

## March 2020 Newsletter



# Homestead Owners Association & Court Club

### March Events

**Free Nutrition Series  
Digestive Wellness**  
Tuesday, March 10 @  
5:30pm in the Fitness  
Studio

**Board & DRC Meeting**  
Friday, March 13 @ 9am

**Last Day of Winter  
Tennis Programs**  
Friday, March 20

**No After School or  
Camp Programs**  
March 20 & 23

**Spring Tennis  
Programs Begin**  
Monday, March 23

### **General Club Information**

#### Club Hours:

5:55am-10:00pm M-F  
6:30am-10:00pm S-S

#### Phone:

970-926-1067

#### Address:

400 Homestead Drive  
P.O. Box 808  
Edwards, CO 81632

#### Childcare Hours:

8:30am-noon M-F  
3:00pm-6:00pm M-F  
By Appointment Only

#### Website:

Hcchoa.com

### Spring Tennis News

**Spring Tennis Programs** will begin the week of March 23, and will run for nine weeks, with no programs the week of April 20-24. Registration forms are available at the front desk or on our website, hcchoa.com. Email kim@homesteadcourtclub.com for more information.

**Registration Opens: Now** for Homestead Owners/Tenants  
**3/2** for Non-Resident Members  
**3/6** for Non-Members

**Reminder:** The last day of Winter Tennis is Friday, March 20.

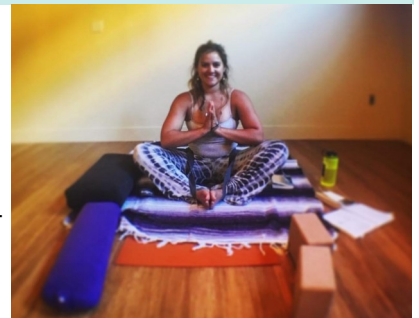
**VMS High School Girls Tennis Practice** will be held at Homestead Mondays, Tuesdays and Fridays from 6:00-7:30am and on Wednesdays from 7:30-9:00pm on the indoor courts. Practice will be moved outside as soon as weather permits. If you know of anyone who is interested in participating on the high school team, please have them contact Hillary McSpadden at hmcspadden@slifer.net.



### March Fitness News

#### **Instructor Spotlight: Allie Zachariades**

Allie Zachariades has been living in Colorado for 4 years, originally from Northern California where she attained her 200-HR Teacher Certification from Purusha Yoga School in San Francisco. She then moved to Boulder, CO where she received her Masters in Mindfulness Based Transpersonal Mental Health Counseling from Naropa University. Currently, Allie works as a



High School Counselor and is working towards becoming a Somatic (body based) Therapist. Allie became inspired to practice yoga while playing Division 1 lacrosse at Fresno State University to aid with the discomfort of osteoarthritis in her knees. Over the past 10 years Allie has practiced yoga routinely, attending multiple yogic and meditation retreats in North and Central America and has added training in restorative, thai massage and power sequencing to her repertoire. In 2020, Allie plans to receive further training in Yoga Sculpt, Core Cardio and master the MELT method. If you come to her class you will be challenged, find inner balance in a supportive and upbeat atmosphere. Allie teaches Youth Yoga on Wednesdays at 4:25pm and Reset & Restore Yoga on Sundays at 5:15pm.

#### **Free Nutrition Series: Digestive Wellness**

Join Christine Pierangeli, certified master nutrition therapist, Board certified in holistic nutrition and owner of Profound Wellness of Vail for a discussion on Digestive Wellness on Tuesday, March 10 at 5:30pm. This one hour discussion will focus on defining "leaky gut", supporting natural detoxification pathways and foods that boost our digestive health. Christine will take questions and provide a handout with information discussed. This series is free for members.

## Homestead General Meeting Report and Election Results

This year's meeting was held on Monday, February 17, at 7:00pm, at the Homestead Court Club. Thank you to everyone who attended and participated in person or by proxy. Two seats for the Board of Directors were up for election. There were two candidates on the official ballot and there were no additional nominations from the floor. Matt Drummet and Jim Pyke were re-elected by acclamation. Board President Erin Allen discussed the general state of the HOA and Court Club, projects that were completed in 2019, and projects scheduled for 2020. Jim Pyke gave an overview of Homestead's financials and announced that dues will not be raised in 2020. Homestead's attorney, TJ Voboril, provided an update on the Allen litigation and presented annual owner education on the subject of Alternative Dispute Resolution. New Business included two community presentations; one from the Walking Mountains Science Center on the Climate Action Collaborative, and the second presentation was from Eagle River Water and Sanitation District on rate increases for 2020. Please see our website for more information on these items.

