



January Greetings,

Our hearts go out to those affected by the recent wildfires in Los Angeles. Engage Palm Springs has a list of resources for assistance and ways you can help (<https://engagepalmsprings.com>). The sudden and devastating destruction is a reminder to be prepared in case of an emergency. Check out the “Emergency Info” tab on the PCNC website for some disaster tips (<https://mypcnc.com/emergency-info>).

## BOARD INFO

It's election time again! We need to elect board officers for the 2025-2026 term. Jennifer Morton (co-president), Julie Hooker (vice-president), Bette Pine (treasurer) and Holly Dickens (secretary) have accepted nominations for another term in their current board positions. Max Allen has accepted a nomination to become co-president (in place of Craig Ramsay). If anyone else would like to be a nominee for one of the board offices, please contact Jennifer or Bette by January 31 at [info@mypcnc.com](mailto:info@mypcnc.com). The election will be held at the next PCNC board meeting in February (date TBD.)

Minutes from our October and December board meetings are attached and recent board meeting minutes have been added to our website (<https://mypcnc.com/board-%26-committees>). Recent newsletters have also been added to the website.

The PCNC board is working to organize a community meeting this spring to welcome new residents to the neighborhood and highlight the work of ONE-PS and our community leaders.

## PARK EVENTS

- **Shuffleboard** is back! Eighteen teams are playing for the top prize in the annual shuffleboard tournament on Tuesdays from 4:00pm–6:00pm. Come by to cheer them on or volunteer to play as a sub.
- Enjoy a casual **Happy Hour** with your neighbors on Thursday, January 16 from 5:00–7:00pm in the clubhouse.
- Stretch it out! **Yoga Fitness with Paulette** takes place on Wednesday mornings at 8:00am in the Grand Hall or by the pool. Donations appreciated.
- **Qi Gong and Chair with Nancy** is held on Saturdays at 9:00am in the Grand Hall. This is a gentle balance and movement practice that builds strength and resilience that uses chairs and props for balance. Donations appreciated. (Note: There will be no class on January 18th.)

Visit [mypcnc.com/calendar](https://mypcnc.com/calendar) for a full list of park events.



## **PALM SPRINGS NEWS & EVENTS**

Caltrans, in partnership with the City of Palm Springs, has begun an 8-mile rehabilitation project on SR 111. Improvements include: removing and repaving the roadway, constructing new Sunline T bus pads; and upgrading sidewalks and curb ramps. For more details, visit: [www.SR111RoadwayProject.com](http://www.SR111RoadwayProject.com)

The 16th Annual ONE-PS Picnic & Community Expo will be held Saturday, March 22, 2025, from 11:00am– 2:00pm at Ruth Hardy Park. Free lunch provided by local businesses, games and activities hosted by the Palm Springs Parks & Recreation Department, pet parade and costume contest, balloon rides, best neighborhood booth contest and more! See attached flyer for more info.

## **HEALTH & WELLNESS TIPS**

### **Make Every Day a Fitness Day**

Try these four tips to incorporate exercise into your regular activities.

By Craig Ramsay

- Start your day with energy and enthusiasm. Putting a bounce in your step will keep you on your fitness path.
- Clean your house and shape up! Do a few lunges in between picking up things off the floor. Do some squats while loading the dishwasher. Do a few calf raises while folding the laundry.
- It's easy to find ways to work out while running errands. Park your car as far away as possible in the parking lot to get some extra steps. Have a choice between stairs or the elevator? Start climbing.
- Staying in and watching the TV? Try stretching or do some sitting squats while you're on the couch.

Want to help us in our community efforts? Get in touch with us at [\*\*info@mypcnc.com\*\*](mailto:info@mypcnc.com).

Thanks for being a good neighbor!

Cheers,  
The PCNC Board