

Wheel

July 2021, Vol. 47, Issue 7
Watergate at Landmark
Unit Owners Association



Summer at WAL Post-Quarantine

Chilly Halls
Page 7

Page 10

Working Together
Page 6

Fast Renovations

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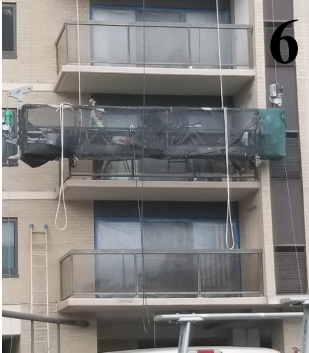
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Inside the Wheel



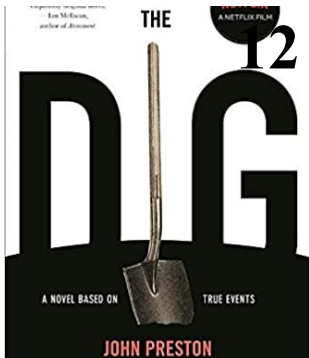
News

President's Update	04
ALX D-Day Video	05
IC and PRC	06
Chilly Halls	07
Summer Reminders	10
Tips Before Vacationing	11
Pro-FIT Information	13
Monthly Calendar	15



Features

Activities Spread	08
Upcoming Events	12
Gentle Yoga	13
Patriotic Pets	14



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HEY THERE, SUMMER!

Since we've lifted COVID restrictions, residents have been getting back into the Watergate way of doing things. And this End of the School Year Ice Cream Bash and Water Fight is no exception. Check out what else has been going on at Watergate at Landmark in our Activities Spread on page 8.



Photo: Zohreh Khoshnamak



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PRESIDENT'S UPDATE

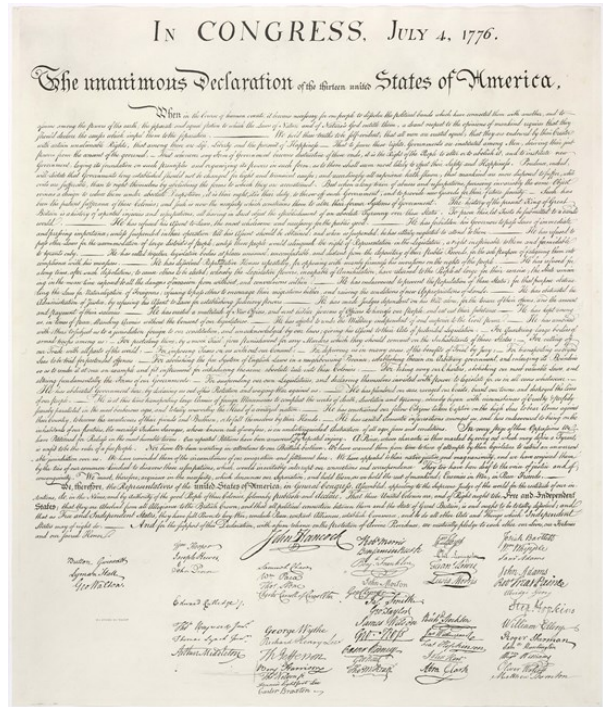
By Phil Schrock, Board President

We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.

Preamble to the Declaration of Independence

July is the month we celebrate Fourth of July, Independence Day. As we reflect on the words of the Preamble and the signed Declaration of Independence some 245 years ago, we also are reminded of John Adams who wrote in his letter of July 3, 1776 to Abigail Adams. He wrote in part: "...I am apt to believe that it will be celebrated, by succeeding Generations, as the great anniversary Festival. It ought to be commemorated, as the Day of Deliverance by solemn Acts of Devotion to God Almighty. It ought to be solemnized with Pomp and Parade, with Shews [Shows], Games, Sports, Guns, Bells, Bonfires and Illuminations from one End of this Continent to the other from this Time forward forever more..."

We are grateful for the freedom and independence we enjoy in this great nation – the United States of America! We commemorate Independence Day with family and friends, cookouts, barbecues, get-togethers, sports and oth-



er celebrations. Let's all have a safe and enjoyable Fourth of July holiday weekend!

