

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

"The Park with a Heart"



October 2023

## Gator Tales



As of October 1<sup>st</sup>, Millie Currey will be accepting the Gator Tales Baton. Millie will be your new Editor and will be picking her Assis

Millie will be your new Editor and will be picking her Assistant Editor.

Please email your article for the Gator Tales to

LHVGatorTales@outlook.com or drop off in the little blue box at 136 Glen Este Court.

Thank you to all who have made it possible for me to be the editor on your Gator Tales.

Shelly



### GATOR TALES STAFF

Editor: Shelly Shaffer (910)624-8925 shelly.shaffer81@yahoo.com

Asst. Editor: Joyce Middleton (330)323-2247 middletonj33844@gmail.com

**Contributing Editors:** David Graham, Helen Hurr

"Gator Tales" is available online at: http://floridacommunities.com /lake-hammock-newsletter

### **BOARD OF DIRECTORS**

**President:** Clark Smith (951) 965-0200

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Treasurer: Richard Gould (863) 422-5902

### Directors: Bill Davis (609) 364-7529

Pat Gagne (603) 340-4734 Wanda Stanley (863) 353-2690

### **COMMITTEE CHAIRS**

- Special Events / Activities Wanda Stanley, Pat Gagne
- Welcome Millie Currey (315) 854-6248
- Sunshine Carol Gould (863) 422-5902
- Memorials / Wreaths
  Dona Rawson (863) 547-9326

<u>All Residents:</u> We continue to address the growing feral cat population in our neighborhood. This has been going on for months. We have had at least four litters born that I know of. We are well aware of who the residents are that continue to feed and harbor these cats and kittens. Richard has set multiple traps on multiple occasions. These traps are continuously disabled, and the same residents continue daily to put out food and water bowls on their property. The residents that are feeding these cats are not doing the animals any good at all, not to mention the lack of respect they have for their neighbors and the neighborhood. If you want a cat then take them in, have them get their shots, have them spayed and neutered, and register them with this office. If you see them tell us, we will cage them and animal control will pick them up, this will be a far better environment for the animals.

## THOSE THAT ARE FEEDING AND HARBORING THESE ANIMALS KNOWWHO YOU ARE.PLEASE STOP IMMEDIATELY.

We appreciate your cooperation in hope to rid our community of this problem.....Management



Message From the President.....

Welcome to October! The highlight of this month will be the **"Creepy Carnival"**, to be held on October 28, from 6:00 PM until? Once again, the Halloween event will be hosted by Kathy Deuel and her cadre of creepy characters. As of this writing, there are very few tickets available so hurry and get yours today.

It's once again time for our annual community yard sale, to be held on November 4, 8:00 AM -? Sign up sheets for volunteers are posted in the Clubhouse so please help if you can. This is the one event each year that takes as many people as possible to ensure its success.

It's also time for choosing our annual community "Volunteer of the Year". Please make your choice and deposit it in the boxes located in either the Clubhouse or the office. At the November General Membership Meeting we will announce and introduce the top four finalists. At the December meeting, you will be given the opportunity to vote for your choice and the winner will be announced at the Annual Meeting in January.

There are plenty of events coming up in November and December as we celebrate the Holiday Season, so be prepared for an active Fall and Winter Season.

See you soon!

### **ACTIVITIES CHAIRS**

<u>Birthdays/Anniversaries</u>- Dona Rawson (863)547-9326 - Sharyl Graham (603)915-1757 Audrey Gioiosa (708)516-9584 <u>Activities/Entertainment</u>: Pat Gagne (603)340-4734 <u>Ladies' Lunches</u>: Marie Combs 438-6643 Memorial: Dona Rawson – 863-547-9326(Wreaths)

#### NEWSLETTER

All newsletters can be viewed in color on the website @ www.floridacommunities.com (click on Lake Hammock @ bottom of page).

Just a reminder, any information for Gator Tales needs to be submitted to me by the **20**<sup>th</sup> of each month. There is a blue box outside my door, you can drop your stuff, or you can send it to the email below. All emails <u>MUST BE</u> in <u>WORD</u> <u>DOCUMENT</u>. <u>DO NOT SEND AS PDF, it will not be added to</u> <u>the paper</u>. If you have any questions about the Gator Tales, please contact Shelly Shaffer at 910-624-8925 or (shelly.shaffer81@yahoo.com). We are always looking for new ideas and way to improve our community paper.

