

ECHOES

THE OFFICIAL NEWSLETTER OF CHAMPION HILLS

JULY 2026

championhills.com | [@ChampionHillsCommunity](https://www.instagram.com/ChampionHillsCommunity) | 828.696.1962



WELCOME TO CAMP CHAMP!

If you've spent any time around Champion Hills, you've probably heard someone refer to this time of year as "Camp Champ." It's the affectionate nickname for the wonderful whirlwind that descends every summer. The golf course is humming. The courts are full. Every dining room seems to have a buzz about it. The calendar somehow finds room for "just one more event," and everywhere you turn there are old friends catching up, new friendships forming, and plenty of laughter along the way.

As for me...this has been my first Camp Champ.

I had been warned. Repeatedly. "You'll see..." "You have no idea." "It's organized chaos." Turns out...you were all absolutely right.

There really isn't a better way to describe it. Every morning starts with a plan. By lunch, that plan has usually evolved. By dinner, we've solved three problems nobody saw coming, celebrated a few victories, answered a hundred questions, welcomed prospective members, hosted events, adjusted to the weather, and somehow managed to do it all over again the next day. And honestly? It's been a blast.

What has impressed me most, though, isn't just the pace. It's watching the people behind it. Every day begins long before most of us arrive and continues long after the last dinner reservation is served. Our Golf, Grounds, Wellness, Maintenance, Administration, Membership, and Food & Beverage teams work tirelessly behind the scenes to make the member experience feel effortless. Whether they're preparing the course before sunrise, welcoming guests with a smile, solving unexpected challenges, or resetting for tomorrow before today is even over, they pour an incredible amount of heart into everything they do. They make Camp Champ look much easier than it really is.

One of the things that attracted me to Champion Hills was the opportunity to work alongside a team that genuinely cares. Over the past few months, I've watched new staff members bring fresh ideas, different experiences, and new perspectives to the table, while our longtime team members quietly provide something that simply can't be taught: the history of this Club, the relationships they've built with members over the years, and the institutional knowledge that keeps everything moving in the right direction.

The magic isn't in choosing one or the other. It's in bringing those strengths together. That partnership between fresh perspectives and decades of Champion Hills experience has been one of the greatest pleasures of my first few months here, and I truly believe it's one of our greatest strengths as we continue building on everything that already makes this Club so special.

That philosophy guides much of what we're doing as we continue looking for ways to make Champion Hills even better. Sometimes improvement means introducing something new. Sometimes it means dusting off something wonderful that already existed. More often than not, it's simply making hundreds of small adjustments that most members will never notice...except that somehow everything just works a little better.

We're learning. We're listening. We're making changes where they make sense. And we're incredibly grateful for the thoughtful feedback and encouragement so many of you have shared along the way.

One date I'd especially encourage you to mark on your calendar is July 20, when we'll hold our Annual Meeting. It's an opportunity to celebrate what we've accomplished together, share where we're headed next, and continue the conversation about Champion Hills' future. One of the things I've come to appreciate most about this community is how engaged our members are. I hope you'll join us.

Whether you're here year-round or you've just made your way back to the mountains for another summer, thank you for being part of what makes this place so special.

Our commitment is simple: preserve everything that has made Champion Hills such an extraordinary place to call home, while never being afraid to improve where improvement is possible. We'll keep listening more than we talk, learning as we go, and working every day to make tomorrow just a little better than today.

Now, if you'll excuse me...I think I just heard someone say, "Hey Ellen...do you have a minute?" Around here, that's usually the beginning of the next Camp Champ adventure.

See you around the Club,
Ellen



THINGS ARE HUMMING AT CHAMPION HILLS

Look around campus on any given day and it's hard not to smile. Members are out on the golf course, competing on the pickleball and tennis courts, enjoying a match of croquet, putting in work at the Wellness Center, and catching up with friends at Thirsty Thursday. The activity level has been great to see, and the energy around the club reflects just how much our members enjoy what Champion Hills has to offer.

