

Wheel

WATERGATE AT LANDMARK UNIT OWNERS ASSOCIATION

Making a Splash!

PAGE 6

Battle of The Bots

PAGE 8

Short Break, Huge Upgrade

PAGE 11

Where Renovation Dreams Become A Reality

Water Gate of Landmark Residents

**City of Alexandria Permits and WAL
Modification approval submission included!**

Our Services

Kitchen



**Painting / Popcorn
Removal**



Drywall / Framing



**Electrical
Panel Box**



Bathroom



Flooring



Electrical



Plumbing



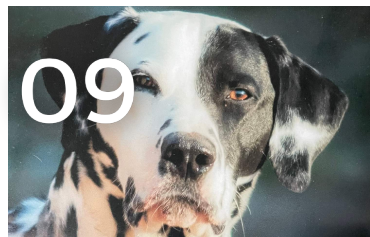
INSIDE THE Wheel

COVER PHOTO



The sun is out and WAL residents are ready for a splash in the outdoor pool!

Photo by
Brianna Hawkins



NEWS

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TUNE IN TO WAL

Lobby Entrance Camera
Comcast - 971 Master Antenna - 3
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Comcast - 970 Master Antenna - 8

Wheel is a publication of the
Watergate at Landmark Unit Owners Association
June 2023, Vol. 49, Issue 5,
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For publication consideration, please submit original content (e.g. articles, photos) to commgr@watergateatlandmark.com. High-quality photos are recommended (300 dpi or greater). Management makes content decisions and it is understood that revisions and edits will be made for space and publication style. Publication is not guaranteed.

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WAL CONTACT CORNER

Resident Services Office Hours

Monday - Friday Saturday
8 a.m. - 7:30 p.m. 9 a.m. - 3 p.m.
Email: resident@watergateatlandmark.com

Resident Services Office: 703-370-7000

Activities Office: 703-370-7092

FirstService Residential: 703-385-1133

Gate Communications 703-370-2674

After-hours Emergencies:

Metro Water: 703-461-3418
Shuttle Updates Text "Watergate"
to 844-612-2165

Operations Coordinator 703-461-2498

Email: operations@watergateatlandmark.com

Common Area Maintenance Related Requests:

PRESIDENT'S UPDATE

By Rudnaldo Hodges, Board President

Springtime is fading, and summer is approaching. We look forward to enjoying the warmer, longer, and hopefully, sunshiny days punctuated occasionally by refreshing rain showers. By the time this article reaches our residents, the outdoor pool will be open daily. We can enjoy its beauty and the joy it brings when taking a dip, using the opportunity to exercise, or otherwise indulge in some physical therapy. Your Board of Directors wishes you an enjoyable, relaxing, fun-filled summer.

Get out your United States Flag if you've got one, and feel free to display it proudly on the 14th, which is Flag Day. Do observe our Association's strictures regarding flag display, of course. Remember, "no object may be hung, fastened, or attached to the balcony ceiling or be hanging over the rails."



Flags are out on display around the Outdoor pool.

People originating in Galveston, Texas when Union General Gordon Granger read the Proclamation there. Oh, how happy they must have been upon realizing their release from bondage and anticipation of freedom's promise. Happy Juneteenth!"



Dads, your special day is on the 18th. Happy Father's Day to every one of you!

I wish to thank our Communications team consisting of management, our communications manager and our Association Communications Committee volunteers. They do a fantastic job of getting the word out. Using various media outlets like Facebook, Twitter, SMS or text, and emails, the Watergate Weekly and the Wheel. All in all, they work hard to get community information out to us residents.



Follow WAL on Facebook, Instagram or Twitter for community related updates.

Please know that your volunteer Board members and hired staff work long and hard to help make life at WAL the BEST!

Here's to an enjoyable summer!



2023 - 2024

BOARD OF DIRECTORS

Board of Directors Terms Expires

Stephen Allenbach	2026
Barry Crosby	2026
Alex Davilla	2024
Patricia Espinet	2026
Eileen Greenberg	2025
Theresa Mulrane	2025
Gregory Wade	2025

Board Elected Officers Terms Expires

Rudnaldo Hodges, President	2024
Joseph Vecchio, Vice President	2024
Susan Bouldin, Treasurer	2024
Vivian Moran , Secretary	2024

KEEP PESTS **AT BAY**

By Shalayah Nesbitt, Operations Coordinator



Home is where we find comfort, relaxation, and peace of mind. However, unwanted pests can quickly turn our sanctuary into a nightmare.

