

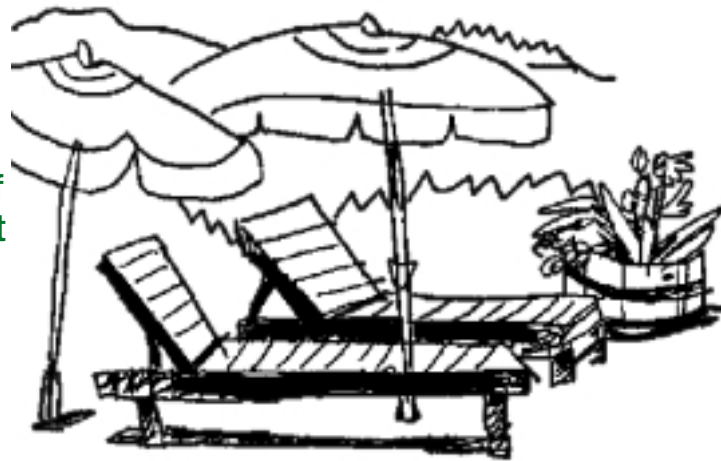
california **naturist**

MAY 2002 • A MONTHLY NEWSLETTER OF LUPIN NATURIST CLUB

It's Spring!

Okay, okay – so two months ago I jumped the starter gun and wrote about Spring bustin' out all over. And now I'm writing about it again. Lupin may have one of the longest and most pleasant pre-Spring/Spring seasons anywhere (rivaled only by its lovely Summer and Fall). Actually Winter is pretty nice, too, if you're not into snow and ice.

Or maybe we'll just skip all the stuff about seasons and take a page from sports: **LUPIN AND SOCIAL NUDITY ARE THE GREATEST!** Perhaps that's an exaggeration, but if you were here the first Sunday in April for the opening of the Camera club Photo Show, you, too, would be a believer. The show (still hanging – don't miss it) is well done with lots of color, interest, and talent. People wandered about, refreshments in hand,



as a new-to-Lupin entertainer – pianist Verne – tickled the ivories in a soft but lively way that made you look around to see if Bergman and Bogart were there in a corner, looking into each other's eyes as they sipped their drinks. They probably would even have liked this fruit punch.

On the sunny deck people leaned on the rail in various stages of dress/undress, enjoying bright sunshine, blue sky, and puffy white clouds. There were blossoming fruit trees and brilliant green grass below, tree-covered Santa Cruz Mountains beyond, and the companionship of friends, including brand new friends. A cat or two wandered lazily from person to person, collecting strokes, if offered. Ahhh.

Mollie Moore-Sullivan, Editor

Saturday, May 4, Evening **Russell Barber Band**

Russell Barber represents the sparse new generation of Blues artists who combine the early influences of Blues music with the most exciting of today's popular sounds. The result is infectious danceable music that drives with modern groove, grit and creativity, and yet is also rich with musical inflections from Chicago and Mississippi Delta Blues.



Taking Jazz classes at San Jose State and spending several months in Austin, Texas, learning the Blues styles of the region fueled Russell's vision for infusing Blues with Rock with a fresh direction. He teamed with Blues musicians his age to form Black Market Beat, a band that became a Bay Area Blues favorite, opening for acts such as Bo Diddley and the Loved Ones.

Tonight at Lupin Russell is joined by bassist, backup vocalist Tim Cupps and seasoned drummer John Francis Maggio, who together form the unique rhythm drive for this exciting combo. Tim has played with a number of highly reputable groups in Southern California and the South Bay Area, including The Radio Dogs, Mark Humphreys, Rob Dobbins and Ron Heimbeucher. John Francis has a long history of performance experience in Blues acts with musicians in the Bay Area, Texas and Phoenix, after starting in his New Jersey hometown.

Come join us for the Russell Barber Band's Lupin debut from 9 pm to 12 midnight. Wear or don't wear what you like to dance in. This is bound to be fun!



Sunday, May 5, Afternoon **Cinco de Mayo Piñata Party for Kids**

Here is Lupin's first kids' game/activity for the 2002 summer season! All kids (and anyone who wants the fun of watching) are invited to gather on the Upper Lawn at 2 pm to enjoy the traditional Mexican game of taking turns being blindfolded and swinging a stick at the hanging, treat-filled piñata. Besides scrambling for the goodies that drop when the piñata is broken, each young person who participates gets to pick out a toy prize – so everyone is a winner.

