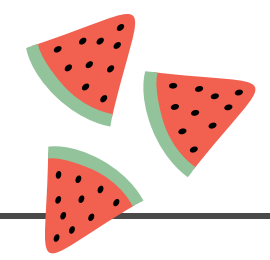


Christina Doll (Property Manager)  
 Cdoll@abodecommunities.org (951) 344- 5274  
 Noemi Munoz (Resident Services Coordinator)  
 nmunoz@abodecommunities.org (213) 225- 2728



# July 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Seated Yoga 10:45am - 11:30am	2 Balance & Stretching 9am - 10am Brain Bomb 12:00pm - 1:00pm 4th of July Celebration 2pm- 4pm	3 FIND Food Distribution 9am - 11:30am Aqua Zumba 9am - 10am	4 OFFICE CLOSED  4 <sup>TH</sup> of JULY ***** Independence Day  No Class: Balance & Stretching	5 Enhance Brain Health 10:30am - 11:30am Tai Chi 11:30am - 12:15pm Olive Garden & Yard House Donation 10 am - 11am  <b>Reminder: Rent Due</b>	6
7	8 Seated Yoga 10:45am - 11:30am	9 Balance & Stretching 9am - 10am Brain Bomb 12:00pm - 1:00pm	10 Aqua Zumba 9am - 10am	11 Balance & Stretching 9am - 10am	12 Enhance Brain Health 10:30am - 11:30am Tai Chi 11:30am - 12:15pm	13
14	15 Seated Yoga 10:45am - 11:30am  Book Club (In Library) 9:30am - 10:30am	16 Balance & Stretching 9am - 10am Coffee with a Cop 10am - 11am Brain Bomb 12:00pm - 1:00pm Managers Meeting 2:00pm - 3:00pm	17 FIND Food Distribution 9am - 11:30am Aqua Zumba 9am - 10am	18 Balance & Stretching 11am - 12pm	19 Enhance Brain Health 10:30am - 11:30am Tai Chi 11:30am - 12:15pm Olive Garden & Yard House Donation 10amm - 11am	20
21	22 Seated Yoga 10:45am - 11:30am	23 Balance & Stretching 9am - 10am Brain Bomb 12:00pm - 1:00pm Bingo 2pm - 4m	24 Aqua Zumba 9am - 10am	25 Balance & Stretching 9am - 10am Birthday Celebration 2:00pm - 3:00pm	26 Enhance Brain Health 10:30am - 11:30am Tai Chi 11:30am - 12:15pm	27
28	29 Seated Yoga 10:45am - 11:30am Matinee Monday 1pm - 3pm	30 Balance & Stretching 9am - 10am Brain Bomb 12:00pm - 1:00pm	31 Aqua Zumba 9am - 10am	<b>ATTACHMENT #2</b>		

**Emergency Maintenance Number:  
909- 703- 2537**





# Indian Wells Villas

## Newsletter

### July 2024



Dear Resident,

' July is hot afternoons and sultry nights and mornings when it's joy just to be alive. July is a picnic and a sunburned neck, softball game and ice tinkling in a tall glass, July is a blind date with Summer nights"

As we fast approach the 4th of July holiday, we celebrate the birth of our nation and the enduring spirit of freedom that defines us. Let's honor the courage of those who fought for our independence and cherish the liberties we hold dear. Lastly, we look forward to honoring those who have fought for our freedom. We encourage residents to bring a cherished object or picture for our Memorial remembrance table at our 4th of July event.

### Managers Highlights

The average temperature in July in Indian Wells is 106 degrees.

This year we have had a lot of weird weather which includes higher temperatures closer to 110-115 and higher humidity around 25% daily. Due to this excessive heat and the City of Indian Wells Sidewalk Improvement project going on through the month of July, we know that everyone might get a little rest less.

We would like to suggest some ideas for fun things that can be done indoors to stay out of the heat and avoid the dust and noise.

- read a good book: visit the library in the community center or join our book club
  - have a movie marathon with friends or neighbors: make some popcorn, grab some drinks and kick back to enjoy a good series of movies like The Indian Jones collection
  - arts and crafts- get out those projects hidden in the closet that you never finished or go through your junk drawers and get creative
  - try a new recipe- there are apps and websites where you can type in the ingredients you have on hand and it will generate a recipe for you, to avoid using the oven look for summer salads or pasta salads
  - get out a puzzle and clear off the table or get a puzzle book if you prefer to keep it to a smaller work area. The dollar store has puzzle books that have word searches, crosswords, suduko and more.
  - adult coloring books are all the rage these days and you can pick these up with some colored pencils at the dollar store as well.
  - check out a yoga or exercise video on YouTube that you can follow along at your own pace and level to stay active
- We wish you all a wonderful July and look forward to seeing you during our classes and celebrations.