That's why it's crucial to take proactive measures to prevent pests from invading our homes. By understanding the importance of preventative pest services and implementing simple yet effective strategies, residents can safeguard their living spaces and enjoy a pest-free environment.

We're here to help! Pest control is on-site every Monday and Friday. Please contact Resident Services at 703-370-7000 for general questions, or via email at resident@watergateatlandmark.com to schedule an appointment.

Watergate at Landmark offers a complimentary service of patching holes behind your appliances. The next time you find yourself worrying about potential pests, contact Shalayah Nesbitt, Operations Coordinator at operations@watergateatlandmark.com.

ROB BLITZER'S

WATERGATE SALES REPORT



ROB BLITZER
GRI, CRS, Associate Broker

ROBBLITZER8@GMAIL.COM
703-625-0899
WWW.SAMSONPROPERTIES.NET

Recent
Watergate Sales

ST#	FLOOR	MODEL	BR/FB/HB	SQFT	DATE SOLD	SOLD PRICE	GARAGE
205	9th	E	2/2	1098	3/23/2023	\$325,000	Yes
307	12th	F	2/1/05	1211	3/23/2023	\$396,500	No
307	10th	G	2/2	1309	3/23/2023	\$276,500	No
307	11th	G	2/2	1309	3/23/2023	\$310,000	No
307	2nd	K	2/2/05	1621	2/23/2023	\$211,000	Yes
205	11th	J	3/2	1621	3/23/2023	\$340,000	No
203	14th	J	3/2	1621	3/23/2026	\$405,000	Yes

SAMSON
PROPERTIES

6363 WALKER LANE
ALEXANDRIA, VA 22310

*Information provided by MRIS and represents sales by all REALTORS®.

Hi. My name is Rob Blitzer and I am a 34 year Resident and Realtor at Watergate at Landmark. I have been helping my Clients buy and sell Real Estate all over Northern Virginia but there is a special place in my heart for Watergate! Watergate is not just 4 walls and a ceiling or just another community. It's a Life Style and a very comfortable Lifestyle at that. Over my 34 years at Watergate, we have been through a lot... Recessions, Elections, Runaway Stock Markets, Pandemics, Cicada Invasions (Twice) and even an Earthquake. Through it all, Watergate continues to keep on Rockin' and even improving with age. Whether it's the Amenities, Location or just the overall Comfortable LifeStyle, it's great living here and I'm Enthusiastic about Watergate now and what the Future holds.

MAKING AN OUTDOOR **SPLASH**

By Jene Lyons, Deputy General Manager

Let's plan to spend time enjoying one of WAL's most spectacular amenities—the Outdoor Pool! To make your pool experience enjoyable and safe, please review an overview of pool rules below. Be sure to say hello to the lifeguards from our new pool contractor company, High Sierra Pools.

Admission and Guests

Each resident (over the age of one year) must have a valid ID card in order to use the pool. A maximum of six guests per unit — whether using the unit's amenity passes, borrowed amenity passes, or purchased day passes — are allowed in the pool at any particular time during the day. One-day passes sell for \$5 each. A resident must accompany guests.

Hours

The Outdoor Pool at WAL opened on Saturday, May 27. From that day until Friday, June 16, the pool will open 1 – 8 p.m. Mondays – Fridays and 9 a.m. – 8 p.m. Saturdays, Sundays and Holidays. Pool hours beginning on Saturday, June 17, through Labor Day on Monday, Sept. 4, will be from 10 a.m. – 8 p.m. Mondays through Fridays and 9 a.m. – 8 p.m. on Saturdays, Sundays, and Holidays. After Labor Day, the Outdoor Pool will be closed during the week. But, the pool will open from 10 a.m. – 6 p.m. on Saturday, Sept. 9 and Sunday, Sept. 10 before closing for the season.

Showers

Everyone must shower before entering the pool.

Supervision of Non-Swimmers

A responsible person must supervise non-swimming persons at all times while in the pool area. At no time may the responsible person be more than an arm's length away from a non-swimming person who is in the water.



