

Stoneybrook Happenings



2014

Information supplied by Activity Committee
For Single-Family Home Residents



Men's Coffee: Thursday, March.5th, 10:00 AM at the Lodge. Men of the community get together for camaraderie, coffee and some good story telling.



The Stoneybrook "Eat Your Dessert First" Dessert/Ice Cream Social was a Great Success:

The Events Committee members thank each and every person who attended the event. You are the ones that made the event a real success. We had approx. 45 attendees and had to hustle to set up more tables and chairs. We are glad for such a turnout!

Much appreciation goes to all Activities Committee members. Such a successful event is truly a group effort.

Our thanks also goes out to Jeff Lesmeister and his wife Marilyn for dropping by and giving us their gift of music and caring!

Petty Cash: As of 1-12-15 our balance was \$196.63. Expenses came to a total of \$11.22 resulting in a balance of \$185.31 as of 2/10/2015.



The activities committee is delighted that the SVOA board has chosen to pigeon hole

\$300.00 for the Activities Committee to use for materials, printing costs, equipment, supplies and general operating expenses. Therefore we will be less dependent on "Donations" for our general expenses. However, for some of the more expensive venues, (good artist are expensive) we will still rely on occasional "good will donations".

Walk and Talk: Join this ladies group each weekday morning at 8:00 AM. They meet at the clubhouse rain or shine and walk for 1 hour.

Happy Hour: Everyone is invited to join the happy hour. Bring an appetizer, your beverage and come join in our time together around the fireplace. Starts at 5:00 PM, Friday evenings.

Swimming Pool: How many in this community take advantage of the swimming pool and hot tub?

Our facility is a great asset – It is also a great exercise resource that many find beneficial to their health.

The pool is kept at a comfortable 87 to 88 degrees (that is warmer than the Mediterranean Sea, off the coast of Mykonos, Greece in August).

Those that have weight bearing issues, will find the neutrally buoyant water takes the pressure off of painful arthritic joints and at the same time strengthen the muscles we need for balance.

Some residents have reported regular pool use responsible for relieving pain in their back, shoulders neck and hips.

The separate "Hot pool" is kept at a therapeutic temperature of 102 to 103 degrees. If you have sore or aching joints and muscles (who doesn't) – head for the swimming pool, hot pool or both.

Pool hours are: Daily from 6 AM to 8 PM and entrance is gained by a simple swipe of your Stoneybrook key card.

Thought for the month: It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade. -- Charles Dickens