



Jen's Corner

Street Parking. It's a Hot Topic

Parking on the street is a common practice, however, it is essential for residents to use their best judgment when parking to ensure that they do not impede other residents or emergency vehicles from navigating the streets.

One of the most critical factors to consider when parking on the street is to leave enough space for other vehicles to pass. Please be mindful of your neighbors and park as close to the curb as possible to leave enough room for other cars to pass safely. Also, ensure that you do not park in areas designated for emergency vehicles, or in front of fire hydrants.

HHR Rules and Regulations do not prohibit street parking; however, there is a guideline stating residents should park on their driveway except when maintenance is being completed.

-Jen

RESIDENT SPOTLIGHT By: Joan Elliott

Gayle Smith



Gayle Smith's face lights up as she begins to tell the story of the "message in a bottle" that traveled the ocean for five years, bobbing its way from the Bahamas to Grand Canary Island, off the coast of Africa.

Several years after her Dad's death, on what would have been his birthday, the family, on a cruise, signed a card to him, rolled it tight, put it in a wine bottle with a cork, threw it overboard and, basically, forgot about it.

Five years later a message arrived from a man who spotted it as he walked the beach, had the message translated into Spanish and wrote to Gayle's sister, whose address had been included in the bottle. "His message arrived just three weeks after Mom died," Gayle said, "and we felt it was a sign from both Mom and Dad."

Family is everything to Gayle who has 2 sons and 5 grandchildren, with a 6th on the way. She feels blessed that they all live in the area. And, since she also is a native St. Louisan, she also has many longtime friends nearby, whom she sees regularly.

Gayle worked for McDonnell Douglas/Boeing for 37 years, beginning right out of high school. When she applied for and was offered a job there, she decided it was infinitely more lucrative than being a "salad bar girl" at Bonanza. Since retiring she helps out in the cafeteria at Immaculate Conception in Dardenne Prairie. She chuckles and says, "The kids want me to read the notes their mothers put in their lunch boxes or read the jokes on the milk cartons."

A "sports fanatic," Gayle has broadened her scope from watching professional soccer and baseball to attending any and all events in which her grandkids participate. She has only been at HHR for two years, primarily enjoying the pool and holiday events but hopes to get more involved this year.

In her free time Gayle enjoys reading and doing puzzles. "But mostly," she said with a wide grin, it's all about being a good mom and, to quote her grandkids' nickname for her, being a good "Goobie."

Upcoming Events & Activities

See the flyers for all of the details.

ON-GOING WEEKLY ACTVIITES

M	T	W	T	F
8:30am Water Fitness 9:30 Water Fitness 9am Pickleball 10:30 Cardio Chair 1pm Low Roller Poker 1pm Page Turners (2nd) 6:30 Cribbage Beginners (2nd/4th) 6:30 Texas Hold 'Em 3rd	9am Pinochle 9am Tennis Doubles 10am Chess Club 1:30 Line Dance 2pm Billiards 2pm Bible Study 3 Heritage Singers 3-5 Bridge 101 6pm Texas Hold 'Em 6:30 Men's Poker	8:30 Water Fitness 9:30 Water Fitness 9am Pickleball 10:30 Chair Strength 1-3:15 Tai Chi 1pm Mahjong 1pm Writers Group (4th) 4pm Pom Pom 6:30 Hand & Foot	9am Pinochle 9am Tennis Doubles 9am Bocce 11am Quilters (2nd) 12:30 Open Bridge 1PM Low Roller Poker 2pm Ask a Geek (2nd) 4:30 Rosary (2nd) 6pm Mexican Train (1st & 3rd)	8:30 Water Fitness 9:30 Water Fitness 9am Pickleball 10:30am Stretch Chair 1pm Men's Pinochle 1pm Hand & Foot 7pm Pass the Trash
				S 9am Tennis 10am Billiards 4pm Water Volleyball

SEPTEMBER 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	31	1	2 NGK Band 7pm
3	Office Closed Happy Labor Day!	5	6	Medicare Speaker 10am	8	9
10 Grandparents Day—Noon	11	12	13	14	15	16 Walking Workshop 8:30am
Scavenger Hunt 4pm Poolside Concert 6:30	18	19	20	21	22 Mice Races 7pm	23
24	25	26	27	28	29	30

Events

See the flyers for more details.

