

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

October 2026



SHEILA'S COLUMN

Active Aging

During Active Aging Week (Oct. 5-11), seniors are focusing on the health, dignity and joy of aging. These simple balance exercises can help older adults stay strong and steady, as long as the moves are performed safely and with the approval of individual health care providers:

- Heel raises
- Forward and backward stepping
- Standing on one leg
- Standing with feet together

Embrace Healthy Aging

Lots of things change as we age—from the way our bodies move to our outlook on life. Each September, Healthy Aging Month is a reminder that

Cont. Page 2 Column 2

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

Sheila's Column Cont.

change can be a good thing, and you can live your best life, every day, at any age.

Living well can look different for everybody, but several factors are common contributors to healthy aging, including strong social relationships, an active lifestyle, a nutritious diet and the drive to keep learning. Together, these areas nurture a healthy mind and body.

Having a supportive network of family and friends is linked to longevity. Not only do our relationships make us happier, but they can also affect other aspects of health. If a loved one joins you, you may be more likely to go for a walk, take an art class or volunteer.

The food we ingest significantly shapes the way we age, too. A diet rich in vitamins, antioxidants and nutrients like fiber and calcium can lower the risk of disease and help us feel our best. Treats are important, too—interviews with centenarians show that many credit their long lives to occasional indulgences like bacon, chocolate and ice cream!

Life doesn't stop as we grow older, and a surefire way to maintain that mindset is to try new things. You're never too old to learn, and having fresh experiences nourishes the brain and spirit.

Cont. Next Column

Sheila's Column Cont.

Sink Your Teeth Into Garlic

Adding robust flavor to a variety of cuisines, garlic boasts a wide range of health benefits. Eating garlic on a regular basis can potentially help ward off the common cold, certain cancers and dementia. These onion cousins also promote heart health by lowering cholesterol and blood pressure.

Maintenance Moment: Unblocktober

In 2019, the U.K. began a campaign to raise awareness about drains, sewers and waterways—turning the month of October into “Unblocktober.” Small actions at home can make a big difference in water pollution worldwide. Use this month to adopt habits that will keep the planet clean and prevent maintenance problems in your home:

- Never put “FOG”—fats, oils and grease—down your kitchen drain or garbage disposal. Pour them in a disposable container before placing in the trash.
- Only flush toilet paper, never wipes or other hygiene products. Even items labeled “flushable” should go in the trash.
- Reduce your plastic use so less of it ends up in our oceans.

Sheila Blevins, Manager

With Sympathy

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

Sandy MacFarlane

Norman Cloutier (former resident)



Happy Anniversary

10/12 Gary & Bonnie Lameyer
10/14 Dan & Lana Therrien
10/21 Jeff & Sara Stewart
10/22 Bob & Lorraine Poirier



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

Welcome New Residents

Joan & Laura Lisowski

Randy Burchett

Donald LeBlanc

Robert & Barbara Gilbert

David & Rebecca Woodward



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!

Remember Me?

Mention the character Count Dracula, and movie fans will likely picture Bela Lugosi. Here's more about the actor who made the haunting role his legacy.

He was born Bela Blasko on Oct. 20, 1882, in Lugos, Hungary (now Romania). He later changed his last name to Lugosi to honor his birthplace.

As a teen, he studied at an acting academy in Budapest, then joined the Hungarian National Theatre.

During World War I, he served in the nation's army. After a political revolution in 1919, Lugosi fled to Vienna, then Germany, where he acted in several films. He immigrated to the U.S. in 1921.

He made his U.S. stage debut in 1922, but because he didn't speak English well, he learned his lines phonetically. His first role in an American film came a year later in "The Silent Command."

Lugosi gained national acclaim for his portrayal of novelist Bram Stoker's vampire count in "Dracula." He starred in the Broadway production, then the 1931 film version. Both handsome and sinister, with his fitting accent, his performance has become the timeless standard for the character. "Dracula" was such a sensation, he reportedly received more fan mail than Clark Gable.



**Happy
Birthday**

10/1	Sherrie Billington Christa Bruning Karen Johnson Jacqui Mordvar Diane Ray Sara Stewart
10/2	Melissa Dewyer Beth Dunn Tracy Eckert Ronald Hall Carlos Melendez
10/3	Kaye Phillips
10/4	David Ellie Natalie Faurote
10/6	Anthony DeNapoli Pat Garrow Larry Rosenbaum
10/7	Cheryl Bowen Jacqueline Bradshaw Debra Giles Felicia Steffen
10/8	William Austin Judith Latchford Kerry Patton
10/9	Billie Spring
10/10	Thi Tran Hoang
10/11	Carl Johnson Cynthia Wiedeman
10/12	Tracey Crandall Marcos Rodriguez
10/13	Linda Peerboom
10/14	Erik Carranza Connie Fleeger

Birthdays Cont.

