

Lake Hammock Village 36106 US Hwy 27 Haines City, FL 33844 863-421-5764

"The Park with a Heart"



August 2024

Gator Tales



GATOR TALES STAFF

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"Gator Tales" is available in color online at:

http://floridacommunities.com/lake-hammock-newsletter

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Special Events/Activities:

Pat Gagne 603-340-4734

Laura Miller 419-204-0875

Sunshine: Carol Gould 863-422-5902

Welcome: Millie Currey 315-854-6248



RELATIONSHIPS WILL STRUGGLE IF...

- You are accountable to no one.
- Your opinion is always more important than the opinion of others.
- You are quarrelsome.
- You find it difficult to be a team player.
- You are always right about everything.
- You find it difficult to say "I'm sorry" without defending yourself or blaming others.
- You refuse to take help.
- You are unteachable.
- You are unable to recognize others' accomplishments or rejoice in their successes.
- You unable to say, "I'm hurting; I'm in trouble,"
- You never reverse your path when wrong but make only minor adjustments.
- You always think, this message is for someone else, not me.

YOU CAUSE OTHERS TO FALTER WHEN...

- You allow negativity to grow.
- You compromise your integrity.
- You break your promises.
- You speak before thinking.
- You act out of greed or selfishness.
- You refuse to forgive.
- You twist the truth.
- You justify your behavior.
- You hurt others.
- You leave God out of your decisions.

Life is difficult enough, why do we add to the turbulence. Loving others will bring joy, show compassion, and set a great example for those around us. Love requires making sacrifices. Are you willing to make those sacrifices daily?

Chaplain Ezell Willis

NEWSLETTER

Just a reminder, any information for Gator Tales needs to be submitted to me by the 20th of each month, NO EXCEPTIONS. There is a blue/gray box outside my door in the RV port, you can drop your stuff, or you can send it to the email LHVGatorTales@outlook.com. Please submit emails in WORD DOCUMENT. If you need assistance with your submissions or have any questions about Gator Tales, please contact Millie Currey at 315-854-6248 or send an email. We are always looking for new ideas and ways to improve our community paper.

ACTIVITIES CHAIRS

<u>Activities/Entertainment</u>:

Pat Gagne (603) 340-4734

Birthdays/Anniversaries:

Dona Rawson (863) 547-9326 Sharyl Graham (603) 915-1757 Audrey Gioiosa (708) 906-9817

Diabetes Support Group:

Maureen Hatfield (617) 874-7755

Ladies' Lunches:

Maria Combs (863) 438-6643

BINGO HOURS

Door Open: 4:30 Food Service: 4:30

Selling paper: 5:15-5:45 pm Start playing: 6:00 pm

Summer menu is hot dogs, chips and drink.

Don't cook on Monday night, <u>let us do the cooking for you.</u>

LIBRARY

We want to thank everyone for the books for our library. We would like to ask that when you bring a book back, please leave it in the materials basket. We would like to reshelve them ourselves.

Thank You, The Librarians

FOOD BANK

God's blessings to all who have donated!

Donations will be delivered on the first and third Tuesday or Wednesday of each month. St. Vincent De Paul Charities sends its gratitude and love to our community.

Non-perishable items and toiletries can be dropped off in the back room of the clubhouse. If you would like us to pick up items at your home please call and we would be happy do that. Dave and Sharyl Graham 603-915-1757

Grandma's Attic

All donated and returned medical devices are to be left with Chuck Presby, 38 Sargent St. (386-402-2409). Please return all borrowed items CLEAN. Thank you for all your donations over the years.

C & D Bus Tours for 2024

See new flyer in following pages.



Debbie Kemp—Surgery--Rehab

Please call if you know of a resident that has been ill or hospitalized so that Carol can send cards. This is the only way she knows who to send them to. Carol Gould 863-422-5902



Alfred Andrieux Family
Stephen Morris Family
Vita DeStefano Family (son Michael)
Ron Raddon Family (former resident)



Our Beloved Pets: Over the Rainbow Bridge

Welcome to the Neighborhood!





