



## 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 Wed.	Shuffleboard
10am MWF	Walking Club
10am Tues.	Zumba
10am Thurs.	Ceramics
10am Thurs.1&3	Mexican Train
10am Thurs.2&4	Rummikub
10:15am M-F	Pool Exercises
11am MWF	Pool Time w/Joan
11am Tues.	Chair Yoga
11am Wed. & Fri.	Zumba
11am Wed. & Fri.	Pinochle
Noon Sat.	Food by Pool
1pm Mon.	Watercolor/Paint
1pm Sun.	Sit & Sew w/Susie
1pm Tues. & Thurs.	Canasta
1pm Mon. Wed. Fri.	Ceramics
1pm Tu. & Th	Acrylic Painting
1:30 Fri.	Mahjong
2pm 2nd Tues.	Book Club
2:30pm Wed.	Show M T Money
3pm Daily	Happy Hour
4:00 Thurs.	Line Dancing
4:30pm Tues & Thurs	Aquacise
5pm Mon. & Wed.	Poker
5pm Wed. & Sun.	Water Vball
6pm 2nd Mon.	Photography
6pm Tues.	Adult Coloring
6pm Mon.	Classy Crafters
6pm Mon.	Shuffleboard
6pm Thurs.	Bible Study
6:30pm Tues.	Billiards
6:30 every other Wed.	Bunco
7pm Sun.	Cribbage
7pm Mon.	Game Night
7pm Tues.	Euchre
7pm Wed.	Bingo
7pm Thurs.	Pinochle

## Kim's Column Cont.

to 5:00 p.m.

What to Bring:

- **Electronics:** Cell phones, computer towers/CPUs, drives (e.g., *hard drives, CD drives*), laptops, monitors, rechargeable batteries (*remove from device, place device in garbage*), smart phones, tablets, televisions (*must be whole*).
- **Chemicals:** Automotive fluids, batteries (household or vehicle), cleaners, cooking oil, fertilizers, fluorescent bulbs and other mercury-containing devices, fuels (e.g., gasoline, kerosene), fungicides, herbicides, insecticides, motor oil, paint (latex or oil), paint remover, paint thinner, pesticides, pool chemicals, rechargeable batteries (button or vehicle), smoke detectors, solvents, wood preservatives. *Note: Alkaline batteries and empty paint containers may be put in the garbage.*

We want to remind you that feeding stray cats or allowing your domesticated cat outside is not allowed and is a violation of your lease. Some residents are letting their cats run free making litter boxes under neighbors' houses and yards. We are receiving numerous complaints about fleas. Please have respect for your neighbors and keep

**Cont. Next Column**

## Kim's Column Cont.

your cat indoors and do not feed stray cats.

If you have not come by to sign your lease, please do so.

## May You All Have a Wonderful Month!

**KIM KOHL, MANAGER**

### An American Anthem

One of the country's most popular patriotic songs, "God Bless America" debuted Nov. 10, 1938, when Kate Smith sang it on her radio show in recognition of Veterans Day. Did you know these facts about the stirring tune?

- Irving Berlin wrote the first draft while he was serving in the Army near the end of World War I.
- The song is so beloved that many citizens have lobbied for it to replace "The Star-Spangled Banner" as our national anthem.
- Since 1940, the song's royalties have been donated to Boy Scout and Girl Scout programs of America.
- On the evening of the Sept. 11 attacks, members of Congress broke into an impromptu rendition of the song on the steps of the U.S. Capitol.

## With Sympathy

Please offer your condolences to the family and friends of the resident who has passed away.

**Ron Quincel**



## Happy Anniversary

- 5/10 Wendell & Cindy Estell  
 5/13 Gary & Deb Aleshire  
 5/17 Bob & Milli DeNolf  
 5/29 Howard & Susan Crosby



### HITCH-A-RIDE

FREE transportation service 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. It is important that you tell us if we are picking you up at your home or at the Clubhouse.

**MONDAYS & FRIDAYS**

Gateway Mall

Publix, Post Office, Target, CVS & Bealls

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 -

Big Lots, Bealls Outlet,

Save-A-Lot & Dollar General

Clubhouse Pickup 9:30AM

W-D Drop-Off 10:00AM

Winn-Dixie - Pickup

12:00PM

## Welcome New Residents

Chester King  
 Anthony & Janet DeNapoli  
 Mark & Patricia Estes



## Health & Wellness

As Ricki mentioned at the HOA meeting. Ricki, Darlene Price and myself are looking to host a **Medical Health Awareness Fair**. Many topics would be represented, free blood pressure checks, etc.