To use the Outdoor Pool, please bring a valid WAL ID with you.

Swim Tests

At the lifeguard's discretion, **patrons of any age** may be asked to demonstrate swimming ability to go into areas deeper than 3 1/2 feet without a responsible person. The test involves swimming the length of the pool lap lanes and treading water for 60 seconds.

Flotation Devices

Only those approved by the U.S. Coast Guard are allowed.

Food

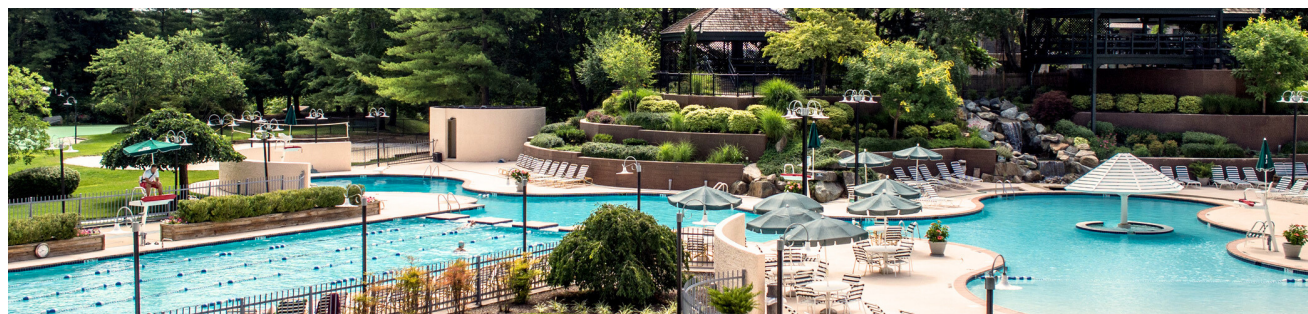
No food of any kind is permitted in the pool area. Patrons are encouraged to eat in the Upper and Lower Terraces.

Electronics

Sound-producing devices, including cell phones and iPod type products, must be used with earphones or turned down so that other patrons are not disturbed. Music can be played at WAL sponsored activities such as Aqua Zumba class and pool parties.

Lap Lanes

These are intended for use by persons swimming, walking, or running laps only. The Outdoor Pool is a great place to have fun. Remember to pack your sunscreen and bring your WAL ID or pass!



SURVEY SAYS: THE 2023 WAL RESULTS

By Watergate at Landmark Management

The results are in! After two months of intake, the community survey ended April 30 with close to 400 voluntary participants. WAL management wanted to assess community details, such as demographics, suggestions, and resident interest for future initiatives. The survey results were overwhelmingly positive, with close to 400 responses. The association, committees, and management will be able to use the feedback to make significant improvements for the community.

Benefits

One of the key benefits of the survey was that it provided a comprehensive overview of the community's population. The survey covered many questions, including resident status, length of residency, and lifestyle. By gathering feedback on these areas, the community could identify areas where it excelled or needed improvement.



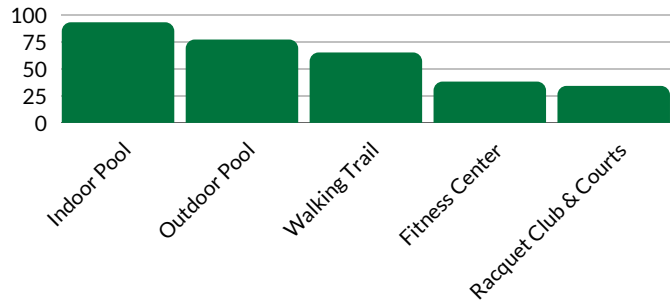
An interesting percentage of residents shared that they would enjoy Movie Nights at WAL.

Social Media

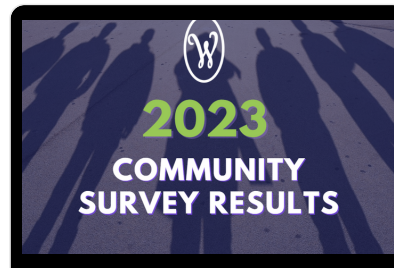
The results indicated that over 60% of participants use social media, while just under 40% of the participants did not. Out of the numerous platforms that are available, Watergate residents prefer Facebook as the top medium to interact and obtain information and updates about the community.

