### June 2024 Newsletter



# Homestead Owners Association & Court Club

#### **June Events**

Summer Tennis & Camp Programs Begin Monday, June 3

Food & Mood Discussion Tuesday, June 11

> Summer Swim Team Begins Wednesday, June 12

**Board & DRC Meeting** 

Friday, June 14 at 9:00am

**Free Chipping**Dates TBA - Look for signage

Ice Cream Social Thursday, June 20

#### 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

Website:

Hcchoa.com





We are in the process of updating our club software and will be switching from mailing monthly billing statements to emailing out billing statements. We will need a valid email address for every account. We will only use the email you provide for billing and HOA business. Please note this is different from our constant contact email list for monthly newsletter emails. Please email email@homesteadcourtclub.com with your name, membership number, phone number and preferred email address so we can ensure we have all the proper info on file prior to our updates. Thank you for your support!

**Contact Information Update** 

#### Ice Cream Social ~ June 20

Lets kick off the summer with an ice cream social! Please join us on Thursday, June 20 from 6:30-8:00pm. Join us for a fun filled evening where you can build your own ice cream sundae with the best topping bar west of the Mississippi! Come by, mingle with your neighbors and have a treat. We hope to see you there!

### Summer Swim Team

HCC Swim Coach Jenny Carll will be offering swim team this summer at Homestead, beginning on June 12. Swim team will be held on Wednesdays and Thursdays from 5:00-6:00pm. Swim team is for children ages 6 years and up who can swim multiple lengths independently and have base knowledge of freestyle and backstroke. Registration forms are available at the front desk and on our website.



### Food & Mood Nutrition Discussion

Join Christine Pierangeli, certified master nutrition therapist, Board certified in holistic nutrition and owner of Profound Wellness of Vail for a discussion on Mood Disorders and Nutrition on Tuesday, June 11 at 5:30pm. This discussion will focus on how a healthy nutrition and lifestyle plan can help

alleviate symptoms of anxiety and depression and boost overall mental wellness. Christine will take questions and provide a handout with information discussed. This class is free for Homestead members. We hope to see you there!

### Water Aerobics with Sawyer

Join Sawyer for a low impact but high energy water aerobics class where no swimming skills are needed. This class is designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistance of the water to cushion the feet, knees and back. Exercises performed are effective and easy to follow! Class will be held on Mondays from noon - 1:00pm, beginning on Monday, June 3. We hope you will give this class a try!

### Outdoor Court Construction

Our outdoor court construction project is underway. There is limited access to the back entrance to the club, and no access through the outdoor tennis court walkway. You can take the back stairs around the pool, or take the sidewalk to the front of the building. Please use caution when near the construction area. The project is moving along well, with plans to pour concrete near the end of May. We understand this will cause some temporary inconveniences, but can't wait to see you on our beautiful new courts this fall! The outdoor clay courts will be open for the summer beginning the first week in June, weather permitting. Please follow signage to clay court entrances.

#### Bear Sightings in Homestead

Most conflicts between bears and people are linked to careless handling of food or garbage. Bears will eat almost anything including human food, garbage, humming-bird food and pet food. Once a bear has found the easily accessible food source, it may visit regularly.

Homestead requires all residents keep their garbage cans inside at all times except for trash day. Staff will be patrolling the neighborhoods and issuing fines for violating this ordinance.

# **Summer Junior Tennis Programs**

#### Summer Tennis Programs Begin June 3rd

This summer we will again be offering a 10 week junior program in the afternoons, with Mighty Mites offered from 3:00-3:30pm, Superstars, Junior Aces and High School Prep from 3:30-4:30pm, and High School Advanced from 4:30-6:00pm. Our junior clinics are designed specifically for the needs of junior players to foster learning and keep your children having fun! We still have room for all age groups. Registration forms are available at the front desk or on our website. Email completed registrations to kim@homesteadcourtclub.com.



### **Edwards Area Updates**

#### Free Chipping In June

Eagle Valley Wildland will be offering another free chipping once again in June. Please watch for a sign with dates at the intersection of Edwards Village Boulevard and Homestead Drive. What is chippable? Trees, logs, and branches up to 15 inches in diameter, free of nails and wire. What is not chippable? No construction materials or treated lumber, no rotten wood, root wads, stumps, dirt, or rocks, no grass clippings, trash, weeds, or bags of leaves. Non-chippable items will not be picked up. How should it be stacked for pickup? Slash should be placed near the curbside, but NOT on the asphalt road or any paved surface. Vehicles must be clear of the pile. Material should be in a single concentrated pile, stacking the pile HIGH, not long; the higher the better! Any piles smaller than 2 cubic yards should be combined with your neighbor's pile if possible. Two cubic yards is the size of a large refrigerator, 3 ft X 3 ft X 6 ft. Do not stack slash in ditches or depressions. Piles must be within 5 feet of the road. Do not place piles directly under power lines, near gas meters, phone and utility pedestals or mailboxes. Be aware the slash pickup truck must be stabilized at each stop and the truck's loader arm has a limited reach. Homesteads DRC is temporarily allowing trimming of branches and shrubs without prior approval from June 1-16, 2024 for the purpose of reducing wildfire risk in the neighborhood. Please Contact Tim Swaner with any questions regarding the chipping program: tswaner@eagleriverfire.org or visit our website to see the informational flyer.

