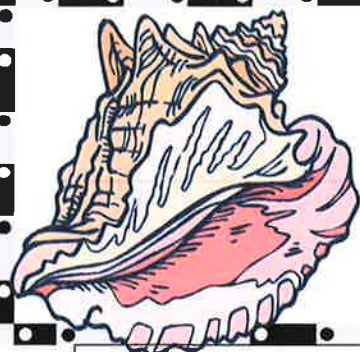
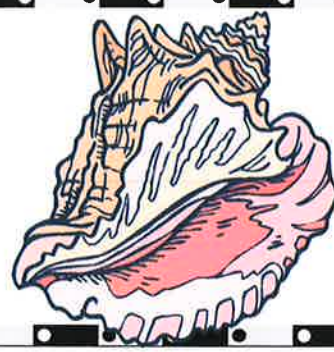


March 10, 2022



Conch Horn



Recreation Report

March 12, 2022

I am starting this with a quote from the Conch Horn March 11, 2022:

This winter season will be one to remember for sure. Just like the rest of the world, normalcy was nonexistent. We missed all of our Canadian friends, many of our American friends, the dances, playing pool, playing euchre; Texas Hold'em; Thirty-One. and the nightly card games in Kay Weeks. The clicking of dominoes was also absent. There were no BIG events with bands, DJ's or parades. The pool held No volleyball players. Stan Roe stood empty, missing the busy fingers, the artists, Yoga, Step and Chair Aerobics. The Church@ORLK put safety first and took the season off. So many things were missing.

What a difference a year makes!!!

We are not only in full swing, but we have also added recurring activities Shuffleboard, SOS and Spanish Classes. With St. Patty's Day will have had 2 meal functions. Valentine's and Woodstock were wonderful dances. We are using the Upper Rec, where it is more comfortable for exercising and dancing. You will find people in Stan Roe morning noon and night most every day. Every day there are "Pool Buddies" and Sun worshipers surrounding the Pool. And water volley is back providing great fun for the spectators.

With the winter season winding down and many, many friends leaving the end of this month we think often of what a great place ORLK is to make your winter Home away from home.

WE INVITE EVERYONE to join the planning process. We will meet Tuesday March 15th in Kay Weeks at 1pm. In the next Conch Horn, we will be able to report the activities and events in the works for next season.

FANTASTIC MUSIC, FUN AND FRIENDSHIP

Each year, we music lovers at ORLK have enjoyed the glorious concerts provided by the Florida Keys Concert Association (FLKCA). Their six concerts in January and February bring world class artists to entertain us here in the Keys. Friends share dinner or happy hour here or en route and carpool to Marathon or Tavernier for our moments of musical magic.

If you want to join us next year, FLKCA offers an early bird special before March 31. For six fabulous concerts we will only pay \$95. Consider taking advantage of this amazingly cheap price and become an ORLK FLKCA Groupie. We'd love to have you.

Interested? Call Jan at 218-841-3675 or Syl at 973-

CALENDAR CHANGES ADDED

Deep Relaxation Fridays @ 11:15 KW
Painting Class Tuesday March 22 1pm SR
Skin Care Classes Sat March 19th 1pm SR

DELETED

Bingo Monday March 28th

Recreation Meeting Tues. March 15th KW We will set the draft calendars for Dec 2022-March 2023.

If you are a chairperson, teach a class, host activities, or want to be on the calendar PLEASE stop by Lot 376 and pick up an Event Sheet. (on the freezer). Either recurring or single Please bring to meeting. If you are on the current calendar, you will stay for now. Until I receive your sheet. NEW Events and class are very welcome



BIKE THE PARK 2022

THANK YOU.....to all the wonderful people who rode bikes, golf carts, and made donations to support LIVESTRONG and the fight against Cancer! This was the largest participation ever. We dedicated this year's ride to the memory of Sara Atkins. **LIVESTRONG** provides free programs, services and resources to anyone and their families affected by Cancer. The generosity of Outdoor Resorts is overwhelming.

Get the help you need at [LIVESTRONG.org](https://www.livestrong.org) or call: 877.236.8820 and speak with Kim, our Relationship Specialist, who will definitely be able to point you to the right place/person to help with whatever support you need such as navigating insurance issues, transportation to appointments, etc.

Special Thanks to Ruth Hagen, had a great time with the parade and the festivities following. You the celebration when we were unavailable. did appreciate your efforts!!

