



## ***News from the Cove***

### ***January 2010***

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#### **JANUARY BIRTHDAYS**

Victoria Baker	Jan. 3	Frank Casale	Jan. 19
Arlene Heier	Jan. 10	Dawn Gerardi	Jan. 19
Richard Jensen	Jan. 10	John Duffy	Jan. 26
Terry Moul	Jan. 11	Logan Jones	Jan. 26
Judy Webster	Jan. 13	Earl Steinmetz	Jan. 26
Maureen Fry	Jan. 15	Robert Boyer	Jan. 29
Karen Staub	Jan. 16	Al Williams	Jan. 31

#### **JANUARY ANNIVERSARIES**

Bill & Beverly Press	Jan. 9	Charles & Ruth Zimmerman	Jan. 11
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## CALENDAR FOR JANUARY

Jan. 1- Friday  
New Year's Day  
Center Closed

Jan. 4- Monday  
Men's Coffee- 8:00 a.m.  
ECC- 9:00 a.m.

Jan. 5- Tuesday  
Book Club- Cancelled  
Board Meeting- Cancelled

Jan. 6- Wednesday  
Men's Coffee- 8:00 a.m.  
Euchre- 6:30 p.m.

Jan. 7- Thursday  
Nikki Desch- Tai Chi- 9:00 a.m.  
Bible Study- 1:00

Jan. 8- Friday  
Men's Coffee- 8:00 a.m.  
Qigong- 10:30 a.m.

Jan. 9- Saturday  
Dinners in the Cove- 6:00 p.m.

Jan. 12- Tuesday  
Bank Seminar- Noon

Poker- 5:00 p.m.

Jan. 13- Wednesday  
Cards/Poker/Dominoes- 6:30  
p.m.

Jan. 14- Thursday  
Nikki Desch- Tai Chi- 9:00 a.m.  
Bible Study- 1:00 p.m.

Jan. 15- Friday  
Men's Coffee- 8:00 a.m.  
Qigong- 10:30 a.m.

Jan. 18- Monday  
Martin Luther King Jr. Day  
Men's Coffee- 8:00 a.m.  
ECC Meeting- 9:00 a.m.

Jan. 19- Tuesday  
MAC Users- 6:30 p.m.

Jan. 20 Wednesday  
Men's Coffee- 8:00 a.m.  
Euchre- 6:30 p.m.

Jan. 21- Thursday  
Nikki Desch- Tai Chi- 9:00 a.m.  
Bible Study- 1:00 p.m.

Woodworkers- 7:00 p.m.

Jan. 22- Friday  
Men's Coffee- 8:00 a.m.  
Qigong- 10:30 a.m.

Jan. 25- Monday  
Men's Coffee- 8:00 a.m.  
Quilters- 10:00 a.m.

Jan. 26- Tuesday  
Embroidery Group- 9:00 a.m.

Jan. 27- Wednesday  
Men's Coffee- 8:00 a.m.  
Common Properties- 10:00 a.m.  
Cards/Poker/Dominoes- 6:30  
p.m.

Jan. 28- Thursday  
Cove Breakfast- 9:00 a.m.  
Bible Study- 1:00 p.m.

Jan. 29- Friday  
Men's coffee- 8:00 a.m.  
Qigong- 10:30 a.m.

## FEBRUARY HIGHLIGHTS

Feb 1- Monday  
Men's Coffee- 8:00 a.m.  
ECC Meeting- 9:00 a.m.

Feb. 2- Tuesday

Book Club- 10:00 a.m.  
Open Forum- 6:30 p.m.  
Board Meeting- 7:00 p.m.

## *THE BULLETIN BOARD*

Hopefully everyone had a safe and fun Christmas and New Years Day. Now that the holidays are behind us, it's time to get back to a regular routine. Breakfasts will resume on Thursday,

January 29<sup>th</sup>, at 9:00 a.m. and will be on the last Thursday of each month. The cost is \$2.00 for the very best breakfast in town. Bills for the POA annual maintenance will be mailed out in January 2010. Late fees will be assessed on July 1<sup>st</sup> on any unpaid balances.

### **CUMBERLAND COVE BOOK CLUB**

The Cumberland Cove Book Club meets one hour the first Tuesday of every month at 10:00 a.m. at the Welcome center. Members choose the books, and a different member leads the discussion of a book each time. For more information, please contact Valerie Sizemore at 839-2830.

### **RED HAT LADIES** **Wednesday, January 13, 2009**

Going to El Tapatio, 900 South Jefferson in Cookeville. Meet at the Welcome Center at 10:45 a.m., lunch will be at 11:30 a.m. The Queens are: Blanche Hessel, 839-8927, [pinecor@aol.com](mailto:pinecor@aol.com) and Melva Via, 839-6326, [johnvia@frontiernet.net](mailto:johnvia@frontiernet.net). Please call either one to make reservations.