10/14	Sharon Leonard Joni Lostumo Bradley Yeager
10/15	Barbara Jarvis
10/16	Frank Rossi
10/18	Kurt Steffen
10/19	John Ebinger Carmen Rivas
10/20	John Coane Glenn Vaughn
10/21	Razz Liddle Michael Tier
10/22	Gerri McKenzie Jones Shelly Ward
10/23	Heather Davidson
10/24	Anita Bulla Cynthia Chalu Taryn Hemingway
10/26	Deonn Bartolini
10/27	Rachel Gagnon Allan Veierstahler
10/28	Betty Appel Terri Folsbee Janice Lovern Mary Shrock Billie Tully William Wheeler
10/29	Lee Brandon Sr.
10/30	Susan Hoernel Thomas Murray Leslie Woodward



**Happy
Birthday**

Come and See the Homes We Have Available Today!



#1092 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. \$39,900



#1239 2BD/2BA plus den. \$60,500.



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



#4036 1BD/1BA This unit is a 1973, 672++sq ft. Square-shape open floor plan kitchen with a combined dining area. White kitchen cabinets. There is an extra closed room on the side of the home. This extra room can be used for an office, bedroom or an additional living area. This home offers no neighbors behind the home. \$33,800

Cont. Next Column

At Print Time & Subject to Change Without Notice.



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



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



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



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



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

Pounds of Pumpkins
About 2 billion pounds of pumpkins are harvested in the U.S. each year.

Homes Cont. Page 6

Featured Photo



2BD/2BA plus den. Corner unit. The unit is a 1978, 1248sq. ft. updated 2022. 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. Washer and dryer inside. #1141 \$74,900



2BD/2BA plus a den, corner unit. This unit is a 1973, 1440 ++ sq ft updated in 2015. Square-shape kitchen. Separate dining area. Oak kitchen cabinets with granite countertops. Bedrooms are located at separate ends of the home. Both bathroom showers and vanities have been updated. There is a closed-in, extra-large, air-controlled room, located at the side of the home. This room can be used for an additional bedroom or office space. And it can be used all year round. #1270 \$59,900

Make a Difference Day

Even the smallest act of kindness can change someone's day. Do what you can on Make a Difference Day, the fourth Saturday in October.

Activities

Hope you all enjoyed the Labor Day Party. Unfortunately, we moved the party inside due to rain being predicted, but at least we were cool inside.

This will be a busy month. A **VASE PAINTING** hour will be hosted from 10am to 12pm on **Thursday, Oct. 1st**. Our bi-annual **COMMUNITY YARD SALE** will be on **Friday & Saturday Oct. 9th & 10th**.

Please contact me if you are going to participate so I can highlight your lot number on the community maps. On **Oct 16th** we will have our **MONTHLY BIRTHDAY POTLUCK** at 6pm, a 30-minute **COMEDY SHOW** at 7pm and **KARAOKE** at 7:30pm.

On **Wed., Oct. 21st** there will be a **Question & Answer** hour about Medicare at 10:30am. **Thursday, Oct 22nd** there will be a **PAINT YOUR PUMPKIN** hour from 10am to 11am.

We will have our **CRAFT FAIR** on **Saturday, Oct 24th** from 9am to 2pm with a **Bake Sale & Basket Raffles**.

HALLOWEEN Party Friday, **Oct. 30th w/ BANDSTAND @ 6pm** and our **GOLF CART PARADE, Sat Oct. 31st @ 6:30pm**.

Joanne, Activities Director



A Classic Detective Game

"Colonel Mustard, in the library, with a candlestick." That's a deduction you'd likely hear while playing the murder mystery board game **Clue**, in which players use their sleuthing skills to solve a whodunit.

Eliminating possible suspects, crime scenes and weapons has been popular entertainment since the game debuted in 1949 as **Clue** in the U.S. and **Cluedo** in England. Inspired by murder

mystery parlor games he'd seen played and the detective novels he enjoyed, Englishman **Anthony Pratt** and his wife, **Elva**, created a board game that used elements from both. The couple passed the time during World War II air raid blackouts designing and playing it.

Clue is set during a dinner party at **Tudor Mansion**, where host **Mr. Boddy** is found dead. The mansion's nine rooms, six suspects and six weapons add up to over 300 possible crime scene combinations.

Clue's enduring popularity over the decades earned it the honor of being inducted into the **National Toy Hall of Fame** in 2017.

Homes Cont.



#5127 2BD/2BA \$60,000.



