

## IN BRIEFS

- Singles Club Meetings**  
Wednesday, October 9th and 23rd  
9:30 am  
Read Hall
- Singles Club Potluck**  
Tuesday, October 1st  
5:30 pm  
Read hall
- Read Hall Pool Maintenance**  
Wednesday, October 9th  
All Day
- Farnsworth Hall Pool Maintenance**  
Wednesday, October 16th  
All Day

## WHAT IS DVRC?

By Heather Canterbury

Have you ever been curious about the contrast between Dreamland Villa neighborhood and Dreamland Villa Retirement Community (DVRC)? There seems to be quite a bit of confusion surrounding this topic. Let me try to clarify.

Dreamland Villa neighborhood is a residential area that has been designated as age-restricted housing under the U.S. Department of Housing and Urban Development's Fair Housing Act's "Housing for Older Persons" Exemption, also known as HUD HOPA and Maricopa County Article 1006. For a community to qualify for this status, it must meet three main criteria:

- 1) At least 80 percent of the units must have at least one occupant who is 55 years

of age or older. (Currently, we are at 84.39% at the time of this writing).

- 1a) For Maricopa County, "no person 18 years of age or under shall reside in any dwelling for a period of time exceeding 90 days".
- 2) The facility or community must have policies and procedures demonstrating the intent to operate as "55 or older" housing.
- 3) The facility or community must comply with HUD's regulatory requirements for the age verification of residents.

To maintain our age-restricted status, we kindly request all residents to complete the yearly age verification affidavits to ensure compliance with these rules. We understand that this may seem repetitive, but it is necessary.

On the other hand, Dreamland Villa Retirement Community is a Social Club classified as a 501(c)7 organization by the IRS. According to the IRS, a social club must be organized for pleasure, recreation, and simi-

lar purposes. It may be exempt from federal income taxation if it meets the requirements of section 501(c)(7) of the Internal Revenue Code. These requirements entail providing an opportunity for personal contact among members, limiting membership, and being supported by membership fees, dues, and assessments.

In essence, DVRC is a social club for the residents of the Dreamland Villa neighborhood that requires dues to run our facilities and events and to maintain our non-profit designation. The club is responsible for holding the affidavits and handling the verification for HUD to uphold the community's age-restricted status through the HOPA program. Contrary to popular belief, we are not an HOA. As we get ready for 2025, please consider joining us. Your membership fees will help us to continue our work in the future, but more importantly, we would love to have you involved.

Join us for evening Card Bingo  
1<sup>st</sup> and 3<sup>rd</sup> Wednesday  
Beginning October 2<sup>nd</sup>  
6:00 PM Read Hall

Bring 3 nickels  
3 dimes  
3 quarters  
And 1 dollar bill



## Casino Bus Trip

By Kathie Chismar

We are traveling by bus to Caesar's Casino on Tuesday, October 29th. The bus will leave the Farnsworth parking lot at 8:30 am. We will return at approximately 5:30 pm. You will need to sign up in the Dreamland Office by October 18th and be sure to include your Caesar's Card Number or date of birth at sign-up. Please have \$5 cash ready when boarding the bus; it will be shared with the bus driver and DVRC. You may contact me, Kathie Chismar, with any questions at 732- 986- 7788.

## Dreamland Citizen Carriers WANTED!

By Judy Goodroe

Hello Dreamland Residents, it is almost that time of the year when we start delivering the Citizen newspaper to your door. We plan to start the deliveries on November 1st. I will begin calling all my current carriers and captains in September. As always, we need carriers, subs, and captains. If anyone is interested in a little light exercise and getting to know a new neighbor, please call me or text my cell phone at 480-297-6059. You may also call my landline (no text) at 480-699-6397. See you soon!



# Welcome Fall!



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# AROUND THE VILLA

## President's Message

By Heather Canterbury

“As you grow older, you will discover that you have two hands — one for helping yourself, the other for helping others.” This timeless quote by Audrey Hepburn perfectly encapsulates the essence of volunteering and giving back to the community. Volunteering is not only about contributing to the betterment of society but also about personal growth and fulfillment.

One of the most beautiful aspects of volunteering is the act of selflessly offering your time, skills, and resources to assist those in need. Whether it's working at a local food bank, tutoring children, or participating in environmental cleanup efforts, volunteering allows individuals to make a meaningful impact in the lives of others. This act of kindness and generosity not only benefits the recipients but also brings a deep sense of satisfaction and purpose to the volunteers themselves.

Volunteering offers a unique opportunity for personal development and growth. It allows individuals to step out of their comfort zones, gain new perspectives, and develop valuable skills. Whether it's improving communication, leadership, or problem-solving abilities, the experiences gained through volunteering can be immensely beneficial in both personal and professional spheres.

Furthermore, volunteering provides a sense of community and belonging. It brings people together for a common cause, fostering a spirit of unity and cooperation. Through shared experiences and collective efforts, volunteers form bonds and connections that transcend social, cultural, and economic boundaries.

In a world that often emphasizes individual achievement and success, volunteering serves as a powerful reminder of the importance of compassion, empathy, and altruism. It highlights the profound impact that a single act of kindness can have and inspires others to join in creating positive change.

In conclusion, Audrey Hepburn's words remind us that we are not only responsible for our own well-being but also have a duty to extend a helping hand to those around us. Volunteering is a testament to the immense capacity for kindness and generosity that resides within each of us, and it exemplifies the true beauty of human nature.

## Welcome to Dreamland

Are you new to Dreamland Villa as a homeowner or renter? We would like to help you become acquainted with your community. More than likely, you chose Dreamland Villa for its 55-plus Community that is safe, quiet, and the homes are well maintained. The residents of Dreamland Villa are pleased that you have selected our community for your new home.

To help you become acquainted and participate in our community activities and amenities, we would like to provide you with Kee Card(s) to access our facilities and activities for the current year.

Within the first several months of your residency in Dreamland, you will be contacted by a Dreamland team member from our welcoming volunteers to present you with your Kee Card(s) and show our appreciation for becoming a resident in the Dreamland Villa community. This Dreamland team member will be able to answer your questions, provide you with a tour of our facilities, and encourage you

to participate in our many social activities.

We know that many of our new residents are still working, so we are trying to have events and activities that take place during the evening hours or weekends. We are looking forward to helping you become an active member of the Dreamland Villa community.

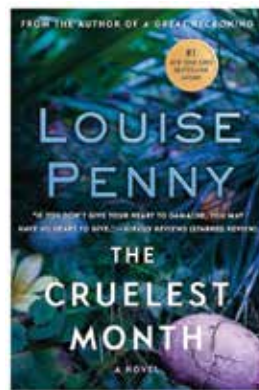
We have several ways of communicating with our residents. We have a newspaper called the “Citizen” which is delivered to your door, a weekly email blast providing you with all the activities taking place in the upcoming weeks, a website (<https://www.dreamlandvilla.org>), and two Facebook pages dedicated to Dreamland Villa residents. All events and activities are posted on our bulletin board at our office at 320 North 55th Place.

A great way to get acquainted is to come to the coffee socials on the second and fourth Saturdays of each month, beginning at 7:30 am, in Read Hall. Hope to see you soon!

## BOOK REVIEW

By Anita Thompson

**The Cruellest Month by Louise Penny**



This is a fast-paced book with lots of characters; I found it helpful to make a list of them so I could keep track. It takes place in a tiny, forgotten village called Three Pines, because there are three pines right in the center of town. It's April and buds are on the trees and the first flowers are struggling through the newly thawed earth. It's Easter season and there is going to be an Easter egg hunt; they also decide to celebrate Easter with a seance, in fact, 2 seances. The first is at the bistro, and the second is at the old Hadley house. During the seance at the Hadley House, one of the party dies of fright. Was it a natural death, or was it murder? Chief Inspector Armand Gamache is called to investigate. This case will force him to face his own ghosts as

well as those of a seemingly idyllic town where relationships are far more dangerous than they seem. Who is a friend and who is an enemy and why? There were some really interesting comparisons of emotions that seem to be the same but are actually the opposite of each other. Couldn't put it down!!




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# AROUND THE VILLA

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The Dreamland Villa Citizen is a monthly newspaper produced for the Dreamland Villa Retirement Community by Miller Media Services.

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Lena Presto- Maintenance

Deadline for submissions is the 10th of the month;  
email [CBMEditing@yahoo.com](mailto:CBMEditing@yahoo.com)

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by Lewis (Lew) Hooser

Hello to one and all in Dreamland Villa and Velda Rose Estates. Before I go any further, Patty Thorpe and I want to humbly thank our Help Services summer team for a job well done. We just can't say enough about the support throughout the summer months from these folks.

The following is a nice story that I received from Debra Traskos that I would like to share with you. A lady brought back a C- walker that she borrowed and left a donation of \$100.00, then turned right around and bought a like-new stand-up walker for a donation

of \$100.00. Boy, it doesn't get much better than that. This past August we received donations including a stand-up walker, an electric hospital bed, and an electric scooter. The point is, please check with us for all of your medical device needs!

Here's a short list of what's in our warehouse: hospital beds, commodes, toilet risers (with and without handrails), knee-walkers that fold, canes of all different kinds (some quads, some folding, etc.), crutches, C- walkers, Gliders, wheelchairs, beds, and exercise cycles.