> Gator Tales Staff Shelly Shaffer, Editor 64 Sargent St. shelly.shaffer81@yahoo.com

Joyce Middleton, Asst. Editor 50 Sargent St. Middletonj33844@gmail.com

Andy & Nancy Belski Richard & Marion Spiegel



### NEW HOURS

Start 6:00 pm Stop Selling: 5:45 pm Doors Open: 4:30 pm

Hotdogs, Specialty Sandwiches, and homemade desserts.

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

#### LIBRARY

We want to thank everyone for the books for our library.

Would like to ask that when you bring a book back, please leave it in the material basket. We would like to put them away.

> Thank You, The Librarians

S.W.I.M. Club Swim Club Meeting: <u>CANCELED UNTIL FURTHER</u> <u>NOTICE</u>

Jeanne Blicker 203-915-1357

#### Grandma's Attic:

Chuck Presby 38 Sargent St with Penny Rosseter and their pet Sassy. Phone # 386-402-2409.

All donated and returned medical devices are to be left with Chuck at 38 Sargent St. Thank you for all your donations over the years. Remember to return them Clean

#### Welcome Committee

All new residents are invited to attend the new "Welcome New Residents Meeting", to be held the second Thursday of every month at 2 p.m. in the clubhouse (check your calendar). All your questions regarding your new community will be answered. Upcoming events, recurring activities, how to get involved, familiarization with your HOA and many other questions you might be concerned with, will be answered.

Hope to see you there! For additional information, please contact **Millie Currey (315) 854-6248** 

### **IMPORTANT DATE CHANGE:**

Due to a scheduling conflict the Medicare 101 Seminar has been moved to Friday October 6<sup>th</sup>. Please remember to sign up in the clubhouse for the pizza lunch. Sign up is important for head count to be certain we have enough pizza.

Thank you, Joyce



### **OCTOBER BIRTHDAY'S**

- 1<sup>st</sup> Karen Butcher
- 2<sup>nd</sup> Bob Kruse

Joyce Middleton

- 3<sup>rd</sup> Nancy Roy Lorraine Sharples Cheryl Wolfe
- 11<sup>th</sup> Dawn Maluchnick
- 13<sup>th</sup> Marian Spiegal
- 17<sup>th</sup> James Cross
- Erik Larson
- 22<sup>nd</sup> Carmine Gioiosa
- 23<sup>rd</sup> Mona Lund
- 25<sup>th</sup> John Lodge
- 26<sup>th</sup> Stacy Anthis Robert Post
- 28<sup>th</sup> Phillip Greenfield
- 31<sup>st</sup> Jeannine Miller



### **OCTOBER ANNIVERSARY**

- 4<sup>th</sup> Roger & Pamela Landry
- 5<sup>th</sup> Gary & Elaine Abair
- 7<sup>th</sup> Merrill & Ellen Davis
- 8<sup>th</sup> Bill & Cindy Lyon
- 9<sup>th</sup> Dawn & Elizabeth Karaszewski
- 10<sup>th</sup> David & Sharyl Graham
  - David & Mary Schnopp
- 11<sup>th</sup> Ralph & Toni Fish
- 20<sup>th</sup> Clark & Joice Smith
- 21<sup>st</sup> David & Jonnie Alms
- 30<sup>th</sup> Charles & Debbie Kemp

(If you are a new resident, please feel free to contact Dona Rawson with your birthdays and anniversaries so she can put you on her list and if any of the above information is incorrect, please let **Dona Rawson now 863-547-9326**)

### FOOD BANK

MATTHEW 25:35-40: FOR I WAS HUNGRY, AND YOU FED ME. I WAS THIRSTY, AND YOU GAVE ME A DRINK. I WAS A STRANGER, AND YOU INVITED ME INTO YOUR HOME.

A House Blest Ministries will be transitioning the food bank to its new location at New Horizon Church in Haines City on September  $15^{\text{th}}$ . Their collection days will be Tuesday, Wednesday, and Thursday. We will be delivering on Wednesday, September  $13^{\text{th}}$  and then begin twice a month in October on the  $4^{\text{th}}$  and  $18^{\text{th}}$ .

Please leave non-perishable food items and toiletries in the club house. Thank you for your continued support.

Sharyl and Dave Graham 603-915-1757

### **Birthday and Anniversary Celebration**

We will celebrate September and October birthdays and anniversaries on Sunday, October 1st at 6:30pm at the clubhouse. Everyone is welcome to join us for cake and ice cream. We will have a fun game and gift certificates for the winning birthday and anniversary celebrants. Our lawn ornament, Kevin, will be shared over the next two months for those who choose to participate in the "meet your neighbor" activity. Come and join the fun!

