



THE SPRING LAKES PARK

GAZETTE

AN AGE 55 COMMUNITY

SLP Contact Information

Park Office: 438-2407

After hours Park Assistant Manager: 818-0902

Contacting the Management Committee: mc@springlakespark.net

OUR 52nd Year

Feb. 7, 2025

WEEKLY ACTIVITIES

<u>FRI. FEB. 7</u>	
EXERCISE CLASS	10:00AM
<u>SAT. FEB. 8</u>	
<u>SUN. FEB. 9</u>	
<u>MON. FEB. 10</u>	
EXERCISE CLASS	10:00 AM
BALANCE CLASS	11:00 AM
BILLIARDS	1:00 PM
<u>TUES. FEB. 11</u>	
AERO. CLASS	10:00 AM
CHAIR YOGA CLASS	3:00 PM
<u>WED. FEB. 12</u>	
CHOIR PRACTICE	10:30 AM
LINE DANCING	1:30 PM
<u>THURS. FEB. 13</u>	
<u>FRI. FEB. 14</u>	
EXERCISE CLASS	10:00 AM
VALENTINES PARTY	4:00 PM

HAPPY BIRTHDAY

CLIFF HODSDON	8 TH
JAKE HIGGINS	8 TH
REGINA HOLMES	9 TH
THOMAS WITTMAN	9 TH

HOMES FOR SALE



34, 36, 40, 65 & 90

LINE DANCING: Will all Line Dancers please arrive on Wednesday February 12th fifteen minutes early, 1:15 so that we can start dancing at 1:30. Thank You ~ see you there!

Line Dancing will be held on the 1st, 2nd & 3rd Wednesdays of the month. We will not have line dancing on the 4th Wednesday due to Bunco. This may change when daylight savings begin, we may decide to move the class to a later time. I will keep you posted Line Dancers.

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## Chair Yoga, Mindfulness Living, Meditation

The next Chair Yoga class will be on Feb. 11<sup>th</sup> at 3pm and will continue weekly on Tuesdays at 3pm in the clubhouse.

**Reservations required. Please RSVP by Tuesday morning with Tamara at 510-978-8588. If you must cancel, please call Tamara in advance.**

**Thank you!**

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FILM & FOOD

Introduction only ~ Monday, March 3rd 5pm to 7pm at the Clubhouse

This class will be offered on the first Monday of each month.

Tamara will share the cultural significance of food and film as well as perspective.

Will be similar to a book club.

Once a film is chosen (by the group), the partners will meet the following month on Monday.

Partners will watch the film on their own time or with others and bring a dish to share related to the film and be prepared to collectively discuss their own perspectives.

If it's a French film, each partner brings a French dish to share.

PLEASE RSVP NO LATER THAN THE MORNING OF THE EVENT! If you need to cancel please call Tamara in advance.

Tamara: 510-978-8588

If one has allergies, special diets, health concerns they are still welcome to attend and bring their own special dish and perspective.

SPECIAL NOTE: ALL CLASSES ARE FRAGRANCE FREE. THIS INCLUDES COLOGNE, PERFUME, LOTIONS AND HAIR PRODUCTS.

YOU'RE INVITED

VALENTINE PARTY AT THE SPRING LAKES PARK CLUBHOUSE

FRIDAY, FEBRUARY 14th 4:00 – 6:30 pm



FEATURING THE DYNAMIC VOCAL/GUITAR DUO
MIRANDA PERL AND ADAM ASTRUP
AMAZING DAN ROBBINS, BASS
MASTERFUL BEN SIBLEY, DRUMS

Mark Your Calendar. Invite Your Friends.

Get Ready for a Music-Filled Evening of Melodic Ballads and Joyful Jazz!
BAR OPEN FOR BEVERAGE PURCHASES. COMPLIMENTARY PASTA AND SALAD.

**SPONSORED BY THE WILLIAM H. NADEAU MEMORIAL FUND PROMOTING AND
REWARDING EXCELLENCE IN JAZZ PERFORMANCE!
JOIN US FOR THIS FREE CONCERT!**



BACK BY POPULAR DEMAND!

Breaded and Grilled Calamari Steak.
With sides of Pasta and Fresh Vegetables.
Cocktail sauce and sliced lemon.
Banana Shortbread for dessert.

Thursday, February 20th.

Bar opens at 5:00 and Dinner at 6:00.

Price is \$15.00 ~ Make your check payable to Spring Lakes Park.

Bingo \$5.00 a card with 1/2 the pot going to the winner!

2 games will be played.

Plates and silverware will be provided.

Reservations begin today, January 31st.

5.80 Inches of rain



ALPHA CLASS

Curious about faith?

At Alpha, you can ask anything- it's a safe space to question life, faith, and meaning. Everyone is welcome!

Meeting at 5:00, Wednesday, February 12, Spc #177.

Interested?? Call Maureen (Mo) 408-497-0617 or Lance 408-499-0609

If you miss us, just leave your name and we'll get back to you:)

Estate Sale ~ Space 36

Pat & GeorgAnne will be having an estate sale on February 8th & 9th from 9am-1pm.