

Spring Knolls News

Murrieta, CA

Happy 250th!

July 2026

New fobs do the job, so no sobs for jobless fobs

These sleek new black fobs work so easily I don't cringe anymore when I approach clubhouse entry gates.

Whether you're attending Friday night barbeques, enjoying pool time with friends or grandkids, grabbing a movie or book from the library, a quick workout or some

Jacuzzi time, your new fob is going to let you enter easily.

So, if you've yet to swap your old fob for a new one, you still have time. See our article on this page on where and when you

can do that.

And, we're also excited to tell you that for the first time an automatic wheelchair access gate is now available near the small pool's handicapped parking spots.

Yes, we're excited about the new fobs, and also that they've arrived

See SK president, page 2



Sandy Vollmer
SK president

RESIDENTS LINE UP, SIGN UP, FOR NEW FOBS



NEW WAY TO ENTER GATES: Spring Knolls directors Sharon Kilpatrick and Candy Lee (seated) help residents swap their old fobs for new ones on June 26. Nearly 100 fobs were exchanged. Residents who still need to get their new fobs can do so on Wednesdays from 10 a.m. to 1 p.m., and Fridays from 9:30 a.m. to noon.

New clubhouse entry system activated; includes new fobs, wheelchair access

Nearly 100 Spring Knolls residents lined up on June 26 to exchange their old fobs for new ones that will work on all three clubhouse entries.

The earlier-than-expected swap-out was announced in several *In the Know* in Spring Knolls email blasts, and the first day's exchanges in the clubhouse Library went smoothly.



The next fob exchange periods will be Wednesdays, from 10 a.m. to 1 p.m. and Fridays from 9:30 a.m. to noon at the clubhouse

Library. If those times don't work for you, request an appointment by leaving a message at 951 677-6862.

See New fobs, page 3

What's Inside?

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See back page for July 4 parade details!

2026 directors



• **President:**
Sandy Vollmer
951 319-6749



• **Vice President / Architectural**
Jan Towers
951 616-4443



• **Secretary / Senior Advocate / Program administrator**
Holli Hanson
661 972-0799



• **Treasurer**
Sharon Kilpatrick
951 285-7800



• **Director, Rules, Regs, Policies and Procedures.**
Shawnee Miller
951 677-6862



• **Director, Residency Data & FOBs:**
Candy Lee
951 239-0669



• **Director: Facilities, Streets**
Debby Adelhelm
760 717-9876



• **Director: Common Grounds:**
Charlene Kirkwood
951 348-0042



• **Director: Compliance**
Vicki Duffy
951 901-9412

support Leaders

• **Support Leaders to the board:** **Roberta Jiron**, 951 834-2076 (parking permits, estate sales); **Lynda Miller**, 951 454-9910 (monitor vacant, for sale, rental properties).

• **Spring Knolls Emergency Response Team (SKERT)** **Alan Hanson** 714 493-1709

• **Facility Manager:** **Lisa McKinney** 951 212-8781; **Assts.** **Suzie Cortina**, **Cindy Fenton**

• **SK common grounds:** **Miguel Enriquez**

• **Library Coordinator:** **Karen Jacobs**
951 265-6292

• **Spring Knolls News:** **Ted Vollmer**
951 319-6749; tscjnews@gmail.com

Spring Knolls Boosters club president:
Debby Adelhelm, 760 717-9876

SKA president

From page 1

just in time for summer fun. We expect many residents and their guests will be coming to the clubhouse and that also makes it a great time to remind you of safety, rules about our pools, community streets, and residents in general.

So, here are some reminders:

Clubhouse, pool and fob rules –

The owner or renter who the fob is assigned to is required to accompany and stay with guests the entire time they're at the clubhouse. Any complaints received about activities at the clubhouse will be reported to the Board, and if you or a guest are found to be in violation of any of the rules, you're subject to loss of clubhouse privileges and/or fines. Please remember that the facility has nearly two dozen closed circuit cameras to help us deal with complaints.

Pool Guests – There's a limit of 4 guests per household. With out-of-town company and grandchildren – the summer is a busy time for both pools. The family pool fills up quickly, so please follow the guests-per-household rules.

Slow Down – We don't have sidewalks, so residents must walk in the street. Also, there are many summer visits so that means more pedestrians. 20 MPH is it! Be respectful of others and slow down.

July 4th – Our annual parade through Spring Knolls and Warm

Spring Knolls is Saturday. Get outside and enjoy the parade from your front yards and cheer on the many people who've decorated their carts, cars, scooters and bicycles. See **page 10** for time and route details. Also, if you must drive our streets during the parade time, please be respectful to the parade participants.

