

**SAN PEDRO & VALLEY HIGH COMMUNITIES
MAY 2023 NEWSLETTER**

FELLOWSHIP AND WORSHIP

Every Sunday Pastor Gary and Nancy host Fellowship in the San Pedro Clubhouse at 8:30 AM, coffee and donuts will be served. Worship Service will begin at 9:00 AM. Everyone is welcome and invited!

BEADING

If you are a “beader” please feel free to stop by and join this group of folks on Fridays from 1:00 PM to 4:00 PM in the SPCR. This is not a class, and no supplies or instruction are provided.

CRAFTERS

No matter what your craft; sewing, crocheting, quilting, etc. you are invited to join this group who meet to do their craft and socialize. Sundays from 11:00 AM – 5:00 PM in the SPCH. Wednesdays from 9:00 AM – 3:00 PM in the VHCH.

FREE ART LESSONS

Beth Ford is offering FREE art lessons. You will learn how to draw, including understanding color, perspective, composition and complete a painting. Beth formerly taught in her own Art Supply Store in Washington. Bring a # 2 or HB pencil & eraser. Beginners very welcome! No supplies will be provided. Mondays at 9:00 AM to noon at the VHCH. Questions call 206-890-1535

EDEN ENERGY

In May, Cindy Swan will cover specific key topics from Donna Eden’s award-winning book, Energy Medicine. 5/15/23 “Releasing Pain Class”; 5/22/23 “Calming Stress and Anxiety Class”; and 5/29/23 “Balancing Hormones Class”. These classes will be held in the VHCH at 1:30 PM and the suggested donation is \$5.00 per person. Brochures and signup sheets are in the SPCH.

EXERCISE

Water Aerobics at 10:00 AM on Mondays, Wednesdays, and Fridays at the Indoor Pool.

Bocce Ball Mondays and Thursdays at 10:30 AM at the Bocce Ball court (next to the Pickleball court).

Pickleball Court is available on a first come first serve basis. The court is for the use of park residents, and our RV guests. Equipment is available in the office M-F, 9:00 AM to 3:00 PM and afterhours with the Park Host.

LINE DANCING

On Wednesdays from 11:00 AM to 11:30 AM Verla Herbert will be teaching “Beginner Line Dancing”. From 11:30 AM to 12:30 AM she will be teaching “Intermediate Line Dancing”.

MANAGERS MESSAGE

Reminder to ALL that 4 dumpsters will be closed again for the summer season beginning Friday, 4/28/23. Also, please DO NOT place items next to the dumpsters. There are free tables in both clubhouses for usable items that you would like to give away. Contact the Manager if you have large items that need to be disposed of. I may be able to help. Thank you and have a GREAT summer!

QUAIL RUNNERS GARDEN CLUB

The Garden Club has been busy placing pots of plants and transplanting cacti around the park! The next meeting will be 6/12/23 @ 9:00 AM in the VHCH

If you have any suggestions, additions, or corrections to the newsletter/calendar please contact Jan Ramelli. 530.200.4271 janariek@msn.com

POOL

Every Monday through Friday at 7:30 AM everyone is invited to come and play pool in the SPCH. On Saturdays at 1:00 there is a 9-Ball Tournament

FRIDAY FUN DAYS

Darlene and Gail will be doing Friday Fun Days this summer starting on 5/5/23! They will be putting the cans in both clubhouses on 4/1/23 so you can sign up. You only have to sign up once for the whole summer. Each Friday they will pull 10 names at 9:00 AM, they will come and see you so you can pick a prize. They have been gathering prizes all winter and have a wide variety. They can’t wait to see everyone this summer. Lots of fun!! Good way of keeping touch for the summer warriors! If anyone has any donations, please see Darlene or Gail.

ENTERTAINMENT

FRIDAY NIGHT MUSIC/DANCE(S)
PUBLIC INVITED AND WELCOME TO ALL OF OUR ENTERTAINMENT!
Cochise County Line Friday, 5/26/23, 6-8:00 PM \$5.00/person donation; please bring a snack to share!

LINE DANCE “DANCE”

Monday evenings from 6:00 to 7:30 PM. Non-stop, pre-recorded music for line dancing! No charge!

BINGO

Every Saturday evening at 6:00 PM in the SPCH BINGO is played! Please be sure to arrive no later than 5:45 to sign in!
THE PUBLIC IS INVITED AND WELCOME TO THIS ACTIVITY!

GAMES & CARDS

LADIES MICHIGAN RUMMY, Mondays, 1:00 PM SPCR
CARD BINGO, Wednesdays, 6:30 PM SPCH
MARBLES, Thursdays, 6:30 PM SPCR