

### Notes From the Office:

\*The main room of the Lodge will be closed for acoustic installation beginning Monday, April 22<sup>nd</sup>. For the safety of all residents and contracted vendors working in the space, please DO NOT enter the Lodge through the front or back doors leading to the main room. The gym is to remain open, however, only accessible through the GYM DOORS! Thank you for your cooperation!

\*Since updating the security at the Lodge, we have discovered that the key fob readers are slightly more sensitive. Please make sure you are contacting the reader with the flat side of your fob. Please let Gina or Sabrina know if you have any problems going forward.

\*Madhu will be out of town May 8<sup>th</sup> – May 31<sup>st</sup>. During this time, Teresa Latimer, Kathy Villere, and Kay Williams will substitute teach all of Madhu's classes.

\*The acoustics are being installed in the Club and Lodge. Fitness scheduling will be affected. Chair yoga's last class at the Lodge will be Saturday, April 20<sup>th</sup>. Tai Chi on Tuesday will stay the same, but Thursday's class will be cancelled going forward. Silvia's Monday Power Workout will take place at 10:15AM as usual, and Chair Yoga will take place starting at 11:20AM We will need to make sure that the fitness classes that meet in the multipurpose room move in and out in a timely manner. We appreciate you moving your after-class conversations to the living space within the Club. We will send out a separate announcement email to confirm all class times! A new Fitness and Activity Schedule is being worked on, and will be sent out as soon as its ready! Thank you for your patience and cooperation as we make this transition together.

### Calendar Quick Links!

[Fitness Class Schedule](#)

[Activity Schedule](#)

[May Calendar of Events](#)

### A note from the CAC:

Thank you for your input and participation in the passing of the CAC's updated Bylaws. We are going over the document to correct syntax and grammar errors. We will be posting the final document to the CAC's website as soon as possible. Please note there is no CAC Community meeting on May 4<sup>th</sup>.

### Upcoming Events

#### Beginner Poker Workshop

Lodge Tuesday, April 30<sup>th</sup> / 6:30PM

Our resident poker expert and group lead, Lloyd Jensen, will be holding a Beginner Poker Workshop for those interested in learning! The workshop will cover the basics of the game while also giving you insight into how the FV Friday night poker games work! We will start promptly at 6:30pm. There will be a \$5 buy in per game. Please bring in nickels, dimes, and quarters. (Some change will be available for trade.) [JOIN!](#)

#### Men's Pancake Breakfast

Clubhouse Saturday, May 4<sup>th</sup> / 8:00AM

Join Jack Sargent and the men of Fairway Villas for a pancake breakfast. You are welcome to come earlier and enjoy a cup of coffee. Cost is \$10.00 per person. Please plan to pay the day of the event. Contact Jack at jacksargent4@aol.com if you'd like to help set up or flip the cakes! For more details or to secure your spot [CLICK HERE!](#)

#### Creative Endeavors

Clubhouse Thursdays / 10:00AM-12:00PM

May 2<sup>nd</sup> and 9<sup>th</sup> – We will create 2' X 3' floor clothes. This art dates back almost 200 years using painters drop clothes and acrylic paints you will create your own unique rug. We will need two sessions to complete this project, May 2nd, and 9th. The cost will be \$8 to cover supplies. 10-person limit, so please register [HERE!](#)

## Small Group Fitness

**Lodge** Tuesdays and Thursday 10-11AM

Certified Sr. Fitness Instructor, Anne Nolan, leads this one-hour fitness class. In these classes you will work on cardio, strength, flexibility, and balance. Class size is limited to 6 people. **Please only sign up for one spot per week to maximize the number of residents able to participate.**

[April 30<sup>th</sup> Class](#)

[May 2<sup>nd</sup> Class](#)

[May 7<sup>th</sup> Class](#)

[May 9<sup>th</sup> Class](#)

\*Anne's personal training slots are currently full, but for more information please reach out directly by texting her at: (813) 240-6429. She has a dedicated block of time at the Club, and a second block of time at the Lodge for personal training.

## Bike Club

**Clubhouse** Saturday, April 27<sup>th</sup> / 9:00AM

The Bike Club will also be utilizing Team Reach to organize throughout the season. The code is: Bikeclub6. If you need help logging into the app, please see Gina in the office. All rides are subject to cancellation due to weather or trail conditions.

**April 27<sup>th</sup> - Ride #1:** Rocky Mountain Arsenal National Wildlife Refuge Overlook. This will be an 8-mile round trip ride with 41ft change in elevation. 80% paved roads, 20% trail. We will pause at the overlook before the return ride. Please see the attached maps of the next three weeks of rides. All rides will take place Saturday mornings.

