



# The hotline

The *Hotline* is published periodically by Abel Publication Services, Inc., 284 Dryman Road, Franklin, NC 28734, for the Continuing Care Community Residents of North Carolina, Inc., c/o CCCR of NC President Clinton V. Willis, Jr., 3 Kintyer Court, 2200 Elm Ave., Laurinburg, NC 28352; (910) 276-2739; [genclint@bellsouth.net](mailto:genclint@bellsouth.net). Submissions to the *Hotline* and other *Hotline*-related communications should be addressed to the *Hotline* editor, Sandra Lovegrove, at the Franklin address above, e-mailed to [sandabel@aol.com](mailto:sandabel@aol.com).

<[CCCRofNC.org](http://CCCRofNC.org)>

The CCCR of NC HomePage is your source for information—check it out!

## Membership Application

One-year membership is \$7 for an individual, \$14 for a couple. Life membership is \$50 for an individual, \$100 for a couple. **Checks should be made payable to CCCR of NC and given to your community's CCCR of NC representative**, so he or she can keep an accurate tally of members. Please indicate whether you are a renewing or new member. If you are not sure who your community's CCCR of NC representative is, you may find out by contacting CCCR of NC President Clinton V. Willis, Jr., 3 Kintyer Court, 2200 Elm Ave., Laurinburg, NC 28352; (910) 276-2739; [genclint@bellsouth.net](mailto:genclint@bellsouth.net). If your community does not have a representative, mail checks to: CCCR of NC, c/o Susan Rhyne, 3913 Muhlenberg Court, Burlington, NC 27215. The form below is provided for your convenience.

APPLICATION FORM (please print or type)

For membership year  2012

\_\_\_\_\_  
(Your name) (Spouse's name, if applicable)

Community \_\_\_\_\_

Address \_\_\_\_\_

Status (please check one):  Renewal  New member

Enclosed is payment for (please check one):

One year:  \$7 single  \$14 couple Life:  \$50 single  \$100 couple

## October Annual Meeting Agenda Set

THE STATEWIDE Annual Meeting of the Continuing Care Community Residents of North Carolina (CCCR of NC) will be held Tuesday, October 30, 2012, at Christ United Methodist Church in Greensboro.

The meeting will start at 9:30 AM with registration, refreshments, and fellowship. The program will begin at 10:10 AM. After a welcome and introductions of CCCR of NC officers, President Clint Willis will introduce participants in a special program, "Work Wellness Magic with an Olympic Event." Dale Stine, Vice President, will introduce Tom Akins, President and CEO of Leading Age North Carolina.

After a short break, Treasurer Walt Boyer will introduce the featured speaker, Stephen J. Maag, JD, Director, Residential Communities. (see page 3 of this issue for more information.)

Following lunch from 12:30 to 1:15 PM, we will have our business session. In addition to reports and installation of new officers, the members will be asked to approve the name change to NCCCRA, North Carolina Continuing Care Residents Association, as voted on by the Board of Directors at their Annual Meeting on May 20, 2012..This change will more clearly define who we are and also give us the opportunity to chart a new course of work on behalf of all residents in CCRCs across the state. Our mission will not change and our success will carry over to a new brochure and new logo. We welcome your support as this is a historic event in the life of our association.

*Clint Willis*  
President

**To Reach the Church (410 N Holden Road)**  
*See the map on page 2.*

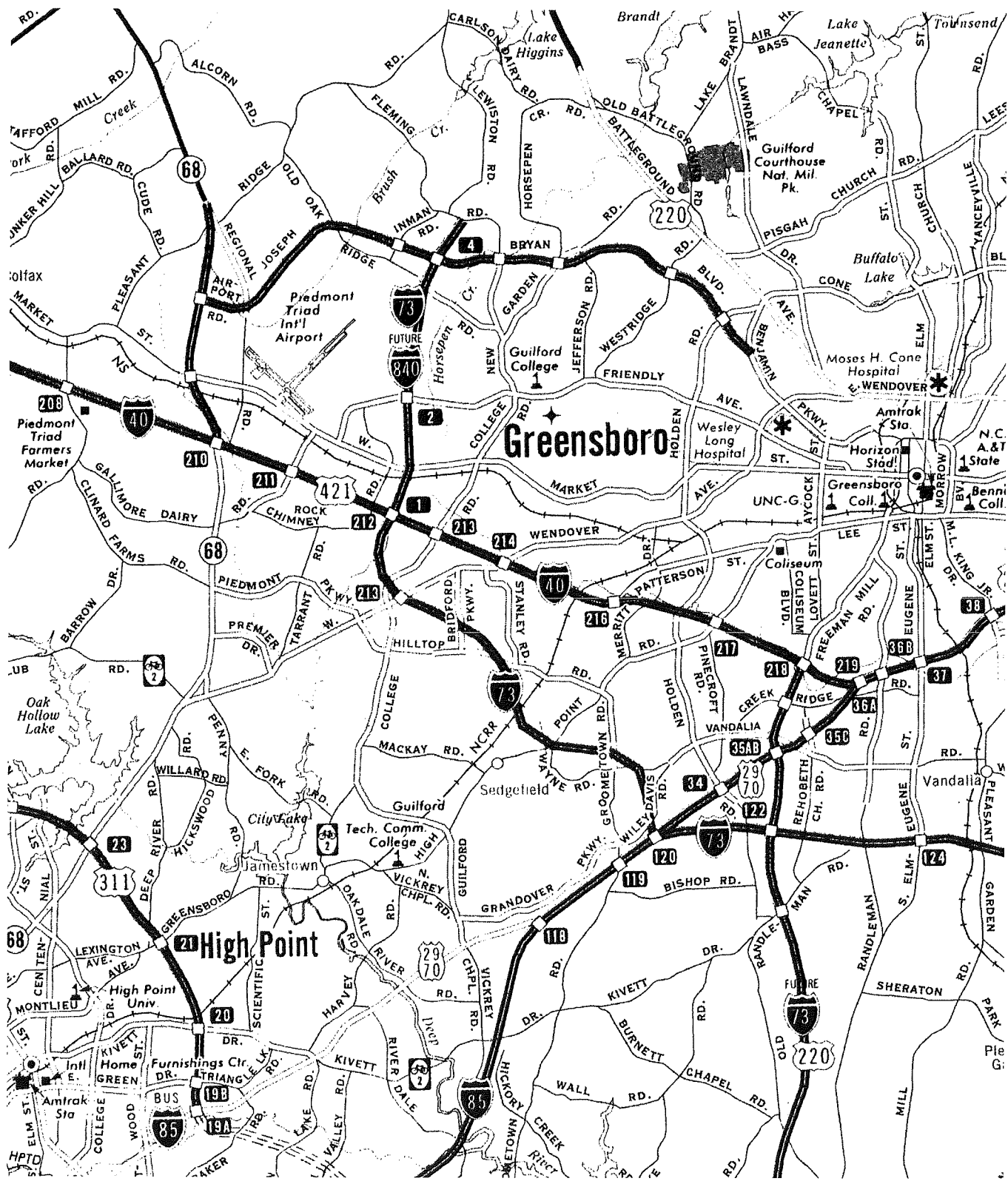
**From the West on I-40:** Take I-40 (not the new bypass) past Guilford College Road to Wendover Avenue. Go left (east) on Wendover to Holden Road. Go left (north) on Holden past Market Street. The church is a few blocks after Market, on the right, well back from the street but easily visible.

