



# The Wellington Word



WELLINGTON OF FLOWER MOUND

Volume 29, Issue 1

January through June 2024

## 2024 Annual Meeting and Proxy

<http://www.wellingtonhoa.net>

The annual meeting for the Wellington Homeowners Association will be held on Wednesday, February 28, 2024 at 5:00 PM in the clubhouse multi-purpose room. Elections will be held for two (2) board member positions. It is very important that owners return a **signed proxy ballot** if they do not plan on attending the annual meeting. For the HOA to conduct business, 237 addresses (10% of the total homes in Wellington) must participate. Proxies may be returned by mail (3520 Furlong Dr, Flower Mound TX), email ([wellington@wellingtonhoa.net](mailto:wellington@wellingtonhoa.net)), fax (972-539-3022) or placed in one of the drop boxes (located outside the clubhouse front door or in the clubhouse foyer).

## HOA Assessment Payment Due March 1

HOA assessment statements have been mailed, and payment is **due March 1**. The semi-annual assessment billing rate is \$495 (unchanged from 2023). If you do not receive a statement by February 14, please contact Guardian Association Management at [info@guardianam.com](mailto:info@guardianam.com) or call 972-458-2200.

## 2023 Holiday Lighting Winners

Congratulations to the winners of this year's Holiday Lighting Contest:

For more pictures turn to pages 4-5 or click [here](#) to view pictures on our website

3704 Appalachian Way  
3500 Camara Court  
3521 Derbyshire Court

4004 Edna Valley Court  
3501 Leanne Drive

### 3704 Appalachian Way



### Wellington Association Managers

Gail Dwight &

Cindy Rademacher

(972) 874-8483

[manager@wellingtonhoa.net](mailto:manager@wellingtonhoa.net)

Gloria Taylor, Assistant Manager

(972) 874-8109

[wellington@wellingtonhoa.net](mailto:wellington@wellingtonhoa.net)

Wellington Athletic Club

Fran Mills,

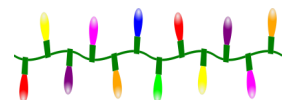
Cooper Fitness Director

(972) 874-8329

[fitness@wellingtonhoa.net](mailto:fitness@wellingtonhoa.net)

### Inside this issue:

MANAGERS' PAGE	2
OTHER INFORMATION, CALENDAR OF EVENTS, NEIGHBORHOOD CORNER, JUNIOR TENNIS PROGRAM, YARDS OF THE MONTH	2-3
HOLIDAY LIGHTING DISPLAY WINNERS	4-5
WELLINGTON FITNESS PROGRAMS, WELLINGTON ONE FUR FUN FESTIVAL & PET WALK	6-7
COOPER QUEST, BOOT CAMP, PERSONAL TRAINING, WELLINGTON GROUP EXERCISE SCHEDULE	8



## Manager's Page

# The Wellington Word

---

## January—August 2024 Events

<b>February 28</b>	Annual Meeting.
<b>March 1</b>	Semi-annual assessments due.
<b>April 1</b>	The new 2024 gate code will be effective. <i>The new code may be found in the annual meeting notice, on the March assessment statement and on the HOA website when you login as a member. Woods at Wellington residents will receive a separate mailer in March.</i>
<b>April 12</b>	Pools are scheduled to open for the 2024 season
<b>May 23</b>	End of School Pizza Party (date will change if end of school date changes)
<b>June 7-8</b>	Neighborhood Garage Sale
<b>August 10</b>	Wellington Basketball Sharpshooting Contest

---

## College Students—Seasonal Summer Positions Available

Each summer the HOA employs a few college students to assist with summer tasks and monitoring the facilities. If you know of a student starting college in the Fall of 2024 or currently enrolled in college who may be looking for a temporary summer position, please have them email the HOA offices at [manager@wellingtonhoa.net](mailto:manager@wellingtonhoa.net) to request an application form.

---

## Payment Information

Please mail payments to the address listed on the statement and as shown below. Payments cannot be processed at the clubhouse. If you pay online, please verify that the payment amount and address is correct and that the payment was successfully processed. Your association assessments may be made online (for a fee) using a major credit card. E-check transactions are also available.

<b>PAYMENT ADDRESS:</b>	Wellington of Flower Mound c/o Guardian Association Management Processing Center P.O. Box 93784 Las Vegas, Nevada 89193-3784
-------------------------	---

## Other Information

---

## Thank you to Wellington's 2023 Volunteers

Thank you to our many volunteers in the community. Whether on a board, committee, or assisting with the Charity Dog Walk or Basketball Sharpshooting Contest, our volunteers are greatly appreciated.

A special thank you goes to our "Volunteer of the Year" Ryan Collinsworth. Ryan volunteers on multiple HOA committees and in 2023 joined the ACC. The ACC volunteers process hundreds of application requests each year. The HOA appreciates Ryan and the ACC for all the time they give to assist homeowners who are working to update/improve their properties.

# Volume 29, Issue 1

## Other Information

### Neighborhood Corner

- As of January 31st, all holiday lighting should have been removed from the exterior of your home and yard.
- Treat your spring weeds! Visit with your local garden center for options and ideas. While treating weeds, you may need to mow weekly to keep weeds from becoming unruly and sprouting over 6 inches tall.
- Turn off sprinkler systems when the temperature is near freezing.
- Mulch your leaves or rake and dispose of them.
- Remember to keep your dog on a leash and to properly dispose of their waste.
- Remember to complete an Architectural Request Form for any exterior projects prior to starting.
- Take time to review your property for maintenance needs. Examples: exterior painting (house trim, chimney, shutters, garage doors, front door), fence repairs and/or re-staining, yard issues (dead plants, weeds, pruning, landscape border in disrepair, bare areas), broken or uneven concrete surfaces, and mailbox lid re-painting.

### Junior Tennis Program

The Wellington Tennis Academy 2024 Spring Program for Wellington residents ages 5-13 is now open for enrollment. The first session starts Feb. 19 and the cost is \$135 for a five-week session. Learn more at: [Junior Tennis Programs 2024](#) or stop by the Wellington Amenities Center and pick up a flyer from the Info Center located in the foyer.

### Wellington Yards of the Month August 2023



Yards of the Month are selected by the Landscape Committee to represent the "best" yard(s) in Wellington!

**3200 Furlong Drive West**

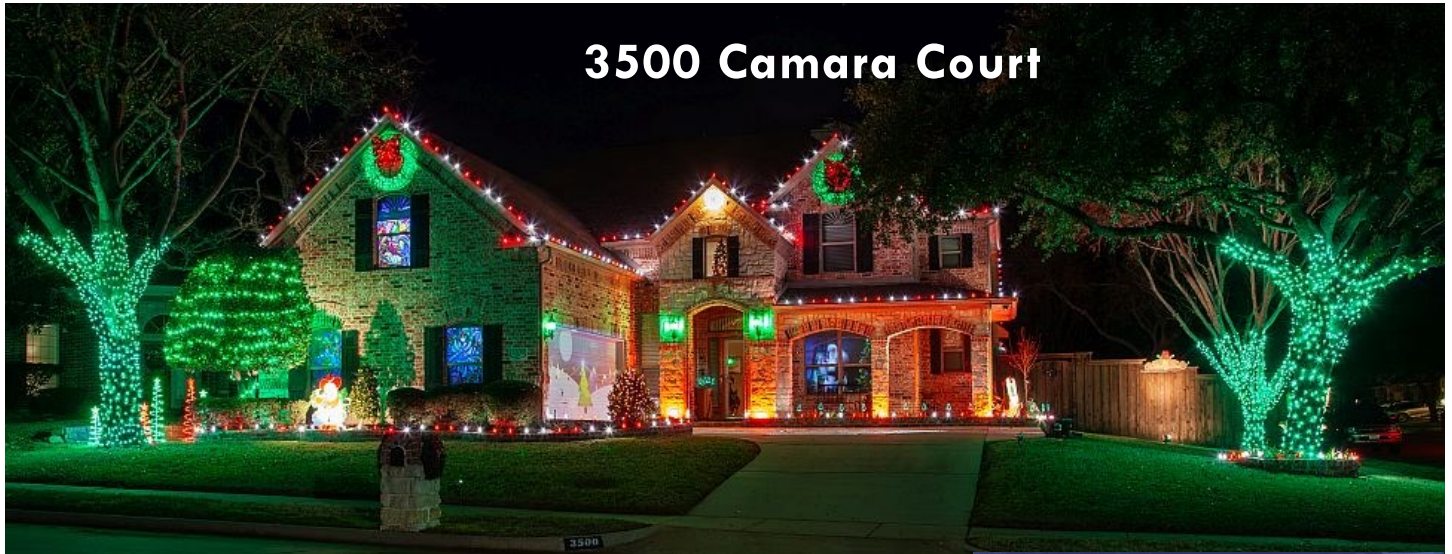
**4304 Native Oak Court**







## 2023 Holiday Lighting Contest Winners



**3500 Camara Court**

This year there was a tie for Best Street Display. The two winners were Appalachian Way and Native Oak Drive.

Thank you again to our volunteer judges for generously donating their time and effort:

The Barringhaus family, the Collinsworth family, the Dellaria family, the Dungey family, Michael Halligan, the Perkins-Groth family, the Reyes Levalle family, and Michael & Melodee Scallan.

Thanks also to our talented photographer, Meredith Butterfield



**3521 Derbyshire Court**









## 2023 Heart & Sole Pedometer Program

Thanks to all the Wellington residents who participated in the 2023 Heart & Sole pedometer challenge. Wellington residents logged a total of 15,464,863 steps (approximately 6,648.69 miles)! A total of 37 participants completed this year's program, and 55 people enrolled, which translates to a 67% adherence rate. To break it down between the adults and the kids, we had 50 adult participants and 34 adult finishers. This year 5 kids signed up, and 3 kids finished. To see how this year's results compare to past years click the [Results link here](#). We have Wellington data for every year going back to 2009 when we first started the pedometer challenge.

This year's grand prize winner, drawn at random from the list of all adult finishers, was Scott Greenlee, who received a Cooper backpack for his efforts. All finishers received a refillable, BPA-free water bottle with measure marks to encourage proper hydration.

Our top stepper for 2023 is Tammy Gendron, who finished with a whopping 815,141 steps, or 350.45 miles. This is the second year in a row that Tammy has finished first! And for the second straight year Michael Laumann came in second with 594,775 steps (255.71 miles). The third-place finisher this year was Ashley Westgate, who logged 593,192 steps (255.03 miles). In the Kids' division the top finisher was Noah Han, who ended with 283,656 steps (121.95 miles). Congratulations to all who participated!

## Holiday Incentive Challenge

For the 2023-24 holiday season there were 26 Wellington members who participated in the WAC's challenge incentive program and 24 finishers. For this challenge we track healthy behaviors, with points earned for tracking daily habits like getting enough sleep, eating a healthy breakfast, watching less than an hour of TV daily, getting at least 30 minutes of activity daily, etc. Over the holidays Wellington members earned a total of 2749 points! Successful finishers were awarded a cozy long-sleeved t-shirt for their efforts.

## Second Annual Wellington One Fur Fun Festival & Pet Walk

On Saturday, October 14, 2023, Wellington held its second One Fur Fun Festival and one mile Pet Walk. All proceeds from the event went to Humane Tomorrow. This event was a family- and pet-friendly gathering and included outdoor games, interactive sponsor booths, snacks, several cake walks, a pet costume contest, and a one-mile stroll around the block, pet participation encouraged! Through sponsor donations, cake walks, the pet costume contest and registration fees we were able to raise more than \$2500 to support Humane Tomorrow. Many more pictures can be found on our website at [Wellington One Fur Fun Festival & Pet Walk](#). This year's One Fur Fun will be held Oct. 19. Please join us!



# Volume 29, Issue 1

January through June 2024

We would like to thank our corporate sponsors for their generosity and support of our second annual One Fur Fun Festival & Pet Walk:

**Top Dog sponsors:** Tina Murphy (Taylor Realty Associates), 12 Tree, i9 Sports, Dance Vision Studios, Cooper Aerobics, City Vet, CertaPro Painters, and Law Office of Don Mills.

**Best Friend sponsors:** AccuAid Care Services, Guidepost Montessori, Laksh Corp./Signs PQ LLC, and Trailhead Running Supply.

We greatly appreciate the generous contributions and support of these companies to Humane Tomorrow and to the Wellington community. We couldn't do it without them!

**Cooper Aerobics™**  
HEALTH & WELLNESS

THE FUTURE  
OF WELLNESS  
SINCE 1970

*Taylor Realty  
Associates  
DFW*



**TINA MURPHY**  
BROKER

972-365-1140  
tinamurphy@me.com  
www.TRA-DFW.com

**i9SPORTS**

Fun, Safe and  
Convenient Sports  
Leagues

i9sports.com ★ 817-400-4525

**CityVet™**

Happy people. Healthy pets.  
972-355-2124

PAINTING. QUALITY.  
PEACE OF MIND.

**CertaPro Painters®**  
★★★★★

972-280-0608  
flowermound.certapro.com

**\$200 OFF\***

\*Offer applies to your residential painting project of \$2,000 or more. Must be presented at time of estimate. Not valid with other offers. Not valid on current estimates or proposals. Available at participating CertaPro Painters® businesses. Expires 12/31/21. Each CertaPro Painters® business is independently owned and operated.

**LAW OFFICE OF  
DON MILLS**



Estate Planning, Wills, Trusts  
& Probate 214-617-2260

**1-2-TREE**  
FLOWER MOUND, TX

972-989-9332

**DANCE VISION STUDIOS**

Dance More, Live More

**1901 Long Prairie Rd.**  
**Suite 304**  
214-513-0441





## COOPER QUEST® TESTING AVAILABLE

In February and March we will be offering a new round of cardiovascular assessments soon as part of the Cooper Quest® wellness program. The Cooper Quest® wellness program is designed to improve your quality and quantity of life. Based on Dr. Kenneth H. Cooper's 8 Steps to get Cooperized™, Cooper Quest® provides you the tools, resources and encouragement to help you achieve your health and wellness goals.

**Wellington Residents** can access Cooper Quest resources, programs, and assessments in a few different ways. Click the links on this page to access these resources.

**HAVE YOU BEGUN YOUR COOPER QUEST ASSESSMENT?** Knowing your numbers is key to maintaining good health. Keeping score is a good thing. This service is offered free to Wellington Residents. To find out more about these assessments and to sign up click [here](#) or use your QR code scanner and scan here: →



### HAVE YOU SEEN THE NEW COOPER CORNER ON THE HOA WEBSITE?

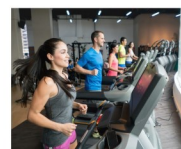
This page is full of resource materials on our Monthly Health and Wellness themes to provide you educational material to continue to live a healthier, active lifestyle. You may find articles, links to exercise moves, or even new recipes to try. [Link to Cooper Corner](#) →



### MORE INFORMATION

Fran Mills: [fitness@wellingtonhoa.net](mailto:fitness@wellingtonhoa.net), 972.874.8329

## EXERCISE MOST DAYS



### COOPER QUEST® TIP

**Exercise is medicine.** To maintain good health and help prevent chronic disease, the "Physical Activity Guidelines for Americans" are:

- 30+ minutes of moderate-intensity aerobic activity on most days of the week (150 minutes/week)
- Strength training on at least 2 days/week

COOPER QUEST® TIPS COURTESY OF  
WELLINGTON ATHLETIC CLUB



## Wellington Free Boot Camp Starts 3/19/24!

The next Wellington FREE Boot Camp meets outside on the tennis courts twice weekly, Tuesdays and Thursdays, 5:30 – 6:15 am. Class starts on March 19 (the week following spring break) and runs for 6 consecutive weeks, ending on Thursday, April 25, 2024. Because of demand, participants **MUST** register first. If you are not already on the list but would like to be notified that registration is open for the next Boot Camp, please email us at [fitness@wellingtonhoa.net](mailto:fitness@wellingtonhoa.net) or call the Fitness Director at 972-874-8329. About 2 weeks before class begins the Fitness Director will send out an email opening registration. The first 50 people responding are enrolled, and everyone after that goes on the waiting list. So if you're not already on the notification list let us know soon, and then make sure to check email!

### Personal Training

Did you know that Wellington Athletic Club offers GREAT, reasonably priced, certified personal training? Here are just a few reasons why you might consider hiring a certified personal trainer:

- Workouts are more effective with a trainer
- A trainer keeps you accountable
- A trainer helps you identify your goals and find the best way to achieve them
- A trainer can help you to avoid injury
- A knowledgeable trainer with experience training clients with chronic conditions can design a program just for you

For more information or to set up an appointment call the Fitness Office at 972-874-8329.

We also offer **FREE** equipment orientations on the 2nd Wednesday of each month. Sign up [HERE](#)

### Group Ex Spring 2024

All classes posted on our [Group Exercise](#) schedule are FREE to Wellington residents; NO registration is necessary. You can also participate in [Cooper Aerobics On Demand](#), giving you access to hundreds of free virtual classes. ALL skill levels are welcome. The group ex schedule may vary depending on holidays, instructor availability and other factors. Please check the online schedule for exact class times and dates.

Sunday	3:45-4:45 pm Yoga
Monday	8:45-9:30 am HIIT It!
	6-7 pm Barre Pilates
Tuesday	8:45-9:45 am Yoga
	6-7 pm Yoga
	7:15-7:45 pm HIIT It!
Wednesday	6:30-7:30 am Interval Walk
	Meets at Post Oak Park
Thursday	8:45-9:30 am HIIT It!
	2-2:45 pm Chair Yoga
	7:15-8:15 pm Strength Yoga
Friday	8:45-9:30 am Dance Fusion
Saturday	8-9 am Core Training