

# WARM SPRING KNOLLS A 55+ Community

# **Community Newsletter**

May 2025

38145 Via Del Largo Murrieta, CA 92563

Office: (951) 677-5758

wsk.murrieta@gmail.com **Office Hours:** 

Fridays - 9 to noon

#### 2024 Board of Directors

#### **President**

Woody Smith 951-440-6900



**Vice President** 

Glen Ingraham 951-642-2897



**Treasurer** 

Joanne Marsh 714-401-7648



Secretary

Open Position

# **Architectural Director**

Henry Kantrowitz 951-202-1130



**Facilities Director** 

Debra Clark 562-322-7727



**Keys & Calendar** 

Sherry Tatar 951-536-4604



**Alliance Association Management** 

42111 Avenida Alvarado Suite E2 Temecula, CA 92590 951-412-1662

Newsletter.wsk@gmail.com

# A Note From Our President- Woody Smith

Hooray Hooray! It's the first of May!! The pool is now opened with a warm 85 degrees, which will be wonderful with possible cooler air temperatures. This will decrease as the hot summer months approach.. Enjoy!

We also want to welcome Glenn Ingraham back on the Board. He has a ton of knowledge and has been previously on the Board. Thanks Glenn for stepping up in the time of need.

Your Board still tries to make things wonderful for this community. Please let us know if there is anything that needs attention that you think is important. Your Board works for you. We are only volunteers. We always try to do our best.

Have a wonderful summer! Let the fun begin!!!

Woody



## From the Treasurer- Joanne Marsh

It's been a very busy 4 months for the HOA. If it's not one thing it's another. No one told me a volunteer job was like a full-time stressful paying job, but it's for the good of the community and a way to pay back.

A 2023-2024 financial report has been sent out to all homeowners by e-mail, if you didn't receive it please let me know.

As you have all experienced a notice of insurance cancelation, so has the HOA. We are in the process of obtaining quotes. All I can suggest, is to have a backup plan if your renewal date is coming up.

We are still working on the roads, BIG thanks to Jim Francis for giving it his all. Hopefully, we will see signs of work soon.

The Hoa Assessments Report is looking much better. Thanks for all of you that who paid attention to my note. We appreciate your cooperation in resolving this issue.

# WSK HOA FINANCIALS

YTD as of end March 2025

Operating: \$122,948.53 Petty Cash: \$ 1,145.65 Total Operating: \$124,094.18

\$188,517.51 Reserves: CD Investments: \$145,033.63 Total Reserves: \$333,651.14 \$457,745.32 Total Funds:



#### 2024 Volunteers

#### **Activities**

Sherry Tatar 951-536-4604

### **Audit Committee**

Open position

#### **Clubhouse Rental**

Sherry Tatar 951-536-4604

#### **Compliance Officers**

Frank Biddle 760-716-4775 James Sebring 760-294-1122

#### Library

Sue Starling

#### Newsletter

Ray Clark

#### **Senior Advocate**

Shelby Price 951-303-4409

#### Streets/Infrastructure

Jim Francis 951-440-2215

#### **Welcome Committee**

Joanne Marsh 714-401-7648 Sherry Tatar

#### Website

*James Sebring* 760-294-1122

**Police** (non-emergency) 951-304-2677

#### Waste Management

(Trash bin replacement) 714- 558-7761

#### From Facilities Director- Debra Clark



Hi there, I'm so glad that the Jacuzzi is up and running and we have a new heater that should last more than five years.

I want to give a big shout out and thank you to Nancy Misko for being on the board and our facilities director for six years. She put her heart and soul into this place and it shows!! If it wasn't for her, our grounds, clubhouse, pool, and Jacuzzi would not look as good as it does. She's kind of a hard act to follow, especially since she is a caretaker at heart and that will be greatly missed!! So thank you very much for your years and hard work of service my friend!!!

Debra



Many people don't know about the important benefits of exercise, how it can help us find happiness, hope, connection and courage. That's true whether the preferred activity is walking, running, swimming, dancing, biking, playing sports. Lifting weights or practicing yoga

An exercise induced mood boost is not exclusive to running, research shows. A boost is also linked to another class of brain chemicals, endocannabinoids. (Don't worry. Be happy, chemicals). They can reduce anxiety and also prime us to connect with others by increasing the pleasure we derive from being around others including family members.