### C & D Bus Tours for 2023

Informational brochures are available in the clubhouse where the sign-up sheets are.

### **Diabetes Support Group:**

DIABETES SUPPORT GROUP WILL RESUME ON THE FIRST WED IN Oct. the 4<sup>th</sup> 7 pm.

Thank you so much everyone for helping each other. We always welcome new members throughout the year.

The goal of our meetings is to reduce our A.1.C. Our meetings are open to residents with diabetes and their spouses. Come to one or come to all!! We share ideas in a structured group setting. After our topic discussion, we share problems or questions confidentially in any subject. Meetings last approximately one hour.



For more info. -Please call Maureen Hatfield at 617-874-7755, 147 Glen Este.



Bruce Hatfield Family – Maureen – Wife

Grace Croft Family

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



### **Our Beloved Pets: Over the Rainbow Bridge**



### Florida Resident Theme Park Annual Passes (2023)

### Walt Disney World Parks, Includes Parking (Excludes Water Parks)

Pixie Dust Pass	Weekdays only	Many Black Out Days (BOD)	\$399
Pirate Pass	All Days	Major Holiday/Spring Break BOD	\$749
Sorcerer Pass	All Days	Only Major Holiday BOD	\$969
Incredi-Pass	All Days	No BOD	\$1,399

### Universal / Islands of Adventure (Excludes Water Park)

Seasonal Pass	All Days	BOD's, No Parking, 2 Parks	\$325
Power Pass	All Days	Some BOD, 50% Off Parking	\$375
Preferred Pass	All Days	Free Parking, Some BOD, Disc.	\$530
Premier Pass	All Days	No BOD, Parking, Disc	\$790

### **Kennedy Space Center**

Atlantis Annual Pa	ss All Days	Includes Parking	\$149
Lego Land			
Bronze Pass	All Days	BOD's, No Parking	\$150
Silver Pass	All Days	BOD's, Parking	\$200
Gold Pass	All Days	2 Parks, Some BOD's, Parking	\$240
Platinum Pass	All Days	No BOD's, Parking	\$300

All prices rounded up to the nearest dollar. they do not include any financing payment fees, some food/merchandise discounts may be also included.

Jerry Smith

Preparing for Hurricane Season 2023:



### OCTOBER - MONTH FIVE

### The Most Dangerous Months Ahead!

### Peak Hurricane Season Continues!

by

The HOA Emergency Preparedness Team / October 2023 Gator Tales

As we enter **Month Five** of hurricane season we continue in **Peak Season**. As of October 1<sup>st,</sup> there are eight weeks remaining. Remember that **in 2022 Hurricane Ian arrived on September 28<sup>th</sup>!** Later last season, **on November 10, 2022 Hurricane Nicole** made landfall as a category 1 storm near Vero Beach, Florida. Seeing a hurricane so late in the season was unusual but should be a lesson to all of us.

Anything can happen and the unexpected often does. In this time of changing weather patterns and unusual activity we need to be vigilant and be prepared. Remember, this can be a very dangerous time of year!

Last month we listed things you can do to help prepare yourself. We have been focusing on this during past months and urge you to continue to be vigilant and prepared:

- \* Utilize the information the Team has provided.
- \* Think about what choices you should make when a hurricane threatens us.
- \* Take whatever steps are necessary to protect yourself from the likelihood that we will see some bad storms coming our way between now and December 1st.
- \* 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 and panic sets in.
- \* Remember that the Team is a resource for you. A list of Team members is included in this article. Contact one of us for information.
- \* Plan now. Don't let yourself be caught in the pre-hurricane panic.

Last year we introduced you to 'Charlie the Procrastinator,' a 69 year old widower in good health who is clueless when it comes to preparing for hurricanes despite living in Florida for the past 34 years! In the photo below, Charlie continues his search for batteries and other emergency supplies. In a fictitious conversation with a Team member, Charlie told us, "I must have missed the Gator Tales articles. And.....I think I remember getting a shelter map, but I think I spilled coffee on it and threw it away. By any chance would you have another copy for me?" Charlie also promised to try to do better in the future.

