

WARM SPRING KNOLLS WSK

A 55+ Community



Community Newsletter

August 2023

CONTACT INFO:

38145 Via Del Largo
Murrieta, CA 92563

Office: (951) 677-5758
wsk.murrieta@gmail.com

OFFICE HOURS:

Fridays - 9am to 12pm

NEXT QUARTERLY MEETING
Sat., October 21, 2023, 11AM

2023 BOARD OF DIRECTORS

President

Tom Woolslayer
951-252-5652

Vice President

Rick Martinez
559-816-9240

Treasurer

Joanne Marsh
714-401-7648

Secretary

James Sebring
760-294-1122

Architectural Director

Henry Kantrowitz
951-202-1130

Facilities Director

Nancy Misko
805-268-0523

Keys & Calendar

Debra Clark
562-322-7727

Police (non-emergency)

(951) 304-2677

Waste Management

(Trash bin replacement)
(714) 558-7761

A NOTE FROM OUR PRESIDENT - TOM WOOLSLAYER



I hope everyone is enjoying their summer. Just a quick reminder, we are conducting our board meetings every week on Tuesday mornings from 9-11am. All homeowners are invited and encouraged to attend and participate.

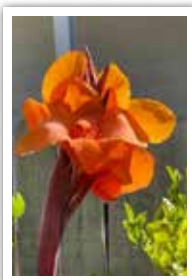
Through the hot August days the clubhouse is open, and residents that need a cool place to relax and try to beat the heat are welcome here. We know in the triple digit temperatures sometimes our home A/C units can't keep up. For those who cannot drive or need help getting here, please call me, I should be able to arrange a ride.

Three positions on the board will be up for elections this year. Additional information will be forthcoming. If you or someone you know wants to inquire, I will be glad to give any information and answer any questions you might have.

I want to thank those who attended the membership meeting last month. Financially our HOA is in good shape and our reserves are holding steady. The budget committee will be meeting sometime this month to get started on next year's budget. We will almost certainly be looking at an increase in annual dues. If you have interest in participating in budget planning please contact Joanne Marsh in the next week or two. See you all at the Sock Hop later this month!!— Tom

WE LIVE IN A BEAUTIFUL COMMUNITY - JENN

Just a few photos either from my walks around the neighborhood or from our WSK Facebook page postings (which is growing every day! It's fun to see our neighbors posting!) Thanks to all those who work so hard to make this community a pretty place to live in! I really enjoy walking by all your homes and seeing all the hard work you put into your yards!



2023 VOLUNTEERS

Activities

Sherry Tatar
951-536-4604

Audit Committee

Open Position

Clubhouse Rental

Debra Clark
562-322-7727

Compliance Officer

Open Position

Emergency Prep

Open Position

Library

Pierce & Norma Box
951-696-1070

Newsletter

Jenn Rawlings
760-884-7064

Senior Advocate

Shelby Price
951-461-7557

Streets/Infrastructure

Jim Francis
760-294-1122

Website

James Sebring
760-294-1122

Welcome Committee

Terry Quinn
541-788-8293

Joanne Marsh
714-401-7648

If you have an opinion, a brief article, a joke, or an interest that you would like to see in the Newsletter, send it to Jenn at:

newsletter.wsk@gmail.com

ACTIVITIES COMMITTEE - SHERRY



Calling all you rock n' roll fans. It's time to brush off your saddle oxfords, dig out that poodle skirt, and head on over to the clubhouse on Wednesday, August 23rd at 6pm for some

jump jivin' fun. We are having a Sock Hop! Our live DJ will be playing some golden oldies taking requests throughout the evening. Come expecting to see some really interesting versions of the twist, mashed potatoes, the swim, and my favorite, the stroll. If you don't plan to hit the dance floor at least you will get a glimpse of way back when. Come and enjoy us for a meal and an evening full of oldies music. I hope to see you there.

ON THE TOWN

A quick glimpse of what activities you can expect to find out in our surrounding neighborhoods.

AUGUST

Unit I - Summer barbecue Fridays at 5:00 pm. Come in out of the heat and enjoy it all with them.

Unit III - Barbecues on Saturdays the 12th and 19th - indoors also.

