



Del Webb® Dove Mountain News



LOVE LIFE TO THE FULLEST

FEBRUARY 2019 | ISSUE 57

DEL WEBB AT DOVE MOUNTAIN

Coffee, Cactus, and Conversation

Saturday, February 2nd, 10:00am to 12:00pm



Enjoy a continental breakfast as you meet new neighbors and catch up with friends.

Masquerade Ball

Saturday, February 16th
6:30 - 9:30pm



Enjoy a fun night out with food, drink, music and dancing, as you celebrate with you friends!
Music by Classic Replay.
Food catered by Dominick's Real Italian Restaurant.
Vegetarian/Vegan/Gluten Free option available (please sign the form at the Welcome Desk for this option).
\$15.00 pp
Sign-up online or at the Welcome Desk by noon, February 10th.

?TRIVIA?

Wednesday, February 6th, 5:00 – 7:00pm
Come with your group of four or join a group as you arrive. \$5 pp if playing. Participate or watch the excitement! Fun for all!

DEL WEBB ARTISTS & CRAFTERS

Are you interested in selling your creations at our first Community Arts & Crafts Fair on Saturday, March 23, 2019 from 10am-4pm? Please email Renee Mona at rsmona05@gmail.com by February 16th, 2019, including a detailed description of what you create. Renee will follow-up about a group meeting to discuss Fair details later in February 2019. Plus, we need more creative men to join us!

NOTE: This will be a Del Webb Community event only, so no vendor tax id or fees required.



ANNUAL MEMBERS' MEETING

Friday, February 15th
1:00pm in the Acacia Room
All homeowners are invited to attend the annual Meeting of the Members.

Del Webb®

Dove Mountain

Del Webb at Dove Mountain
14085 N. Del Webb Trail
Marana, AZ 85658
520-485-0201
www.ourdovemountain.net

HAPPY HOUR FEBRUARY 13TH IS POSTPONED TO FEBRUARY 16TH



WEEKLY HAPPENINGS:

Open Game Day

Sundays at 1:00 pm, Acacia East

Come and bring your favorite board/card/domino game to play with your friends. New members to the community and beginners are always welcome.

Contact: Lea Young, leayoung@yahoo.com

Canasta Hand and Foot Game

Second and fourth Sundays each month, 1:00 to 3:00 pm, Acacia West Hand and Foot... easy to learn, fun to play! Come and join in the fun. New members to the community and beginners are always welcome. Contact: Lynda Nash, carolyndanash@gmail.com, 520-751-7418

Mahjong

Mondays and Thursdays from 1:00-4:00 pm, Acacia West Room

Beginning or refresher groups along with experienced groups on the American League Rules from 1-4pm. Contact: Lydia Bruce at lydiabruce1@gmail.com

Chess Club

Mondays at 2:00pm, Palo Verde Room

Calling all levels of chess players (beginners, refreshers, intermediate and advanced) are welcome! Contact: Steve Willer at swiller54@gmail.com or Gil Ward at gilww1@gmail.com

Pickleball Games!

Come join the fun and check out the different pickleball groups! See the activity calendar for days and times of games. DWDM players are available to help you learn this very popular game. Sneakers or court shoes, hats, sunglasses, water, and sunscreen are highly recommended. Paddles are available in the Saguaro Center for checkout.

Contact: Grace Huppert, grace.carver50@gmail.com, 916-956-0632

Ladies Social Pickleball Games, Monday, Wednesday, Fridays at 4pm.

Contact: dlhall2004@yahoo.com, 303-905-1452

3.5 Competitive Play Pickleball

Games will be on Tuesdays and Thursdays at 6:00pm.

Contact: Doug Frye, fryedrita2@gmail.com

Billiards

Tuesdays, Wednesdays, and Thursdays

Check the times for the games and sign up in the Interest Groups Binder at the Welcome Desk for Men's 9-ball or 4 person 8-ball Billiards.

Arts and Crafts

Wednesdays 10:00 am, Acacia East

We welcome everyone to join us as we work on our individual projects and discover each other's interests. Contact: Kathy Sayre at tksayre13@aol.com

Watercolor Class

Fridays, 10:00am, Acacia East

Contact: Carol Stratmeyer, r_stratmeyer@msn.com

Bridge

The Bridge Group meets each Friday afternoon at 1:00 to 3:00pm in the Acacia West Room of the Saguaro Center. We play contract bridge in a friendly, non-pressure environment. Beginners welcome.

Contact: Ed Cheramy at 307-690-1245 or ed@mailjh.com for additional details.

