

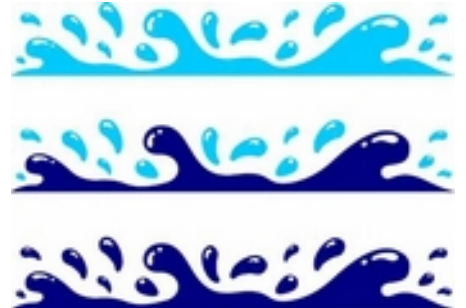


UPCOMING EVENTS

Aqua Fitness Classes

The Classes have started at the Cabana. It's not too late to join us – sessions are Tuesdays and Thursdays from 9:45 – 10:45 am. All fitness levels are welcome to attend. \$10 / session for 6 total sessions between April 4th and 27th. Email Trainers if interested:

Amy Rachzkowski at amyraz@comcast.net or
Darlene Vossbrinck or dvossbri@gmail.com



Seniors Coffee

The gathering has also begun at the Cabana. This social meet-up will be held **every Wednesday morning from 10:30 – 11:30** at the Cabana between April 20th and June 8th. Sharon and Bill Pope have volunteered to host this event.

Memorial Day Commemoration and BBQ

We will be having our 3rd Annual Memorial Day Commemoration and BBQ Pot Luck on **Monday, May 29th beginning at 11:30 am**. We are hoping to have a similar program as last year and are looking for participants who may want to sing a Patriotic Song or do the reading of Flanders Fields. Email: social@shadowbrook.org – if you are interested in helping out. Trust me – it's not just work but a lot of fun and a chance to bond with your neighbors.



Please keep checking the website and Condo Control for upcoming events now that the pool is open for Home Owner and Spring Associate use. SB Website: <http://www.shadowbrook.org>



Baked Portobello Mushrooms



INGREDIENTS

- 2 large portobello mushrooms
- 2 Tablespoon soy sauce can sub with tamari or coconut aminos
- 1 Tbsp. balsamic vinegar
- 1/2 tsp. minced garlic
- 1/4 tsp. minced or grated ginger root
- 1/2 Tbsp.

DIRECTIONS

1. Preheat oven to 400° F (205° C).
2. Find a baking dish that will fit both mushroom caps (tightly line the dish in foil to make clean up easier if desired). Add all ingredients except mushroom caps and stir to create a marinade.
3. Add mushrooms and rub sauce onto them. Let sit for 15 minutes, stem side down.
4. Once 15 minutes is up, rub mushrooms again with sauce before placing the dish in the oven.
5. Bake for 15 minutes. Remove and turn the mushrooms over. If there is any sauce left in the pan, spoon it over the mushrooms. Continue baking for another 5-15 minutes (exact cooking time will vary based on mushroom size).
6. Remove mushrooms and let sit for 5 minutes before slicing and serving.

Social Corner

By Koorosh Vakhshoori, Communication

Hi Neighbors! Now that the rainy season is behind us, not that I am complaining God knows we really need it, the Spring blooms are out, and walking in the neighborhood is even more enjoyable. Often my wife and I walk our dog, and especially in the evening, we get a chance to meet and greet our neighbors. Those are the times I tell myself it is a blessing to live in such a lovely and friendly neighborhood.



We had a great turnout for our Easter Egg Hunt. Seeing the excitement on the faces of the little ones searching for eggs was so wonderful. Mother Nature treated us to a beautiful sunny day for the festivities. We had a photo booth, watercolor station, and sweet treats for all. Along with prizes for the Most Eggs, finding the Golden Egg, and the Least Eggs! Thanks to Patricia Ohanian, Robin Kutzler, Kevin Ryan, Kali Gruenhagen, Kirin Gruenhagen, and Jason Gruenhagen for volunteering their time to make the Easter Egg Hunt happen. It takes a village and it's always great to have people help to make these events go well.

Seeking VP Social

We are still looking for someone (or a team of 2) to fill our VP of Social position. We are getting closer to our main Social Season and if we don't have someone take on this important role or a team of people we won't be able to have our many Summer Activities. If you are interested in learning more about the VP Social position or other ways you can help, please reach out to me president@shadowbrook.org.



Shadow Brook Shark Swim Team

With spring in the air and summer on the horizon, it's time to register for the swim team! Registration will remain open until the end of April.

Come and join the fun! The swim team is a great way to get to know your neighbors and keep your kids active during the summer. We have fun in and out of the pool and would love for your family to join the fun!

For more information, see our team's dedicated website at <https://shadowbrooksharks.swimtopia.com/>

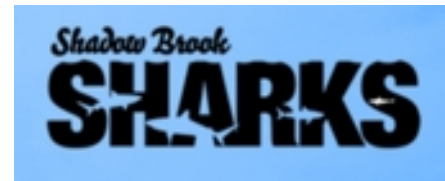


Swim Team Calendar

Our 2023 Sharks season is off to a great start and we are excited to have all of our swimmers in the water!

Time Trials is scheduled for Saturday, May 20, 2023.

Our first dual swim meet will be at home against the Almaden Dolphins and is scheduled for Saturday, May 27, 2023.



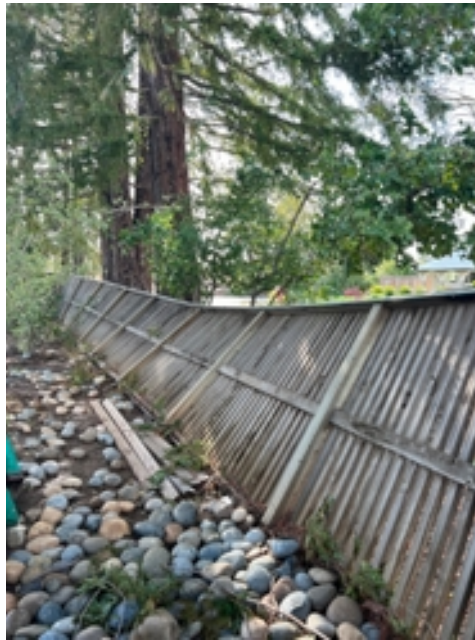
Practice Schedule

Spring: April 18 - June 7, 2023 (M-F)	Summer: June 12 - June 30, 2023 (M-F) Tentative																
<table border="1"> <tr><td>8 & Under</td><td>3:30 - 4:10 PM</td></tr> <tr><td>9 - 11</td><td>4:10 - 5:00 PM</td></tr> <tr><td>12 & Up</td><td>5:00 - 6:00 PM</td></tr> </table>	8 & Under	3:30 - 4:10 PM	9 - 11	4:10 - 5:00 PM	12 & Up	5:00 - 6:00 PM	<table border="1"> <tr><td>13 & Up</td><td>6:45 - 8:15 AM</td></tr> <tr><td>11 - 12</td><td>8:00 - 9:00 AM</td></tr> <tr><td>9 - 10</td><td>8:45 - 9:35 AM</td></tr> <tr><td>7 - 8</td><td>9:30 - 10:15 AM</td></tr> <tr><td>6 & Under</td><td>9:30 - 10:00 AM</td></tr> </table>	13 & Up	6:45 - 8:15 AM	11 - 12	8:00 - 9:00 AM	9 - 10	8:45 - 9:35 AM	7 - 8	9:30 - 10:15 AM	6 & Under	9:30 - 10:00 AM
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<ul style="list-style-type: none"> • Newbie Day on Monday, April 17. We will have a special practice schedule. • No practices on Monday, May 29 (Memorial Day). • No practices on Thursday, June 8 (SJUSD's last day of school). • A special practice schedule will be announced on Friday, June 9. 	<ul style="list-style-type: none"> • A special practice schedule will be announced for the week of July 3. • No practices on July 4. Please come to the pool for BBQ, fun & games! • Evening practices for swimmers aged 8 years or older will begin the week of June 12 (Mondays & Thursdays, 8:00 - 9:00 PM). No evening practice on June 29 (join us at the SJ Giants Game!) 																



From The Pool Deck by Joni Landine, VP Pool

You may have noticed the fence at the pool sustained damage in the recent storms. There is a temporary solution in place to prop up the fence, but the damage was considerable and the fence needs to be replaced. Kevin Ryan is generously giving his time to solicit proposals to replace the fence for the Board to consider. The storm also caused damage to the shed and kitchen roofs, and both have been repaired.



The pool is open for adults, member-only and Full Year Associate, lap swimming. At this time, no lifeguards will be present, no guests will be allowed, and when necessary, lane sharing is required.

Spring Lap Swimming Hours are from April 17th through June 8th, EXCLUDING MEMORIAL DAY WEEKEND and weekends following Memorial Day

- Monday through Friday 7 AM to 3:30 PM
- Saturday and Sunday 7 AM to 8 PM

Families with children will be allowed to swim from 2:00pm to 6:00pm on Saturdays and Sundays. An adult family member, who has submitted a waiver, will be required with any children under 18.

Each adult swimmer will need to submit a waiver, available on the website, and families will also be required to fill out a waiver, listing each member of the family.

Access will be through the Brivo gate system, which will be given once your waiver has been submitted and processed. Please do not open the gate for anyone and please use your Brivo pass, even when entering with someone who has a Brivo pass.

It is suggested that you swim with a partner for safety and please check the website for any changes to pool hours.

Hours for lapswim can also be found on the calendar at the Shadow Brook website.

The Board

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