

spring Knolls News



EASTER EGGS: On March 31, for the 2nd straight year, 13 ducklings hatched at the clubhouse. After dips in the pools, on April 1 their Mom escorted them away. Since 2022 she's hatched 36 ducklings here.

MURRIETA, CA

Happy Mother's Day! May 12

MAY 2024

Resource Fair attracts Knolls-wide interest Spring Knolls event spreads health, safety, home, electronics advice

By **Holli and Alan Hanson**

We know it's a cliché, but it truly takes a village to make an event like the April 6 Senior Resource Fair happen.

This really applies to the 16 exhibitors we had at the fair in Eaker Hall and on the clubhouse grounds.

More than 109 residents from all three Knolls units came to the three-hour event. Some practiced CPR, others got their blood pressures checked, or picked up valuable literature, souvenirs and advice.

The presenters were diverse: The Bin Outlaws (who clean out green trash cans) and You Are Not Alone (YANA, a service through the Murrieta Police Department that calls home-bound residents), Riverside University

See **RESOURCE FAIR**, page 3



Photo by Ted Vollmer

FAIR TURNOUT? NO ...GREAT TURNOUT! The first Spring Knolls Senior Resource Fair on April 6 attracted a better-than-expected attendance from all three Knolls units. Visitors gathered advice and literature from 16 exhibitors. Above, Habitat for Humanity representatives discuss the organization's programs with Norma Arroyo and Sandy Vollmer. (More photos on Page 3)

May your May put a spring in your step

For me, the month of May always seems to be one of those turning points in the year.



Sandy Vollmer
SK president

There's anticipation and excitement in the air: Days are longer and warmer, there's Mother's Day, our barbeques start May 24, and school will be out soon. For many that means grandkids visit-

ing and for others vacation time.

We really can't start May, however, without reflecting a bit on April.

Wasn't our Senior Resource Fair a wonderful event? The brainchild of our Board Secretary and Senior Advocate **Holli Hanson**, it turned into a combined effort of so many people. **Lori Miller** co-chaired with Holli.

The Association paid for the flyers and bought the lunch. The Boosters

See **SK President**, next page

What's Inside?

- Ever wanted to see your trash from *inside* a truck? / P7
- Get ready for Friday BBQs; *no price hikes!* / P4
- Special cell phone, tablet computer class / P8

Blue-lidded recycling cans will be delivered between **May 20 and May 31**. First recycle collection, June 3.



spring knolls 2024 directors



• *President.*
Sandy Vollmer
(951) 319-6749



• *Vice President / Architectural*
Jan Towers
(951) 616-4443



• *Secretary / Senior Advocate / Program administrator*
Holli Hanson
(661) 972-0799



• *Treasurer*
Sharon Kilpatrick
(951) 285-7800



• *Director, Rules, Regs, Policies and Procedures.*
Shawnee Miller
(951) 677-6862



• *Residency Data & FOB Administrator.* **Candy Lee**
(951) 239-0669



• *Director: Facilities*
Ron Sieber
(951) 541-6276



• *Director: Common Grounds, Streets.* **Debby Adelhelm**
(760) 717-9876



• *Director: Compliance*
Charlene Kirkwood
(951) 348-0042

support Leaders

- *Spring Knolls Emergency Response Team:*
Alan Hanson (714) 493-1709
- *Caretaker:* **Lisa McKinney (951) 212-8781**
- *SK common grounds:* **Miguel Enriquez**
- *Spring Knolls Boosters:* **Debby Adelhelm, President, (760) 717-9876**
- *Library Coordinator:* **Karen Jacobs (951) 265-6292**
- *Spring Knolls News:* **Ted Vollmer (951) 319-6749; tscjnews@gmail.com**
- *Spring Knolls News, flyer, delivery team:*
Debby Adelhelm, Dorothy Vaughn
- *New or replacement trash cans:* **Waste Management, 866 909-4458**

SKA president . . .

From page 1

made the lunch and hosted it. Our Spring Knolls Emergency Response Team (SKERT) provided prizes and help for all attendees.

And so many helped with set-up and clean-up, including our own Caretaker Lisa McKinney who always does so much more than we ever expect.