Mexican Train Game Day

Fridays at 2:30 pm, Palo Verde Room

Come and learn how to play this domino game and to meet with friends.

Contact: Marijo Lewis, 520-260-0688

Texas Hold'em Group

Join us on Fridays from 2 to 4pm in the Acacia East room for a friendly game of Texas Hold'em.

Contact: Gary Mahler, gm4husker@gmail.com, 520-428-3466

Meditation

Thursdays, 3:30 pm in the Wellness Studio

Moments spent in meditation reduce stress, promote healing and center us in peace.

Join Camille Sensale for this free class.

Line Dancing

Feel the rhythm. Come join us and move to the music! Wellness Studio

Wednesday 2-3pm Beginner/Improver

Wednesday 3-4pm Improver/Intermediate

Sunday 12-1pm Mixed from Beginner through Intermediate

Contact information: Grace Huppert at grace.carver50@gmail.com or 916-956-0632

Table Tennis Interest Group

Tuesdays, 3:00pm, Wellness Studio

Contact Gregg Casey at 360-621-2152

Aqua Class and Cooler Temperatures

Tuesdays and Thursdays

1 pm to 2 pm in the pool (or on land from 1 pm – 1:50 pm if temps are below 65 degrees)

There are many factors to consider when teaching in the outdoor environment, sunny or cloudy, windy or still, especially important is the pool/air temperature. According to the

Aquatics Association of America (AEA), the gold standard for aqua aerobics states the temperature of the pool should be a minimum of 83 degrees to maximum of 87 degrees (for safe benefits of fitness.) These temperatures are affected by the outdoor, or air temperature as well. So, if you are wondering if we will have Aqua Aerobics on a specific day, if the outdoor temperature is 65 degrees or higher, we will get into the pool. At times when the temperature is below 65 degrees please be prepared to join in with land exercise in the Fitness studio. Either way, bring your drinking water and let's make 2019 the year to "get fit".

MONTHLY HAPPENINGS:

Colorado Club

Cocktails and Conversation at Highlands Clubhouse Bar, Thursday, February 7, 3:30-6:30 PM.

PLEASE R.S.V.P. if coming, NO LATER than February 5 to:

Terri Butz greyfox@me.com or Kathy Bernard kmbinden@comcast.net

Bunco

6:00 pm, Thursday, February 7th, Acacia West Room, \$5 pp

Secure your spot (12 player limit) at the Welcome Center, a waiting list is available. Bring your favorite Bunco appetizer or dessert, \$5, and plan on having a BLAST!!!

Contact: Cheryl Connelly, cconnelly53@yahoo.com, 773-306-5545

Ladies Potluck Luncheon

Thursday, February 14th, 11:30am

Get better acquainted with your neighbors while enjoying this potluck luncheon.

Bring a light dish or salad to share.

Creative Cooking Club

Monday, February 11th, 4:30pm at Bob and Pat Porter's home, 7271 W River Trail

The ingredient for February is chocolate. Winners for January were Debbie Casey for Vermont maple walnut bars and Nicole McCarthy for cashew red lentil pasta.

If you are interested, please sign up at the Welcome Desk in the Interest Groups Binder.

Contact: Debbie Casey, debbiecasey1958@gmail.com, 360-621-8225

Del Webb Road Runners RV Group

Wednesday, February 13, 3:00 pm, Palo Verde Room

Come join us to plan trips for 2019! Contact: Paul Emmert, phemmert@gmail.com

Genealogy Club

February 18th, 4:00pm, Acacia East Room. Contact: Pat Verwiel, patverwiel@gmail.com

Stamping Group

February 27, 12:30 – 2:30pm AW

This group will be making two greeting cards. Sample cards are available at the Saguaro Center Welcome Desk. We will have several choices of sentiments. Class size is limited and requires advanced sign up at the Saguaro Center Welcome Desk.

A \$10 fee includes all materials needed to make the two cards. No experience is required.

For information, contact:

Shirley Cheramy, 307-413-0049 or Denise Andrikowich, 317-777-8754.

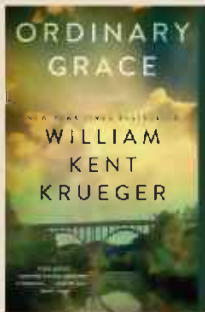


Ladies Golf Opportunities:

"Nine and Wine" Women's 9-Hole golfers get together twice each month to enjoy casual, no handicap required golf with your DWDM neighbors. What an enthusiastic group! Play is scheduled on Thursdays "weather permitting" during February. Competitive, handicap required 18-hole and 9-hole league play is available at local courses. League play runs from November through April and there is still opportunity to join in.

