



# Carlyon Beach Community News December 2019



2719 Island Drive NW, Olympia WA 98502

Phone 360-866-0717 Fax: 360-866-4520

Website: [www.carlyonbeachhoa.com](http://www.carlyonbeachhoa.com)

E-Mails: [memberservices@carlyonbeachhoa.com](mailto:memberservices@carlyonbeachhoa.com)

[accounting@carlyonbeachhoa.com](mailto:accounting@carlyonbeachhoa.com)

Office Hours: Monday – Friday 9:00 am to 4:30 pm – The office will be closed from Noon to 12:30 pm for Lunch Period

## 2019 COMMUNITY EVENTS

Board Workshop: December 4 6:30 pm (Wednesday)		
Board Meeting: December 10 7:00 pm (Tuesday)		
Low Impact Exercise Class: Tuesday 9:45 – 10:45 am		
Gentle Exercise Class: Tuesday 11:00 – 11:45 am		
Strengthen & Stretch Exercise Class: Thursday 9:45 am – 10:35 am		
Yoga – Thursday 4:00 pm		
December 7, Saturday	Kids Christmas Party at the Clubhouse	5:30 pm
December 11, Wednesday	Koffee Klatch @ the Clubhouse	1:00 pm
December 14, Saturday	Cookie Exchange Party @ the Clubhouse	1:00 pm
<b>HAPPY NEW YEAR 2020!!!!</b>		
January 8, Wednesday	Koffee Klatch @ the Clubhouse	1:00 pm
January 14, Tuesday	Events Group Meeting @ the Clubhouse	1:00 pm
February 12, Wednesday	Koffee Klatch @ the Clubhouse	1:00 pm
March 11, Wednesday	Koffee Klatch @ the Clubhouse	1:00 pm
April 3, Friday	Egg Stuffing for Easter Egg Hunt	4:00 pm
April 5, Sunday	Easter Bonnet Parade & Egg Hunt	1:00 parade 2:00 pm hunt
April 8, Wednesday	Koffee Klatch @ the Clubhouse	1:00 pm
April 14, Tuesday	Events Group Meeting @ the Clubhouse	1:00 pm



Join our community Koffee Klatch on **Wednesday, December 11 at 1:00 pm**. There will be coffee, teas, and goodies. Join in the conversations, holiday plans & enjoy the view. Everyone is welcome! Hope to see you...  
Sharon Harris & The Events Group

Our holiday potluck was well attended & the food was wonderful. We sure do have many good cooks among us. Thank you to all who attended. It was fun! The Events Group



## CHILDRENS' CHRISTMAS PARTY

Claudia & Sharon are hosting a Christmas party for CBHA kids on **Saturday, December 7, at 5:30 pm.** **Santa has been invited and is to arrive on the sleigh at 6:00 pm.**

## COOKIE EXCHANGE & STUFFED TOY DONATION



We will have a cookie exchange party on **December 14 at 1:00 pm.** **Please bring 3 dozen cookies along with your recipe and a new stuffed toy to be donated to the Griffin Fire Dept.** The stuffed toy will be given to children at times of crisis. We will have coffee & teas and treats, and you will go home with an assortment of cookies from the exchange. It will be a fun festive event.



**HELP A CHILD IN A TIME OF CRISIS DONATE A NEW STUFFED TOY**

**THESE WILL BE DONATED TO GRIFFIN FIRE DEPT**

**THERE IS A TABLE SET UP IN THE CLUB HOUSE FOR YOUR DONATIONS**



## **Exercise Classes – Lisa Krupp**

There are now three exercise classes held on Tuesday and Thursday mornings, all at no cost though donations to cover the cost of equipment are accepted. For more information on these classes you may phone or text Lisa at 360-259-7374.

**Tuesday 9:45-10:45 “Senior” Fitness** This session includes about 10-15 minutes of low impact aerobics and some work with hand weights and resistance bands. This is intended to be a whole-body workout to build strength along with stretching major muscle groups and working on balance. It is not necessary to bring anything to the class.

**Tuesday 11:00-11:45 Seated exercise class** with hand weights and resistance bands. These exercises can also be done standing, but this is appropriate for those of us with physical challenges or unreliable balance.

**Thursday 9:45-10:35 Strengthen and Stretch** The goal of this class is to strengthen the core muscles and hips and leg muscles specifically. Many of us will develop some arthritis in knees and hips and it's important to maintain strength in the muscles surrounding those joints. We also spend time stretching. For this class it is a good idea to bring a yoga mat because we do spend some time on the floor. **(No class on December 5 or January 9)**

**(Also, on Thursday is a 90 minute yoga class, 4:00-5:30, led by Bill.)**



**ST. CHRISTOPHER'S CHURCH WAS VERY HAPPY & FATHER JAMES SAID THE DONATIONS THAT WERE RECEIVED BY OUR COMMUNITY WAS THE LARGEST DONATION THEY RECEIVED. THANK YOU TO ALL THOSE WHO DONATED TO OUR COMMUNITY FOOD DRIVE! REMEMBER ANYONE IN OUR COMMUNITY THAT MAY NEED ASSISTANCE CAN GO TO THE CHURCH TO RECEIVE FOOD. IT IS PART OF THE THURSTON COUNTY FOOD BANK.**



### Winter Walking In and Around Carlyon Beach – Sharing the Road Responsibly

The days are getting shorter, but we still need to get some exercise. For all the walkers out there, please make sure you wear a visibility aid such as a reflectorized vest, flashing bike light, or headlamp with reflector band. Walk facing traffic so you can see any cars coming and stay alert.

Drivers, please remember the speed limit on all Carlyon Beach roads is 20 MPH maximum. Walkers must use the roads, too, since we don't have sidewalks so keep an eye out for them and obey the speed limit. Bonus points for slowing even more as you pass pedestrians 😊.

### Winter Boating requires Extra Attention at the Dock – Sandi Allen, Marina Trustee

Not many boats stay in the water all winter. But a week of good weather can have boats suddenly going in the water for a few more days of boating pleasure. ANY boat that is in the water in the winter faces the potential of a sudden winter storm. High winds can do damage, and high winds coupled with high tides can do even more. Check your boat frequently during the winter months to verify lines are holding.

Please don't trust an aft line & bow line to safely hold your boat in rough weather. Use 2 lines on the bow, and add a spring line, too. This 4-line system will keep your boat from ramming the dock in high winds, which can sink a boat if the wind lasts long enough. Adding snubbers to your lines also protects you from snapping a line in rough weather, as they act as shock absorbers.

### Goose Patrol in Waterfront Park



New metal "guard dogs" are on duty in the Waterfront Park. These dogs are metal silhouettes of German Shepherds attached to stakes, on a spring so the wind causes them to move. So far, the Canada Geese are not fans of these dogs, and are staying away. Hopefully the lawn will be less inviting for the geese and more inviting to families!