Most vendors have giveaways such as pill boxes, stress balls and other useful items that they hand out just for you stopping by their table. Just let any one of us know if you would be interested in such an event and we will do our best to put one together.



## The History of Memorial Day

Observed with ceremonies and parades, Memorial Day honors the men and women who gave their lives while serving in the U.S. military.

After the Civil War ended in 1865, people in various cities began decorating the graves of fallen soldiers with flowers, flags and wreaths. This inspired Maj. Gen. John A. Logan, the head of a veterans organization, to designate May 30, 1868, as Decoration Day, a national day of remembrance. It's believed that date was chosen because it didn't fall on the anniversary of any battle, and spring flowers would be in bloom all over the country.

On that first Decoration Day, a large ceremony was held at Arlington National Cemetery in Washington, D.C. Officials gave speeches, and more than 5,000 people placed small American flags on the graves of 20,000 Civil War soldiers.

After World War I, Decoration Day was expanded to honor fallen soldiers from all wars. An act of Congress officially renamed it Memorial Day in 1967, and one year later, a public law made it a federal holiday to be celebrated on the last Monday in May.



## Happy Birthday

- 5/1 Brenda Williams
- 5/3 Sheryl Mathieu  
Cheryle McDonagh
- 5/4 Bernard Brasfield  
Robert Christie
- 5/5 Susan Miles  
Gina Pertile  
Pamela Potter
- 5/6 James Bradley  
Candace Geesaman
- 5/7 Pamela Clark
- 5/9 Charles Mandsager  
Darlene Price  
Harold Righter  
Daniel Therrien  
Barbara Tyson
- 5/11 Dianne Belcher  
Tracy Clark  
Lori DeVitta
- 5/12 Debra Aucoin  
Edvaldo DaSilva  
Kathryn Richards
- 5/14 Michael Hekman  
Denise King  
Robert Thornbury
- 5/16 David McCann  
Hassan Rharabi
- 5/17 Daniel Caleca  
Diane LaRock
- 5/18 Kimberly Marcero
- 5/19 John Johnson  
Wendy Scheider

**Cont. Next Column**

## Birthdays Cont.

- 5/19 Charlean Schubert  
Lynne Sternlieb
- 5/20 Vivian Smith  
Stephen Warren
- 5/21 Carolyn Woosley
- 5/22 Lois Mailly
- 5/23 Vickie Hart  
Gertrude Macfarlane
- 5/24 Gerald Feitler  
John Garber
- 5/25 Richard Vacca
- 5/27 Paul Croteau  
William Gordon  
Ronald Quincel (son)  
David Stefko
- 5/28 Gail Arredondo  
Helen Clark  
Connie Grubb  
Glenn Stevenson
- 5/29 Jody Kelly  
Sheree Williams
- 5/30 Susan Perras  
Delores Santopolo
- 5/31 Mary Seetoo



## Happy Birthday

### Spring Scents

From blooming flowers to fresh-cut grass, the scents of spring are in the air now. Studies show that getting a whiff of these aromas can make you feel calm and happy.

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



**2BD/2BA** - This unit is a 1976, 1,200 sq. ft. Square-shape kitchen with a dining room has large built-in cabinet hutch. There is an extra closed-in living space in front of the home. The large primary suite has plenty of closet space with a bathroom attached. There are no neighbors behind the location of the home. Home comes furnished. 1017



**2BD/2BA** - This unit is a 1978, 1248 sq. ft. Open floor plan. Updated kitchen with all stainless-steel appliances. Extra-large kitchen island. The dining area with additional cabinet space. The second bedroom will fit a queen bed. The primary bedroom has plenty of space with a walk-in closet. Both bathrooms have been updated. There is an additional large screen on the porch adjoined to the home. There are plenty of parking spaces. 1105



**2BD/2BA** - This unit is a 1978, 1,152 sq. ft. The kitchen has a "Y" shape. All black appliances. Separate dining room with a built-in spacious china cabinet. Large living room. The primary bedroom has a private bathroom with plenty of closet space. Has a screened inside porch at the front of the home. Corner lot. 1180