Alison Nidever, 503-819-5872 or alisonmn921@outlook.com will add you to the "Nine and Wine" e-mail distribution and will provide information about league play near DWDM.

2ND ONE BOOK COMMUNITY READ



All residents, men and women, are welcome to join the Del Webb Book Group. Our members choose the books we would like to read each month. Our book group provides opportunities to share opinions and gain new perspectives in a relaxed and friendly atmosphere or to just come and listen to others. We are hosting our 2nd One Book One Community Read February 4 - March 12.

Everyone in our community is invited to strengthen community bonds through reading the same book and joining in the conversation! The event will culminate with an ice cream social and relaxing conversation about what we have just read.

BOOK

Ordinary Grace by William Kent Krueger

It's summertime, during the 1960's, in a small Minnesota town — one sun filled day after another. But during this particular summer there are 3 mysterious deaths.

People, including 13 year old Frankie, search for answers.

SIGN UP DATES

Monday, February 4 and Tuesday, February 5 between 8am – 11am at the Saguaro Center A Del Webb group member will be available to answer questions about the 2nd One Book Community Read, and to help with sign-up. Also, 10 library copies of *Ordinary Grace* will be available to borrow and 10 paperback copies will be available to purchase at a greatly reduced price.

ICE CREAM SOCIAL

Tuesday, March 12 at 2:00pm, homeowners participating in the 2nd One Book Community Read are invited to the Saguaro Center for an ice cream social and relaxing conversation about *Ordinary Grace*.

Contact: Evie Belzer, eibelzer@gmail.com

DEL WEBB AT DOVE MOUNTAIN FITNESS CLASS DESCRIPTIONS



Exercise reduces health risks, keeps excess pounds at bay, strengthens your heart and boosts your mood. If you choose a class that you enjoy, you're more likely to do it regularly and experience its benefits. As with any exercise, if a certain movement or position hurts, try to modify the workout to avoid the aggravating activities. Also, anytime you're training with resistance, remember that proper technique is important in maximizing the effectiveness of the training and in preventing injury. You should consult your physician or other health care professional before starting this or any other fitness program to determine if it is right for your needs. This is particularly true if you (or your family) have a history of high blood pressure or heart disease, or if you have ever experienced chest pain when exercising or have experienced chest pain in the past month when not engaged in physical activity, smoke, have high cholesterol, are obese, or have a bone or joint problem that could be made worse by a change in physical activity. Do not start this fitness program if your physician or health care provider advises against it. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately.

Del Webb at Dove Mountain Fitness Class Descriptions

Move it 9:15 am Wednesday/Friday

A heart-healthy, workout featuring brain-boosting drill paired with fun, motivating music designed to increase strength, range of movement, endurance, core conditioning, agility and flexibility. The class focus is on balance and energetic movements that create noticeable changes in activities of daily living, and increased blood supply to the brain, enhancing memory function.

Yoga 10:30 am Wednesday

A combination of yoga poses linked together to create flow utilizing our breath to increase the feeling of well-being. Focusing on strength and range of motion in the joints along with flexibility and balance and finish the class in a lying position for breath work and relaxation techniques.

Aqua Aerobics 1 pm Tuesday/Thursday

Standing in chest level water, using the powerful resistance of the water we utilize opposing muscle groups to create movement that increases heart rate, strength and stabilizing core work. Energetic music helps to keep the beat and encourages the maximum benefit allowed in the water. We utilize gloves, noodles and aqua dumb bells to add to the enjoyment of this workout finishing up with balance and stretching.

Vibrant Living 10:30am Thursday

This class is specifically for people who are experiencing significant mobility troubles. It is designed for people in wheelchairs, sitting most of the day or have been physically limited due to conditions such as Arthritis, Neuromuscular disorders, Fibromyalgia, Back disorders, Parkinson's, ALS, etc. It is also designed for people who have been sedentary due to injury, illness, medical condition, or lifestyle.

Egoscue 10:45am Monday/Friday

Egoscue is a series of highly effective exercises based on stretching, strength building and relaxation of the body resulting in a return to proper alignment. It is based on fundamental mechanics that good posture is essential for good health.

Yogalates 8:15am Monday

This class combines pilates and yoga for a total body workout. Develop your core strength and stabilization through pilates poses, and improve your flexibility, muscular strength, posture, and alignment through yoga poses, breathing and relaxation.

Bootcamp 8am Wednesday/Friday

This class starts with dynamic stretching and cardiovascular warmup, followed by a variety of interval training. This class can be modified to fit every fitness level. While there is a 10-minute step aerobics included, that portion of the class may be substituted with a cardio machine of your choosing in the weight room.

Strong and Fit 8am Tuesday/Thursday

This class is a total body strength workout using dumbbells, weighted bars, stability and hand-held weighted balls, and body weight. The goal is to improve overall health and well-being, including increased bone, muscle, tendon, and ligament strength.

Zumba * 9:30am Monday

A fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training—alternating fast and slow rhythms—and resistance training.

Essentrics * 9am Tuesday/Thursday/Saturday

A completely original workout (the Esmonde Technique) that draws on the flowing movements of tai chi which create health and balance, the strengthening theories behind ballet which create long, lean, flexible muscles, and the healing principles of physiotherapy which create a pain-free body.

Essentrics * Release, Restore, Rebalance 10:15 Tuesday/Thursday/Saturday

Essentrics * RRR is a gentler version of the original Essentrics * program. This class is still challenging and includes all the same benefits including flexibility and therapeutic exercises.



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DEL WEBB AT DOVE MOUNTAIN COMMUNITY ASSOCIATION MANAGED BY: ASSOCIATED ASSET MANAGEMENT - AAM, LLC.

BILLING QUESTIONS: (800) 354-0257 MONDAY - FRIDAY 8:30AM - 5:00PM

A FEW REMINDERS ABOUT THE ARCHITECTURAL APPROVAL PROCESS

The Design Guidelines spell out specific criteria that must be satisfied for a variety of hardscape and landscape improvements. When submitting an application to the Architectural Review Committee for their review and approval of your next home improvement project, please be mindful of the following:

1

Submittals for projects with specific Design Guideline criteria must include all of the information needed to demonstrate the specific criteria are being met. If the Guidelines state that a particular type of improvement must be setback X number of feet from the property line, please include the setback measurements with your submittal. If the Guidelines state that a particular type of improvement can be no more than X inches or X feet tall, the height measurement for the submitted improvement needs to be included. Measurements, dimensions, specifications, and setbacks, in general, need to be included as most requests cannot be acted upon without them (and result in hours of management's time being spent each month trying to chase down missing information vendors and owners have failed to provide in lieu of addressing matters related to the day-to-day operations of the community).

2

Any requests to install landscaping and hardscape improvements in your yard – particularly patio extensions in the rear yard – **MUST INCLUDE A COPY OF THE PLOT PLAN.** These can be obtained from the sales office. The approval guidelines for patio extensions, in particular, limit how much of the rear yard can be taken up by such hardscape, stating that patio extensions may not encroach more than 65% of the yard depth to the property line, or eighteen (18) feet from the house, whichever is less. Patio extension requests that do not provide a copy of the plot plan cannot be acted on.

Landscape requests need to include a planting layout/design with a legend noting the specific plants being requested. Once your project has been reviewed and written approval received:

3

Landscaping and/or construction materials owned or contracted for by a homeowner may not be left on the street for more than 48 hours. Additionally, all materials encroaching on the street must be placed on a heavy duty drop cloth or tarp – not the bare asphalt. The area where the materials have been delivered must also be clearly marked with orange traffic cones and must provide 20 feet of street clearance for emergency vehicles to pass. Small concrete mbers and wet saws that are temporarily placed on the street must also be placed on a heavy duty drop cloth without exception. These requirements are in place to prevent unsightly damage to the streets throughout the community and management has been directed to send violation notices to homeowners whose contractors are not following this requirement.

WINTER FOOD DRIVE

DWDM homeowners donated approximately 250 pounds of food to the Marana Community Food Bank during our winter food drive. Thank you to everyone who donated nonperishable food items as well as monetary donations. You have warmed the hearts and homes of many food insecure people this winter. We will continue to have donation envelopes at the Welcome Desk for continuing donations.

Please remember that you may direct tax money to local schools and charities and get every dollar back in the form of a state tax credit. Please inquire at the Saguaro Center Welcome Desk to see a booklet further explaining this opportunity to help those in need. Thank you for giving.

FEBRUARY NOSTALGIC PHOTOS FOR THE BULLETIN BOARD:

In the past three years, homeowners have enjoyed looking at nostalgic photos on the bulletin board submitted by residents. The first few weeks, the photos were displayed without names and people were encouraged to guess "who's who". The second two weeks, names were placed with each photo identifying them. Cyd would like to continue our "February Friendship" bulletin board this year by adding more photos.

Please bring a copy of a nostalgic photo of yourself with your name printed on the back. Leave it at the front desk the first week in February. Your photo can be a family pic, couple pic, individual photo, or a photo with your pet. Thanks for helping us to continue our tradition of getting to know our neighbors.