I would like to provide an update from our General Manager on two ongoing multi-million dollar, multi-year infrastructure projects. The fiscal year 2022 budget includes



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the continuation of both of these projects currently under-way.

The Balcony HVAC Utility Closet Façade and Vent Replacement Project has moved to Building 3 (307 Yoakum Parkway). This project replaces deteriorated façades of the balcony utility closet. It also installs a permanent vent in each unit for HVAC condensers. During demolition, any necessary concrete rehabilitation work in the closet is completed. To date the association has completed 1,056 units. Building 3 is the last of the four buildings to be completed. The project cost including engineering inspection/design and projected concrete repair costs is nearly \$2.8 million. Over the last four years the association will have spent nearly \$10 million on this four-building project.

The Balcony Restoration Project has moved to Building 1. This project inspects and repairs balcony concrete and brick façades, restores the balcony water resistant surface coating, repairs and paints the glass railings, paints the utility closet door and paints the balcony ceiling. This project is following behind the HVAC Utility Closet Façade and Vent Replacement Project. To date, Buildings Two and Four have been completed. Building 1's cost is approximately \$1.1 million and will be completed by summer 2023. After that it is on to Building 3. This important four building multi-year project will be completed in 2024; its total cost will exceed \$4 million.

Electronic Voting. We've heard about electronic voting for condominiums, but what's that all about? Effective the first of July, the Virginia laws pertaining to Common Interest Communities (condominium associations) allow for electronic voting. What does this mean for Watergate? It means voting is permitted at Association meetings in person, by proxy and by absentee ballot, subject to adopted guidelines – an easy statement! So what are we doing to make this a reality? The Board considered the Election Committee's report during our May Board meeting and decided to start early. In late May, we first appointed Board member Rudnaldo "Butch" Hodges as Chair of the Elections Committee. Then on June 29, the Board appointed 10 members to the Elections Committee. Many are previous or continuing members and all are committed to early research, planning and coordinating, and testing. We are grateful for their dedication and desire to make this a reality as soon as possible and we look forward to the day this becomes another Watergate success story!

After being under the pandemic restrictions for more than 14 months, we now look forward to safely getting "back to normal" as soon as possible. Let's all enjoy the summer!

Watergate Veteran Featured in 77th Alexandria D-Day Celebration

On June 3, The City of Alexandria and the Alexandria-Caen Sister City Society collaborated to celebrate the 77th Anniversary of D-Day, which occurred on the shores of Normandy, France during World War II on June 6, 1944. Watergate Resident, and WW2 Veteran Sir Robert "Bob" Fischman was asked to share his story with attendees via video.



Sir Robert "Bob" Fischman

Several residents inquired about how to view his portion of the story. It is available on YouTube at <https://www.youtube.com/watch?v=ddVoMfEG3Ro>.



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WORKING TOGETHER

WAL'S INFRASTRUCTURE AND PROJECT REVIEW COMMITTEES

By Abed Benzina and Luke Lopez, Board Directors

The Infrastructure Committee (IC) and the Project Review Committee (PRC) are hard at work on behalf of WAL residents. Both Committees follow operating procedures of Administrative Resolution (AR) NO. 40. Although IC and PRC assume different roles and cover different scopes, their functions complement one another. Their joint efforts help identify and remedy problems that help keep our infrastructure safe and up to date.

The Board of Directors (BOD) appoints volunteer resident owners to both committees for a one-year term starting in April. The PRC also consists of the Infrastructure Chair, Association Treasurer and the Budget Committee Chair. The BOD then elects the Committee Chairs and assigns two different Directors to serve as a Liaison to the IC and a voting member to the PRC. Both committees meet monthly, the IC meets on the first Wednesday, and the PRC meets on the second Wednesday). Both meetings also offer a Resident Forum to allow all residents to inform or ask about any infrastructure-related issues. Meeting agendas are often determined by information provided by Residents (thru emails to the Chairperson or at the Resident forum), Management, and Committee Members.