Cinco de Mayo is to Mexico what the 4th of July is to the USA – the date celebrated as marking the achievement of independence from a distant ruler. Because California – or much of it – was part of Spanish-ruled Mexico, the holiday also has meaning here. This year is rare in that the holiday falls on Sunday, the day on which Lupin especially likes to have kids' games.

Saturday, May 11, Evening **Arabian Nights with Star Tracks, DJ**

One fun thing about Lupin activities - besides there being so many of them – is the diversity of themes. We celebrate Mexican-style one weekend, and we're dancing in Arabian Nights the next.

Tonight's dance will be Arabian Nights décor and costume (suggested, not required). The DJ, however, is from Middle California rather than the Middle East. We welcome back Star Tracks – a popular DJ among grown ups and kids

(glittery trinkets have been tossed into the crowd) – and the music is great for dancing. The ballroom fun goes on from 9 pm to 12 midnight, but you can stretch it out by coming early for dinner (served 6 to 8 pm), where delicious, exotic items will highlight the menu.

Sunday, May 12, Midday

Mother's Day Brunch

Speaking of delicious food (see above), save room for Lupin's traditional Mother's Day Brunch, served from 10 AM to 2:30 PM in the Restaurant and on the deck and patio. Moms will love it, but you don't have to be a mother or bring a mother with you to enjoy the food, the views, and Bonnie's singing. After all, we each have or had a mom, and Mom would want us to have the best!



Midday

Camera Club Day & Camera Club Meeting

It's rather fitting that Camera Day (when photos may be taken at Lupin by Camera Club members – with permission from any subjects and from parents of children) and Mother's Day fall on the same day. There are undoubtedly Moms who would love nude photos of their families in a beautiful Lupin setting – and families who would treasure nude pictures of Mom (and Dad). This is a great time to enlist the aid of a Camera Club member in this project.

Camera Club provides photography services to Lupin and its members. To that end, the second Sunday of each month is Camera Day at Lupin, and club photographers will be present to take pictures with the consent of each subject (plus parental consent for children).

Anyone interested in learning more or in joining the Camera Club is invited to the meeting held at 1 pm on each Camera Day in Chez la Ronde.

Sunday, May 12

ENTERTAINMENT TBA

Friday, Saturday & Sunday,
May 17, 18 & 19

BARE-TO-BREAKERS & VOLLEYBALL TOURNAMENT WEEKEND

This weekend Lupin will play informal host to nude runners/walkers from around the country and beyond who are gathering to participate in the Bay to Breakers in San Francisco. See below & Random Notes for information. There is also a Volleyball Tournament at Lupin and some terrific entertainment.

Friday, May 17, Evening

Lupin's Monthly Birthday/ Anniversary Dance Ras Aloe Rockers

It's time for the monthly dance party honoring birthdays and anniversaries - and featuring a hot dance band. This nine-year-old Santa Cruz based band plays Reggae with Blues, Rock, African and Latin music influences. Ras Aloe (aka Michael Lee Perreira) - singer, songwriter and rhythm guitar player - has played with popular Bay Area bands such as Kosono and the Killer Natives. Danjuma Adamu, a well-known entertainer who is well-liked at Lupin, is equally at

home on guitar, clarinet, saxophone, keyboards, drums, bass and percussion. From Nigeria, Danjuma made his professional debut at age 17 with the Victor Olaya All Stars Band, and he has performed and recorded with musicians such as King Sunny Ade, Fela Anikulapo, Miatta Fangbule, Steve Rhodes and Edenezar Obey. Christopher Plaza Perreira, a 22-year-old native Santa Cruzan, began playing keyboards at age 12, and has played with Ethiopian Isaac Haile Selassie, Jamaican Earl Zero, Paolos and the Habesha, and Kosono. Louis Martinez studied music at various L.A. colleges after starting his first band at age 15. Playing in several Bay Area bands since moving to Santa Cruz in 1980, he brings a strong Afro-Cuban influence to Ras Aloe Rockers. Drummer Johnny Blimling, from the East Coast, studied music at the Berklee School of Music in Boston for a year, then came west. He's had the privilege of sitting in with Babatunde Olatunji's band, and he enjoys backing up a variety of singers from Jamaica, Ethiopia, Eritrea, the U.S. and Nigeria. Shanti DeLuca, a Santa Cruzan for almost all of his 25 years, is Ras Aloe Rockers' bass player.