Unit III - Fractured Follies Friday Aug. 4th and Saturday Aug. 6th. Tickets are \$10 sold in advance. Contact me at 951-536-4604 to assist with ticket availability.

Unit III will be having a movie night on Friday, Aug. 11th, doors open at 5:30pm. \$3 at the door. Movie is Jesus Revolution.

WSK SOCK HOP
AUGUST 23
Wednesday 6PM
For **TICKETS:**
(951) 536-4604 **\$13**

WSK MEETINGS

Board Meetings
Tuesdays 9-11AM
Next Quarterly Membership
Meeting Saturday, October 21,
2023, 11AM - WSK Clubhouse

WSK HOA FINANCIALS

YTD as of End of July 2023

Operating Account:	\$53,440
Reserve:	\$106,600
CD:	\$130,000

WSK 4TH OF JULY PARADE



WSK JULY BREAKFAST



KEYS & CALENDAR - DEBRA



Sock Hop... A little history on the sock hop poodle skirt, sandal shoes, leather jackets, white T-shirts, bobby socks and rock 'n' roll, that's all every good soccer party needs.

Where did the term sock hop originate? Sock hops were held as early as in the 1940s to raise money for the water relief efforts, but the dances grew in popularity and became known as the type of informal school dance throughout the 1950s. It's called sock hop because the kids were encouraged to remove their shoes so they wouldn't scratch the school gymnasium floor. Today if you were invited to a sock hop theme party you need to find your best 50's style clothing, practice a jive, pretend you're living in a black-and-white sitcom classic and turn these 10 songs on your jukebox: "The Twist" by Chubby Checker, "Jailhouse Rock" by Elvis Presley, "Rock Around the Clock" by Bill Haley and the Comets, "Peggy Sue" by Buddy Holly and the Crickets, "Chantilly Lace" by Big Bopper, "Maybelline" by Chuck Berry, "Rockin Robin" by Robbie Day, "Blueberry Hill" by Fats Domino, "Put Your Head On My Shoulder" by Paul Anka and "Goodnite Sweetheart, Goodnite."



We're gonna rock around the clock tonight!! Put your poodle skirt, slacks on and give it a twirl! There will be a DJ for those who love to boogie woogie!! Food and fun!! Hope to see you there!

New pollinator garden! More exciting news for gardening in Murrieta! The Murrieta Public library is installing a new pollinator garden that promises to attract a range of beneficial insects and provide a beautiful space for the community to enjoy. This project is funded in part by a grant from the California State library and by the Western Municipal Water District. The new pollinator garden will feature a variety of native plants that are specifically chosen to attract pollinators including bees, butterflies and hummingbirds. These plants not



only provide food and habitat for pollinators but also add color and beauty to the garden. The installation of the pollinator garden is part of the library's commitment to sustainability and environmental stewardship. The library aims to create a space that not only benefits the community but also supports the local ecosystem. The new garden should be completed by the beginning of August.

The Murrieta Senior Center offers numerous programs to active seniors age 50 or better who do not require special care or adult supervision. The membership is required with no fee. Fees do apply for some classes and programs. Regular operating hours are Monday through Friday 8 AM to 4 PM. The center is closed for holidays. For more information call 951-304-7275.

Senior daily lunch program... The Murrieta Senior Center's lunch program is a great way to get to know your neighbor as well as having a nutritious meal. Lunch is provided Mon- Fri 11:15 AM, a \$3 donation is requested. Lunch is first come first serve. Forms must be filled out and approved before starting the lunch program.

Fun Fact: *Murrieta is one of the safest cities to live in. Murrieta ranks in the top 20 of safe places to live in California. This is comforting to know in today's world. Go out and have fun!*

BUTTERFLY GARDENS



Lura Press lives in the GKC. She grows and sells beautiful milkweed plants. I picked up two this last week and I can't wait to see my first Monarch! The milkweed plant is the only plant Monarchs lay their eggs on and it provides both food and shelter for a caterpillar for approximately two weeks. Growing milkweed is a great way to help them thrive in our community! Call Lura today 951-218-9776 and get one today!



NEWS FROM NANCY - WSK FACILITIES DIRECTOR

As we head into the hot part of summer, many folks are out enjoying the pool and soaking up lots of sunshine. I want to thank everyone using the facilities for abiding by our rules and especially the children's hours. I hope everyone now knows the hours are 10 am to 2 pm. WSK is a senior community and we need to put our seniors' needs first. Many of you have grandkids and we hope that they can enjoy the pool during 10am-2pm daily. For the rest of the time, we want to let our seniors enjoy their time in the pool. Many bought here in a 55 and better community for the opportunity to relax and enjoy a little quiet time. I have posted a picture of some of our daily senior



guests who come after the kid's hours to relax and enjoy the company of their fellow neighbors.

We have a couple projects coming up soon, the first being to revitalize our aging brown picnic tables in the breezeway. I am trying to put together a team of volunteers (when it cools down) to sand the tables and benches and then paint to match our current décor. If you are interested, please let me know. So far I have Eddie Lopez wanting to help out (THANKS!!) I posted a picture of the tables below.



WELCOME COMMITTEE – TERRY AND JOANNE



Hi All. Terry here. I wanted to take a moment to share my gratitude for the opportunity to be one of the first people to meet and greet everyone moving into Warm Spring Knolls. It is such an honor to

sit with folks and hear about their dreams going forward from here, witness their challenges and triumphs and feel their resiliency as they, yet again, begin anew. This month please give a shout of welcome to the following:

Jim and Leslie Waters at 38310 Via la Colina. They took a circuitous route to get back here, here being what they call home. They lived in Sedona for 5 years and also Fallbrook. Jim has a Harley and Leslie loves to play cards/dice and they both love to spend time outdoors.

You can meet Ana Harvey at 28771 Via Estrella if you can find her home. She is still working and commuting in Orange County. She has a special needs son who needs her care as affirmed by doctor's orders. I hear she is a mean pickleball player and I, for one, can't wait to play with her after she settles in.

Paul and Debbie Gallion have arrived at their new digs, 38084 Via del Largo. They moved here from Minnesota where they had a lakefront home. They may miss the water, but I bet they will love our winters! They moved here to be closer to family and to enjoy road trips and each other.

There are a few other new folks and as soon as we can coordinate our schedules I will dutifully introduce them to you next month. Cheers!



***How many hugs do you need to be healthy?
Remember touch is essential and there is no
substitution for a great big hug! As author and family
therapist Virginia Satir once said, "We need four
hugs a day for survival. We need eight hugs a day for
maintenance. We need 12 hugs a day for growth".***



ASSISTANCE PROGRAM UPDATE - SHIRLEY



It's hard to believe that it was just June 18th when we announced the WSK Assistance Program. Since then, we have developed a core group of brainstormers. We are in the process of forming our foundation by learning of the needs and gathering volunteers.

Before it got hot, we went to about 30 houses and introduced ourselves or left announcement sheets of our upcoming program.

We will be sending out announcements and signup sheets out to the rest of our community by email and inserts in your tubes, so please look out for these.

What I have personally learned is that the best and least intrusive way to get the word out is by word of mouth. It is you, the neighbor, the friend or acquaintance that sees a need or feels a need to help. I have also learned that is not going to be an overnight project, but slow and easy wins the race.

Please share what you see, what you hear or if you feel the need to be involved in a small way by volunteering. What we have recognized so far is that we have residents that need occasional companionship, occasional rides, and an occasional meal. We have care givers who need an occasional break. But most of all, we have people who need a connection. There are already a great many in our community that reach out to their neighbors and lend a helping hand. What this program is trying to do is expand that connection to those who don't have that neighbor or friend who is helping them.

Please feel free to contact me directly at 760 522-9262 or email me at sasebring46@gmail.com.

To those who have offered to help, especially my brainstorming core, thank you. To those who have personally spoken to me with words of encouragement, thank you.

FROM THE SECRETARY - JAMES



Quite often several of the Directors will be in the office working on various things that need to be done. Next thing you know, we have four or more Directors (a quorum) and someone says that "so and so" mentioned that they saw "such and such", and then we begin talking about it and whether we should consider doing anything about it, like put it on the Agenda or look into it further.

Now here we are with a majority of the Board talking about something that may be considered "an item of business." Now Davis-Stirling, the gurus of CA HOA law, state with unequivocal vagueness that an "item of business" is anything that may fall within the purview of the Board of Directors of an HOA. They do not state with any clarity as to what actually constitutes the "conducting" of business. The closest they come is to use the word "deliberate," which vaguely implies making a decision. I talk about a lot of things without making a decision.

Is discussing something equivalent to "taking action or making a decision" on something? Taking action, in my opinion, is when the Board makes a decision: where you vote on a Motion to commit funds, or to establish or modify a rule by which the Community or Board will abide.

How about it, you rocking chair lawyers? What do you think? I would like to know how you feel about it. Call, text, email, or stop by the office and let us know.

WSK ELECTIONS

Election season is upon us. We have three Board members running for office. If you feel you would like to be on the Board of Directors, please contact the Secretary. You have until Nov. 1, 2023 to place your name on the ballot for 2024 Elections.

SUMMER HEALTH TIPS - SHELBY

1. Remember when going out in the heat, seniors should drink extra liquids leading up to, during and after spending time outdoors.
2. Stick with light, loose-fitting clothes. This will help regulate temperature and release excess heat.
3. Stay protected from the sun. Wear sunglasses and a wide brimmed hat to offer protection from the sun. Apply sunscreen, avoid peak hours of hot temps between 10 am and 4 pm.
4. Properly store medications. According to care.com, some medications can become less effective when stored over 86 degrees.
5. Be attentive of unfamiliar surroundings, especially when traveling. The risk of falling can be higher.



DID YOU KNOW? Tattered American Flags should not be flown under any circumstances. It is disrespectful to the country and especially the military. Murrieta Library has a box in the lobby where you can drop off your old American flag.

TRASH/RECYCLING INFORMATION

Residents may have up to three (3) items per year picked up with bulky items at no charge. A fee will be charged for more than 3 items. Advance notice is required. Contact Waste Management customer service (800) 423-9986 at least 48 hours in advance of your regular collection date to schedule.

YES IN RECYCLING CART

Plastic Bottles & Containers
 Food & Beverage Cans, Glass Bottles & Jars
 Paper Food & Beverage Cartons
 Flattened Cardboard

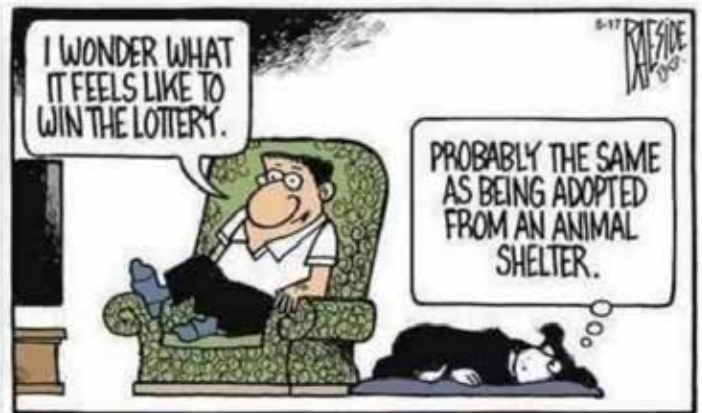
NO LIST FOR RECYCLING CART

NO Food Waste NO Plastic Bags OR Film
 NO Foam Cups & Containers, NO Needles

Shelby Price, Senior Advocate

WEDNESDAY NIGHT BUNCO

Wednesday night bunco was a huge success thanks to Linda Wilson putting it all together and other members of the community that helped set it up. Great snacks and desserts were brought by all. I have never been much of a game player in the past. I must say we had a really great time. Looking forward to this months bunco. Unfortunately I didn't win anything. I was compensated by really enjoying the game and all who participated.. -Henry



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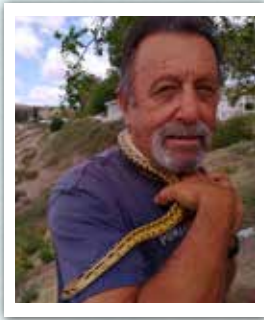
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WEEDS AND GARDENING - HENRY



Many community members have addressed their weed problem either doing it themselves or hiring someone to get rid of them. It is much appreciated by all of us. It is usually better to keep on top of the problem before it gets out of

hand. Think of it as a light form of exercise when pulling weeds. There are also some good organic sprays that kill weeds too. One of my favorites is Captain Jack's Deadweed Brew. Another good one is either 20 or 30% vinegar. These products are available at either Home Depot or Lowes.

This is obviously not a good time to be planting plants or trees for your garden. It is as much of a struggle for them in this heat as it is for us. Continue mulching to conserve soil moisture and control weeds.

Fertilize Camellias, azaleas and gardenias with chelated iron if there is yellowing between the leaf veins. Also fertilize Begonias, fuchsias, annuals and container plants.

Don't be foolish as I am and garden sometimes during midday. Do your gardening early in the morning before the heat becomes too much. I too start early, but sometimes I am out in midday gardening as well. I am more accustomed to the heat than most people I know. For many years I had 12 acres of land in Costa Rica and would landscape sometimes all day in the heat and humidity. My property, when I purchased it, was pasture land and after 20 years and planting around 400 trees and 250 plants it is now a secondary rainforest where the monkeys, macaws, toucans, iguanas and more have returned to live. It has now become a wild life sanctuary.



EATING HEALTHIER - HENRY

Some women are afraid to eat soy products because of their misunderstanding about estrogen. This short article is from the well respected Memorial Sloan Kettering Cancer Center and Institute of New York.

Soy is actually helpful for both preventing cancer and reducing its recurrence. When we look at populations of people who have soy-based diets, we've seen lower rates of cancer, especially in breast cancer.

Let's clear up the confusion by explaining that there are different types of estrogen. Our bodies make estrogen, a hormone, to keep our reproductive and other internal systems humming along. Our bodies estrogen can fuel certain cancers, like some breast cancers and prostate cancers. Our body's estrogen is different from the type of estrogen found in soy, which is called phytoestrogen. Plant-based estrogen does not convert into the estrogen our bodies make when we eat it. So plant-based estrogen doesn't drive cancer growth the same way that our own estrogen does. Here is one of many of Terry Quinn's vegetarian recipes for great taste and better health..

CRISPY TOFU STIR FRY

- 1 Package Extra Firm Tofu (preferably organic)
- 2 Tbsp Coconut Oil (preferably organic)
- ¼ cup corn starch
- ½ cup Teriyaki Sauce
- ½-1 cup each of any of the following for 4 cups

Carrots, broccoli, green onions, red cabbage, bell pepper, greens of any kind, snap peas, bean sprouts, zucchini, yellow squash and anything else you want to get rid of in the fridge 2 or more cups cooked brown or white rice

Directions: Use a tofu press or 2 plates (tofu in between) with a weight on the top plate.

Press for 15-20 minutes. Cut into 1" cubes.

Roll in corn starch until well coated. Heat coconut oil in wok or large heavy sauté pan. Wait till oil crackles when a drop of water is thrown in. Brown tofu well and remove from pan and set aside. Throw in all the veggies. Add more oil if necessary.

Stir on med-high heat continuously until veggies are starting to get a little transparent but are still crisp and full of color. Add browned tofu and teriyaki sauce and quickly sauté until sauce thickens a little. Serve immediately on rice.

SENIOR FOOTBALL FANS - FRIDAY NIGHT LIGHTS ARE BACK!

A bus will pick us up at Unit 2 Clubhouse parking lot at approx. 5:30pm the night of the game. We will be taken to Murrieta High School. Then we'll be escorted to our great seats where we will be served a meal while cheering on our "Broncos" Football Team. When the game is over they will drive us back to the Unit 2 Parking lot at approx. 9:30pm. **Come join "The Golden Broncos" for a fun evening!**



Varsity Football Schedule

8/25	7PM	MHS VS Murrieta Mesa HS
9/15	7PM	MHS VS Temecula Valley HS
9/22	7PM	MHS VS Rancho Cucamonga HS
9/29	7PM	MHS VS Norco
10/26	7PM	MHS VS Murrieta Valley HS

If you are interested in joining us, call and "get on the list!" Please contact: Paul Dashner 760-702-7553 or Chris Dashner 562-867-0175.

SOUTHWEST WOMENS CHORUS AUDITIONS - MONDAY, AUGUST 21ST

The Southwest Womens Chorus is holding auditions on Monday, August 21st at 6pm and Monday, August 28th at 6pm at the Old Town Temecula Theater. No prior experience required. If you are interested, please contact Dolly Nickerson at 760-716-2319. Visit their Instagram page for more info: <https://www.instagram.com/southwestwomenschorus/>



Singing in a choir is cheaper than therapy, healthier than drinking, and more fun than working out!



MEET YOUR NEIGHBOR – LORRAINE SAUNDERS

Lorraine just happens to be one of my favorite neighbors (I do love all of them!) I'll never forget when Chip and I first moved in, she came over and said "Hi, my name is Lorraine, I'm your next door neighbor and this is probably the only time you'll ever see me." ha ha ha ha Little did she know that the introvert in her had no chance with me! We have become good friends and I truly enjoy having her as our neighbor!!



Lorraine and her husband Gene moved here in 2012. They were driving by and she saw the empty lot on the canyon and she knew she wanted to put a cottage home with a big front porch there! She is known for being the "pretty porch lady" and her porch and front yard is very pretty draped with wisteria, roses, hydrangeas, lantana just a few of the beautiful flowers she has!

Lorraine is a retired RN. She loves to take road trips visiting National and State Parks. She also loves to hike and take lots of beautiful photos of nature and especially birds. She then puts together photo books so she can remember her experiences! She just got back from Yosemite, Idaho and Cambria and I can't wait to get over to see her new books!

Her favorite restaurant is the Black Bear Diner. She loves spending time at the pool, enjoying her backyard and all the wild life in the canyon, taking walks around the neighborhood as well as spending lots of time with her 3 granddaughters at their theater and sports events.

Lorraine loves living here with other seniors and appreciates having neighbors that she can call if she



ever has a need! (We feel the same way!) If you see Lorraine on one of your walks or at the pool, be sure to say hello, you'll be glad you did!

*****NEW*** WSK MONTHLY BUSINESS CARD SIZED ADS**

PERSONAL MESSAGE - \$25/MONTH

BUSINESS POSTINGS - MONTHLY / \$40 - 6 MONTH COMMITMENT \$30 / MONTH

If you know a great business that has helped you in WSK, tell them about this great opportunity to advertise to the rest of our neighborhood! Contact Jenn today at newsletter.wsk@gmail.com

Michael Saiz
Friend & Founder
mikesaiz33@gmail.com



No fee's, just favors. Give us a call, if we can help, we will.

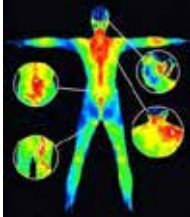


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\$120,000	12,000	60,000	24,000	100,000	1,000	\$342
\$130,000	13,000	63,000	26,000	100,000	1,000	\$367
\$140,000	14,000	66,000	28,000	100,000	1,000	\$392

CA license 0050860 Rates are examples of replacement cost on basic manufactured homes in most CA parks with a \$100 deductible.

James Dyer
President

(951) 466-6166
jamesdyer1122@outlook.com
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www.sbhis.net



Living Waters Hospice

THE CORNERSTONE OF COMFORT CARE

Living Waters Hospice is a Christian based process of care. Although the word 'hospice' may seem frightening, it is merely a process for teaching and caring for others while letting them age in place at home with extra help from our nurses, home health aides, and chaplains. Our mission is to bring comfort while serving families.