#### Wildfire Mitigation Project

Eagle Valley Wildland will begin work on the wildfire mitigation project on the Eagle County owned Homestead 'L' Open Space, as well as on a portion of Homestead Open Space beginning in June. The goal is to reduce fuels and improve eco system health in the open space areas, as well as create a buffer between the open space and residential areas. A map of the project area is available on our website.

#### Edwards Village Boulevard Sidewalk Update

Edwards Metro District is beginning the \$2.5 million dollar project to replace the asphalt sidewalks with concrete along Edwards Village Boulevard. This project is scheduled to begin the first week in June. Please slow down and use caution in the area during construction. Please visit, https://edwards-colorado.com/edwards-metro-district for more information.

# We're Hiring!

We are hiring part time staff for summer and fall children's programs, and year round front desk associates. Starting at \$15+/hour, plus free club membership, discounts on personal training, tennis, clothing and more! Email kim@homesteadcourtclub.com for more information.



### June Fitness Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
6:00-7:00am		Get Lifted (Hannah)		Get Lifted (Hannah)	HIIT or Miss (Sawyer)
7:30-8:30am			ABSolutely Pilates (Kim)		
8:30-9:30am		8:30-10:30am Yoga for Everyone (Terry)			ABSolutely Pilates (Kim)
9:00- 10:00am				S.I.T (Jill)	Board & DRC Meeting 6/14/24 @ 9:00am
9:30-10:30am					9:30am Vinyasa Yoga (Sophie)
11:00am- 12:00pm					Kids Camp Fitness Class
12:00-1:00pm	Water Aerobics (Sawyer)				
2:30-5:15pm	Kids Camp in Studio	Kids Camp in Studio	Kids Camp in Studio	Kids Camp in Studio	Kids Camp in Studio
5:30-6:30pm	Lift the Barre (Hannah)	Free Nutrition Discussion Food & Mood June 11	Fit Happens (Jill)		
6:30-7:30pm			Yin Yang Yoga (Kenneth)		

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# **Fitness Class Descriptions**

**ABSOLUTLY 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.

**FIT HAPPENS** — This dynamic class is great for all levels. It features mixed intervals of resistance training, cardio blasts, and core work. You can plan to expect the unexpected, as each class will be uniquely designed to challenge you to the max with having FUN!

**GET LIFTED** — Get Lifted is a unique 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 OR MISS** — Incorporates several rounds that alternate between several minutes of high intensity movements to significantly increase the heart rate, followed by short periods of rest. Improve stamina, increase strength, burn fat and keep the heart healthy by participating!

**LIFT THE BARRE** — This fast-paced and fun class provides a complete body workout and incorporates strengthening and toning of muscles, sustained cardio and intervals, barre work, and finishes with core work and stretching for a well-balanced total body workout!

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

**YIN YANG YOGA** — Yin Yang yoga is a combination of high-energy movement, much like vinyasa, which builds heat and energy promoting power and endurance, followed by the more relaxing practice of Yin to give us a deeper grounding and calm the nervous system. Pranayama (breathwork) and mindfulness are weaved into this balanced offering to ease transitions and promote presence.

**YOGA FOR EVERYONE** — Terry Copeland, instructor/guide! We welcome everyone for any duration, at any time. We would love to have you stay for the full 2 hours, but if you only have a few minutes to breathe and move with us- please come when you can... you are not disturbing. The teacher will adapt the class to the wants/needs and timeline of those in attendance. Popular format: 8:30-9:30 - Yoga with foam rollers (facilitates stretching) 9:30- 5-10 min mid class Savasana (guided meditation/relax/recover/china gel option) 9:40-10:30- yoga stretches/balances at the bar and flows/challenges/class choices

# **Summer Tennis Schedule**

<b>Program Time</b>	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
6:00-7:30am						
7:30-8:30am	8:00-8:30am League Warm Up					7:30-8:30am Cardio Tennis
8:30-10:00am	Coed 3.0 League					4.0+ Drill & Play Clinic
10:30-noon				3.0-3.5 Drill & Play Clinic		10:00-11:30am 3.0-3.5 Drill & Play Clinic
12:00-1:30pm				Beginner Clinic		
1:30-3:00pm						
3:00-3:30pm	Mighty Mites Junior Tennis		Mighty Mites Junior Tennis		Mighty Mites Junior Tennis	
3:30-4:30pm	Superstars Jr. Tennis	Jr. Aces and HS Prep Tennis	Superstars Jr. Tennis	Jr. Aces and HS Prep Tennis	Superstars, Jr. Aces and HS Prep Tennis	
4:30-6:00pm	High School Advanced Clinics					
6:00-8:00pm			Men's 4.0– League	Coed 4.5+ League		
7:30-9:00pm						

Summer Tennis Dates: June 3 - August 9 (no programs 7/4)

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