**From the East on I-85:** Take I-85 to Business I-85; Continue on Business I-85 past US 421 and US 220 to Holden Road. Go right (north) on Holden past Vandalia Road, High Point Road, Patterson Street, Wendover Avenue, and Market Street. The church is a few blocks after Market, on the right, well back from the street but easily visible.

**From the South on I-85:** Take I-85 to Business I-85. Continue in the same direction (east) on Business I-85 to the next exit at Holden Road. Turn left (north) on Holden past Vandalia Road, High Point Road, Patterson Street, Wendover Avenue, and Market Street. The church is a few blocks after Market, on the right, well back from the street but easily visible.

**From the South on US 220:** Take US 220 past new I-85 to Business I-85, turn left (south) on Business I-85 to the next exit, Holden Road. Turn right (north) on Holden past Vandalia Road, High Point Road, Patterson Street, Wendover Avenue, and Market Street. The church is a few blocks after Market, on the right, well back from the street but easily visible.

The registration form for the meeting is on page 11 of this issue.



**CCCR OF NC ANNUAL MEETING**  
**Christ United Methodist Church, Greensboro, NC**

**Tuesday October 30, 2012**

**9:30–10:10 AM—Registration, refreshments , and fellowship**  
**10:10 AM—General program**  
**12:30–1:15 PM—Lunch**  
**1:15 PM—Business session**

**REGISTRATION FORM**

**Use this form to register:**

Please register me (us) for the CCCR of NC Annual Meeting, October 30, 2012

Name(s) Please print \_\_\_\_\_

Address \_\_\_\_\_

Community \_\_\_\_\_ E-mail or phone \_\_\_\_\_

**Please check the appropriate registration blank:**

- Member CCCR of NC                      Cost \$10.00 for registration and lunch
- Non-member                                      Cost \$12.00 for registration and lunch

**Mail this form and your check made payable to CCCR of NC to Susan Rhyne at 3913 Muhlenberg Court, Burlington, NC 27215. Reservations must be received by Tuesday, October 16.**

I (we) have the following dietary restrictions:  
 \_\_\_\_\_

***The Hotline is your voice.***  
***Share your community's events and experiences!***

were implemented to improve garden yield. This summer the gardeners successfully grew several varieties of heirloom tomatoes, as well as zucchini, crock neck squash, cucumbers, bush beans, watermelons, butternut squash, okra, eggplants, bell peppers, and sweet potatoes. More cucumbers, butternut squash, pumpkins, let-

tuces, collards, Swiss chard, scallions, and spinach are being planted this fall.

The staff and residents of Southminster have enjoyed this wholesome food, while sharing the 2012 harvest of nearly 500 lbs with Friendship Trays, Charlotte's largest meals-on-wheels program.

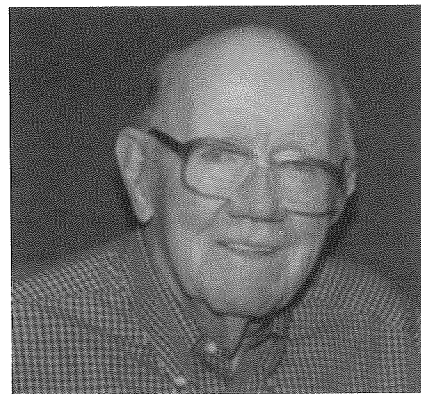
This is truly food for thought.



## Deerfield Resident Keynoter at Emergency Response Group Meeting

IN 1962, a group of ham radio operators who banded together to come up with a system in the mountains to warn of train breakdowns established the Disaster Emergency Response Association. Asheville was known as headquarters of the National Climatic Records Center. When the Disaster Emergency Response Association looked for a site for its annual meeting this year, it returned to its roots in Asheville.