**2BD/2BA** - This unit is a 1976, 1152 sq. ft. Wide open floor plan. The kitchen has a large breakfast bar. All white appliances. Primary bedroom has a walk-in closet. Plenty of room in the second bedroom that fits a king bed with extra walking room. There is an additional large Florida room/den adjoined to the home. 1198



**2BD/2BA** - This unit is a 1978, 1,104 sq. ft. Fully remodeled 2023. New kitchen, new stainless-steel appliances, new tiled walk-in showers, granite countertops. Additional living room area located in the front of the home. All new planking floors, new drywall. New A/C unit 2023. The primary bedroom has a private bathroom with plenty of closet space. The seller is offering a one-year American Home Shield Warranty. 1280



**2BD/2BA** - This unit is a 1979, 1,248 sq. ft. Half circle kitchen with a sit-down breakfast table nook. Separate dining room with a built-in spacious china cabinet. All new planking floors. The living area has cathedral ceilings with a screened-in front porch attached. The primary bedroom has a private bathroom with plenty of closet space. Also, has a screened inside porch under the carport. 1281

## Featured Photo



**2 BD/2BA** - This unit is a 1973- 720 ++ sq ft. This unit was remodeled in 2022. Open floor plan. Updated kitchen with all stainless-steel appliances. Granite countertops. The primary bedroom will fit a queen bed. Both bathrooms have been updated. There is an additional screened Florida room on the porch adjoined to the home. lot 5073



**2BD/2BA** - This unit is a 1974, 1104 sq ft. Open kitchen with granite countertops. Separate dining area, adjoining the kitchen and living room. There is extra laundry space inside the home. A Large front porch with screened windows. Listed at \$79,900 Lot 5105

## America's Favorite Flavors

Scooped in a dish, on a cone or in a sundae, ice cream is often a crowd-pleaser no matter how it's served or topped. According to a survey of ice cream retailers across the U.S., the top-selling flavors of this cool and creamy treat are vanilla, chocolate, cookies and cream, mint chocolate chip and chocolate chip cookie dough.



# Activities

Hope you all enjoyed the Salad Bar and the performance of the group "Happy Days" last month, the Craft Fair and of course, Bingo.

Here comes our special pool party, "Cinco de Mayo" will be held on Friday, May 3rd, 6pm to 9pm, with "Bandstand" Can you believe it is May already! We will soon be in full summer mode as soon as Memorial Day arrives at the end of the month. That party will be held at the pool as well on Monday, May 27th, from 1pm to 4pm with "Bittersweet" (Tony & Deb).

We will also be having our Community Yard Sale this month. Friday & Saturday, May 17th & 18th, from 8am to 2pm. Call or email me to sign up to have your lot # highlighted on the map that will be available in the Office and at the front gate. Fee is \$5.00 per participating homesite to help pay for ads & signs.

Working on a conducting a treasure hunt that will cover the entire community. You will be able to follow the clues either on foot, car or golf cart. It will not be a rush to the finish. A time frame will be allotted with all entry forms being turned in by a certain time.

**Joanne, Activities Dir.**

## Homes Cont.



**2BD/2BA** - This unit is a 1979, 1,248 sq. ft. L-shape large kitchen, tile flooring. Separate dining room with a built-in china cabinet. The primary bedroom has a bathroom with plenty of closet space. Screened-in front porch. 1289

## Burger Bargains

May 28 is National Hamburger Day and to celebrate, many burger chains offer freebies and specials. Check their social media sites for deals.



**2BD, den, 2BA** - This unit is a 2006 Jacobson, 1248 sq ft. Large kitchen with blush color cabinets. Stainless-steel appliances, separate breakfast nook, plus a dining area. Washer and dryer inside the home. New roof installed 2023. Spacious utility shed. Screened in Florida room. Listed at \$170,000 lot 4068

## Mother's Day

Sunday, May 12, is Mother's Day. Let the moms in your life know you care with a card, gift, visit or phone call.

## Homes Cont.



**3BD/2BA**- This unit is a 1974, 1248 sq. ft. Galley kitchen. Separate dining area. There is an extra space on the other side of the kitchen for a formal dining area or an extra den space. Large living room. All three bedrooms provide space to fit a king/queen size bed. Large front porch with screened/storm windows. Extra storage area outside. 5075

## Here's to You, Mom

Happy Mother's Day to all of the mothers and grandmothers in our community! We hope you enjoy your special day.



