

THE VILLAGE GREEN SCENE

Active 55+ Resort Living



Village Green MHC

2001 83rd Avenue North

St. Petersburg, FL 33702

(727) 577-0135

STAFF DIRECTORY

Sheila Blevins	Community Manager
Michelle Blake	Assistant Manager
Gayleen Unruh	Administrative Assistant
Deborah Blum	Part-Time Admin Assistant
Colleen Rigatti	Sales
Joanne Champagne	Activities Director
	Newsletter Editor
Brian Lindahl	Maintenance Supervisor
Edwin Martinez	Maintenance
Christopher Lynch	Maintenance
Eliany Martinez	Housekeeping
Robert (Bob) Radice	Bus Driver

OFFICE HOURS

Monday–Sunday 8:00 a.m.–5:00 p.m.

CLUBHOUSE HOURS

Monday–Sunday 8:00 a.m.–10:00 p.m.

IMPORTANT NUMBERS

OFFICE	577-0135
OFFICE AFTER-HOURS	
EMERGENCY (New #)	550-7557
ACTIVITIES DEPT.	577-5000
ST. PETE POLICE non-emergency	893-7780
FIRE, POLICE,	
AMBULANCE	911

WEBSITE

villagegreen55.com

August 2026



SHEILA'S COLUMN

Spread Sunshine

"Those who bring sunshine into the lives of others cannot keep it from themselves."

—James Matthew Barrie

Self-Care Corner: Cool Down

We often hear of the winter blues, but hot weather is also linked to mood. High temperatures can cause adrenaline and cortisol to rise, making you feel stressed and short-tempered. If your temper starts to flare, pause for a self-check. Are you really angry, or do you just need to cool down—literally? Find a cool, quiet spot; take some deep breaths; and drink some water. Once your body feels more comfortable, you may find your emotional state is better, too.

Give Yourself a Rest

Finding time to relax can be a challenge, but relaxation is an important aspect of health. (Cont. p2)

DAILY/WEEKLY

8am Daily Coffee Bar
 9:30am M-F Pool Exercises
 9:30am Tues. Bowling League
 9:30am M-F Bocce
 10am Sun. VG Church
 10am-3pm Tues. Arts & Crafts
 10am MWF Walking Club
 10am Thurs.1&3 .. Mexican Train
 10am Thurs. Rummikub
 10:15am M-F Pool Exercises
 10:30 2nd Thurs Book Club
 11am MWF... Pool Time w/Joan
 11am Tues. Chair Yoga
 11am Wed. & Fri. Zumba
 11am Wed. & Fri. Pinochle
 Noon 2nd Sat. Food by Pool
 1pm Mon. Watercolor/Paint
 1pm Tues. & Thurs. Canasta
 1pm Mon. & Wed. Ceramics
 1pm Tu. & Th. Acrylic Painting
 1:00 Fri. Mahjong
 2:30pm Wed. . Show M T Money
 3pm Daily Happy Hour
 4:30pm Tues. & Thurs. Aquacise
 4pm Thurs. Line Dancing
 5pm Wed. & Sun. Water Vball
 6pm 1st & 3rd Wed Bunco
 6pm Tues. Ceramics
 6pm Mon. Classy Crafters
 6pm Wed. Wine Wednesdays
 6pm Thurs. Bible Study
 6pm Sat Corn Hole
 6pm Sat Shuffleboard
 6:30pm Tues. Billiards
 7pm Sun. Cribbage
 7pm Mon. Game Night
 7pm Tues. Euchre
 7pm 1st Wed Activities Mtg
 7pm last Wed. Bingo
 7pm Thurs. Pinochle

**Subject to Change, Check
W/Activities Dept**

Sheila's Column Cont.

Too much stress can cause depression, heart disease and high blood pressure. Relaxing leads to a clearer, calmer and more positive mind, which in turn aids your body physically. Aug. 15 is National Relaxation Day, so add some of the following methods into your daily life:

Light exercise. Yoga, walking and stretching are all great options. You could also try some meditation, or attempt progressive muscle relaxation: Start with your toes and work your way up—or vice versa—flexing every muscle group in your body. Tense each muscle for 5 seconds and then relax it for 30 seconds.

Deep breathing. A simple 5-minute breathing exercise can work wonders for stress levels. Inhale through your nose and exhale through your mouth, breathing slowly and deeply. This cycles more oxygen through your bloodstream, lowering heart rate and blood pressure to help you feel calm.

Diet. Some foods and drinks, like dark chocolate, honey or green tea, are shown to reduce anxiety. Try peeling or sniffing an orange—the citrus scent can act as aromatherapy to boost mood and energy.

Quick fixes. Run cold water over your wrists, watch something that makes you

Cont. Next Column

Sheila's Column Cont.

laugh, spend some time outdoors or take a warm bubble bath.

Quench Thirst With Lemonade

For many, nothing satisfies summertime thirst better than a chilled glass of lemonade. Research shows that sour flavors stimulate salivation, which hydrates the mouth and creates a thirst-quenching feeling long after the drink is finished. Additional studies also suggest that tart flavors and scents, especially citrus, are often associated with refreshment.

Boost Brainpower With Cinnamon

Bolster your brain function with cinnamon. A number of studies show that inhaling the fragrance of the spice, consuming it in food and chewing cinnamon-flavored gum resulted in better scores on memory tests and improved cognitive function.

'Paws' For National Dog Day

National Dog Day is Aug. 26, and we'd like to give a shout-out—or woof-out—to our community dogs! Take a moment to "paws" and give a furry, four-legged friend a pet, scratch or belly rub!

Sheila Blevins, Manager

With Sympathy

Please offer your condolences to the family and friends of the residents who have passed away.

Cindy Cuti

Dawn Cushman (former resident)



Happy Anniversary

8/5 Dave & Denise Stefko



Raise a Glass

It's the sweet, refreshing taste of summer. Drink to National Sweet Tea Day on Aug. 21.



HITCH-A-RIDE

FREE transportation service is provided to all residents. Please call the office, 727-577-0135, either prior to the day or before 8:30am the morning of the day you would like to be picked up. Leave your NAME, LOT# and day you will be taking the bus. Please tell us if we are picking you up at your home or at the Clubhouse.

MONDAYS & FRIDAYS

Gateway Mall Publix, Post Office, Target, CVS & HomeGoods

Clubhouse Pickup, 9:30AM

Publix - Drop-Off, 10:00AM

Publix - Pickup, 12:00PM

WEDNESDAYS (1st, 3rd & 5th)

Walmart/Aldi

Clubhouse Pickup, 9:30AM

Walmart - Drop-Off,

10:00AM

Walmart Pickup, 12:00PM

WEDNESDAYS (2nd & 4th)

Winn-Dixie & Rutland Plaza

-Hot Bins, Bealls Outlet,

Save-A-Lot & Dollar General

Clubhouse Pickup 9:30AM

W-D Drop-Off, 10:00AM

Winn-Dixie - Pickup,

12:00PM

'Bark' the Date

Aug. 26 is National Dog Day.

Welcome New Residents

Karen Muth & Doreen Cuozzo



Avast, Me Hearties!

International Pirate Month is celebrated every "Arrr-gust."



Corrections, Phone #s, Emails, Spelling, Etc.

A Corrections/Update Form available in the Office must be filled out for corrections to be made to your Resident File or Directory. These forms will be used to update Resident Files as well as the Resident Directory. If you have been excluded from the directory and would like to be included, also fill out this form and it will be given to the directory editor. THANK YOU!

Bright Ideas!