1°	Wayne Bickfod
2 nd	Debbie Hinrichs Darlene Davis
3 rd	Anita Gainous
6 th	Jonnie Alms Jim Fischer
7 th	Lisa Allan
8 th	Larry Quinter
11 th	Glenna Morris
12 th	Patricia Byers Janice Howerton Richard Nolan
14 th	Debbie Stamp
17 th	Jerry Smith
19 th	Richard Spiegel
21 st	Linda Kelly
22 nd	Jeff Hunt
23 rd	Kathleen Arsenault Joan Brake Frank Lupo
24 th	Gary Abair
26 th	Linda Martin
27 th	Clarice Klepadlo Sharon Wheelock
31 st	David Alms

Berny Thompson Donna Larmon



2 nd	David & Phyllis Lennox
3 rd	Rich & Debbie Bialecki
4 th	Hacy & Joyce Wright
8 th	Art & Wanda Stanley
12 th	Brad & Diane Anderson
13 th	Phillip & Sharon Greenfield
21 st	James & Teresa Cross
26 th	David & Gloria Bitner John & Glenda Grasso
28 th	David & Susan Carpenter

Birthday and Anniversary Celebration

We will celebrate July and August birthdays and anniversaries on Sunday, August 4th at 6:00pm at the clubhouse. Gift cards will be awarded to birthday and anniversary game winners. All residents are welcome to attend for games, cake and ice cream.

Volunteers needed! If you are able to help at the birthday and anniversary celebrations please contact Dona Rawson, thank you! A NEW IDEA has been presented---Volunteers are welcome to take on this event to add extra months to the regular 6 Celebrations Dona, Sharyl and Audrey G. are taking on in 2024. Maria Combs has reserved December 2024. She celebrates her birthday in December and wants to sponsor the event. Please contact Dona Rawson for more infor-

mation and clarification. (Home 863-547-9326) Come and join the fun!

UPCOMING EVENTS and NOTICES

Bible Study

Starting in September there will be a Bible Study in the clubhouse on Wednesdays at 3:00, except for the third Wednesday of the month, when the Bible Study group will meet at the clubhouse at 5:00 for a Potluck Meal. All are welcome to join us.

Bingo Food

Always looking for volunteers to help with Bingo food and to bake desserts. If interested, call Art Stanley 863-353-2690.

Book Club

Our book for August is <u>Daddy's Little Girl</u> by Mary Higgins Clark. We will meet on the second Saturday of each month at 10:00 in the clubhouse. A completed list of books was provided at our April meeting. If anyone needs one, contact Millie Currey.

Diabetes Group

DIABETES Brainstorming group is on a break until WED. SEPT. 4TH 7PM!! CLUBHOUSE
NEW MEMBERS ALWAYS WELCOME
FOR INFO.MAUREEN HATFIELD
617-874-7755
THE TOPIC SCHEDULE FOR THE YEAR IS ON THE REVERSE OF THE CALENDAR.

Paint Class

Paint Class cancelled till September.

Sassy Stitchers

Because of summer schedules and low turn out, I won't be having our regular Sassy Stitchers meetings from now until the fourth Tuesday in September. If someone wants help with a project or to start learning to quilt, you can call me at 708-828-3557 and we can set a time at my house to sew. Tell your friends who don't get facebook.

Steven & Shirley Lee and Judy Swindall

110 Reinke Road

Residents since April 2024

Steve and Shirley were married on May 27, 1989, in North Vernon, IN. They have 6 children, 17 grandchildren and 3 great grandchildren. Their family also includes their Siamese cat "Ty".

Steve and Shirley relocated from French Lick, IN.

Steve and Shirley traveled in a 5th wheeler for 5 years. They travelled to Arizona, Texas, Mexico and Canada. They then decided to settle in a home. After checking out several communities on Zillow they found Lake Hammock Village. The beauty and friendly residents impressed them.

Steve was in quality control at Kimball Piano. He currently is employed at FED X and works in quality control. His hobbies include his present job and working on his computer at home.

Shirley was employed as a Home Health Aide. She enjoyed working with the Mental/disabled individuals. Shirley worked for 18 years in that field. She then worked for 6 years to assist bariatric patients.

Shirley's hobbies include going to flea markets. She especially enjoys visiting Auburndale looking for purses. She also likes playing video games. Steven and Shirley's" bucket list" includes travelling to Hawaii and Alaska.