Maintenance and improvement projects maintain and raise property values and help keep our infrastructure safe and up to date.

The role of the IC is to advise and make recommendations to the BOD on a vast array of items regarding our community's infrastructure. The following are some of the recent notable efforts that the IC has undertaken on the behalf of the community: Building 1 north-end sidewalk and lighting, traffic calming devices at critical roadway intersections, replacement of faded traffic signage, FOB installation at the Racquet Club, picnic areas clean-up, residential floor hallway and door painting, conversion of 3 parking spaces behind each building to the "delivery truck only" from 7 AM to 7 PM, extensive research on types of electric vehicle charging stations and oversight of the employee breakroom renovation.

The role of the PRC is to review the contracting procedures related to WAL projects and provide recommendations to the BOD based on costs or the best value for the association. The PRC also monitors each ongoing project monthly to help keep the projects from exceeding the approved budgeted costs, staying on schedule, and providing the agreed-upon products and services. In addition, as potential issues arise, the PRC uses its subject-matter expertise to provide remediation recommendations to the BOD. Some notable examples of recent projects include HVAC fascia replacements, balcony repair and elevator motor replacement.

In both cases, each committee, comprised of volunteer subject-matter experts, uses their expertise to provide our community with fiscally-responsible solutions to keep our community safe and modern and maintain or enhance property values. The IC and PRC work hand in hand with the residents, other committees, Management and the BOD, to maintain the high quality of life we all enjoy here at WAL.

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CHILLY HALLWAYS

By Tom Curry, General Manager, PCAM, AMS, CMCA

From time to time, residents inquire about why our hallways seem to be colder than necessary. There's a pretty good explanation for that. Our hallway HVAC system cools the air which comes in from the outside. Then, the system sends it into the hallways in three locations on each floor. There is one vent at each end of the hallway and one vent in the middle near the elevator lobby. On hot days, the system works very hard to keep the entire hallway cool. To do this, it sends cold air through the vents to cool the entire hallway.

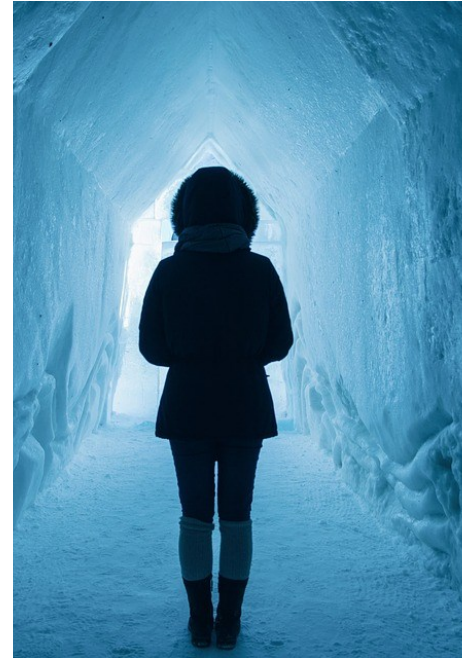
There are no return air ducts in the hallways, as the hallways receive 100% of their air from the outside and HVAC systems in our halls do not draw indoor air into the system. The hallway air is pressurized, and it circulates under unit doors and exits

through the unit's bathrooms, kitchen and dryer vents to the rooftop.

The distance between the vents is very long. When it's hot out, you will notice the areas surrounding the vents are much colder than the areas in between the vents. If your unit is located near the end of the hallway, you will notice the hallway feeling cooler as the system attempts to balance the temperature in the entire hallway.

We set the hallway's temperature to 73 degrees. This helps individual unit HVAC systems maintain individual unit temperatures.

Due to the building's design, the hallway's HVAC system is a very energy inefficient system. However, during the pandemic, having 100% fresh air



Our building's hallways may at times feel "chilly," but the 73° F thermostat setting helps units maintain their own temperatures.

drawn into the hallways is much better than recirculating the same air.

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Attorney Gregory Wade is a Watergate at Landmark resident and makes home visits for estate planning and probate issues.