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

Self-Care Corner: Let It Go

It's hard to forget how someone has hurt you, but holding a grudge has shown to be harmful to both mental and physical health. It can cause anxiety and depression, raise blood pressure, weaken the immune system and damage your relationships with others, even with those who haven't hurt you. By choosing to forgive and let go of angry or resentful feelings, you can move on for your own sake. Techniques to help you reach a place of forgiveness include writing in a journal, meditating and talking to a counselor.

Think Pink

Go Pink in October

October is Breast Cancer Awareness Month, and please do what you can to support this important cause.



Talking to Loved Ones About Estate Planning

What can feel even more daunting than estate planning? Communicating your plans to loved ones clearly and with consideration. Here are a few strategies to navigate these complex conversations with grace:

Plan first. Spouses should be on the same page with estate planning, including beneficiaries, advance directives, end-of-life wishes including power of attorney, and more.

Family over finances. Those planning their estate should stress the importance of maintaining healthy relationships among all loved ones, so that unity and respect lead the conversations both before and after an estate plan is executed.

Schedule conversations. Folks should decide whether estate plans should be shared one-on-one with affected loved ones or in a group setting.

Consider outside help. Estate attorneys can provide expert guidance on specific circumstances and questions to solidify planning, as well as experience on how to handle potentially difficult details with family.

Music Streaming 101

What was your favorite song when you were a young adult? Listening to your favorite tunes from your youth can reduce stress and improve memory and recall, according to recent research. Now, anyone can listen to their original jams for little to no cost with music streaming.

Spotify and YouTube Music offer songs for free with ads, and several other providers offer plans for under \$20 a month. Many providers also offer family plans, so it may be worth checking with friends or relatives to explore the possibility of being added to an existing shared plan for minimal or no cost.

After choosing your streaming service, download the app and log in. Most music streaming platforms have a simple search bar at the top, so all you need to do is type the song or album you'd like to listen to. If you're not sure where to start, many services also provide pre-made playlists and stations with a specific focus on genre (like Motown or folk) or artist (like Aretha Franklin or Joan Baez).



Out & About

Special Shopping Trips on Other Days!

October 2nd, FRIDAY,
11:30, Goodwill

October 13th, TUESDAY,
9:30, Disston Plaza

October 14th, WEDNESDAY,
11:30, Dollar Tree/Ross

October 28th, WEDNESDAY,
11:30, Marshalls

FOOD BANK, October 20th,
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,
October 22nd, 9:30am

New: Gabe's - Tuesday,
October 27th, 9:30am



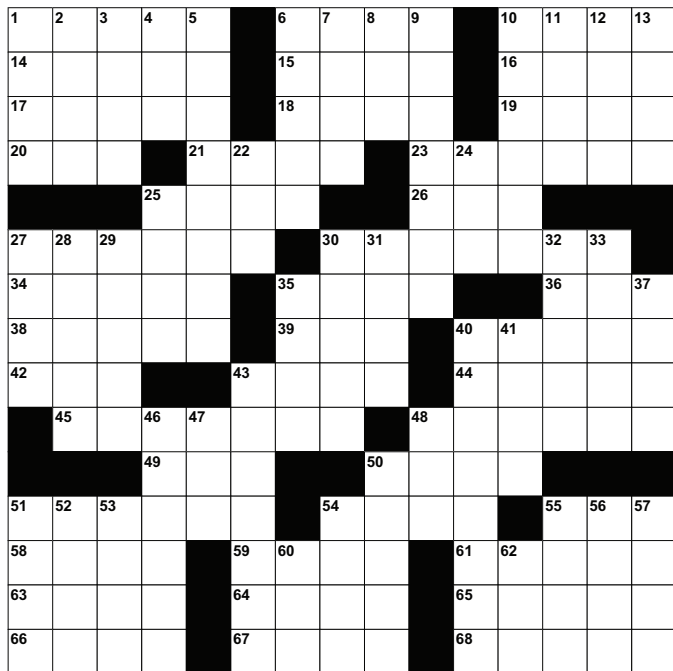
HALLOWEEN PARTY

Our party will be on Friday, Oct 30th with BANDSTAND at 6pm. This will be one of their last performances, since they are retiring at the end of the year. Come out and let's give them a great sendoff!