## February Board & DRC Meeting Highlights

Our February Board & Design Review Committee Meeting was held on Friday, February 14, 2020 at 9:00am. During the DRC Meeting, there was a preliminary presentation for a new single family residence at 25 Cassidy Place. During the Board Meeting, Member Input included compliments to Tracy Erickson on the letter submitted to Morgan Landers regarding Homestead's stance on the proposed "Hive" development on Tract T. See our website for more information on this proposed Edwards development. Matters Pending included an update from the Nominating Committee, stating that both Matt Drummet and Jim Pyke will be re-running for the Board. The meeting minutes from January 10, 2020 were approved. The financials from December 2019 and the 2019 reviewed financials were also approved. A resolution to transfer funds to pay down our remodel loan was also approved. The meeting adjourned to executive session at approximately 9:39am.



## Children's Programming News

**April Break Kids Camps:** Homestead is offering a special session of all day kids camp over the April school break. Camp dates are April 20-24. Our kids camp program is guaranteed to be a fun filled day with a variety of different activities including educational projects, outdoor time, arts & crafts, games, swimming and more! Camp runs from 8:30 a.m. to 5:15 p.m., and is for children ages 5-12. Register now, as space is limited to a maximum of 30. Registration deadline is Friday, April 17, but we encourage early registration as spaces fill fast. No drop-ins allowed. Registration forms are available at the front desk, on our website, [www.hcchoa.com](http://www.hcchoa.com), or by email request to [jillian@homesteadcourtclub.com](mailto:jillian@homesteadcourtclub.com).

**Please note there is no After School or Kids Camp on March 20 & 23**

## Spring Cleaning ~ Property Maintenance Reminder

Residents of Homestead are being reminded to maintain their properties in accordance with the Homestead Covenants, Conditions, and Restrictions. Keeping your property well maintained is important for you and your neighborhood. Good house-keeping and maintenance practices keep property values at a higher level and limit health and safety hazards, in addition to a better quality of life. We would like to remind you that now is a great time to do a spring cleaning of your property. Homesteads Declarations state: *Each Lot at all times shall be kept in clean, sightly and wholesome condition. No trash, litter, junk, boxes, containers, bottles, cans, implements, machinery, lumber or other building materials shall be permitted to remain exposed upon any Lots so that same are visible from any neighboring Lot or street, except as necessary during the period of construction.* If, in our travels, we see that some maintenance is needed on your property, we will notify you of our observations. Our goal is to establish a dialog with you that will ensure your property is brought into compliance in a timely manner, serving both the Association's needs and your own. For those of you who are planning exterior work, please remember that any landscaping/ exterior changes and/or improvements must be applied for and approved by the DRC. If you have any questions or comments, please feel free to give us a call at 926-1067.





# March Fitness Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
<b>6:05-7:05am</b>	Morning Flow Yoga (Sophie)	Get Lifted (Hannah)		Get Lifted (Hannah)			
<b>6:15-7:15am</b>		HIIT Spin (Bree)		HIIT Spin (Bree)			
<b>8:30-9:30am</b>		8:30-9:15am Yoga Sculpt (Terry)	ABSolutely Pilates (Kim)		ABSolutely Pilates (Kim)	Saturday Flow Yoga (Sophie)	
<b>9:15-10:15am</b>	20/20/20 (Justin)	9:15-10:30am Gentle Yoga (Terry)		S.I.T (Justin)	<b>Board Meeting 3/13/20 9:00am</b>		
<b>10:30-11:30am</b>	Pilates Mat Class (Deana)						
<b>12:00-1:00pm</b>					Gentle Yoga (Sophie)		
<b>4:00-5:00pm</b>	After School in Fitness Studio	After School in Fitness Studio	4:25-5:25pm Youth Yoga (Allie)	After School in Fitness Studio	After School in Fitness Studio		
<b>5:30-6:30pm</b>	Lift the Barre (Hannah)		Strength & Conditioning (Christina)				5:15-6:15pm Reset & Restore Yoga (Allie)
<b>6:35-7:35pm</b>	Power Yoga (Christy)		Stretch/ Restorative Yoga				