Stay cool and stay healthy!

### Staff Contact Information

Christina Doll Community Manager  
cdoll@abodecommunities.org  
(951)344 - 5274

Noemi Munoz Resident Services Coordinator  
nmunoz@abodecommunities.org  
(213) 225 - 2728

Maintenance Emergency Number  
(909) 703-2537



### July Birthdays

Wishing you a very happy birthday and a year filled with Love, Adventures, and Prosperity. Here's to You!

Happy Birthday

Cheryl Bolling

Free Furniture pick up  
Habitat For Humanity  
(760) 770 - 3723

Goodwill - Rancho  
Mirage (760) 423 - 5666  
Angel View Resale Store -  
Palm Desert (760) 636 - 4837  
Southwest Church Thrift  
Store (760) 601- 3302  
Revivals Stores - Palm  
Desert (760) 992 -0499  
Galille Center Thrift  
Store (760) 398 -2100

### Cooling Center

La Quinta's Cool Center Is located at  
Wellness Center  
Address: 78450 Ave. La Fonda La  
Quinta CA 92253  
Hours: Monday - Friday 9:00 am  
-4:00pm  
Phone Number:(760) 564-0096

### Community Resources and Events:

Farmers Market every Thursday from 8 am to 2 pm

Southwest Church address 44-175  
Washington Street Indian Wells Ca.  
92210

Thursday July 4th City Hall will be  
Closed.

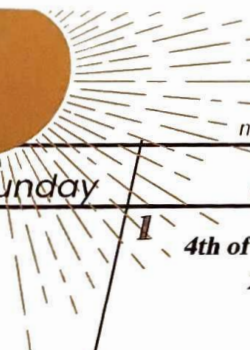
Wednesday July 17th Public Safety  
Committee Indian Wells City Hall  
44950 Eldorado DR. Indian Wells,  
CA 922103:00 pm - 4:00pm

Thursday July 18th City Council  
Meeting Indian Wells City Hall  
44950 Eldorado DR. Indian Wells, Ca  
92210

Thursday July 25th Planning  
commission Meeting India Wells City  
Hall 44950 Eldorado DR. Indian  
Wells Ca. 92210

Saturday July 27th Shed event  
Burrtec Parking lot 41575 Eclectic St.  
Palm Dessert Ca. 92260





JoAnna Rivera (Property Manager)  
 MWillas@abodecommunities.org (760) 772-4688  
 Noemi Munoz (Resident Services Coordinator)  
 nmunoz@abodecommunities.org (213) 225-2728



# July 2024

HELLO SUMMER!

MOUNTAIN VIEW VILLAS



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1 4th of July Celebration</b> 2pm - 4pm  <i>Pinochle (Card Game)</i> 2pm - 5pm	<b>2</b>	<b>3</b> <b>Zumba</b> 10am - 11am	<b>4</b> <b>OFFICE CLOSED</b>  <b>4<sup>TH</sup> of JULY</b>  No Class: <b>Balance &amp; Stretching</b>	<b>5</b> <b>Enhance Brain Health</b> 12:30pm - 1:30pm  Reminder: <b>Rent Due</b>	<b>6</b>
<b>8</b> <b>FIND Food Distribution</b> 9am - 11:30am  <b>Interior Pest Control</b>  <i>Pinochle (Card Game)</i> 2pm - 5pm	<b>9</b> <b>Balance &amp; Stretching</b> 11am - 12pm  <b>Mahjong</b> 1pm - 3pm	<b>10</b> <b>Zumba</b> 10am - 11am	<b>11</b> <b>Balance &amp; Stretching</b> 11am - 12pm  <i>Pinochle (Card Game)</i> 2pm - 5pm	<b>12</b> <b>Olive Garden Donation</b> 10:30am - 11:03am  <b>Enhance Brain Health</b> 12:30pm - 1:30pm	<b>13</b>	
<b>15</b>  <i>Pinochle (Card Game)</i> 2pm - 5pm	<b>16</b> <b>Balance &amp; Stretching</b> 11am - 12pm  <b>Coffee with a Cop</b> 2pm - 3pm  <b>Exterior Pest Control</b> <b>Mahjong</b> 1pm - 3pm <b>Book Club (In Library)</b> 1pm - 3pm	<b>17</b> <b>Zumba</b> 10am - 11am	<b>18</b> <b>Balance &amp; Stretching</b> 9am - 10am  <b>Managers Meeting</b> 10:30am - 11:30am  <i>Pinochle (Card Game)</i> 2pm - 5pm	<b>19</b> <b>Enhance Brain Health</b> 12:30pm - 1:30pm  <b>Movie Date</b> 2pm - 4:30 pm	<b>20</b>	
<b>22</b> <b>FIND Food Distribution</b> 9am - 11:30am  <i>Pinochle (Card Game)</i> 2pm - 5pm	<b>23</b> <b>Balance &amp; Stretching</b> 11am - 12pm  <b>Mahjong</b> 1pm - 3pm	<b>24</b> <b>Zumba</b> 10am - 11am  <b>Birthday Celebration</b> 2:00pm - 3:00pm	<b>25</b> <b>Balance &amp; Stretching</b> 11am - 12pm  <i>Pinochle (Card Game)</i> 2pm - 5pm	<b>26</b> <b>Olive Garden Donation</b> 10am - 11am  <b>Enhance Brain Health</b> 12:30pm - 1:30pm	<b>27</b>	
<b>29</b>  <i>Pinochle (Card Game)</i> 2pm - 5pm	<b>30</b> <b>Balance &amp; Stretching</b> 11am - 12pm  <b>Mahjong</b> 1pm - 3pm	<b>31</b> <b>Zumba</b> 10am - 11am  <b>Bingo</b> 2pm - 4pm				

Pinochle (Card Game)  
2pm - 5pm





# Mountain View Villas

## Newsletter

### July 2024



Dear Resident,

July is hot afternoons and sultry nights and mornings when it's joy just to be alive. July is a picnic and a sunburned neck, softball game and ice tinkling in a tall glass, July is a blind date with Summer nights"

As we fast approach the 4th of July holiday, we celebrate the birth of our nation and the enduring spirit of freedom that defines us. Let's honor the courage of those who fought for our independence and cherish the liberties we hold dear. Lastly, we look forward to honoring those who have fought for our freedom. We encourage residents to bring a cherished object or picture for our Memorial remembrance table at our 4th of July event.

### Community Resources and Events:

Farmers Market every Thursday from 8 am to 2 pm

Southwest Church address 44-175 Washington Street Indian Wells Ca. 92210

Thursday July 4th City Hall will be Closed.

Wednesday July 17th Public Safety Committee Indian Wells City Hall 44950 Eldorado DR. Indian Wells, CA 92210 3:00 pm - 4:00pm

Thursday July 18th City Council Meeting Indian Wells City Hall 44950 Eldorado DR. Indian Wells, Ca 92210

Thursday July 25th Planning commission Meeting India Wells City Hall 44950 Eldorado DR. Indian Wells Ca. 92210

Saturday July 27th Shed event Burrtec Parking lot 41575 Eclectic St. Palm Dessert Ca. 92260

### Managers Highlights

Summer is here the sun is shining! May the sun's rays bring light into your days!

Summer is a great time of year for seniors to get outdoors, travel, spend time with loved ones, and enjoy themselves. The warm temperatures and bright sunshine can feel great for your mental and physical health after a long winter. You may feel more motivated than ever to be active and outgoing during the summer. The summer months do have some risks for seniors, though, so it's important for you to take safety precautions. By making sure that you're equipped to take on the warm weather, you can enjoy the summertime without worry.

#### 1. DRINK PLENTY OF WATER.

It's very easy to become dehydrated in hot weather, and seniors are especially vulnerable. By the time you feel thirsty, you're already experiencing the effects of mild dehydration. To protect yourself and your health, you should drink water consistently throughout the day.

The recommended daily water intake can vary from person to person, so you should consult with your doctor if you're not sure how much you should drink. The general rule is to consume eight glasses of water per day, but you may need more if you spend a lot of time outside in the summer. Additionally, you should reduce your consumption of alcohol and caffeine as both can dehydrate you.

#### 2. BE MINDFUL OF EXTREME HEAT.

Warm temperatures and high humidity are more dangerous for seniors than they are for younger adults. If you've lived your whole life in the same area, you might feel like you can handle the heat with no problem. However, as you get older, you do need to take more precautions. Temperatures that were once tolerable could start to have an impact on your health.

You can stay safe in the summertime by checking the forecast before going outside or scheduling events. On days with particularly high temperatures, try to go out early in the morning or late in the evening so that you miss the worst of the heat.

#### 3. KNOW THE SIGNS OF HEAT EXHAUSTION AND HEAT STROKE.

Heat exhaustion and heat stroke are both serious medical issues that can be very dangerous for seniors. The following are some of the most common signs of heat-related illnesses:

- Tiredness, weakness, or dizziness
- Red and flushed skin
- Rapid heartbeat
- Fainting
- Headache
- Nausea
- Confusion

#### 4. TRY TO STAY IN AIR-CONDITIONED LOCATIONS.

Air conditioning is the norm in some locations and a rarity in others. If you don't have air conditioning in your home, identify a few places in your area that do. A friend or family member might have air conditioning, and your local library and community center probably do as well. While you may be used to functioning without AC on a typical day, knowing where to go in the event of an extreme heat wave is vital.