Judy Swindall Shirley Lee
Steve was not available for a picture

Steve and Shirley asked her sister Judy Swindall to move in with them.

Judy Swindell soon arrived; she also enjoys Lake Hammock Village. Judy would love to find employment and enjoys working as a Home Health Aide. She has her CNA certificate. Judy also had worked as a cook at a mental health facility.

Judy has 2 children which both have passed.

She has 4 grandchildren and 5 great grandchildren. Her family also includes her dog, Miss Ivey.

Judy is not interested in sports therefore has no favorite team. She loves to play bingo and challenge her sister on video games. Her favorite thing to do is work.

ROLLY

By: Linda Casinover



Rolly is a Yorkipoo sometimes called Yorkie Poo, Yorkie-poo or Yoodle. They are a small hybrid dog breed, a mix between a Yorkshire Terrier and a toy or miniature poodle. The female pups tend to take after the Yorkie side with boys more like poodles. They grow to be about 4 to 13 lbs. with Rolly being a healthy 10 lbs. at 13 years old.

Rolly comes from Independence, Missouri where he chose his humans. While they were out looking to adopt a dog for their daughter, Rolly decided that if his brother Buddy was being adopted by them, he wanted to be too. To get their attention he began rolling around on his back like crazy and was so adorable that they couldn't resist. It worked! He found his forever home and was instantly named Rolly.

Yorkipoo's are known to be friendly, intelligent and easy to train which is certainly the case with Rolly. He has a great personality and loves people. He used to love to chase squirrels, cats and bunnies, but now is content sitting in the chair under the living room window watching everyone walk by. Outside you would be greeted by this joyful little guy with his ever-wagging tail.

He also likes his walks around the block and is looking forward to his human father taking him for a ride in the basket of his bicycle soon.

Although Rolly is a small guy and getting up there in years, he has the energy of a puppy. He is a great eater and loves his treats. He is also a great dancer, having been trained to dance when tempted with a treat above his head.

This breed is not typically used for security purposes, but this guard dog alerted his humans to my presence before my foot hit the driveway concrete. Once I was seated, ever loyal Rolly sat on my lap for a very quick inspection before returning to the comfort of his human mother's lap.

Rolly exudes joy and I suspect is the King of the Castle.

Rolly lives with his humans, Ellie and Larry Quinter of 202 Glen Este Ct.





SPRING HAVEN

SENIOR LIVING

Longest Ice Pream Sundae Bar

Free Build your own Ice Cream Sundae and Meet & Greet

September 20th at 2:00 PM

At LHV Clubhouse





2024-2025

The following are POTENTIAL trips for the next travel season.

Cindy, the "C" in C & D, spends the summer checking out areas to travel for the upcoming season

Some of her suggestions are:

Weeki Watchee Daytona 500 (Feb. 16) Deep Sea Fishing Silver Spurs Rodeo **Dundee Craft Show** Daytona Flea Market (Mar. 2) Quilt Trip Mount Dora Craft Trip (Oct.) Tampa Bay Downs **Thrift Shop Tour** Flea Market-Melbourne Area Space Area-2 day tour-Overnite St. Augustine-San Sebastion Winery-Overnite Golf Museum **Medieval Times** Van Wezel Performing Arts Hall, Sarasota Casinos Foodie Trip Royal Lipizzan's Stallions, Myakka City Noah's Ark, Williamstown, KY Biltmore House, Asheville, NC

If you would like more information, contact Barb Pund 863-969-9192

** Stephen Ministry **

Several months ago, it was mentioned in our LHV Facebook page that there was a need for someone to speak to during a grief process or other concern.

I recently trained, certified and graduated from the First Presbyterian Church here in Haines City as a Stephen Minister.

This ministry provides emotional and spiritual support to people who are going through a difficult time such as divorce, grief, hospitalization, unemployment, terminal illness, relocation, chronic illness or loneliness. All information and contact is handled in the utmost confidence.

I have placed brochures in the clubhouse for your review along with the phone number of the church. Please ask for Paulette Hendrickson, Care Receiver Coordinator, or you may contact me for more information.