## March Fitness News

### ***Instructor Spotlight: Allie Zachariades***

Allie Zachariades has been living in Colorado for 4 years, originally from Northern California where she attained her 200-HR Teacher Certification from Purusha Yoga School in San Francisco. She then moved to Boulder, CO where she received her Masters in Mindfulness Based Transpersonal Mental Health Counseling from Naropa University. Currently, Allie works as a High School Counselor and is working towards becoming a Somatic (body based) Therapist. Allie became inspired to practice yoga while playing Division 1 lacrosse at Fresno State University to aid with the discomfort of osteoarthritis in her knees. Over the past 10 years Allie has practiced yoga routinely, attending multiple yogic and meditation retreats in North and Central America and has added training in restorative, thai massage and power sequencing to her repertoire. In 2020, Allie plans to receive further training in Yoga Sculpt, Core Cardio and master the MELT method. If you come to her class you will be challenged, find inner balance in a supportive and upbeat atmosphere. Allie teaches Youth Yoga on Wednesdays at 4:25pm and Reset & Restore Yoga on Sundays at 5:15pm.

### ***Free Nutrition Series: Digestive Wellness***

Join Christine Pierangeli, certified master nutrition therapist, Board certified in holistic nutrition and owner of Profound Wellness of Vail for a discussion on Digestive Wellness on Tuesday, March 10 at 5:30pm. This one hour discussion will focus on defining "leaky gut", supporting natural detoxification pathways and foods that boost our digestive health. Christine will take questions and provide a handout with information discussed. This series is free for members.

# Fitness Class Descriptions

**20/20/20** - An invigorating, fast paced fitness class that challenges your endurance. You will utilize various forms of fitness equipment totaling 20 minutes of intervals, 20 minutes of weights, and 20 minutes of core.

**ABSolutely Pilates** - Improve core strength and stabilization as you move through this fluid series of floor work exercises designed to strengthen your entire body, improve posture and increase flexibility. Cultivate mindfulness in your movement as precision and flow is emphasized.

**GENTLE YOGA**—Gentle yoga is a class designed for the practitioner who is newer to yoga, recovering from an injury, or looking for modifications to all postures. Our instructor creates a safe environment through alignment to explore your personal boundaries while building strength & flexibility. This practice excludes all inversions & extreme backbends.

**GET LIFTED** — Get Lifted is a new fitness class that will use a combination of plyometric exercises and lifting weights, keeping the heart rate up for an all around fat burning work out!

**HIIT (High Intensity Interval Training) Spin** — HIIT Spin is an indoor cycling workout utilizing the rhythms of various musical genres to alternate bouts of high intensity work with periods of active recovery. We will take on varying “terrain”, utilizing changes in resistance to simulate hills, flat roads, mountain peaks and time trials. Whether you’re looking to sweat a little (or a lot!), burn a few calories, improve your cardiovascular fitness and endurance, or get an endorphin high, this ride does all of the above.

**MORNING FLOW YOGA** — Start your week with a morning wake up class! A flow that gives you time to center yourself on your mat and work into fun, playful movement sequences synced with breath. Many variations available depending on how your morning is going.

**PILATES MAT CLASS** - An exercise system focused on increasing flexibility and strength for the total body without building bulk. No apparatus is used during this class.

**POWER YOGA** – This powerful, energetic, playful flowing class has a strong emphasis on breath and allows beginners, intermediate and advanced students to be challenged in the same class. Expect to sweat and challenge yourself with movement and powerful, athletic postures, inventive and thoughtful sequences of sun salutations, standing and seated postures, back bending, and inversions guided by a steady breath to tone and calm the mind. Power Yoga flow will tone, strengthen and rinse your body, clear your mind and leave you with a sense of accomplishment and empowerment.

**RESET/RESTORE YOGA** — Restorative Yoga is a great option after an active weekend or for those recovering from an injury. Restorative yoga is thought of by many as “active relaxation”. It is specifically designed for when you feel fatigued, weak or stressed from daily life. The props used while practicing the various restorative yoga poses are designed to provide support and be conducive to total relaxation. Typically poses are held for longer periods of time (up to 10 minutes) to further healing of the nervous system & fascia tissues. Come relax & recharge to optimize the week ahead!