Happy 4th of July!

### Staff Contact Information

JoAnna (Community Manager)  
760-772-4688

mvvillas@abodecommunities.org

Noemi Munoz (resident Services Coordinator)  
(213) 225 - 2728

nmunoz@abodecommunities.org

### July Birthdays

Wishing you a very happy birthday and a year filled with Love, Adventures, and Prosperity. Here's to You!

Happy Birthday

- Cindy Quake
- Jeanne Tillison
- Gloria Grift
- Vicki Crosby

Free Furniture pick up  
Habitat For Humanity  
(760) 770 - 3723

Goodwill - Rancho  
Mirage (760) 423 - 5666

Angel View Resale Store -  
Palm Desert (760) 636 - 4837

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Quinta CA 92253

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Phone Number:(760) 564-0096

Anna Rivera (Property Manager)  
 annarivera@abodecommunities.org (760) 772-4688  
 Ana Munoz (Resident Services Coordinator)  
 amunoz@abodecommunities.org (213) 225-2728



# AUGUST 2024



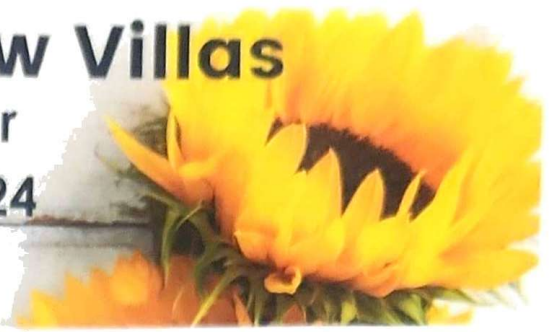
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Enhance Brain Health 12:30pm - 1:30pm  Olive Garden & Yard House Donation 10am - 11 am	3
	5  <b>Reminder:</b> <b>Rent Due</b> Pinochle (Card Game) 2pm - 5pm	6 Balance & Stretching 11am - 12pm  Mahjong 1pm - 3pm	7 Zumba 10am - 11am	8 Balance & Stretching 11am - 12pm Luau Party 2pm - 4pm  Pinochle (Card Game) 2pm - 5pm	9 Enhance Brain Health 12:30pm - 1:30pm	10
11	12 FIND Food Distribution 9am - 11:30am  <b>Interior Pest</b> Pinochle (Card Game) 2pm - 5pm <b>Control</b>	13 Balance & Stretching 11am - 12pm  Mahjong 1pm - 3pm	14 Zumba 10am - 11am Parkinson Assosiation 11am - 12pm	15 Balance & Stretching 9am - 10am  Managers Meeting 10:30am - 11:30am  Pinochle (Card Game) 2pm - 5pm	16 Enhance Brain Health 12:30pm - 1:30pm  Olive Garden & Yard House Donation 10am - 11 am  Movie Friday 2:pm - 4:30pm	17
18	19  Pinochle (Card Game) 2pm - 5pm	20 Balance & Stretching 11am - 12pm  Mahjong 1pm - 3pm <b>Exterior Pest</b> <b>Control</b>	21 Zumba 10am - 11am	22 Balance & Stretching 11am - 12pm  Pinochle (Card Game) 2pm - 5pm	23 Enhance Brain Health 12:30pm - 1:30pm No Class Bingo 2pm- 4pm	24
25	26 FIND Food Distribution 9am - 11:30am  Pinochle (Card Game) 2pm - 5pm	27 Balance & Stretching 11am - 12pm  Mahjong 1pm - 3pm	28 Zumba 10am - 11am  Birthday Celebration 2pm - 3pm	29	30  Olive Garden & Yard House Donation 10am- 11am	31



# Mountain View Villas

## Newsletter

### August 2024



#### Dear Resident,

Welcome August, A bounty of beautiful beginning & blissful never-endings of joy, peace, love, happiness, good health and prosperity to you and your loved ones. may Your dreams come to light in the month ahead

#### Community Resources and Events:

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Address: 78450 Ave. La Fonda La Quinta CA 92253  
Hours: Monday - Friday 9:00 am -4:00pm  
Phone Number:(760) 564-0096

#### Managers Highlights

August is upon us, August is the last month of summer and the hottest month of the year. Sure, August is a hot month, but August 2024 is looking cooler than typical, with a chance of hurricanes and tropical storms. Heat is the number one weather-related killer in the United States, so take extra caution, stay hydrated, do not go out during the hottest times of the day which is usually between 2 – 4 pm. And be sure to wear lightweight, loose-fitting, light-colored clothing to reflect heat.

