

THE OLD MUDDY GAZETTE

FEBRUARY 2025

BUILDING FIRE ALARMS

PROPER PROCEDURES IN CASE OF A BUILDING-WIDE FIRE ALARM:

1. Evacuate the Building
2. Seek Shelter, if needed, at the Club Building
3. Do Not Ever Knock The Alarm Off the Ceiling!

4. REPEAT - DO NOT EVER KNOCK THE ALARM OFF THE CEILING!

Only the fire department can turn off the building-wide fire alarm. The F.D. is dispatched as soon as the alarm sounds, and usually arrives within 5 - 7 minutes. If you tamper with the alarm by trying to knock it down, you may be fined by the Fire department and/or may be responsible for any building alarm repairs and related staff expenses.

MAINTENANCE TIP OF THE MONTH

February

Check that baseboard heaters are free of obstructions. Avoid:

- furniture that is too close
- pillows leaning against register
- curtains hanging over and/or touching the heater
- rugs tucked underneath

It is also a good idea to regularly vacuum heat registers and remove dust from covers



Dog waste takes a long time to decompose.
 Dog waste is gross and unsanitary.
 Dog waste contaminates the environment.
 Dog waste kills lawns and plants.
 There is no such thing as a poop fairy.
 Please pick up after your pet! It is a VRC rule.

FEBRUARY ATHLETIC CLUB CLASS SCHEDULE

Monday

- 6:30 am Masters swim with *Katie*
- 8:30 am Stretch & Roll 101 with *Sally*
- 5:00 pm Restorative Yoga with *Betsy*

Tuesday

- 8:30 am Pilates Mat with *Patti*
- 5:30 pm Yoga with *Joey*

Wednesday

- 6:30 am Masters Swim with *Jim*
- 5:30 pm Yoga with *Lydia*

Thursday

NO CLASSES

FRIDAY

- 6:30 AM Masters Swim with *Katie*

Saturday

- 9:00 am - Vinyasa Flow Yoga with *Shayne*

Sunday

- 9:00 am Vinyasa Flow Yoga with *Shayne*
- 5:30 pm Yoga with *Joey*



VRC SKI DAY

We invite owners to join your neighbors & VRC staff members for a VRC ski & snowboard day

Thursday, February 20

meet at the top of Gondola One

at 10:30 am

snacks at Henry's Hut (top of chairs 4 & 11) at 12:30 pm

RSVP to kim@vrcmr.com

APRÈS CAFE

HOW DO YOU APRÈS?

NOW OPEN FROM 3 PM - 9 PM THURSDAY - MONDAY



THE PARTY IS HERE ON

SUPER BOWL

SUNDAY

WHO WILL WIN - eagles or chiefs?

SEND YOUR WINNER & SCORE PREDICTION BY 4 PM 2/9/25 TO KIM@VRCMR.COM

CLOSEST GUESS WINS A \$25 GIFT CARD TO APRÈS CAFÉ