We are located on the corner of Higley and University.

Remember, Help Services is financed solely by your donations and, as always, tax deductible. Our normal hours are, Monday, Wednesday, Friday, and Saturday, from 9:00 am to noon. Check us out on our web page [www.HelpServicesInc.org](http://www.HelpServicesInc.org). Well, that's it for this newsboy. And from our president Patty Thorpe and all the great board members and monitors, please stay cool and have a great month.



**Acts of Kindness Card Program**

DVRC Social Committee would like your help in reaching out to those who have suffered a loss, are dealing with an illness, or recovering from a surgery.

There is a fill-out slip in the office where you can add a name and address of someone to whom we can send a card. Then place the slip of paper in the Acts of Kindness box. We promise to send a card if you let us know the need! Lastly, if you have any of the *Get Well* and *Sympathy* greeting cards that you're not using, we would gladly take them off your hands and put them to good use.

*Thank you for your support.*



## Minnesota Potluck

By Andrea Hill

Welcome back to sunny Arizona. Away from the cold 'up north'. Our Minnesota Potlucks are held on the second Thursday of the month beginning in November and running through March. You have only five opportunities to come and eat great food and meet fellow Up-Northians. Sometimes we play a silly game. We need your brain – or half of it anyway. That's enough to play the games I think!

Bring a yummy dish to share, your own plate, and eating utensils. You can also bring a drink if you like. Hot tea and coffee are provided. Doors open at 5:15 pm at Read Hall and we try to eat at 5:30 pm. You will be home by 7:00 pm, so I do not accept excuses about missing sports on TV.

Mark your calendars for this winter, 2024-2025. November 14, December 12, January 9, February 13, and March 13. Do I look forward to seeing you? Ya, you betcha!



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# AROUND THE VILLA



## POSSE CORNER

By Joseph Favazzo

As we age, maintaining health and proper nutrition becomes increasingly crucial. Our bodies undergo various changes over the years, including a gradual decline in metabolism, muscle mass, and bone density. Proper nutrition and health practices can mitigate these effects, ensuring that we remain alert, fit, and ready to embrace life's challenges.

One of the key aspects of aging well is a

balanced diet. As metabolism slows down, it's essential to focus on nutrient-dense foods that provide essential vitamins and minerals without excessive calories. Foods rich in antioxidants, such as berries, leafy greens, and nuts, help combat oxidative stress and inflammation, which are linked to chronic diseases. Incorporating lean proteins, such as fish, chicken, beef, and legumes, supports muscle maintenance and overall strength.

Calcium and vitamin D are particularly important as they help maintain bone health. Aging can lead to bone density loss, increasing the risk of fractures. Dairy products, fortified plant-based milk, and sunlight expo-

sure can help meet these needs. Additionally, staying hydrated is vital, as older adults may not feel thirst as acutely, making them more prone to dehydration.

Balancing health and nutrition involves not just eating the right foods but also practicing regular physical activity. Engaging in exercises such as walking, swimming, or strength training can help maintain muscle mass, improve cardiovascular health, and enhance overall mobility. Physical activity also stimulates mental health by reducing stress and improving mood, which is critical for staying mentally sharp and emotionally balanced.

Moreover, mindful eating plays a role in maintaining health. Paying attention to hunger and fullness cues, avoiding overly processed foods high in sugars and unhealthy fats, and eating smaller, more frequent meals can aid in managing weight and energy levels.

In essence, a holistic approach to health and nutrition as we age supports our ability to remain vibrant and active. By focusing on a balanced diet, regular exercise, and mindful eating practices, we can enhance our quality of life and remain resilient in the face of life's challenges

## YEAR-ROUND WORKING RESIDENT'S CORNER

By Megan Tackett

Engaging seniors in meaningful activities is essential for their well-being, especially when face-to-face interactions might be limited. Let's explore some printable activity packets and brain games that can keep our beloved working seniors and younger adults mentally active and entertained:

<https://www.bing.com/search?q=senior+worksheets+activities&FORM=HDRSC1>

### Printable Activity Packets:

These packets often include a variety of puzzles and activities. Consider including:

**Word searches:** Great for cognitive stimulation.

**Crosswords:** Boost vocabulary and memory.

**Category puzzles:** Fun for sorting and pattern recognition.

**Adult coloring sheets:** Relaxing and creative.

**Matching puzzles, mazes, connect the dots, and more!**

**Health Benefits:** Did you know that crossword puzzles can improve cognitive reserve and delay memory decline?

### Games to Play with Older Seniors:

**Chess and Checkers:** Classic games that engage the mind and prevent dementia.

Spending time playing games together can contribute to their overall health and quality of life.

There are 2 Sunday Game days at Dreamland, check your email and the calendar in the newspaper.