October 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				Water Aerobics 1 VASE PAINTING 10am To 12pm Line Dancing 4pm Bible Study 6pm Pinochle 7pm	Water Aerobics 2 Aquacise Walking Club 10am Zumba 11am Mahjong 1:30pm Ice Cream 2:30pm	3 Shuffleboard/ Cornhole 6pm
4 VG Church - Water Vball 5pm Cribbage 7pm	5 Water Aerobics Walking Club 10am MYSTERY DINE-OUT 5pm All Games Night 7pm	6 Water Aerobics Chair Yoga 11am Canasta 1pm Billiards 6:30pm HORSE RACING 6:30pm	7 Water Aerobics Zumba 11am SMTM 2:30pm Wine Wed 6pm ACTIVITIES MEETING 7pm	8 Water Aerobics Pinochle 10am Canasta 1pm Line Dancing 4pm Bible Study 6pm Pinochle 7pm	9 COMMUNITY YARD SALE 8am To 2pm Water Aerobics Mahjong 1:30pm MUSIC BINGO 7pm	10 COMMUNITY YARD SALE 8am To 2pm FOOD BY POOL 12 Shuffleboard Cornhole 6pm
11 VG Church - Water Vball 5pm Cribbage 7pm	12 Columbus Day Water Aerobics Walking Club 10am Aquacise "SWITCH" 7pm	13 Water Aerobics Chair Yoga 11am Canasta 1pm Billiards 6:30pm	14 Water Aerobics Walking Club 10am Zumba 11am SMTM 2:30pm Water Vball 5pm Wine Wed 6pm	15 CASINO TRIP 9am Pinochle 10am Book Club 10am Canasta 1pm Line Dancing 4pm Pinochle 7pm	16 Ice Cream 2:30pm MONTHLY BDAY POTLUCK 6pm COMEDY SHOW 7pm KARAOKE 7:30pm	17 Shuffleboard/ Cornhole 6pm
18 VG Church - Water Vball 5pm Cribbage 7pm	19 Water Aerobics Walking Club 10am MYSTERY DINE-OUT 5pm All Games Night 7pm	20 Water Aerobics FOOD BANK 11:45 Canasta 1pm Billiards 6:30pm HORSE RACING 6:30pm	21 Water Aerobics MEDICARE 101 Q & A 10:30am SMTM 2:30pm Water Vball 5pm Wine Wed 6pm	22 Water Aerobics PAINT PUMPKINS 10am Line Dancing 4pm Bible Study 6pm Pinochle 7pm	23 Water Aerobics Aquacise Walking Club 10am Zumba 11am Mahjong 1:30pm	24 CRAFT FAIR 9am To 2pm KITCHEN From 11 To 1pm Shuffleboard/ Cornhole 6pm
25 VG Church - Water Vball 5pm Cribbage 7pm	26 Water Aerobics Walking Club 10am Aquacise "MATCH GAME" 7pm	27 Water Aerobics Chair Yoga 11am Canasta 1pm Billiards 6:30pm	28 Water Aerobics Walking Club 10am Zumba 11am SMTM 2:30pm Water Vball 5pm Wine Wed 6pm	29 Water Aerobics Pinochle 10am Canasta 1pm Line Dancing 4pm Bible Study 6pm Pinochle 7pm	30 HALLOWEEN PARTY 6pm W/BANDSTAND (Their Last Party; They Are Retiring)	31 Shuffleboard/ Cornhole 6pm GOLF CART PARADE 6:30pm

Crossword Puzzle



ACROSS

- Monastery superior
- Composer Johann Sebastian
- President's office
- Type of cheese
- Entice
- Terminate
- Equipped
- Black gem
- Feudal estate
- Representative
- Treaty
- Passing or setting the ball to a teammate, in volleyball
- Treat with contempt
- "To the right!"
- Easy
- Serve with no spin and follows an erratic path, in volleyball
- Repent
- Sentence part
- Strike lightly
- Lets borrow
- Vase
- Elicit
- Alternative (abbr.)
- Promote
- Ocean movements
- Mouth moisturizer (2 wds.)
- Sunday _____
- Lower limb
- Stare at
- Towards the center of the net, in volleyball
- Young lady
- ___ Jones Industrial Average

- Second letter of the Greek alphabet
- Soon
- Bird's "thumb"
- Iraq's neighbor
- Northeast by east
- Broken in
- Arrange
- Matched
- Big exhibits

DOWN

- Seaweed substance
- Dullard
- Descriptive slang for forearm passing, in volleyball
- Lyric poem
- Frog predecessors
- Defensive play by one or more front row players, in volleyball
- Relative
- Shout
- Six-sided shape
- Type of printing
- Roman eight
- Greek god of war
- Opposite of right-handed
- Serve that results directly in a point, in volleyball
- Ocean
- Minnesota (abbr.)
- Syllables used in songs (2 wds.)
- Coral reef
- Raccoon-like animal
- Group discussion
- Respiratory organ

- Music used as practice
- Speed contests
- Invalidated
- Annoyance
- Weaken
- One-handed soft hit into opponent's court with fingertips, in volleyball
- Exhibition
- Flexible
- Sleeping place
- Pro
- Tablecloth fabric
- Wading bird
- Roman emperor
- Nova
- Central Asian desert
- Performed by the setter who delivers ball into opponent's court on second contact, in volleyball
- Margarine
- Gobs
- Unused
- Careless

