

DOG OWNERS
Please be
considerate of us
in the park
KEEP YOUR DOG
on a LEASE

February 24, 2022

Conch Horn

Recreation Report

Tom & Belle Flora

Things have really come together this season, and EVERYONE is enjoying all the activities and events. To all the "newbies", we have welcomed you and you have blended well with us "oldies". It is always a blessing to make new friends. We have another Month of fun planned, see the March Calendar attached.

SPECIAL THANKS to Sandi Roy for hosting the Valentines' Day Dance. It was certainly a challenge, and she was able to make it happen. Thanks also to her crew for a job well done, the decorations were awesome. The 1st annual tailgate party (yes, Brenda) was so much fun, despite the weather. Great idea Brenda and Bob!!

Mardi Gras festivities include a Parade around the Park, followed by a Happy Hour on the Basketball Court. Please note **NO First Friday**. Mark your calendar for a St Patrick's Day Celebration. TerryLynn Kroft is hosting, and plans are in the works. It promises to be great food, BEER and lots of fun.

We will hold a Recreation Meeting on Tuesday March 15th. At this meeting we will plan the calendar for the 2022-2023 season. If you have an idea for an event, a talent to share, or an activity to provide we welcome your input. As always if you need anything, we are at lot 376 or Belle 989-305-1478, Tom 989-305-1056

BIKE THE PARK 2022

Fighting cancer is as easy as riding a bike.....or driving your golf cart!!!

WHEN: Sat., February 26, 2022

- Sign up at 9am...
ride at 9:30

WHERE: Fisherman's Corner (picnic table by marina)

Event to support the *Livestrong Foundation*



we ride. we fight. we celebrate. we remember

LKLK WINE CHEESE AND GAMES
- FEBRUARY 24TH FROM 2-5
THERE ARE TICKETS BEING SOLD ON
LOT#418-ELLEN KUHL

YOU STILL HAVE TIME TO JOIN IN FOR A
GREAT DAY THERE WILL BE DOOR PRIZES-
RAFFLES AND 50/50.
COME ENJOY THE FUN'



Tuesday March 1st

3:00pm

PARADE

Around the park

HAPPY HOUR

following on BB CT

MUSIC BY THE DANCING QUEEN

BYOB and your best taste of New Orleans to
share or whatever suits your fancy

Golf Carts, walkers, bicycles
Line up at 2:30 at marina parking lot.

Where are the Pavement Pounders? The Pavement Pounders are currently pounding the Canadian province of Newfoundland & Labrador for 961 miles. Since the last Conch Horn publication, the Pounders completed the provinces of New Brunswick and Nova Scotia. You can join the Pounders by recording your mileage on the chart located on the bulletin board in the Lower Rec.

How Much Do You Know about the Provinces of New Brunswick and Nova Scotia?

1. New Brunswick and Nova Scotia are two of the three Maritime Provinces. What is the third Maritime Province?
_____ Newfoundland & Labrador
_____ Prince Edward Island
2. New Brunswick and Nova Scotia border what U.S. states?
_____ Maine _____ New Hampshire & Maine
3. What are the capitals of New Brunswick and Nova Scotia?
_____ Fredericton, N.B. and Halifax, N.S.
_____ Saint John, N.B. and Halifax, N.S.
4. The Guinness Book of World Records states the world's highest average tides are in the Bay of Fundy located between New Brunswick and Nova Scotia. What is the highest tide on record in the Bay of Fundy?
_____ 47.6 feet
_____ 70.9 feet
5. Continuing on the theme that everything is bigger in Canada, which one of the following is NOT the world's largest in New Brunswick or Nova Scotia??
_____ The World's Largest Axe
_____ The World's Largest Lobster
_____ The World's Largest Fiddle
_____ The World's Largest Moose
_____ The World's Largest Semi-Palmated Sandpiper

Answers on page _____

FABRIC & FIBER CRAFTS !