Attendee feedback has been very positive. The many presenters went all out providing literature and sign-ups for services. They met our residents and were ready to help in any way they can. This is exciting stuff!

There is much available to seniors that isn't tapped into. It's great to see what's out there for us so we can take advantage of it.

If you didn't make it to the fair, you really missed a great time. I hope you make every effort to be there next year.

As a result of the fair there's a free cell phone, computer class set for 2 p.m. Wednesday, May 8 with Avon Hall, who was a presenter exhibitors. See info on page 8.

Oh, and we can't forget the ducklings! Another April event. They were so cute! It may be our last batch because wires will go up over the two pools later this year to discourage their return.

With summer nearly here, a few reminders: 1. Unless they're licensed, your grandchildren are not allowed to drive your golf cart in Spring Knolls; 2. You must be present at the clubhouse pool with your guests, no exceptions, and 3. Pool rules, which are posted by the pools, must be followed.

Regarding number 1 above, Murrieta police will write you a ticket if you allow a nonlicensed person to drive your cart. Regarding number 2, your guest will have to leave the clubhouse grounds if you're not present and as for number 3 you'll also have to leave. And fines will be issued for each violation.

So, let's forego all the negative stuff and look forward to a relaxing and fun-filled summer where everyone follows the rules and at the same time has a great time.

I'm not certain if I'm one of this year's BBQ bakers, but if so, you have strawberry and lemon cake coming your way; and a new apple cake I'm working to perfect for you.

Oh, and another surprise treat I'm working on, you'll find out about later. Oh boy, what fun is life without dessert?

To all the moms out there: Happy Mother's Day on May 12. And to those who remember their moms so dearly that day, the best to you.

Spring Knolls Board report for April 17, 2024

- **Approved:** Purchase of roll-down outdoor blinds for western section of Eaker Hall to replace blinds removed during recent remodel. Purchase approved not to exceed \$500.
- **2025 Election schedule.** Chris Heilbron approved as Nominating Committee Chair for 2025 election. Current terms end Dec. 31, 2024 for **Holli Hanson, Charlene Kirkwood, Candy Lee, Sandy Vollmer**. General Meeting, Oct. 19; Jan. 11, 2025 set for Annual meeting. Spring / Summer hours, 8 a.m.- 8 p.m. start **May 15**.
- **Announced:** Blue-lidded recycling bins expected to be delivered to Spring Knolls homes between **May 20** and **May 31**. First recycle pickup, **June 3**.
- **Treasurer's report:** (**Sharon Kilpatrick**) As of **March 31, 2024:** Total operating / checking funds: \$243,838.82. Total Reserves Savings funds: \$635,098.59; Year-to-date expenses: (\$85,087.19).

The next Spring Knolls Association board meeting is 9:30 a.m. **Wednesday, May 15**, in the Library/Card room. An agenda will be posted and sent out on **SK In the Know**.

Spring Knolls Association (A 55+ age-restricted community)

38441 Via La Paloma, Murrieta, CA, 92563 / (951) 677-6862; (951) 600-1553 (fax)

Spring Knolls Resource Fair shows strong interest in local services

From page 1

Health System, Murrieta Senior Center, MySafe Riverside (Firewise, which promotes wildfire mitigation).

Also, the Red Cross, which did CPR training, Riverside County Department of Aging, Right at Home (in home care).

And, Hospice of the Valleys, Avon Hall (IT assistance), Synergy (which provides free energy efficient services), Wills & Trusts (Anita Miller), Optum /Dr. Lulic (blood pressure testing), Medicare assistance (Janice Compton) and Habitat for Humanity.

Exhibitor Kristi Necochea of Hospice of the Valley said, "It was truly one of the best attended events I've been a part of."

Sharon Carey of Life Wave (wellness) said she was shocked at how many people were concerned about their health.

Megan from the Murrieta Senior Center said she gave out all the literature she brought.

Kathy Ellis has already had Synergy out to look at her home.

The fair goers also received prizes when they turned in stamped event cards, as well as a free hot dog lunch prepared by the Boosters.

There are some offshoots from this event. We would like to start our own version of the YANA program. After learning what this program is all about, we feel there is a real need in our community.

We're going to ask the officer in charge of YANA. to talk to us and see what we can do. If you would like to help us please let us know.