This year's topic for the 1,000-member organization comprising emergency responders from 42 countries was climate change. They chose as the keynoter Deerfield resident Bill Haggard, who headed the agency until his retirement in 1975, which he followed with 27 more



Bill Haggard

years as a forensic meteorologist and consultant.

Haggard explained to his audience that the burning of fossil fuel along with the cutting of forests around the world has fueled a steady increase in the earth's average temperature. The ocean has absorbed perhaps 50% of the carbon dioxide, making the waters more acidic and threatening coral reefs and fish.

"The clear inference is that this is going to go on for centuries, and it will get warmer," he said. "How much and when and where these extreme weather events will happen, we don't know." It will be up to emergency responders and planners to anticipate more natural disasters because of the changing climate. His message became imminently clear, as many conference registrants were unable to attend because they were fighting wildfires in Colorado or working on flood recovery in Florida and Pennsylvania.

Bill Haggard at 92 remains active at Deerfield, where he currently serves as secretary of the Residents Council Employee Appreciation Committee.

## October 30 Speaker to Cover Future of CCRCs

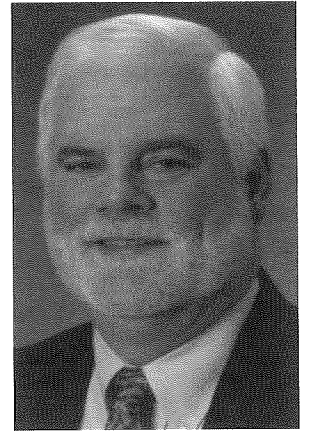
WE HAVE KNOWN for years that we are followed by the "Baby Boomers" born after World War II. We know there are a lot of them. And we have been reading in the press and hearing in the media that many of their values are different from those we were brought up with. So what are the demographics of this new generation? How will they affect the CCRC industry? Our principal speaker for the Annual Meeting is Steven J. Maag, JD, Director for Residential Communities at Leading Age, a national association of not-for-profit organizations dedicated to making America a better place to grow old. Mr. Maag has compiled an enormous amount of information over the years on this subject and will tell us how he foresees the future direction of CCRCs progressing while coping with these changing demographics and societal values.

Steve is responsible for developing and implementing public policy for Leading Age residential communities, including assisted living, continuing care retirement communities (CCRCs), and senior housing. Steve also works with individual member facilities on specific issues they are facing, including participating with members' boards as they review and revise their strategic plans. He serves as a resource for members when dealing with a wide variety of legal and regulatory matters on a state and national basis. He is a liaison to Leading Age state affiliates on assisted living, CCRC, and housing issues. He is a part of the advocacy staff at Leading Age and works with members of Congress and committee staff on public policy issues important to Leading Age members. He also serves as the Leading Age board representa-

tive to The Center for Excellence in Assisted Living and was board chair in 2010.

Steve received his BA degree from the University of Washington in 1975 and his JD from Seattle University School of Law in 1977. Prior to his current position, Mr. Maag was a member/partner with Ryan, Swanson & Cleveland PPLC, a law firm in Seattle, Washington, from 1988 to 2006, with a practice emphasizing health care, primarily long-term care. He represented numerous health care clients in all aspects of facility and professional licensure, Medicare/Medicaid survey/certification issues, fraud and abuse investigations, liability litigation, corporate compliance plans, certificates of need, negotiating and drafting of contracts with managed care organizations, buying and selling of facilities, and general business representation. Prior to joining the Ryan firm, Steve had been Director of Legal and Regulatory Affairs with the Washington Health Care Association from 1984 to 1988 and a partner in Mickelson and Maag, 1978-1982.

Steve has spoken at numerous seminars at both national and state levels on a wide variety of legal and operational issues facing long-term care providers over the last 25+ years and contributed to a number of publications on a variety of health care topics.



Steven J. Maag

*Walt Boyer*  
Treasurer

## Proposed Amendments to Bylaws

The CCCR of NC members at their October 30 annual meeting will be requested to approve changing the name of the association to the North Carolina Continuing Care Residents Association. In furtherance of this request, it will be proposed that the bylaws of the association be amended to reflect this change.

Further, it will be requested that the members approve amendment of the bylaws to include the addition of the association agent to the executive committee of the association.

*Dale Stine*  
Vice President

## Willis Receives Award from Leading Age NC

LEADING AGE NORTH CAROLINA, with a membership of 57 communities, each year seeks nominations for its awards program. This program honors excellence in service to the elderly. One of the awards, the Distinguished Service Award, recognizes the achievements of members or non-members making outstanding contributions toward the welfare of older persons in areas such as research, education, communication, public policy, or innovative developments. CCCR of NC President Clint Willis was nominated by the management staff of Scotia Village and received the award at the Annual Convention of Leading Age North Carolina, held in Newbern.



Presenting the award to Clint Willis are Tom Akins, CEO of Leading Age (left), and David Piner, Chairman of the Board, Leading Age North Carolina (right).

## Food for Thought at Southminster

AS THE LAST FROST of a warm winter passed, the planting beds were top dressed and purged of leftover winter weeds. The coming season's crop selection and plant placement schematics were drawn up as the harvest of chard was almost complete, and spring approached.