QR CODE— You will start seeing this “QR Code” on flyers. The QR code will take you to the flyers page on the website where you can see all of the information about upcoming events. You do not have to use it. It’s just one more way to easily access the flyers page of the website.



To use: Open your camera on your phone and hover over the QR code. You will see a message saying “open in” - tap that and it will take you directly to the flyers page on the HHR website.



Saturday, 09/02

7-10pm

We’ve got the BLUES at HHR.
Bring your dancing shoes for a fun night of enjoying the cool sounds of the [NGK BAND](#)
Registration is now closed.
Light snacks and set-ups provided.



**GRANDPARENT'S
DAY PARTY**
Sun, 09/10
12-3pm



Don't miss out on the ICE CREAM eating contest!
Sign up at the clubhouse.

Please register yourself and all family members by 9/1. This event is free, simply turn in the registration form on the flyer, to the office.
Includes, lunch (hot dog/chips/cookie/water). Bouncy Water Slide, and of course, swimming.


**Medicare Annual
Enrollment Period**

Thursday, September 7
at 10am

Join us for Donuts & Coffee while we meet with Carol Thieme from SWAN Insurance Agency. She will briefly discuss Medicare Annual Enrollment and give you an opportunity to schedule a 1 on 1 meeting with her to discuss your individual needs.
Please [REGISTER](#) so we know how many people to expect.

Poolside Concerts—This is the last poolside concert of the year. Don't miss out. Hopefully, we can finally have one outside!! Just come on up and enjoy the music and your neighbors! Bring your own drinks/snacks. Residents only, no need to register.

9/17 – [Greg Worzel](#) & Company 6:30-8:30pm



More Events

See the flyers for more details.

PIRATE SCAVENGER HUNT—SUN, 09/17

Hunt starts at 4pm and ends at 5:45 sharp! The hunt is on, rain or shine. Dinner for all participants and volunteers will be served at the clubhouse at 6:00pm following the Scavenger Hunt. After dinner, join the free neighborhood poolside summer concert for music and fun.

Cost to search is \$12 per person. Please register at the office as a team of two to four. Limited to 20 teams. Residents only. Deadline to sign up is 09/01.



Mice races

Friday, 09/22

7pm—Doors open at 6:30



\$7 per resident. Includes betting slips, cheese & crackers, set-ups. Bring a snack to share with your table and extra cash for more betting.

Register by 09/20.



Thursday, 09/28

7pm Doors Open

7:30 Movie (PG-13)

Let's dive into the Barbie Spirit and watch the new movie together!
Wear your favorite Barbie / Ken outfits!
Or wear your favorite pink attire! (not required)
Prizes for the Best Ken and Best Barbie!
Pink Lemonade & Pink Snacks included.
\$5 per person, REGISTER by 09/25.

Residents only.



Fall Ball - October 7, 7-10pm

Featuring—**The Charlie Mann Band**

Open seating, bring a snack to share with your table.

Set-ups provided, BYOB. \$5 per person. Register early. Space is limited.



Missouri State Questers Fall Meeting

Tues, Oct 10 11am

Join in for lunch and an incredible speaker from the Missouri History Museum. See the flyer for all the details. Register by 10/01.



Don't Miss Out



Sunday, October 15

3-8:30pm

Don't miss this day filled with so much fun!

Food / Games / Tattoos / Caricatures

See the flyer for all the details.

Weather permitting this will be an outdoor event.

Syner-Gee Band 5:30-8:30 (ballroom)

\$13 per person, [Register](#) by 10/06. Residents only.

