is the residents' responsibility.
- Please be courteous to other residents using the area.
- BBQ operating instructions are available in the LOD office as well as posted in the grill area.

SELF-CARE CHALLENGE

Day 1 Make a list of goals for the month	Day 2 Sit in the sun and meditate	Day 3 Make lemon water or lemonade	Day 4 Go on a hike or nature walk
Day 5 Enjoy the pool or sprinklers	Day 6 Waterguns, Bubbles, Side-walk Chalk	Day 7 Picnic or eat lunch outside	Day 8 Unplug from technology
Day 9 Drink all the water today	Day 10 Make a fruit salad	Day 11 Relax to the sound of nature	Day 12 Go out for ice cream
Day 13 Dress up and feel pretty	Day 14 Make a summer playlist	Day 15 What do you need today?	Day 16 Watch the sunrise or sunset
Day 17 Make your own popsicles	Day 18 Eat a watermelon	Day 19 Take a mid-day nap	Day 20 Visit a Farmer's Market
Day 21 Make s'mores or grill	Day 22 Try watergun painting	Day 23 Take a ton of pictures	Day 24 Do a yoga routine in the sunlight
Day 25 Walk away from unhappiness	Day 26 Re-organize your sacred space	Day 27 Write something beautiful	Day 28 Go star-gazing + count stars 