

Vientos Bajos Codger

Activities in and around San Ramon

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Upcoming Activities	
7 JUN	Tarcoles River Crocodile Adventure
12-14 JUN	International Living Conference
15 JUN	VB (General) Handler Cello Concert plus Seanachies (Story-Telling)
16 JUN	Boat ride to San Lucas
19 JUN	VB-Cast Call for Madcap Players Summer Show
19-21 JUN	Manuel Antonio National Park
23 JUN	VB & JLT Open House
30 JUN	VB- Little Theatre Group & Recorder Ensemble
8 AUG	Sing-Along/Social, Geroca
11 AUG	VB-Madcap Players Summer Show
Daily	Walking Club

paradise is made up of various islands that are home to nature's abundance. The area is a sanctuary for marine birds, with white sand beaches and flora and fauna native to the Central Pacific Coast. The world-renowned Isla San Lucas and old prison of Costa Rica is part of this beautiful archipelago. Formerly serving as an island prison, it is now a National Wildlife Refuge. Located 5.4 miles from Puntarenas, Isla San Lucas with a land extension of 500 hectares are maintained as a protected forest. The area was the most famous prison of Costa Rica, in this tour, we are going to visit all the cells, medium and maximum security cells and the complete history of "The Lonely Men's Island," a book written by Jose Leon Sanchez, and old prisoner of this jail. This place owns 19 beaches, but only 4 of those are open for tourism, in order to maintain its unpolluted waters. This tour is a great opportunity to learn about the culture and the history of Costa Rica and enjoy the nature of the Pacific of Costa Rica, having a relaxing time in one of the most beautiful places of Costa Rica.

Walkers' Club Daily.

For the past eight years, walkers have met regularly to experience different parts of the San Ramon area. Some bring dogs. This is a "join us if you want, or don't" activity. We generally meet at the chosen place to begin the walk at 7 AM and finish the walk within an hour. On a scale of 1-5, 5 being high, the walks generally are between 2.5 and 3.5. We walk seven days a week. Walk at your own pace. Some of the walks are loops, many are 25 to 30-minute walks with a turn-around. Email jcbuford@aol.com to be added to the email list.

Boat ride to San Lucas, Sun, 16 JUNE.

Come and join the Vientos Bajos Explorer's Club, on June 16, 2019, for a boat ride to San Lucas Island for a prison tour of Costa Rica's most famous prison. The Gulf of Nicoya's archipelago



We meet at a dock in Puntarenas and depart on the boat at 9:00 am. for a 40 minute boat ride to the island. The tour lasts 1 hour and 40 minutes. Then we have lunch (rice with chicken or shrimp). At 2:30 we head back to Puntarenas. The cost is \$65.00 per person. To make your reservation please email Costa Rica Azul Travel at ventas@azultravelcr.com or call their WhatsApp

+506 8948-8383. Because Puntarenas is so close, we are not arranging a bus. However, if you seek a car pool or are willing to car pool, email Ron Calhoon at roncalhoon@comcast.net and he will try to match people up. On google maps the dock is Muelle Turistico ICT follow this link: [map to dock Pura Vida!](#)

Manuel Antonio National Park, 19-21 JUNE.

Come and join the Vientos Bajos Explorer's Club Wednesday, June 19th, to Friday, June 21st, as we travel to Manuel Antonio National Park for a two-night stay at the Hotel Divisamar. The Hotel Divisamar is offering a promotional rate of 80,000 colones for two people sharing a room for two nights with a full tropical breakfast each morning (additional 25,000 colones if there is a third person in the room.) We have a block of 13 rooms, three of which have two double beds; the other ten three rooms have one double bed and one single. Parties with four sharing a room will have priority on the rooms with two double beds followed by parties with three in a room. If there are any additional rooms, they will be allocated on a first paid basis.



There will be a bus which will accommodate a maximum of 21 passengers available for those who would prefer not to drive (again on a first request basis). Bus fare will be collected on the bus in cash. Cost of the bus including accommodations for the driver is expected to be no more than 380,000 colones which will be divided evenly among those utilizing the bus. The bus will leave at 9:00 am on the 19th with a lunch stop on the way and arrival at the hotel in the early afternoon. The bus will leave from Jardin la Torre in El Emplame: [Click here for map to El Jardin](#). Departure from the hotel on the 21st will be after breakfast.

Hotel Divisamar is located in a tropical atmosphere surrounded by flowers and native gardens, just 1 mile from the main beach, next to the main road, halfway between the Manuel Antonio National Park and the town of Quepos. There is an excellent public transport service that goes from the Hotel Divisamar to the beach, passing the entrance to the National Park and the City of Quepos, every 20 minutes. Many excursions can be booked thru the hotel and are listed on their web site, Other excursions can be booked with hotel pick up.

For the more energetic there is a scenic trail, starting in front of the hotel until the end of the first

public beach, on the beach that connects with the Manuel Antonio National Park, and possible return by bus. Accommodations at the Hotel Divisamar include Crystal Swimming Pool, Jacuzzi, cafeterias such as Emilios coffee shop, Cafe Milagro, Barba Roja, Los Altos, Falafel, Lambretta Pizza, Agua Azul restaurant.



Manuel Antonio is the jewel of the Pacific Coast that is home to one of the top beaches in the world located within Manuel Antonio National Park. It is one of the smallest parks in Costa Rica but it is the most visited due to its varied fauna with 109 species of mammals and 184 of birds.

