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LIVING LIFE NATURALLY

Tidbits from Cally, Natures' Proud Cat!

I love this time of year!
So much excitement,
and so much going on.
Never a dull moment for
this little cat!



- Here is something that I found in an old newspaper. It makes me wonder if Abby is a nudist?

Dear Abby: My husband wants us to go to nudist resorts. We are both in our 70s and very out of shape. He is extremely overweight and old looking. Everything hangs. He has been rude and nasty to me because I always say no. I'm too old to leave him. We can't keep fighting over this. He is also very unhealthy. Help. Please give me some advice.

Clothing Not Optional

Dear C.N.O.: I'll try. Naturist or clothing-optional resorts are not what you may think they are. They are patronized by families and individuals

of every shape, size and age. In the interest of peace in your household, please do some research. Your husband is unwell, and you belong with him. You will not be the exception, you will be the norm and you will not be judged. Try it once and you will see that when the clothes come off, we are all variations on one grand design - even if some of the moving parts sag a little.

- How quickly this season is rushing by! The Blood Mobile was here for the second blood drive of the season. There were 21 people who came to donate. One was deferred and one gave double reds making a total of 21 units of blood. Our third and final blood drive for the season will be on March 3rd. Please contact Ken (Lot 56) to donate your life saving blood.
- Soup suppers have always been a big hit at Natures, and the last one was no exception! Mike & Karen and their helpers served delicious Bean with Ham and Turkey Noodle soup as well as salad with all the fixings and dessert. What a feast! Thanks for preparing such great meal and thanks to everyone who supported this fund raising event.
- I wish that I liked cake! At the January birthday and anniversary celebration the display of cakes was amazing, but just a little too sweet for a cat! (*But I did enjoy the vanilla ice cream! Don't tell Misty!*) Many thanks to everyone who bakes cakes each month, and to the servers and helpers at each of our monthly celebrations.
- Tater Night was another successful fund-raiser! HUGE baked potatoes with a great variety of toppings, salad with all the fixings and dessert! What a meal! Many thanks to the hosts and helpers for organizing this delicious fund-raising event.

- Once again there are beautiful quilts on display in the clubhouse, some made by our talented quilters, others acquired at estate or yard sales, and some are family heirlooms. Thank you for sharing these beautiful quilts with us, and many thanks to everyone who helped prepare the quilts for hanging, and to the ladder climbers who hung them. If you would like to have a quilt of your own, the quilt above the stage is being raffled to raise funds for Days for Girls, one of Natures' outreach programs.



Natures' very own Quilt Show



*1st, 2nd & 3rd Raffle Prizes
(Proceeds go to Days for Girls)*

- The new 'best thing since sliced bread' is the Instant Pot, which can do the job of a slow cooker, pressure cooker, rice cooker, steamer, yogurt maker, sauté/browning pan, and warming pot. Lee and Chip, who both own Instant Pots and have become proficient in their use, gave a demonstration on how they work and what they can do. After

this great demonstration there will probably be many Crock Pots and rice cookers in the next garage sale! Many thanks, Chip and Lee, for an informative demonstration.

- This was something new at Natures: Wine & Paint. (Not Whine & Paint) Will (Lot 58) is an artist and arranged a relaxing class where people could enjoy some wine while trying their hand at painting. Will was a patient and encouraging teacher, and all his 'students' loved the class, and were amazed at the painting that they created! Great job Will, and congratulations to our budding artists!
- Our wonderful volunteers are at it again! While the new pickleball court was being poured, some of the pickleball players used the down time to clean up the shuffleboard courts. Thank you so much! This volunteering spirit is what makes Natures special!



Cleaning the Shuffle Board Courts

That's all from me! Next month is going to be super busy with all of the planned activities. If you are not at Natures, you are missing a fun time!



Pickleball, One of the fastest growing sports in the USA.

A number of years ago a request was made for a pickleball court. At first there were only a handful of people who used it, but each year, more and more people became interested. This season pickleball has exploded at Natures. With more and more players and now a class for beginners, one pickleball court was simply not sufficient. It was time to put in a second court.