Everyone Welcome! Quilters, Stitchers, Knitters, Crocheters Bring your projects, ideas, and good conversation. Help for project problems and new stitches available.

Stan Roe

Tuesdays and Thursdays:
10:00 am -12:00 pm

**Cook outs Saturdays 11:30—1:30
Hot Dogs, Hamburgers, Fries, Chili & More**





SCARLETT HATTER luncheon was a huge success!

We are DEFINITELY going to be returning to the Florida Steak & Lobster House for our future luncheons – they did an amazing job. It was so fun to have a girls' day out to meet new friends and reminisce with old, chat, laugh, chat some more - all while enjoying such delicious food. To top it off, we all came home with a new trinket or treasure from the gift exchange. We are so fortunate in ORLK to be surrounded by such a varied assortment of charming and interesting women. We're hoping we can encourage more of you to join us next year – you don't want to miss out!

An extra special THANK YOU goes out to Glenda Grundner, Vi Jacobs, Lori Slaughter, Judy Lanyi and Judy Stevens for being our mentors and committee members. Couldn't do it without you girls!!

The next Scarlett Hatter adventure will be BUNCO on March 8 from 2:00-4:00 in Stan Roe. Sign up in lower rec if you haven't already. Space is limited. Martha and Joan

ORKL BOOK CLUB

Thursday, March 17

10:15 -11:30am, Fishermen's Park

ALL ARE WELCOME

We will discuss Warlight

by Michael Ondaatje

and A Woman of No Importance

by Sonia Purnell.

Please bring book ideas for next year's club reading.

Full Moon
Party
At the
Beach
Thanks to
Dennis,
& Wy



LOOKING FOR A MID-WEEK PICK-ME UP?

Come to Contra!

No experience necessary.

No fancy footwork required.

Come as you are and leave with a smile.

Where: Upper Rec

When: Wednesdays at 6:30pm

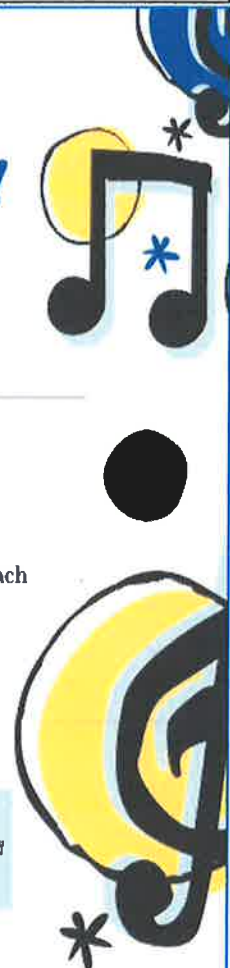
Lessons start at 6:30pm in the Upper Rec. We'll teach you everything you need to know and have you dancing like a pro by 7pm!

Note: All contra dancers must be triple vaccinated.

Need some liquid courage before you dance?
Grab your beverage of choice and swing by the basketball courts at 6pm for a pre-contra happy hour.



Scan the QR code at left with your phone's camera to see what contra dance is all about!



Pavement Pounders' March Challenge

Increase Distance and Speed

Why Increase Distance?

We know as walkers; we lead a healthier life. According to the Mayo Clinic regular brisk walking can help:

- Maintain a healthy weight and lose body fat
- Prevent or manage various conditions, including heart disease, stroke, high blood pressure, cancer and type 2 diabetes
- Improve cardiovascular fitness
- Strengthen your bones and muscles
- Improve muscle endurance
- Increase energy levels
- Improve your mood, cognition, memory and sleep
- Improve your balance and coordination
- Strengthen immune system
- Reduce stress and tension

The farther we walk the greater the benefits.

How to Increase Distance?