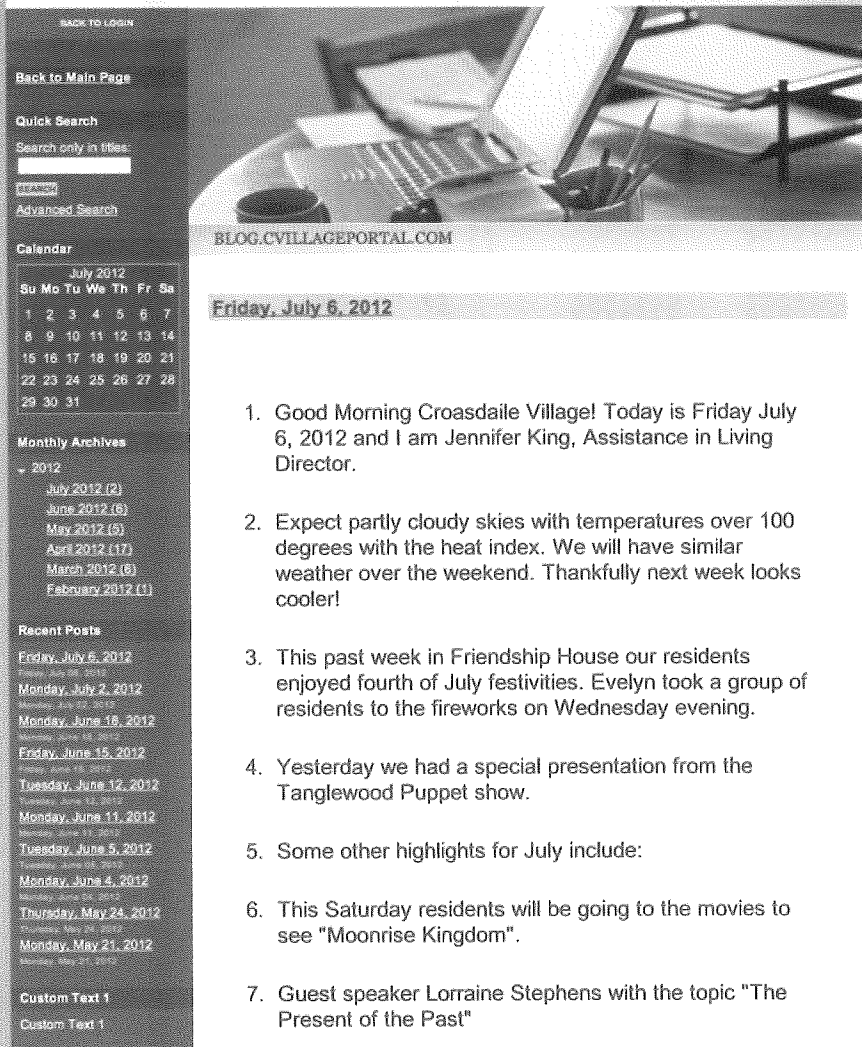
The seedlings sprouted in their potting soil trays by the grand piano in the lounge, and Southminster's Friendship Tray Garden Planting Event was scheduled for Easter Saturday. Last year, under the leadership of Executive Chef Kris Reid, the Southminster garden, along with other religious and community volunteers, contributed to the daily feeding of some 700 Friendship Trays recipients in the Charlotte area.

Southminster's garden, which is one of more than 25 Friendship Gardens, had provided over 400 pounds of organically grown vegetables in its first annual growing year. The vegetables ranged from herbs to eggplant, from okra to zucchini, from cucumbers to sweet potatoes, and three beautiful pumpkins, just in time for Halloween 2011!



Lessons learned from last year's garden have helped to increase this growing season's production. This planting season the plant density increased, and crop positioning and an increased number of planting cycles

## Administrators' Morning Report



The screenshot shows the website's interface. At the top, there's a navigation bar with 'Back to Main Page', 'Quick Search', and 'Advanced Search'. Below that is a calendar for July 2012, with the current date, Friday, July 6, 2012, highlighted. A sidebar on the left contains 'Monthly Archives' for 2012, listing months from February to July with post counts. Below that is a 'Recent Posts' section listing dates from Friday, July 6, 2012, back to Monday, May 21, 2012. The main content area displays a list of seven items, each with a number and a brief description of an event or announcement.

1. Good Morning Croasdaile Village! Today is Friday July 6, 2012 and I am Jennifer King, Assistance in Living Director.
2. Expect partly cloudy skies with temperatures over 100 degrees with the heat index. We will have similar weather over the weekend. Thankfully next week looks cooler!
3. This past week in Friendship House our residents enjoyed fourth of July festivities. Evelyn took a group of residents to the fireworks on Wednesday evening.
4. Yesterday we had a special presentation from the Tanglewood Puppet show.
5. Some other highlights for July include:
6. This Saturday residents will be going to the movies to see "Moonrise Kingdom".
7. Guest speaker Lorraine Stephens with the topic "The Present of the Past"

and theaters. Other popular links are to game, genealogy, hobby, garden and travel sites.

The opening page provides one or two general articles about aspects of Croasdaile Village life each month, links to a gallery of resident-provided photos and to the

Croasdaile Chronicles, a two-page monthly online newspaper which is expected to grow to four pages. A recent issue included articles on the art of bonsai, the monthly farmers' market held onsite, the health benefits of laughter, and a popular column "Roses and Raspberries,"

which was renewed following the demise of the residents' print newspaper in the fall of 2011. A recent column gave a "rose" to the new digital Wellness picture frame and "raspberries" to residents who use their fingers to pick nuts off the salad bar!

Bev Pierpoint designed the site and is its temporary webmaster. She is a staff member of the United Methodist Retirement Homes which oversees Croasdaile Village and four other CCRCs in North Carolina. Residents Sharron Nance (Chair of the Resident Committee on Communications) and Woody Mason are responsible for vetting submissions.