Necessity may be the mother of invention, but happenstance is a close cousin! Consider how these well-known inventions got their somewhat inauspicious starts:

- The Slinky was the result of a failed attempt in 1943 by engineer Richard James to produce a spring for ship instruments that would counterbalance the wave motion that rocks a ship at sea.
- During World War II, GE engineer James Wright was tasked with creating a cheap substitute for rubber that could be used to produce tires, gas masks and other military gear. The result? Silly Putty.
- It was the event of the century—the 1904 World's Fair in St. Louis—and an ice cream vendor was about to run out of cups. Meanwhile, his neighboring vendor couldn't sell his waffle-esque zalabia. The two teamed up to create the classic ice cream cone.
- The first match was discovered by accident in 1826 when chemist John Walker was mixing potash and antimony with a stick. He scraped the stick against a stone floor to remove the blob on the end and it burst into flames.



Happy Birthday

8/1	Lawrence Mayo III Samantha Williams-Drake
8/2	Karen Julien Doni Nickerson
8/3	Pauline Bricker
8/4	David Zeisloft
8/5	Janet Herrity Sherry Johnson Sandra Schaberg James Wilson
8/6	Christopher Lynch Linda Thatcher
8/7	William Williams
8/8	Beverly Bolton Richard Brennan Leah Cutting Kandy Snider
8/9	Eric Borders Diane Wilson
8/10	JoLee Foran Andrea Murray William Smith
8/11	Jeaneen Pinkerton
8/12	Carolyn Angell Rebecca Eleyet Jeffrey Palasz Cheryl Patterson Robert Richardson Sr.
8/13	Vicki Aughtry Dale Moyer Effie Ruel Cristine Zalewski

Birthdays Cont.

8/14	David Schaffer
8/16	Larry Holmes
8/17	Diana Blau Joseph Conte Michael Dunn David Glauner Mayra Lawrence
8/19	Cindy Lamphere Jenny Revell Christine Rubino Constance Taylor
8/20	Virginia Kempisty Beverly Mlaker Michael Schwertfeger
8/21	Deborah White
8/22	Stephanie Dunmeyer Robert Henry Latza David Rought
8/23	Deana Mahar Jeffrey Ross
8/24	Wendy Bahre John Murphy Debra Owens Brenda Willey
8/25	Debra Pisko
8/26	Wendy Aberle Diane Breyette Judith Updegraff
8/27	Connie Ferdig William Hansen Holli Russell Peggy Stefko
8/28	Christine Barker Brenda Pray
8/29	Irvin Belanger Melanie Carling Joyce Cooper David Hoo Dalesa Peters
8/30	Tammy Katsumes Bonnie Schilder
8/31	Gail Belanger Dorothy Spatafora

Cont. Next Column

**Come and See the Homes
We Have Available Today!**



#1093 3BD/2BA \$119,900.



#1125 2BD/2BA. This unit is a 1973 1152 sq. ft. Galley semi-open floor kitchen. All white appliances. Beautiful built-in China cabinets located in the dining room. The primary bathroom has a walk-in shower with a walk-in closet; plus, an additional large closet in the bedroom. This home offers an additional screened-in porch located at the front of the home. \$54,500.



#1186 3BD/2BA \$125,500.



#3004 2BD/2BA \$63,500.



#3006 2BD/2BA \$150,000.

**At Print Time & Subject
to Change Without
Notice.**



#1278 2BD/2BA \$74,500.



#4063 2BD/2BA \$115,000.



#4083 2BD/1BA \$46,900.



#5008 2BD/2BA \$64,500.



#5035 2BD/2BA plus a den. #195,900.

Shine a Light
National Lighthouse Day,
Aug. 7, shines the spotlight on
the more than 700 beacons on
America's shorelines.

Featured Photo



#1239 2BD/2BA plus den. This unit is 1978, 1152 sq. ft. Galley semi-open floor kitchen. All white appliances. Beautiful built-in China cabinets located in the dining room. This home offers an additional living space located at the front of the home. This space could be used as a third bedroom or office space. The primary bathroom has a walk-in shower with a walk-in closet. This home offers a nice closed-in Florida room. Washer and dryer are located inside. \$60,500.



#5068 2BD/2BA \$159,900.



#5074 2BD/1BA \$40,500.