Amenities

Residents who participated in the survey shared their love for some of Watergate's most popular amenities.



Residents shared their top favorite amenity to use at WAL. Overall, the 2023 community survey was a highly effective tool for the association. By gathering feedback from its residents, the community was able to identify areas for improvement, make significant changes and improve the overall quality of life for its residents.



The 2023 Survey Results in their entirety are available to the community digitally on the WAL website.

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BATTLE OF THE BOTS



By Zohreh Khoshnamak, Youth Committee Member



WAL's Tech Troopers learned about the future and different sources of energy.

In early May, WAL's robotics team, the Tech Troopers, sponsored by the Youth Committee, competed with several other Northern Virginia teams and succeeded in winning one of the competition awards. The teams competed for prizes on engineering, coding, robot design, problem-solving, teamwork, core value, and gracious professionalism, and the innovation project for which our team had developed plans for supplying electricity to WAL's future EV charging stations. This was the team's fifth year, and the members had been working hard since last September, meeting every Saturday from 3 - 7 p.m.

The Tech Troopers watched a lot of videos and got to see how Covanta produces energy from our trash during the season. They interviewed WAL management related committee members, and staff from Alexandria City for their project. Many mentors came to help our team this year; most were WAL residents, including a professional programmer, an engineer, a Math professor, an IT expert and others. Next year's mission theme is Masterpiece and will be about all different types of art, especially music and video forms.



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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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BARNABY THE BIRTHDAY BOY



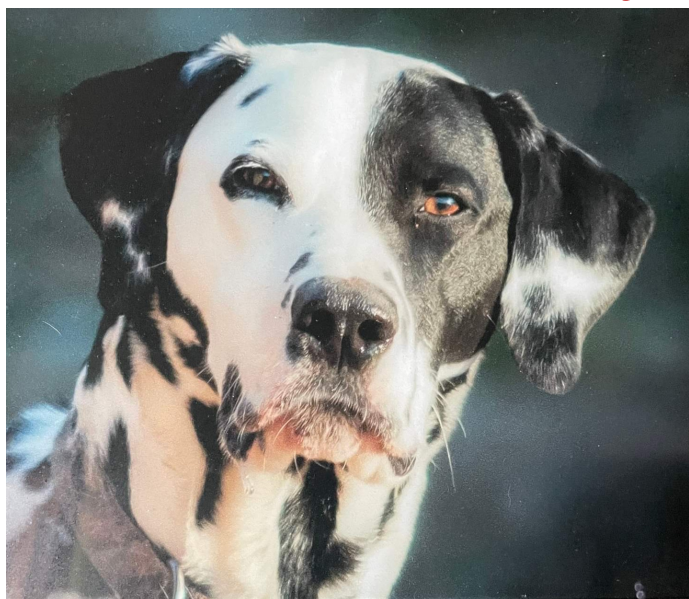
By: Tom S. Building 4 Resident

Barnaby has been at Watergate at Landmark since September 2013. We adopted him from a Dalmatian rescue located in the southwest of Virginia when he was only three months old.

Barnaby loves other dogs and tolerates people. He's coming up on his 10th birthday at the end of June, but he still acts like a one-year-old!

In 2014, Barnaby was featured in *Maltipoos are Murder*, a Doggy Day Spa romance mystery by Jacqui Lane, a fellow Watergate resident whose book was featured on Amazon.

Barnaby is a pure Dalmatian, which means he is set in his own mind at times, but my wife Kazuko and I wouldn't have it any other way!



Happy 10th Birthday Barnaby!

TUNNELS, HOOPS, AND JUMPS! OH, MY!

By: Bridget Jaspart, Pet Committee Chair



In May, residents and their dogs participated in an agility course hosted by the Pet Committee in partnership with Frolick Dogs. Residents were shown how to lead their dogs through the course that included tunnels, hoops, jumps, and balance balls!

2 Important Homebuyer Choices: Your Lender and Your Agent!

As your trusted mortgage lender, I will help you get preapproved so you can shop with confidence! Being preapproved shows sellers that you are serious, and time is money so many agents only show homes to preapproved buyers. I would love to meet you and your agent today to begin your journey to homeownership, and if you don't currently have an agent, I can recommend a great fit for you!