During the summer months Bev began teaching a series of classes for residents in photo editing and web design and publishing. It is hoped that some of the residents who complete the classes will be able to assume responsibility for managing technical aspects of the website.

Anyone interested in learning more about this website and how it was created may contact Sharron Nance at 919-384-2071 or <snslnance44@gmail.com>.

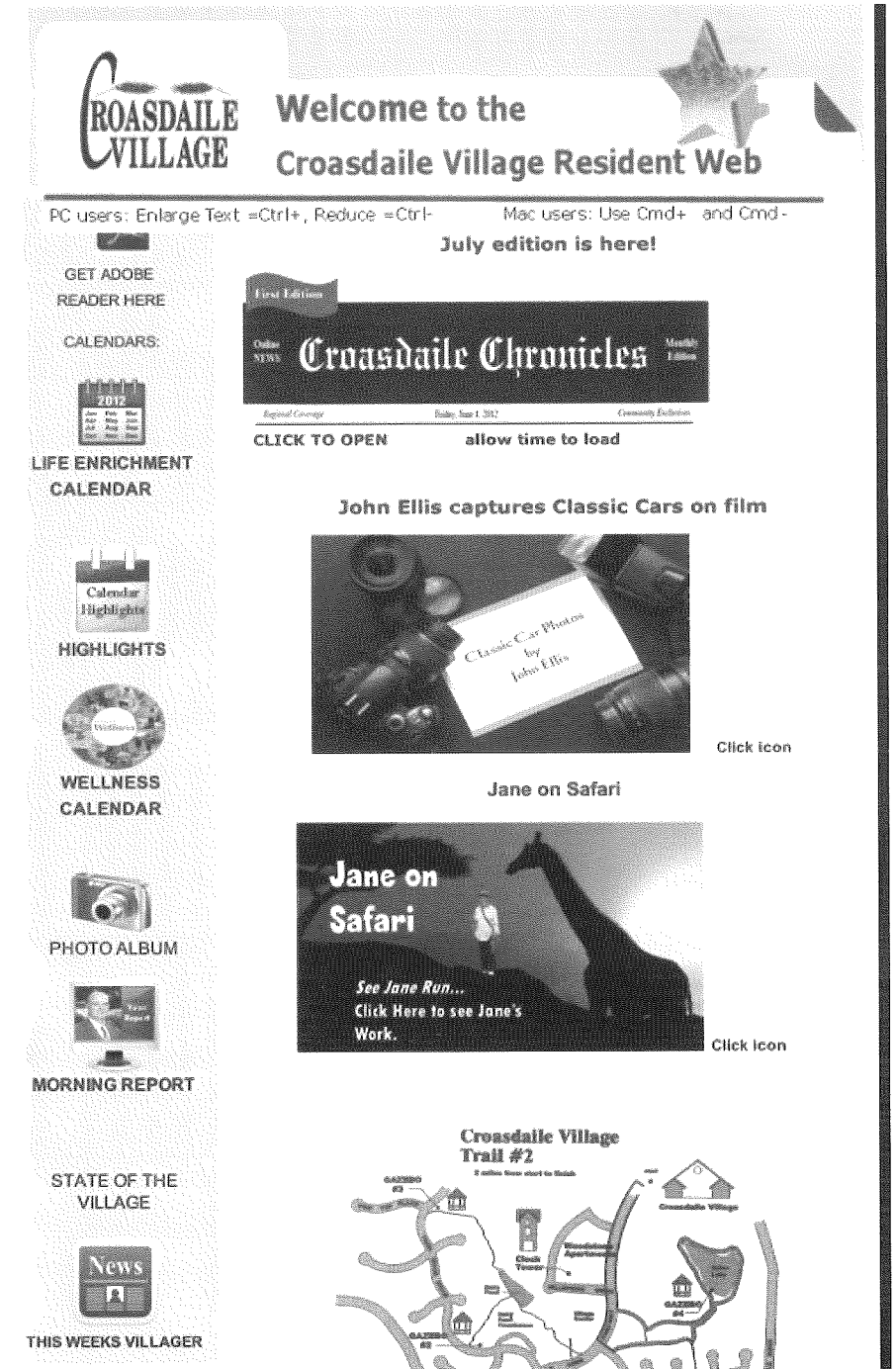
*Judith Moore*  
Croasdaile Village

## From Our Communities

### Croasdaile Village Rolls Out Resident Website

IN THE SPRING, Croasdaile Village introduced a resident website, [www.cvillageportal.com](http://www.cvillageportal.com). Croasdaile Village has had an official website open to the public for some years, but believes they may be the first CCRC in North Carolina to have a site just for residents. It is available only to residents, who must have a username and password to access it. Entering <http://www.cvillageportal.com> will take one to the opening page, which requests ID and password.

The website is meant to be a one-stop shopping site for information about Croasdaile. It includes the monthly wellness and social activities calendars, dining room menus, the resident and administration phone directories, the latest edition of the administration's weekly newsletter, recent additions to the library, the month's movie schedule, resident birthdays, and new move-ins. The site also provides links to a variety of newspapers, radio and TV stations, local, state and federal government sites, colleges and universities, and museums




The screenshot shows the homepage of the Croasdaile Village Resident Website. At the top, there's a banner with the website logo and the text 'Welcome to the Croasdaile Village Resident Web'. Below the banner, there are instructions for PC and Mac users on how to enlarge or reduce text. A navigation menu includes 'GET ADOBE READER HERE', 'CALENDARS', 'LIFE ENRICHMENT CALENDAR', 'HIGHLIGHTS', 'WELLNESS CALENDAR', 'PHOTO ALBUM', 'MORNING REPORT', 'STATE OF THE VILLAGE', and 'THIS WEEKS VILLAGER'. The main content area features a 'First Edition' section for 'Croasdaile Chronicles' with a 'CLICK TO OPEN' button. Below that is a section for 'John Ellis captures Classic Cars on film' with a 'Click icon' button. Another section for 'Jane on Safari' also has a 'Click icon' button. At the bottom, there's a map titled 'Croasdaile Village Trail #2' and a 'News' section.