As temperatures climb, I want to help you with your summer home energy prep with a few simple cost-savings solutions to keep you cool and comfortable. To rule the cool inside your home, start by adjusting your thermostat. Set it to 78 degrees or higher when you're home health permitting. Next, seal any leaks or drafty doors and windows. Also, replace air filters. By cleaning or replacing air filters, you can improve performance, enhance air quality, and reduce energy costs. Another money-saving move—close blinds or curtains during the hottest part of the day. They block the sun, keep your home cooler and don't forget to use your ceiling fan. Fans create a breeze without draining energy from your AC.

Zodiac signs for August are:

Leo: Your solar return is giving you the opportunity to reflect upon the past to see where you're going. Allow yourself the chance to understand the direction you wish to take as you continue to pursue greatness on your terms only. This leads to self-discovery and a love affair with yourself.

Virgo: Get ready to widen your circle, Virgo! Thomas predicts 2024 will grant you "many opportunities for improved expansion and growth," particularly on a "personal or intellectual level."

I look forward to seeing you all at the Luau! Happy Summer!



#### August Birthdays

We wish you nothing but the best for for your special day. For your birthday, I wish you a sky full of happiness and that everyday brings a smile to your face.

Happy Birthday!

Geneva Berns

JoAnna (manager) 8/24

Free Furniture pick up  
Habitat For Humanity

(760) 770 - 3723

Goodwill - Rancho

Mirage (760) 423 - 5666

Angel View Resale Store -  
Palm Desert (760) 636 - 4837

Southwest Church Thrift  
Store (760) 601- 3302

Revivals Stores - Palm  
Desert (760) 992 -0499

Galille Center Thrift  
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#### Staff Contact Information

JoAnna (Community Manager)  
760-772-4688

mvvillas@abodecommunities.org

Noemi Munoz ( resident Services Coordinator)  
(213) 225 - 2728

nmunoz@abodecommunities.org

(760) 333-1111 (Dial a Property Manager)  
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# AUGUST

Emergency Maintenance Number:  
909-703-2537

INDIAN WELLS VILLAS



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Balance & Stretching 9am - 10am	2 Enhance Brain Health 10:30am - 11:30am Tai Chi 11:30am - 12:15pm	3
	5 Seated Yoga 10:45am - 11:30am  Bust a Bug	6 Balance & Stretching 9am - 10am Brain Bomb 12:00pm - 1:00pm Welbe Health 1:00pm - 2:00pm	7 FIND Food Distribution 9am - 11:30am Aqua Zumba 9am - 10am	8 Balance & Stretching 9am - 10am	9 Enhance Brain Health 10:30am - 11:30am Tai Chi 11:30am - 12:15pm  Olive Garden Donation 10am - 11am	10
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# Indian Well Villas

## Newsletter

### August 2024



#### Dear Resident,

Welcome August, A bounty of beautiful beginning & blissful never-endings of joy, peace, love, happiness, good health and prosperity to you and your loved ones. may Your dreams come to light in the month ahead

#### Community Resources and Events:

Farmers Market every Thursday from 8 am to 2 pm

Southwest Church address 44-175 Washington Street Indian Wells Ca. 92210

**Saturday, August 3, 2024 La Quinta Summer Golf Experience.** Held at the Desert Willow (Mountain View Course) for 10 weeks &:30 am - 12:00pm

**Wednesday August 7th Coffee with a Cop.** Held at 44500 Indian Wells Lane, Indian Wells, Ca 92210 8am - 10am

**Housing Authority Meeting.** Held at 44950 Eldorado DR. Indian Wells, Ca 92210 at 1:00 pm

**Planning Commission Meeting.** held at 44950 Eldorado Dr. Indian Wells Ca, 92210

#### Cooling Center

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Hours: Monday - Friday 9:00 am -4:00pm

Phone Number:(760) 564-0096

#### Staff Contact Information

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cdoll@abodecommunities.org

Noemi Munoz ( resident Services Coordinator)  
(213) 225 - 2728

nmunoz@abodecommunities.org

#### Managers Highlights

With July behind us, I want to take a moment to review the projects that were ongoing in July and completed:

-Sidewalk replacement & Landscape upgrade project is coming to a close with the last working day scheduled for Friday 8/2/24- we will be sending a separate notice out for details on this coming soon.