The social calendar has been equally strong. The season got off to a fantastic start with an enthusiastic crowd at the Summer Soirée – a terrific kickoff that set the tone for what's shaping up to be a memorable year. From there, the Ladies' Member-Guest Tournament drew a wonderful turnout, with competitors and guests alike enjoying great golf and even better company. The Men's Member-Member followed suit, bringing out some friendly rivalry and plenty of camaraderie on the course. Events like these are what make Champion Hills more than just a club – they make it a community.

A WORD ABOUT OUR STAFF

None of this happens without the people who make it happen. Our staff consistently goes above and beyond to ensure every experience here is a good one – whether that's a perfectly manicured fairway, a well-run event, or simply a friendly face when you walk through the door. Their commitment to this club and to our members doesn't go unnoticed. If you get the chance, please take a moment to thank them. They've earned it.

NEW FACES ARE FINDING US

We've been seeing a steady stream of prospective members visiting the club, and it's clear that word is getting around. Champion Hills has become a destination of choice for people looking for exactly what we offer – and many of those visitors have decided to join. We're glad to have them, and we trust our existing members will make them feel right at home, as you always do.

SAVE THE DATE: ANNUAL BOARD MEETING

The Board and Leadership Team encourage all members to attend the Annual Board Meeting on July 20. It's a great opportunity to hear how the Club is doing and what's ahead for Champion Hills. We hope to see you there.

LEAVE A LASTING LEGACY AT WILLOW CREEK PARK: COMMEMORATIVE BENCH SPONSORSHIP OPPORTUNITY

We would like to extend our sincere thanks to those who have already purchased commemorative benches at Willow Creek Park. With only a limited number of benches available, we encourage interested Members to reserve theirs as soon as possible to avoid missing this unique opportunity.

As a reminder, the POA Roads and Landscape Committee, in partnership with the POA Board of Directors, is exploring opportunities for our Members to contribute to the further enhancement of the soon-to-be refreshed Willow Creek Park. In particular, at this time, the Committee is pleased to offer residents the opportunity to sponsor a commemorative bench which may be dedicated in honor or memory of a loved one, commemorate a special milestone, or recognize something meaningful to you. Each bench may include a personalized engraved placard, creating a lasting tribute for residents and visitors to enjoy for years to come.

As part of the Willow Creek Park enhancement project, the POA plans to install a limited number of attractive, weather-resistant, low-maintenance benches constructed of durable composite materials designed to withstand the elements without peeling, rotting, or requiring significant upkeep.

The sponsorship contribution for a commemorative bench is \$2,500, with an optional additional \$250 contribution for a personalized engraved placard.

Should resident interest exceed the number of planned locations within the park, the POA may consider expanding the program to include select locations along Champion Hills walking paths.

For those who are also Champion Hills Club golf members, you may be familiar with the personalized brick program at the driving range. Similar to that initiative, these benches offer a meaningful opportunity to create a lasting legacy within our community.

If you are interested in participating, please submit your interest via email to: poa@championhills.com

Please indicate whether you would like:

- A commemorative bench only, or
- A commemorative bench with a personalized engraved placard- If requesting a placard, please include your proposed inscription with your inquiry.



Additional details regarding bench placement, inscription guidelines, and installation timing will be provided upon confirmation. Once confirmed, the sponsorship contribution will be posted to your resident account.

We look forward to creating a beautiful and meaningful addition to Willow Creek Park through your participation and generosity.

Sincerely,

POA Roads and Landscape Committee of Bertie Woods, Bob McCartha, Collie Lehn,
Bob Sundeen and Bob Peters & The Champion Hills POA Board of Directors

DID YOU KNOW?
CHAMPION HILLS REAL ESTATE TEAM
RECENTLY RECOGNIZED AS
BEST OF THE BEST

- Ranked #1 out of 150 teams company-wide
- President's Circle
- Closed over \$30M in Total Sales
- 1 of 10 in the Mountain Region

MEMBER SPOTLIGHT:

JAMIE & ELLIE WILEN



WHERE ARE YOU FROM:

We were both brought up in Baltimore MD, where we raised our son and daughter. We were drawn to Bonita Springs, Florida 15 years ago near to where Ellie's Mom lived in Naples. She was still ballroom dancing on her 98th birthday! Our two grandchildren live in Charlotte, NC, so we are just a short car ride away!