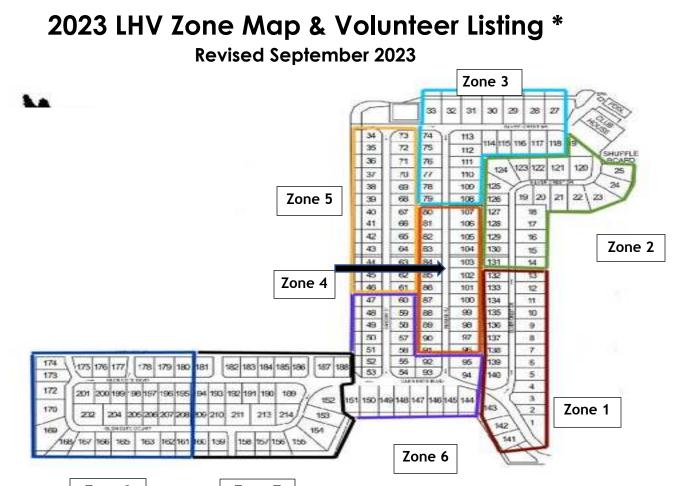


#### 2023 Emergency Preparedness Team Members:

#### If you have questions or need assistance at any time please contact one of our Members:

Matt & Margaret Rice; David & Helen Hurr: Bob & Brin McDonald: Wanda & Art Stanley; Joyce Middleton; Bob Cappell; Pamela Leland; Dona & David Rawson; Darlene & Bill Davis; Jerry Smith; Lori Johnsen & Jeff Hunt; Deb & Gary Devore; Bob Kruse; Kathy & Dan Deuel; Terri Cruz; Barbara Pund; Mary Ann Donovan; Gary & Valerie Stanley; Jerry Sibila & Shelly Shaffer; Sharyl & Dave Graham

> For information or questions, contact any Member or e-mail, text, or call Dave Graham at (603) 915-1368, <u>davemg1@outlook.com</u>



### Zone Volunteers:

\* Others available if necessary / limited by lack of volunteers!

- Zone 1: Brin & Bob McDonald; Wanda & Art Stanley; No other volunteers in Zone
- Zone 2: Sharyl & Dave Graham; Terri Cruz; No other volunteers in Zone
- Zone 3: Deb & Gary Devore; <u>No other volunteers in Zone</u>
- Zone 4: Jerry Smith; No other volunteers in Zone
- Zone 5: Darlene & Bill Davis; Pamela Leland;
- Zone 6: Lori Johnsen; Joyce Middleton; Bob Cappell; Jeff Hunt
- Zone 7: Dona & David Rawson; No other volunteers in Zone
- **Zone 8:** Helen & David Hurr; Dan Deuel, Bob Kruse

Floaters - Available to help in any zone: Matt Rice; Dave Graham; Others

\*\*\*\*\* Additional volunteers are welcome \*\*\*\*\*

Contact: Dave Graham, call or text (603) 915-1368, or email davemg1@outlook.com



Moreen Martel 24 Silver Crest Drive Resident since April 2023

Moreen relocated from Annandale, MN where she resided for 36 years. She has two children, one girl and one boy. Her son Sutton has non-verbal Autism and resides in a group home in MN. Moreen's daughter Alyssa resides in Fargo, ND and works for North Dakota State University. Moreen's daughter just had her first grandchild, a girl, named Noah Joy. She is planning to travel to ND in October to meet her new granddaughter. The other family members are her two Shiatzu's, Ginny, and Harry, which she adopted in November of 2022.

Moreen was from WI and raised on a small farm. She has six siblings, one of her brothers Bruce, is a snowbird living in LHV. Her parents had lived in LHV for 11 years. After her mother passed her father lived with her brother here until his passing. Deciding to make her home in LHV was an easy decision with her family connections and her best friend lives in Lake Worth.

Moreen attended University of WI at Stephens Point and obtained her teaching degree. She then taught in high school for a few years. Moreen later became an HR director for a large school district in MN. She retired from the school district after 35 years. Moreen's hobbies include watching the Bisons, the North Dakota State University Football team. She also loves to play cards and would like to join some card groups. You will also see her golfing with residents of LHV. Moreen would like to learn how to play "Pickle Ball", if someone could teach her, please contact her. She also likes "Cribbage" and would like to see if any other residents would like to play. Moreen is up to playing board games and would like to join any groups.

Moreen has enjoyed the painting classes at the club house. Creating crafts is another activity she enjoys along with going to the pool, playing shuffleboard and cornhole. Moreen has attended several concerts at Epcot and likes to visit all the Disney Parks.