#5127 2BD/2BA \$60,500.

A Classic Pie
Save room for a slice on
Aug. 15, Lemon Meringue
Pie Day.



Activities

It's August and the weather has already been SOMETHING ELSE! So the following article is my best advice I have before jumping into August!

Drink More Water

Staying hydrated in hot weather is a must, and doctors warn not to wait until you're thirsty to grab a glass of water. Even mild dehydration can affect your alertness, memory and mood.

Most of the usual events will take place this month with just a little changing of the schedule. For example, the Mystery Dine-outs will be one in the first week of August (3rd) and the second will be the Last week of August (31st). Just mentioning this so that you will be aware and be sure to check the calendar and not just assume everything is on its normal rotation.

To kind of blast off August, we are having a pool party with the Surf'n Raccoons on Friday, July 31st, from 6pm to 9pm. Then be ready to welcome Sept with a Labor Day party with the Ellie Lee Band on Monday, September 7th, from 1pm to 4pm. STAY COOL!

**Joanne, Activities
Director**

Homes Cont.



#5175 3BD/2BA \$99,900.

A Social Life to Keep You Young at Heart

Our residents say that meeting new friends is one of the best things about living in Village Green. The opportunities are endless because there is always something going on! From line dancing to water aerobics; bingo and bowling to mystery dinners; holiday parties, luncheons and luaus - there's

something for everyone. It's easy to see why our residents say: *It's like being on vacation all year long!*

Self-Care Corner: Dose of Daylight

Did you know sunlight is a natural mood booster? As spring starts, take advantage of longer daylight hours and schedule time for sunshine, whether it's eating lunch outdoors or going for a walk after dinner. Research shows that letting sunlight hit your eyes can raise levels of serotonin, which helps keep you calm, and regulate your sleep cycle.

Breaking the Bank

Ever wonder why piggy banks came to be shaped like swine?

Historically, pigs were valuable resources to rural families desperate for the meat or money from the pig's sale. The German expression "schwein gabt" translates literally to "got pig," denoting that someone got a lucky break during hard times.

Around the turn of the 20th century, novelty pig-shaped banks hit the market, featuring a stopper-less design. The only way to access the coins inside was to smash the bank, which kept the coins safe for true need.

Today, piggy banks have removable stoppers to make

accessing the stashed cash easier than ever. To move away from a "breaking the bank" habit, financial experts recommend putting savings in accounts that are more difficult to empty: using high-yield savings accounts, a savings account at a separate bank from checking accounts, and restricted retirement accounts like 401(k) plans.





Playing Pinball

In 1976, a young man stood before New York City Council and took his place at a pinball machine.

Pinball champion Roger Sharpe testified to the Council that the beloved but banned arcade staple was a game of skill, not chance. To prove it, he called his shot and landed it perfectly, influencing New York City's decision to lift the pinball ban. Soon, the rest of the country followed suit.

Today, pinball enthusiasts celebrate National Pinball Day on Aug. 1, Sharpe's birthday, but the game began long before his day in court.

Pinball can be traced back to an 18th-century French parlor game called bagatelle, similar to billiards. In 1871, Montague Redgrave created a smaller tabletop form of bagatelle. The game was a hit with players of all ages, and coin-operated machine versions were later produced for penny arcades. After decades of partial bans that were largely lifted in the 1970s, an era of high-tech machine designs began, but there are still plenty of fans who enjoy the pinball games of yesteryear.

Protect Your Peepers

Before you head outdoors to enjoy some sunshine this summer, make sure your eyes are protected with the proper sunglasses.

Block UV rays. Choose sunglasses that reduce exposure to ultraviolet rays. Look for those that have 100% UV protection. Blocking UV rays can slow the development of cataracts and age-related macular degeneration. A sticker or tag on the sunglasses should state that the lenses protect from both UVA and UVB rays.

Fit matters. Oversized sunglasses or those that wrap around the sides of the head offer the most coverage for your eyes.

Don't let price fool you. A high price doesn't mean they offer the best protection. Price often has more to do with fashion than function.

Cut the glare. Polarized lenses that cut down on glare from water, sand or pavement are popular, but make sure the label also lists UV protection.

Pick a color. Sunglass lenses come in an assortment of colors, but gray is most common. Amber or green lenses can increase contrast, which may be useful if you play outdoor sports. Choose according to your preference, but remember there is no relationship between color and UV protection.



Out & About

Special Shopping Trips on Other Days!

August 7th, FRIDAY, 11:30, Goodwill

August 11th, TUESDAY, 9:30, Disston Plaza

August 12th, WEDNESDAY, 11:30, Dollar Tree/Ross

August 26th, WEDNESDAY, 11:30, Marshalls

FOOD BANK, August 18th, TUESDAY @ 11:45

NOTE: Walmart, Wednesdays, also goes to ALDI!

Call the Office @ 727-577-0135 to sign up for any of these special trips. (TIMES & DATES MAY BE SUBJECT TO CHANGE.)

* ADDITIONAL TRIPS

New: ALDI -Thursday, August 20th, 9:30am

New: Gabe's - Tuesday, August 25th, 9:30am

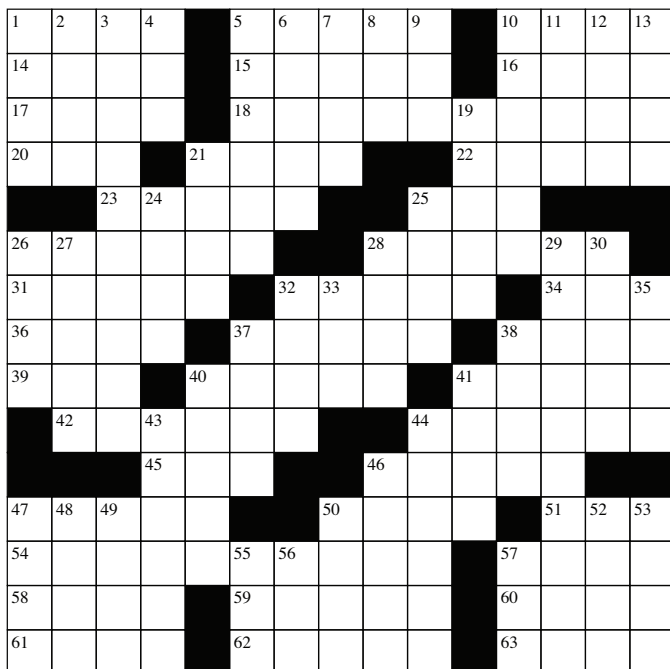
Crickets Can Tell You the Temperature

You could call them nature's thermometers. Listening to the chirps of crickets can give you a rough estimate of the outside temperature. The Old Farmer's Almanac provides this formula: Count the number of chirps in 14 seconds, then add 40 to that number. For example, if you hear 30 chirps, add 40, which would be 70 degrees.