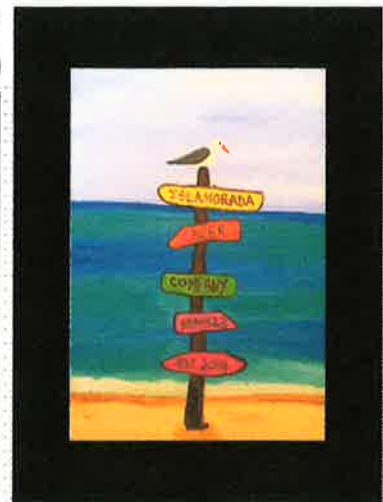


Betty Niederer and Debi Loeffler. Everyone

PAINT CLASS

Fun Creative Afternoon Tuesday March 22nd
Join us 1-3 in the SR for a creative afternoon. This is a group canvas 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 month we will be creating a canvas beach sign painting. This class is taught by Diana McGuirk-Hille a FL Keys local art teacher of 15 years, artist and mom. Participants will take home an original canvas painting. Bring a snack, BYOB and enjoy an artistic afternoon. **All supplies are provided.** \$30 please reserve your spot with Belle lot 376.

Tuesday March 22nd 1-3PM @ SR



Canvas Beach Sign
Paint Party with Diana! So, bring your sunscreen and let's enjoy a creative

GUYS **N** GALS

Listen Up!

Skincare & Essential Oils

Class



Saturday, March 19th

2:00pm – 4:00pm

Stan Roe

Class: Free

Make 'N Takes: \$10 Foaming Hand Soap

\$5 Sugar Scrub

R.S.V.P. by Friday, March 18th by Noon

Text or Call Bec at 607-280-6456

Where are the Pavement Pounders?

The Pavement Pounders have completed their 5,802-mile walk across Canada! We walked the ten Canadian provinces. Since Canada is such a beautiful country, we decided to walk some side trips. Currently we are walking from Quebec City, Quebec to Happy Valley, Newfoundland and Labrador for 956 miles. Since the last Conch Horn publication, the Pounders completed the two provinces of Newfoundland and Labrador and Prince Edward Island. 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 Newfoundland and Labrador and Prince Edward Island?

1. What is the capital of Newfoundland and Labrador _____ St. John's _____ Saint John
 2. What is the capital of Prince Edward Island? _____ Charlottetown _____ Summerside
 3. Prince Edward Island is the smallest Canadian province in population and land size and it is the only Canadian province with no land boundary. _____ True _____ False
 4. Newfoundland and Labrador is the most sexually active Canadian province. It must be true because there are cities named Heart's Desire, Heart's Content, and Dildo. _____ True _____ False
 5. Which one of the following is false?
_____ Newfoundland and Labrador was the first to respond to the Titanic distress signals
_____ Prince Edward Island's three largest industries beginning with the largest are fishing, tourism, farming
_____ Argentina, Newfoundland and Labrador have 206 days of fog.
_____ Newfoundland and Labrador have a Giant Squid statue that is 55 feet long and weighs 4 tons.
- The Answers can be Found on Page _____ 6 _____



2nd place Sandy & Pete
1st place Bobbie & Rob
3rd place Mo & Steve
Shuffleboard 3-2-22

A HUGE "THANK YOU" GOES OUT TO MY HELPERS FOR SUNDAYS ICE CREAM SOCIAL 3/6/2022. WE HAD DEBBIE L., HEIDI, ELKE, HELPING WITH ALL THE TOPPINGS AND PERRY THE EXPERT BANANA SLICER. THEN WE HAD SANDY AND JOHANNE AS CASHIERS.. DENNIS AND DON AS OUR SCOOPERS. LAST BUT NOT LEAST OUR ORDER TAKER MY HUSBAND RON. WITHOUT ALL THE VOLUNTEERS I HAVE HAD IT WOULDN'T BE THE SUCCESS IT HAS BEEN THIS YEAR. WE HAVE ONE MORE SUNDAY SCHEDULED BEFORE THE SEASON COMES TO AN END. MARCH 20 IS THE DATE. IF YOU HAVEN'T JOINED IN WITH THE DELICIOUS ICE CREAM SOCIAL PUT IT ON YOUR CALENDAR. THANK YOU AGAIN TO THOSE WHO CAME AND ENJOYED
-ELLEN KUHL





3rd Perry & Jerry, 1st Mike & Tom, 2nd Mike & Mo
Corn Hole Feb 23, 2022



Ticket sales will be at
Cook-out this Saturday.*
\$12

Bob Michaud will be cooking
the Corned beef . We will be
serving Corned Beef Sandwich,
Cole Slaw, Chips, pickles, cookie
BEER

* See Debi @ Lot 325

5TH ANNUAL WINE CHEESE AND GAMES WAS ANOTHER SUCCESS. DUE TO MY COMMITTEE MEMBERS, DONATIONS AND TICKET SALES. THE SALE OF THE 50/50's AND THE RAFFLES WERE WONDERFUL. MY COMMITTEE CONSISTED OF DEBBIE, MADDY, SALLY AND CINDY. OF COURSE YOU CAN'T FORGET THE SERVERS BEHIND THE BAR WHO HELPED TO FILL YOUR GLASSES.