**2BD/1BA**- This unit is a 1973, 672 sq. ft. Open floor plan. Updated kitchen with oak cabinets and all white appliances. The second bedroom will fit a queen size bed. There is an additional large screened-in room adjoined to the home. There are plenty of parking spaces. 5159

## Derby Dash

America's longest-running sporting event is a two-minute dash watched nationwide. On the first Saturday in May, 20 top thoroughbreds will race in the Kentucky Derby at Louisville's Churchill Downs track. The annual horse race has been a tradition since 1875.

## Stay Sun Safe

With summer right around the corner, we can expect warmer weather and longer, brighter days. Keep in mind that while UV rays are their strongest between 10 a.m. and 4 p.m., active sun-safe practices are important all day long. If your shadow is shorter than you are, then you should seek shade.

Wear sunscreen every day to reduce the risk of skin cancer—doing so can lower the chances of squamous cell carcinoma by 40% and melanoma by 50%. A daily use sunscreen with SPF 15 is sufficient, but if you spend extended time outdoors, you should steer toward SPF 30 or higher. Choose a sunscreen that protects against UVA (rays that cause tanning and premature aging) and UVB (rays that cause sunburn).

Clothing choice is the easiest protection against harmful UV radiation, since there is no need for reapplication. UPF is the Ultraviolet Protection Factor for clothing. UPF 30–49 is considered very good protection, and 50-plus is excellent. Just because an item of clothing is missing a UPF label doesn't mean it won't help protect your skin, though. Dark or brightly colored, densely woven fabrics—such as denim, canvas, wool or synthetic fiber—are prime choices for protection. Sunglasses and hats with 3-inch brims are helpful for shading your eyes, face and neck.

## Benefits of Stretching

Stretching your muscles on a regular basis can provide a number of health benefits. Be sure to consult your doctor to find out what types of exercises are best for you.

*Lowers the risk of falls.* Muscles in the legs, hips and lower back help stabilize us when we stand and walk. Doing frequent stretching exercises to engage these muscles can improve balance and coordination and reduce the risk of falls.

*Boosts energy.* Dynamic stretching consists of low-intensity movements such as arm swings and leg raises. These exercises increase blood flow throughout the body, raising energy levels.

*Reduces arthritis pain.* Joint stiffness is a common symptom of arthritis. Gentle stretches can improve elasticity and range of motion and help manage pain.

*Increases flexibility.* Muscles shorten and become less flexible as we age. Stretching will aid in staying limber, making it easier to perform everyday activities such as bending to tie your shoes.

*Improves posture.* Many of us catch ourselves slouching, often a result of tight muscles and ligaments in the shoulders and chest. Regularly stretching to loosen these muscles may help correct poor posture.



## Out & About

### Special Shopping Trips on Other Days!

11:30 MAY 8th,  
WEDNESDAY, Dollar  
Tree/Ross

11:30 MAY 13th, MONDAY,  
Goodwill

9:30 MAY 14th, TUESDAY,  
Disston Plaza

11:30 MAY 22nd,  
WEDNESDAY, Marshalls

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.)

### A Mother's Hug

Created by Anna Jarvis, Mother's Day became a national holiday in 1914 and is celebrated on the second Sunday of May. Flowers are one of the most popular gifts for moms. Did you know the carnation is the official flower of Mother's Day? Jarvis chose the bloom because it was her mother's favorite flower. Unlike many other flowers, carnations don't drop their petals; they hug them to their center, just as a mother hugs her children close to her heart. Celebrate Mother's Day by giving hugs to your mother, grandmother and other loved ones!

