



2022 WOLF LAUREL VILLAGE CLUB MEMBERS

9/12/2022 Updated Summer Activities

TAI CHI Practice Sessions: There will not be a Tai Chi trainer, but members can gather for practice sessions with Larry Veatch. Most of the time there will be a Certified Practice Leader (certification via The Healer Within Foundation, <https://healerwithinfoundation.org/>). The sessions will be on **Thursdays at 10:15 am** at the Community Center. Village Club members are welcome to join the Tai Chi sessions to practice meditative, healing movement. Please contact Larry Veatch at (352)359-0071 or larryv8@gmail.com for more information.

FITNESS CLASS: This Tone, Tighten & Balance class is designed to make you more functional in your daily life. We will work on improving range of motion, working every major muscle group to improve strength, mobility, posture, balance and maybe even your golf swing. Classes will be on **Mondays & Thursdays at 9am** for the season and will be held in “The Barn” (lower entrance of the Community Center) or, depending on the size of the group, on the hardcourt (next to the pickleball courts). Please bring an exercise mat, water, and weights. For more information contact Mary Lou Woodiwiss, an ACE certified Group Fitness Instructor at (772)321-3288 or vbwoody1@hotmail.com.

ZOOM YOGA with John Shoemaker: **Mondays & Fridays at 9am** Each class will include restorative and yin yoga (long static poses) and active yoga (dynamic poses followed by short static poses). Standing, balancing, kneeling, sitting and lying down poses will be practiced. John is a 500-hour certified yoga teacher through Yoga Alliance. He completed his training at Asheville Yoga Center. His schedule is Zoom Yoga, contact John via email for login information @ johnhshoemaker@gmail.com

VILLAGE CLUB SAMBA: **Every Friday at 1pm** in the Community Center. Please contact Linda Mullins mrsdepp826@gmail.com.

TENNIS: Tennis play times are **Mondays and Thursdays at 10am** for the season. Do you have friends on the mountain that you know who would like to play? All levels of players are welcome. Please contact Sharon Foster for more information chafoster@aol.com. Be sure to bring your water bottle!

WATER FITNESS: We will be offering water fitness swim time for adults only on **Tuesdays & Thursdays from 1-2pm**. All water fitness equipment is provided. Please bring a towel, sunscreen & water.

PICKLEBALL: League play will be on **Wednesdays and Fridays at 10am. Sundays at 2pm. Ladies play on Mondays at 10:30am**. If interested in learning this great sport, contact the Village Club office (828)689-4089 for more info.

Monday Night Potluck: every Monday night at the Village Club Pavilion @ 6pm by the fireplace. Bring a dish to share, mingle with friends and BYOB. Village Club will provide paper products, utensils & bottled water.

Friday Night Appetizers: **this Friday, September 16th in the Village Club Pavilion @ 6pm we will have BINGO!** Bring an appetizer to share, mingle with your neighbors and BYOB. Village Club will provide paper products, utensils, soft drinks & bottled water.

Pool: A new water heater has recently been installed. **Pool is open daily from 10am-7pm in September. Last day to use the pool is September 30th**. All Village Club members are required to sign in at the gate by the pool. ***Keep in mind water fitness/swim time will be for adults only on Tuesdays and Thursdays from 1pm-2pm***

THE WOLF PACK 2022 Schedule: Organized hikes are scheduled each summer and run from June through September. Additional ad hoc hikes are frequently organized among members.

Carpools are formed for hikes outside of Wolf Laurel. Based on rising fuel prices, expect to chip in \$5 per person if you are not driving.

Contact Tim Carrigan to sign up for any hike: tim.carrigan@gmail.com

<u>Date</u>	<u>Leader(s)</u>	<u>Hike</u>	<u>Distance</u>	<u>Difficulty</u>	<u>Meet Place</u>	<u>Time</u>
9/13/22	Cammie Monroe	Camp Creek	5	Moderate	Village	8:30 AM
9/20/22	Terry Deal	Walker Creek	5	Moderate	Village	8:30 AM 9/27/22 Susan
Ritchhart	Devils Courthouse		6.5	Moderate	Village	8:00 AM

MARK YOUR CALENDARS

In Memory of Lloyd Parker: Open to ALL residents! **Rescheduled for Saturday, September 17th (10:00am Registration, 10:30am Play).** Even if you have never played pickleball or don't even know what pickleball is, you might want to donate to pancreatic cancer research in memory of Lloyd Parker, a prominent member of the WL community for many years. The Village Club pickleball league will host a round-robin event in memory of Lloyd. If you want to participate or just donate, contact angie@wolflaurelpoa.com or (828)689-4089. Anyone is welcome to come and watch as we play in memory of Lloyd and to support pancreatic research.

Dining with Friends:

Frieberg's German Restaurant

203 E Main St, Johnson City September 22nd 5:00 PM 18 maximum
RSVP mrsdepp826@gmail.com

Ja, ja, ja, ja! Das ist gut! Oktoberfest in Munich starts on September 17th, so we will celebrate with brats, schnitzel, and beer!

Apple Butter Festival: Saturday, September 24th from 8am-2pm at Bright Hope Laurel United Methodist Church. Proceeds go to fund outreach and mission projects. Highlights include old fashioned Apple Butter & Baked Goods, Country Breakfast served from 8am-10:30am, FREE inflatable Bounce House and Slides for the kids, Hog Hollow Fired Pizza Truck for lunch 11am-2pm, Silent Auction, Yard Sale Items, Vendors, Entertainment and much more!

10th Annual Art On the Island Festival: Saturday, September 24th from 10am-5pm in downtown Marshall, NC. FREE EVENT, open to the public! Artist demonstrations are in the spotlight! There will be booths selling a wide variety of local art. Live demonstrations include blacksmithing, Kudzu Culture, glass blowing, basket making, and fabric dyeing. There will be live music on the island stage. Food will be provided by Sweet Monkey, La Esperanza and more. There will be special activities on Main Street and WART 95.5 FM (Marshall's Community Radio Voice) will broadcast special programming. For more information call (828)6491301 or visit www.madisoncountyarts.com.

Christopher Williams Concert at Ebbs Chapel: Cammie and Cary Monroe will be hosting Christopher Williams at Ebbs Chapel Performing Arts Center on Sunday, October 2nd at 4pm. This will be a fundraiser for Young Life Africa/Middle East. Hailing from Nashville, Christopher is a singer, songwriter, storyteller and entertainer, offering songs that are honest and confessional. His performances engage audiences with an appealing mix of intense passion and humor. Check out his website at www.christopherw.com. Cost for concert is \$20 at the door. For more information, call (813)240-9450.