ARE YOU HERE FULL-TIME OR SEASONALLY?

We are so happy to call Champion Hills our home for 6 months a year.

We discovered CH from member Warren Zwecker, quite by happenstance. We were in the same pickleball play session in Hendersonville and he recognized our last name, and asked if we were related to a Jack Wilen, who is Jamie's brother. So, Yes we indeed do know him! That led Warren and Karen to bring us to CH and hosted us for lunch where we met so many friendly, nice members and decided that this beautiful community could be our home.

WHAT ARE YOUR FAVORITE HOBBIES/ACTIVITIES:

We both enjoy being active and our favorite activities are pickleball, golf, hiking the beautiful hills here in CH, enjoying the wildlife and scenery, and discovering fun live music at the plethora of venues and breweries near Hendo.

WHAT IS A FUN/INTERESTING FACT ABOUT YOURSELVES:

Fun fact, we have both participated in every one of the ten US Open pickleball tournaments held in Naples, Florida since inception in 2016.



PET PROFILES

ISABEL "IZZY" BURNS

"PAW"-RENTS: GRANT & JULIE BURNS

WHAT IS IZZY'S BREED & AGE?

Izzy is a Miniature Cavapoo (Cavalier Spaniel/Miniature Poodle mix). She turned two in June.

WHAT ARE IZZY'S FAVORITE TOYS?

She loves tennis balls, mom's slippers, and a talking AFLAC duck like on TV.

WHAT ARE IZZY'S FAVORITE ACTIVITIES?

Going on walks with mom, riding in the boat and golf cart, and welcoming dad home—whether he's been gone five days or five minutes.

ANY ADDITIONAL COMMENTS ABOUT IZZY?

Although Izzy loves all humans, that love does not extend to squirrels and chipmunks—multiple confirmed kills.



WHAT IS YOUR STORY? TELL US! WE ARE ACCEPTING MEMBER SPOTLIGHT & PET PROFILE SUBMISSIONS.

EMAIL JOSIE@CHAMPIONHILLS.COM FOR MORE DETAILS!

Credit: Louie Layrissan



Credit: Mitch MacLeod



Credit: John Rolland



Credit: Monica Hopkins



Credit: Tyler Weaver



Credit: Geri Clifford



Credit: Monica Hopkins



Credit: Monica Hopkins



Credit: Carlos Allen



Credit: Carson Graham



Credit: Carson Graham



Credit: Gregg Hague

AROUND THE CLUB



KICKS FOR KIDS



It's almost back-to-school time again! And that means the Salvation Army Kicks for Kids program is gearing up. Last year, through your generosity, Champion Hills donated over 170 pairs of shoes to local school children in need. If you'd like to join in the action:

- There are sign-up sheets in the lobby near the real estate office and in the Wellness Center. Or you can contact Jean Calkin or Pam Roadman and we'll sign you up.
DEADLINE FOR SIGN-UPS IS MONDAY, JULY 13.
- By mid-July, Salvation Army will provide us with the details of each child, which we'll then pass on to you.
- You can pick up your envelope with your child's age, gender, and shoe size at the club after July 14. Your envelope will include instructions with details on type of shoes, where to buy, and what to do after you've purchased them.

SHOES ARE DUE BACK BY FRIDAY, JULY 31.

- If you prefer, you can make a monetary donation, and we will shop for you. One pair of athletic shoes generally costs between \$50 and \$100, depending on the age of the child. Any unused funds will be rolled over into the Holiday Angel Tree program. Make check payable to Pam Roadman and drop off to her (407 Bent Pine Trace) or to Mary Catherine at the front desk.

As always, thanks in advance to our entire Champion Hills community for your continued generosity!