Valerie Trejo Stanley 68 Sargent Street 863-333-1077

FOURTH OF JULY

2024



and

HAPPY BIRTHDAY BONNIE

Office Manager



Clark, Garry and Jim



Manager Phil



Linda serving residents



Moreen & Deb



Jeannie, Ruth, Jerry and Mary Ann



Millie, Jim and Erick's hat



HAPPY
BIRTHDAY
UNITED
STATES OF
AMERICA



Florida Rick



Preparing for Hurricane Season 2024: <u>AUGUST - MONTH THREE</u>

Time to Get Serious about

Hurricane Planning:

Peak Season is Coming - Be Prepared!

By
Dave Graham,
HOA Emergency Preparedness Team / August 2024 Gator Tales

It is hard to believe, but the first third of hurricane season is over, but four more months of danger remain! As we enter Month Three and move into Peak Season, it is time to take whatever steps are necessary to protect yourself from the near certainty that we will see some bad storms coming our way soon.

Everyone has received the information the Team has provided. As we suggested last month, please take some time to look over this information and think about what choices you would make when a hurricane threatens us. Unlike minor decisions which we make every day, our decisions regarding hurricane preparation affect our health and safety. So, it is important to take a close look at this and plan accordingly. Last August the Team listed recommendations in its monthly article and again recommends the following:

Before a hurricane threatens you, consider these suggestions:

- * Realize that you will probably have two or three days to make important decisions. This is better than a tornado which has zero notice! You will have some time. Be sure to use it well!
- * When a 'Hurricane Watch' is issued, this means a storm is expected within 48 hours.
- * At that time our Team will schedule a Special / Emergency Meeting and post signs for all to attend if interested also will be posted on Facebook.
- * The time to 'start thinking about things' is now before the storm arrives!
- * Now is the time to stock up on supplies, such as water, batteries, peanut butter, tuna fish, and other non-perishables. These disappear quickly from store shelves when a storm is forecasted.
- * Everyone should **have a Plan** for when a storm is coming and history tells us that this will come at some point during the season.
- * You have received a Shelter Map. Look at it! If all else fails, you can go to a public shelter.
- * To get started try to identify what you would do. Do you plan to stay with family or friends?

 Remember that family and friends are also dealing with the same hurricane situation! They may mean well, but conditions may prevent them from getting to you. Traffic on I-4, Route 27, and most Florida highways is slow, unreliable, and unpredictable, and can be a disaster in itself!
- * Don't rely on others! YOU ARE ULTIMATELY RESPONSIBLE FOR YOUR OWN SAFETY!
- * Have a plan! And consider a backup plan too!
- * Do you plan to 'stay and ride it out' on your own? If so, make sure you have food supplies and that <u>all</u> <u>your outdoor decorations (flags, lights, statues, etc.) are removed or tied down for the protection of you and your neighbors. Be a good neighbor and take care of this.</u>
- * REMEMBER: Once you decide to stay and the hurricane hits, you will not be able to leave, and no police or others will come during the storm! So.....when you decide, be sure to understand that you will not be able to leave until the storm is over and be prepared for this.
- * Do you plan to leave for a more secure location, such as a hotel?
- See the Hurricane Evacuation Planning Guide which was put together by Team Member David
 Rawson in this issue of Gator Tales
- * NOW is the time to look into these things! Don't procrastinate!
- * If you have a pet, most hotels charge a **Pet Fee**, and many do not allow pets.
- * For informational purposes, the Team had put together a Hotel List 2022. Due to lack of volunteers this has not been updated for 2024. This is a huge undertaking and something the Team would

like to update if there are volunteers interested in working on this. The 2022 list is available as a reference and may be helpful in current form. One consideration when contacting hotels is to be sure to ask if they have a generator. Many smaller hotels do not, which means you will have no electrical service during outages but may be in a very safe building. This is very important so be sure to ask this! Larger hotels and hotel chains have generators. For an e-mail copy, contact a Team Member or the Team Coordinator below.