Volunteers needed to help with games & food. See Maggie if you can help.



Saturday, October 21
11-2pm

Join us for a day filled with shopping, prizes, snacks & cocktails.

Admission is FREE—no registration needed.

Open to friends & family.

Vendors, please contact us at
events@heritageofhawkridge.com

Out & About—Cruise on the Miss Augusta — Monday, 16 October 2023

The cruise departs out of Klondike Park Boat Ramp in Augusta.

Leave HHR 9: 15am Return Time: 1:30 pm

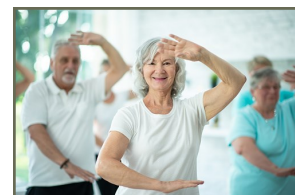
\$38.60 approx. per member \$58.60 approx. per non-member



See the [FLYER](#) for all of the details. Book your reservations with HHR Clubhouse 636-561-7895. Please let us know if you are willing to drive or need carpooling. Call Gloria Ebert, 636-265-0725 if you need help or have a question regarding this event.

Tai Chi Classes

The next 4 week Tai Chi class will begin on 09/13. Registration will open on 09/07. Stop by or call the office to register.



All About FITNESS

FITNESS CLASSES

Beginning in October, Kathleen Johnson will be resigning from teaching at HHR. Kathleen has taught classes at HHR for over 10 years. What a blessing Kathleen has been for the residents of HHR. **Thank you Kathleen!**

We are committed to continuing to provide excellent physical fitness classes at HHR. We are in the process of looking for new instructors.

-When Kathleen is on vacation in September, we will show Kathleens' pre-recorded video at 9am on Mon/Wed/Fri. We are looking to teach someone how to start the video in case someone is not available at the office. See Maggie / Jen if you can help.

-**Christi Gleason** will be joining us October 7 & 14 to offer two classes on Saturday mornings. 8:30am Dance Aerobics and 9:30am Chair Yoga. No registration will be necessary for these classes. Those classes will continue again in November.

Chair yoga description: Chair yoga is an inclusive yoga program that allow every level of participation. Don't need a chair? You are welcome to adapt the exercises to a more traditional yoga program. Unable to stand? No problem! All exercises can be done from the chair. The purpose of this class is to help you find a little down time, where you can relax your body and mind, stretch a little, take deeper breaths, improve your balance and so much more! Join us Saturdays at 9:30am!

Dance Aerobics: This class is a one-stop shop for those looking to focus on multiple aspects of fitness all at once. First we will move to some enjoyable music and get in some cardio exercise, challenging our bodies and brains with work that will improve metabolism, reaction time, energy level, and circulation. Then we will incorporate some muscle strengthening work, which will not only make you stronger but help improve bone density. We will also incorporate some balance work, and the wrap it up with some gentle stretching. Join us Saturdays at 8:30am!

Walking & Balance Workshop

Join Christi Gleason on Saturday, September 16 8:30 – 10am



Maintaining good balance is a way to prevent falls, but it doesn't happen naturally. We are happy to bring this workshop to Heritage of Hawk Ridge so our residents can learn specific exercises that will improve their balance and keep them on their feet. Come and learn walking techniques that you can practice and see remarkable improvements in your balance in very little time. Presented by veteran fitness expert, Christi Gleason.

Residents only. [Register](#) by 09/14.

NEWS

Here are the June Lady Hawks Game Winners:

July 5 - Game: Scramble: Tie

-Cindy Barry, Sandy Aubuchon, Kim Weick
-Joyce Emrick, Tricia Parr, Barb Rogers, Connie Talmadge

July 12 - Game: Gross Minus two preselected holes

Red Flight: Sonia Ahn White Flight: Barb Metivier
Blue Flight: Cindy Aderman Green Flight: Marigene Murphy

July 19 - Game: Estimate Your Number of Putts

Red Flight: Kathy Schiller White Flight: Tie - Cyndie Herbig, Mary Longnecker
Blue Flight: Nancy Duncan Green Flight: Margie Lambert



Want to learn a new game or perfect your skills??