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The first Yappy Happy Hour of '23
Photos provided by Bridget Jaspart



Kentucky Derby Party
Photos provided by Susan Day



Picnic on the Porch
Photos by Susan Day



Peaceful views from WAL balconies
Photos provided by Terry Darcy

CREATING *Lasting* CONNECTIONS



American Flags around WAL!
Photos by Susan Day



CHANGES IN THE **ACTIVITIES OFFICE**

By Brianna Hawkins, Communications Manager

Watergate is excited to announce the arrival of a dynamic and highly-experienced individual to spearhead the Activities Department. Beginning in July, our contract with ProFit Professional Fitness Management will end. Please join us in welcoming Milos Jovanovic, CEO of Sports Jam LLC, as the new Activities Director. Milos and his team will bring over 10 years of invaluable sports management expertise to our community.

Milos Jovanovic's extensive background in sports management makes him a great fit to lead the diverse range of activities offered at Watergate. Milos is especially excited bring social events like monthly Happy Hours back to Watergate. With his arrival, residents can expect an exceptional lineup of engaging events and programs designed to promote an active and vibrant lifestyle. As a resident of WAL, Milos noticed the opportunity to provide more social events to residents of all walks of life and is dedicated to creating an inclusive and exciting atmosphere for everyone.



Milos is passionate about making a change to help WAL activities thrive.

Having worked in various prestigious sports organizations and facilities throughout his career, Milos brings a wealth of knowledge and creativity to his role. His deep understanding of community engagement and his passion for fostering connections will undoubtedly elevate the recreational experience at Watergate. Residents can look forward to a meticulously curated calendar of events, including group fitness classes, sports tournaments, wellness workshops, and more.

A LIFE INSPIRING AT **EVERY TURN!**

By Brianna Hawkins, Communications Manager

At this year's Nowruz celebration you might have caught a peek of Parvin Moghtaderi. on the April issue of the Wheel. What most WAL residents might not realize is how inspiring Parvin is to multiple groups at Watergate.

Parvin defied societal norms and became one of the first female students to delve into the captivating field of Iranian studies in America. With her insatiable curiosity and determination, she embarked on a remarkable journey with leaders of cultural academic excellence, such as Richard N. Frye, who was an American scholar of Iranian and Central Asian studies, and Aga Khan Professor Emeritus of Iranian Studies.

Her pioneering spirit and unwavering dedication have not only paved the way for future generations of female scholars but have also contributed immensely to our understanding of Iran's rich history, culture, and people.

But for Parvin, Watergate is more than just a place to live. WAL is an oasis to exercise and enjoy nature. Parvin is highly respected and known for being one of WAL's active member of the community's Tai Chi group, which organizes weekly classes and social activities that promote diversity and community.

Many residents who utilize the Community Center know Parvin to be one of WAL's best Ping Pong players. Families around the community reach out to Parvin to play and teach others the game. The group has shared their true love and appreciation for the knowledge and leadership Parvin has poured into the community.



Parvin shared a presentation on Iranian culture and the Nowruz celebration to WAL's Tai Chi group.

A SHORT BREAK, A HUGE UPGRADE

By Brianna Hawkins, Communications Manager



We look forward to your continued support and enthusiasm for pickleball.

Imminent disruptions to our regular racquet sports play will take place to begin the upcoming refurbishment of our indoor and outdoor courts. Please read the following information carefully and make note of any necessary actions and dates.

Indoor Courts - Closing July 1

The indoor courts will be closed at the end of the current contract period on June 30. Starting from July 1, work will commence on both the courts and the racquet club facilities. While we do not have a firm end date for the project, the plan is to complete the work on the indoor courts before commencing work on the outdoor courts in the fall.

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Outdoor Courts

During the summer, we encourage all members to consider playing outdoors. To facilitate this, locked boxes containing outdoor pickleballs will be placed on the outdoor courts very soon. Please use the net strap to lower the net to pickleball height. These locks have been installed to prevent ball disappearance and are available to all pickleball players.

Reservation Policy

Although reservations are not mandatory for using the outdoor courts, we strongly recommend making a reservation through Court Reserve. Without a reservation, you may be displaced by other groups or racquet players. By reserving your playing time, you ensure a smoother experience and avoid potential inconveniences.

Fall Contracts

Information regarding the restart of contracts for the fall season will be communicated at a later date. Please stay tuned for further updates and announcements in this regard.

We appreciate your understanding and cooperation during this transition period. If you have any questions or require further clarification, please do not hesitate to contact the Activities Office.



PROFESSIONAL FITNESS MANAGEMENT

Want to attend a Fitness Class?

The Summer Group Exercise Class Schedule began in April. You may join classes anytime, but the purchased classes must be used during the schedule. For example, classes purchased in the winter must be used during the winter class schedule.

Schedule runs from July 1 - September 30
Call 703-370-7092 to purchase your class today!

Buy a class pass to use for any or all fitness classes. Join at any point during the season. Passes purchased for the Spring Exercise Schedule must be used by June 30, 2023.



10 Classes: \$95 * 20 Classes = \$179 * 30 Classes: \$209
Unlimited Classes: \$229 *Less than \$4/class!*
Drop-In Rate: \$10 per class

Spring Group Exercise Schedule

MONDAYS

Pilates - 10:30 a.m. - Terrace Lounge

WEDNESDAYS

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

THURSDAYS

Aqua Zumba - 6 p.m. - Outdoor Pool

SATURDAYS

Gentle Yoga - 9 a.m. - Terrace Lounge

Pro-Fit Referral Program



Don't keep a great thing to yourself! Refer a friend, family member or neighbor to join Pro-Fit's Group Exercise Program!

If they commit to a class pass and mention you as a referral, they receive 35% OFF the price of their class pass AND you get two FREE classes!



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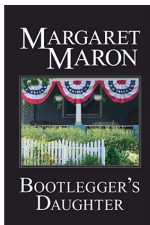
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UPCOMING *Events*



WATERGATE BOOK CLUB
WEDNESDAY
 7:30 p.m.
 Conference Room 2
 + Virtual

The Bootlegger's Daughter
 By Margaret Maron

Email dpmullens@comcast.net for meeting details.

June
7



THE FREAK AND THE GREEK SIP & LISTEN

SATURDAY

7 - 9 p.m.
 Terrace Lounge
 Price: \$15
 (No refunds)

Suzanne Tsacoumis (The Greek) and her partner Steve Houk (The Freak) started their acoustic duo at home as the pandemic began in early 2020; they've since performed close to three dozen live shows. Bring your own beverage and a snack to share with your table.

June
10

YAPPY HAPPY HOUR
FRIDAY

7 - 9 p.m.
 Upper Terrace
 Price: Free



Save the date! Yappy Happy Hour is sponsored by the Pet Committee and is open to all residents who enjoy the company of dogs (and dog owners!)

June
15



SOLOMANS ISLAND SHUTTLE TRIP
THURSDAY

9 a.m. Pick-up • Shuttle Trip • Price: \$25

Join the A&E Committee for a trip to Solomon's Island. The first stop will be at Annmarie Sculpture Garden & Sculpture Park. Then the group will be dropped off at the Calvert Marine Museum, where residents can explore the small island. There are plenty of restaurants within walking distance of the Museum. Attendees can also pick up food, bring it back to the museum, and sit at picnic tables looking out at the water.

June
15

END OF SCHOOL YEAR PARTY

THURSDAY

4 - 7 p.m.
 Multipurpose Court
 Price: Free



Come join us for the WAL's annual end of the school year and the start of the summer vacation celebration. Come celebrate with the most epic water fight of the year. Bring your water guns, water balloons, or anything else that will get everyone soaked. Dress appropriately for getting drenched and having a great time doing so. As always, popsicles will be served, but bring your snacks and drinks as well. Let's see if we can top the last one, which was truly a blast. Donations are accepted!



ANTIQUES ROAD SHOW
SATURDAY

2 - 4 p.m.
 Terrace Lounge.
 Price: \$5
 (No refunds)

June
17

Dr. Jerry Ford from Items of Value, Inc. does appraisal work for individuals, businesses, organizations, and insurance companies. Have an item you want to be appraised? The Antiques Road Show will be held in June! Contact the Activities Office if you want an item appraised at the show for \$25.



CHESAPEAKE AND OHIO CANAL TRIP

THURSDAY

Pick-ups begin at 10:45 a.m.
 Shuttle Trip • Price: \$22
 (Sold out) (No refunds)

June
29

Join the A&E Committee trip to the C&O Canal National Historical Park for a Boat Tour in Georgetown! The 80-foot Heritage is a replica of an historic 1880s boat. Lunch drop-off will be in Georgetown.



PRESIDENT LINCOLN'S COTTAGE
THURSDAY

Pick-ups begin at 10:45 a.m.
 Shuttle Trip • Price: \$25

July
20

Join the A&E Committee trip to President Lincoln's Cottage! Located on one of the highest hills in Washington, DC, three miles from the White House, the Cottage is where Lincoln lived for over a quarter of his presidency and made some of his most critical decisions. Lunch drop-off will be in Shirlington

JUNE

2023

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

LOCATION KEY

BL=Building | BP=Billiard & Ping-Pong | BR=Blue Room | CF1=Conference Room | 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 | ME=Meadow | OP=Outdoor Pool | OT= Outdoor Tennis Court | P=Playground | PA=Picnic Area | PG=Putting Green | PR=Party Room | RC=Racquet Club | TL=Terrace Lounge | TS=Town Square | TV=TV Room | UT=Upper Terrace | VI=Virtual

4	Pilates - 10:30 AM - TL Communications 12:30 PM - VI	Tai Chi - 8 AM - TL Mahjong - 11 AM - CR Redecoration Ad Hoc - 12:30 - 3 PM - CF1 Seniors - 2 PM - TL A&E - 5 PM - CF2 Covenants - 7 PM - VI	Tai Chi - 9 AM - TL Tone/Balance/Stretch 12:15 PM - TL Bridge - 2 PM - CR Recreation - 5 PM - VI Youth - 6 PM - VI Infrastructure - 7 PM - VI Book Club - 7:30 PM CF2 / VI	Tai Chi - 8 AM - TL Cards - 4 PM - CR Aqua Zumba - 6 PM - OP Pet - 7:30 PM - VI	Tai Chi - 9 AM - TL Knit and Stitch - 10 AM - CF2 Yappy Happy Hour - 7 PM - UT	Tai Chi - 8 AM - TL Yoga - 9 AM - CR The Freak & The Greek Sip & Listen - 7 PM - TL	3
11	Pilates - 10:30 AM - TL 12	Tai Chi - 8 AM - TL Mahjong - 11 AM - CR Social - 6 PM - CF2	Tai Chi - 9 AM Bridge - 2 PM - CR Tone/Balance/Stretch - 12:15 PM - TL Landscape - 11 AM - CF2 PRC Meeting - 7 PM - VI	Tai Chi - 8 AM - TL Cards - 4 PM - CR Aqua Zumba - 6 PM - IP Solomons Island Shuttle Trip - 9 AM Pick-up End of School Year Party - 4 PM - MA	Tai Chi - 9 AM - TL Knit and Stitch - 10 AM - CF2 Employee Appreciation Picnic - 1 - 4:30 PM - GZ	Tai Chi - 8 AM - TL Yoga - 9 AM - CR Antiques Road Show 2 - 4 PM - TL	17
18	Pilates - 10:30 AM - TL 19	Tai Chi - 8 AM - TL Mahjong - 11 AM - CR Budget - 7 PM - VI	Tai Chi - 9 AM - TL Bridge - 2 PM - CR Tone/Balance/Stretch - 12:15 PM - TL	Tai Chi - 8 AM - TL Cards - 4 PM - CR Aqua Zumba - 6 PM - OP	Tai Chi - 9 AM - TL Knit and Stitch - 10 AM - CF2	Tai Chi - 8 AM - TL Yoga - 9 AM - CR	24
25	Pilates - 10:30 AM - TL 26	Tai Chi - 8 AM - TL Mahjong - 11 AM - CR Board Meeting - 7:30 PM - TL/VI	Tai Chi - 9 AM - TL Bridge - 2 PM - CR Tone/Balance/Stretch - 12:15 PM - TL	Tai Chi - 8 AM - TL Cards - 4 PM - CR Chesapeake and Ohio Canal Shuttle Trip - 10:45 AM Pick-up	Tai Chi - 9 AM - TL Knit and Stitch - 10 AM - CF2	Tai Chi - 8 AM - TL Yoga - 9 AM - CR	30

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