# May 2024

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			Water Aerobics/ 1 Aquacise Walking Club 10am Zumba 11am SMTM 2:30 Water Vball 5pm	Water Aerobics 2 Canasta 1pm Bible Study 6pm Pinochle 7p	Water Aerobics 3 Aquacise Mahjong 1:30pm "Cinco De Mayo" "Bandstand" 6pm To 9pm	4
5 VG Church - Water Vball 5pm Cribbage 7pm	6 Water Aerobics/ Walking Club 10am Mystery Dine-out 5pm All Games Night 7pm W/OEL	7 Water Aerobics Chair Yoga 11am Canasta 1pm Art Class 2pm Aquacise 4:30pm Euchre	8 Water Aerobics/ Aquacise Walking Club 10am Zumba 11am SMTM 2:30 Water Vball 5pm	9 Water Aerobics Canasta 1pm Bible Study 6pm Pinochle 7p	10 Water Aerobics Aquacise Walking Club Mahjong 1:30pm Ice Cream 2:30pm	11
12 VG Church - Mother's Day Brunch 11am To 1pm Water Vball 5pm Cribbage 7pm	13 Water Aerobics/ Walking Club 10am Blood Bus 10am To 12:30 (SWITCHED) 7pm	14 Water Aerobics Chair Yoga 11am Canasta 1pm Art Class 2pm Aquacise 4:30pm Euchre	15 Water Aerobics/ Aquacise Walking Club 10am SALAD BAR NOON SMTM 2:30 Water Vball 5pm	16 Casino Trip 9am Water Aerobics Canasta 1pm Bible Study 6pm Pinochle 7pm	17 Community Yard Sale 8am -2pm Water Aerobics "NO BUS" Walking Club 10am Mahjong 1:30pm	18 Community Yard Sale 8am To 2pm
19 VG Church - Water Vball 5pm Cribbage 7pm	20 Water Aerobics/ Walking Club 10am Mystery Dine-out 5pm All Games Night 7pm W/OEL	21 Water Aerobics Chair Yoga 11am Canasta 1pm Art Class 2pm Aquacise 4:30pm Euchre	22 Water Aerobics/ Zumba 11am SMTM 2:30 Water Vball 5pm BINGO Papers 5:30 Game 7pm	23 Water Aerobics Canasta 1pm Bible Study 6pm Pinochle 7p	24 Water Aerobics Mahjong 1:30pm Ice Cream 2:30pm Monthly Birthday Potluck 6pm Karaoke 7pm	25
26 VG Church - Water Vball 5pm Cribbage 7pm	27 Memorial Day Party by the Pool "Bittersweet" 1pm To 4pm	28 Water Aerobics Chair Yoga 11am Canasta 1pm Art Class 2pm Aquacise 4:30pm Euchre	29 Water Aerobics/ Aquacise Walking Club 10am Zumba 11am SMTM 2:30 Water Vball 5pm	30 Water Aerobics Canasta 1pm Bible Study 6pm Pinochle 7p	31 Water Aerobics Aquacise Walking Club Mahjong 1:30pm	

## Crossword Puzzle

1	2	3	4	5	6	7	8	9	10	11	12	13	
14					15				16				
17					18				19				
20				21				22	23				
24							25						
26	27	28				29							
30				31		32			33		34	35	36
37			38		39				40		41		
42				43		44			45		46		
47					48				49		50		
51	52	53						54					
55							56				57	58	59
60						61	62				63		
64						65					66		
67						68					69		

### ACROSS

1. Unruly kids
6. Edible mollusk
10. Dog food brand
14. Rent to a new tenant
15. Healthy
16. Bookish fellow
17. Have \_\_ to the ground;  
heed public opinion
18. City northwest of Tulsa
19. Man's nickname
20. Couldn't stand
22. Swell
24. Skunk's weapon
25. Tailor, at times
26. Floated on the breeze
29. Guide
30. Suffix for project or text
31. Thomas More or Oliver  
Plunkett
33. Pilgrim's destination
37. Afraid to speak up
39. Like Abel
41. Sentence of  
condemnation
42. Descendant of Noah
44. Permitted
46. Full deck
47. Competitor
49. Coax with flattery
51. Tumbler
54. Singer McEntire

55. Shaping tool
56. Part of a funny trio
60. Busy spot
61. Troubles
63. Creamy white
64. Tranquil spot
65. Throne
66. Adamant refusal
67. Dried up
68. Nelson, for one
69. Large waterfowl

### DOWN

1. Actor Garrett
2. France's Coty
3. Pub orders
4. Beverage container
5. Walks
6. Gladden
7. Ground
8. Ring king, once
9. Interfere
10. Like an elk
11. "The Merry Widow"  
composer Franz \_\_
12. Rattle on
13. More uncommon
21. Ice cream concoctions
23. Article
25. Lofty spot
26. Sissy
27. Toward shelter
28. Use one of the senses

29. Slow one
32. \_\_ ease
34. Centennial State: abbr.
35. Spiral
36. Gigi's friend
38. Lamp liquid
40. Kinder
43. Scoff
45. Postponing indefinitely
48. Piece of luggage
50. Member of a high school's  
junior varsity
51. Is sore
52. Berate
53. Po, for one
54. Out of practice
56. Dressed
57. "By \_\_!"
58. Mining finds
59. Brontë heroine
62. Went before the others