Kyle Clark
Customer Service Representative

22300 Van Buren Blvd., Ste. 102
Riverside, CA 92518
Phone (909) 315-8113
Fax (909) 315-8147
Cell (562) 322-7728
kclark@lwhospiceca.com

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Mon - Tue: 10:00 AM - 4:00 PM
Wed: 10:00 AM - 7:00 PM
Thu - Fri: 10:00 AM - 4:00 PM
Sat: 10:00 AM - 5:00 PM

Open the 3rd Sunday of each month from noon to 4:00pm




WSK CLUBHOUSE CALENDAR

August 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Sunday Bible Study, 10-11 am at the GK Club House - Tim & Doreen Delk 951-304-3569 Non Denominational All Units Welcome</p>	 <p>Scruffy is on vacation and will return next month!</p>	<p>Cards 1-4 PM</p>	<p>Poodle Skirt Workshop 12pm-5pm</p>	<p>TRASH & RECYCLE Workshop 10pm-5pm</p>	<p>HOA OFFICE HOURS 9-12 Water Exercise 9-10AM</p>	<p>Golf Knolls Fractured Follies 8pm</p>
<p>6</p> <p>Water Exercise 9-10AM Chair Exercise 10:30-11:30AM</p>	<p>7</p> <p>Water Exercise 9-10AM Chair Exercise 10:30-11:30AM</p>	<p>8</p> <p>Water Exercise 9-10AM No Board Meeting Line Dancing 11:30AM-1PM</p>	<p>9</p> <p>Water Exercise 9-10AM Chair Exercise 10:30-11:30AM Mexican Train 1-4 PM</p>	<p>10</p> <p>TRASH & RECYCLE Water Exercise 9-10AM</p>	<p>11</p> <p>HOA OFFICE HOURS 9-12 Water Exercise 9-10AM Golf Knolls Movie Night Aug 11, \$3.00 Jesus Revolution</p>	<p>12</p> <p>Golf Knolls Breakfast 8:30am</p>
<p>13</p> <p>Water Exercise 9-10AM Chair Exercise 10:30-11:30AM</p>	<p>14</p> <p>Water Exercise 9-10AM Chair Exercise 10:30-11:30AM</p>	<p>15</p> <p>Water Exercise 9-10AM Board Meeting 9-11AM Line Dancing 11:30AM-1PM Cards 1-4 PM</p>	<p>16</p> <p>Water Exercise 9-10AM Chair Exercise 10:30-11:30AM</p>	<p>17</p> <p>TRASH Water Exercise 9-10AM</p>	<p>18</p> <p>HOA OFFICE HOURS 9-12 Water Exercise 9-10AM</p>	<p>19</p> <p>CLUBHOUSE RENTED 11AM-4PM</p>
<p>20</p> <p>Water Exercise 9-10AM Chair Exercise 10:30-11:30AM</p>	<p>21</p> <p>Water Exercise 9-10AM Chair Exercise 10:30-11:30AM</p>	<p>22</p> <p>Water Exercise 9-10AM Board Meeting 9-11AM Line Dancing 11:30AM-1PM</p>	<p>23</p> <p>Water Exercise 9am Chair Exercise 10:30 Mexican Train 1-4 PM SockHop Aug 23rd 6pm \$13.00 food, DJ, and BYOB</p>	<p>24</p> <p>TRASH & RECYCLE Water Exercise 9-10AM</p>	<p>25</p> <p>HOA OFFICE HOURS 9-12 Water Exercise 9-10AM</p>	<p>26</p>
<p>27</p> <p>Water Exercise 9-10AM Chair Exercise 10:30AM</p>	<p>28</p> <p>Water Exercise 9-10AM Chair Exercise 10:30AM</p>	<p>29</p> <p>Water Exercise 9-10AM Board Meeting 9-11AM Line Dancing 11:30AM-1PM</p>	<p>30</p> <p>Water Exercise 9-10AM Chair Exercise 10:30-11:30AM</p>	<p>31</p> <p>TRASH Water Exercise 9-10AM</p>	<p>FIRE SEASON TIP: Walk around your home and take a video or photos of all of your belongings.</p>	<p>Want to rent the WSK Clubhouse? Call Debra at 562-322-7727</p>
	<p>August's Birthstone Sardonyx</p>		<p>August's Flower Gladiolus & Poppy</p>		 <p>In case of a fire, you will have a record of your belongings needing to be replaced by insurance.</p>	

We have a new Instagram account!

 #Warm Spring Knolls Community
#WSK Buy, Trade & Sell

 #WarmSpringKnollsHOA

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