Bottom Line Recommendations:

- 1. Be ready for anything that might happen
- 2. Think about things in advance
- 3. If you have questions, contact a Team Member

Team Notes:

- * Keep an eye on the weather. An excellent source is the National Hurricane Center at https://www.nhc.noaa.gov
- * The Team meets monthly or as needed when weather threatens. All are welcome.
- * The Team is offering the Generator Assistance Program again this year. Many residents use medications which must be kept cool or refrigerated. In times of power outages this is a big problem. The Team has identified a number of very generous individuals who own generators and are willing to share them to help those in need. They may also help to store food during power outages, help residents to charge cell phones and other items, etc. If you have a need or want more information, contact your Zone Representative or the Team Coordinator. The Team is very proud of all the generous owners who have agreed to help fellow residents.
- * The Team welcomes anyone interested in joining. Just contact any of our members for more information
- * The Team thanks the HOA for its continued support.

Hurricane Evacuation Planning Guide

Prepared by David Rawson:
Member of the HOA Emergency Preparedness Team

Items to Load for Evacuation to Shelter:

- Emergency food and water supply
- Emergency medicine supply
- Emergency power sources such as flashlights (don't forget extra batteries)
- Safety and personal items
- Important documents, including medical documents, wills, passports, and personal identification
- A fire extinguisher
- Map to shelter

Further Recommendations:

Map to shelter:

Test drive to shelter to familiarize yourself with route. If you have GPS pre-load address

• Collect and position Emergency food and water supply:

Locate for easy access

• Collect and position Emergency Medicine:

Set in small bag for easy access

Collect and position Emergency power sources (batteries & flashlights):

Check flashlight and battery status

• Collect and position Safety and Personal Items:

Toiletries and items in easy to grab bags

• Collect documents, including Medical, wills, passports:

Copies and originals in waterproof envelope

• Collect Tools to shut off water, gas, and electricity:

Check condition and position tools

• Check fire extinguisher for status:

Check expiration dates and gauge

Potential Hurricane Watch Meeting

The Emergency Preparedness Team has recommended that if the National Hurricane Center issues a Hurricane Watch for our area we will meet that night at the clubhouse to discuss options and gauge how many of our residents are planning on either staying or leaving. With hurricane IAN, the HC police were asking for a list. If a watch is issued the attached signs (3) will be placed around LHV and we will convene at 6:30pm. If you have any questions see your zone leader.



Sheriff Grady Corner



New Scams & Shams

A couple of things to watch out for have popped-up on our radar. I want to make sure they're on your radar as well.

The first one has to do with fake text messages from Florida Sun Pass. These text messages generally tell the receiver that their vehicle has unpaid tolls, and they need to go to the Sun Pass website to clear the matter. However the website the text gives you is not the real Sun Pass website – it may look legitimate, but if you click on the link you would be opening yourself up to some major problems. The scam is categorized as a phishing scam which is designed to capture personal information from your phone.

Always be cautious about mail, email, and texts that instruct you to go to a particular website. Make sure the website you are going to are the real deal, and not some impostor.

Another thing to watch for is shady solar panel salespeople. Not all door—to-door salespeople are looking to rip you off, but some are, so keep your guard up. Attorney General Ashley Moody recommends that when you're hearing a solicitation at your home, take a photo of the home solicitation permit and photo identification of the salesperson. Also be aware of high pressure sales tactics.

Research the company before signing any contracts or exchanging any money. Look for online reviews of the company/contractor, and ask friends or family if they have any dealings with the entity.

Obviously, this goes for not only solar panel installations, but any kind of work for hire at your home or business.

Please share this information with your friends and family, especially if they are elderly. A lot of scmmers like to target the older members of our community.

If you suspect a scammer has contacted you, report it to the Attorney Generl's Fraud Hotline at 1-800-9NO-SCAM.

If you are a victim of a scam, report it to the Polk County Sherifff's office at 863-298-6200.



Crossword #5

Across

- 1. Half of a Capezio pair
- 5. Husky burden
- 9. Did the butterfly
- 13. Shredded
- 14. Stay out of sight
- 15. River reflection
- 16. Painkiller
- 18. Lions' locks
- 19. Bon ___ (witty remark)
- 20. Printing technique
- 22. Barbecuer's buy
- 24. Shipshape
- 25. Made tracks
- 26. Birth-related
- **28.** Popular dog breed, briefly
- **31.** Like beauty, they say
- **34.** Gobble up
- **36.** ___ in a blue moon
- 37. Student's mark
- **39.** Chunk of land
- 40. Casino worker
- **42.** Grocery store haul
- **44.** Hole maker
- **45.** Bowler's button
- 47. Monotonous sound
- **48.** Start of a Steinbeck title
- **49.** Saintly glow
- **53.** Take apart
- 57. Scottish cap
- **58.** Grammar topic
- **59.** Ceremonial smoke

- 10 11 12 14 13 15 18 16 17 19 20 22 23 25 26 32 33 36 39 40 42 41 43 45 44 50 52 53 54 56 62 61 63 65 64 66
- 61. Do a tailor's job
- **62.** Sit for a photo
- **63.** In a dead heat
- **64.** Salacious glance
- **65.** Pitcher
- 66. Neuter a horse

Down

- 1. Post Office purchase
- 2. Pay tribute to
- **3.** Like a long speech
- 4. Snaky fish
- **5.** "Apocalypse Now" actor Martin
- 6. NPR fan
- 7. Touch up, as text
- 8. Properly clothed

- **9.** 99's cohort in '70s TV
- **10.** Draw to a close
- 11. Many moons
- 12. Predicament
- 15. Stick on a stake
- **17.** Adrenal or thyroid
- **21.** Library patron
- **23.** Group of experts
- 27. Rapidly
- 28. Train puller
- 29. Special glow
- **30.** Partner of born
- 31. Fountain fare
- **32.** Had no doubt
- 33. Way out
- **35.** Hold in high regard

- **38.** MySQL, e.g.
- **41.** Pencil end
- 43. Afternoon hour
- **46.** Treeless tract
- 48. Raring to go
- **50.** Sore spot
- **51.** Place for a pin
- **52.** Make corrections to
- **53.** Kind of citizenship
- 54. Wight, for one
- **55.** Indulge to excess
- **56.** Litter cry
- **60.** Cribbage piece

Solution page 28

LHV Crafters' Corner



personalized gifts for that favorite someone? Put photos on mugs, mouse pads, cutting boards, etc.

Special party favors and more......



Need

Joyce's Art

Joyce Middleton 50 Sargent St., Haines City, FL 33844

Phone: 330-323-2247 MiddletonJ33844@gmail.com Special Requests Accepted

Acrylic Paintings

LHV Residents Corner

A Place for our Residents Services

Handy Man at your Service



Jerry Sibila Cell: 910-876-7221 64 Sargent St.

No job too small!! Give me a call and we can discuss what you need done.

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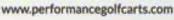
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(Across from the Auburndale Flea Market)



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To our valued customers.

During the current times we wanted to let you know that we are taking as many precautions as we can to ensure not only or workers safety, but yours as well. We check workers temperatures each morning and have limited the amount of contact our crews have with each other. Our crews work in Tyvek suits with respirators which helps to ensure your safety as well as theirs.

As a company, we want your business and there is no need for any contact if you so choose. Our business is deemed an "Essential Business" and we are here for you when you need us. You can schedule your inspection by calling 1-800-681-3772.



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Solution for Crossword #5

1 S	² H	³ O	⁴ E		⁵ S	⁶ L	⁷ E	⁸ D			9 S	10 W	11 A	12 M
13 T	0	R	E		14 H	1	D	Е		15 	M	Α	G	Е
16 A	N	Α	L	17 G	Е	S	1	C		18 M	Α	N	Е	s
19 M	0	Т		20 L	Е	Т	T	Е	21 R	Р	R	Е	S	S
²² P	R	0	²³ P	Α	N	Ε		24 N	Е	Α	Т			
30.40		²⁵ R	Α	N		²⁶ N	27 A	T	Α	L		28 L	²⁹ A	30 B
³¹ S	32 K	-1	N	D	33 E	Е	Р		34 D	Е	35 V	0	U	R
³⁶ O	Ν	С	Е		37 G	R	Α	38 D	Е		³⁹ A	С	R	Е
40 D	Е	Α	L	41 E	R		⁴² C	Α	R	⁴³ T	L	0	Α	D
44 A	W	L		45 R	E	⁴⁶ S	Е	Т		47 H	J	M		onservi iv
5550			48 E	Α	S	Т		49 A	50 U	R	Е	0	51 L	⁵² E
⁵³ D	54	⁵⁵ S	Α	S	S	Е	56 M	В	L	Е		57 T	Α	M
⁵⁸ U	S	Α	G	Е		⁵⁹ P	Е	Α	С	Е	60 P	1	Р	Е
61 A	L	Т	Ε	R		⁶² P	0	S	Е		63 E	٧	Ε	Ν
64 L	Е	Ε	R			65 E	W	Е	R		66 G	E	L	D