Although we usually do big projects like this in the summer, when the least amount of people will be disrupted, in this case we felt that we needed to do this as soon as possible so that it could be used this season. And so the project began.

The most logical place for a second court was next to the first court. Unfortunately this was where the horseshoe pit was located! This 'problem' was solved when a group of pickleball players volunteered to relocate the horseshoe pit to the east side of the petanque courts. And what a beautiful job they did! Not only did they do all the work, but they also bought new timbers - which basically means that we have a brand new horseshoe pit!

The start of this project was the preparation of the area for the court. This all went smoothly even though a considerable amount of dirt had to be removed from the site.

Then came the logistics of pouring the cement for the new pickleball court. Because we are much more developed than we were when the first court was built, the cement truck no longer had access to where the new court would be located. Because of the weight of the trucks, they could not cross the cement path which was their only remaining access. To

overcome this obstacle, a hopper with a pump and a very long 6" hose had to be used, which was an interesting operation to watch.



The cement trucks on the west side of the path



..... and the loooong hose to the new court!

Once they had managed to get the cement through the hose initially (that was quite a performance) everything happened quickly, and within a couple of hours the cement job was done.





And suddenly we have a new pickleball court!

The actual job of putting in the new court took two days. One to prep the ground and put in the forms, and a second day to pour the cement. The original pickleball court could not be used for 3 days while the new cement was curing, and one week after the project started, the new court was ready for use.

While it was curing, the pickleball players added the finishing touches to the new court: Painting the lines, putting up the fences, filling the space between the courts with landscape fabric and rock and backfilling along the edge of the new cement.

Many thanks to all who helped with this project. As always, we are so grateful to our volunteers and appreciate all that they do for the park. Enjoy your new court!

Fun in the Sun. What is it?

Basically Fun in the Sun (or FITS for short) is two weeks of competitions of various kinds. Some of the competitions are a bit more serious than others, and some are just plain crazy. But the important part of FITS is to have FUN. Of course it is nice to win, and it is nice to get a couple of dollars for doing so, but if that is all that you are getting from FITS, then you are missing the best part. Although the goal of FITS is to have fun, it also gives you the opportunity to try out some new activities, as well as to meet people who you may not have met before. So relax and get ready for a FUN two weeks, and perhaps come out of it with some new interests and some new friends.

Below is a list of all the competitions:

- | | | |
|-------|------------|---|
| 3rd: | 7:45 a.m. | Golf |
| 4th: | 9:00 a.m. | Pickleball |
| 5th: | 1:00 p.m. | Ring Toss |
| 6th: | 9:00 a.m. | Horseshoes |
| | 12:30 p.m. | Volleyball |
| | 7:00 p.m. | Euchre |
| 7th: | 9:00 a.m. | Ladder Golf |
| | 1:00 p.m. | Raft Race |
| | 7:00 p.m. | Bingo |
| 8th: | 1:00 p.m. | Texas Hold'em |
| | 7:00 p.m. | Darts |
| 9th: | 7:00 p.m. | Trivial Pursuit |
| 10th: | 9:00 a.m. | Petanque |
| | 7:00 p.m. | Hand & Foot |
| 11th: | 9:00 a.m. | Cornhole |
| | 7:00 p.m. | Cribbage |
| 12th: | 1:00 p.m. | R.C. Car Race |
| 13th: | 1:00 p.m. | Wii Bowling |
| 16th: | 9:30 a.m. | Blind Golf Cart Race |
| | 11:30 a.m. | Awards Ceremony followed by Red Hots Finale |

February Special Events

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|------------|-----------|---|
| 1st | 8:00 a.m. | Breakfast |
| 2nd | 4:00 p.m. | Superbowl |
| 3rd - 16th | | Fun-in-the-Sun |
| 3rd | 7:00 p.m. | FITS kick-off Dance. Music provided by Ruthi |
| 5th | 9:00 a.m. | Craft Show |
| 6th | 7:00 p.m. | Open Mic/Karaoke |
| 7th | 1:00 p.m. | Days for Girls Workshop |
| 8th | 8:00 a.m. | Breakfast |
| 14th | 7:00 p.m. | Valentine's Dance |
| 15th | 8:00 a.m. | Members' Meeting |
| 16th | 7:00 p.m. | Open Mic/Karaoke |
| 19th | 2:00 p.m. | Street Party Luau |
| 20th | 5:00 p.m. | Old Fashioned Pot Luck |
| 23rd | 7:00 p.m. | Show: Helen Russell |
| 25th | 3:00 p.m. | Mardi Gras Parade |
| 29th | 8:00 a.m. | Breakfast |