Whether you are a wildlife lover, adventure seeker or you just want to be a beach bum, the array of activities is endless and you can book several tours. Tours will need to be booked in advance; descriptions are available on the hotel website <https://divisamar.com/tours.html>

Full payment for rooms is required at the time of reservation. Payment for the bus will be due the day of departure. Please email susan@spriatravel.com for reservations or questions about hotel reservations or roncalhoon@comcast.net for reservations or questions about the bus. Pura Vida!

International Living Conference, 12-14 JUN.

For the seventh year in a row, San Ramon expats will represent the Central Valley and San



Ramon at the Fast Track, Costa Rica, International Living Conference, at the Intercontinental Hotel in San Jose.

For the eighth year, the various expat organizations of the San Ramon area will have a table in the conference hall, sharing the many

activities and opportunities that the San Ramon community provide. A special thanks to Linda Dwyer, Ron Calhoun, and Frank Gillespie for staffing the table this year and spreading the word about San Ramon.

Healthcare in Costa Rica

Learn the possibilities
Take our Costa Rica
Healthcare tour



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Our friends, Paul and Gloria Yeatman, will be making two presentations during the conference—one about health care in Costa Rica, the other about living in the Central Valley, and especially in the San Ramon area.

15 JUN, Vientos Bajos, Laura and Terry Handler Cello Concert.

Please put on your cultural list of things to do, the Handler Cello Concert for **2 PM, SAT, 15 JUN,**



Vientos Bajos. Concert pieces will be interspersed with stories from our favorite story tellers, Carol Wyatt and Ben Knab. Laura also will be sharing a story with us. Following the concert, we will have a meet-and-greet High Tea social with finger sandwiches and sweet treats. Coffee and lemonade will be provided, but BYOB if you want something stronger. We're requesting a \$3k colones/person (\$5 USD) donation to cover costs of the high tea.

19 JUN, Planning Meeting, *Madcap Players* Summer Show!!

For those interested in being part of the *Madcap Players Summer Show*, there will be a **planning meeting/ cast call at Vientos Bajos at 10 AM,**

WED, 19 JUN. The April Variety show will include poetry readings, narrations, skits, musical ensembles, story-telling, a short one-act play, and any other talent which will contribute to making the production another great representation of "San Ramon Has Talent!"



The plan is for the show to be produced over two play-days: Two performances, one on SUN, 11 AUG, and one on SUN, 18 APR. One will play at Vientos Bajos (San Ramon) and the other on the road, Little Theatre Group, Escazu. Group rehearsals will be minimal. We will work with individual skits and other offerings without requiring everyone to be present for all rehearsals. As ensembles/offerings form, each will be responsible for its own rehearsals. There is no need to prepare anything for the casting call: the purpose of the meeting is to discuss/determine pieces for the show.

If you don't want to be onstage but want to participate, there are many other roles to fill: stage management, house manager, usher, sound/light technician, sets and props, schedulers, greeters, publicity/marketing gurus, and venue arrangers. It doesn't matter whether English is your first language or if you've had a lot of theatre experience. It helps to understand U.S. customs and humor.

If you can't make it on 16 JUN, no problem!! Just let us know of your interest and we'll schedule another, more convenient time for you.

Contact: For more information, phone John Buford (8530-6828); email: vientosbajos@gmail.com to get involved! We hope to see you JUN 19!

10 AM-2 PM, SUN, JUN 23, Open House, Vientos Bajos and Jardin La Torre.

After eight years of constant construction, Jardin La Torre (JLT) and Vientos Bajos, El Empalme, are



finally offering an open house. Located eleven minutes from downtown San Ramon, JLT is a long-term, residential rental campus for the active retired. With walking trails, gardens, and vistas of 50 miles of the Pacific coastline, JLT offers the best of Costa Rica retired living.

Directly across the road from *Jardin La Torre* is *Vientos Bajos*, an activities center which offers a gym, a library, courts and court sports, and many programs and activities. Come on out, enjoy a free cup of coffee and a piece of cake, visit with some of our members and residents. For more information, visit us at www.latorrecostarica.com

Blue Falls & Catarata del Toro MAY 17 (Review).

A group of 22 made the trip on FRI, May 17, departing from Vientos Bajos by bus at 7 AM. The



two-hour drive was smooth and uneventful—until we were within a quarter mile of the parking area for the falls. Although the road is asphalt it is STEEP! All had a great day!

30 JUN, 2 PM, VB, Sundays in the Park with LTG.

LTG has offered to bring to VB two short (20 min), comedies by a British playwright along with a



couple of short scenes. This 90-minute show will also include musical interludes by the San Ramon Recorder Ensemble.

The show will be followed by a High Tea, finger-sandwiches and desserts, accompanied by coffee and lemonade. Recommended donation will be 5k colones to help cover the cost of bringing LTG to San Ramon. BYOB. For reservations, please email vientosbajos@gmail.com

Sing-Along/Social, Geroca, 8 AUG!

Come out for a fun afternoon of Marcia Valvo's first ever Good Old Fashioned American Sing-Along program, featuring traditional, folk, campfire,



Christmas, spiritual and popular songs that we knew and loved as 'tweens and teens. If you even like to hum, show up because a good time is guaranteed! Food and drinks available at Geroca's cash bar. Optional donation will help Marcia's favorite charity (explained on site.) Thursday, August 8, 3:30 PM at La Geroca (next to gas station JSM just West of San Ramon on Rt.1)

Classifieds

Newly renovated, ocean-view, 2 bed/2 bath home (1,500 square feet) and separate one-bedroom/ one bathroom apartment (500 square feet) on 833 m2 of land. Contact Frank Gillespie, puravidafrank@gmail.com



Services

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