## Croasdaile Village Life Enrichment Calendar JULY, 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Croasdaile Village</b> (use of The United Methodist Retirement Homes, Inc.) 2400 Croasdaile Farm Parkway Durham, NC 27705 - A Life Care Services (LCS) Facility -</p>	<p><b>Room KEYS...</b> CH - FEW CHAPEL ED - EXERCISE BOARDMEETS CTR PB - PRIVATE DINING ROOM BA - BATHS AT CLOUTY FEM CH - CHAPEL AT CLOUTY FEM PA - PONDERS AGED RESIDM BL - BLISS - HERIAGE HALL LFT - DISCHARGMENT ROOM HR - HERIAGE SUN ROOM LL - LL - Living Room, 1 Wing LL - LL - Living Room, 2 Wing LL - LL - Living Room, 3 Wing CH - Chapel Room BB - Boardroom, Unattended</p>	<p>When sign-up sheets for events are full, please place your name on the waiting list so that persons are added to the trip in the order they sign up. Please do not put your name on a list unless someone has canceled.</p>	<p>Regular Wellness Classes are listed on the Wellness Calendar and available at the Communications board across from the LE board.  **residents pay costs</p>	<p>Cottage RECYCLE days have box around day! <b>SUMMER VACATION:</b> Bookovers History Lovers Cultural/Spanish Playreading CV Singers (will meet for fun singing, not rehearsal)</p>	<p><b>JULY</b> Morrison's Dining Cookout Specials each Wed. Lunch &amp; Fresh Berry Dessert each Friday evening</p>	<p>The Life Enrichment Department reserves the right to cancel or postpone trips due to weather or bus related issues, or low sign up for events. <b>Thanks for your understanding!</b></p>
<p><b>MON WEEK #1</b> 11:00 Service of Worship (CH) with Holy Communion</p> <p>6:30 Movie "Henry V" 1989, PG-13 (PA)</p>	<p>9:00 Water "Tubster" 1:30 Quilting Bee (PA) 1:30**Sweet Frog Yogurt or 1 Hour Shopping Trip to Southpoint Mall Area 2:00 Fun Singing (CH) 3:00 Laughter Yoga (PA) 3:00 Table Tennis (LGR) 3:00 Webbing (GR)</p>	<p>10:00 Book-club (GR) 1:00 Penmanship Poetry (RAK) 1:30 Int. Folk Dance (LLJPP) 1:30 Kroger-Hibiscough BA. 3:00 Beggs (BBLEJER) 3:45 Bible Study (RAK) 7:00 Patriotic Music Sing-a-long led by CV Men's Chorus (PA)</p>	<p><b>FOURTH OF JULY 4</b> Freedom has its life in the hearts, the actions, the spirit of men and so it must be daily earned and refreshed - else like a flower cut from its life-giving roots, it will wither and die." -Dwight D. Eisenhower <b>Main Meal of the Day 11:00-2:00</b></p>	<p>9:30 Music Appreciation (LLMR) 11:00 Beginner French (LLJPP) 1:30 Walmart/New Hope 2:00 OASIS (CV Library) 3:00 Wb Tennis (GR) 7:00 Maltipong (RAK) 7:00 Vespers (CH) Katie Paul, preaching 7:45 Cool Breezes Rides around Lake</p>	<p>9:00 Water "Tubster" 11:00 "Sandy" School (CH) 1:00 Early Voting 1-2 Polymers Day (LLJPP) 2-4 Reception honoring Teresa Caplan (retirement from Wells Fargo Bank)(PA) 2:00 "MondAveber" (A-016) 6:30 Duplicate Bridge (BBLEJER) 7:00 Movie (PA) "The Big Year" 2011, PG</p>	<p>9:30 COMPUTER HELP (PA) 10:00 Whole Foods 1:30 Riding Tour (GR) 3:00 Guest Day (RAK) 3:00 Memorial Writing (LLMR) 6:00**NC Symphony Summerfest: "A Night in Paris" 7:00 Movie (PA) "J. Edgar" 2011, R</p>
<p><b>MON WEEK #2</b> 11:00 Service of Worship (CH) 3:30 Sunday Sandares (GR) 6:30 Movie (PA) "A Man for All Seasons" 1966, G</p>	<p>9:00 Water "Tubster" 10:00 Early Voting 1:30 Quilting Bee (GR) 2:00 Fun Singing (CH) 3:00 Laughter Yoga (PA) 3:00 Table Tennis (LGR) 3:00 Webbing (GR) 4:30 Supper Club</p>	<p>8:30**Blueberry Picking 10:00 Book-club (GR) 10:15 Catholic-Communion (CH) 10:30 Parkinson's Support group 1:00 Penmanship Poetry (GR) 1:30 Kroger-Northpointe 3:00 Beggs (BBLEJER) 3:45 Bible Study (RAK) 7:00 "More Quirks of Life" Dancing Storyteller Judy Cassell (PA)</p>	<p>9:00 Water "Tubster" 11:00 Episcopal Communion (CH) 1:00 Northgate Mall (Chaplaincy) (LLMR) 2:00 CV Stockers (BBLEJER) 3:00 Lecturing (PA) 3:00 Secrates Cafe (RAK) 6:00**Music on Lawn-Duke "Mandolin Orange" 6:30 Duplicate Bridge (RAK) 7:00 C.S. Lewis &amp; Friends (LLMR)</p>	<p>9:30 Mini-Appr (LLMR) 10:00 Administrator's Coffee 10:30 Harris Teaser/Walgreens 11:00 Beginner French (LLJPP) 2:00 McManess UMC children's sing (CH) 3:00 Wb Tennis (GR) 7:00 Maltipong (RAK) 7:00 Vespers (CH)</p>	<p>9:00 Water "Tubster" 11:00 "Sandy" School (CH) 1:00 Early Voting 1-2 Polymers Day (LLJPP) 2-4 Reception honoring Teresa Caplan (retirement from Wells Fargo Bank)(PA) 2:00 "MondAveber" (A-016) 6:30 Duplicate Bridge (BBLEJER) 7:00 Movie (PA) "Rabbit-Proof Fence" 2002, PG</p>	<p>9:00 Durham Farmer's Market 9:30 COMPUTER HELP (A&amp;D) 3:00 Guest Day (RAK) 3:00 Memorial Writing (LLMR) 7:00 Comedy (PA) Charlie Chaplin's "The Circus"</p>