And, at 2 p.m. May 8, Avon Hall, who was one of our 16 exhibitors, will hold a free class in the clubhouse library on cell phone, tablet or computer use.

—**Holli Hanson** is the Spring Knolls Association secretary and Senior Advocate. **Alan Hanson** is chairman of the Spring Knolls Emergency Response Team (SKERT)



Resource Fair thanks to:

- Fair organizers **Holli Hanson** and **Lori Miller**.
- **Alan Hanson** for lining up exhibitors Red Cross, Habitat for Humanity and Fire Wise.
- All 16 exhibitors who came to Spring Knolls for the fair.
- SKERT members who helped fairgoers: **Sharon Kilpatrick, Roberta Jiron, Frank Rosales, Darlene Lovell, Chris Heilbron, Ed Carey, Ron Sieber, Kathi Ellis**
- Boosters **Debbie Adelhelm, Dorothy Vaughn, Linda Dunn, Charlene Kirkwood, Diane Velasquez** and **Lisa McKinney**.

Photos by Ted Vollmer

TOTAL FAIRNESS: (Clockwise from top left). Resource Fair organizer **Holli Hanson** displays an array of stamped cards that earned fairgoers free prizes ... Exhibitors **Firewise** and **Synergy** as well as several others set up booths outside Eaker Hall to dispense advice. ... Red Cross volunteer **Ken Rieger** shows **Allen Motew** (right) how to apply pressure on a toy van that would simulate pressure used in administering CPR ... **Lisa McKinney** at the grill and Boosters president **Debbie Adelhelm** help prepare a free hot dog lunch for more than 100 fairgoers..... **Bin Outlaws**, a local company that cleans trash cans for residents, brought their truck and set up a booth outside to answer timely questions about their service since Spring Knolls residents only weeks earlier began using trash cans to dispose of food and yard waste.

Boosters Bits

The price is right, and it's nice!



Dorothy Vaughn
Boosters VP

We're starting to get a little excited here in Booster Land. Why are we excited? Because Spring Knolls Friday BBQs will be starting on May 24 to kick off Memorial Day weekend.

And do you know what else is exciting for our friends and neighbors? There will be no price increases! Yep, you read that right. The same prices as last year with the same great menu with occasional spe-

cial like Patty Melts and tasty desserts. We know that fast-food prices are rising everywhere else and we thought you needed a break.

Also, if you're not dining outside on a nice evening, or getting takeout, you'll be dining in our newly refreshed Eaker Hall. Life is Good!

And, not that you need reminding, but Mother's Day is May 12. Happy Mother's Day to all you beautiful Moms.

Friday BBQs:

May 24 - Aug. 30 5-7 p.m.

Hamburgers	\$6
Cheeseburgers	\$6.50
Veggieburgers	\$6
Hot Dog	\$5.50
Specials*	\$7
Chili for burger / hot dog	\$.50
Sodas/Water	\$1
Bag of chips	\$.25

(Meals include potato salad, beans, trimmings, watermelon)

*Specials not available every week.

HAPPY BIRTHDAY!

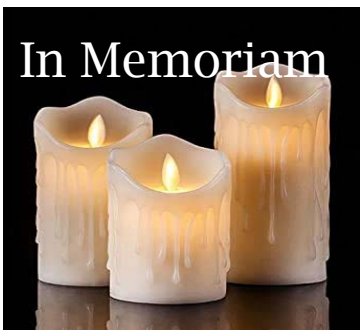


Traci Allison
Marie Anderson
Randy Bennett
Brian Biggers
Joseph Brooks
Loretta Brown
Dee Carranza
Raphael Cervantes
Marcia Chilver
James Dixon
Gloria Ellington
Miguel Enriquez
Lynne French
Helen Gibbons

Ted Gohlich
Dave Jefferson
Leonora Jefferson
Roberta Jiron
Sharon Kirkpatrick
Jayne Lynch
Arthur Martinez
Nancy Maurice
Manuel Mojarro
Alyx Morgan
Walter Nelson
Kathleen Petrie
William Post
Bobbie Purcell
Ritch Purcell