THANKS GOES TO DON, MIKE AND RON.

WE HAD DOOR PRIZES AND 20 BASKETS TO RAFFLE OFF. A LARGE THANK YOU GOES AGAIN TO OUR DAUGHTER LISA WHO DID ANOTHER WONDERFUL JOB OF PUTTING THE BASKETS TOGETHER.

IF YOU DIDN'T HAVE THE OPPORTUNITY TO JOIN US THIS YEAR I CERTAINLY HOPE YOU'LL THINK ABOUT JOINING US NEXT YEAR. IT REALLY IS A FUN FILLED AFTERNOON. I HOPE I DIDN'T LEAVE ANYONE OUT OF MY THANK YOU'S. REMEMBER OVER THE SUMMER IF YOU COME ACROSS ANY GOODIES YOU THINK WOULD HELP TO FILL THE BASKETS- THINK ABOUT ME.

HOPE YOU ALL HAVE A HAPPY AND HEALTHY SUMMER.

SEE YOU IN 2023. ELLEN KUHL



Calling ALL Interested Fishermen

We are hosting a meeting to plan Fishing tournaments for the 2022-2023 winter season. We have an idea and would like your input. There is no committee commitment. If you are interested in Monthly Tournaments, please come help us organize. Tom & Belle

WEDNESDAY MARCH 16th 8-9 am in Lower Rec. Coffee Served

Pavement Pounders' March Challenge ***Increase Distance and Speed***

Why Increase Speed?

By Wendy Bumgardner, verywellfit.com

Increasing your speed of walking will have the following benefits:

- Raises your heart rate
- Improves weight loss efforts
- Increases flexibility of your muscles and joints
- Strengthens muscles
- Increases impact
- Gives you the benefits of decreased health risks.

How to Increase Speed?

By Kim Hayes, AARP

Five Tips to Becoming a Faster Walker

1. Shorter strides

A common misconception is that if you want to walk faster, you should take longer strides. However, it actually slows you down. This is because your front foot lands in an out-stretched position, which can act like a brake. Instead, try taking short, quick strides

2. Push off your toes

Push off of the toes of your back foot, which generates a boost for your next step

3. Maintain good posture

As your mother always told you: Don't slouch. Keep your body straight and your head up with your eyes on the horizon to help quicken your pace.

4. Bend your arms

Keep your arms bent and swing them front to back in a quick and compact motion to increase momentum. Shoulders should be relaxed and down

5. Squeeze and engage

Squeeze your glutes and engage your core to strengthen your muscles

ORLK Board of Directors Meeting
Saturday March 12th
9:00 am
Stan Roe

DEEP RELAXATION & GENTLE MOVES Fridays in Kay Weeks at 11:15 am.

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 Master's 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.



Craig & Lori 1st place

Brian & Carolyn 2nd place

Bobbie & Jimmy 3rd place

Corn Hole March 9

Answers to "How Much Do You Know About the Provinces of Newfoundland and Labrador and Prince Edward Island?"

1. St. John's – not to be confused with New Brunswick's second largest city, Saint John
2. Charlottetown
3. True
4. True – if there is anyone in the Park from Newfoundland and Labrador, please identify yourself!
5. Prince Edward Island's three largest industries beginning with the largest are farming (produce 25%

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 | 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 11:15 Deep Relaxation KW 1:30 -3 Mainstream Square Dance Lessons UR | 5 11:30-1:30 Recreation Cookout 7pm -SR SOS |
| 6 9:00 Church UR | 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 5-1Tex Hold'em Practice SR Game @ 6 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 LKLK - 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 11:15 Deep Relaxation KW 1:30 -3 Mainstream Square Dance Lessons UR | 12 9AM ORLK Board mtg SR 11:30-1:30 Recreation Cookout 7pm -SR SOS |
| 6:30 MOVIE | | | | | | |

MARCH 2022

| | | | | | | |
|---|--|--|--|--|--|--|
| 13 9:00 Church UR 1-2:30 Beginner Square Dance Lessons UR | 14 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 | 15 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 | 16 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 Game @ 6 SR 5:30-6:30 Line Dance UR 6 pm Tennis 6:30 Contra Dance UR | 17 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 | 18 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 11:15 Deep Relaxation KW 1:30 -3 Mainstream Square Dance Lessons UR 5:45 Texas Hold'em SR | 19 11:30-1:30 Recreation Cookout 4:30 FULL MOON |
| 20 9:00 Church UR 1-2:30 Beginner Square Dance Lessons UR 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 10-1 Fiber & Fabric Crafts 10-12 Pickleball 1-3 PAINTING SR 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 Game @ 6 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 11:15 Deep Relaxation KW | 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 | 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 Game @ 6 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 | 1:30 -3 Mainstream Square Dance Lessons UR | |