



2022 WOLF LAUREL VILLAGE CLUB MEMBERS

6/6/2022 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.

TONE, TIGHTEN & BALANCE: This 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 starting in June. 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: **Tuesdays & Thursdays at 1pm** starting in June. Leigh Ann Roseberry is the instructor. All equipment is provided. Please bring a towel, sunscreen & water. Contact Leigh Ann via email for more info eagles21@att.net.



PICKLEBALL: Pickleball will resume leagues in June. 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.

BOOK CLUB led by Karen Gerry: Contact Karen at kgerry48@aol.com

“Flight Girls” by Noelle Salazar – Thursday, **June 16th at 2:30pm** in Village Pavilion. Does not have a presenter for the discussion. Usually, the person who suggested the book leads the discussion. If we don’t have a presenter, we will have an open group discussion. Please contact Karen if you suggested this book.

“The Book of Unholy Mischief” by Elle Newkirk – Thursday, **July 7th at 2:30pm** in Village Pavilion.
Presenter: Michelle Hunt

“Norwegian by Night” by Derek Miller – Thursday, **July 28th at 2:30pm** in Village Pavilion.
Presenter: To be determined. Please contact Karen if you suggested this book.

“Beneath The Scarlet Night” by Mark Sullivan – Thursday, **August 18th at 2:30pm** in Village Pavilion.
Presenter: To be determined. Contact Karen if this is your book.

(Book to be determined) - Thursday, **September 8, at 2:30** Village Pavilion

JAM SESSION: Share your musical talent! Do you sing or play the drums, guitar, keyboard, banjo, saxophone...any musical instrument? Come and join us so we can see how talented you are and learn from each other :) This is open to all musicians inside and outside of Wolf Laurel. Come out and meet up with old and new friends to make some joyful music. The first Jam session is on **Thursday, June 9th at 7pm** in the Pavilion and will be held every other Thursday for the season. Please contact Steve Wilcox for more information (202)699-2790 or stevewilcox397@gmail.com.

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.

What is Expected: No one should attend a hike unless they are in shape to climb up and down hills. All hikers are expected to be able to follow hiking directions and not hold up the group or run too far ahead. To determine if you should be joining an off-mountain hike use the following Wolf Laurel hike as a barometer. You should be able to hike from the beginning of Nature Trail to the top of Big Bald in under 3 hours.

You will need proper equipment: fanny pack/backpack, ample water and food, poles, medical supplies (bee stings, falls, blisters), sunscreen, repellent, foul weather gear, hiking boots and proper clothing.

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 tim.carrigan@gmail.com

Or click on link: <https://www.newprism.com/wolflaurelhikes/>

MARK YOUR CALENDARS

Pool: Pool is open daily from 10am-7pm in June. Starting in July the pool will be open daily 10am-8pm. All Village Club members are required to sign in at the gate by the pool.

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

Friday Night Appetizers: every Friday night starting in May at the Village Club Pavilion @ 6pm by the fireplace (If weather permits). Bring an appetizer to share, mingle with friends and BYOB. Village Club will provide paper products, utensils & soft drinks. (First Friday night of the month we will have live music)

Independence Day Celebration: Open to ALL residents! Set for Saturday, July 2nd starting at 6pm with Commercial grade fireworks (PyroTech) at 9pm. Entertainment includes the Super 60'S Band, Spacewalk blow up slide, bounce house for kids and a firetruck from Ebbs Chapel for kids to explore. Water, soft drinks, snow cones & popcorn will be provided. There will be a tent, tables and chairs set up on basketball court for anyone who wants to bring a picnic down. Arm bands for this event go on sale Monday, June 6th and can be picked up at the Community Center during office hours Mon-Fri 9am-4pm. Adults are \$15, children 12 years and under are \$10. Children under 2 years are free. Arm bands are CHECK or CASH only.

If you would like to sponsor the event and receive a parking spot at the Village Club, the sponsorship starts at \$200. There are 28 parking spots and is on a first come basis. We have 4 handicapped parking spots available also.

Regular parking will be at the Ski Lodge. Contact Community Center for more information (828)689-4089.

Labor Day BBQ: is scheduled for Sept 4th (Sunday) at 4pm with live music. Tickets will go on sale in August for the event. Greg Smith will be cooking up some delicious BBQ. Village Club will provide Baked Beans, Slaw, Dessert & Drinks.