### **DINNERS IN THE COVE**

The Cove dinners provide an opportunity for residents to meet in small, informal settings. Singles and couples are welcome. We meet on the second Saturday of the month, September through May.

New members are welcome at any time of the year. The January dinners will be on Saturday, January 9<sup>th</sup>. Time is at the discretion of the hosts.

For additional information, call Valerie Sizemore at 839-2830 or Melva Vandergriff at 839-6981.

### **BOX TOPS FOR EDUCATION**

This program started in 1996 and to 2007, schools have earned over 200 million dollars. Individual schools can earn up to \$60,000. Box Tops for Education are located on over 100 products that we use daily. Some of the products are: Kleenex, Scott Tissue, Cheerios, and Ziploc just to name a few. A complete list can be found on the website Box Tops for Education. I collect the box tops for Uffelman Elementary School. Anyone who would like to help me collect the box tops can leave them at the Welcome Center. Thank you, Debbie Melgar.



### **UCMUG Meeting**

The Next meeting of the Upper Cumberland Mac Users Group (UCMUG) will be held at the Welcome Center, on Tuesday, January 19, 2010, at 6:30 PM. Bring your MAC questions and concerns for the experts to answer.



**A.A.R.F.**  
**All About Rescue and Fixin', Inc.**

Due to the economy, many people are either abandoning or bringing their pets to Tennessee shelters that ultimately euthanize them, if they aren't adopted within a specific time frame. AARF is trying to raise money for a no-kill shelter in our area. If any body in the Cove wishes to donate money, they can send it to the address below or if they have things to donate (clean bedding, towels, mattresses pads), they could be brought to PetCo in Cookeville. This group holds garage sales a few times a year so other *sellable* items are accepted as well. The address is AARF, P.O. Box 4074, Cookeville, TN., 38502.

**GREEN 911 ADDRESS NUMBERS**

If you are new to the Cove and wish to order green address markers that can be seen from either direction for police and emergency vehicles, please get in touch with Bob Wolfe at 839-3639 and he will make them.

**TAI CHI**

Nikki Desch will begin Tai Chi classes at the Welcome Center on Thursday, January 7<sup>th</sup> at 9:00 a.m. Tai Chi is a slow moving form of exercise, which started in China.

Documented health benefits include improved strength, flexibility and balance. The relaxing movements, sometimes called "meditation in motion", help to calm the mind, relax the body and reduce stress from everyday life. The cost is \$5:00 per class. For further information, contact Nikki Desch at 561-252-3408 or [renshinikki@aol.com](mailto:renshinikki@aol.com).

**FIRST VOLUNTEER BANK**

**Tuesday, January 12<sup>th</sup> at 12 noon.**

The bank's attorney will give a seminar on "Preparing to Live". This will include the following topics: joint accounts and joint survivorship accounts, power of attorney, living will and trusts, etc. They will be here to answer any of your questions. The seminar will be about 40 minutes with 15 to 20 minutes of questions and answers. Lunch will be served. It will be limited to 25-30 people. A sign-up sheet will be at the Welcome Center with a deadline of Tuesday, January 5<sup>th</sup>.

**MONTEREY EVENTS**

The Monterey Library will be having book sales the first Saturday of every month. They have great prices: paperbacks are \$.25 each and hardbacks are \$1.00. VHS movies are \$.25 each. However, the Friends of the Library need books, VHS movie tapes, DVD and music CD donations to keep the book sale well stocked. Anyone who drops off book sale donations at the library can get a tax donation receipt for the asking.

## **PHOTOGRAPHS AT THE WELCOME CENTER**

DONATIONS of photographs of Cumberland Cove in the winter, spring and summer are being accepted for the Welcome Center picture board. The acceptance period is January 1<sup>st</sup> through January 31<sup>st</sup>. If you wish a copy of the rules involved, e-mail Charlie Massey at [chas.massey@frontiernet.net](mailto:chas.massey@frontiernet.net), and he will e-mail a copy to you. If you haven't been in the Welcome Center and seen the beautiful fall photos, please come by. They are beautiful.

### **COVE BREAKFAST**

**Thursday, January 28, 2010  
9:00 a.m.**

### **MENU**

Eggs and all the "Fixins"  
Cooked Apples  
Coffee Cake  
Juice and Coffee



**Winter in the Cove**

PLEASE PICK UP YOUR CHRISTMAS CARDS AT THE WELCOME CENTER BY  
JANUARY 10<sup>th</sup> OR THEY WILL BE DONATED