(According to the U.S.A. Track & Field Coach)

Think in minutes not miles. A good rule of thumb: consider how long you typically walk and go from there. To increase your walking distance safely, add no more than 10% of your walking volume each week. For example, if you walk 30 minutes for four days for a total of 120 minutes, you can add 10–12 extra minutes to your walks (or about 3 minutes per walk) the next week. This allows your body to slowly adapt to more stress, becoming stronger rather than breaking down. Listen to your body for signs that you're walking too far too fast, such as pain that changes your stride or causes you to limp, makes it difficult to relax or sleep at night, or requires medication to treat. Any of the above is your cue to take a break and shorten your walks to avoid an overuse injury.

Before Increasing Distance Remember

January's Challenge: Stay Hydrated

February's Challenge: Stretch Before and After Walking



TuTu Party 2.22.22



This was truly a once in a lifetime moment and we were sooooo lucky to share it with our OLRK family. So many people made this happen; Jane Charameda, who shared the idea she received from a friend in Michigan, Brenda Scanlon who did the poster and MADE THE RUM PUNCH, Debi Loeffler who designed and made the key chains and sold tickets, Susan Johnson, who baked the cookies and directed the frosting. Peggie Michaud and Barb Szlamczynski, the kitchen experts. It goes without saying it took lots of people to create this event. WE THANK THEM ALL!!!!

135 people attended this one-time event and enjoyed a reason to celebrate. Pavement pounders made 72 tutus in red & white to honor Canada, it's where they are presently pounding. We enjoyed Tacos, Run Punch, scrumptious cookies, and danced to the music of Dayna & Rick Lieder. We can't thank them enough for joining us. They Love the people at ORLK who follow them everywhere and came to celebrate with us. ***It was a special treat, and we thank Dayna & Rick for making it possible.*** Thank you to all who attended -- Mark St, Patty's Day on your calendar we'll party again.

Fun Creative Afternoon

Glass painting 101

Need something to do Saturday 2/26.

Join us 2:30-4:30 in the SR for a creative afternoon. This is a group glass painting lesson that would be a wonderful way to enjoy an afternoon with your friends or family. All ages and paint skills are welcomed. This class is taught by Diana McGuirk-Hille a FL Keys local art teacher of 15 years, artist and mom. Participants will take home their very own hand painted pair of glasses. Bring a snack, BYOB and enjoy an artistic afternoon. All supplies are provided.

Sign up early spots are limited.

Wine Glass Painting Class with Artist Diana



Saturday, February 26th

2:30pm

Stan Roe

Tickets: \$30.00 includes paint & wine glass

OR

\$25.00 includes paint (you bring your wine glass, glass vase, glass bowl, etc.)



Tickets must be purchased
by Noon on Friday, February 25th
at Lot 376 (Belle/Tom)



Grab a Paint Brush &
Bring Out Your Inner Artist!

Answers to "How Much Do You Know About the Provinces of New Brunswick and Nova Scotia"?

1. Prince Edward Island
2. Maine
3. Fredericton, N.B. and Halifax, N.S.
4. 70.9 feet is the highest tide on record in the Bay of Fundy recorded in 1869
47.6 feet is the average tide for the Bay of Fundy
5. Mac the Moose – the world's tallest moose is located in Saskatchewan, Canada
Largest Axe – New Brunswick – 49 ft tall, axe-head is 23 ft wide and weighs 55 tons
Largest Lobster – New Brunswick – 35 ft long, 15 ft wide, 16 ft tall and weighs 90 tons
Largest Fiddle – Nova Scotia – fiddle & bow are 60 ft high and weighs 10 tons
Largest Semi-Palmated Sandpiper – New Brunswick – 13 ft long, 8 ft tall and weighs 850 pounds



For anyone who may be interested in a one-day Art & Craft Show in the Kay Weeks Room, Saturday, March 12, 2022 please contact either Dottie McFarland, Lot 285 (305 395 9487) OR Barb Reid, Lot 353 (785 840 9975)



LKLK is busy, busy, busy. 50/50 going strong at Saturday cook outs. Ice Cream Socials are a nice Sunday afternoon treat and Wine and Cheese is always a grand affair. Thanks to our wonderful LKLK volunteers that make it all work out.