Jean Calkin & Pam Roadman



Thank you so much to everyone that signed up and showed up for this year's Champion Hills Red Cross Blood Drive.

We had 31 people that came out to donate and contributed 24 Whole Blood Products and 3 Power Red Productive Products for a total of 27! An Amazing Turnout! Thank you, again, Champion Hills!

HAND & FOOT MARATHON

It is again time to sign up for the winter Hand and Foot Marathon. Teams of two people compete against other teams once monthly during the months of September – February. You arrange the time, date, and location of the match with your other team. The schedule is flexible, so if you are going to be out of town one month, you can play your match for that month early or late as long as all play is finished by the end of February. You will receive directions on how to play, a schedule that tells you which team you play each month, and who is in charge of setting up the match. If it sounds fun but you don't know how to play we will find someone who would be happy to teach you.

During the month of July please let Mary Catherine Johnson know that you wish to enter the marathon. In August, you will receive information about who is in your division, directions for play, and what the schedule will be. Play begins in September. After the season ends in February, there will be a tournament of the winners from each division, and a dinner for all the teams who played during this season. Grab a partner and sign up now! If you have any questions, contact Susan Thomas at susanuthomas@gmail.com.



SUMMER EVENTS AT CAMP CHAMP!

JULY
2

THIRSTY THURSDAY ON THE PATIO | 4 PM - 6 PM

Savor the beautiful weather with your friends at Thirsty Thursday on the Patio!

Note: WEATHER PERMITTING

July 4 Celebration

JULY 4 MIXED GOLF EVENT | 9:30 AM SHOTGUN* (LUNCH INCLUDED)

Register for entry & lunch via ForeTees

FAZIO PUB (FOR NON-GOLF PARTICIPANTS) | 11 AM - 2 PM (LIMITED PUB MENU)

JULY 4 COOKOUT | 5 PM - 7 PM*

JULY
6

PULL UP A CHAIR - LET'S CHAT! | 10 AM

Meet with the Club Board President, Stu Holcombe to ask Club-related questions, share ideas & suggestions, or raise any topics important to you. Your voice matters!

CELEBRATING 33 YEARS AT CHAMPION HILLS

JULY
7

BREVARD MUSIC GALA

COCKTAILS 6 PM | DINNER 6:45 PM

The longtime generosity of Champion Hills provides deserving, talented students with the life-changing Brevard Music Center experience!

To learn more, please visit chmember.com.



JULY
9

THIRSTY THURSDAY CBD DRINK TASTING & LIVE MUSIC | 4 PM - 6 PM

CBD-infused beverages are currently one of the fastest-growing segments in the beverage market. Their purported benefits include stress relief, relaxation, improved sleep support, muscle recovery, and enhanced focus. They offer a convenient and social way to experience CBD.

We are pleased to offer an opportunity for you to explore these products at our event, where you will be able to sample a variety of CBD drinks and determine if they are something you might enjoy at this complimentary event.

Choosing to consume CBD products is a highly personal decision. The Club neither promotes nor discourages the consumption of CBD beverages, just as we do not promote or discourage alcohol consumption.

VISIT CHMEMBER.COM FOR FULL DETAILS AND TO REGISTER. MENUS SUBJECT TO CHANGE.
*PLEASE NOTE THAT ALL OF THESE EVENTS ARE SUBJECT TO OUR 24-HOUR CANCELLATION POLICY.

UPCOMING CLUB & DINING EVENTS

JULY
11**COOKOUT ON THE PATIO | 11 AM - 3 PM**

Fresh off the grill and made to order –the perfect stop after your round or anytime you're craving a quick bite. Note: WEATHER PERMITTING

EARLY BASTILLE DAY CELEBRATION | 5 PM - 8 PM

Celebrate Bastille Day a little early during à la carte dining with a few of Chef Antoine's French specialties and special French wines available by the glass. Bon appétit!

JULY
14**TRIVIA | 5:30 PM***

Reserve your team's table with Shelly! If you don't have a team and are interested in playing trivia, Shelly is happy to help.

JUNE WINNERS: SUCK IT, TREBEK!

Kurt & Dorinda Bagwell, Bob & Randee Bloom, Tom & Desiree DeTrempe

JULY
15**LUXURY CRUISE TRAVEL | 12:30 PM
PRESENTED BY: MEMORII & TODD TOMLIN**

Explore what's new in luxury ocean, river, yacht, & expedition cruising with insider tips & trends for today's travelers. Complimentary Lunch & Learn. Limited space available.

JULY
16**THE WONDERFUL WORLD OF TOMATOES | 2 PM***

Discover the versatility of summer's favorite ingredient as Chef Anthony shares recipes, techniques & inspiration just in time for Western North Carolina tomato season.

THIRSTY THURSDAY & NEW HOME TOURS | 4 PM - 6 PM

Be among the first to tour two beautiful new homes in Champion Hills developed by Kevin Scarmack. Enjoy complimentary transportation, bubbly & cookies as you explore these thoughtfully designed homes.

JULY
18**COOKOUT ON THE PATIO | 11 AM - 3 PM**

The Patio cookouts are back! Whether you are playing a round or needing a quick bite, enjoy a made-to-order meal. Note: WEATHER PERMITTING

JULY
20**JOINT ANNUAL MEETING
POA | 2 PM & CLUB | 2:45 PM**JULY
21**COMPONENT WINE TASTING | 3:30 PM***

Enjoy a unique educational experience as we break the mysteries of wine down into its basic components. This is a good class for beginners & "wiknows" alike.

TACO TUESDAY | 5 PM - 8 PM

A build-your-own taco & fajita bar? Quesadillas, empanadas, and sides? Margarita specials and dessert? ¡Ay, caramba!

LANDS & WATERS OF CHAMPION HILLS WITH CHUCK DARNELL | 3 PM

JULY
23

Come to know the mountains upon which we live and the waters that nourish our beautiful landscapes, along with a bit of history of our neighboring towns.

THIRSTY THURSDAY: COCKTAILS WITH CARSON | 4 PM- 6 PM

Sip, sample, and explore our new cocktail menu with Carson!

JULY
24

LADIES' HOLIDAY BOUTIQUE | 11 AM*

Celebrate Christmas in July! Enjoy some holiday cheer while finding the perfect gifts for everyone on your list!

COOKOUT ON THE PATIO | 11 AM - 3 PM

The Patio cookouts are back! Whether you are playing a round or needing a quick bite, enjoy a made-to-order meal. Note: WEATHER PERMITTING

JULY
25

SECRET SUPPER SOCIETY | 6 PM* WAITING LIST

Shhh... have you heard? A secret underground dining society is forming! This menu includes seafood, shellfish, & gluten. Due to the nature of the experience, substitutions aren't available.

JULY
27

CHAMPION HILLS BOOK CLUB | 10:30 AM THE CORRESPONDENT BY VIRGINIA EVANS

CONTACTS: Barb Morrison | 309.269.0010 & Susan Thomas | 210.834.8771



JULY
28

MUSIC BINGO* 5 PM COCKTAILS | 5:30 PM DINNER | 7 PM BINGO

Don't miss a chart-topping evening of singing, laughing...and some dancing.

JULY
29

MEN'S NIGHT OUT | 5:30 PM*

Gentlemen, enjoy an evening of dinner, camaraderie, and a showcase featuring Casablanca Cigar Bar (Hendersonville, NC)!



JULY
30

MUSIC BY MARGIE | 5:45 PM - 7 PM

Relax and enjoy live piano in the Mountain View Room with accomplished pianist Margie Papajohn performing classic favorites and original compositions.

Save
the
date

BOSS OF THE TOSS CORNHOLE TOURNAMENT | AUGUST 6
LOW COUNTRY BOIL | AUGUST 11
THE ART OF CURRY WITH CHEF CAROLINE | AUGUST 20
MURDER MYSTERY DINNER | AUGUST 22

VISIT CHMEMBER.COM FOR FULL DETAILS AND TO REGISTER. MENUS SUBJECT TO CHANGE.
*PLEASE NOTE THAT ALL OF THESE EVENTS ARE SUBJECT TO OUR 24-HOUR CANCELLATION POLICY.