Friday Night BBQs go through July and August (except July 3), ending on Sept. 4. Clubhouse foot and motor traffic is busy and congested from 4 to 8 p.m. on BBQ nights. Please watch out for others. There's more.....

Clubhouse Grounds – Do not walk on the slope leading to the large grassy area off Via La Paloma.

That's because there's a drip irrigation system that can be damaged or broken if you and your pet walk on that slope. Landscaping repair costs add up quickly. Please take the few extra steps to the parking lot driveway and enter the grassy area via the concrete sidewalk.

Hot Asphalt – It's summer so asphalt temps are much higher than you can imagine. Please protect your pets by not walking them during the day's hottest periods. Ninety degree air temp means the asphalt temperature can rise to 140 or more. That's burning hot for your dogs' paws even without you realizing it. The best pet walking times are early morning or evening.

Summer is a busy and fun time. Let's all cooperate and follow the rules so we can have a great time!

Spring Knolls Board report for June 17, 2026

The June 17 meeting was canceled. The next board meeting is scheduled for 5 p.m., July 15, 2026 in the Library. An agenda will be posted several days before the meeting, and emailed to members via intheknowspringknolls.

Spring Knolls: (A 55+ age-restricted community)
38441 Via La Paloma, Murrieta, CA, 92563
951 677-6862 springknolls1@verizon.net

Applications now available for 2027 board of directors

Spring Knolls members interested in joining the board of directors may now apply to run for one of four seats.

Prospective candidates for the two-year terms must complete a candidate application form verifying that they are a member in good standing. Applications are in an outside literature holder to the right of the board office door.

Candidates may also contact **Chris Heilbron, Nominating Committee Chair**, at 951-805-6376, or stop by the office to pick up an application.

You can submit your completed form to Chris or drop it in the office door mail slot.



This will be the second election since new rules were adopted allowing for directors to be elected by board acclamation. Acclamation refers to an uncontested election in which the number of candidates is equal to or less than the number of vacant seats. Last year, the declared candidates equaled the number of openings and they were elected by the board by acclamation.

As you might guess, the acclamation process saves both time and money. And, an Inspector of Elections is not needed. While “easier,” and less expensive, board members hope that new volunteers will apply for open positions.

Most board members have been donating their time for years. New members often bring different ideas or thoughts to the table in addressing community issues.

The application deadline is 1 p.m. Oct. 17 at the beginning of the association's General meeting.



Photos by Ted Vollmer

NEW SYSTEM ACTIVATED: (Above right) Association Secretary Holli Hanson assists in distributing new fobs during the June 26 exchange's opening event. The new system includes an automatic wheelchair access gate near the small pool.

New fobs

From page 1

Renters may exchange for a new fob if the current Owner Resident Record transfers the use of the fob to the resident. If the resident form transfers use of the fob to a tenant and there is no fob to exchange, the cost will be \$35.

New fobs are free with the exchange of the old one. Otherwise, the cost will be \$35.

To facilitate quicker swaps, residents are asked to remove their old fobs from key chains before arriving at the exchange table sites.

Residents are also asked to make the fob switch soon because the old system no longer works. So far, about 25% of the old fobs have been

swapped out for new ones.

The new fobs are activated, recorded through computerization and work easily. Touch your fobs at any of the three gate devices (see photo above), a sound will emit and you will be able to open the gate.

With the new handicapped access gate near the small pool, once you've touched your fob to the activator, the gate will begin opening and remain open for about 12 seconds. **Please don't pull or push the wheelchair access gate.**

Exiting the handicapped gate from inside the clubhouse grounds will be possible in two ways: 1. Press the handicapped pad (see photo above) or 2. Turn the gate handle. The gate will also then automatically open and close.

Avoid a penalty, make 2nd dues payment by July 15

It's that time again.

A friendly reminder that if you pay your association dues in two installments, the second 2026 payment of \$522 is due July 1. Payments after July 15 will be considered late and subject to a 10% penalty. Payments by check can be mailed to the association, dropped off in the office door mail slot, or paid through Zelle.





Jan
Towers

Most SK home projects need approval

Before you start, ask us about permits, requirements

By Jan Towers

SK Architectural Director

The heat is on! Happy July to you all!

Here's another reminder that ANY new construction, exterior alterations or additions of any kind require prior written approval of the Architectural Director/Committee.