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Hello, Summer





Summer has begun at Watergate at Landmark! One of the first events held was the Social Committee's Picnic in the Gazebos, a night where friends brought their dinners and enjoyed an outdoor evening of fun and celebration. Next, the Pet Committee hosted its first Yappy Happy Hour of the year, where pups and "peeps" alike were glad to see one another. Then, the Bentwood Rockers Blues Band entertained guests with its down-home tunes. Over 30 participants were introduced to Pickleball at the Racquet Club. Lastly, to celebrate the end of the school year—and symbolically so much more, the Youth Committee hosted an Ice Cream Bash and Water Fight. Attendees of all ages participated in the water-soaking event that'll not soon be forgotten!

Summer!



FRESH OUT OF QUARANTINE

SUMMER REMINDERS FROM MANAGEMENT

By Watergate Management Staff

Here are a few reminders to keep in mind as you enjoy your summer fresh out of quarantine.

Pool Weather Factors

According to the National Lightning Safety Institute, at the first sound of thunder or sighting of lightning, all persons will be cleared from the pool and decks. They will remain clear for at least 30 minutes. If inclement weather persists, the pool will stay closed until 30 minutes *after* the last thunder clap or flash of lightning.

Another factor to consider is the sky's appearance. Unless evident signs of clearing exist, the storm has not officially "ended." The pool will reopen when evidence of clearing is present and danger from lightning has ceased. **When the pool closes for thunder or lightning-related rea-**

sons, ALL patrons will be asked to leave the facility until it is reopened. This applies to the Outdoor and Indoor Pools.

It's Grilling Season...

Only electric grills are allowed on balconies and in units. Charcoal and gas grills are not allowed at any time.



You can use an electric grill for cooking.

Call Ahead

Please call the Front Gate ahead of time and ask the Patrol Services Of-

ficer on duty to permit your guests to come onto the property. Calling ahead reduces wait times.

Taking an Evening Stroll?

Consider wearing reflective clothing or carrying a flashlight while walking or biking in the evening to increase your visibility to drivers.

Follow the Rules, Please

Our Shuttle Bus contractor requires all riders to follow these rules when on the shuttle as safety precautions:

1. Wear your mask properly. It should cover your nose, mouth and chin at all times on the bus.
2. No standing is allowed while the bus is in motion.
3. Sit in the seat facing forward. Do not lean against the bus window nor block the aisle.

After a warning, the driver may recommend you be temporarily restricted from riding the shuttle.

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BEFORE YOU LEAVE TOWN...

By *Rashawnda Daniels-Atkinson*

Heading for that much-needed vacation out of town? It's understandable because many have been stuck at home for over a year now due to COVID, even though our many amenities make it feel as if you're living on vacation. Before you go on your getaway this summer, however, consider adding the following tips to your checklist:

- **Notify Resident Services of your intent to leave and the duration of your absence.** This can be noted on your account for emergency purposes.
- **Check with Resident Services** to ensure your emergency or convenience keys up to date.
- **Manage your mail and subscription deliveries.** Since Resident Services no longer holds packages for residents, you'll

have to either make arrangements for a neighbor to pick them up or ask the delivery service/store to hold the packages temporarily until you're able to pick them up.

- **Keep in mind maintenance or facilities projects that may impact your unit.** No one wants to come back to find out their car was towed due to blocking contractors from doing work.
- **Update Frequent Visitors List** to grant permission for unit access to those who have routine services performed in your units (e.g. cleaning services, plant watering, pet care). Ask a neighbor or trusted person to check in on your unit while away.
- **Turn off your valves.** In the case of an emergency tier shut down or water leak, you don't want a hefty bill from damage caused by



Prepare your unit before you hit the road.

flooding in your unit damage done to your downstairs neighbor's unit.

- **Empty trash cans.** Keep unwanted house pests from moving in while you're away.
- **Unplug unneeded appliances.** Examples include computers, TVs and small kitchen appliances. This reduces energy consumption and lowers energy costs.
- **Adjust your thermostat** to be warmer in the summer and cooler in the winter. This also helps reduce the Association's energy costs and your dues.

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Recent Watergate Sales

ST#	FLOOR	MODEL	BR/FB/HB	SQFT	DATE SOLD	SOLD PRICE	GARAGE
205	6th	A	1 / 1 / 0	863	05/20/21	\$222,000	No
203	6th	D	2 / 1 / 1	1,064	05/21/21	\$239,500	No
205	5th	D	2 / 1 / 1	1,064	04/30/21	\$247,000	Yes
203	3rd	E	2 / 2 / 0	1,098	05/14/21	\$297,000	No
307	3rd	G	2 / 2 / 0	1,301	04/30/21	\$299,500	No
307	7th	J	3 / 2 / 0	1,621	05/10/21	\$375,000	No
203	11th	J	3 / 2 / 0	1,621	05/10/21	\$368,000	No
307	10th	K	3 / 2 / 1	1,621	05/05/21	\$372,500	No

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WAL UPCOMING EVENTS



YAPPY HAPPY HOUR

Friday, July 9

Rain date: Friday, July 16
Upper Terrace • 7 p.m. FREE

You can bring your pet to this Pet Committee-sponsored social! Future dates for this event are as follows: August 6, September 3 and October 1.

TORPEDO FACTORY SHUTTLE TRIP

Thursday, July 15

Shuttle Leaves WAL From Bldg. 4 at 10:30 a.m.
\$12 per ticket

Join the A&E Committee for an afternoon at the Torpedo Factory Art Center in Old Town Alexandria! Enjoy roaming through the galleries and shops in the Torpedo Factory, then treat yourself to a lunch with friends in Old Town. The shuttle leaves from the Torpedo Factory at 2:30 p.m. sharp! **Sign up for the trip and complete the shuttle trip waiver in the Activities Office on or by July 8.**

WIMBLEDON VIEWING PARTY

Sunday, July 11

Terrace Lounge • 9 a.m.

Come watch the men's final of Wimbledon! The Recreation Committee will supply light refreshments. RSVP with the Activities Office if you plan to attend to ensure adequate supplies.



ALPHA DOG BLUES BAND SUMMER CONCERT

Saturday, July 24

Terrace Lounge • 7–9 p.m. • Tickets: \$10



ALPHA DOG BLUES BAND

"Blues with a bite"

This electric Chicago blues and old-time acoustic blues/jazz band is back by popular demand, so buy your tickets soon! Social Committee sponsors this event.

YOUTH TENNIS TIME

Saturdays until August 28

Racquet Club • 4 p.m. • FREE

Bring your child for some independent tennis practice! Attendees must pre-register at the Activities Office. Parents or guardians must remain in the vicinity for the duration of the session, and equipment is not provided. Sponsored by the Youth Committee.

SAVE THE DATE: NATIONAL NIGHT OUT

Tuesday, August 3

Multipurpose Court • 6 p.m. • FREE



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Summer Group Exercise Schedule

Session Ends September 30, 2021

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Mondays

Pilates • 10:30 a.m. • Terrace Lounge
Chair Dancing • Noon • Terrace Lounge

Tuesdays

High Intensity Training • 6:30 p.m. • Terrace Lounge

Wednesdays

Tone/Balance/Stretch • 12:15 p.m. • Terrace Lounge

Thursdays

Water Aerobics • 7 p.m. • Indoor Pool

Fridays

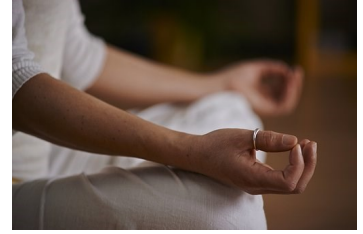
Water Fun with Movement • Noon • Indoor Pool

Saturdays

Gentle Yoga • 9 a.m. • Terrace Lounge

Class Spotlight: Gentle Yoga

Come and join us for gentle yoga at the terrace lounge on Saturdays from 9 - 10 a.m. Gentle yoga classes are typically described as appropriate for those who want a softer, nurturing, slow-paced, well-supported and relaxing practice.



The approach includes carefully-orchestrated movements, controlled pressure, and well-measured stretches, including range of motion exercises. Postures may be approached in gradual steps, with plenty of time to focus on breathing and repetition so that the practice is simple to do and easy to remember. A gentle yoga style encourages a highly individualized approach to practice with on-going encouragement to make moment-to-moment adjustments.



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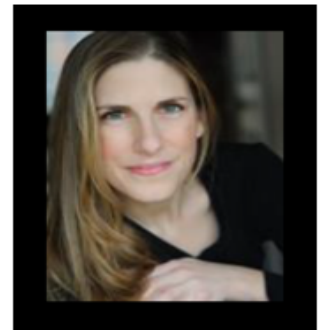
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Patriotic Pets

Photos (Clockwise from Top Right): Daisy - Steve and Mary Lynn Clunn; Luna - Kim and Luke Lopez; Frazier - Christine LaVenia; Javy - Matthew and Akie "Cookie" Davis; Teddy - Bridget and Arnaud Jaspert



Teddy



Frazier



Daisy



Javy



Luna

SNAP, CRACKLE, POP!

By Deb Freile, Pet Committee

July 4 is around the corner, and everyone is ready for the festivities...except your pet! Read on to learn how to help your pet cope during firework celebrations.

While humans expect fireworks and loud noises at holiday celebrations (including the Fourth of July), it's just another day for our pets. So, the noisy explosions and flashing lights come without warning for them. Those loud booms, cracks, and whistles are alarming and will trigger their "fight-or-flight" response in dogs, who have a more acute sense of hearing than humans. Your dog may bark at the noises or try to

run away and hide. They may also show signs of anxiety, such as restlessness,

panting, pacing and whining. Fortunately, there are some things you can do to help your dog feel safe:

- If they are crate-trained, make sure the crate is available, as they may view it as a safe space.
- Put them in a small room, such as a bathroom, with music or white noise to help drown out the boom of fireworks.
- Try a calming wrap (e.g. Thunder shirt) designed to apply constant light pressure. Many dogs find it comforting.
- If your dog is particularly phobic of loud noises, speak with your veterinarian about pet-friendly medicinal options to

keep your pet calm throughout the festivities.

Let's not forget our cat friends. "We know that unpredictable loud noises can cause feline interstitial cystitis," says Dr. Drew Weigner, feline veterinarian and president of EveryCat Health Foundation, a leading non-profit that funds cat health studies. "From the cats' perspective, there's nothing quite as unpredictable as fireworks," he states.

Finally, never underestimate your pet's level of curiosity. Fireworks contain several chemicals and heavy metals that are a threat to pets. You should thoroughly clean up the area before letting your dog have access or keep an eye out for residue if you set off fireworks or visit a place (e.g. parks) where they were used. To

JULY 2021 EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				Tai Chi - 8 AM - TL Water Aerobics - 7 PM - IP Pickleball - 7 PM - RC Evening Book Club - 7:30 PM - VI Pet - 7:30 PM - TC	Tai Chi - 9 AM - TL Knit and Stitch - 10 AM - CF2 Advanced Tennis Social - 10 AM - RC Water Fun - Noon - IP	Tai Chi - 8 AM - TL Yoga - 9 AM - CR Scrapbook Club - 2 PM - VI Youth Tennis Time - 4 PM - RC
4	5	6	7	8	9	10
Pickleball 2 PM - RC	All Offices Are Closed July 4 Holiday Observed	Tai Chi - 8 AM - TL Advanced Tennis Social - 10 AM - RC Seniors - 2 PM - TL AND TC (Hybrid) HIIT - 6:30 PM - TL A&E - 5 PM - CF2 Covenants - 7PM - TC	Tai Chi - 9 AM - TL Tone/Balance/Stretch 12:15 PM - TL Pickleball - 4 PM - RC Recreation - 5 PM - TC Intermediate Tennis Social - 6 PM - RC Youth - 6 PM - TC Infrastructure - 7 PM - TC	Tai Chi - 8 AM - TL Water Aerobics - 7 PM - IP Pickleball - 7 PM - RC	Tai Chi - 9 AM - TL Knit and Stitch - 10 AM - CF2 Advanced Tennis Social - 10 AM - RC Water Fun - Noon - IP Yappy Happy Hour - 7 PM - UT	Tai Chi - 8 AM - TL Yoga - 9 AM - CR Scrapbook Club - 2 PM - VI Youth Tennis Time - 4 PM - RC
11	12	13	14	15	16	17
Pickleball 2 PM - RC Wimbledon Viewing Party - 9 AM - TL	Pilates - 10:30 AM - TL Chair Dance - 12 PM - TL Lions Club - 6 PM - TV	Tai Chi - 8 AM - TL Advanced Tennis Social - 10 AM - RC Social - 6 PM - CF2 HIIT - 6:30 PM - TL	Tai Chi - 9 AM - TL Landscape - 11 AM - TC Tone/Balance/Stretch - 12:15 PM - TL Pickleball - 4 PM - RC Intermediate Tennis Social - 6 PM - RC PRC - 7 PM - TC	Tai Chi - 8 AM - TL Torpedo Factory Shuttle Trip - 10:30 AM Communications - 7PM - TC Water Aerobics - 7 PM - IP Pickleball - 7 PM - RC	Tai Chi - 9 AM - TL Knit and Stitch - 10 AM - CF2 Advanced Tennis Social - 10 AM - RC Water Fun - Noon - IP	Tai Chi - 8 AM - TL Yoga - 9 AM - CR Scrapbook Club - 2 PM - VI Youth Tennis Time - 4 PM - RC
18	19	20	21	22	23	24
Pickleball 2 PM - RC	Pilates - 10:30 AM - TL Chair Dance - 12 PM - TL Budget - 7 PM - TC	Tai Chi - 8 AM - TL Advanced Tennis Social - 10 AM - RC HIIT - 6:30 PM - TL	Tai Chi - 9 AM - TL Tone/Balance/Stretch - 12:15 PM - TL Pickleball - 4 PM - RC Intermediate Tennis Social - 6 PM - RC	Tai Chi - 8 AM - TL Water Aerobics - 7 PM - IP Pickleball - 7 PM - RC	Tai Chi - 9 AM - TL Knit and Stitch - 10 AM - CF2 Advanced Tennis Social - 10 AM - RC Water Fun - Noon - IP	Tai Chi - 8 AM - TL Yoga - 9 AM - CR Scrapbook Club - 2 PM - VI Youth Tennis Time - 4 PM - RC Alpha Dog Blues Band Summer Concert - 7 PM - TL
25	26	27	28	29	30	31
Pickleball 2 PM - RC	Pilates - 10:30 AM - TL Chair Dance - 12 PM - TL	Tai Chi - 8 AM - TL Advanced Tennis Social - 10 AM - RC HIIT - 6:30 PM - TL Board of Directors Meeting - 7:30 PM - TC	Tai Chi - 9 AM - TL Tone/Balance/Stretch - 12:15 PM - TL Pickleball - 4 PM - RC Intermediate Tennis Social - 6 PM - RC	Tai Chi - 8 AM - TL Water Aerobics - 7 PM - IP Pickleball - 7 PM - RC	Tai Chi - 9 AM - TL Knit and Stitch - 10 AM - CF2 Advanced Tennis Social - 10 AM - RC Water Fun - Noon - IP	Tai Chi - 8 AM - TL Yoga - 9 AM - CR Scrapbook Club - 2 PM - VI Youth Tennis Time - 4 PM - RC

LOCATION KEY

BL= Building Lobby; BP=Billiard and Ping-Pong Rooms; BR=Blue Room; CF1=Conference Room 1; CF2=Conference Room 2; CR=Card Room; FC=WAL Fitness Center; GZ=Gazebos; IP=Indoor Pool; LB=Library; LD= Loading Dock; LT=Lower Terrace; M=Market; MA=Multi-purpose Area; OP=Outdoor Pool; OT=Outdoor Tennis Courts; P=Playground; PG=Putting Green; PR=Party Room; RC=Racquet Club; TC=Teleconference; TL=Terrace Lounge; TS=Town Square; TV=TV Room; UT=Upper Terrace; VI = Virtual

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