-New Generator being delivered and installed on Tuesday 7/30/24

-Plam Tree trimming

-Landscape clean up days 7/25 & 7/26 - Vintage focused on getting the property cleaned up after the sidewalk project, palm trimming and storms we have had recently, thank you for your persistence and patience!

Things to look forward to in August:

-The BBQ area will get a fresh coat of paint, some lighting, and the BBQ's will be fixed and cleaned in preparation for the cooler weather for grilling & get together.

-Mailboxes will get new labels inside and out, which will assist in mail getting to the correct recipients

-Cameras and WiFi systems in common areas will be finalized and operational throughout the Community

-Resident Services will be celebrating with a Luau, lets have some fun after all this hard work!  
DID YOU KNOW: Trucker superstitions

#### 1. Never Haul Empty

When driving along roadways, you may spot a truck towing a seemingly empty flatbed. Look a little closer because there might be a children's toy on the bed. Pictures of small toy trucks strapped onto long flatbeds pop up every now and then online. While it is an amusing and silly thing to see, many truckers believe that it's bad luck to drive an empty truck. Drivers will place any object in their truck's trailer or on the flatbed to avoid this superstition.

See picture below- provided to us by Bonnie Lynch



#### August Birthdays

We wish you nothing but the best for for your special day. For your birthday, I wish you a sky full of happiness and that everyday brings a smile to your face.

Happy Birthday

Marynell Stone

Barbara Smidt

Pamela Hagemann

Bonnie Lynch

Sonja Judkins

Free Furniture pick up

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Goodwill - Rancho Mirage (760) 423 - 5666

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# September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <b>Office Closed Labor Day</b>  Seated Yoga 9:30 am - 10:15 am	3 <b>Balance &amp; Stretching</b> 9am - 10am Brain Bomb 12:00pm - 1:00pm	4 <b>FIND Food Distribution</b> 9am - 11:30am Aqua Zumba 9am - 10am	5 <b>Balance &amp; Stretching</b> 9am - 10am	6 <b>Enhance Brain Health</b> 10:30am - 11:30am Tai Chi 11:30am - 12:15pm <b>Olive Garden &amp; Yard House Donation</b> 10:00am - 11:00pm	7
8	9 Seated Yoga 9:30 am - 10:15 am <b>Bingo</b> 2:00pm - 4:00pm   Bust a Bug	10 <b>Balance &amp; Stretching</b> 9am - 10am  Brain Bomb 12:00pm - 1:00pm	11 Aqua Zumba 9am - 10am	12 <b>Balance &amp; Stretching</b> 9am - 10am  <b>Intro to Spanish</b> 2:00pm - 3:00pm	13 <b>Enhance Brain Health</b> 10:30am - 11:30am Tai Chi 11:30am - 12:15pm	14
15	16 Spirit week wear your favorite team jersey day! Seated Yoga 9:30 am - 10:15 am <b>Community Potluck</b> 2:00pm - 4:00pm	17 Spirit Week Twinning Tuesday! <b>Balance &amp; Stretching</b> 9am - 10am Brain Bomb 12:00pm - 1:00pm <b>Managers Meeting</b> 2:00pm - 3:00pm	18 Spirit Week Wacky Wednesday  <b>FIND Food Distribution</b> 9am - 11:30am Aqua Zumba 9am - 10am	19 Spirit Week Crazy hair / sock Day  <b>Balance &amp; Stretching</b> 11am - 12pm	20 Spirit Week favorite Decade <b>Olive Garden &amp; Yard House Donation</b> 10:00am - 11:00am  Enhance Brain Health 10:30am - 11:30am Tai Chi 11:30am - 12:15pm <b>Labor Day Celebration</b> 2:00pm - 3:00pm	21
22 <b>FIST DAY OF AUTUMN</b>	23 Seated Yoga 9:30 am - 10:15 am   Bust a Bug	24 <b>Balance &amp; Stretching</b> 9am - 10am  Brain Bomb 12:00pm - 1:00pm	25 Aqua Zumba 9am - 10am  <b>Birthdays</b> 2:00pm - 3:00pm	26 <b>Balance &amp; Stretching</b> 9am - 10am	27 <b>Enhance Brain Health</b> 10:30am - 11:30am Tai Chi 11:30am - 12:15pm  <b>Movie Friday</b> 2:00pm - 4:00pm	28
29	30 Seated Yoga 9:30 am - 10:15 am				<b>Emergency Maintenance Number: 909- 703- 2537</b>	



# Indian Well Villas

## Newsletter

### September 2024

#### Dear Resident,

Wow, how are we already in the month of September. Cooler weather to take walks along side neighbors, catching up with a nice hot cup of coffee or tea in the club house. Enjoying the beautiful sunsets with a love one. Making lifetime memories thus beautiful fall.

#### Community Resources and Events:

- Thursday September 5th 2024 City Council Meeting 1:30 at 44950 Eldorado Dr. Indian Wells CA. 92210
- Thursday September 26th 2024 panning commission meeting 1:30pm - 3:30pm at 44950 Eldorado Dr. Indian Wells CA 92210
- Saturday September 21st 2024 Music Showcase at the Shops 2:00 pm - 4:00 pm

#### Staff Contact Information

- Christina Doll (Community Manager)  
(951)344-5274  
doll@abodecommunities.org
- Noemi Munoz (resident Services Coordinator)  
(213) 225 - 2728  
nmunoz@abodecommunities.org

#### Managers Highlights

Summer is Finally coming to an end, and we are all looking forward to cooler weather! We have had a very hot and humid summer and still managed to get quite a bit accomplished for our Community that we hope you will all enjoy in the months to come.

Universal Construction will be finalizing the sidewalk project with the installation of the sunshade sails, which will add some much-needed shade and a bit of color. Additionally, they will be adding more river rock to some common areas in the landscaping. Once that has been completed, they will replace the plants that did not make it through the project. I want to thank all of you for all your patience and cooperation through this big job, we couldn't have done it so successfully without your help!

We look forward to giving our BBQ area some freshening up with new paint, a new shade cloth and new much needed parts for the grills themselves. We will add the final touches with some beautiful solar string lights to brighten up this area in the evenings, which we hope you will be able to enjoy with your neighbors, friends and loved ones.

Just a reminder that the Office will be Closed the following days in September:  
Monday September 5, in observance of Labor Day Holiday

Tuesday September 17, Abode Training in LA  
Thursday September 26, Abode all staff day in LA  
September also brings the Labor Day Holiday: We want to take a moment to really think about what this holiday means to all of us and how we can celebrate it over the long weekend:

Labor Day's history goes back to the late 19th century as part of an effort establish a way to honor workers. From barbecues to getaways to shopping the sales, many people across the U.S. mark Labor Day--the federal holiday celebrating the American worker--by finding ways to relax. This year is the 130th anniversary of the holiday, which is celebrated on the first Monday of September. While actions by unions in recent years to advocate for workers are a reminder of the holiday's activist roots, the three-day weekend it creates has become a touchstone in the lives of Americans marking the unofficial end of summer. We hope that all of you find ways to relax and enjoy your Labor Day weekend with your loved ones.



#### September Birthdays

We wish you nothing but the best for for your special day. For your birthday, I wish you a sky full of happiness and that everyday brings a smile to your face.

#### Happy Birthday

- Sally Weitzel
- Patricia Rasmussen
- Susan Klysa
- Linda Ison
- Robert Bolling
- Dojna Muncan
- Patricia Ann Wilson

- Free Furniture pick up
- Habitat For Humanity (760) 770 - 3723
- Goodwill - Rancho Mirage (760) 423 - 5666
- Angel View Resale Store - Palm Desert (760) 636 - 4837
- Southwest Church Thrift Store (760) 601- 3302
- Revivals Stores - Palm Desert (760) 992 -0499
- Galille Center Thrift Store (760) 398 -2100

# September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <b>Office Closed Labor Day</b>  Pinochle (Card Game) 2pm - 5pm	3 <b>Balance &amp; Stretching</b> 11am - 12pm <b>Intro to Spanish</b> 2:00pm - 3:00pm  Mahjong 1pm - 3pm	4 <b>Zumba</b> 10am - 11am	5 <b>Balance &amp; Stretching</b> 11am - 12pm  <b>Reminder: Rent Due</b>	6 <b>Enhance Brain Health</b> 12:30pm - 1:30pm  Pinochle (Card Game) 2pm - 5pm	7
8	9 <b>FIND Food Distribution</b> 9am - 11:30am  <b>Interior Pest Control</b> Pinochle (Card Game) 2pm - 5pm	10 <b>Balance &amp; Stretching</b> 11am - 12pm  Mahjong 1pm - 3pm	11 <b>Zumba</b> 10am - 11am  <b>Bingo</b> 2:00pm - 4:00pm	12 <b>Balance &amp; Stretching</b> 11am - 12pm  Pinochle (Card Game) 2pm - 5pm	13 <b>Olive Garden Donation</b> 10am - 11 am  <b>Enhance Brain Health</b> 12:30pm - 1:30pm <b>Labor Day Celebration</b> 2:00 pm - 4:00 pm	14
15	16    Pinochle (Card Game) 2pm - 5pm	17 <b>Balance &amp; Stretching</b> 11am - 12pm  Mahjong 1pm - 3pm	18 <b>Zumba</b> 10am - 11am  <b>Movie Matinee</b> 2:00pm - 4:00pm	19 <b>Balance &amp; Stretching</b> 9am - 10am <b>Managers Meeting</b> 10:30am - 11:30am  Pinochle (Card Game) 2pm - 5pm	20 <b>Enhance Brain Health</b> 12:30pm - 1:30pm	21
22 <b>FIRST DAY OF AUTUMN</b>	23 Spirit week wear your favorite team jersey day! <b>FIND Food Distribution</b> 9am - 11:30am  Pinochle (Card Game) 2pm - 5pm	24 Spirit week Twinning Tuesday <b>Balance &amp; Stretching</b> 11am - 12pm <b>Community Potluck</b> 2:00pm - 4:00pm Mahjong 1pm - 3pm	25 Spirit week Wacky Wednesday  <b>Zumba</b> 10am - 11am <b>Birthdays</b> 2:00pm - 3:00pm	26 Spirit week Crazy sock /hair day  <b>Balance &amp; Stretching</b> 11am - 12pm Pinochle (Card Game) 2pm - 5pm	27 Spirit week Favorite Decade  <b>Olive Garden Donation</b> 10am - 11am <b>Enhance Brain Health</b> 12:30pm - 1:30pm	28
29	30    Pinochle (Card Game) 2pm - 5pm					