Come join in this far out fun. Dance, dance, dance to the music of Ras Aloe Rockers from 9 pm to 12 midnight.



Saturday & Sunday, May 18 & 19 **Volleyball Tournament**

For volleyball players, this is the best time at Lupin – tournament time. Beginning at 11 am, there'll be Reverse Coed (Men's/Women's) play on Saturday, and Women's/Men's on Sunday. Players without teams must arrive at 10:30 am for evaluation and assignment.

The tournaments are free for Lupin members. Non-member players and accompanying fans in the same vehicle

are entitled to a 50% discount off the Lupin admissions and camping rates they would normally pay, and they are not charged further for tournament participation.

Anyone interested in playing volleyball at Lupin should check in the office for more detailed information.

Saturday Evening, May 18 **Gumbo**

Tonight, from 9 to 12 midnight, we get a tasty treat made up of some familiar and well-liked ingredients. The six-year-old Bay Area band Gumbo, led by drummer/singer Dennis Dove, puts out an appealing mix of R&B, Old School Soul, Swing, Rock and Jazz. Frankie Ramos plays his "wicked" sax and sings, Steve Smith plays bass and sings, and there'll be a guitar player, too. Great fun for dancing.



Sunday, May 19, Early, Early Morning **Bare to Breakers Breakfast & Rides**

The stalwart runners/walkers (not to mention the breakfast preparers) are going to be up ahead of the birds today. Pre-packaged breakfasts must be pre-ordered by the evening before, and can be picked up at the restaurant between 5 and 6 am. More details will be given and there will be a chance to arrange rides at a Saturday, 4 pm meeting.

If you are interested in bus service to/from San Francisco for a fee, contact Jay soon (408-353-2250 or email jay@lupin.com) At the same time, you may pre-order your breakfast.

Sunday, May 19, Afternoon **Chris Ramey, concert**

Chris Ramey has a knack for being where it's happening. Beginning his performing career in San Francisco's North Beach folk scene in the early '60s, Chris shared the bill in Bay Area coffee houses with now well known folk artist Norma Kaukunen and with Jerry Garcia (prior to the electric migration). In 1965 Chris was in Japan where his youthful presence and ability to deliver a sensitive yet powerful solo performance earned him a place among the top pros on the Tokyo folk concert circuit. After a year, he returned to California and suddenly climbed aboard "Further," the old day-glow bus owned by author Ken Kesey and piloted by Neil Cassidy. After several years he moved to Los Gatos where he worked the night clubs as a member of the seminal 60's rock group "The Chocolate Watch Band."

Missing the relative calm of soloing, Chris hit the road again as a single, mostly between Colorado in winter and Cape Cod in summer. In 1972 he joined folk singer/songwriter Tom Jans for a time in a duo that was "the buzz" among folk musicians and audiences alike. After taking a breather, Chris resumed performing in 1997, and he first appeared here early last year. Today, from 3 to 5 pm, Chris will perform in the clubhouse or on the lawn, depending upon the weather.

MEMORIAL DAY WEEKEND CELEBRATION – May 25 - 27

Memorial Day weekend is generally seen as the beginning of summer. So come to Lupin early and give yourself some time to unwind and visit with friends.

Saturday, May 25 **"Good Ole Days" Dance with ESP**

ESP, or Electric Swim Park, a four person Monterey Bay Area band, made its original appearance here last summer. Well-liked by Lupinites for its danceable mix of current hits and party favorites – plus original rock tunes – the band has returned several times. ESP plays here from 9 pm to 12 am, providing a great way to jump start your holiday weekend. Wear or don't wear your favorite dancing "outfit" (perhaps just skin – and in that case, bring a towel to sit on).

Sunday, May 26 **Lupin's Second Annual Wine & Music Festival**

Woo-wee! Live music from 11 am to 11 pm (a two-hour break from 7 to 9 pm), plus "tastings" of variety of wines from 3 to 5 pm – does Memorial Day weekend get any better than this?

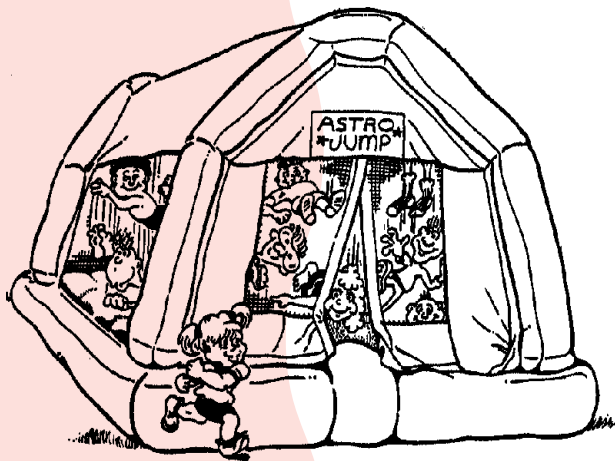
Winetastings – Michael Dunne of Bock Vines & Wines (and a Lupin member) has put together a variety of wines from many different California vineyards for our tasting pleasure – including organic wines. Winetasting tickets are \$10 for twenty tastings and may be purchased in the Clubhouse Restaurant.

Music – The four fine music groups, appearing on the Clubhouse Lawn for two hours each, are: Capitola Strings, 11 am; Kitchen Winds, 1 pm; Electric Angel, 3 pm; and Modern Gypsies, 5 pm. The energetic and fun Frankie Ramos Band will play for a dance in the



MAY EVENTS

Clubhouse, from 9 to 11 pm. Information regarding the music groups will be provided in a program at the festival and on Lupin's web page lupin.com.



Monday, May 27th **Memorial Day Celebration**

This holiday has come to symbolize the beginning of summer. Bring the family and friends and come to Lupin to take some deep breaths, let go of your cares and your clothes, have fun and relax. If you tire of soaking up the sun, playing tennis and volleyball, swimming and hiking, there are other fun activities:

In the Upper Area, there'll be a Dragon AstroJump from 10 am to 5 pm, and everyone is welcome to go inside (barefoot, and without sharp, hard, breakable or spillable stuff) and bounce, bounce and whee! This dragon can fly!

There'll also be Twist n' Shout Balloon Artists from 1 to 4 pm around the grounds, plus Games for Kids beginning at 2 pm on the Upper Lawn and in the Pool area. Buck will tie it all together with Music for Listening on the Clubhouse Lawn from 2 to 5 pm. What a happy holiday!

JUNE CALENDAR

- SA 1 Bluesomatic (band) - dance
- SU 2 Entertainment TBA
- TH 6 Relaxing Yoga for All Ages LMI (fee) Thursdays
- FR 7 (ECL) TBA
- SA 8 Frogs Workshop with Irene
- SU 9 Advanced Massage Techniques Day LMI (fee)
Lupin's 66th Birthday Party
Camera Club Meeting / Camera Club Day
Sax & Soul - dance
- FR 14 (ECL) TBA
- SA 15 Volleyball Tournament (Coed)
Seasonal Sensations Dance
Broadway Joe & Anita - DJ
- SU 16 Volleyball Tournament (Men's/Women's)
Karie Hillary - concert
- FR 21 Lupin's Monthly Birthday/Anniversary Dance
- SA 22 Lupin's Tribute to Gay Pride Weekend
Entertainment TBA
- SU 23 Entertainment TBA
- TU 25 Tibetan Massage and Menopause (LMI) fee
- FR 28 Massage Exchange (ECL)
Introduction to Medical Qi Gong begins (LMI) fee
- SA 29 Tropical Treasures Dance - Michael J - DJ
- SU 30 Entertainment TBA

These programs are held on Fridays in Chez La Ronde at 8 PM (Tranquil Season), unless otherwise noted. The topics and speakers are chosen because they appear interesting: selection does not imply endorsement by Lupin. Activities are open to members and non-members: non-members coming to Lupin specifically for this pay \$6 at the office (plus a \$12 grounds fee if use of the facilities, such as spas or swimming pools, is desired). First time visitors will be sent an invitation to return to Lupin for a day visit.

Lupin's Eclectic Consciousness is coordinated by Chris Flynn, a facilitator of spiritual growth groups. She may be reached at (831) 338-7007.

Friday, May 3

Introduction to Creative Intimacy with Dr. Laurie Moore

Can't get a grip on why your troubles aren't changing? Looking for a new way to approach love life, community, financial abundance, your own body, spirituality, sexuality, or career?

If your answer to any of these questions is "yes," this is your lucky night. Dr. Laurie Moore – endorsed by John Gray, John Bradshaw and Gay and Kathlyn Hendricks - will present Intro to Creative Intimacy, a program based on her book, Creative Intimacy. (Lupin members are lucky, because Dr. Moore lives close by, in Scotts Valley.)

Friday, May 10 • No Eclectic Consciousness

Friday, May 17 • No Eclectic Consciousness
Band Bash with Ras Aloe Rockers (See Entertainment)

Friday, May 24

White Spirit Tantra – The Foundation of Sacred Sexuality

Begin your personal journey into the ancient practice of Conscious Loving adapted by Baba Nicole Herrick to meet the needs of contemporary couples and singles. You will learn how to:

- Claim your bliss
- Stay present while connecting deeply
- Experience the power of your open heart

Baba Nicole Herrick has been in the healing arts for 30 years as intuitive counselor and dynamic leader of the Omega South Bay Center for Conscious Loving. Her unique form of modern Tantra grew from a desire to bring transformation to this Valley. It is both profound and practical. She may be reached at (408) 358-3268.

Friday, May 31

Massage Exchange with Bill Flynn

Considering the body orientation of Lupin members, it's not surprising that massage exchanges are a favorite - and leader Bill Flynn makes them even more so. Don't be late or you may not have a space.

The exchange begins at 7:30 PM in the Massage Yurt (across from Nudome), and it is an exchange, so it is limited to people who know how to massage. Bring your own oil and two towels (one to sit on and remove excess oil before hot tubbing and the other to dry with). Nancy Junkins, in whose memory the Massage Yurt was donated, would have loved this.

Lupin Massage Institute

The Lupin Massage Institute offers a series of weekend courses on various topics. These short courses are designed to provide a relaxing environment, away from the stresses of daily life, where one can learn new health - or life - improving skills and spend some quiet time. Classes vary in the level and complexity of material. Lupin's grounds provide many places and ways to reflect upon and utilize the new skills and ideas presented in the courses. Pre-registration is required, and the deadline is Wednesday before class starts. This allows instructors time to prepare materials based on the number of attendees. For more information & to register, email deepahealth@yahoo.com. Also see website <http://www.lupin.com/lmi.html>. Or call Deepa at 831-234-5791.

The current Lupin Massage Institute schedule:

On-going Thurs. Eves: 7:45 - 9 pm

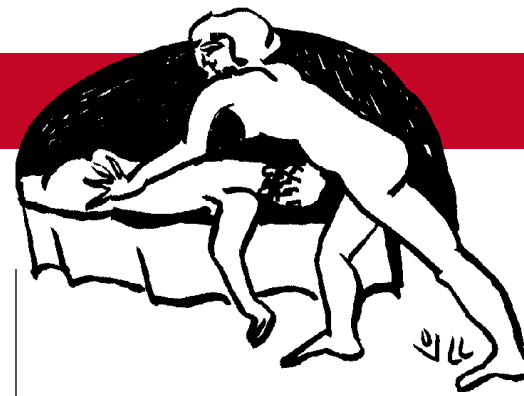
DROP IN YOGA FOR ALL AGES AND LEVELS

Come unwind with us! Please bring a mat or towel, and do not wear perfumes to class for the comfort of all. If you want to tub after class Lupin grounds fees for non-members are only \$6. The 1st Thursday of each month Instructor Cora Martin of Phoenix Rising Yoga Therapy runs class as a Group Phoenix Rising Yoga Therapy Session. First class is free, then \$12 per class drop-in fee or you can purchase a 10-class pass for \$100.

Continuing Wed., Fri. & Sat. – May 1, 3 & 4

CHARITY BENEFIT MASSAGE-A-THON

Treat yourself to a relaxing massage and get a tax reduction. Day and evening appointments available. Funds raised are



pledged to Avon Breast Cancer Walker number #3245-SF. \$35 minimum donation. Call to schedule your massage today!

Tues., May 7, 8 pm

A PRESENTATION ON HEALING

Adam Atman, Licensed Acupuncturist, Herbalist, Qi Gong Healer and Homeopath, gives a FREE presentation on healing and how to achieve it in the body. Adam has a radio talk show on health on KKUP, and is quite a dynamic speaker. Call to reserve your spot today! Refreshments provided.

Sat., May 11, 9:30 am - 7 pm

with a 1.5 hour lunch break

ADVANCED MASSAGE TECHNIQUES & MUSCLE TESTING DAY

Dr. Craig Eymann, D.C. offers us another enlightening day by sharing with us some of the deeper secrets of advanced massage and muscle testing. His vast information reserve is available for your questions. \$80 course fee.

Tues, May 14

HEALING THE WHOLE BODY WITH CHIROPRACTIC

Dr. Craig Eymann, D.C. gives us a FREE presentation on how Chiropractic and massage can heal the whole body, not just the aching back. Dr. Craig is one of the more popular instructors at the Institute because of his fun presentation style. Refreshments provided. Call to reserve your spot!

May 17-19 & May 31-June 2

LYMPHATIC DRAINAGE MASSAGE SERIES

This two-part series is 38 hours of lymphatic drainage massage instruction. The first weekend includes abdominal organ work. Raith Arpita Caird of Harbin Hot Springs comes to Lupin to share her insights into lymphatic massage. She has taught this class in Iowa with great success!! Course fee includes Lupin grounds and overnight fees.

\$380 course fee. Friday 7:30-10:30 pm; Saturday & Sunday 10 am-1 pm and 2:30-6 pm and 8-9:30 pm

Sunday, June 9

ADVANCED MASSAGE TECHNIQUES DAY

Dr. Craig Eymann, D.C. spends the day sharing some of his Deep Tissue secrets and other advanced massage treats and techniques your clients will love! Come prepared to have your long-standing questions answered.

\$80 course fee includes Lupin grounds fees.
9:30 am - 7 pm with a 1.5 hour lunch break

Fri., June 28, Sat.,

June 29 & Sun., June 30

INTRODUCTION TO MEDICAL QI GONG

Deepa Gleason R.N. and Master of Medical Qi Gong will spend the weekend sharing key concepts of Traditional Chinese Medicine and the ancient healing exercises called Dao Yin Qui Gong. Deepa's enthusiasm for the subject is contagious. Course fee includes Lupin grounds and overnight fees.

\$150 per person fee. Friday 8-10 pm; Saturday and Sunday 10 am-7 pm with a 1.5 hour lunch break

Tues., June 25 7-9:30 pm

TIBETAN MASSAGE AND MENOPAUSE

Tibetan Healer (Menba) Yangdron Kalzang gives a presentation on Tibetan Massage and how it can ease the uncomfortable symptoms of menopause. Suggest donation is \$10. Refreshments will be provided. Call to reserve your spot.

July 7 through July 23

CERTIFIED MASSAGE PRACTITIONER INTENSIVE

This intensive will meet 8 hours a day and includes planned relaxation and study time. To allow integration time, there will be no classes on Fridays. The course will feature Swedish and Oriental Style massage as well as Medical Qi Gong energetic protection for therapists. The instructors include a Registered Nurse and a Chiropractor! Course fee of \$1,400 includes text books and supplies. Residential options are available. Beautiful campus makes for a great vacation!

Fri. July 12 and Sat. Aug. 3

INTRODUCTION TO TOGODOO

Moses Yao holds several masters degrees and is a traditional Togodoo Medicine Man. Togodoo represents the endless circle of relationships, cycles, rhythms and rhymes among the Ewe people of West Africa. This workshop includes making beautiful mandalas of flowers and other natural objects. For more information on Togodoo see www.togodoo.com. Friday's program is by donation, and Saturday's 10 am-6 pm program costs \$65 and includes a 1.5 hour lunch break.

Lupin grounds fees are included on all full day and evening courses. These fees include access to Lupin's 110 acres of clothing-optional grounds and facilities (restaurant, hot tubs, pool, sauna, hiking, tennis, volleyball & camping).



Prime Season Hours

May 1 – October 31

Office – Sunday thru Thursday 9 am to 6 pm
Friday & Saturday 9 am to 9 pm

Entertainment – Usually Saturday 9 pm
plus other days & times. (See Entertainment)

Eclectic Consciousness – Friday 8:30 pm
(Massage Exchange 7:30)

MAY Restaurant Hours

	Mon-Fri	Sat-Sun
Breakfast	8 - 11 AM	8 - 11 AM
Lunch	12 - 2 PM	12 - 2:30 PM
Dinner	6 - 8 PM	6 - 8 PM
Snacks	8 AM - 8 PM	8 AM - ?* (Sat.) 8 AM - 8 PM (Sun.)

* Saturdays & holidays, snacks & beverages are available from 8 AM until entertainment ends.

Camera Club Day

The Lupin Camera Club provides photography services to Lupin and its members. To that end, the second Sunday (usually) of each month is Camera Club Day at Lupin, and club photographers will be present to take pictures at the request or with the consent of each subject (plus parental consent for children).

Anyone interested in learning more or in joining the Camera Club is invited to the meeting held at 1 pm on each Camera Day in Chez La Ronde. This month's Camera Day is Sunday, May 12.

Nancy Junkins' Memorial Massage Yurt

In memory of Nancy Junkins – Lupin member and massage enthusiast who died of breast cancer several years ago - and of her enthusiasm for the sharing of massages, her brothers and a close friend donated a massage yurt to Lupin. Located in the circle next to Nudome, the yurt is to be used mainly by members to give and exchange massages. A few professionals who are registered at Lupin and do not have a space in which to do massage may also use it. Everyone has to pick up a key at the office and return it when through.




It is possible to reserve space ahead. There are two massage tables with a divider curtain between them, and one table may be reserved for a single massage, or the whole space for group massage. A CD player, water dispenser and cups, and heaters are provided. Massagers must bring their oil and sheets for the table or tables used.



Restaurant Notes

- Please don't forget that on Friday mornings we offer selected breakfast specials.
- Mothers' Day May 12th brunch will be served in the restaurant from 10 am to 2 pm. Reservations are requested, but not required. As always there will be several dishes certain to tickle your pallet.

MAY 2002 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Charity Benefit Massage-a-Thon LMI [fee] 8 pm	2 Drop in Relaxing Yoga for All Levels LMI [fee] 7:30 pm	3 Charity Benefit Massage-a-Thon LMI [fee] 8 pm Intro to Creative Intimacy 8 pm	4 Charity Benefit Massage-a-Thon LMI [fee] 8 pm Russell Barber Band 9 pm - 12 midnight	5  Cinco de Mayo Piñata Party for Kids 2 pm
6	7 Presentation on Healing – FREE LMI 7- 8 pm	8	9 Drop in Relaxing Yoga for All Levels LMI [fee] 7:30 pm	10 TBA	11 Advanced Massage Techniques LMI [fee] 9:30 am-7pm Arabian Nights w/Star Tracks, DJ 9 pm-12mid	12 Mother's Day Brunch 10 am Camera Club Day Camera Club mtg 1 pm Entertainment TBA
13	14 Healing the Whole Body with Chiropractic LMI – FREE 8 pm	15	16 Drop in Relaxing Yoga for All Levels LMI [fee] 7:30 pm	17 Lymphatic Massage 1 begins LMI [fee] Lupin's Monthly Celebration: Dance with Ras Aloe Rockers 9 pm	18 Lupin Volleyball Tournament 11 am Gumbo, dance 9 pm Bare-to-Breakers meeting 4 pm	19 Lupin Volleyball Tournament 11 am Chris Ramey 3 pm Bare-to-Breakers in SF 5-6 am breakfast & bus
20	21	22	23 Drop in Relaxing Yoga for All Levels LMI [fee] 7:30 pm	24 White Spirit Tantra – The Foundation of Sacred Sexuality ECL 8 pm	25 MEMORIAL WEEKEND  “Good Ole Days” Dance with ESP 9 pm – 12 midnight	26 MEMORIAL WEEKEND Lupin's Wine & Music Festival 11 am -11 pm <ul style="list-style-type: none"> • Winetasting 3-5 pm • Music 11 am -11 pm • Frankie Ramos Band Dance 9 -11 pm
27 MEMORIAL DAY (holiday) Astro Jump Baloon Artists Games for Kids 	28	29	30 Drop in Relaxing Yoga for All Levels LMI [fee] 7:30 pm	31 Massage Exchange 7:30 pm Lymphatic Massage Two begins LMI [fee]	ECL = Eclectic Consciousness LMI = Lupin Massage Institute (fee, usually) TBA = To Be Announced	