**May 4<sup>th</sup> - Ride #2:** Aurora Reservoir. Meet at the Aurora YMCA -- 6100 S Kewaunee Way, Aurora, CO 80016. This will be a 10-mile round trip with 100ft change in elevation, 70% paved roads, and 30% trail.

**May 11<sup>th</sup> - Ride #3:** Rocky Mountain Arsenal National Wildlife Refuge Visitor Center. This will be an 18-mile round trip ride with 75ft change in elevation, 60% paved roads, 40% trail. We will pause at the visitor center before the return ride.

## Cinco de Mayo!

**Clubhouse** Sunday, May 5<sup>th</sup> / 5:00PM

Chef Damien Vartanian will be cooking a Mexican feast right here in our own kitchen at the clubhouse. Dinner will be served at 5:00pm. Please let us know if you'll be [coming](#)!

## Active Minds – Renewable Energy

**Clubhouse** \*Saturday, April 27<sup>th</sup> / 10:30AM\*

\*Note the date change. Energy from renewable sources (solar, wind, geothermal, hydro, etc.) is an important part of the future of energy in the U.S. and the world. The issues involved are complex, involving technical challenges, economic issues, as well as environmental, political, and social factors. Join Active Minds as we survey the current state of renewable energy and look at the various forces that will influence how these resources will evolve in the future.

## FV World Series of Poker

**Clubhouse** Fridays / 6:00PM

**Next Tournaments: Apr 26<sup>th</sup> and May 10<sup>th</sup>**

## It's a Small World Event

**Clubhouse** Saturday, April 27<sup>th</sup> / 6:30PM

Join your neighbors for an evening celebrating heritage, community, and culture! Have you ever happened upon a neighbor and discovered that you both grew up in the same state? We want to celebrate what a small world it is at Fairway Villas! Come and enjoy the festivities and wander around our Small World in ... Fairway Villas! Looking to join a table? \*Small dishes to try may be available, but a full meal will not be provided.

## Infant and Adult CPR/AED Class

**Clubhouse** *Thursday, May 9<sup>th</sup> / 1:00-3:00PM*

One of our Fairway Villas residents, Randy Schrantz, recently became a certified CPR/AED instructor. We are going to begin offering classes to familiarize yourself with CPR and using an AED machine like the ones that are in the Club and Lodge. These classes will not include the actual certification. The purpose will be to have as many residents as possible able to assist in an emergency or lifesaving situation. Please arrive promptly at 1pm and prepare to stay until 3pm. The cost involved will be \$10 (cash) and is meant as a reimbursement to the church we are borrowing the manikins from. Class size is limited to 8 people. Please register [HERE](#).

## New Club!

### Walking Group

**Clubhouse and Lodge** *Daily / AM and PM Times*

A group of residents has started a walking group. They will begin meeting this Sunday, April 14<sup>th</sup> in the evening. The following days and times will be tested for two weeks, and then depending on the response we will adjust the schedule. Meet by the door of the Lodge or Club depending on the meetup location indicated below.

Sunday, Wednesday, Friday: LODGE 6:15PM

Monday, Tuesday, Thursday: CLUB 8:00AM

## Save the Date:

### Men's Book Club

**Clubhouse** *Tuesday, April 30<sup>th</sup> / 10:00AM*

The next book to be discussed will be Personal, by Lee Child.

## Community Garage Sale

*Saturday, June 1<sup>st</sup>*

Please let us know if you'd like your address to be highlighted on our 2024 Garage Sale map! Follow the [LINK HERE](#).

## GVR Senior Lunch Trip

**Clubhouse** *Friday, May 3<sup>rd</sup> / 10:15AM*

The GVR Metro District is inviting Fairway Villas residents to take part in their monthly lunch trips. May 3<sup>rd</sup> they will be traveling by van to Ted's Place in Commerce City. This could be a fun way to meet new people in the Green Valley Ranch area! We must have 5 people signed up in order to go and the van is willing to pick up FV residents at our clubhouse if enough sign up. Please see the attached flyer and registration form or contact Gina in the office. The GVR contact is Sabrina Foss-Stockwell, not our Sabrina 😊

## GVR Day Trip to a Rockies Game!

**Clubhouse** *Thursday, June 20<sup>th</sup> / 11AM*

The GVR Metro District is also inviting Fairway Villas residents to take part in occasional day trips. This first big day trip is to see the Colorado Rockies play the Los Angeles Dodgers. The cost is \$25 for outfield tickets, and the bus ride to the stadium. The bus is limited to 14 people at this time. More information is available on the flyer attached to the Newsletter email. Please reach out to Gina in the office if you have any questions!