This chart and the one below are from the Croasdaile Village website.

## Croasdaile Village Fitness Calendar July 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>9:00 Cardio-mov -PA 3 9:00 Water Babes P 1-2 9:30 RL Exercise -PA 1-2 10:00 Water Babes P 1-2 11:00 Yoga-LLMR 2-3 11:00 Having a Ball -PA 1-2 2:00 IL Water Walking P 1-2 3:00 Fitness Buddy-FC 1-2</p>	<p>9:00 Strength Training for Bone Health-Fitness Center 1-3 9:30 RL Exercise-PA 1-2 10:15 RL Exercise-PA 1-2 11:00 Recap Strength-PA 1-2 2:00 Fall Prevention -PA 1-2 3:00 Fitness Buddy-FC 1-2</p>	<p>9:00 Strength Training for Bone Health-Fitness Center 1-3 9:30 RL Exercise-PA 1-2 10:15 RL Exercise-PA 1-2 11:00 Recap Strength-PA 1-2 2:00 Fall Prevention -PA 1-2 3:00 Fitness Buddy-FC 1-2</p>	<p>Staff Led Exercise Classes Cancelled <b>Happy July 4th</b></p> <p>9:00 Cardio-mov-PA 3 9:00 Water Babes-P 1-2 9:35 RL Exercise -PA 1-2 10:15 RL Exercise -PA 1-2 10:00 Yoga-LLMR 2-3 11:00 Lap Swim Buddy P 2-3 11:00 Having a Ball -PA 1-2 2:00 IL Water Walking-P 1-2 3:00 Fitness Buddy-FC 1-2</p>	<p>9:00 Water Endurance Strength P 2-3 9:35 RL Exercise P 1-2 10:00 Water Aerobics P 1-2 11:00 Recap Strength-PA1-2 2:00 Fall Prevention-PA 1-2 3:00 Fitness Buddy FC 1-2</p> <p>9:00 Water Endurance P 2-3 9:35 RL Exercise P 1-2 10:00 Water Aerobics P 1-2 11:00 Recap Strength-PA1-2 2:00 Fall Prevention-PA 1-2 3:00 Fitness Buddy FC 1-2</p> <p><b>Croasdaile Village Farmers Market Gather in the Village Commons 9:00am-11:00am</b></p> <p>Regular Exercise Schedule 9:00-10:15 Water Classes Cancelled</p>	<p>9:00 Cardio-mov-PA 3 9:00 Water Babes P 1-2 9:35 RL Exercise -PA 1-2 10:15 RL Exercise -PA 1-2 10:00 Yoga-LLMR 2-3 11:00 Lap Swim Buddy P 2-3 11:00 Having a Ball -PA 1-2 2:00 IL Water Walking-P 1-2 3:00 Fitness Buddy-FC 1-2</p> <p><b>Crossdiale Village Farmers Market Gather in the Village Commons 9:00am-11:00am</b></p> <p>Regular Exercise Schedule 9:00-10:15 Water Classes Cancelled</p>	<p>9:00 Cardio-mov-PA 3 9:00 Water Babes P 1-2 9:35 RL Exercise -PA 1-2 10:15 RL Exercise -PA 1-2 10:00 Yoga-LLMR 2-3 11:00 LapSwim Buddy P 2-3 12:15 Tai Chi-PA 2</p>
<p>9:00 Cardio-mov -PA 3 9:00 Water Babes P 1-2 9:35 RL Exercise-PA 1-2 10:15 RL Exercise-PA 1-2 11:00 Recap Strength-PA 1-2 2:00 Fall Prevention -PA 1-2 3:00 Fitness Buddy-FC 1-2</p>	<p>9:00 Strength Training for Bone Health-Fitness Center 1-3 9:30 RL Exercise-PA 1-2 10:15 RL Exercise-PA 1-2 11:00 Recap Strength-PA 1-2 2:00 Fall Prevention -PA 1-2 3:00 Fitness Buddy-FC 1-2</p>	<p>9:00 Strength Training for Bone Health-Fitness Center 1-3 9:30 RL Exercise-PA 1-2 10:15 RL Exercise-PA 1-2 11:00 Recap Strength-PA 1-2 2:00 Fall Prevention -PA 1-2 3:00 Fitness Buddy-FC 1-2</p>	<p>9:00 Cardio-mov-PA 3 9:00 Water Babes-P 1-2 9:35 RL Exercise -PA 1-2 10:15 RL Exercise -PA 1-2 10:00 Yoga-LLMR 2-3 11:00 Lap Swim Buddy P 2-3 11:00 Having a Ball -PA 1-2 2:00 IL Water Walking-P 1-2 3:00 Fitness Buddy-FC 1-2</p>	<p>9:00 Water Endurance Strength