**S.I.T.– “Strength and Interval Training.”** Another high energy conditioning class utilizing the step, bosu, weights and intervals to keep your heart pumping!

**VINYASA FLOW YOGA**— In this yoga class the teacher will encourage you to synchronize your breath to the movement from one pose to the next on an inhale or an exhale. This style of yoga allows for a lot of variety, but you can expect movement, not just stretching.

**YOUTH YOGA CLASS** — Yoga for pre-teens and teens gives youth tools they can use to reduce stress in their lives, promote positive body image, and increase mental/physical strength and flexibility. Each class will include a series of yoga poses, breathing exercises, and meditation practices. Classes will include discussions on how to apply what they learn in yoga class to help them at home, school, and with friends. Each class ends with a period of relaxation and guided meditation.

**STRETCH/RESTORATIVE YOGA** — In a calm meditative atmosphere a half hour is spent stretching with your breath. The remaining time of class is given to guided meditation while exploring the range of motion of your spine supported by bolsters in gentle poses.



# March Pool Schedule

	<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>	<b>Saturdays</b>	<b>Sundays</b>
<b>6:00-8:00am</b>	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	6:30-8:00am Lap Swim	6:30-8:00am Lap Swim
<b>8:00am-9:00am</b>							
<b>9:00am-12:00pm</b>							
<b>1:00-2:00pm</b>	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
<b>2:00-3:30pm</b>							
<b>3:30-5:00pm</b>	After School Group in Pool	After School Group in Pool	After School Group in Pool	After School Group in Pool	After School Group in Pool		
<b>4:30-5:30pm</b>							
<b>5:30-6:30pm</b>							
<b>6:00-9:45pm</b>							

**Pool Room Hours:**

Monday-Friday: 5:55am-9:45pm

Saturday/Sunday: 6:30am-9:45pm

**Lap Swim Hours:**

Monday-Friday: 6:00am-8:00am and 1:00-2:00pm

Saturday/Sunday: 6:30am-8:00am

**No Lap Swim on School Breaks or Holidays**

# Spring Tennis Schedule

Program Time	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
6:00-7:30am	HS Tennis Team Practice	HS Tennis Team Practice			HS Tennis Team Practice		
8:00-8:30am						7:30-8:30am Cardio Tennis	
8:30-10:00am						4.0+ Drill & Play Clinic	
9:00-9:30am						10:00-11:30am 3.0-3.5 Drill & Play Clinic	
10:30am-noon				3.0-3.5 Drill & Play Clinic	Coed 3.0+ League		
noon-1:00pm			Cardio Tennis				
3:30-4:00pm	Mighty Mites Junior Tennis Clinic	Mighty Mites Junior Tennis Clinic	Mighty Mites Junior Tennis Clinic	Mighty Mites Junior Tennis Clinic	Mighty Mites Junior Tennis Clinic		
4:00-5:00pm	Superstars Junior Tennis Clinics	Junior Aces and High School Prep Clinics	Superstars Junior Tennis Clinics	Junior Aces and High School Prep Clinics	Superstars Junior Tennis Clinics		
5:00-6:00pm	High School Advanced & JET Clinics	High School Advanced & JET Clinics	High School Advanced & JET Clinics	High School Advanced & JET Clinics	High School Advanced & JET Clinics		
6:00-7:30pm	Coed 4.0- League	3.5+ Drill & Play Clinic	Men's 4.0- League	Coed 4.5+ League			
7:30-9:00pm	3.0-3.5 Drill & Play Clinic		HS Tennis Team Practice	Coed 4.5+ League			

## March Racquet Sports News

**Spring Tennis Programs** will begin the week of March 23, and will run for nine weeks, with no programs the week of April 20-24. Registration forms are available at the front desk or on our website, hcchoa.com. Email kim@homesteadcourtclub.com for more information.

**Registration Opens:** **Now** for Homestead Owners/Tenants  
**3/2** for Non-Resident Members  
**3/6** for Non-Members

**Reminder:** The last day of Winter Tennis is Friday, March 20.

**VMS High School Girls Tennis Practice** will be held at Homestead Mondays, Tuesdays and Fridays from 6:00-7:30am and on Wednesdays from 7:30-9:00pm on the indoor courts. Practice will be moved outside as soon as weather permits. If you know of anyone who is interested in participating on the high school team, please have them contact Hillary McSpadden at hmcsadden@slifer.net.

