



The Wellington Word

WELLINGTON OF FLOWER MOUND

Volume 28, Issue 1

January through June 2023



2023 Annual Meeting and Proxy

The annual meeting for the Wellington Homeowners Association will be held on Wednesday, February 22, 2023 at 5:00 PM in the clubhouse multi-purpose room. Elections will be held for three (3) 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 in 2023, 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), fax (972-539-3022) or placed in one of the drop boxes (located outside the clubhouse front door or in the clubhouse foyer).

<http://www.wellingtonhoa.net>

HOA Assessment Payment Due March 1

HOA assessment statements will be in mailboxes by early February, and payment is due March 1. Please note that the semi-annual assessment billing rate has changed to \$495. If you have auto payment setup, please adjust the payment amount. If you do not receive a statement by February 14, please contact Guardian Association Management at info@guardianam.com or call 972-458-2200.

Why did the rate change? The current assessment rate has been in place for 5 years (since 2018). The increase in 2023 is necessary because of the increased cost of goods and services required for your Wellington Homeowners Association to carry out its responsibilities. These include maintaining and improving all the community amenities, common areas and right of ways both now and in the future.

2022 Holiday Lighting Winners



3500 Camara Court

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

3704 Appalachian Way
3500 Camara Court
4416 Delaina Drive
3521 Derbyshire Court
4004 Edna Valley Court
3501 Leanne Drive
4309 Mossey Oak Court

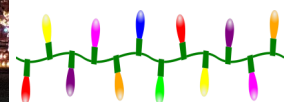
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The winner for Favorite Street was Langley Ct. Turn to page 5 of this newsletter for more pictures of all the winning homes.



Langley Court



Manager's Page

The Wellington Word

January—August 2023 Events

- February 22** Annual Meeting.
- March 1** Semi-annual assessments due.
- April 3** The new 2023 gate code will be effective. *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.*
- April 14** Pools are scheduled to open for the 2023 season
- May 24 or 25** End of School Pizza Party (date dependent on end of school)
- June 9-10** Neighborhood Garage Sale
- August 5** 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 2023 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 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.

PAYMENT ADDRESS: 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 2022 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" Steve Lyda. Steve has volunteered for several years on multiple HOA committees and is currently the HOA's board president. His clear decision making and rational approach to issues has contributed to making the HOA a financially healthy, vibrant, and desirable neighborhood.

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Neighborhood Corner

- All holiday decorations and lighting should have been removed from the exterior of your home and yard **by January 31st**.
- Treat your winter 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.

2022 Wellington Sharpshooting Basketball Contest

The 16th Annual Wellington Basketball Sharpshooting Contest in 2022 was held on August 6. In the senior division Joshua Shemi took first place for boys and Belle LaBarbera took top honors for the girls. For the junior division the top scorers were Juliet LaBarbera (girls' division) and Brandon Chin (boys' division). We also had a boys' youth division, and Elliot Gage was the top scorer. Trophies were awarded to the top 3 scorers in these five brackets. More info plus lots of pictures can be found on our website at: [Wellington of Flower Mound HOA - Basketball Sharp Shooting \(wellingtonhoa.net\)](http://wellingtonhoa.net)

Thanks to Greg Dykes and Brandon Stauty for officiating. We also thank all the Wellington residents who came to help with our event. And mark your calendars for Saturday, August 5, when we will hold the next contest. We hope to see you there!



Wellington Yards of the Month August & September 2022

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



4601 St. Charles Court

4413 Providence Lane

3200 Furlong Drive West



3005 Greenwood Court



3605 Britford Drive



Holiday Lighting Contest Winners

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

Joseph and Mauriana Barringhaus
 Jennifer Batroot
 Ryan & Jennifer Collinsworth
 Josh & Stephanie Dellaria
 Erika Perkins-Groth & family
 Michael Halligan
 Rodrigo Reyes Levalle and family

3501 Leanne Drive



3521 Derbyshire Court



4004 Edna Valley Court



4416 Delaina Drive



Thanks also to our talented photographer,
 Meredith Butterfield

3704 Appalachian Way



4309 Mossey Oak Court



2022 Heart & Sole Pedometer Program

Thanks to all the Wellington residents who participated in the 2022 Heart & Sole pedometer challenge. Wellington residents did an amazing job this year, logging a total of 19,182,451 steps (approximately 8,247 miles)! A total of 44 participants completed this year's program, and 59 people enrolled, which translates to a 75% adherence rate. That's excellent adherence; the only time we beat that was in 2020 and that was kind of an oddball year because of the pandemic. To break it down between the adults and the kids, we had 57 adult participants and 42 adult finishers. This year 2 kids signed up, and both kids finished and turned in scorecards. That's a 100% adherence rate for the kids! 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, is Cindy Smith. All finishers received a prize, but for being the grand prize winner Cindy also received a gift certificate to Academy Sports. Our top stepper for 2022 is Tammy Gendron, who finished with a staggering 837,903 steps, or 360.23 miles. Michael Laumann came in second with 766,464 steps (329.52 miles). The third-place finisher was Melissa Bravo, who logged 736,943 steps (316.83 miles). In the Kids' division the top finisher was Noah Han, who ended with 311,699 steps (134.01 miles). Congratulations to all who participated!

Holiday Incentive Challenge

For the 2022-23 holiday season there were 45 Wellington members who participated in the WAC's challenge incentive program and 31 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 4,014 points! Successful finishers were awarded an exercise-ready t-shirt for their efforts.

Inaugural Wellington One Fur Fun Festival & Pet Walk

On Saturday, October 15, 2022, Wellington held its first One Fur Fun Festival and one mile Pet Walk. All proceeds from the event went to Humane Tomorrow. The new event was a family- and pet-friendly gathering and included outdoor games, interactive sponsor booths, a food truck, several cake walks, a pet costume contest, and a one-mile stroll around the block, pet participation encouraged! Many more pictures can be found on our website at [Wellington of Flow-er Mound Family Fun Run \(wellingtonhoa.net\)](http://WellingtonofFlow-er Mound Family Fun Run (wellingtonhoa.net))



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

Tina Murphy (Taylor Realty Associates), 12 Tree, i9 Sports, Cooper Aerobics, City Vet, Primrose School of Wellington, CertaPro Painters, and Law Office of Don Mills. 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!

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1-2-TREE
FLOWER MOUND, TX

972-989-9332



Primrose School of Wellington
972-691-9595





COOPER QUEST® TESTING AVAILABLE SOON!

In March we will be offering a new round of 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 below to access these resources.

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](#)

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](#):



Get Cooperized™



PHYSICAL ACTIVITY



COOPER QUEST TIP

Which is better for weight loss—strength or aerobic training? Actually, three components must be in place to achieve the greatest result and maintain weight loss over time:

1. Resistance/strength training
2. Aerobic exercise
3. A healthy, well-rounded eating regimen

COOPER QUEST® TIPS COURTESY OF WELLINGTON ATHLETIC CLUB



MORE INFORMATION

Fran Mills: fitness@wellingtonhoa.net, 972.874.8329

Wellington Free Boot Camp Starts 3/21/23!

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 21st (the week following spring break) and runs for 6 consecutive weeks, ending on Thursday, April 27, 2023. 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 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 2023

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	8:45-9:20 am HIIT It!
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	8:45-9:20 am HIIT It! 7:15-8:15 pm Strength Yoga
Friday	8:45-9:45 am Multi-format (See schedule)
Saturday	8-55 am Core Training 9-9:25 Roll & Stretch