

COMMUNIQUÉ

The Health and Fitness Committee meets on the first Thursdays at 9:30 a.m. Health and fitness enthusiasts are welcome.



“Once you learn to quit, it becomes a habit.”
- Vince Lombardi Jr.

The first in a series of monthly presentations on the proper use of equipment at the Bay Club will begin on July 23 from 10:30 a.m. – 12:00 p.m. This first session will be on the proper use of cardio equipment coordinated by Dr. Michael Haberpointer. To register call 360.437.2208 or register at the front desk.

[Port Ludlow Pickleball](#)

Beginner and skills clinics are on Tuesdays at 10:30 a.m. at the Beach Club courts.

See [What's Happening at the Bay Club](#) for fitness and other Club activities.

Loneliness Poses Health Risks

According to the U.S. surgeon general, Dr. Vivek Murthy, loneliness poses health risks “as deadly as smoking up to 15 cigarettes daily” as he declared it the latest public health epidemic. This declaration is given to raise awareness concerning loneliness.

According to Murthy’s report loneliness is a common feeling many experience and it’s a feeling we get when something we need is missing. Loneliness may increase the risk of premature death by nearly 30% and those with poor social relationships have a greater risk of stroke and heart disease.

Over time Americans have become less engaged with social activities that are brought on by societal and lifestyle changes. COVID-19 contributed to people being less engaged with coworkers, friends, social groups and even family. Social media is another culprit.

**“There’s really no substitute for in-person interaction.”
– Dr. Vivek Murthy.**

So, what to do about it? The Bay Club offers many opportunities for in-person interaction. Here are some:

- A wide variety of group exercise options and other activities. See “What’s Happening at the Bay Club.”
- Member’s Lounge Happy Hour 4p – 6p Wednesdays and Thursdays.
- Monthly pancake breakfasts 8a – 10a on first Fridays.
- Martha’s Book Club on the second Tuesdays at 4:00 p.m.
- Bay Club Committees and village HOA’s are always looking for new participants.
- First Wednesday Luncheons. Sign up at the Bay Club or RSVP to firstwednesdayluncheon@gmail.com
- Port Ludlow Fiber Arts Club meets the first and third Tuesday from 1-3 p.m. in the Craft Room at the Bay Club.
- Port Ludlow Art League. Contact info@portludlowart.org or visit portludlowart.org.
- Port Ludlow [Hiking Club](#)
- See the *Port Ludlow Voice* for many activities.
- Pickleball is a social activity.

[Don’t be lonely](#), like Roy.