Our next meeting is March 10th at 1:00 in the Kay Weeks. Our speaker is Donald from the Long Key State Park. He will be sharing his discoveries from Hurricane Irma. Train artifacts that were found. Looking forward to seeing your smiling faces at our many events and next meeting.

LONG KEY FISHING CLUB

Leadership and Volunteers Needed.

The organizing committee which has been responsible for conducting the January, February, and March monthly fishing tournaments has disbanded.

As such there are no fishing tournaments planned for the remainder of 2022. Equipment such as a scale, camera, etc needed to conduct these fishing tournaments remains intact.

If anyone is interested in forming a committee and resurrecting this long-standing ORLK tradition please contact Bart Wilenski (lot 265), who has all the equipment and is ready to turn the Fishing Club over to a new leader and team.

THANK YOU TO ALL THE VOLUNTEERS FOR HELPING TO MAKE SUNDAYS ICE CREAM SOCIAL ANOTHER SUCCESS. OUR HELPERS THIS WEEK WERE SALLY & DAVE MATNEY- JAN & LISA GLASHEEN, THE SCOOPERS WERE DON & TIM CASHIERS WERE SHIRLEY AND DEBI L. OF COURSE THE EVER POPULAR ORDER TAKER RON & TO THOSE OF YOU WHO PURCHASED THE ICE CREAM A BIG THANKS. BUT MOST OF ALL THERE WOULD BE NO BANANA SPLITS IF BELLE DIDN'T PICK THE BEST ONE AT PUBLIX'S. THANKS AGAIN TO ALL OF YOU - ELLEN KUHL

CALENDAR UPDATES:

Ping-Pong changed from Mondays to Thursdays 7 pm.



Shuffleboard Winner
2-16

3rd place Jim & Rose
1st place Steve & Darla
2nd place Carolyn & Rob

ASH WEDNESDAY SERVICE

March 2nd 6 pm SR
Church @ ORLK
service officiated by
Pastor Larry White

Time For You

De-stress...Move Gently...Relax deeply!

DEEP RELAXATION & GENTLE MOVES class begins Friday, Feb. 25th in Kay Weeks at 11:15 am.

ORKL is a busy, happy place that offers countless things to do. Sometimes, a short break from that wonderful busyness can be just what you need.

Please join us for an opportunity for some "down time" including some gentle moves, tips for stress management, self-care, and a deep breathing and relaxation experience. Plus lots more....

MaryKay has taught stress management, wellness, self-care workshops, yoga, and meditation in many settings. These include Miami University at Oxford, Ohio, in the Teacher Education and Masters Degree programs; and public and private classes at other schools, service organizations, and businesses.

Please bring a soft mat or thick blanket to class. Most people prefer to lie down for the relaxation component, others who prefer a sitting position can use a chair.

If you have questions, feel free to call or text MaryKay at 614 946-3431.

MARCH 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 8-10 Tennis 8 Tai Chi UR 8 Step Aerobics SR 9 Stretch & Relax UR 9:30 Water Aerobics 10:30 Water Volleyball 10-2 Fiber & Fabric Crafts SR 10-12 Pickleball MARDI GRAS 2:30 Parade Line-up 3-Parade the park Happy Hr BBC 3-4:30 Tennis Lessons 6:30 Cards/poker KW 6:30 Square Dance UR 7-9 Billiards SR	2 8-10 Lap Swim 8-10 Tennis 9:00 Zumba UR/BBC 9 Chair Dance SR 10:15 Yoga UR 10-Water Aerobics 10-12 Pickleball 2:30 Shuffleboard 5:30-6:30 Line Dance UR 6pm ASH WEDNESDAY SERVICE SR 6 pm Tennis 6:30 Contra Dance UR	3 8-9:30 Lap Swim 8-10 Tennis 8 Tai Chi UR 8 Step Aerobics SR 9 Stretch & Relax UR 9:30 Water Aerobics 10-2 Fiber Fabric & Crafts SR 10-12 Pickleball 10:30 Water Volleyball 5:45 Texas Hold'em SR 6 pm Tennis 7 Ping Pong LR	4 8-10 Lap Swim 8-10 Tennis 9:00 Zumba UR/BBC 9 Chair Dance SR 10-Water Aerobics 10-12 Pickleball 10:15 Toning Class UR 1:30 -3 Mainstream Square Dance Lessons UR	5 11:30-1:30 Recreation Cookout 7pm -SR SOS
6 9:00 Church UR 1-2:30 Beginner Square Dance Lessons UR 3:30-5 Ice Cream Social 6:30 MOVIE	7 8-10 Lap Swim 8-10 Tennis 9:00 Zumba UR/BBC 9 Chair Dance SR 10:15 Toning Class UR 10-Water Aerobics 10-12 Pickleball 12:30-3 Open Art SR 1-3 Cards/Bridge KW 3:30 Spanish Class UR 6:30 Cards/poker KW 6 Bingo SR	8 8-10 Tennis 8 Tai Chi UR 8 Step Aerobics SR 9 Stretch & Relax UR 9:30 Water Aerobics 10:30 Water Volleyball 10-2 Fiber & Fabric Crafts SR 10-12 Pickleball 1-3 Cards KW/Pool 3-4:30 Tennis Lessons 6:30 Cards/poker KW 6:30 Square Dance UR 7-9 Billiards SR	9 8-10 Breakfast K 8-10 Lap Swim 8-10 Tennis 9:00 Zumba UR/BBC 9 Chair Dance SR 10:15 Yoga UR 10-Water Aerobics 10-12 Pickleball 1 CORNHOLE 5-Tex Hold'em Practice SR 5:30-6:30 Line Dance UR 6 pm Tennis 6:30 Contra Dance UR	10 8-9:30 Lap Swim 8-10 Tennis 8 Tai Chi UR 8 Step Aerobics SR 9 Stretch & Relax UR 9:30 Water Aerobics 10-2 Fiber Fabric & Crafts SR 10-12 Pickleball 10:30 Water Volleyball 1:00 LKLG - KW 6 pm Tennis 6:45 Euchre SR 7 Ping Pong LR	11 8-10 Lap Swim 8-10 Tennis 9:00 Zumba UR/BBC 9 Chair Dance SR 10-Water Aerobics 10-12 Pickleball 10:15 Toning Class UR 1:30 -3 Mainstream Square Dance Lessons UR	12 9AM ORLK Board mtg SR 11:30-1:30 Recreation Cookout 7pm -SR SOS
13	14	15	16	17	18	19

MARCH 2022

9:00 Church UR 1-2:30 Beginner Square Dance Lessons UR	8-10 Tennis 9:00 Zumba UR/BBC 9 Chair Dance SR 10:15 Toning Class UR 10-Water Aerobics 10-12 Pickleball 12:30-3 Open Art SR 1-3 Cards/Bridge KW 3:30 Spanish Class UR 6:30 Cards/poker KW 6 Bingo SR	8-10 Tennis 8 Tai Chi UR 8 Step Aerobics SR 9 Stretch & Relax UR 9:30 Water Aerobics 10:30-1 Water Volleyball 10-2 Fiber & Fabric Crafts 10-12 Pickleball 1 REC MTG KW 3-4:30 Tennis Lessons 6:30 Cards/poker KW 6:30 Square Dance UR 7-9 Billiards SR	8-10 Lap Swim 8-10 Tennis 9:00 Zumba UR/BBC 9 Chair Dance SR 10:15 Yoga UR 10-Water Aerobics 10-12 Pickleball 1-3 Cards/Bridge KW 2:30 Shuffleboard 5Tex Hold'em Practice SR 5:30-6:30 Line Dance UR 6 pm Tennis 6:30 Contra Dance UR	8-9:30 Lap Swim 8-10 Tennis 8 Tai Chi UR 8 Step Aerobics SR 9 Stretch & Relax UR 9:30 Water Aerobics 10-2 Fiber Fabric & Crafts 10-12 Pickleball 10:30 Water Volleyball 1-3 Cards/Bridge KW 5:30 St Patrick's Day Celebration	8-10 Lap Swim 8-10 Tennis 9:00 Zumba UR/BBC 9 Chair Dance SR 10-Water Aerobics 10-12 Pickleball 10:15 Toning Class UR 5:45 Texas Hold'em SR 4:30 FULL MOON	11:30-1:30 Recreation Cookout
20 9:00 Church UR 1-2:30 Beginner Square Dance Lessons UR 3:30-5 Ice Cream Social	21 8-10 Tennis 9:00 Zumba UR/BBC 9 Chair Dance SR 10:15 Toning Class UR 10-Water Aerobics 10-12 Pickleball 12:30-3 Open Art SR 3:30 Spanish Class UR 6 Bingo SR	22 8-10 Tennis 8 Tai Chi UR 8 Step Aerobics SR 9 Stretch & Relax UR 9:30 Water Aerobics 10:30-1 Water Volleyball 10-2 Fiber & Fabric Crafts 10-12 Pickleball 3-4:30 Tennis Lessons 6:30 Cards/poker KW 6:30 Square Dance UR 7-9 Billiards SR	23 8:30 Exercise Breakfast 8-10 Lap Swim 8-10 Tennis 9:00 Zumba UR/BBC 9 Chair Dance SR 10:15 Yoga UR 10-Water Aerobics 10-12 Pickleball 1 CORNHOLE 5Tex Hold'em Practice SR 5:30-6:30 Line Dance UR 6 pm Tennis 6:30 Contra Dance UR	24 Final Conch Horn 8-9:30 Lap Swim 8-10 Tennis 8 Tai Chi UR 8 Step Aerobics SR 9 Stretch & Relax UR 9:30 Water Aerobics 10-2 Fiber Fabric & Crafts SR 10-12 Pickleball 10:30 Water Volleyball 6 pm Tennis 6:45 Euchre SR 7 Ping Pong LR	25 8-10 Lap Swim 8-10 Tennis 9:00 Zumba UR/BBC 9 Chair Dance SR 10-Water Aerobics 10-12 Pickleball 10:15 Toning Class UR 1:30 -3 Mainstream Square Dance Lessons UR	26 11:30-1:30 MUST GO Recreation Cookout 7pm -SR SOS
27 9:00 Church UR 1-2:30 Beginner Square Dance Lessons UR	28 8-10 Tennis 9:00 Zumba UR/BBC 9 Chair Dance SR 10:15 Toning Class UR 10-Water Aerobics 10-12 Pickleball NOON Kitchen Clean-up 12:30-3 Open Art SR 3:30 Spanish Class UR 6 Bingo SR	29 8-10 Tennis 8 Tai Chi UR 8 Step Aerobics SR 9 Stretch & Relax UR 9:30 Water Aerobics 10:30-1 Water Volleyball 10-2 Fiber & Fabric Crafts 10-12 Pickleball 3-4:30 Tennis Lessons 6:30 Cards/poker KW 6:30 Square Dance UR 7-9 Billiards SR	30 8-10 Lap Swim 8-10 Tennis 9:00 Zumba UR/BBC 9 Chair Dance SR 10:15 Yoga UR 10-Water Aerobics 10-12 Pickleball 5Tex Hold'em Practice SR 5:30-6:30 Line Dance UR 6 pm Tennis 6:30 Contra Dance UR	31 FINAL Conch Horn 8-9:30 Lap Swim 8-10 Tennis 8 Tai Chi UR 8 Step Aerobics SR 9 Stretch & Relax UR 9:30 Water Aerobics 10-2 Fiber Fabric & Crafts SR 10-12 Pickleball 10:30 Water Volleyball 6 pm Tennis 7 Ping Pong LR		