Interested in learning about Cribbage or Bridge? We have two beginner/novice groups who can help you learn how to play. Just come on up and join in.

Beginner Cribbage—2nd & 4th Mondays from 6:30-8pm

Beginner Bridge (Bridge 101) - Tuesdays from 3-5



CBC Tech Support—the students will be returning again this fall to help answer your questions regarding your phones & laptops. We are working on getting dates scheduled, so watch your emails for more information coming soon.

Website—hhrlifestyle.org

When you login into the resident login portion of the website there are several things that you can access. Here are just a couple:



1. [Resident Directory](#)—Please check to make sure your information is correct. Want to add a photo or change one? Send any updates to events@heritageofhawkridge.com
2. [Service Providers](#)— There is a list of various service providers that fellow residents have submitted to share with you. If you have a provider that you like, feel free to recommend them using the service provider recommendation form. Also on the bottom of the service providers page is our very own HHR Buy Sell page. Looking to sell or buy something? Just send the information to events@heritageofhawkridge.com and we will add it to the website.

Get the Scoop

A Cup of Christmas Tea – December 2, 2023

Registration forms for the Care and Concern 20th Annual “A Cup of Christmas Tea” will be available at the clubhouse on **Monday, October 2nd**.



Cost to attend remains at \$35.00 per person (checks only). Individual seats or tables of 8 are available. Twenty table hostesses are needed, so if you would like to host a table for the event, please indicate that on the registration form or contact Nancy Doerer. This involves setting and decorating a table of eight (8). Filling all 8 seats is not necessary – just register your guests when you sign up.

Anyone interested in donating a theme basket to be raffled off, please indicate that on the registration form as well.

Also, **gentlemen** of HHR are encouraged to act as servers at the Tea. If you are interested in helping out, please call Nancy Doerer at 314-265-5748 or email ndoerer@charter.net.

PLEASE REMEMBER, THIS EVENT SELLS OUT QUICKLY, SO MAKE YOUR RESERVATIONS EARLY!!!

Rosary and Potluck Dinner Group

All are welcome to join this group that meets in the card room at 4:30 pm. on the second Thursday of each month. The evening begins with praying the rosary, followed by a potluck dinner the group enjoys together.

The purpose of this group is to offer prayers of thanks for the blessings of our county, founded on morals and values for the good of all people, as well as prayers for God's blessings to help our leaders bring our country back to the vision of our forefathers.

You do not need to be Catholic or familiar with the Rosary to participate. **The Rosary is a scripture-based prayer focusing on the mysteries of faith common to all Christian beliefs.** We simply invite anyone who has the desire to pray for our county and its leadership and enjoy a meal together. This is not a political group and there are no political discussions. Rosaries are provided as well as pamphlets to help those who are not familiar.

There is no need to sign up, but if you would like a reminder, you can contact Mary Stassi, who sends out a notice. She can be reached via text at 636-357-1387 or e-mail at pinegrovefarm76@yahoo.com

Plan to join us for the HHR Writer's Group

We meet on the fourth Wednesday at 1:00

Remember --- now is the time to get your life story chronicled.



GOOD TO KNOW

PUTTING PARTY RESULTS

We had 59 putters for the Monday evening, August 7, Putting Party with the theme Planes, Trains, and Automobiles.

There were 3 holes-in-one...On #5, Carol Lee Todd and Dale Kirchner each got an ace. On #6 it was Bill Paland with a one...Congratulations to each of you!

Bill Paland also had the low score of the day with a 13 and won the A Flight. B Flight was won by six players with a score of 17: Shari Kirchner, Carol Lee Todd, Steve Strubel, Bill Sparacino, Kathleen Johnson, and Judy Poropat. C Flight winners with a score of 20 were Julie Switzer, Gil Clay, Tricia Parr, Bernie Staley, and Barb Surrell.

