



**VEGAN & PLANT BASED NUTRITION CLUB 1/7** – The next Vegan & Plant Based Nutrition Club potluck will be Sun., Jan. 7 at 5 pm at the Wanteska Bldg. Please join us for a colorful buffet of warming winter comfort foods. This month let’s bring your favorite vegan and plant-based soups, stews, and other cozy and comforting entrees, appetizers, and/or desserts designed to warm our innards on cold and gray January days. Our club is friendly, informal, and welcomes newcomers - just provide your own beverage and a dish to share that contains NO meat (including chicken, eggs, or fish) and NO dairy products (such as milk, butter, or cheese). Please provide a copy of the recipe or include with your dish a card that lists the ingredients. For information, ideas, resources, and recipes, visit our club's website at <https://eatplantswnc.com/> Please provide your own beverage container, dishes, and eating and serving utensils. If you forget, don't worry; we have plenty of paper products and plastic utensils available. For questions or specific needs, contact Maris Mitchell 305-342-2001 or Linda Oxford 901-229-2849.

**NEWBIES SOCIAL 1/10** – The next Newbies Social will be held on Wed., Jan. 10 from 4:30-6 pm at the Barn at the Equestrian Center. If this is your first social, please sign in on arrival. Bring a beverage for yourself and an appetizer or dessert to share!

**YES, CONNESTEE HAS A POOL TABLE!** – The table is available to any member 18 and over every day 11am-4 pm. Balls can be checked out at the front desk. A Call out informational meeting will be held for any member or employee interested in participating in the winter league on Tues., Jan. 16 at 7 pm in the Lounge. We anticipate Winter League starting the first week of February and ending date will depend on the number of teams registered. Club motto is “Community above Competition” however to accommodate our varied interests we hope to hear from a competitive league and a social league. Come, hear more about it!

**FREE MOVIE NIGHT 1/19-** Fri., 1/19 at 7 pm in the Cherokee Room. Showing ‘Killers of the Flower Moon’. Order take out from any clubhouse menu and dine at your table while you enjoy the show! Free popcorn. No reservations needed. Movie starts at 6:30 pm

**CONNESTEE ART LEAGUE (CAL)** - The Connestee Art League welcomes all residents with an interest in art to join our group. We usually meet on the 3<sup>rd</sup> Monday of every month in the lower-level exercise room of the clubhouse for our business meetings and a demonstration follows each meeting. **There will be Will Not be a meeting on January 15, 2023 10 AM. The next meeting will be February 15th.** In addition to the monthly meetings, CAL Art Dabblers meet on the 1st, 2nd, and 4th Mondays of each month at 10 AM in the Wanteska Building. For more information about becoming a member of CAL, If you have questions or need assistance you may contact Heidi Witmer at [witmerrh@gmail.com](mailto:witmerrh@gmail.com) or Debra Lachter at [dlachtercal@gmail.com](mailto:dlachtercal@gmail.com), who are CAL membership co-chairs. The fee for membership is \$30 for and should be mailed to Heidi Witmer at 185 E. Moytoy Lane, Brevard, NC 28712, or it can be brought to the next business meeting.

**Dining**

**Takeout Orders call 828-885-7767**

— **GRILL** —

11 am-4 pm  
Food Service 11 am-3 pm  
(Monday-Sunday)

— **BLUE RIDGE LOUNGE** —

Bar 4-8 pm  
Food service, including take-out pizza 5-8 pm  
(Mon, Thurs, Fri & Sat)

— **OVERLOOK** —

5-8 pm Mon, Thurs, Fri & Sat  
*Reservations for the Overlook Dining Room are preferred, but not required. First come, first served in the Grill for lunch & the BRL for dinner.*

**1/13-Mattocks Johnson Band**

**Golf Shop**

— **PRO SHOP** —

9 am-4 pm  
First tee time scheduled for 10 am. Any frost delays will be managed accordingly.  
Golf cart returns by 5:30 pm.  
*Check in for rounds inside the Pro Shop*

— **LADIES 18 HOLE LEAGUE** —

For info, call Kay Campbell, 828-273-1909 or Sue Bachman, 301-712-7464, or call the Pro Shop at (828) 885-2005.

— **LADIES 9 HOLE LEAGUE** —

For information, email Judy Merrifield [judithmary116@gmail.com](mailto:judithmary116@gmail.com)

— **NON-GOLFING WALKERS** —

Paths open before 10 am & after 4pm. Begin at the golf course parking lot. Walk in direction of play.

**-Driving range closed Mon. mornings- 9:30-10:30 am for maintenance.**

**WINTER LEAGUE FOR BOCCE PLAYERS**

- The Connestee Falls Bocce Committee announces the 2nd Annual Winter League for year-round residents. The league is a unique format designed to: (1) utilize two person teams – pick your teammate – maybe your spouse; (2) respond to the variety of weather in winter; (3) allow a FLEXIBLE schedule using Connestee’s online Bocce Court Reservation System; and (4) mainly use the internet to communicate and schedule. Matches are scheduled on a weekly basis with the individual teams then scheduling the actual game dates and times. No play if temperature is below 40. Last year play took place every week. The league will be very similar to the just concluded Holiday League except for the self-scheduling.

Additionally, we are going to try out a new rule: "The Kiss". An original roll coming to rest and touching the pallina will score 2 points if it remains there at the end of the frame. (More detail provided after registration in the Winter League Operating Guidelines.) It could make for some interesting results. Play will be from the week of January 15 through the week of March 4. Then championship. Can't make it every week? Make-up your match with rescheduling when you can. Need more information? Send an email to Vince Garrett at [garr4051@bellsouth.net](mailto:garr4051@bellsouth.net). If you are ready to register—Deadline January 8 – email your team member names, emails, and phone numbers to Tom Shook: [tshook79@gmail.com](mailto:tshook79@gmail.com). Need a teammate? Send an email and we will try to match you up. No guarantees.

**BOCCE APPAREL** - If interested in purchasing Bocce apparel, please see the attached order form to the Friday Flyer. For questions, contact Tom Shook, [tshook79@gmail.com](mailto:tshook79@gmail.com).

**PICKLEBALL** – New to Connestee Falls Pickleball and want to know how to get started? Call Debbie Dove, New Member Ambassador at 561-358-8967. \*Are you living in Connestee as a homeowner or renter, and want to play? Join All Play: MWF 9-11am, TTH & SA 11 am-1 pm, SU 1-3pm Walk Ons may use Courts 5 and 6: Except during All Play and when otherwise reserved by the Pickleball Club for special events and activities. \*Need an introductory lesson? Call Karen Wolf at 828-450-1616. Lessons are \$5 per person. \*Are you a novice player? (below 3.0) and want to enjoy some facilitated play? Join us on Mondays and Thursdays on court 6 during All play or Tuesdays 3-5 pm on courts 5 and 6, no sign up necessary! \*Need something else? Email Pickleball Chairperson Leanne Ely at [lulucooks@gmail.com](mailto:lulucooks@gmail.com).

**TENNIS**- New players welcomed! Please provide your name, email and phone number to [Conesteeffallstennis@gmail.com](mailto:Conesteeffallstennis@gmail.com). Remember to be courteous after play by sweeping the court/lines and lower the umbrella.

**CONNESTEE ACOUSTIC MUSIC GROUP** - All Connestee acoustic musicians and singers are welcome to participate in informal sessions. A chartered group, playing a variety of music every Friday, 2 to 4 in the clubhouse lower-level exercise room. For more info contact Kevin Connelly, [kowheadzine@gmail.com](mailto:kowheadzine@gmail.com)

**LINE DANCE** – Tuesday morning in the Cherokee Room at 10 am. (Line Dance is on hiatus until March.)

**THURSDAY MAHJONG GROUP** meets every Thurs. from 1-3:30 pm in the Carolina 2 room in the clubhouse. Please text Debbie at 407-864-0726 each week you can play so that we have a sufficient number of Mahjong sets.

**THURSDAY MEETUPS** - Join the Connestee Falls Women's Club, one of the first clubs in CF, Thursdays at 4PM for the weekly Meet Up at the Cedar Mountain Outpost, 8431 Greenville Hwy! This is a very informal "come as you are". You don't need to dress up, bring anything, or make a reservation. Just grab a seat, the beverage of your choice, and settle in to chat & unwind with friends. All Connestee women are welcome."

**FROM THE ADMIN. OFFICE** - Due to staffing shortages the Admin Office will be closed for lunch from noon to 1 pm until further notice.

-CONDOLENCES-

Our sincerest condolences to the friends and family of Connestee resident Ina DeRuocco on her recent passing.

**Wellness Center**

Open daily 5am-10pm

Erik is available Mon-Fri 6am-3pm.  
Guests & non-members \$10 per day.  
(Please limit workouts to 1 hour).  
*All, please clean up after your workout.*  
(ER- Exercise Rm, AP-Atagahi Park)

**-BODY WEIGHT WITH ANNE –**

Mon. 8 am & Wed. 9 am (ER)

**— STRETCH & BALANCE with Erik—**

Tues. & Thurs. 9 am (ER)

**-GENTLE FLOW -**

Mon. at 9 am (ER)

**-LOW IMPACT CARDIO DANCE-**

Mon. at 10:05 am

**- TOTAL BODY WORKOUT with Erik —**

Tues. & Thurs. at 8am (ER)

**-YOGALATES -**

Wed. at 11:10 am (ER)

**-CIRCUIT CITY with Erik-**

Friday at 8 am (ER)

**-GENTLE YOGA —**

Wed at 10 am (ER)

**— YOGA —**

Fri at 9:30 (ER)

*Classes are first come, first serve.*

*No registration needed.*

**DAYTIME CARPOOLING FROM THE ADMINISTRATION OFFICE** – Due to the

number of meetings we are currently having at the Administration Office, we must ask that leaving your car at the admin for carpooling purposes only be done on weekends or during the week after 5 pm. Thank you for your cooperation.

**NOTICE FROM MAINTENANCE** - We began to lower lake Wanteska approximately 2-3 feet for maintenance starting December 15. Please plan accordingly.

**BARCODE REMINDER** – The Administration office staff is not able to place barcodes on your vehicle when it is raining out. Your windows need to be dry for the barcode to adhere. Only Administrative Office staff may place a barcode on your vehicle we cannot give one to you so that you can put it on when it is not raining.

-CLASSIFIEDS-

-For Sale-

Whole house furnishings. Furniture, beds, tables, dishes, tools. All less than one year use. Very Reasonable prices. Appointment only. Cash only. 828-884-6116.



Connestee Falls