

Sign up for all events, classes, and presentations at [www.delwebbmirehaven.com](http://www.delwebbmirehaven.com)



**Women's Breakfast**

**Wednesday, March 30th  
@ 9:00am**

RSVP on website by March 28th



slate at the  
museum

**Men's Breakfast**

**Thursday, March 31st  
@ 10:00am**

RSVP on website by March 29th



**MEDITATION FOR STRESS  
AND ANXIETY**

**Monday, March 14th @ 4:00pm**

Stress and anxiety result from focusing our mind in unconstructive ways. In this presentation you will learn the basics of meditation and some constructive ways to focus so that you can reduce and gradually abandon stressful and anxious states of mind. David Craft, Senior Kadampa Teacher will guide two meditations. RSVP



**IRISH DANCE HAPPY HOUR AND DINNER**

**Irish dancing with Brighburn Academy of Irish Dance and dinner with Fiesta's New Mexican  
March 13 @ 4:00pm**

Dinner is served starting at 4:00pm (enchiladas, taco bar, refried beans, Spanish rice, chips & salsa). Dance performance starts at 5:00. Brightburn dancers will perform slow and soulful Irish tunes as well as fast songs, reminiscent of the Big Band Era. \$20.00pp includes show and dinner (BYOB). Sign up by Friday, March 11th.

**NATURAL HISTORY AS A STORY  
THE CRITICAL 12 CHAPTERS**

Presentation by Dwight Jennison  
Thursday, March 24th @ 4:00pm

For more information about this Science Interest Group presentation contact Dwight Jennison at [d.r.jennison@gmail.com](mailto:d.r.jennison@gmail.com). RSVP

**Dinner at  
La Fonda del  
Bosque**



**March 22nd  
@ 6:00pm**

Private dinner at La Fonda del Bosque Restaurant at the National Hispanic Cultural Center. Start time will be 6:00pm. The restaurant will be closed to the public. Bar is available and paid for at the restaurant separately from dinner price. \$30.00pp, price includes meal, tax and gratuity. \$30.00pp. Gluten free & Vegan options available. Menu includes:

- Chips, Salsa and Guacamole
- Choice of soup or salad
- Choice of Entrée
- Dessert
- Iced Tea and Coffee

Selections available when you sign up on website by March 15th



**ART CLASS**

**March 29th @ 10:00am**

**"Metaphors in March: Exploring the work of Irish artist Gerard Dillon"**

No previous painting experience required. Painting our inner world is both a forgiving and intriguing landscape for exploration. Learn a bit of art history and basic painting technique while wowing yourself with a take home painting you can be proud of with local artist and native, Sarah McCord. Join in this one-of-a-kind painting experience you will find both lighthearted and enlightening. \$38.00pp includes all materials. RSVP by March 25th.

THURSDAY, 03/10/22, FROM 5:30-7:30

# Grow Your Wealth!! Seminar



Patrick Krapp  
Principal, The Cavnar Group



Trace Sanchez  
Broker/Owner, The Cavnar Group




Your Neighborhood Real Estate Consultant  
Charlie Probert  
505-444-5137  
Charlie.probert@thecavnergroupp.com



WITH THE CAVNAR GROUP  
kw REAL ESTATE GROUP

Come join us for a free seminar to learn how to make your money work for you. We will share different strategies of investing, financial vehicles, real estate investment strategies, and mortgage/financing solutions, so that your savings can grow exponentially. Food and refreshments provided.



## NM Solar Group Lunch & Learn

Wednesday, March 23rd @ 11:30am

Come have lunch and learn how solar can benefit you and your family. Yvette from NM Solar Group will be presenting the benefits that her company has along with providing information on how solar works. Sign up by Monday, March 21st.

These above businesses pay a fee to the HOA to present/advertise to you. The HOA does not endorse or recommend any business. Information obtained and services used is at your own risk.

## Singles Interest Group

Tuesday, March 8th— Lunch at P.F. Chang's @ 11:00am. RSVP by March 6th.

Thursday, March 24th - The Hopper @ 6:00pm

We'll meet at 6:00pm for dinner at The Hopper and enjoy the music of the Chris Kill Trio. Sign up by March 22nd. For questions contact Mary at dalimama11@aol.com



## American Mah Jongg

Wednesdays at 12:30pm

Home games are welcome to come and can set up their own tables to continue playing as a group or join in new tables to improve skill and get to know more of our residents. Lessons are available for new residents to learn the game or come and learn by watching other players. For information contact Charna Stafford 505-332-3419 or ccm@havenfor.us.