Karin Rand
Keith Richards
Ron Robertson
Doug Stark
Janet Stewart
Donna Tackett
Kathleen Taylor
Victor Tejada
Elena Tomas
Dennis Thompson
Renate Whitney
Norman Withers
Libby Wooster
Debra Zaite

Len & Marie Anderson
Joe & Janice Compton
Frank & Pam Rosales
Victor & Norma Tejada



In Memoriam

Charlene Churilla
(Jan. 1951 - May 2018)
Via Escarlata

Donald T. Fisher
(April 1923 - May 2009)
Via Roja

Marceal Hale
(Dec. 1925 - May 2018)
Via Escarlata

Clifton Dumat Blanc
(Dec. 1924 - May 2012)
Via La Rueda

Pedro George Hurt
(Aug. 1936 - May 2010)
Via Amarilla

Richard R. Brooks
(Aug. 1929 - May 2008)
Via Amarilla

Jon F. J. Kelley
(Sept. 1960 - May 2017)
Via El Pavo Real

Sean T. Kilpatrick
(Dec. 1951-May 6, 2022)
Via Azul

Charles McCormack
(Jan. 1939 - May 2018)
Via Roja

Gloria M. McCormack
(May 1935 - May 2010)
Via Roja

Geraldine McKernan
(March 1927 - May 2010)
Via Amarilla

James Meadors Jr.
(April 1934 - May 2014)
Via Amarilla

John E. Moseley
(Dec. 1929 - May 2011)
Via Escarlata

Walter F. Nelson
(May 1931- May 2014)
Via Princesa

Jeri L. Remington Scott
(April 1960 - May 2011)
Via Norte Vista

Jean Catherine Timms
(Aug. 1949 - May 2021)
Via Princesa

Eaker Hall ‘Refresh’ readies hall for Spring Knolls activities

Visitors to the Spring Knolls clubhouse will see some changes to our main community room.

In March and early April new recessed lights were installed in a freshly painted ceiling.

They were followed by new ceiling fans and a dual-toned gray paint job on the walls.

Wall decorations were added throughout after paint dried.

And, to expand the floor space, the old stage — which had some defects — was removed. The first major use of the redo was the April 6 Senior Resource Fair and the first meals, an April 24 ham dinner put on by the Boosters.



Photos by Lisa McKinney and Ted Vollmer
EAKER REDO: (Clockwise from top right) New wall decorations surround Eaker Hall’s TV screen... Facilities Director Ron Sieber attends the first dinner in the refurbished Eaker Hall. A collection of old lighting and ceiling fans rests outside during the renovation, while, on the old stage, an array of new lighting equipment awaits installation. Giovanni (left) spray paints the ceiling; (right) Micah North installs new recessed lighting.





Photo by Mary Lou Morgan

THE BRUNCH BUNCH: (Clockwise from front left) Lucinda Rodriguez, Bette Endresen, Jill Smart, Branen Straughan, Larry Price, Jerry Scruggs, Joyce Scruggs, Joy Ferguson.

Newbies settling into home, community Brunch attendees praise SK, offer to help in events

By Mary Lou Morgan
SK News Welcome writer

Our Newcomers Brunch was a hit, attended by eight newbies to our community.

The brunch was filled with laughter and the feeling of camaraderie. All attendees said they have been impressed with the Spring Knolls Community.

Lucinda Rodriguez raved about the Senior Resource Fair on April 6 at Eaker Hall (See Page 1).

Bette Endresen has already joined our Boosters and has been making her yard even more beautiful.

Jill Smart loves baking and has offered her skills for the next bake sale.

And, Branen Straughan and Jerry Scruggs are hoping to help with grilling for our Friday night BBQ's.

So, folks, if you have new neighbors, please let me know, so they may be welcomed to our community and be featured in a Welcome column. Call me at 760 613-7514.

Will you be ready for June 5's 'Vibe at Five' ?

By Paula Rodig

I am excited to start a new active singles group on my own.

I am calling it "Vibe at Five".

I will be hosting our first event at my Spring Knolls residence on Wednesday June 5 from 5 to 7 p.m.

Come when you can.

The theme will be "Getting to know each other".

I will have a few appetizers and you can bring what you want to drink.

It will be so much fun to have a meet and greet with you all.

Please call me directly for INFO 949 324-5141.

Ho👉gePodge

KEEP YOUR CANS STORED: We're supposed to receive our recycling cans between **May 20 and May 31**, with our first recycling pickup set for **June 3**. That will give us three cans (regular, organics, recycling) that we must find room for on our properties.



Please store your cans so they're behind the front line of your house. Cans are to be set out the day / night before pickup and put away the day of pick up.

COMMUNITY-WIDE GARAGE SALE

COMMUNITY GARAGE SALE: This year's sale will be **June 15**, and will include residents from all three Knolls units. The annual sale is for one day only, and does not require a special permit. Unsold items may be donated for the fall 2nd Hand Treasures sale. Just have your items out!

PAWS TO KEEP 'EM COOL: If you have a pooch, remember that dogs don't complain when their feet are burning. But when outside temps rise to 80, the concrete heats up to 95 and asphalt to 115. Those numbers jump to 140 and 155, respectively, if the outside temp is 95. If you place your hand on your dog's walking surface for 7 seconds and it's too hot for you, it's also too hot for them.

READING GLASSES: Since the reading glasses tower arrived in the library, dozens of pairs of free glasses have already been taken, and about a dozen have been donated. We're down to about 15 pairs, so if you have any you're no longer using, please place them in the small basket next to the tower.

THANK YOU: To **Joe Hudson** of Spring Knolls for donating several books to our library.

Sign up for SK in the Know. E-mail your name, Lot # and phone #'s to: intheknowspringknolls@gmail.com

Your trash won't win an Oscar, but you can watch it disappear, and photo bomb it, too

By Sandy Vollmer

Spring Knolls President

I watch videos of cats doing funny things, but I never thought I'd watch videos of my trash being dumped.

That all changed last week. And it's kind of cool.

If you're interested in seeing your trash leave your cans and land in the Waste Management trucks, here are the steps on how you can do that:

1. Log into your **Waste Management** account. (If you haven't set yours up, you should do so to take advantage of any discounts.)

2. On the *left side* of the first page is "**Billing**" information. On the *right side* is a block labeled "**Trash.**"

Within that "**Trash**" block you'll see "**Next Service**" and "**Previous Service.**" Under "**Previous Service**" is "Picked Up" and "Details."

3. Click on "**Details.**" What will then appear is a street-view photo of your property and trash cans.

Below the photo is a place where you can click to see short videos

Previous Service Details

Picked Up Thu, 04/25/24 | 1:56 pm
✔ Pickup Completed
Missed Pickup



(Above) A screen shot of a Spring Knolls home's trash cans on the WM account page after an April 25 pickup.

third video will likely be made after the **June 3** pickup.

The photos and videos are posted hours after your pickups, and for a few days. They help to see if you're correctly loading the correct items into the cans.

You can be included in the street photos if you're by your cans when trucks ar-

(about 8 seconds) of the latest pickups. The videos show trash being dumped into a nearly empty truck section, and then being scraped away for the next pickup.

You can also see a video under "**Yard Waste**" for your green-lidded organics can. And, when we get blue-lidded recycling cans between **May 20** and **May 31**, a

Don't let summer be a bummer; get a pass

By Charlene Kirkwood

Spring Knolls Compliance Director

Summer is almost here and that's when we have friends and family coming to spend some time with us.

Our Rules and Guidelines, page 9, item 11, state that street parking from 11 p.m. to 6 a.m. is not allowed without a permit.

Also, the rules state that no more than three registered, insured, and operable un-garaged vehicles are allowed on an owner's lot.

If you'll be having guests who need to park on the street, please call me at 951 348-0042 for a parking pass.

If you have a recreational vehicle it may be parked on the street for up to 24 hours prior to departure, and when returning from a trip.

You will need to display a parking pass on the RV to identify the owner's residence.



Spring Knolls *Free* Classifieds

{ To place a free classified, email your ad with photo (optional) to tscjnews@gmail.com Questions? Call (951) 319-6749 }

DINING SET: Wrought iron 38-inch glass top dining table with wrought iron chairs that have a coffee cup design cut in to the backs of chairs. Great for breakfast nook area or coffee room. Cash and pickup only, **\$100.** Call Sharon, 805 350-0103.