P 2-3 9:35 RL Exercise P 1-2 10:00 Water Aerobics P 1-2 11:00 Recap Strength-PA1-2 2:00 Fall Prevention-PA 1-2 3:00 Fitness Buddy FC 1-2</p>	<p>9:00 Cardio-mov-PA 3 9:00 Water Babes P 1-2 9:35 RL Exercise -PA 1-2 10:15 RL Exercise -PA 1-2 10:00 Yoga-LLMR 2-3 11:00 LapSwim Buddy P 2-3 12:15 Tai Chi-PA 2</p>	<p>9:00 Cardio-mov-PA 3 9:00 Water Babes P 1-2 9:35 RL Exercise -PA 1-2 10:15 RL Exercise -PA 1-2 10:00 Yoga-LLMR 2-3 11:00 LapSwim Buddy P 2-3 12:15 Tai Chi-PA 2</p>
<p>9:00 Cardio-mov -PA 3 9:00 Water Babes P 1-2 9:35 RL Exercise-PA 1-2 10:15 RL Exercise-PA 1-2 11:00 Recap Strength-PA 1-2 2:00 Fall Prevention -PA 1-2 3:00 Fitness Buddy-FC 1-2</p>	<p>9:00 Strength Training for Bone Health-Fitness Center 1-3 9:30 RL Exercise-PA 1-2 10:15 RL Exercise-PA 1-2 11:00 Recap Strength-PA 1-2 2:00 Fall Prevention -PA 1-2 3:00 Fitness Buddy-FC 1-2</p>	<p>9:00 Strength Training for Bone Health-Fitness Center 1-3 9:30 RL Exercise-PA 1-2 10:15 RL Exercise-PA 1-2 11:00 Recap Strength-PA 1-2 2:00 Fall Prevention -PA 1-2 3:00 Fitness Buddy-FC 1-2</p>	<p>9:00 Cardio-mov-PA 3 9:00 Water Babes-P 1-2 9:35 RL Exercise -PA 1-2 10:15 RL Exercise -PA 1-2 10:00 Yoga-LLMR 2-3 11:00 Lap Swim Buddy P 2-3 11:00 Having a Ball -PA 1-2 2:00 IL Water Walking-P 1-2 3:00 Fitness Buddy-FC 1-2</p>	<p>9:00 Water Endurance Strength P 2-3 9:35 RL Exercise P 1-2 10:00 Water Aerobics P 1-2 11:00 Recap Strength-PA1-2 2:00 Fall Prevention-PA 1-2 3:00 Fitness Buddy FC 1-2</p>	<p>9:00 Cardio-mov-PA 3 9:00 Water Babes P 1-2 9:35 RL Exercise -PA 1-2 10:15 RL Exercise -PA 1-2 10:00 Yoga-LLMR 2-3 11:00 LapSwim Buddy P 2-3 12:15 Tai Chi-PA 2</p>	<p>9:00 Cardio-mov-PA 3 9:00 Water Babes P 1-2 9:35 RL Exercise -PA 1-2 10:15 RL Exercise -PA 1-2 10:00 Yoga-LLMR 2-3 11:00 LapSwim Buddy P 2-3 12:15 Tai Chi-PA 2</p>
<p>Please check Channel 5 &amp; 9 for Exercise Class Updates &amp; Changes</p>	<p>9:00 CV Olympic Volleyball Tournament Handout Bazaar (PA)</p> <p>Regular Exercise Schedule</p>	<p>9:00 Strength Training for Bone Health-Fitness Center 1-3 9:30 RL Exercise-PA 1-2 10:15 RL Exercise-PA 1-2 11:00 Recap Strength-PA 1-2 2:00 Fall Prevention -PA 1-2 3:00 Fitness Buddy-FC 1-2</p>	<p>CH-Few Chapel FC-Fitness Center FC-Fitness Activity Room PA-Great Room PA-Center Auditorium LLMR-L.L. Lewis Memorial Meeting Room-Jerry LLPPR-LL Pastors/Phys Room-Jerry</p>	<p>9:00 Water Endurance Strength P 2-3 9:30 RL Exercise P 1-2 10:00 Water Aerobics P 1-2 11:00 Recap Strength-PA1-2 2:00 Fall Prevention-PA 1-2 3:00 Fitness Buddy FC 1-2</p> <p>Olympic Incentive Program Starting July 27th CV Olympic Pool Volleyball Pool Golf and more coming in August!</p>	<p>Olympic Themed Wellness Lunch &amp; Learn Exercise Plan, Motivation &amp; the right program for you (LLMR) Regular Exercise Classes Tai Chi Cancelled Today!</p> 	<p>9:00 Cardio-mov-PA 3 9:00 Water Babes P 1-2 9:35 RL Exercise -PA 1-2 10:15 RL Exercise -PA 1-2 10:00 Yoga-LLMR 2-3 11:00 LapSwim Buddy P 2-3 12:15 Tai Chi-PA 2</p>