UNITED STATES PRESIDENTS AND THEIR WINE - NO POLITICS, I PROMISE!

By Andy Singleton

The U.S. presidency and wine share a long and fascinating history. Some presidents were teetotalers, others enthusiastic drinkers, and a few even acknowledged struggles with alcohol.

Let's start at the beginning. The Father of our Country, George Washington, was a devoted fan of Madeira, reportedly spending about one-third of his presidential salary importing it from Portugal. Perhaps that raises questions about more than just his famous dental issues.

The most passionate presidential wine lover was undoubtedly Thomas Jefferson—the first true American wine connoisseur. During his tenure as Ambassador to France, Jefferson traveled extensively through Burgundy and Bordeaux, developing a deep appreciation for fine wine. He imported grapevines from these regions and planted them at Monticello. Unfortunately, differences in climate, soil, terroir, and the devastating phylloxera louse prevented them from thriving. Undeterred, Jefferson amassed an impressive collection of French wines—many of which were later auctioned at extraordinary prices.

James Monroe, heavily influenced by Jefferson, received guidance from him on how well-stocked a presidential wine cellar should be. Monroe's presidency stirred controversy when he ordered 1,200 bottles of French wine and billed them to Congress as "furniture."

Ulysses S. Grant was also a notable wine enthusiast, though his fondness extended broadly to alcohol. He had a particular affinity for Champagne and is rumored to have consumed a bottle a day during the Civil War—favoring Moët & Chandon. During his presidency, the cost of entertaining guests fell on him personally, contributing to significant debt by the end of his time in office.

John F. Kennedy, raised among wealth and sophistication, had a taste for the finer things in life—including fine wine. He especially enjoyed Château Haut-Brion, one of Bordeaux's prestigious First Growths. Kennedy brought wine into the spotlight at the White House, incorporating thoughtful selections into state dinners and elevating the role of wine in American political culture.

Richard Nixon also appreciated fine wine, particularly Château Margaux and Château Lafite Rothschild—both First Growth Bordeaux. It is often said that during formal dinners, staff were instructed to serve these exceptional wines only to Nixon, while guests received more modest selections. Nixon was also the first president to serve a California sparkling wine—Schramsberg—at the White House.

It may surprise some that Ronald Reagan, the president who raised the drinking age from 18 to 21, was himself a wine enthusiast. Reagan had a strong appreciation for California wines and frequently served Napa Valley selections at official dinners. A self-proclaimed "wine buff," he maintained an extensive personal cellar. While he favored Bordeaux, he famously served Kendall-Jackson Chardonnay at the White House—helping propel the brand to widespread recognition.

Barack Obama enjoyed a range of beverages, from beer to cocktails to wine. His Chicago home reportedly housed a 1,000-bottle wine collection. Beyond enjoyment, Obama expressed interest in global winemaking and was an advocate for sustainability, supporting climate-friendly practices in viticulture.

Ironically, while recent presidents have continued the White House tradition of serving exceptional American wines to honor guests and showcase our nation's wineries, both Joe Biden and Donald Trump are lifelong non-drinkers. It seems that even when the Commander in Chief isn't raising a glass personally, the tradition of celebrating America's vineyards endures.

So there you have it... a shared tradition that transcends politics. A connection between both sides of the aisle that can easily be agreed upon and, quite literally, toasted.

Hail to the Wines!

WELLNESS WISDOM

THE FOUR PILLARS OF FITNESS

There are four types of exercise that can improve your health and physical ability, endurance, strength, balance and flexibility.

Most people tend to focus on one type of exercise or activity and think they're doing enough. Research has shown that it's important to get all four types of exercise: endurance, strength, balance, and flexibility. Each one has different benefits.