## Mirehaven Poetry Interest Group

Tuesday, March 29th at 5:30pm

Looking for new poets and poetry lovers! For March & April meetings write a new poem based on these subjects:  
 March: *Falling down/Getting up. Rising above it all*  
 April: *Nighttime/Darkness and the Dawn*  
 Pick a poem from a preselected poet and choose one poem from that author to discuss. Examples:  
 March: *Sylvia Plath*; April: *Maya Angelou*



## March Brewery Tour

Craft Beer Interest Group

Ponderosa Brewery  
 Wednesday, March 9th, at 2:30 p.m. To join us on the Brewery Tour, email the number in your group to:  
 mikeljrowley@aol.com

## Conservative Interest Group

Tuesday, March 8th @ 10:00am

Come and enjoy a fresh donut and good company. We will have two special fellow New Mexicans as guest speakers. Find out more about Anastacia Golden Morper and Anthony Thornton at the meeting. Contact Ed Butner at ebutner4301@comcast.net

## Video Editing Interest Group

March 15th @ 10:00am



Do you have some pictures or video sitting unseen in the back of a closet or in a box at the bottom of the pile? Are you interested in digitizing your VHS or 8 mm tapes? Want to know how to store and retrieve your digital files? Join us, the Video Editing Interest group. For more information, contact Sheila at sheilaszudefko@gmail.com

## Mirehaven Book Club

Monday, March 21st @ 5:30PM

We'll discuss Joan Didion's *The Year of Magical Thinking*

Monday, April 18th we'll discuss *The First Day of Spring* by Nancy Tucker. Questions, contact Janet at janetmalta@yahoo.com

**NEW TAI CHI CLASS JUST FOR BEGINNERS**

**Friday, March 11th @ 1:00pm  
(free for new students)**



Tai Chi was found to be the most effective exercise for improving balance and preventing falls in Senior Citizens according to scientific studies done by the National Institute on Aging and the Center for Disease Control. This class will introduce you to the basics movements of Tai Chi and prepare you to attend an ongoing Tai Chi class.

**Fitness Equipment  
Orientation 101**

**Thursday, March 10th @  
11:30am**

In order to get the best results from your workout you need to use the workout equipment correctly. Join this class for demonstrations, get your questions answered and feel more confident about using our fitness equipment room. FREE but RSVP.

**Fitness Equipment  
Orientation 102**

**Thursday, March 24th @  
11:30am**

Ready to learn some new ways to strengthen your body? This builds on the first class and give more variety to your workout. If you've used machines before and feel comfortable with them, then this second class is for you. FREE but RSVP.

**BEGINNING BELLY DANCE  
CLASS Monday, March 7th  
@ 3:00pm**



Connect with your body and find self-confidence while discovering the joy of Middle Eastern music and dance. \$5.00 or fitness-pass

**ART TALK**

presents its Spring Show Saturday, April 30, 10:00 am - 3:00 pm with 15 artists and 9 locations including the Amenity Center. Come and meet the artists, enjoy your neighbors, find a Mother's Day Gift, and much more! Questions, [jeriburzin@gmail.com](mailto:jeriburzin@gmail.com).



**EVERY TUESDAY AND THURSDAY  
AT 1:00pm**

The tennis group is always looking for new players. If there are some ladies in the Mirehaven community who have played in the past and would like to get on the court again send e-mail to Steve [@saw707@mac.com](mailto:@saw707@mac.com). Our ladies group has loads of fun and enjoys friendly competition.

**NEW YOGA CLASSES**

**NEW VINYASA FLOW YOGA with Anna**

**Saturdays at 8:30am**—A little faster paced yoga class, intended for anyone who already has a regular practice. You will move from one pose to another using your breath. This is a great cardiovascular conditioning class.

**NEW YIN YOGA CLASS with Anna**

**Tuesdays at 4:00pm**—Yin yoga is slow paced, mat based class that uses props and breath to go deep into each of the poses. A great class for joint health and stress reduction.

**YANG FLOW YOGA with Roberta**

**Last Saturday of the Month - March 26th at 1:00pm**—In this class you will learn and practice traditional and new Yang Yoga flows such as Golden Seed, Dancing Dragon, and Proud Bird. These flows are inspired by the Daoist energy flow traditions such as Tai Chi and Qi Gong. Each flow is repeated several times to achieve a form of meditation- in-motion, building strength, stamina, grace, and concentration.