**Exercise can make your brain more sensitive to joy.** Exercise can both relieve depression and expand your capacity for joy. Our brains change as we age in our reward system with each passing decade, but everyday pleasures by physical activity can prevent the decline.

**Exercise makes you brave.** Courage is another side effect of physical activity on the brain. Regular physical activity can change the default state of the nervous system, so it becomes more balanced and less prone to fight, flight or fright. Instead, we carry burdens, reach out for help, and lift one another because of Increased exercise. Moving with others builds trust and belonging. For example, in Chair Group exercise, yoga or dance classes.

**Moving with others is one of the most powerful ways to experience joy**. Group exercise has managed to capitalize on the more you get your heart rate up, the closer you feel to the people you move in unison with. And music enhances the effect. Breathing in unison can also amplify the feeling of collective joy, as may happen in a yoga or exercise class.

**Trying a new activity can transform yourself image**. Every time you move your body, sensory receptors in your muscles, tendons and joints send information to your brain about what is happening. You can sense what you think about what you are capable of, and the effect should not be underestimated. Kelly McGonigal, Ph.D. (THE JOY OF MOVEMENT) Thanks! Shelby Price, Sr. Adv.







On the 3rd Wednesday of each month, Warm Springs Knolls has a group of fun people who like to play Bunco. We have a few openings left if anyone wants to become a permanent member or play as a sub.

Please reach out to Linda Wilson for details: 916-956-5292

#### Water Aerobics Class

Pending the opening and heating of our pool around May 1st, we plan to begun our water aerobics class on Monday, May 5th. We will meet Monday through Friday from 9:00am to 9:45am. We would love to have you join us. Last year the May mornings were very chilly.

So be aware, if the air temperature isn't at least 60 degrees we wont be going in the pool. Carol

# -2025 Street Project-

Probable road closures coming, maybe in May...
Playa Del Rey, between La Paloma and Princesa; La Paloma, between Play Del Rey and Princesa;
Del Largo, between Zapata and Del Sol; WSK Parking Lot and Colina at Del Sol. More info to follow.

Jim Francis

# **HOA Board Meetings**

The board has decided to hold the regular monthly meetings every fourth Wednesday of the month at 6 PM. The exception will be our quarterly meetings that will be held on Saturday July 26th, and Saturday, October 25th all at 10:00am.











# From Activities - Sherry Tatar

What a great taco dinner we had! There were about 71 people in attendance. I'm looking forward to the next time, we decide to pull out the Mexican food flare.



























We're having another Sip and Paint on May 14, at 4 PM! A great afternoon of spring theme painting on canvas guided by our own Medicare representative Kristina Merrick. Kristina brings all the supplies you'll need to create your version of the next Monet masterpiece! There's no charge for the class. Just make a reservation by calling Sherry Tatar at 951-536-4604 by the 12th so plans can be made for supplies.

There is SOMETHING NEW at our WSK Clubhouse: FREE STUFF!! Yep, as you enter the library, on a bookshelf straight in front of you, is a home for sharing FREE STUFF. We are calling it the K.I.S.S. shelf. It stands for KINDNESS IS SHARING STUFF. Curious? Come take a look the next time you are at the clubhouse OR make a special trip and check out the goodies. Right now there are greeting cards, 2025 calendars, notepads, bookmarks, and more. No charge. They are FREE to all, with more to come throughout the year. One of our WSK residents has volunteered to keep her eye on the area and is happy to have a space for us to share our FREE STUFF. ENJOY!



# From Key's & Calendar- Sherry Tatar

Our next upcoming event will be a craft fair on May 24 from 9 AM to 2 PM. We will be hosting close to 18 different local vendors with handmade items for sale. Most of the vendors are from our Knolls communities so I hope you will come out to shop a little and give a small business a boost. Some of the expected items for sale are jewelry, jams candies, crocheted, animals, embroidered linens, essential oils, clothing, cakes, floral arrangements and so much more. There's still time!