ENDURANCE

Endurance activities, often referred to as aerobic, increase your breathing and heart rates. These activities help keep you healthy, improve your fitness, and help you perform the tasks you need to do every day. Endurance exercises improve the health of your heart, lungs, and circulatory system. They also can delay or prevent many diseases that are common in older adults such as diabetes, colon and breast cancers, heart disease, and others. Building endurance is as easy as taking a brisk walk!

To work on your endurance, join one of the 7 weekly pickleball leagues, take a tennis clinic, or register for a cardio class like cardio tabata, cardio sculpt 60, or cardio tabata stations!

QUICK TIP: Test your exercise Intensity. Try talking: if you're breathing hard but can still have a conversation easily, it's moderate-intensity activity. If you can only say a few words before you have to take a breath, it's vigorous-intensity activity.

STRENGTH

Your muscular strength can make a big difference. Strong muscles help you stay independent and make everyday activities feel easier, like getting up from a chair, climbing stairs, and carrying groceries. Keeping your muscles strong can help with your balance and prevent falls and fall-related injuries. You are less likely to fall when your leg and hip muscles are strong.

Strength exercises include lifting weights, even your own body weight (functional fitness), and using a resistance band.

To work on your strength, schedule an appointment with a personal trainer or register for one of our strength training classes like strength 45, strength 60, barre, simply strength, or golf core.



BALANCE

Balance relies on input from several of the body's systems.

Visual system: To get an idea of how important vision can be for balance, see if you can stand on one leg with your eyes closed for 30 seconds.

Proprioception. Receptors called proprioceptors in the skin, joints, ligaments, tendons, and muscles receive stimuli (for example, pressure on the bottoms of the feet) indicating the position, orientation, and movement of the body, and convey information to the brain, which uses it to create a constantly changing map of your position. When you lift your right leg, for example, the map is revised, and you maintain your balance by unconsciously shifting your weight to your left leg. You need sensory input, central processing (motor control), and muscle power to maintain stability during both purposeful movements.

Try standing on one foot, then the other. If at first you need support, hold on to something sturdy. Work your way up to doing this movement without support. Get up from a chair or up from the floor without using your hands or arms.

To work on your balance, register for a class like barre or yoga.

FLEXIBILITY

Stretching can improve your flexibility. Moving more freely will make it easier for you to reach down to tie your shoes or look over your shoulder when you back your car out of the driveway. Healthy muscles are both strong and pliable. Work mindfully through each stretch to promote good body mechanics and gain flexibility. It is always encouraged to work at your own personal range of motion!

SAFETY TIPS

- Stretch when your muscles are warmed up.
- Stretch after endurance or strength exercises.
- Don't stretch so far that it hurts.
- Always remember to breathe normally while holding a stretch.



To work on your flexibility, register for a class like stretch, yoga, or barre.

The path to improved health and physical ability includes endurance, strength, balance, and flexibility. No matter your age, you can find activities that meet your fitness level and needs!

TENNIS & TONIC JULY 8 | 4 PM - 6 PM

A social round robin event followed by lite bites on the clubhouse patio.
Sign up today!



Katie Nowicki, PB Pro took home Gold at the Cummings Cove PB with a purpose tournament!

JULY 22 | 4 PM

A monthly social round robin for all levels!



DINK AND DRINK

GROUP FITNESS CLASS CARDS



Contact Mackenzie to purchase cards. Class cards can be used for any weekly class. They are non-refundable & never expire. Class cards cannot be used for personal training, tennis clinics or lessons, or pickleball clinics or lessons.

Register for all your favorite class or clinic on chmember.com under "Racquets & Wellness" Select "Click Here To Register".

PRO SHOP NEWS



UPCOMING EVENTS

JULY 4TH MIXED GOLF

9 & DINE | JULY 10

MEN'S & LADIES' CLUB CHAMPIONSHIP | JULY 17 & 18

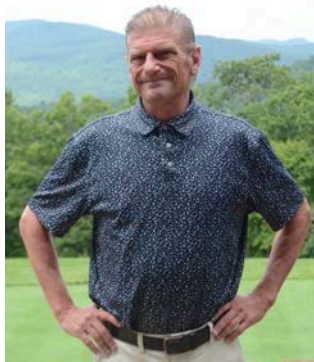
HUSBAND & WIFE GOLF CHAMPIONSHIP | AUGUST 16

MORE DETAILS ON FORETEES!