Weekly Activities:

Monday

| | | |
|------------|---------------------------------|-----------|
| 8:30 a.m. | Kundalini Yoga | Pool Hall |
| 8:30 a.m. | Walking Aerobics | Clubhouse |
| 9:00 a.m. | Pickle Ball | |
| 9:20 a.m. | Advanced Exercise | Clubhouse |
| 10:00 a.m. | Ruthi's Dance Class | |
| 11:00 a.m. | Ruthi's Dance Class Advanced | |
| 1:00 p.m. | Hand & Foot | |
| 1:30 p.m. | Water Volleyball | |
| 2:00 p.m. | Petanque | |
| 2:00 p.m. | Ukelele Group | |
| 3:45 p.m. | Wii Bowling | |
| 4:00 p.m. | Pickleball - Beginners | |

Tuesday

| | | |
|-----------|--------------------|-----------|
| 8:30 a.m. | Walking Aerobics | Clubhouse |
| 9:00 a.m. | Pickle Ball | |
| 1:00 p.m. | Hand & Foot | |
| 1:30 p.m. | Water Volleyball | |
| 2:00 p.m. | Petanque | |
| 3:00 p.m. | Restorative Yoga | Clubhouse |
| 7:00 p.m. | Country Dance Club | |

Wednesday

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|-----------|-------------------|-----------|
| 8:30 a.m. | Walking Aerobics | Clubhouse |
| 8:30 a.m. | Hatha Yoga | Pool Hall |
| 9:00 a.m. | Pickle Ball | |
| 9:30 a.m. | Advanced Exercise | Clubhouse |
| 1:00 p.m. | Hand & Foot | |
| 1:30 p.m. | Water Volleyball | |
| 2:00 p.m. | Petanque | |
| 2:00 p.m. | Ukelele Group | |
| 4:00 p.m. | Happy/Social Hour | |

Thursday

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|------------|------------------------|-----------|
| 9:00 a.m. | Pickle Ball | |
| 9:30 a.m. | Kundalini Yoga | Pool Hall |
| 11:30 a.m. | Veggie Joe | |
| 1:00 p.m. | Hand & Foot | |
| 1:30 p.m. | Water Volleyball | |
| 2:00 p.m. | Petanque | |
| 4:00 p.m. | Pickleball - Beginners | |

Friday

| | | |
|------------------|------------------------|-----------|
| 8:30 a.m. | Walking Aerobics | Clubhouse |
| 8:30 a.m. | Kundalini Yoga | Pool Hall |
| 9:00 a.m. | Pickle Ball | |
| 9:15 a.m. | Yoga | Pool Hall |
| 9:30 a.m. | Advanced Exercise | Clubhouse |
| 1:00 p.m. | Crafting in the Corner | |
| 1:00 p.m. | Hand & Foot | |
| 1:30 p.m. | Water Volleyball | |
| 2:00 p.m. | Petanque | |
| 5:00 p.m. | Camp Fire | |
| 6:15 - 6:45 p.m. | Purchase Bingo tickets | |
| 7:00 p.m. | Bingo | |

Saturday

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|------------|------------------|--|
| 9:00 a.m. | Pickle Ball | |
| 10:00 a.m. | Texas Hold'em | |
| 1:30 p.m. | Water Volleyball | |
| 2:00 p.m. | Petanque | |
| 7:00 p.m. | Darts | |

Sunday

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|------------|------------------|--|
| 9:00 a.m. | Pickle Ball | |
| 12:00 p.m. | RC Racing | |
| 1:30 p.m. | Water Volleyball | |
| 2:00 p.m. | Petanque | |