Contact- Sherry if you're interested in having a booth at the fair. (951) 536-4604



#### THE KNOLLS ANNUAL GARAGE SALE

Just a reminder! On May 31, our Warm Spring Knolls community will be having its garage sale starting at 8 AM. We wanted to give you a heads up so you will have a chance to go through your garage, your patio, your closets, and your kitchens for items you no longer have use for. Now is the time to get serious about cleaning and getting ready to sell some things off to a new home. So why not make a few dollars in the process. If you're thinking you may not have enough things to sell by yourself perhaps you would think about sharing a driveway with one of your neighbors. Just a thought! Customarily all three units have the garage sales on the same day, but this year each one will hold their own sale on their own chosen date. Now you'll be able to attend and shop at your neighbors sales instead of being stuck behind your own displays. The garage sale will start at 8 AM and generally runs through 2 PM. Let's hope for a fabulous turnout this year. Last year was a busy flow of customers, so hopefully we will have the same. Sherry







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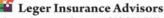


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CA license 0D50865 Rates are examples of replacement cost on newer manufactured homes in most CA parks with a \$500 deductible.





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# Nuisance of barking dogs

We have rules in our "Rules and Guidelines handbook" about constant obsessive dog barking caused by dogs being left outside alone for quite some time or just being left outside while homeowners are at home. This could also fall under cruelty to animals, especially during the hot summer days. We are going to start cracking down on this situation as the HOA gets formal noise complaints from neighbors in the area. A letter will be mailed out to the residents of the dog owner to contact the WSK-HOA Board to discuss this matter. If this matter persists and you do not comply with our rules, there will be fines implemented. Thank you

#### Kristina Merrick

Health Plan Specialist License # 0C19662

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# City of Murrieta Events for 2025



#### **LOCATIONS**









	MURRIETA SOUTHER CALIFORNIA						
DATE	EVENT						
APRIL 5-6	Tour de Murrieta						
APRIL 12	Firefighters BBQ*						
APRIL 19	EGGstravaganza/ Rec Expo						
MAY 26	Memorial Day Ceremony						
JUNE 14	Fathers Day Car Show						
JUNE 28	Birthday Bash						
JULY 5, 12, 19, 26	Concerts in the Park						
	*Visit www.mfrbbq.com for information						



# May 2025

25	18	MOTHERS DAY	4	GK Bible Study at Golf Knolls Clubhouse Sunday morning's 10-11am	Sunday
Memorial Day  Chair Exercise 10:30am GK Women's Luncheon	Chair Exercise 10:30am	Chair Exercise 10:30am	Chair Exercise 10:30am  Happy  Cinco  de Mayo	2025 Street Project Probable road closers coming, maybe May. More information to follow, look for updates in your email.	Monday
Chair Yoga 9:am Line Dancing 12-1:30 pm Mexican Train 1:30-4:30pm Laylat al Qadr	Chair Yoga 9:am Line Dancing 12-1:30 pm Cards 1:30-4	Chair Yoga 9:am Line Dancing 12-1:30 pm Mexican Train 1:30-4:30 pm SK Unit 1 Bingo- 12:30	Chair Yoga 9:am Line Dancing 12-1:30 pm Cards 1:30-4		Tuesday
Chair Exercise 10:30 am WSK Board Meeting @6pm	Chair Exercise 10:30 am	Chair Exercise 10:30am Sip & Paint 4pm	Chair Exercise 10:30 am		Wednesday
29 Gentle Yoga 9:am Ascension Day TRASH DAY	22 Gentle Yoga 9:am National Maritime Day TRASH DAY	Gentle Yoga 9:am Peace Officers Memorial Day TRASH DAY	Gentle Yoga 9:am Umbrella Meeting WSK 5:pm TRASH DAY	Gentle Yoga 9:am National Day of Prayer  TRASH DAY	Thursday
Chair Yoga 9:am Chair Exercise 10:30am HOA OFFICE Hours 9-12 Sherry Unit 1 BBQ Starts	Chair Yoga 9:am Chair Exercise 10:30am HOA OFFICE Hours 9-12 Woody	Chair Yoga 9:am Chair Exercise 10:30 am HOA OFFICE Hours 9-12 Joanne Lag BaOmear	9 Chair Yoga 9:am Chair Exercise 10:30 am Craft Fair MTG 1:pm HOA OFFICE Hours 9-12 TBD	Chair Yoga 9:am Chair Exercise 10:30 am HOA OFFICE Hours 9-12 Debra National Nurses Day	Friday
31 Unit 2 Garage Sale 8:am	24 WSK Craft Fair 9am-2pm	Armed Forces Day  Limit 1 Garage Sale	10 Unit 3 BBQ Starts	3 Unit 1 Cinco De Mayo	Saturday