Thanks to everyone who helped break down the course and clean up! And thanks to Dick Faxon and Dan Shreve for helping set up the holes.

The next Putting Party will be Monday, September 18 with the theme "Remember When...". There will be two start times: 4:00 and 4:45 and sign-up sheets for each are at the HHR Pro Shop.



From the Pro Shop & Hawkeye Grill...

Save the date for the next Putting Party on Monday, September 18th. Theme for this event will be "Remember when...". Please sign up in the Pro Shop so we know how many to expect; sign up for either 4pm or 4:45pm.

Sign up will begin September 1st for the very popular Glow Ball tournament to be held on Friday, September 29th. Stop by the pro shop for more information or sign up by September 22nd. Cash or checks only please.

We will not have Happy Hour on Monday, September 4th; Happy Hours will resume on Monday, September 11th, 4-6pm.

Hope to see everyone soon! Ellen & Staff



Sandra See—2073 HLD

Kent & Denise Lovelace—2043 HLD

We are so glad that you are here!

HHR Golf Committee Corner – September 2023

Since the HHR Golf Course is a big part of our community, your HHR Golf Committee is always looking for feedback and suggestions. If you have a suggestion or comment, please pass on your thoughts to one of the Committee Members: Steve Becherer (Chairman), Elvira Johnson, Connie Talmadge, Sally Paland, Barb Rogers, Gary Dyrek, Glenn Schiller, and Steve Schauer.

Remember Golf Course Etiquette

When you are playing, please fix your ball mark on the greens and 1-2 more. This effort will help Tammy and her staff continue to keep our greens in great shape.

When driving a personal or a rental cart please stay on the cart paths at all times, especially by the tees and greens.

Upcoming Tournaments

The **14th Annual Glow Ball Golf Event** takes place on Friday Evening September 29th. This is a fun 7 hole four-person team scramble. This event will sell out fast and is limited to 56 people. Registration in the Pro Shop begins on Friday September 1st and ends on Friday September 22nd.

See the [Glow Ball](#) flyer for more information.

The final men's tournament of the year is the **HHR Men's Ryder Cup**. This men's event takes place on Saturday morning October 7th and Sunday morning October 8th. The tournament follows the format of the Ryder Cup with four nine-hole matches. Signup in the pro shop begins on Tuesday September 5th and ends on Saturday September 30th. See the HHR Men's Ryder Cup flyer posted in the Pro Shop for more information.

See the [2023 Calendar of Events](#) for the tournaments and events scheduled for this year.

Tournament Results:

Two Club Challenge

Women's Flight: Sonia Ahn (1st), Kim Weick (2nd), Kathy Schiller (3rd)

Men's First Flight: Steve Aubuchon (1st), Tom Barry (2nd), Ed Boyer (3rd)

Men's Second Flight: Bill Paland (1st), Don Skitt (2nd), Del Marsh (3rd)

Men's Third Flight: Steve Ward (1st), Jim Biglin (2nd), Larry Poropat (3rd)

Men's Fourth Flight: Glenn Schiller (1st), Mike Weber (2nd), Bob Castagna (3rd)

Fewest Putts: Sonia Ahn, Ed Boyer, Dick Schnarr, Gordon Stengel, Fred McGavran

Birdies: Sonia Ahn, John Ahn, Del Marsh, Doug Bredbenner, Ed Boyer, Greg Talmadge

Men's Club Championship

A Flight: Terry Rieder (1st), Larry Poropat (2nd), Ken Klasing (3rd)

B Flight: Glenn Schiller (1st), Dino DiBerardino and Steve Ward (tie for 2nd)

C Flight: Dick Schnarr (1st), Steve Becherer (2nd), Steve Schauer and Doug Bredbenner (tie for 3d)

D Flight: Ron Maniscalco (1st), Mike Weber (2nd), John Longnecker (3rd)

Closest to the Pin: Mike Weber and Gary Gino