30% OFF RETAIL PRICING ALL SOFT GOODS

★★★★★
JULY 3 - 5



SHOE SERVICES AVAILABLE!

Look no further than
Champion Hills' own,
Mitch MacLeod to assist with
your shoeshine and spike
replacement needs.



HOLE-IN-ONE

CONGRATULATIONS, MR. DAVE DOUDNA!

HOLE #4 | 154 YARDS | 6 IRON

JUNE 27, 2026



2026 LADIES' MEMBER-GUEST OVERALL CHAMPS DERBY FLIGHT

PAULA BRADHAM & ELIZABETH BRIDGES (GUEST)
CAROL SAMPEY & KATHRYN WELSH (GUEST)

2026 MEN'S MEMBER-MEMBER OVERALL CHAMPS



HANK ELLIS & PETER HOWITT

QUEEN BEE TOURNAMENT



CAROL KEMP (18-HOLE)
VALERIE FITZGERALD (9-HOLE)



CHAMPION HILLS

Real Estate

2 MEADOW RIDGE

LISTING PRICE | \$1,099,000



3 BDRM



2.5 BATH



2,479
SQFT

Experience effortless mountain living in this beautifully updated villa in Champion Hills, where exterior maintenance and roof care are handled for you. Thoughtfully enhanced with a renovated kitchen featuring updated appliances and a stunning granite waterfall island, this home blends modern convenience with timeless mountain charm.

Vaulted ceilings adorned with wood tongue-and-groove detailing create warmth and character throughout the Great Room and Primary Suite, while sweeping northeastern long-range mountain views provide a breathtaking backdrop from the main living areas. Enjoy the best of indoor-outdoor living from the screened porch and expansive deck with electric awning, perfect for morning coffee, evening gatherings, or simply taking in the scenery.



The open, inviting floor plan is designed for both comfortable everyday living and entertaining. The lower level offers guest bedrooms, a spacious den, and walk-out access to a private lower deck, creating an ideal retreat where family and friends can enjoy their own space. Whether you're seeking a full-time residence or a lock-and-leave mountain getaway, this fully furnished, move-in-ready home allows you to bring your suitcase and immediately begin enjoying the lifestyle you've been dreaming about.

Located within the highly sought-after Champion Hills community and just minutes from downtown Hendersonville, you'll enjoy easy access to exceptional dining, shopping, healthcare, outdoor recreation, and all the activities that make Western North Carolina so special.

For more details or to experience 2 Meadow Ridge, call or stop by the Champion Hills Real Estate office.



AMBER SAXON (828) 699-0171



LAUREN RIPPY (630) 234-8137



CHAMPIONHILLS.TEAM@ALLENTE.COM



**HOWARD
HANNA**

BEVERLY-HANKS REAL ESTATE

July

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 Thirsty Thursday on the Patio	3	4 July 4 Celebration
5	6 Pull Up A Chair - Let's Chat! Clubhouse Closed	7 Brevard Music Gala	8 Tennis & Tonic	9 Thirsty Thursday CBD Drink Tasting & Live Music	10 9 & Dine	11 Patio Cookout Bastille Day Celebration
12	13 Clubhouse Closed	14 Trivia	15 Luxury Cruise Travel	16 Wonderful World of Tomatoes Third Thursday New Home Tour	17 Club Championship	18 Club Championship
19	20 Annual Meeting Clubhouse Closed	21 Component Wine Tasting Taco Tuesday	22 Dink & Drink	23 Lands & Waters of Champion Hills Thirsty Thursday Cocktails with Carson	24 Ladies' Holiday Boutique	25 Patio Cookout Secret Supper Society
26	27 Book Club Clubhouse Closed	28 Music Bingo	29 Men's Night Out	30 Thirsty Thursday Music By Margie	31	

NOTES: