



Conch Horn

January 13, 2022



LKLK MTG TODAY 1/13

1pm Kay Weeks
See page 2 for Message from President (omitted from last publication)

ORLK Flea Market Saturday, Jan 15 - 8-11.



Thanks to all the Christmas Elves that helped make the Christmas Dinner a success! It wouldn't have happened without your help!!! Elves: Jan, Al, Nancy, Peter, Becky C, Billy K, Wy, Terry Lynn, Greg, Mona, Brad, Joanne, Perry, Alan, Vi, Dorsey, Don, Bob, Peggie, Tom, Belle

Fabric and Fiber Crafts — All are welcome! Tuesdays & Thursdays, 10:00 am - 2:00 pm in Stan Roe
Welcome and welcome back to our quilters, knitters, crocheters, fiber artists, and fabric crafters. Bring your projects, ideas, and good conversation. Drop in for a bit or stay for the whole time. We have plenty of room to spread out big projects and plenty of conversation to go around. Having trouble with a pattern or do you have a question about the piece you're working on? We are willing to help as best we can.

Calendar Changes

Square Dance NO Thursday classes -
Friday Lessons lot 163—Tuesday Regular Dance moved to Basketball Court

Breakfast start time moved to 8am

Red Hatters Tea moved to
Tuesday January 25th @ 12:00 KW

Thursday Happy Hours cancelled
SOS Practice added Sat Jan 15
Cornhole Wed. Jan 19th

Welcome back to

The Church @ Outdoor Resorts

We will begin Church services, Sunday, January 9, at 9:00 AM, with Pastor White,

in the Upper Rec. Everyone is welcome. Invite a friend, catch up with old friends, and maybe, meet some new ones. Excited to see everyone. Coffee & Juice will be available following Church in the upper rec hall.

Step Aerobics'

Step it up! Learn the ABC's of a great low-impact aerobic workout. Beginners and experienced steppers are welcome. Steps provided. Get heart healthy and exercise your mind.

Tues. & Thurs. 8:00 AM @ Stan Roe



Attention Pavement Pounders....

wear your FitBit to class and use your steps to record your mileage. Usually close to 5,000 steps!

From the Recreation Department:

A SPECIAL Thank you to Sandi & Rob Roy New Year's Eve was SUPER!
Thank You —Thank you to Vi Jacobs, Becky Courvoisier and Tom Backler for helping take down the decorations, your help is truly appreciated. Things are gearing up— just look at the calendar.
The pool sensor has been replaced and the water is warmer.

MARK YOUR CALENDAR for a TUTU PARTY 2esday 2/22/22 2:22 pm

We will begin at 1:11pm and end at 3:33pm for a 2hr & 22 minute party
Promises to be a time to remember on this once in a lifetime date.
Details will be in the next Conch Horn

We welcome ALL suggestions and volunteers. Need anything? Or have a question please get with us Lot 376 or Belle 989-305-1478 Tom 989-305-1056

Ladies Klub of Long Key (This article omitted from Dec 30th edition)

Welcome back to paradise. LKLK is underway for the winter season 2021/2022.

We did try to meet in December as a group but was just a short informational meeting.

It was decided that no refreshments/drinks unless you bring your own for you.

The meetings will be in the Kay Week room at 1:00 pm on the second Thursday of the next three months. January 13th will be our next meeting.

Officers are TerryLynn Kropf, President; Machellemore, Vice President; Peg Poceta, Secretary and Gaynell Hubbs, Treasurer.

Sunshine and Membership Coordinator is Sandi Roy. Cultural Outing Passes Coordinator is Sue Wilenski. Ice Cream Social Coordinator is Ellen Kuhl. Programming Coordinator is Machellemore. I am looking for a 50/50 Saturday sales COORDINATOR, please let me know ASAP. Barb Reid and TerryLynn handled December 18th. Elke Wiedemann and Becky Courvoisier are selling January 8th. Thank you.

As we continue to enjoy the passes to our wonderful cultural spots remember call Sue at 631 578 9755, if no answer, leave a message with your phone number, name, what date and which one you want to attend. Most are requiring that you make an appointment at their location. Sue does not handle that for you. Please be mindful that we all want to use the passes so please return as requested. Thank you.

Events coming soon: Ice Cream Social January 23rd. February 6th and 20th. March 6th and 20th. WINE AND CHEESE is February 24th. Thank you, Ellen.

I am trying to gain a NEW normal for our group and am open to any suggestions as we gather for 2022. Please join our FIRST meeting in January.

HAPPY NEW YEAR,

TerryLynn Kropf



For all you ladies who are just can't wait to break out your red hats and socialize with other women in ORLK, you're in luck!! We are pleased to announce that there will be a Scarlett Hatters open "tea" on Tuesday, January 25 at 1:30 p.m. in Kay Weeks. We're breaking with our old traditions a little – 2020 and its subsequent new rules have changed the way we do things, at least temporarily – this year the fancy tablecloths and great grandma's china cups will stay in their boxes and we'll serve iced tea and cookies. We're not requiring the \$5 gift (no silent auction this time) but we will be happy to accept any donations to cover the cost of the refreshments. We will be seated with ample space between us, following safety protocols, which means we must limit the number of guests. Masks are optional. The one thing that is not changing is the hats – after all, it's all about the hats, isn't it?? We highly encourage you to wear the most colorful and fun hat, particularly red and purple, and be prepared to share your ideas for our future events.

Please sign up beforehand on the sign- up sheet in Lower Rec . The deadline for signing up is Monday, January 17 at noon.

We are looking for volunteers to help us with the setting up as well as cleaning up afterwards. Please indicate your willingness to help on the sign-up sheet or call Martha, Lot #241, at 262-483-1118.

CONTRADANCE JOY FOR THOSE YOUNG AT HEART & IN THEIR FANTASIES



Join us on Wednesday nights at 6:30, if you are a fun-loving person who enjoys moving, laughter and having a hoot for a few hours. Contradancing is an international dance craze where you get to swing and swap your partners. Since everything you need to know gets taught on the spot, experience is not required. If you can walk, you can Contradance. Give it a try. If you do, we promise you'll never be the same again. Questions? Contact Sylvia or Ken at 973-477-1330 or sylken-solutions@verizon.net.



Results of Jan 5th cornhole tournament:
Ray & Jen 1st place
Val & Don 2nd place
Shelagh & Perry 3rd place

STRETCH & RELAX

This class stretches and strengthens all the major muscle groups with 'A'ttention paid to back health.

Various 'A'sanas or positions/postures will be demonstrated. Whether standing, sitting or lying down, you will work all the muscles and learn to 'A'ppreciate the benefits of a good stretch. Proper 'A'lignment is essential for each stretch to be effective.

Small 'A'djustments and a strap/belt will 'A'ssist participants in 'A'ccessing most stretches. 'A'bdominal work is a strong component to strengthen the core and support a healthy spine. You will be encouraged to keep your 'A'irway open and to breathe. 'A'wareness to your body will help you as you move forward through the program. The class concludes with a guided relaxation...an 'A'wesome ending.

Tues. & Thurs. @ 9:00 AM Upper Rec

Use of your own mat and strap/belt is strongly recommended for sanitary reasons.

Answers to "How Much Do You Know About the Province of Manitoba"?

1. Where the Spirit Lives
2. North Dakota & Minnesota
3. Winnipeg
4. Polar Bear
5. World's Largest Honey Bee - located in Saskatchewan, not Manitoba

World's Largest Artist Easel - 75 ½ feet high
World's Largest Curling Rock - measures almost 14 feet
World's Largest Slurpee Statue - Manitobans consume the most Slurpees from 7-Eleven in the world

BEGINNER SPANISH LESSONS
Mondays 3:30-4:30 UR
For more info see Johanna Lot 315



Valentine's Dance February 14th from 7-10 PM featuring The Rick Lieder Band. In case of inclement weather, there will be a lottery. Please bring proof of double COVID-19 vaccination. Look for the flyers for details regarding cost, date & time of lottery and what's provided. Hope to see you and your honey for an enjoyable evening on the Basketball Court!



Results of Jan 11th Shuffleboard tournament:
Vera & Ron 1st place
Carolyn & Bob 2nd place
Val & Pete 3rd place

Zumbaholics United

I am so glad to see my Zumba Peeps arriving again - smiles on faces, wiggling whatever grabs you and being your usual united and welcoming selves. Please bring along any newbies who want to just see what Zumba is. This season, I truly buy into Zumba's mindset which I'm paraphrasing below:

Join us in burning your inhibitions, owning the dance floor, and taking a stand for self love which is in your DNA. My hope as always is to empower you throughout the new year to use your superpower - be your wonderful self - Bold, carefree, and full of joy, Love you all!!! Syl



GET READY.... GET SET.... GOLF!



The Women's Golf League is starting Monday, January 17!
Tee off is at 10am at the Key Colony Golf Course.
Please call or text Jane Charameda if you are interested in joining us:
269.876.9746
If you would like more information, just stop my Unit 128.

Water Volleyball

. Our games will be on the gentler side, with no spiking for example, so please come out and have some fun with us. Please arrive by 10:00 am if you want to play at 10:30. Please note that Water Volleyball will be cancelled when the air temp is 70 degrees or lower. Debi lot 325

Where are the Pavement Pounders?

The Pavement Pounders are a mighty force of 41 Pounders. Together, they have virtually pounded across Canada for 1,488. They are now pounding across the Canadian province of Manitoba for 333 miles. You can join the Pounders by recording your mileage on the chart located on the bulletin board in the Lower Rec.

The more the merrier!

How Much Do You Know About the Province of Manitoba?

- The name of Manitoba is derived from a Cree word meaning
☐ Murky Water
☐ Where the Spirit Lives
 - Manitoba borders two U.S. states. What are these states?
☐ North Dakota & Minnesota
☐ North Dakota & Montana
 - What is the capital of Manitoba?
☐ Steinbach
☐ Winnipeg
 - Manitoba is home to the world's largest denning site for what bear?
☐ Grizzly Bear
☐ Polar Bear
 - Continuing on the bigger theme, which one of the following is NOT the world's largest in Manitoba?
☐ World's Largest Artist Easel
☐ World's Largest Curling Rock
☐ World's Largest Honey Bee
☐ World's Largest Slurpee Statue
- The Answers can be Found on Page 4

Pavement Pounders' January Challenge

Drink Eight Glasses of Water a Day

Why eight glasses of water a day?

It is an easy number to remember and it is a reasonable goal.

"Most healthy people can stay hydrated by drinking water and other fluids whenever they feel thirsty. For some people, fewer than eight glasses a day might be enough. But other people might need more" – per Mayo Clinic.

Why drinking water and other fluids are important?

- Increases energy and relieves fatigue
- Flushes out toxins
- Improves skin complexion
- Maintains regularity

Wine & Cheese game day will be happening this February! Chairwoman, Ellen Kuhl, is looking for items to include in the gift baskets. Please keep this event in mind when you're shopping. Any questions see Ellen Lt 418 Thank you

Texas Hold'em Winners

Thursday December 30, 2021

In the money"

- 1st Place – Brian
- 2nd Place - Keith
- 3rd Place - Harry
- 4th Place - Joanne
- 5th Place - Ruth

High Hand - Ruth

Full House : Kings/6's

Thursday January 6, 2022

In the money"

- 1st Place – Tom B
- 2nd Place – Sandy S
- 3rd Place – Johanne
- 4th Place – Ruth
- 5th Place – Deb B
- 6th Place – Tim B
- 7th Place – Steve P
- 8th Place - Keith



Cards
\$1.00



BINGO
Monday Nights 6pm SR
Doors open at 5:30



Caption

Full Moon Party

Celebrate the Full Moon on
Sunday, January 16th starting at
4:00 pm at the beach. Bring
something to put on grill, snacks,
chairs, etc. and BYO Drinks

Bocce ball will be available to play, even in the dark
cause they light up!

**Mark Your
Calendars!**



SUPER BOWL GOLF CART TAILGATE PARTY

*Sunday, February 13th
Starts at 4:00pm
Parking Lot Behind Rec Building
More Info to Follow*

The Rick Lieder Band is back for an amazing
Valentine's Night Dance

February 14th from 7-10pm



Lottery will be Feb.10th in the LR. Lot #s should be in the bucket no later than 9:50. Drawing begins at 10.

Must provide proof of double COVID-19 vaccination.

Tickets will be \$15.00pp and includes dancing and ice.
Bring your own glass and snacks.

Table seating will be posted prior to the dance in the
Lower Rec.



JANUARY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9 9:00 Church UR 1-2:30 Beginner Square Dance Lessons LOT 163	10 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 6:30 Cards/poker KW 6 Bingo SR 7 Ping Pong LR	11 8-10 Tennis 8 Tai Chi UR 8 Step Aerobics SR 9 Stretch & Relax UR 9:30 Water Aerobics 10:15 Woodstock Dance Lottery 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 BB 7-9 Billiards SR	12 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 2:30 Shuffleboard 5-Tex Hold'em Practice SR 5:30-6:30 Line Dance UR 6:30 Contra Dance UR	13 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 6:45 Euchre SR	14 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 LOT 163 7pm - UR Woodstock Dance	15 11:30-1:30 Recreation Cookout 7pm -SR SOS Practice
16 9:00 Church UR 1-2:30 Beginner Square Dance Lessons LOT 163 3:30-5 Ice Cream Social 4:30 Full Moon Party @ Beach	17 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 7 Ping Pong LR	18 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 BB 7-9 Billiards SR	19 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 6:30 Contra Dance UR	20 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	21 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 LOT 163	22 11:30-1:30 Recreation Cookout 7pm -SR SOS

JANUARY 2022

23	9:00 Church UR 1-2:30 Beginner Square Dance Lessons LOT 163  6:00 Movie BB Court RED NOTICE Starring Dwayne Johnson Ryan Reynolds Gal Gadot	24	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 7 Ping Pong LR	25	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 12-3- Scarlett Hatter's tea 3-4:30 Tennis Lessons 6:30 Cards/poker KW 6:30 Square Dance BB 7-9 Billiards SR	26	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 5-Tex Hold'em Practice SR 5:30-6:30 Line Dance UR 6:30 Contra Dance UR	27	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 1-3 Cards/Bridge KW	28	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 1-3 Cards/Bridge KW 1:30 -3 Mainstream Square Dance Lessons LOT 163 4:30 BEACH PARTY	29	11:30-1:30 Recreation Cookout
30	9:00 Church UR 1-2:30 Beginner Square Dance Lessons LOT 163 3:30-5 Ice Cream Social	31	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 7 Ping Pong LR	SPECIAL THANKS TO BARB CURRY & JAN SMITH for all their hard work organizing the ORLK Library. Darla Hamm, from the Troy Oh library will be joining them!!				This was found on the Basketball Court after the News's Dance. Please see us at lot 376 					