The DIABETES BRAINSTORMING GROUP 2024-2025 CALENDAR

All meetings at 7pm clubhouse-First Wed. of the month.

SEPT. 4th- the Slow Carb diet; Fruits and Vegi's -Best Pick

OCT.2- Balance testing and Walking

Nov. 6-Neuropathy

Dec.4th -Sucesses

Jan .1st-New Diabetes meds; certified diabetes pharmacists

Feb 5th- Challenges

March 5th- Water

April 2-Your topic, Your way

May 7th -Recap and Pot Luck!

August 2024

F S 6 7 6 7 220 21 27 28 27 28

September N T W T Z 3 4 4 5 9 10 11 12 16 17 18 19 23 24 25 26 30

\$ 1 8 8 15 22 29

F S 5 6 12 13 19 20 26 27

July '24

T W T

2 3 4

9 10 11

16 17 18

23 24 25
30 31

S M 1 7 8 14 15 21 22 28 29

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1 7:45 Men Breakfast 9:30 Shuffleboard 12:00-3:00 Billiards	2 9:15 Water Aerobics 1:00 Pokeno 1:00 Pinochle	3 8:30 Breakfast at Diner
4	5 9:15 Water Areobics 9:30 Shuffleboard	6 9:30 Cornhole 12:00-3:00 Billiards	7 8:00 Coffee & D 9:15 Water Areobics 10:00-12:00 ****	7:00 Dominos 8 7:45 Men's Breakfast Out 9:30 Shuffleboard 12:00-3:00 Billiards	7:00 CLK 9 9:15 Water Aerobics 1:00 Pokeno 1:00 Pinochle	10 10:00 Book Club at Clubhouse
6 pm Birthddays and Anniversaries	*6 pm BINGO			7:00 Dominos		6:00 Men's Poker
11	9:15 Water Areobics 9:30 Shuffleboard *6 pm BINGO	13 9:30 Cornhole 12:00-3:00 Billiards	14 8:00 Coffee & D 9:15 Water Areobics 10:00-12:00 **** 1:00 Hand & Foot 7-9 Movie Night	7:45 Men's Breakfast Out 9:30 Shuffleboard 12:00-3:00 Billiards 7:00 Dominos	16 9:15 Water Aerobics 1:00 Pokeno 1:00 Pinochle 7:00 CLR	17 6:00 Hot Dog Roast 6:00 Men's Poker
18	9:15 Water Areobics 9:30 Shuffleboard *6 pm BINGO	20 9:30 Cornhole 12:00-3:00 Billiards	21 8:00 Coffee & D 9:15 Water Areobics 10:00-12:00 **** 1:00 Hand & Foot 11:30 Ladies' Lunch	7:45 Men's Breakfast Out 9:30 Shuffleboard 12:00-3:00 Billiards 7:00 Dominos	9:15 Water Aerobics 1:00 Pokeno 1:00 Pinochle 7:00 CLR	24 6:00 Men's Poker
25	9:15 Water Areobics 9:30 Shuffleboard *6 pm BINGO	27 9:30 Cornhole 12:00-3:00 Billiards	28 8:00 Coffee & D 9:15 Water Areobics 10:00-12:00 **** 1:00 Hand & Foot 7-9 Movie Night	29	30	31
	2	Notes * Bingo: 4:30 pmdoors open 5:15-5:45 pmsell pa _l 6:00 pmstart playing	4:30 pmdoors open 5:15-5:45 pmsell paper 6:00 pmstart playing	****Cl	****Clubhouse cleaning hours- please limit use of front room.	urs- oom.