REALTOR: Paula Rodig, A Knolls resident Realtor. Call or text 949 324-5141. Stanfle Realty, DRE# 01731868.

SIGNING PARTNER: I'm taking an ASL (American Sign Language) class and seeking someone who signs, to practice with. If interested call: Pat, (970) 749-4221 Thanks!

HAIR CUTS / BEAUTY SERVICES: Offering hair cut and other beauty services in your home for your convenience (female & male). I'm a licensed cosmetologist with more than 18 years' experience. Call Nancy @ (951) 414-9554

MAHJONG: Seeking Mahjong players to play regularly. If interested, please call Mary Lou Morgan 760 613-7514.

Here are 3 tips to protect yourself from Medicare fraud and scams:

1. If you get a call, text or email asking for your Medicare Number, don't respond. Don't give your Medicare card or Medicare Number to anyone except your doctor or people you know should have it.
2. Check your Medicare Summary Notices (MSNs) or claims statements carefully. If you see a charge for a service, you didn't get or a product you didn't order, it may be fraud. If you suspect fraud, report it at 1-800-MEDICARE (1-800-633-4227).
3. Guard your Medicare card like it's a credit card.

If you have any questions or need assistance with your insurance options Contact Sarah, a licensed insurance agent (Spring Knolls resident) at 310-980-9509 or sarah@sarahinsure.com, or visit www.sarahinsure.com for more information. CA License # 0K16275

May 2024 What's up in Spring Knolls & Beyond?*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
May Birthstone: Emerald	May Flower: Lily of the Valley	**Clubhouse events are in Eaker Hall unless otherwise noted.	1 May Day; Loyalty Day, Global Love Day, Best Years 11:45-1:15 p.m.	2 National Day of Prayer, Astronomy Day, World Tuna Day,	3 No Pants Day; Space Day SK Office 9:30 am – noon	4 Kentucky Derby; Join Hands Day; Star Wars Day
5 Cinco de Mayo Bible Study, 10-11 a.m. Unit 3 clubhouse	6 Nurses Day; Int'l No Diet Day	7 Teacher's Day Bible Study, 10 a.m.- noon	8 Boosters, 10 am Cellphone class, 2 p.m., Library; SKERT, 6 p.m.		10 Military Spouse Appreciation, World Lupus Day SK Office 9:30 am – noon	11 Unit 3 BBQ, begin, 4:30 p.m., through June 29 World Migratory Bird Day
12 Mother's Day Bible Study, 10-11 a.m. Unit 3 clubhouse	13 Apple Pie; World Cocktail; Third Shift Workers Day	14 James-town Colony Founded Bible Study, 10 a.m.- noon	15 National Pizza Party Day Regular Board m'ting, 9:30 a.m., Library room	16 International Day of Light	17 World Hypertension, Malcolm X Day SK Office 9:30 am – noon	18 Unit 2 Taco Night, 6 p.m., \$12 beef, chicken, carnitas, margaritas, etc.
19 Pentecost; World Baking Day Bible Study, 10-11 a.m. Unit 3	20 National Rescue Dog Day; World Bee Day; Be a Millionaire Day...	21 World Day for Cultural Diversity Bible Study, 10 a.m.- noon	22 Harvey Milk Day; Nat'l Maritime Day	23 World Turtle Day	24 Scavenger Hunt Day SK Office hours 9:30 am – noon -Friday BBQ, 5-7 pm.	25 Nat'l Missing Children's Day
26 Trinity Sunday; Nat'l Paper Airplane Day Bible Study, 10-11 a.m. Unit 3 clubhouse	27 Memorial Day; National Sunscreen Day	28 World Blood Cancer Day Bible Study, 10 a.m.- noon	29 Learn about Composting Day; Int'l Day of UN Peacekeepers	30 National Creativity Day; Red Nose Day	31 Nat'l Smile Day SK Office hours 9:30 am – noon; -Friday BBQ, 5-7	



Here . . .

May 8: CELL PHONE CLASS: 2 p.m. in the Spring Knolls Library, Avon Hill, a presenter at the April 6 Senior Resource Fair, holds a class on cell phone, tablet and laptop issues. Avon will advise attendees on device safeguards, issues.

May 9: BINGO IS BACK! 1-4 p.m. in Eaker Hall. (second Thursday of month.)

May 24: FRIDAY NIGHT BBQs: 5 p.m. – 7 p.m. The Boosters launch weekly BBQs in Eaker Hall, with no price hikes. See Dorothy Vaughn column, menu, Page 4.

There . . .

May 6: ESTATE PLANNING: A free Estate Planning workshop will be held

from 11:30 a.m. until 12:30 p.m. at Grace Mellman Library, 41000 County Center Drive, Temecula.

May 11 – June 29: SATURDAY NIGHT BBQs. 4:30 - 6:30 p.m., Golf Knolls clubhouse. **Jeanne Nichols, 951 600-9834.**

May 18: TACO NIGHT: 6 p.m. \$12, Warm Springs clubhouse. Beef, carnitas, etc., margaritas. **Sherry Tater, 951 536-4604.**

May 27: MEMORIAL DAY CEREMONY: 8 a.m. - 9 a.m. Town Square Park & Amphitheater; 11 Town Square, Murrieta.

May 28: COFFEE WITH THE CITY: 8:30 a.m. – 9:30 a.m. (every fourth Tuesday of month). Meet over free coffee about local issues with city officials. Murrieta Innovation Center; 26442 Beckman Court, Murrieta.

(All times subject to change.)

Open'nClosed

Open:

Board office hours: Fridays - May 3, 10, 17, 24, 31; 9:30 a.m.-noon

- **Clubhouse Winter hours:** 8 a.m. - 7 p.m. Gym, library, small swimming pool. Jacuzzi or billiards room. Call **Ron Sieber** at (951) 541-6276 for more information. Summer hours (8 a.m. to 8 p.m.) will begin **May 15.**

Eaker Hall: Events on clubhouse grounds need advance Board of Directors approval. Call **Debbie Adelhelm @ 760 717-9876** at least 2 weeks in advance.

- **Dog Park, Clubhouse grassy areas:** Owners must keep dogs under control and their poop picked up.

The large pool will be heated beginning **May 15.**

Spring Knolls Medley



Spring: Birds, bees crank up for summer

IT'S SPRINGTIME! (Clockwise from top) A wren, with its very distinctive song, sings for its mate in a Spring Knolls backyard ... A couple of finches make out atop a local fence. ... A busy honey bee attends to a flowering plant that opened after the recent rains... A mama duck and her brood of 13 tour the Spring Knolls Library area on April 1. Born on Easter Day, the ducklings were treated to dips in the Spring Knolls pools before Mom escorted them to a permanent location.

Spring Knolls Medley

JOIN THE MEDLEY! Like our photos? Please share your Spring Knolls experiences for the Medley Page that are published exclusively for our on-line edition.

If you have favorite recent or past photos about our community or area, send them with a brief description, including the approximate time they were taken and your name to:

Spring Knolls Medley
38441 Via La Paloma,
Murrieta, CA 92563

or email your photos with a brief description and your name to tscjnews@gmail.com

You can only **win** if you play this...

How many squares can you check off in a week?

Print this game card, put it up, and begin managing *your* stress ...

During the week, try these stress management tips. They can help you to take a break from your stress, help you stay organized, solve your problems, and also help you to feel better!

B

I

N

G

O

Slept/rested for 8 hours.

Said "No" to an optional request so I could have time for myself.

Made a list of things I needed to do.

Found something that made me laugh when I was upset.

Listened to some music when I felt stressed.

Exercised for 30 minutes three times this week.

Talked to someone about something that was bothering me.

Watched my favorite TV/Netflix show.

Asked for help with a problem.

Tried deep breathing meditation.

Chose a healthy snack.

Spent 30 minutes or more relaxing outside or with your pet.

Free Space

Stretched my muscles or did yoga.

Read a book or comic for 30 minutes or more.

Wrote in a journal about my day.

Did my favorite hobby.

Started with the hardest task first.

Made a schedule (including relaxation time).

Brainstormed ways to solve a problem.

Spent 30 minutes learning something new.

Said a positive affirmation to myself when I was stressed.

Took a 15-20 minute power nap.

Did something creative.

Spent time with a friend/loved one.