Such approval is per our Rules & Guidelines and in our CC&Rs, Sections 9.1 and 9.2

Approval forms are outside the Spring Knolls Office and also available during Friday office hours, 9:30 a.m. to noon.

Failure to follow these guidelines can result in fines and or penalties. Following are common examples of items requiring pre approval.

1. Fencing:

Maximum height is 6 feet. For safety purposes, I suggest homeowners notify Dig Alert, (811), to have underground utilities marked out to avoid damaging them. Dig Alert action is required for our approval.

2. Roofing:

HOA approval for any roofing project is contingent on acquiring permits from the California Housing and Community Development (HCD) Department and the City of Murrieta. You can call HCD at 800 952-8356 if you have questions.

Roofing contractors must also secure city permits for installation of a new roof. You can contact the city building department at 951 461-6062.



It's recommended you use a licensed contractor to complete your project.

3. Paint:

Before any exterior painting or repainting of your home, you'll need Spring Knolls Architectural Committee approval. That would require approval of your choice of color. We have a number of acceptable color options in the office. Slight variations of the approved color options are possible.



4. Solar:

Like roofing, HCD approval is required for any solar paneling installation. This can be a very costly and detailed project. Using a licensed and bonded contractor is highly recommended. HOA approval of solar installation is contingent on the granting of an HCD permit.

5. Trees /shrub removal:

Large trees or shrubs may be removed after the HOA is shown that Dig Alert (811) has been contacted and that underground utility lines have been identified. Such identification can minimize the possible damage of utility lines that are connected to other Spring Knolls properties.

6. Storage sheds:

Storage sheds in our community are limited to 10' x 12'. Also, they cannot be higher than the eaves of your house. Anything larger than 10' x 12' requires a City of Murrieta permit.

If you have questions or concerns about any requirements please contact me at 951 616-4443.

Volunteer shifts open for seniors at two Habitat Stores

By Nashira Williams

Habitat for Humanity is seeking dependable volunteers who are interested in giving back and staying engaged in their community.

We thought these opportunities could be a great fit for seniors who may be looking for meaningful ways to spend their time while connecting with others.

We currently have ongoing volunteer opportunities at our Temecula ReStore, where volunteers assist with organizing and sorting donated items, as well as at our



Design Center, where volunteers help with furniture assembly and preparation.

Volunteer shifts are available Tuesday - Saturday from 9 a.m. - 1 p.m. and 1 p.m. - 5 p.m., with flexible scheduling available.

As Habitat continues to expand opportunities for volunteers, we're especially interested in connecting with seniors who may be interested in ongoing roles, special events, and other ways to support our mission.

If you wish to volunteer with us, please go to www.habitativ.org and click on Volunteer Application.

Or you can contact me by phone and I'll help you complete the form.

— Nashira Williams is volunteer coordinator for Habitat for Humanity, a Spring Knolls Resource Fair participant. You can contact her at 951 401-4385.

Spring Knolls Association: Balance summary as of May 31, 2026

	<u>Total</u>
Bank Balance - Operating Funds	
1000 Chase Checking-1884	205,073.81
1080 PETTY CASH	<u>137.67</u>
Total Bank Balance - Operating Funds	205,211.48
 RESERVE FUNDS (not available for Operating Expenses)	
1018 Provident #4481 (closed 4/24/2026)	0.00
1021 US Bank 7636 (6 month CD matures 8/18/26)	254,618.27
1022 Chase Reserve Checking #1368	85,107.31
1023 Wells fargo 9701 (4 month CD matures 8/24/26)	<u>100,389.62</u>
Total for - RESERVE FUNDS	\$440,115.20
Total for Bank Accounts	\$645,326.68

Operating Expenses - January 1, 2026 to May 31, 2026

5500 ADMINISTRATIVE	\$14,413.23
5900 OFFICE	\$3,852.15
5902-1 FACILITIES	\$16,850.73
5912-1 LANDSCAPE	\$13,205.81
5915 INSURANCE/LICENSES	\$24,930.98
5922 POOL	\$7,149.59
5931-1 UTILITIES	\$26,217.24
Payroll Taxes	3,369.30
Payroll Expenses	<u>\$35,829.46</u>
Total Year to Date Operating Expenses	\$145,818.49

Reserve Expenses - January 1, 2026 to May 31, 2026

6220 Reserve - Lighting and Electrical (supply closet)	566.00
6250 Reserve - Fences Gates Walls	\$2,500.00
Locked Access Gate System	23,292.48
6256 Paved Surfaces	\$43,694.68
6259-6 Caretaker Apt Plumbing and Electrical	1,741.00
6259 Caretaker APT Painting and Flooring Upgrades	2,860.00
6259 Caretaker APT Repairs	4,369.83
6261 Reserve Mechanical / Plumbing - Eaker Hall Attic	17,500.00
6263-8 Exercise Equipment Reserve Expense	378.39
6263-11 Computer Equipment Reserve Expense	39.14
6267 Reserve - Kitchen equipment	6,028.23
Structural repairs - termite damage (see pictures)	17,900.89
Structural repairs - structural (water damage)	<u>34,502.08</u>
Total Year to Date Reserve Expenses	\$155,372.72

Booster bits

One-week break, then back to BBQs!

I hope that all you charming Dads, Grandfathers and great grandfathers had a nice Father's Day.



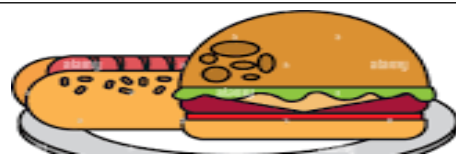
Dorothy Vaughn
Boosters VP

Our Friday BBQs have been a smashing success, and we'll be taking a mini break for July 4 weekend. No Friday BBQ, but there will be a free hot dog lunch on Saturday af-

ter our parade through Spring Knolls and Warm Spring Knolls. Lunch includes a hot dog, lemonade, chips and an ice cream treat.

The BBQs resume on Friday, July 10 with good times, good food, nice people and homemade desserts all included.

If you have friends and family members, bring them along. You'll all have a great evening.



Friday BBQs:

July 10- Sept. 4, 5-7 p.m.*

Hamburgers	\$7
Cheeseburgers	\$7.50
Veggieburgers	\$7
Hot Dog	\$6
Specials**	\$8
Chili for burger / Dog	\$1.50
Sodas/Bottled Water	\$1
Chips	\$.50

(Meals include potato salad, beans, trimmings, watermelon, desserts.)

* No BBQ, Friday July 3

HAPPY BIRTHDAY!

Bill Aguerre
Mariada Allen
Ardath Boyer
Tom Baird
Susan Britt
Michael Burgess
Leona Bychek
Glen Cardin
Sally Carell
Ronald Conti
Rachel Crystalbird
Ginny Cruz
Thomas Dubose
Valod Esmailian
Janet Gonzales
Sharon Hauge
Gerald Heiner
Melvin Herman
Michael Hower
Franz Hubner

Rita Hult
Bernard Jara
Lilliana Junio
Lora Klump
Angela Martello
Kari Lynn Mateski
Charles Mayer
Dorothy McKay
Dana Modreman
Maria Montiel
Jose Montiel
Dana Moorman
Sharon Morgan
Erma Nelson
James Netherton
Lisa Neuman
Dale Neumann
Karol Parker
Elsie Pittman
Connie Power
Kimberly Pusi

David Quinlan
Marvin Ratcliffe
Kenneth Rishe
Paula Rodig
Michelle Rosenberg
Gloria Todd-Rousseau
Mary Beth Schaefer
Rose Soria
Sam Soria
Steven Speare
Jerry Towers
Karen Townsend
Diane Velasquez
Ignacio Villareal
Arlene White
Thomas White
Sonia Wiggins
Frederick Williams
Martha Williams
Zhaoman Zheng

Spring Knolls Boosters board

Debbie Adelhelm, president,
760 717-9876
Dorothy Vaughn, v-president,
951 696-0871
Diane Velasquez, treasurer,
951 850-8107
Charlene Kirkwood, secretary
951 348-0042



Ed & Sharon Carey
Ruth & Miquel Enriquez
Rick & Cheryl Neff
Joe & Carolyn Tarin
Joe & Stephanie Valdez

Ardath Eloise Boyer
(July 1926 - July 2017)
Via Azul

Geraldine Maria Favia
(Nov. 1937 - July 2010)
Via Princesa

Frank Clarence Feher
(March 1934 - July 2015)
Via Escarlata

Eula H. Greer
(Feb. 1922 - July 2014)
Via Princesa

IN MEMORIAM



Wilbur Melvin Lawhead
(July 1923 - July 2015)
Via Roja

Dale Majors
(Sept. 1932 - July 2015)
Via Roja

Phillip Reinhold Geffe
(Oct. 1920 - June 2018)
Calle de la Paz

Bonnie Colleen Raines
(Dec. 1940 - July 2019)
Calle de la Siesta

Martin Edward Skinner
(Oct. 1947 - July 2015)
Via La Espalda

Salvatore Frank Zaita
(Jan. 1920 - July 2011)
Via del Sur

Mabel Elaine Quirke
(May 1924 - July 2012)
Via Playa del Rey

Health Matters

Do you need to escape your 'comfort zone'?

Too much 'me' time poses dangers to mental and physical well-being

By Vicki Duffy

SK News Health writer

I really value my "me" time. It helps me in so many ways. It allows me to recharge my batteries, prevent caregiver burnout, reflect on life, and focus on my well-being.

Quiet time can be healthy and restorative.

However, I've also learned that too much time alone can have unintended consequences. While solitude can be beneficial, prolonged loneliness and social isolation can negatively affect both our physical and mental health.

Human beings are social creatures. We are designed to connect with one another, share experiences, and build relationships.

In recent years, researchers have found strong evidence that loneliness and social isolation can have a significant impact on our health. In fact, some experts compare the health risks of chronic loneliness to other well-known health concerns.

Social isolation has been associated with a number of serious health issues, including:

- Increased risk of death from all causes
- Higher levels of inflammation in the body
- Increased risk of heart disease and stroke
- Reduced cognitive function and memory problems
- Higher rates of anxiety and depression
- Poorer overall physical and emotional health

As we age, staying socially connected becomes even more important. Meaningful relationships can help us feel supported, valued, and engaged in life. A simple conversation, a shared laugh, or participating in a community activity can lift our spirits and improve our outlook.

Sometimes it's difficult to put ourselves out there. Trying something new can feel intimidating. We may worry about not knowing anyone or stepping outside of our comfort zone. But the rewards can be tremendous.



Vicki Duffy

Socialization has been shown to improve quality of life, boost mood, support brain health, and even help us live longer.

If you've been feeling isolated, consider trying one of these ideas:

- **Get a pet.** A furry companion can provide comfort, routine, and unconditional love.
- **Schedule catch-ups.** Call a friend, visit a neighbor, or arrange a weekly coffee date with family members.
- **Join a community group or take a class.** Community centers offer opportunities to learn new skills and meet new people. Murrieta has a wonderful senior center with activities for a variety of interests. And free chair exercise classes are held three times a week at our clubhouse.
- **Join a book club.** If you enjoy reading, book clubs offer both intellectual stimulation and social connection.
- **Volunteer.** Giving back to others is a wonderful way to build friendships while making a positive impact. There are many opportunities, not only in Spring Knolls, but elsewhere in our area. See page 4 for one opportunity.
- **Attend HOA meetings and community events.** Your Spring Knolls board would love to get to know you and hear your ideas. Special events like those by the Boosters and SKERT are other ways to have fun, reconnect, meet new friends and learn more about your neighbors.

The truth is, connection doesn't have to be complicated. A friendly wave, a short phone call, or a conversation with a neighbor can make a meaningful difference. Every small step toward connection is a step toward better health and greater happiness.

So while it's important to enjoy our quiet moments, let's also remember the power of reaching out. Someone else may be hoping for that connection just as much as we are.

— Vicki Duffy, a Spring Knolls Association director, is also a 25-year nursing veteran and nursing instructor.

HogePodge

GO FORTH ON THE 4TH! It's time to decorate your carts, or cars or trucks or bicycles for the annual July 4th parade. Entries from Units 1 and 2 will be following the lead car with Grand Marshal George Osorio of Spring Knolls. After the parade, which will include vintage vehicles from the Drifters car club, a free hot lunch will be offered.

The parade starts at 9:30 a.m. from the clubhouse parking lot. (See back page.)

A FRIENDLY REMINDER: If you divide your association dues in half, the second 2026 installment of \$522 is due on **July 1**. Payments after July 15 will be considered late and subject to a 10% penalty. They can be paid with check or through Zelle.

KEEPING COOL: As summer temps rise, you're invited to use not only the Spring Knolls swimming pools, but also the Spring Knolls Library and Eaker Hall as cooling escapes. Also, the Temecula Senior Center (9 a.m. - 4 p.m., Monday - Friday) and Murrieta Senior Centers (8 a.m. to 4 p.m., Monday - Friday) are designated as Riverside County cooling centers if temperatures are expected to reach 97 and 100 degrees, respectively.

NEW FOOD GUIDES: New state laws take effect July 1 that aim at advising about food quality and safety. One will require restaurant chains with at least 20 locations to disclose nine allergens in their menu items: Milk, eggs, peanuts, tree nuts, fish, shellfish, wheat and soy sesame. The other law bans manufacturers from using "sell by" dates on food products. The new law requires quality-related terms such as "Best if Used By (date)" or "Best if Used or Frozen By" date or safety related terms such as "Use By" or "Use or Freeze By."

Spring Knolls *Free* Classifieds

To place a free classified ad, email your ad with a photo (optional) to tscjnews@gmail.com Questions? Call 951 319-6749

COSTUME JEWELRY FOR SALE. Earrings (clip-ons), bracelets and pearl necklaces from



1930-40 era, England. Nice pieces, reasonable prices. Please call Sandy at 951 265 4642.



FREE FUTON: Futon/sofa bed available for free. It is full size and will need to be picked up. Contact: Glenda at 760 825-9925



DOG WALKING: Spring Knolls resident of 10 years offering dog walking services for a minimal fee. Call Janet, 951 970-8219

GOPHER REMOVAL: Plus handyman jobs. Experience with great results at very affordable pricing. Please call "Gopher Guy" Marc Davison @ 209 288-9015.

SEEKING ROOM: 65-year-old male looking for room to rent in our neighborhood. Text 951-275-3650

HAIRCUTS / BEAUTY SERVICES: Hair cut and other beauty services in your home for your convenience (female & male). I'm a licensed cosmetologist with more than 18 years' experience. Call Nancy @ 951 414-9554 .

FLOORING: Hyman Elite Flooring. Vinyl plank, hardwood and carpet flooring. We're offering \$250 off any project over \$3,000. Call resident Tom Reardon @ 910 644-0434 for a free quote.

Need Help with Medicare?

I am your local licensed insurance agent here to help our community understand their Medicare options. My services are complimentary, and I'll simplify the process so you can have peace of mind. Call me today to get more information./ Sarah Human MHA, Licensed Insurance Agent

Cell: 310-980-9509 / CA License # 0K16275

You can also view plans on my web-

site. www.sarahinsure.com



Helping Seniors Live independently. My services provide a support system to maintain well being and dignity in the comfort of their own home, cooking and meal prep; housekeeping, transportation, companionship, medication management, light exercising, medical appointments. Spring Knolls resident Alyson Gutierrez, 951 477-7135 or email alysongutierrez713@gmail.com

RIDES / LIGHT HOUSEKEEPING: Will provide rides to people needing to go to doctors, grocery shopping. No deep cleaning. Call Cindy @ 562 879-6988

HANDYMAN SERVICES: Handyman services, gardening, window cleaning, power washing, driver to local areas, etc. Steve Lopez, 626 622-4552.

REALTOR: Paula Rodig, a Knolls resident Realtor. Call or text 949 324-5141. Stanfle Realty, DRE# 01731868.

Free classifieds are for Spring Knolls residents. The Spring Knolls News is not responsible for the content of any ad, but reserves the right to reject any for any reason.

July 2026: Goings on in Spring Knolls & beyond

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Chair exercises, 10:30-11:30 a.m.	3 Office hours: 9:30 a.m. - noon. Chair exercises, 10:30-11:30 a.m.	4 July 4 parade, 9:30 a.m., clubhouse; lunch to follow.
5 Bible study, 10-11 a.m. Golf Knolls Clubhouse.	6 Chair exercises, 10:30-11:30 a.m.	7 Bible study 10 a.m.-noon	8 Boosters meet, 10 a.m.; SKERT, 5 p.m.	9 Chair exercises, 10:30-11:30 a.m.; Bingo, 1-4 p.m.	10 Office hours: 9:30 a.m. - noon. Chair exercises, 10:30-11:30 a.m.	11
12 Bible study, 10-11 a.m. Golf Knolls Clubhouse.	13 Chair exercises, 10:30-11:30 a.m.	14 Bible study 10 a.m.-noon	15 SK board meeting, 5 p.m.	16 Chair exercises, 10:30-11:30 a.m.	17 Office: 9:30 a.m.- noon; Chair exercises, 10:30-11:30 a.m.	18
19 Bible study, 10-11 a.m. Golf Knolls Clubhouse.	20 Chair exercises, 10:30-11:30 a.m.	21 Bible study 10 a.m.-noon	22	23 Chair exercises, 10:30-11:30 a.m.	24 Office: 9:30 a.m.- noon; Chair exercises, 10:30-11:30 a.m.	25
26 Bible study, 10-11 a.m. Golf Knolls Clubhouse.	27 Chair exercises, 10:30-11:30 a.m.	28 Bible study 10 a.m.-noon	29	30 Chair exercises, 10:30-11:30 a.m.	31 Office: 9:30 a.m.-noon; Chair exercises, 10:30-11:30 a.m.	

Open'nClosed

Board office hours: Fridays - July 3, 10, 17, 24, 31. 9:30 a.m.- noon.

Summer hours: 9 a.m. to 8 p.m.

Small pool open to all. Jacuzzi, gym or billiards room open to adults only. Call 951 677-6862 for info.

- Eaker Hall: Clubhouse ground events need advance Board of Directors approval. Call Debby Adelhelm @ 760 717-9876 at least 2 weeks in advance.
- Dog Park, Clubhouse grassy areas: Owners must keep dogs under control, on leash, and poop picked up in all areas.
- (Please do NOT walk on the hill to the grassy area by the clubhouse because it breaks drip lines which if broken require high repair costs.)

Here, There & Elsewhere

Here: (Spring Knolls)

- July 9 : BINGO: 1-4 p.m, Eaker Hall.
- July 10, 17, 24, 31: BOOSTERS FRIDAY BBQ: (Through Sept. 4; except July 3), Burgers, hot dogs, specials, potato salad, beans, dessert; 50/50 raffle included. 5-7 p.m. Pay at the door.

There: (Units 2 & 3)

- July 11,18,25 GOLF KNOLLS BBQs: (Except July 3) (Unit 3) 4:30-6 p.m. Clubhouse patio. Open to all Knolls units. Burgers, hot dogs, specials, beans, potato salad and drinks, 50/50 raffle.
- July 23: BINGO (Unit 3). Doors open 4:30 p.m. Games start 5:30 p.m.
- July 23: GAME NIGHT: (Unit 2) 5 p.m. Open to all Knolls units. Various games. Bring snacks. Contact: Sherry Tater, 951 536-4604.

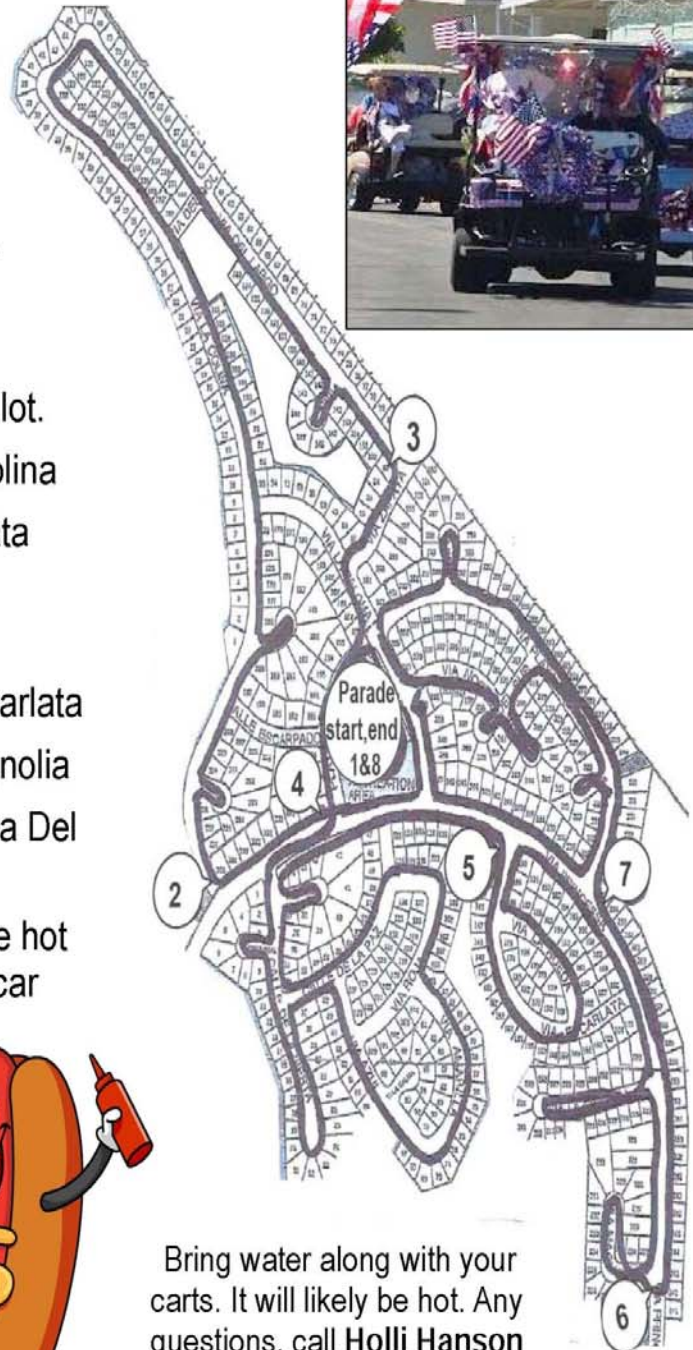
Elsewhere . . .