# Mountain View Villas

## Newsletter

### September 2024

#### Dear Resident,

Wow, how are we already in the month of September. Cooler weather to take walks along side neighbors, catching up with a nice hot cup of coffee or tea in the club house. Enjoying the beautiful sunsets with a loved one. Making lifetime memories this beautiful fall.

#### Community Resources and Events:

- Thursday September 5th 2024 City Council Meeting 1:30 at 44950 Eldorado Dr. Indian Wells CA. 92210
- Thursday September 26th 2024 planning commission meeting 1:30pm - 3:30pm at 44950 Eldorado Dr. Indian Wells CA 92210
- Saturday September 21st 2024 Music Showcase at the Shops 2:00 pm - 4:00 pm

#### Staff Contact Information

- Joanna Rivera (Community Manager) (760) 772 - 4688  
mvvilas@abodecommunities.org
- Noemi Munoz (resident Services Coordinator) (213) 225- 2728  
nmunoz@abodecommunities.org

#### Managers Highlights

Dear Resident, September is finally here, we are finally getting some relief from the heat, the cooler days and holidays will be here before we know it.

September brings a month of remembrance of all the Fallen and the Heroes of the 9/11 terrorist attacks.

Let us take some time to honor, remember, and pray for our Heros, for all the Fallen and their Families of that horrific tragedy, that will never be forgotten.

May we hold them all in our thought and prayers.

September 2, 2024, is Labor day, the office will be closed on Monday 09/02/2024 and will be back open on 09/03/2024 during normal business hours. If you have a maintenance emergency, please call the maintenance emergency line at 909-235-9376.

September 11, 2024, as mentioned above is Patriot Day, and National Acts of Service Day. Remembrance of our Heros who died in the 09/11/2001 Terrorist attacks. To honor Dr. King's vision of a Beloved Community, the call to action for this day encourages every American to volunteer to improve their community.

September 17, 2024, is Constitution day; we celebrate the adoption of the US Constitution which occurred on 09/17/1787.

September marks the start of fall this year's Autumnal Equinox occurs at 8:44 am EDT. On this date, there are approximately equal hours of daylight and darkness.

September's full moon, the Harvest Moon, reaches peak illumination on Tuesday, September 17, at 10:34 P.M. EDT. This year, it is also a Supermoon!

September's zodiac signs are Virgo (Aug. 23- Sept. 22) and Libra (Sept. 23-Oct. 22).

September 11, 2001, was a day that forever changed the world and the lives of many, Lets us Honor and commemorate the sacrifices made that day by remembering the heroes, armed forces, first responders, and countless others' acts of service to defend our nation's freedom.

**We Will Never Forget!**



#### September Birthdays

We wish you nothing but the best for for your special day. For your birthday, I wish you a sky full of happiness and that everyday brings a smile to your face.

Happy Birthday

Bell Houglan  
Karen Williams

Free Furniture pick up  
Habitat For Humanity (760) 770 - 3723

Goodwill - Rancho Mirage (760) 423 - 5666

Angel View Resale Store - Palm Desert (760) 636 - 4837

Southwest Church Thrift Store (760) 601- 3302

Revivals Stores - Palm Desert (760) 992 -0499

Galille Center Thrift Store (760) 398 -2100