David and Dona Rawson 186 Glen Este Blvd. Residents since March 2015

David and Dona Rawson were married June 9, 1973, in Denver, CO. David was from Long Island, NY and Dona was from Denver, CO. David and Dona have two boys, Darian, lives in FL, Eron who still lives in KS. They have four grandchildren, three girls and one boy.

They met at a dance; Dona attended at" Texas Women's University" which was an all-girl college. David was in the Air Force where the servicemen would travel to the college to meet the girls. The girls were allowed to invite them to the dance. Dating they would attend Texas A&M football games. The tradition was when the team made a touchdown, they had to kiss.

After dating for three years, David was going to be transferred. They decided to get married so she could go with him. The Church where David and Dona were married was built underground. The Door and windows were street level. After their marriage David and Dona relocated to Wichita, KS. She enrolled in Wichita University and completed her degree in Special Music Education.

David was stationed at the "Missel Silo Underground Group" After 11 years he retired with a BS degree from "Friends University". He then went to work for Flight Safety International and worked for them for 35 years. David worked on flight simulators. David continued in his career as a Field Engineer and spent time in Lakeland, FL.

He liked Central FL and planned to retire in the area. David and Dona like how there were so many activities to enjoy. They go to Disney once a week and try a new restaurant at least once a month. They also enjoy Lego Land, especially, the gardens. They also visit Bok Tower occasionally. David and Dona enjoy going to the movies. They took their first cruise in 1989 and continue with one planned in November.

They chose Lake Hammock Village because they were close to the airport and the many activities. The woods were also a deciding factor.

David completed his bucket list when the entire family was together this summer. His hobbies include radios and electronics. David has also acquired several 3-D printers and a format scanner. He has created several pieces. He has also created glass art, with a Mickey Mouse as a centerpiece in their living room. David is also on the Emergency Preparedness committee.

Dona enjoys the "Birthday and Anniversary" committee and planning each event. She is also responsible for the memorial wreath. Dona belongs to "TOPS" which she continued when relocating to FL. Dona especially likes various music and playing the Dulcimer.



## HALLOWEEN WORD SEARCH

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### Medicare 101 Seminar (And Pizza lunch)

#### October is the start of Medicare Open Enrollment time.

- Are you sure your plan has given you the best coverage?
- Do you know all the options available to you through the insurance options?
- Do you know the difference between a Medicare Supplemental Plan and a Medicare Advantage Plan?
- Have you been a little confused trying to sort through the whole Medicare system?

Let us help you sort through all those questions and concerns.

Come join us for lunch and a short informational session to answer all these questions and sort through your 2024 coverages – now is the time to secure the best coverage plan for you!!!!!!

#### WHEN: Friday October 6th, 2023 @ Noon



\*\*Pizza and drinks will be provided and a sign-up sheet will be in the clubhouse for food ordering purposes. Please remember to sign up to be certain there is enough food.

**PRESENTER:** David Brown, Benefit Analyst & Consultant 863-651-7784 Dbrown0115@gmail.com



\*\* David is <u>not</u> a salesman trying to sell a particular policy and he does not represent any one company. He is a benefit consultant, knowledgeable in all areas of Medicare coverages who will help us all sort through the questions pertaining to our Medicare plans. He has the whole afternoon dedicated to us, so after the short 25–30-minute information session he will stay and meet one-on-one with anybody who desires some personal help, or questions you may have regarding your previous year's policy or coverage.

Additionally, David can make an appointment to meet with anyone at a later date of your convenience at you house. Thanks, and feel free to contact me if you have any specific questions. *And remember to sign up for lunch!* Joyce Middleton, 330-323-2247

Don't forget the Circus is coming to town. With the **Creepy Carnival** 

### October 28, 2023, 6pm to?



## Limited Tickets on sale now! You can purchase tickets from: Bonnie at the office



### FRIDAY NOVEMBER 10<sup>TH</sup>, 2023 TIME: 11:00 AM LAKE HAMMOCK VILLAGE CLUBHOUSE HOSTED BY: CLARK & JOICE SMITH

Please join us as we honor our Veterans for their service to our Country that enables us to enjoy the freedoms we have today.



### 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. Floors – Plumbing – Ceiling Fans – Painting – -Household Repairs – Bathroom Remodel – Kitchen

Remodel – New Windows - ETC.



