

# Countryside Community Club Newsletter

December 2014

## Countryside's Annual Holiday Party Saturday, December 13th



Mark your calendar and come celebrate this time of year at Countryside's Annual Holiday Party on **Saturday, December 13th from 5:00PM 'til 7:00PM**. All Countryside members are invited to this special holiday dinner consisting of ham, turkey, mashed potatoes and stuffing. To compliment the main course, we ask that each family attending contribute a side dish (salad, vegetable, or dessert). Please indicate what you choose to bring upon registering for this event by calling 744-2403. We will also need to know how many children, boy or girl and their age, since our annual jolly visitor will be bringing gifts for all the member children who attend this special holiday event.



**WE CAN NOT ACCEPT ANY REGISTRATIONS AFTER DECEMBER 10TH.** *Thank you for your understanding in this matter.*

## Christmas Tree Decorating Party Thursday, December 11th at 3:30PM

**Members of all ages are welcome!**



We always like to begin the month of December by getting into the spirit of the holiday season by uniting with old friends, while meeting new ones. At Countryside's annual tree decorating party, members will make tree ornaments that can be taken home. When the children have finished with their ornaments they can help decorate the Countryside Christmas tree. There will be holiday music, fresh baked cookies and treats for all.

**Please register by calling 744-2403 by December 10th.**

## Board Candidates needed for 2015 elections

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.

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 December 5th.

**Holiday Hours CLOSED: December 24th & 25th and December 31st & January 1st**

## Countryside's Fitness Room

Why not give yourself the gift of good health this coming year.

With regular exercise you will feel better, live longer and have more energy. You will develop better sleeping patterns, control your weight, maintain a healthy heart, increases bone and muscle strength, decreases depression and fatigue, improve self-esteem and self-confidence.

The Countryside's Fitness room is a clean, comfortable, close-to-home gym with everything you need to get results. The orientation class is no longer required for members over the age of eighteen.

Those between the ages of 14 and 17 must have a physician's approval form filled out, this form is available online. A parent or guardian must be present for the orientation class and the fee is \$20.

Minors that have been certified can use the fitness room as long as they are with an adult over the age of 18 who has also been certified.



**Wednesday 7:00PM  
8:00PM and  
Saturdays  
9AM - 10AM**

**Drop-in fee is \$5.00 per class for members  
Instructor: Lupita Gonzalez 928-580-7737**

## Senior's Luncheon



There will be no luncheon in December due to the member's holiday party. The next luncheon will be held on

**Friday, January 9th at 11:30AM**

We will serve pork roast with potatoes, carrots, rolls and apple betty for dessert.

The luncheon is open to members 55 or older. **Please be sure to register for the luncheon by calling 744-2403.**

The **Red Hatters** will meet for lunch at Michelangelo Ristorante, located at 420 W. Magee (297-5775) on **Thursday, December 4th at 11:30AM.**

If you plan to attend or would like more information about the Red Hatters give Van a call at **579-7023.**

**Annual Meeting Notice** The Annual Meeting of the members of Countryside Community Club will be held on Tuesday, January 13, 2015 at 7:30PM. This is the general meeting at which the Board of Directors election takes place. Three directors will be elected for a term of two years. You may vote for three candidates only, casting only one vote per candidate. All dues owed through the end of 2014 must be paid in full by January 12, 2015 in order to be eligible to vote at the Annual meeting. You can call 744-4614 if you have any questions concerning your account.

### Monthly dues and late fees:

There will be **no increase in monthly dues or late fees for 2015.** Assessments will continue at \$40 per month and late fees at \$15 per month.

The Board has worked hard to keep expenses down while still continuing to maintain the club and its amenities. As the cost of doing business continues to increase each year the Board of CCCA is pleased to be able to keep monthly dues at \$40 and report to the members that the financial outlook for the Center is secure.

### December Meeting Dates

**All meetings are held in the  
Countryside Recreation room**

Monday, 1st C/S Valley HOA - 7:00PM  
Tuesday, 9th CCCA Board of Directors  
Meeting at 7:00PM

*No C/S Villas HOA Meeting in December*

If you would like to receive the newsletter or news bulletin each month by email, please provide us your email address.

## 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.

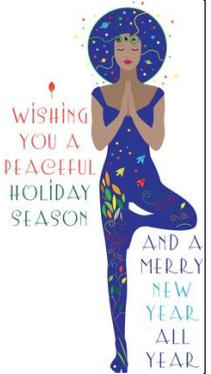
**Yoga classes will run for eight weeks on Tuesdays and Thursdays from 6:00 - 6:50 pm beginning January 20th. You may sign up for one day or both.**

**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. Bring a yoga mat, water bottle and a check to Countryside at the first class you attend.



## Recap of Board Meeting Minutes for November

The meeting was called to order at 7:00PM on November 11, 2014 in the Countryside recreation room. The meeting minutes and the treasurer's report from October 2014 was approved by the Board. The General Manager updated the Board on accounts that are in collection. Echo Construction is scheduled to begin the recreation room lighting project on November 24th. The Board received a copy of the proposed 2015 budget to take home and review before approving at the December meeting. One more candidate is needed for the Board election in January. The member holiday party is scheduled for December 13th at 5:00PM. The DeGrazia mini-muster was held on October 30th at Countryside. A motion was approved to have Steel Doors of Tucson replace the pool storage door, repair door frames and replace door closers in the recreation room,

**The next regular Board of Directors meeting will be held on January 13, 2015 at 7:00PM and the Annual Meeting at 7:30PM in the Countryside Community Club recreation room**

**Mailing address for monthly dues:**

**Countryside Community Club Association  
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.

**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)

**Happy Holidays**



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

**"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**



**FARMERS  
INSURANCE**

**Metz-Herdrich Agency**

**Make Wishes Come True!**

**Pick a Wish from the Tree or  
Donate to Toys for Tots!**

**Monday through Friday, 8 am - 7 pm**

**Learn how you can help support our community.**

**Holiday Wine & Cheese Party**

Join Chasity, Katherine and Leslie

Dec. 20, 2014 from Noon to 3pm

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 01-31-15.

**Trophy Landscaping**

**All Yard Work and Hauling  
Tree Removal & Replacement  
Irrigation Installation and Repair Work  
Weed Control**

**Countryside residents get  
our special discount**

**JIM SEAY, owner**

**520-250-1094**

**Website: [www.cccanews.com](http://www.cccanews.com)**

**Email: [countrysidemanager@gmail.com](mailto:countrysidemanager@gmail.com)**

**Phone: 520-744-4614**