

Golden Spike Estates — March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Every Week: 6:45 am Women's Weight Workout 8:00 am Men's Billiards 8:30 am Water Aerobics 9:30 am Ping Pong 9:30 am Low Impact Aerobics 10:15 am Mahjong BR 12:30 pm Dominoes LIB 2:00 pm Water Aerobics 3:00 pm Line Dancing **NEW** BR = Billiards Room LIB = Library MR = Media Room RED = Monthly BLUE = Bi-Monthly	6:45 am Women's Weight Workout 8:00 am Men's Billiards 8:30 am Water Aerobics 9:30 am Ping Pong 9:30 am Low Impact Aerobics 10:15 am Mahjong BR 12:30 pm Dominoes LIB 2:00 pm Water Aerobics 3:00 pm Line Dancing **NEW**	8:00 am Men's Billiards 8:00 am Men's Great Weight Workout 8:30 am Water Aerobics 1:00 pm 5-Handed Pinochle LIB 5:00 pm Water Volleyball **NEW**	6:45 am Women's Weight Workout 8:00 am Men's Billiards 8:30 am Water Aerobics 9:30 am Ping Pong 9:30 am Low Impact Aerobics 1:00 pm Pinochle BR 2:00 pm Water Aerobics 3:00 pm Line Dancing **NEW** 4:00 pm Social Hour (BYOB) BR	8:00 am Men's Billiards 8:00 am Men's Great Weight Workout 8:30 am Water Aerobics 1:00 pm Cards: Hand & Foot BR 4:00 pm Tai Chi 6:00 pm 5-Handed Pinochle LIB	6:45 am Women's Weight Workout 8:00 am Men's Billiards 8:30 am Water Aerobics 9:00 am Coffee & Donuts 9:30 am Low Impact Aerobics 1:00 pm 5-Handed Pinochle LIB 2:00 pm Water Aerobics 3:00 pm Cribbage BR **NEW**	8:00 am Men's Great Weight Workout
1	2	3	4	5	6	7
2:00 pm Pinkie Mullins Celebration of Life	6:00 pm Fly Tying BR	10:10 am Needle Nuts BR 6:30 pm Texas Hold'em BR				
8	9	10	11	12	13	14
Daylight Savings Time Begins at 2:00 am	2:00 pm Discussion Group MR 6:00 pm Bunko BR	Election Day 8:00 am to 8:00 pm Voting in the Clubhouse 1:00 pm Movie: Knives Out Comedy, Crime, Drama Rated PG-13 6:00 pm Cribbage BR **NEW**		2:00 pm Book Club LIB <i>An Hour Before Daylight</i> by Jimmy Carter	5:30 pm Potluck PLEASE SIGN UP	10:00 am Ladies Coffee Hostess: Ann Johnson 8473 West Yosemite PLEASE SIGN UP
15	16	17	18	19	20	21
		St. Patrick's Day 10:00 am Casino Bus PLEASE SIGN UP 10:10 am Needle Nuts BR 4:00 pm Activities Committee BR 6:30 pm Texas Hold'em BR		6:00 pm Ice Cream and 6:30 Bingo		Resident Linus Project Ballroom, 10:00 to 2:00
22	23	24	25	26	27	28
	6:00 pm Bunko BR	1:00 pm Movie: Little Women Drama, Romance Rated PG-13 6:00 pm Cribbage BR **NEW**				12:00 pm Ladies Lunch Out Hostess: Jane Hagen & Reda Wells Location: Fuki Japanese Steakhouse, 1500 E. Seltice Way, Post Falls PLEASE SIGN UP
29	30	31				
		10:10 am Needle Nuts BR				

Movies

Knives Out (2019)

Comedy/Crime/Drama, Rated PG-13, 2hr 11min

Tuesday, March 10th @ 1:00 PM

Starring: Daniel Craig, Chris Evans, Jamie Lee Curtis, Christopher Plummer

When renowned crime novelist Harlan Thrombey is found dead at his estate just after his 85th birthday, the inquisitive and debonair Detective Benoit Blanc is mysteriously enlisted to investigate. From Harlan's dysfunctional family to his devoted staff, Blanc sifts through a web of red herrings and self-serving lies to uncover the truth behind Harlan's untimely death.



Little Women (2019)

Drama/Romance, Rated PG, 2hr 15min

Tuesday, March 24th @ 1:00 PM

Starring: Saoirse Ronan, Emma Watson, Florence Pugh, Eliza Scanlen

In the years after the Civil War, Jo March lives in New York and makes her living as a writer, while her sister Amy studies painting in Paris. Amy has a chance encounter with Theodore, a childhood crush who proposed to Jo but was ultimately rejected. Their oldest sibling, Meg, is married to a schoolteacher, while shy sister Beth develops a devastating illness that brings the family back together.

Monthly Activities

Discussion Group

This month's discussion group is on **Monday, March 9th**, at 2:00 p.m., and will meet in the **Media Room** for a presentation on Local Geologic History. Anyone is welcome at any or all of the discussion groups.

Book Club

The book club is meeting on **Thursday, March 12th**, at 2:00 p.m. in the library to discuss *An Hour Before Daylight* by Jimmy Carter.

Potluck

This month's potluck dinner is on **Friday, March 13th**, at 5:30 p.m. Don't forget to wear your nametags and bring your own table settings. [Please sign up](#) to attend, to bring a dish, and if you are able to **help clean up** afterward.

Ladies Coffee

Ann Johnson of 8473 West Yosemite is hosting this month's Ladies Coffee on **Saturday, March 14th**, at 10:00. [Please sign up!](#)

Casino Bus

The Casino Bus is scheduled for **Tuesday, March 17th**, at 10:00 a.m. [Please sign up](#) early - we need to let the casino know no later than Friday, March 13th, who will be attending. If we don't have at least 15 people, the bus will be canceled at that time.

Ladies Lunch Out

Jane Hagen (775-741-2289) and **Reda Wells** (208-304-3892) are hosting this month's Ladies Lunch Out on **Saturday, March 28th**, at **12:00 noon**. Lunch will be at Fuki Japanese Steakhouse, located at 1500 East Seltice Way in Post Falls. If you sign up and are unable to attend, please contact one of your hostesses. [Please sign up!](#)

From the Front Desk

GSE Reservations

If you have events scheduled for the busy spring and summer months, and need to reserve the **Billiards Room**, the **Gazebo** area, or the **guest RV parking**, get your reservations in soon. Please review the Room Reservation Policy and complete a Room Reservation Form to use the Billiards Room or the Gazebo. Contact the front desk for more information or to make a reservation.

RV Parking Lot

It's almost time to get your RVs ready for the summer season, so if you didn't get the new lock code for the RV parking area after it changed last October, make sure you stop by the front desk before you head out to the lot.

Keep Us Updated

Please let Tiffany know if anything changes in your:

- Phone numbers
- Email address
- Emergency contact
- Vehicles
- Pets
- Household residents



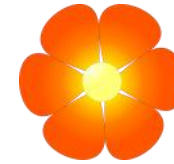
Newsletter & Calendar

March 2020

Editor in Chief: Adam Marshall

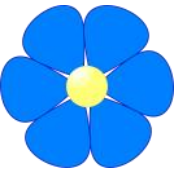
Editor: Tiffany Morton

News & Announcements



Ladies Coffee Hostesses Needed SOON!

We are looking for hostesses for the **April and May Ladies Coffee**. If you're interested in having some fun and getting to know a great group of ladies, please sign up in the Clubhouse or contact Grace Wigen at 916-969-8975.



Save the Date: GSE Community Garage Sale

This year's community garage sale is schedule for **Friday, June 5th, and Saturday, June 6th**. For those who don't know, we plan this weekend so that you can have your own garage sale and get maximum exposure. It will be advertised ahead of time with the CDA Press and Nickel's Worth. Sandwich board signs will be posted at the Golden Spike Boulevard entrance as well as the corner of Nagel and Highway 41. Start sorting through those closets and garages!

Kootenai County Elections

On **Tuesday, March 10th**, the Clubhouse will once again host Kootenai County Elections as a polling place. Polls will be open from 8:00 a.m. to 8:00 p.m. You can register to vote on site that day if you have not already.

Tips for Adjusting to Daylight Savings Time

Daylight Savings Time begins on **Sunday, March 8th**, at 2:00 a.m. Dr. Harneet Walia of the Cleveland Clinic recommends the following tips to help your body adjust:

- Start preparing ahead of time by **going to bed 15 to 30 minutes earlier** than your usual bedtime.
- **Wake up early** and expose yourself to bright light in the morning.
- **Avoid taking naps**. If you need to, nap for no longer than 20 minutes. Research has shown that short naps improve brain function and leave you feeling refreshed afterward.
- **Avoid caffeinated beverages** for four to six hours before bedtime, and **avoid alcohol** late at night.



New (and Returning) Activities

We have some new activities on the calendar this month, and all are welcome!

- **Line Dancing**: every Monday and Wednesday at 3:00 PM in the Clubhouse ballroom.
- **Cribbage**: every Friday at 3:00 PM and the second and fourth Tuesdays at 6:00 PM in the Billiards Room. Cribbage boards encouraged!
- **Water Volleyball** is making a return, every Tuesday starting at 5:00 PM.