I do alterations, mending, sewing!! Years of experience from Weddings to replacing zipper. Call: "863-307-7206" or email "jultz56@yahoo.com"

Julie Camp 113 Reineke Do you need, driveway crack repair and painting,

Pressure washing.



Call: Gary Stanley (863) 333-1079



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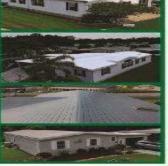
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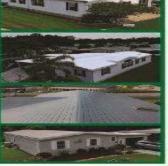
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To our valued customers.

During the current times we wanted to let you know that we are taking as many precautions as we can to ensure not only our 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 respiretors 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.

Wishing you good health and safety, The Florida Anchor & Barrier Team

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					September '23 SMTWTFS	November '23
Octo	October 2023	073			4 5 6 7 11 12 13 14 1 18 19 20 21 2 25 26 27 28	$ \begin{array}{cccccccccccccccccccccccccccccccccccc$
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	£	4 8 am Coffee &	ъ	9	7
Birthdays & Anniversaries	9:15 am Water Areobics	9:30 am Cornhole	Doughnuts	9:30 am Shuffleboard	9:15 am Water Aerobics	8:30 am Breakfast
Celebration. 6:30 pm	9:30 am Shuffleboard	11 am Activities Mtg.	9:15 am Water Areobics	12-3 pm Billards	12 pm Medicare Seminar	at Diner
	1 pm Hand & Foot	12 - 3 pm Bi	1 pm Painting Class			
			T pm Diahetes Group	7 nm Dominos	7 nm CLR	6 nm Men's Poker
~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~	5	10	<b>11</b> 8 am Coffee &	12	13	14
	9:15 am Water Areobics	9:30 am Cornhole		9:30 am Shuffleboard	9:15 am Water Aerobics	
	9:30 am Shuffleboard		9:15 am Water Areobics	12-3 pm Billards	1 pm Pokeno	
	1 pm Hand & Foot	12-3 pm Billards		2 pm Welcome New Res.		
	6 pm BINGO	1 pm Sassy Stitchers	1 pm Hand & Foot			
7 pm Euchure		7 pm HOA Meeting		7 pm Dominos	7 pm CLR	6 pm Men's Poker
15	16	17	18	19	20	21
	9:15 am Water Areobics	9:30 am Cornhole	8 am Coffee &	9:30 am Shuffleboard	9:15 am Water Aerobics	
	9:30 am Shuffleboard		Doughnuts	12-3 pm Billards	1 pm Pokeno	
	1 pm Hand & Foot	12-3 pm Billards	9:15 am Water Areobics			6 pm Hot Dog Roast
	6 pm BINGO		11:30 am Lady's Lunch			
7 pm Euchure			1 pm Hand & Foot	7 pm Dominos	7 pm CLR	6 pm Men's Poker
22	23	24	25 8 pm Coffee &	26	27	28
	9:15 am Water Areobics	9:30 am Cornhole	Doughnuts	9:30 am Shuffleboard	9:15 am Water Aerobics	6 pm Until
	9:30 am Shuffleboard	12-3 pm Billards	9:15 am Water Areobics	12-3 pm Billards	1 pm Pokeno	Halloween Carnival
	1 pm Hand & Foot					
7 pm Euchure	6 pm BINGO	1 pm Sassy Stitchers	1 pm Hand & Foot	7 m Dominos	7 pm CLR	
29	30	31	1	2	m	4
	9:15 am Water Areobics	9:30 am Cornhole				
	9:30 am Shuffleboard	12-3 pm Billards				
	1 pm Hand & Foot					
7 nm Fuchure	6 pm BINGO					
	9	Notes				
					Calendar	Calendar Templates by Vertex42
					https://www.ve	https://www.vertex42.com/calendars/

### DIABETES SUPPORT GROUP 2023-2024

Will meet on the following dates at the CLUBHOUSE at 7pm.:

WED.OCT 4TH- BREAKING OUT OF A PLATEAU

WED.NOV.1ST- THE ACID /ALKALINE DIET

WED.DEC.6TH -RECIPE AND POTLUCK PARTY

WED.JAN.3RD-COPING WITH COMPLICATIONS

WED.FEB .7TH - MEDICARE COVERAGE OF DIABETES

WED.MARCH 6TH- EXERCISE!

WED.APRIL 3RD-GOVERNMENT UPDATES

WED.MAY 1ST- WRAP -UPS

DIABETES SUPPORT GROUP 2023-2024

Will meet on the following dates at the CLUBHOUSE at 7pm.: