

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 3rd 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 a meeting on Dec. 18, at 10 am. 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, please contact AJ Longware at ajlongware@gmail.com. The fee for membership is \$30 for the calendar year and are due by Jan. 1st 2024. You may also mail a check to AJ, payable to CAL, at 369 Tsuyvtlvi Ct, or it can be brought to the next business meeting.

CF KIDS CLUB - Join us for our Annual Holiday Party for all CF Kids Club kids, grandkids, and their families, on Sat., Dec. 16th from 12-3 pm in the Cherokee Room. We will have crafts, cookie decorating, a visit from Santa, as well as a lunch buffet provided by our CF Chefs. This is an RSVP Event! Please RSVP by December 11th, to the following link and let us know how many people will be attending with you. CFKC Holiday Party. We will host a kids movie night in the Cherokee Room on Dec. 27 at 6pm. Bring your stuffed animals or blankets and get comfy as we watch while enjoying popcorn. Movie TBD. No RSPV needed.

JANUARY 2024 CONNESTEE FALLS NEWS DEADLINE 12/18 - The deadline for the January 2024 issue of the Connestee Falls news (our monthly e-publication is Mon. 12/18 at 5 pm (a week early this month - I would like to have it published by Fri., 12/22)). Articles and photographs should be submitted by email to cfpoa@connesteefalls.com

FISHING CLUB MEETING - Fishing Club members: No meeting in December. Our next regular monthly meeting will be Jan. 18 in the Blue Ridge Lounge. Please mark your calendars. In the meantime, HAPPY HOLIDAYS TO ALL!

HOT CHOCOLATE & COOKIES 12/21 - Comee enjoy hot chocolate and cookie Dec. 21 from 2-3 pm in the Clubhouse Lobby. Welcome the first day of winter with your Connestee friends & neighbors.

BINGO NIGHT IS SOLD OUT - Waiting list reservations are still being accepted. Thurs., Jan. 11, 2024 - 7-9 pm in the Cherokee Room. \$10 pp (charged to member account). RSVP for the waiting list to rsvp@connesteefalls.com by Sun., 1/7. Raffle proceeds to benefit the CF Student Scholarship Program. Sponsored by Connestee Falls Women's Club. Questions? Contact the Women's Club at connesteefallswc@gmail.com

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

Dining
 Takeout Orders call 828-885-7767
 - GRILL -
 11 am-4 pm
 12-20 - Grill Closed - no Dining Available
 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
 The Clubhouse will be closed for dining on the following dates:
 12/20, 12/24, 12/25, 12/26, 1/1 & 1/2/2024
 Reservations for the Overlook Dining Room are preferred, but not required. First come, first served in the Grill for lunch & the BRL for dinner.
 12/16 - Bill Berg Quartet (Jazz)

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
 - 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.

took place every week. 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. If you are ready to register-Deadline January 8 - send your team member names, emails, and phone numbers to Tom Shook: 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.

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.

TENNIS- New players welcomed! Please provide your name, email and phone number to 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

LINE DANCE – Tuesday morning in the Cherokee Room at 10 am.

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.

STOCKING STUFFER! -Here's an idea for that special someone: the Fishing Club's 2024 calendar with 12 gorgeous photos illustrating the beauty of Connestee. Now available at CFPOA Admin or by clicking on <https://www.cffishclub.org/2024-calendar-order/> here now. Just \$15 for first, \$10 for additional ones. Free delivery in Connestee. Charge to your CFPOA account. Proceeds support the Club's community service activities and events.

CFPOA ANNUAL EMPLOYEE HOLIDAY FUND – If you would like to make a seasonal donation to our Annual Employees Holiday Fund, you may do so by going to an online form at <https://www.surveymonkey.com/r/LFP6K7X> to have it charged to your CFPOA account. Funds will be distributed to employees the week before Thanksgiving.

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 1pm until further notice.

There will not be a Friday Flyer on
12-29-23.
Please plan accordingly.

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.*

BEARS ARE STILL ACTIVE FROM THE NRSC AND NCWRC – Did you know that in North Carolina black bears (*Ursus americanus*) may not den until January. The NRSC wants residents to be aware that there have been several active bear sightings this week in Connestee and being BearWise is still very important. Although black bears do not experience a classic "hibernation" like that of bats and some rodents, they do put on additional weight in the autumn to prepare for winter denning. Keep in mind that bears will also den under decks and porches. To learn more about bear habitat and habitats go to the NC Wildlife Resources Service black bear profile.

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

FROM THE CONNESTEE LIBRARY – The Connestee Falls Library is ready for the holidays! We have put out all of our holiday books, puzzles and DVDs and they are ready for our residents to borrow. Look for the cart filled with books as well as on top of the checkout desk. Puzzles are in a designated area on the bottom shelves. Feel free to borrow a book or puzzle, take it home to enjoy and then simply return to the book / puzzle drop so we can reshelve and allow others to enjoy. Happy holidays!