

Countryside Community Club News: November 2014

ZUMBA Every Saturday from 9:00AM to 10:00AM and Wednesday from 7:00PM to 8:00PM in the Countryside Recreation Room.



MEETING DATES: Valley HOA Meeting, Monday, November 3rd at 7:00PM
CCCA Board of Directors Meeting, Tuesday, November 11th at 7:00PM
Villas HOA Meeting, Monday November 17th at 7:00PM
Heights HOA Meeting, Wednesday, November 19th at 6:00PM

SENIOR'S LUNCHEON: November 14th at 11:30AM: Turkey, mashed potatoes with gravy, Stuffing, vegetables, rolls and apple pie.
Please be sure to register by calling 744-2403

RED HATTERS: The Red Hatters will meet on November 6th at 11:30 for a Mexican lunch
Call Van at 579-7023 for location.

Club Hours Monday - Saturday 9:00AM - 9:00PM
Sunday 10:00AM - 8:00PM



The Center will be closed Thanksgiving Day, November 27th

Board Candidates needed for 2014 elections

You're committed to bettering our community, so why not put that passion to work and run for a spot on the association board.

The association will soon be holding elections for board members, and we're looking for dedicated homeowners like you to help us shape and implement our governing rules, handle association finances, make important decisions that affect the entire community and much more. If you're interested in running for the board, please speak with a board member to find out more information, including responsibilities of the open positions and how to get your name on the ballot.

Working on the board can be an enriching experience and can help you make lasting, positive changes to the community. So start campaigning today for a chance to earn a seat on the association board.

For more information or if you would like to speak to a Board member or the Nominating Committee please call the General Manager at 744-4614. Names need to be submitted no later than Nov. 30th.

Up coming events:

Christmas Tree Decorating Party:

Annual Holiday Party:

Senior's Luncheon:

Board Elections:



Thursday, December 11th at 3:30PM

Saturday, December 13th at 5:00PM

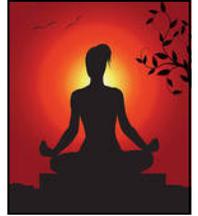
Friday, January 9th at 11:30AM

Tuesday, January 13, 2014 at 7:30PM

Countryside Newsletter The newsletter is posted to the website for viewing and will only be delivered when there is a Countryside annual event. Call 744-2403 or send us an email if you would like to have the newsletter/bulletin sent to your email address. The newsletter/bulletin will always be available at the Countryside office.

YOGA CLASSES BEGIN JANUARY 20th!

Yoga is a Sanskrit word meaning “union”. The practice of yoga unites body, mind and spirit and allows a person to experience greater feelings of health and vitality. The health benefits to yoga are many. Yoga can help you move better and feel less stiff or tired. Yoga improves flexibility, strength, and endurance of your muscles, improves your energy, reduces your cholesterol and triglyceride levels, slows the heart, lowers blood pressure, and boosts the immune system. Yoga is a great way to work on your overall physical and mental wellbeing. It leaves you with a positive attitude and a smile on your face!



Everyone can learn yoga techniques. You start where you are and progress at your own speed. At any level of yoga, you'll probably start to notice benefits with just a few sessions.

Yoga classes at countryside will focus on two primary aspects of yoga:

Basic poses, called asanas, for increasing flexibility, strengthening muscles, and building endurance

The style of yoga taught in this class will not be aerobic, like running or cycling. The poses will emphasize relaxing and stretching muscles. They build core strength in the deep abdominal muscles. Many of the poses also build upper-body strength; some build strength in your hamstrings, quadriceps, and abs; and some strengthen the lower back.

Simple breathing and meditation techniques for relaxation and stress reduction

Yoga involves paying attention to your breath, which can help you relax. As you learn to focus on your breathing, you will also be able to clear your mind through simple meditation techniques. You will leave the class feeling calm and balanced.

Yoga classes will run for eight weeks on Tuesdays and Thursdays from 6:00 - 6:50 pm beginning January 20th. You may sign up for one day or both.

Beginning Yoga: Tuesdays, 6:00pm to 6:50pm beginning January 20th - March 10th, Cost \$24

Yoga Practice (for all levels) Thursdays, 6:00 - 6:50pm January 22nd, - March 12th, Cost 24
\$48 for both days

It is recommended that people new to yoga register for the Tuesday class, but can also sign up to practice on Thursdays. People experienced in yoga may feel free to attend beginning classes, as well. Classes may be made up on either day.

Yoga classes will be taught by Priya Grace, PhD, who is an Ashtanga-certified yoga teacher trained in Kerala, India. Priya also has a doctorate in transpersonal psychology and has been an educator for forty years. Priya's goal is to help you develop a personalized yoga routine to address your own goals and that you can practice at home and incorporate into your life. You may call Priya for more information at 720-299-1214.

Please register for Yoga by calling the Countryside office at 744-2403.



There are books located in the Recreation Room to be enjoyed by our members. You do not need to bring books in to be able to take any out.

Board Meeting Information:

CCCA Board of Director meetings are held in the CCCA Recreation Room at 7:00PM the second Tuesday of each month. All members are welcome to attend. Members wishing to address the Board need to submit request in writing five days prior to the meeting. This way the board has ample time to put you on the agenda.

Board Meeting Dates

November 11th
December 9th

HOA Information

Countryside Heights HOA

ADAM (624-1206)

Countryside Villas HOA

Taylor Enterprises (744-5321)

Countryside Valley HOA

www.countrysidevalleyhoa.com
(292-5454)

Countryside Terrace HOA

CCCA (744-4614)

Website: www.cccanews.com

Email: countrysidemanager@gmail.com

Phone: 520-744-4614



Paul R. Reed (1935 - 2014)

Countryside's Board President Paul R. Reed 78, of Tucson, AZ passed away on Tuesday, October 21, 2014. He will be remembered for truly making a difference in all the lives he touched through his work, his acts of kindness, his thoughtful conversation and his amazing sense of humor. Paul was born in Philadelphia, PA on December 7, 1935 to parents, Frank and Mildred (Welker) Reed. He went to Central High School for Boys. He attended Albright College in Reading, PA, until he felt compelled to assist his mother at home, following his father's unexpected death. This led him to his first passion; automobiles. Paul spent the better part of 40 years in the automobile industry; ultimately retiring from the largest Cadillac dealership in the Philadelphia area after a successful 25 year career as both the Sales Manager and the

General Manager. He won numerous awards and was nationally recognized for his work by General Motors. When he retired, he purchased one of his favorite Cadillacs: the Allante. He also loved to collect antique car models and always enjoyed looking at and talking about cars. When on family vacations, he often would quiz his boys on the make and models of cars when they passed them. He was said to have the largest repeat business of customers in South Jersey by his employer. He was beloved in the Philadelphia and New Jersey communities alike while raising his children, along with the mother of his children, Patricia (Palermo). He then fell in love with the desert and moved to Tucson in 1997 to enjoy his many years of retirement in his new home. As soon as he moved into the Countryside Community, he quickly became involved in the center's business. His goal, like in his business, was to leave a lasting mark. His life was grounded at the Center with the people he loved and found many ways to do what was best for the Center. His contributions were many to the organization where he was a board member from 1998 and was the current President of the Board until his passing. Another passion of Paul's was sports. He was frequently seen (and heard) watching all televised sports and reading sports, especially The Wildcats. However, what really interested him was golf. He worked at Quarry Pines Golf Club for 15 years in a variety of roles and simply loved all the people he met and the stories he traded with them. He also played 2-3 times per week until his disease kept him from the sport he most enjoyed. His driving passion, however, was his family and friends. Paul was loving, caring and beloved to his family and friends. He is preceded in death by his parents and his older brother, Frank. He is survived by his two sons, Paul (wife Tracy) and Jeff; by his four grandchildren, Julia, Tanner, Gabrielle and Ryan and by his dear friends, Maria and Marx Durant, Mike and Marti Casalongue, Alice Lyle who are considered family. The family would like to recognize, with a special thanks, Julio Durant, who spent a tireless evening with him until he passed. Paul had many other interests. He read a multitude of genres on a weekly basis. He also loved animals, whether his own or other people's, and was seen for many years accompanied by his "Puppy Jack". In addition, he tried never to miss Fox News, and his favorite program, The O'Reilly Factor. The family would like to express their gratitude to all his doctors that helped him in his treatment and care, and especially to the doctors and staff at HealthSouth and Oro Valley Hospital, where they meticulously cared for and made his end-of-life comfortable. He will be missed for ALWAYS being there for others, helping whomever he could, however he could. He ultimately lived his life in the service of others and made a difference in all the people's lives he touched. He had a knack of making other people feel special and energized. That special feeling will be forever remembered.

Classified Ads

Although ads appear in the publication, Countryside Community Club neither researches, nor endorses, the goods and services being offered.



Trophy Landscaping

**All Yard Work and Hauling
Palm Tree Trimming & Skinning
Tree Removal & Replacement
Irrigation Installation
and Repair Work**



**We specialize in storm damage
clean up
Countryside Residents
get our special Discount
JIM SEAY, Owner: 520-250-1094**



FARMERS
INSURANCE

Metz-Herdrich Agency

**Help Support
Our Troops!**

Monday through Friday, 8 am - 7 pm

Drop off your Holiday Card -or-
Unwrapped New Toy for Toys for Tots!

Learn how you can help support our troops.

Join Leslie, Katherine or our new life specialist for coffee & donuts!

Monday through Friday - 9 am to 11 am

at our NEW office:

7455 W. Twin Peaks Road, Suite 103

**Call us at (520) 441-2594
for more information**

Bring this ad in for your Complimentary Review and FREE Gift!

Limit 1 per household. Expires 12-31-14.



Lisa Valenzuela
REALTOR



DIRECT (520) 665-3144

CELL (520) 444-1048

EMAIL LValenzuela@LongRealty.com

WEB LValenzuela.LongRealty.com

12080 N. DOVE MOUNTAIN BLVD., #100 MARANA, AZ 85658

"I GOTTA GUY FOR THAT"

Home Repairs Cleanups Weed Control
Tree and Shrub Pruning Irrigation
Heavy Lifting Hauling
Window Cleaning



Affordable and Trustworthy

Call Jim 520-279-2966

Mailing address for monthly dues:

**Countryside Community Club Assoc.,
PO Box 96573, Las Vegas, NV 89193-6573**

Your monthly payment of \$40 is due on the first day of each month and becomes past due on the first day of the following month. When an account is past due \$40.00 or more, a late fee of \$15.00 per month will be added to the account. For account information call Patricia McCaffery at 624-1206 Ext. 312.