**NEW YOGA WORKSHOP**

**GENTLE RELAXATION YOGA WORKSHOP with Robin on Thursday, March 31st from 1:00-3:00pm**

You will start with a gentle restorative practice, moving slowly to allow the body to release stress and tightness held in the muscles. You will then settle in with a guided relaxation practice (Yoga Nidre) for a deep rest. The entire class is practiced on the floor. Please bring a yoga mat, your yoga blanket and any other yoga props you have. Any questions, please e-mail Robin at [rtabrett@hotmail.com](mailto:rtabrett@hotmail.com). This workshop is for everyone, no yoga experience necessary. Sign up at website: Workshop is \$20.00

**HOA INFORMATION**

The Board of Directors will be interviewing and selecting a Transition Committee and an Adhoc Website Committee in March. Please watch your emails for more information from these committees.

**HOA BOARD AND COMMITTEE MEETINGS**

**Board of Directors Meeting (Zoom)**

Monday, March 28th at 11:00am

Zoom info will be sent prior to the meeting

**Landscaping and Trails Committee- Wednesday, March 9th at 9:00am**

Committee addresses common area landscaping concerns.

**Finance Committee- Monday, March 21st at 9:00am**

Committee reviews HOA monthly financials and budget.

**Architectural Review Committee- March 10<sup>th</sup> and 24<sup>th</sup> at 9:30am**

Committee reviews homeowner submittals for exterior changes.

Submittals must be received one week prior to the meeting by 9 am to be included for that meeting.

**The Landscaping and Trails Committee (LTC)**

is comprised of homeowners from the community appointed by the HOA Board. It recently started a new project to Inventory the landscaping in the community's common areas in anticipation of working with the new landscape contractors, Green Summit. The LTC holds monthly meetings and minutes are posted at: [www.delwebbmirehaven.com/Community/Governance/Board\\_Committees.htm](http://www.delwebbmirehaven.com/Community/Governance/Board_Committees.htm). Concerns and comments from homeowners can be emailed to: [dwmilandscapetrails@gmail.com](mailto:dwmilandscapetrails@gmail.com).



**INTEREST GROUPS:** An interest group is a group of residents who share a common interest in a particular Subject. **EVERYONE IS WELCOME TO JOIN THE EXISTING INTEREST GROUPS!** Have a game you want to play? Add your name at

<b><u>MONDAY</u></b>	<b><u>TUESDAY</u></b>	<b><u>WEDNESDAY</u></b>	<b><u>THURSDAY</u></b>	<b><u>FRIDAY</u></b>	<b><u>SATURDAY</u></b>	<b><u>SUNDAY</u></b>
<b>Pickleball 9:00</b>	<b>Painting Group</b> 9:30 (March 1, 15, 22, 29)	<b>Pickleball 9:00</b>	<b>Running Group</b> 9:00	<b>Pickleball</b> 9:00	<b>Pickleball 9:00</b>	<b>Running Group 9:00</b>
<b>Bocce Ball 9:30</b>		<b>Catholic Group</b> 11:00 Zoom (March 2nd & 16th)	<b>Pickleball Skills &amp; Drills 10:00</b> (March 3rd & 17th)	<b>Bocce Ball</b> 9:30	<b>German Group</b> 9:30 (Zoom)	<b>Hand &amp; Foot 12:00</b>
<b>Painting Group</b> 9:30 (March 7th)	<b>Walking Group</b> 10:00			<b>Walking Group</b> 10:00	<b>Poker 12:30</b>	<b>Acoustic Jam</b> 1:00 (March 13th)
<b>Intro to Pickle-Ball 12:00</b>	<b>Video Editing-Group</b> 10:00 (March 15th)	<b>Jewish Group</b> 11:00 (March 9th)	<b>Mexican Train</b> 12:30	<b>Hand &amp; Foot</b> 12:30		<b>Golf 1:00 (Ladera Golf Course)</b>
<b>Ladies' &amp; Men's Poker 12:30</b>	<b>Conservative Group</b> 10:00 (March 8th)	<b>American Mah Jongg</b> 12:30	<b>Tennis 1:00</b>	<b>Chess Group</b> 1:00		
<b>Bridge 12:30</b>	<b>Bridge</b> 12:30	<b>Poker 12:30</b>	<b>Craft Beer 2:30</b> (March 10th)			
<b>Book Club 5:30</b> (March 21st)	<b>Tennis 1:00</b>	<b>Fiber Crafts 4:00</b>	<b>ART Talk 4:00</b> (March 17th)			
	<b>Essential Oils</b> 3:00 (March 15th)	<b>RummyKub 4:30</b>				
	<b>Chinese Mah Jongg</b> 5:00	<b>Wine Tasting 7:00</b> (March 16) (TBD)				
	<b>Poetry 5:30</b> (March 29th)					