

JULY 2009 (#495)

TIM PALMER – MANAGER
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Web site:
highlandscountryclub.info

JULY EVENTS

PARTY BRIDGE

Friday, July 10
7:00 P.M.

BARBECUE LUNCH

Wednesday, July 15
12:30 P.M.

BARBECUE LUNCH

Wednesday, July 15, 12:30 P.M.

Everyone is welcome to join in the fun. The Club will provide delicious barbecued hamburgers and trimmings, beer, wine and soda. Sign up in the Club office and indicate what type of side dish you wish to bring. \$10 per person. Guests welcome.

POOL NOTES

Lifeguards on duty 1–6 PM June 15 to September 15.

Family/Children Swim – 3:00 – 4:30 P.M. daily – June 15 to September 15. During this time families and children have priority over lappers in the deep end of the pool.

Glass of any type is not permitted in either pool area.

The Hot Pool and surrounding area is for those over the age of 18 only!

Large inner tubes and air mattresses are not allowed in the pool. No balls of any size or type are allowed in the pool.

Water guns are not allowed in or around the pool area.

Parties with children using facilities are limited to 15. Members may not combine memberships for entry into the Club exceeding this limit.

LAPPERS - Swim between the lines not on them.

COMMITTEE MEETINGS & BOARD OF DIRECTORS

Membership – To Be Announced

Social – To Be Announced

Board of Directors

Wed. July 15, 11 AM

PARTY BRIDGE

Friday, July 10, 7:00 P.M.

Call the Club office by noon, Wednesday, July 8th to sign up. Dessert at 7:00 P.M. play starts at 7:30 P.M.

June Winners:

1st – Martha Baker & Pat Tynan

2nd – Janis Lippincott & Partner

Highlands Country Club Party Bridge would like to welcome new members into our fun loving group. We meet at 7 P.M. the second Friday of each month. If you have been thinking of getting back into bridge, but have been worried that you are stale...we would love to have you. Singles or couples are welcome. Give Janis a call at 925-945-7393. You do not have to be a member to play so talk to your friends about joining us.

ZUMBA!!!

Awesome Aerobic Latin Exercise Class with renowned instructor Jesus Eduardo Vargas. Every Thursday, 7 P.M. Come and see what everyone is “raving” about! No Zumba Class on July 9th & July 16th.

T’AI CHI CHIH

Improve energy, balance, immune system, coordination and serenity. Decrease stress and illness. Have fun with the T’ai Chi Chih class every Friday morning at 9 A.M. For information, call John at 407-0246, or Barbara at 925-254-3368. Try it, the first time for free, and experience a new way to release stress and improve your health.

AQUA –AEROBICS

Come and join us at the pool Wednesday evenings at 6:00 P.M. July 1st, 22nd and 29th. \$10 Per class.

MONDAY EVENING YOGA CLASS

5:00 – 6:30 P.M.

Contact the instructor for details: Achalan
Gene Barnett 415-242-1384

EXERCISE ROOM ETIQUATE

In consideration of the many members using the Exercise Room Facilities and for safety reasons.....**PLEASE WIPE SWEAT FROM MACHINES** after using. Thank You