- July 4: FIREWORKS EXTRAVAGANZA: 2-10 p.m. Ronald Reagan Sports Park. 30875 Rancho Vista Rd, Temecula. Food, entertainment, activities. Fireworks, 9 p.m.
- July 2, 16: MURRIETA MARKET NIGHTS. Historic Downtown Murrieta from 5 to 9 p.m. Food, artisans, live music.
- July 11, 18, 25. CONCERTS IN THE PARK. Free. 7 to 9 p.m. Murrieta Town Square Park & Amphitheater (11 Town Square). Attendees should bring lawn chairs, blankets, leashed dogs. The July lineup:
 - July 11: Quel Bordel (High-energy party band)
 - July 18: Blink 180 True & Rebel Diamond
 - July 25: The Kings of 88 (Piano rock tribute to Billy Joel, Elton John, etc.)

July 4th Spring Knolls/Warm Springs parade

Checkpoints and approximate times

- 9 a.m. Meet at Clubhouse Parking Lot, introduce Grand Marshal
- 9:15 a.m.: Pledge of Allegiance
- #1 / 9:30 a.m. Parade departs parking lot.
- #2 / 9:35 a.m. Via Princesa / Via La Colina
- #3 / 9:45 a.m. Via del Largo / Via Zapata
- #4 / 9:55 a.m. Via Playa Del Rey / Via Princesa
- #5 / 10:05 a.m. Via Princesa / Via Escarlata
- #6 / 10:15 a.m. Via Princesa / Via Magnolia
- #7 / 10:20 a.m. Via Princesa / Via Playa Del Rey
- 10:30 a.m. Return to clubhouse for free hot dog lunch in Eaker Hall; and golf cart, car entry display.



**FREE BOOSTERS
HOT DOG LUNCH IN
EAKER HALL
AFTER THE PARADE!**



Bring water along with your carts. It will likely be hot. Any questions, call Holli Hanson at 661 972-0799

Spring Knolls Medley



(Clockwise from top left)
Charlene Kirkwood spotted this hummingbird below a Spring Knolls mailbox with her two tiny eggs, (enlarged to show their size) A native lizard rests atop a garden turtle in a Spring Knolls backyard... Favors for Neighbors' Michael Saiz and Trevor pose among four formerly rusted canopy poles that they sanded and repainted at Lori Miller's Spring Knolls home. Favors was a participant in the Spring Knolls Senior Resource Fair....Traffic on Via Princesa was reduced to one lane in early June, and Jim Francis of Warm Spring Knolls volunteered to direct traffic to avoid any mishaps. ... Diane Velasquez and Lisa McKinley reupholstered clubhouse benches with a colorful garden pattern.



Photos by Charlene Kirkwood, Lori Miller and Ted Vollmer

Spring Knolls Medley

JOIN THE MEDLEY! Please share your Spring Knolls experiences for the Medley Page with photos that are published exclusively for our on-line edition.

If you have favorite recent or past photos about our community or area, send them with a brief description, including the approximate time they were taken, and your name to:

Spring Knolls Medley

38441 Via La Paloma,

Murrieta, CA 92563

or email to tscjnews@gmail.com

For more details, visit MurrietaCA.gov/Events

MURRIETA
SOUTHERN CALIFORNIA

2026

CONCERTS IN THE PARK

.....SUMMER CONCERT SERIES.....

SATURDAYS FROM 7-9 PM

**TOWN SQUARE PARK
& AMPHITHEATER**
11 TOWN SQUARE, MURRIETA

FREE ADMISSION!

Food Vendors On-Site • Outside Food Welcome

Presented by: **EXPLORE MURRIETA**
OIL

well behaved & leashed dogs are welcome!

JULY 11	JULY 18	JULY 25
Quel Bordel	Blink 180 True & Rebel Diamond	Kings of 88
High Energy Party Band	Blink 182/The Killers Tribute	Piano Rock Tribute

AUGUST 1	AUGUST 8	AUGUST 15	AUGUST 22	AUGUST 29
The Police Academy	Chris Lozano Band	Cheez Whiz	Rain	Catch A Wave
The Police Tribute	Country	80's/90's	Creed Tribute	The Beach Boys Tribute