Remember, the goal is not just to entertain but also to foster connections, stimulate the mind, and bring joy to our seniors.

As always, if you have any questions, please reach out to me,

Megan Tackett, at 480-297-1877 or email me at [megantackett@gmail.com](mailto:megantackett@gmail.com).

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Sun City, Az 85351

**EAST SIDE**

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2nd Thursday of EVERY Month  
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2nd Friday of Every Month  
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Mesa, Az 85207

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# EVENTS



**It's Bunco Time!**

Come meet & join a fun group of both women and men at DVRC BUNCO!

**BUNCO** meets 2 times a month. A **DAYTIME** meeting and a **NIGHTTIME** meeting. This activity is open to all Dreamland Villa Retirement Community (DVRC) members and their guests who are non-Dreamland residents. Play is \$3 per event and is used for prize money. Everyone goes home a winner.

Mark your calendar now for the **BUNCO** 2024/2025 dates:


**DAYTIME:** Every 2nd Wednesday afternoon starting at 1:00 pm at DVRC Read Hall. Games this winter/spring are as follows:

- November 13, 2024
- December 11, 2024
- January 8, 2025
- February 12, 2025
- March 12, 2025
- April 9, 2025



**NIGHTTIME:** Games begin at 6:00 pm at DVRC Read Hall. We meet the last Friday night of each month. Games this winter/spring are as follows:

- October 25, 2024
- November 29, 2024
- December 21, 2024
- January 31, 2025
- February 28, 2025
- March 28, 2025
- April 25, 2025

**CALLING ALL QUILTERS**

## Create a Christmas Quilt

Have you always wanted to make a Christmas Quilt? Then join us for this holiday quilt event on **November 16, 2024, from 9:00 am to 4:00 pm at Read Hall!**

Jeanne Raine will teach the class which will cost \$30.00\*. Please write your check to Dreamland Villa Retirement Community, but send it no later than October 25, 2024 to  
 Jeanne Raine 6579 Watusi Road  
 Falcon, Colorado 80831

\*This will be a donation to Dreamland Villa. Further information may be found at the Dreamland Villa Office where the quilt is on display. For questions, please call Jeanne Raine at 515-890-2982.



This quilt image is only an example. Quilt by Amy Smart, found online at https://www.diyquilts.com/ideas/christmas-quilt

## Dreamland on the Go-Winter Schedule

By Kathie Chismar

New Fundraisers for Dreamland Villa!  
 Let's get together and enjoy a few entertainment activities in our area!

I scheduled 2 Casino bus trips and 4 Dreamland Nights at neighborhood venues. Here is the schedule:

**Ak- Chin Casino** Tuesday, October 29, 8:30 am \$5 before boarding the bus-Reserve October 1 till October 18

**Mazatzal Casino** Saturday, December 7, 7:30 am \$5 before boarding the bus-Reserve November 1 till November 25

**The Duttons Family Music Show**-Saturday, January 25, 7:00 pm \$29- Reserve December 11 till January 11

**Barleens Dinner Theater** Saturday, February 22, 12:00 noon (matinee luncheon) \$52- Reserve January 15 till February 5

**Real Country Silver Star Dinner Theater** Saturday, March 8, 5:00 pm (dinner buffet) \$52- Reserve February 1 till February 19- Solid Gold Rock and Roll

**Barleens Dinner Theater** Saturday, April 5, 12:00 noon (matinee luncheon) \$52 -Reserve March 1 till March 19-Season's Best

Sign-up sheets will be in the office. Tickets for shows are non-refundable after purchase. This is open to all Dreamland residents and their guests. If you have any questions, you can reach me at 732- 986- 7788.

## 3<sup>RD</sup> ANNUAL DREAMLAND VILLA COMMUNITY GARAGE SALE

**Friday & Saturday  
 November 8th & 9th 2024  
 7am-1pm both days**

**It's FREE to participate and here's what I will provide!**

- Garage sale signs for your yard
- Banners & signs for major streets
- Map of all sale participants locations
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\*Neither Julie Rickli or BHD S3 Fowler Real Estate LLC are personally benefiting financially from any sale and/or transaction at the Dreamland Villa Community Garage Sale nor do they assume any responsibility or liability for any incidents that may transpire during that event.

**SAVE THE DATE for Dreamland Villa's!**

## Holiday Craft Fair & Bake Sale

**Saturday, November 23, 2024  
 9:00 am - 2:00 pm**

**Indoors & outdoors at Read Hall, 320 N 55th Place, Mesa**

Interested in a craft booth? Send your request to: [crafters@dreamlandvilla.org](mailto:crafters@dreamlandvilla.org) or stop by the Dreamland Villa office to pick up an application. Payment for a booth is by cash or check only!  
(FYI: we do not list a contact phone number nor accept any other form of payment.)

Follow us on Facebook at [Crafters at DreamlandVilla](https://www.facebook.com/CraftersatDreamlandVilla).

Bake Sale sponsored by Friends of the Nature Trail with all proceeds going towards maintenance and improvements to the nature trail.



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# CLUBS

## Dreamland Villa Quilting Club

By Becky Lamson

The quilt photo this month is a tumbler block quilt done by Faye Miller. It's a lovely quilt that will make a child very happy.

October will find the quilt club starting its winter schedule. We meet every Thursday from 1:00 pm to 4:00 pm at Read Hall.

You're welcome to work on piecing or binding of a club charity quilt or on one of your own UFO's.

We always welcome your show and tell items.

New members are always welcome. If you have questions, please give me a call at 480-202-7003, or email me at beckyNleslie@gmail.com.

Quilters Quote: Families are like Quilts. Lives pieced together – stitched with smiles and tears, colored with memories, and bound by love.



## FUSED GLASS

By Cyndy Munday

October is usually our month to resume our winter schedule, however, some people can never stop (we were open all summer). This activity seems to be addicting, but I doubt if anyone will admit it (Isn't that true for most addictions). I hope you are smiling because this is a joke with a tiny bit of truth.

Fused glass projects are simply designs you cut from glass and fuse with other colors or designs to produce your own work of art. It's not nearly as complicated as it may sound, although it can be a bit intimidating at first cutting up glass to make a new project. We'll be happy to help you with getting started.

The studio is open for all who want to gather and see what lovely works of art they may produce. Class is open Mondays from 9:30 am to Noon and 1:00 pm to 3:00 pm, and again in the evening from 5:00 pm to 8:00 pm. On Wednesdays, we are open from 9:30 am to 3:00 pm. The only expense is for any glass you may purchase and a small firing fee.

Right now is a good time to work on those holiday projects. There is even a/c in the room and you can come and go as you please.

We welcome all and hope to see you soon.



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## Ceramics in the Villa

By Barb Shelton

Who besides me can't wait for cooler temps? I personally can't wait to turn off the air conditioner and open the windows. We have all kinds of holiday décor ready for you to paint. Our selections include Halloween pumpkins, ghosts, goblins, and cornucopia, just to name a few. Have you finished your holiday shopping yet? Have you started? Don't forget to come to the Ceramic Room during the Holiday Arts and Crafts Fair and check us out; we will be selling our wares. We will also have a free raffle for a fantastic prize. The Arts and Crafts Fair is on Saturday, November 23rd from 9:00 am to 2:00 pm. The best gifts are ones made from the heart, in other words, made by you! We have trinket boxes, ornaments, teapots, vases, statues, candy dishes, and Christmas trees. So come to the Ceramic Room and let's begin working on a fun project. There are lots of reference books and ideas. Instruction is available to everyone. I learned everything I know about ceramics by taking certified classes, and from my mom, who has been teaching ceramics for almost 30 years. Taking continuing education classes is necessary to keep up with changes in the industry, as well as new products, which I do every Monday.

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Go to [RatemyAgent.com](https://www.ratemyagent.com) or scan here for more of my reviews!

### Julie Rickli deserves an A+

Julie is very knowledgeable about the market and explains our job as sellers very well. She always returned by my texts within minutes. And she was very helpful with suggestions on getting rid of stuff. We have sold several homes over our adult lifetime and Julie is one of the best realtors we have ever had!  
Ann & Jim- Sellers



# CLUBS

## Bowling League

By Cyndy Munday

October is our month for finalizing our winter league teams. Our winter league will begin on November 1st. If you might be interested in joining us, please let us know as soon as possible. We are a mixed senior league, and we have a handicap so it is evened out regardless of your skills.

We had another perfect bowler during our last week of the month 9 pin No Tap day. Congratulations Kevin Roberts – no question he is a great bowler and we are happy to see him make this goal.



We will continue our summer league right up to November, so come join us and get in a little practice before the winter leagues begin. All are welcome. We play at 1:00 pm at East Mesa Bowl on Main Street close to Ellsworth.

### Top Bowlers

Week of 7/30/2024 – 9 Pin No tap

Sara Kempke 822; Dan Griffiths 809; Dan Jenkins 796; Steve Pena 765; Frank Smith 748; Jeff Wallace 747; Dave Cutler 741; Brian Wheeler 703; Cindy Pena 695

Week of 8/6/2024-

Steve Pena 725; Dan Jenkins 657; Kevin Roberts 656; Brian Wheeler 633; Frank Smith 616; Cindy Pena 611; Grey Jay 592; Jerry Cole 592; Dan Griffiths 590; Jim Seamandel 583

Week of 8/13/2024 –

Roger Kaufman 695; Kevin Roberts 661; Sara Kempke 660; Eula Dobbins 627; Jon Hopkins 622; Nancy Cole 616; Cindy Pena 614; Vicky Hopkins 593; Steve Pena 586

Week of 8/20/2024 –

Frank Smith 683; Dan Jenkins 680; Judy Schulster 672; Dave Cutler 642; Roger Kaufman 636; Sara Kempke 608

Week of 8/27/2024 (9 Pin No Tap)

Brian Wheeler 833; Kevin Roberts 782; Dan Griffiths 742; Cindy Pena 725; Jim Seamandle 719; Sara Kempke 718; Jon Hopkins 717; Steve Pena 708;

SPLITS PICKED UP – Cindy Pena 5-7; Steve Pena 3-6-7-10; Dan Griffiths 3-10; Cindy Pena 6-7-9-10; Jerry Cole 3-10; Dave Jenkins 2-7; Cyn Munday 3-10; Jack Cregar 2-7; Judy Schulster 5-6; Dan Griffiths 3-10, 2-10, 3-6-7;

Dan Jenkins 2-4-10; Eula Dobbins 3-10

If you are interested in joining or need more information, please call Cyndy Munday at 425-218-1105. Thank you.

## DREAMLAND VILLA SINGLES CLUB

By Lu Wald

We're all so happy to see October and the potential for much cooler temps. September started so incredibly hot and we are glad to leave that behind us. The free concerts in Chandler are always of interest to many of our members, and Kathie does such a fine job of coordinating these events. In addition, she coordinates the plays at the Hale, which are always well-attended. In September, there was a Sonny and Cher tribute at the Hale on the 12th, as well as the play Joseph & the Amazing Technicolor Dreamcoat on the 28th. We kicked off our monthly potluck on the 3rd with a farewell to our long-time member Sue Shoemaker. She will be moving to Wisconsin early this month. For our monthly dine-outs, lunch was at the Perfect Pear in Tempe on the 6th and our dinner was at Dirtwater Springs in Apache Junction on the 23rd. A group of 4 members enjoyed a great outing to the north

rim of the Grand Canyon from the 16th through the 20th.

October's calendar is quite full and starts with the monthly potluck on the 1st; then lunch out at My Kitchen Chinese Restaurant in Gilbert on the 4th. There will be another free concert at Chandler Arts on the 6th, and our play at the Hale is entitled Holiday Inn on the 12th. Additional events at the Hale this month will be the Buck Owens tribute on the 10th and HaleO'ween Monster Mash on the 31st. There is a free Botanical Gardens day on the 8th. Our dinner out will be at Mama's Soul Fish and Chicken in Mesa. We will be enjoying a day trip to Sedona on Friday the 25th. Our movie Monday will be on the 9th of this month; contact Kathie if you plan to join us. Our meetings are always on the second and fourth Wednesday at 9:30.

As a reminder, there will be an afternoon of games every first and fourth Sunday starting at 3:00 pm in Read Hall. This is not limited to the Sin-

gles Club. However, the Singles Club felt we needed an occasion for all to come out and spend a few fun hours with friends and neighbors. Also, every fourth Wednesday evening starting at 6:00 pm, we play Mexican Train Dominos in Room A. In addition, our monthly Potluck is always on the first Tuesday at 5:30 pm; however, the November potluck will be replaced by a picnic at Red Mountain Park on the 5th. The meal will be catered by Waldo's, so anyone planning to attend will need to pre-pay; please contact Kathie or Sydney for more information.

A link to our calendars is always attached to the email blast/newsletter as well as on the Dreamlandvilla.org website under "Entertainment and Socializing". Extra paper copies can be found at the office or on the bulletin board in the northwest corner of Read Hall. If you would like one sent to you, send an email to singles@dreamlandvilla.org and we can send it to you.

## Bridge Club

By Donna Espey

Are you a bridge card player, but haven't played in a while? Have you always thought you might like to play bridge, but need lessons? Have you been playing bridge and would like to join our Tuesday Bridge at Dreamland? We are a small group of bridge enthusiasts. We don't play cutthroat bridge, but we all enjoy the challenge and do our best. In the summer we play at 12:30 pm in the card room and usually only have one table of 4. In the winter we play at 1:00 pm and usually have 2 tables. We would like to have more members and are reaching out to our community to see if anyone is interested. Bridge is very good for your memory which might need the exercise!

Please contact Donna Espey at 480-218-7330 by text message or voice message if you are interested or have questions. We're looking forward to hearing from you!

## Sr Techies Computer Club

By Megan Tackett

Here are the lesson plans for October, please join us even if you do not like digital devices. We would still love to meet you. All classes are from 4:00 till 5:00 pm on the date listed.

October 2nd, how to transfer videos and photos from your phone to your computer.

October 9, Guest Speaker Jean Makin will show us how to use grocery applications on our cell phones.

October 16th, if I cannot use a smartphone any longer, what are my options and how can I stay connected? We will discuss the following phone options.

- Jitterbug Flip 2
- Jitterbug Smart 3
- Consumer Cellular Iris Flip

October 23rd, How can cell phones help older adults day to day?

### Staying Connected

Take and share photos with family members

Keep track of health information

Set reminders, calendar alerts, and alarms

October 30th, I bought a smart car. Now, how do I work the dashboard?

Keep Cards- no charge for lessons. Non Kee Cards \$1.00 charge.

Lesson plans will be printed and available by email if you cannot attend the class.

I am Megan Tackett, call me/text me at 480-297-1877 or email me at: megantackett@ymail.com.

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# CLUBS / CALENDAR

## Poker Tuesday & Friday

By Jeff Clapham

Poker will be starting up in mid-October with Texas Hold'em' on Tuesday evenings at 6:00 pm sharp, and Nickel Poker on Fridays starting at 10:00 am until 2:00 pm. You can call Jeff at 906-236-0683 if you need more info. Flyers will be posted in the windows of the Poker room and on various bulletin boards around the Villa. Hope to see you there!

## Ladies Golf

Dreamland Villa has a Ladies Golf League starting up again on November 7, 2024 and:  
 Meets every Thursday around 2:30 pm  
 November through March  
 Desert Sands Golf Course, 74th St and Baseline  
 If you have thought about coming back to golf or are a beginner, please feel free to contact us at 602-363-0347 or 701-527-0146 to find out how you can join us!

## PICKLEBALL

Calling all men to join Dreamland Villa Pickleball starting in January, Tuesday evenings from 6:00 - 8:00 pm at the Read Hall campus Pickleball courts.  
 Get ready for some exciting Pickleball action exclusively for men! Whether you are a seasoned player, or a beginner, come and enjoy a fun filled time on the court. Bring your A-game and make new friends in the Pickball community.  
 Don't miss out on the fun! For more information contact Peter at 480-229-0180. See you on the courts!

# 2024 OCTOBER MONTHLY EVENTS 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>29 (September)</b>	<b>30</b>	<b>1</b> <u>Board Study Session</u> 9:30AM - <u>BRIDGE CLUB</u> 1:00PM - <u>Singles Potluck</u> 5:30PM -	<b>2</b> <u>Night Card Bingo</u> 6:00PM -	<b>3</b> <u>BRIDGE CLUB</u> 1:00PM -	<b>4</b>	<b>5</b>
<b>6</b> <u>Game Time</u> 3:00PM -	<b>7</b>	<b>8</b> <u>Board Meeting</u> 9:30AM - <u>BRIDGE CLUB</u> 1:00PM -	<b>9</b> <u>Singles Club</u> 9:30AM -	<b>10</b> <u>Card Bingo</u> 10:30AM - <u>Quilting</u> 1:00PM - 4:00PM <u>BRIDGE CLUB</u> 1:00PM -	<b>11</b>	<b>12</b> <u>Coffee Social</u> 7:30AM - 9:00AM
<b>13</b>	<b>14</b>	<b>15</b> <u>BRIDGE CLUB</u> 1:00PM -	<b>16</b> <u>Night Card Bingo</u> 6:00PM -	<b>17</b> <u>BRIDGE CLUB</u> 1:00PM - <u>Community Pot Luck</u> 5:00PM -	<b>18</b>	<b>19</b>
<b>20</b>	<b>21</b>	<b>22</b> <u>BRIDGE CLUB</u> 1:00PM -	<b>23</b> <u>Singles Club</u> 9:30AM -	<b>24</b> <u>Card Bingo</u> 10:30AM - <u>Quilting</u> 1:00PM - 4:00PM <u>BRIDGE CLUB</u> 1:00PM -	<b>25</b>	<b>26</b> <u>Coffee Social</u> 7:30AM - 9:00AM
<b>27</b> <u>Game Time</u> 3:00PM -	<b>28</b>	<b>29</b> <u>BRIDGE CLUB</u> 1:00PM -	<b>30</b>	<b>31</b> <u>BRIDGE CLUB</u> 1:00PM -	<b>1 (November)</b>	<b>2</b>

## October Weekly Activities

DAILY EVENTS	MONDAY AM	TUESDAY AM	WEDNESDAY AM	THURSDAY AM	FRIDAY AM	SATURDAY AM
	<b>Pickleball</b> 7:30 R-O <b>Aquacise</b> 8:00 R-O <b>Help Services</b> 9:00 - Noon HS <b>Wood Shop</b> 9:00 - Noon R-10 <b>Fused Glass</b> 9:30 - Noon R-7	<b>Aquacise Class</b> 8:00 - 8:45 R-O <b>Lapidary - CLOSED</b> <b>Ceramics</b> 9:00 - 1:00 R-7 <b>Wood Shop</b> 9:00 - Noon R-10	<b>Pickleball</b> 7:30 R-O <b>Lapidary - CLOSED</b> <b>Help Services</b> 9:00 - Noon HS <b>Wood Shop</b> 9:00 - Noon R-10 <b>Fused Glass</b> 9:30 - Noon R-7	<b>Aquacise Class</b> 8:00 - 8:45 R-O <b>Lapidary - CLOSED</b> <b>Wood Shop</b> 9:00 - Noon R-10 <b>Quilting</b> 10:00 - Noon R Call 480-203-7003	<b>Pickleball</b> 7:30 R-O <b>Aquacise Class</b> 8:00 - 8:45 R-O <b>Help Services</b> 9:00 - Noon HS	
	MONDAY PM	TUESDAY PM	WEDNESDAY PM	THURSDAY PM	FRIDAY PM	SATURDAY PM
	<b>Fused Glass</b> 1:00 - 3:00 R-7 <b>Fused Glass</b> 5:00 - 8:00 R-A	<b>Cards - Bridge</b> 12:30 R-A&B <b>Bowling</b> 1:00 O	<b>Fused Glass</b> 1:00 - 3:00 R-7	<b>Quilting Club</b> 1:00 - 3:00 R-A		



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- Dr. Amy Okun  
*Amy Okun*



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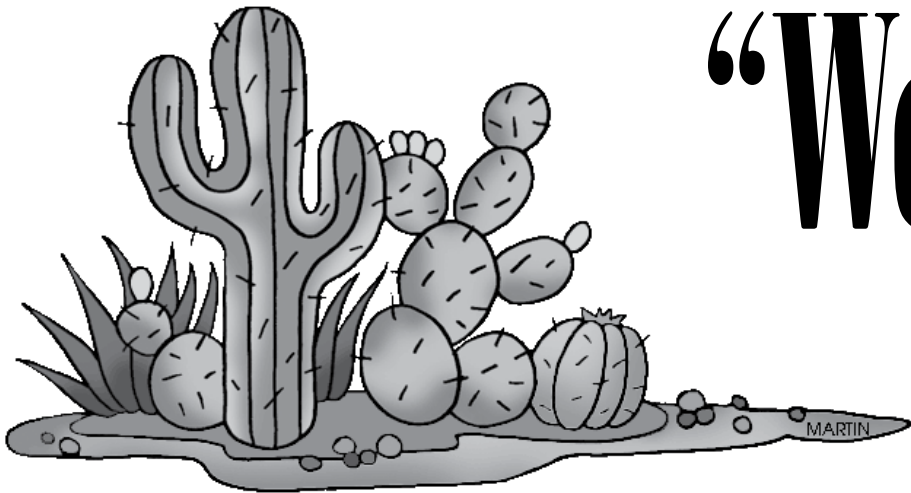


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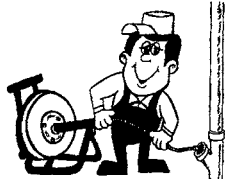
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# BREAKTHROUGH NEUROPATHY TREATMENT

HOW TO GET LASTING RELIEF FROM:

## PERIPHERAL NEUROPATHY



- Pins and Needles
- Numbness/Tingling
- Loss of Balance
- Pain Feet/Hands
- Burning Sensation
- Can't Feel The Ground

**WITHOUT THE USE OF DRUGS OR SURGERY!**

If you're experiencing **pain, burning, numbness, tingling or pins & needles** in your hands or feet — — —  
**Don't miss this FREE Seminar on Peripheral Neuropathy!**

### CLINICAL STUDIES REVEAL:

The debilitating pain, numbness and tingling experienced by patients suffering from Peripheral Neuropathy can be successfully treated **WITHOUT THE USE OF DRUGS AND SURGERY**



PRESENTED BY  
**DR. AARON T SHAPIRO, DC, BCN**

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- Why many current treatments for neuropathy don't work.
- The underlying causes of peripheral neuropathy, and the key to prevention!
- The Nobel prize winning discovery that every neuropathy patient MUST know.
- How peripheral neuropathy is diagnosed, and when it can be successfully treated.
- A technology originally developed by NASA that decreases neuropathy symptoms.
- Advanced diagnostic testing to help determine if your condition can be treated.
- A simple home therapy that is used by some of the largest specialty hospitals in the country to treat certain types of neuropathy.



**TUESDAY October 15th @11:30AM**

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