August 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
VG Church Every Sunday: Fellowship, 9:30am; Service, 10am. Water Aerobics, M-F 9:30am & 10:15am. Aquacise W/Joan, M-W-F, 11am. Zumba, Wed & Fri, 11am						FOOD BY THE POOL - NOON to 2pm Shuffleboard/ Corn Hole 6pm
2 VG Church - Water Vball 5pm Cribbage 7pm	3 Water Aerobics Walking Club 10am MYSTERY DINE-OUT 5pm All Games Night 7pm	4 Water Aerobics Chair Yoga 11am Canasta 1pm Billiards 6:30pm HORSE RACING 6:30pm	5 Water Aerobics Zumba 11am SMTM 2:30pm Wine Wed 6pm ACTIVITIES MEETING 7pm	6 CASINO TRIP 9am Pinochle 10am Book Club 10am Canasta 1pm Line Dancing 4pm Pinochle 7pm	7 Water Aerobics Aquacise Walking Club 10am Zumba 11am Mahjong 1:30pm	8 Shuffleboard/ Corn Hole 6pm
9 VG Church - Water Vball 5pm Cribbage 7pm	10 Water Aerobics Walking Club 10am Aquacise "SWITCH" 7pm	11 Water Aerobics Chair Yoga 11am FOOD BANK 11:45 Canasta 1pm Billiards 6:30pm	12 Water Aerobics Walking Club 10am Zumba 11am SMTM 2:30pm Water Vball 5pm Wine Wed 6pm	13 Water Aerobics Pinochle 10am Canasta 1pm Line Dancing 4pm Bible Study 6pm Pinochle 7pm	14 Water Aerobics Aquacise Walking Club 10am Zumba 11am Mahjong 1:30pm	15 Shuffleboard/ Corn Hole 6pm
16 VG Church - Water Vball 5pm Cribbage 7pm	17 Water Aerobics Walking Club 10am All Games Night 7pm	18 Water Aerobics Chair Yoga 11am FOOD BANK 11:45 Canasta 1pm Billiards 6:30pm	19 Water Aerobics Walking Club 10am Zumba 11am SMTM 2:30pm Water Vball 5pm Wine Wed 6pm	20 Water Aerobics Pinochle 10am Canasta 1pm Line Dancing 4pm Bible Study 6pm Pinochle 7pm	21 Water Aerobics Aquacise Walking Club 10am Zumba 11am Mahjong 1:30pm	22 Shuffleboard/ Corn Hole 6pm
23/30 VG Church - Water Vball 5pm Cribbage 7pm	24/31 24th Match Game 7pm 31st Mystery Dine-Out 5pm	25 Water Aerobics Chair Yoga 11am Canasta 1pm Billiards 6:30pm HORSE RACING 6:30pm	26 Water Aerobics Walking Club 10am Zumba 11am SMTM 2:30pm Water Vball 5pm Wine Wed 6pm	27 Water Aerobics Pinochle 10am Canasta 1pm Line Dancing 4pm Bible Study 6pm Pinochle 7pm	28 Water Aerobics Mahjong 1:00pm Ice Cream 2:30pm Monthly Birthday POTLUCK 6pm KARAOKE 7pm	29 Shuffleboard/ Corn Hole 6pm

Crossword Puzzle



ACROSS

- Lively party
- Goes without food
- Sticks
- Mixture
- Thespian
- Discharge
- Commanded
- Dessert choice
- 90° from ENE
- Knickknack
- Gives a hoot
- Musical numbers
- Everybody
- Picture border constructor
- Rang
- Carnival attractions
- Polo, for one
- Henpeck
- Cutlass or Alero
- ___ acid
- Taj Mahal's city
- Become firm
- Care for fruit trees
- Singer Tom Jones' birthplace
- Underhandedness
- Pastor's territory
- Connecting word
- Panaceas
- Bakery emission

DOWN

- Poet of old
- With-it
- People who work in a darkroom
- Novel by Melville, for short
- Comparison: abbr.
- Field of expertise
- Assess
- Allen and Tillis
- Church feature
- Pesky one
- Goes up and down
- "Ah, me!"
- Old style for women riders
- Soil loosener
- 1, 2, 3, or 6, to 6
- Has steady pain
- Bud holder
- Part of a sock
- Yrbk. section
- Remember
- General Bradley
- Embankment
- Suites; abbr.
- Dazzling display
- French possessions
- Cockney residences
- Of flying: pref.
- Croaker

- Annoyed
- Cornbread
- Dickens or Churchill
- Challenges
- Soot
- Piece of jewelry
- Deep, wide cut
- Parched
- River in Switzerland
- Word with code or colony
- Hospital section
- Sahara sights
- Ship's officer
- Magna ___
- Cain's pop
- Name for a Frenchman
- Cameo-shaped
- ___ Parks
- Insignificant amount
- Yeats or Keats
- Son-gun connection
- Eur. nation
- Assn.

