

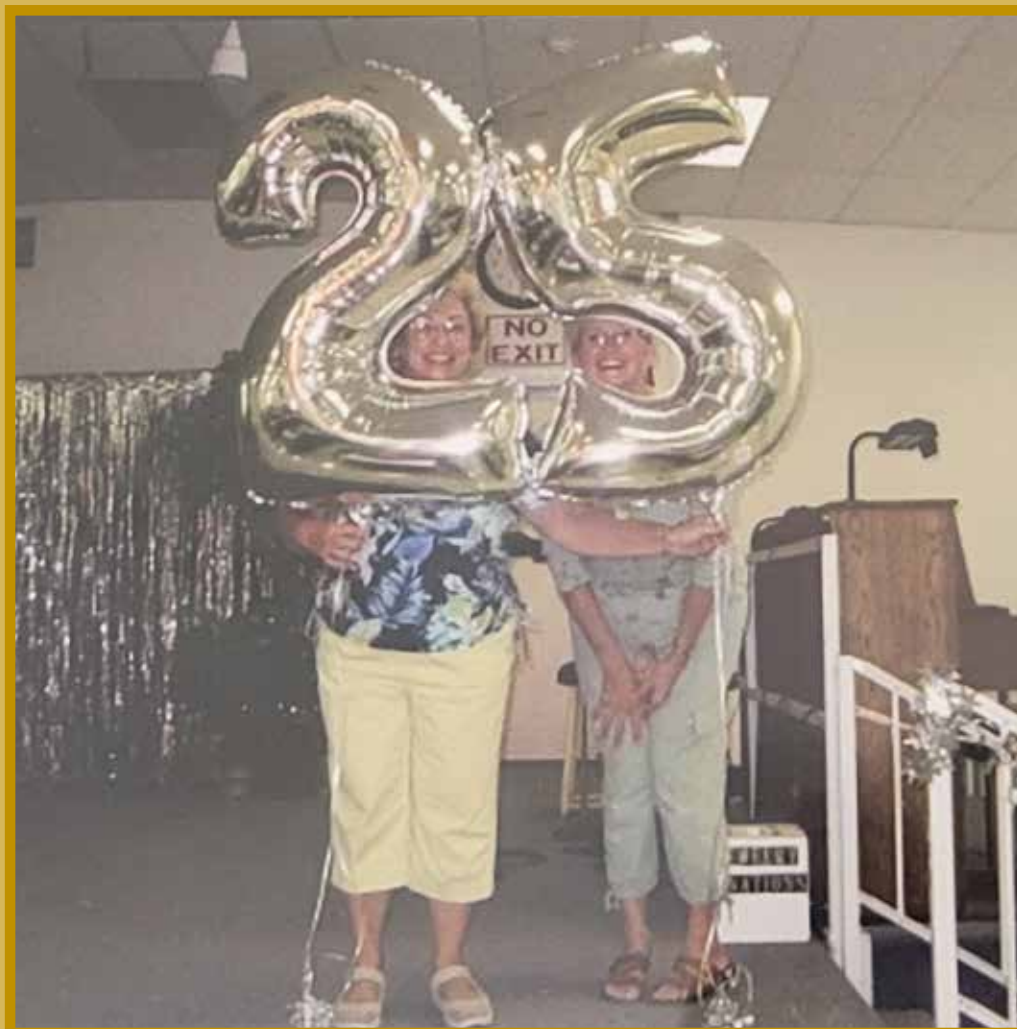


A Publication of Golf Lakes
5050 5th Street East
Bradenton, FL 34203
755-3322

The BANNER

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Celebrating 25 Years



As a Resident-Owned Community

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Website..... www.golflakes.com
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Office Manager..... Cindy Liechty
Office Assistant..... Judy Saville
Maintenance..... Hector Cantarero,
Kimberly Johnson, Jacob Brewer, and Marcelus M. Bores

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Karla Blevins..... Secretary
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Park Information



Gate Info

9th Street - Main Gate is Open 7am - 6pm, remote after hours
9th Street - North Gate is Exit Only and Closed for Entry
53rd Ave. - South Gate is Exit Only and Closed for Entry
Golf Course - West Gate is Open 7am - 6pm, remote Only



Golf Lakes TV

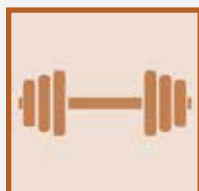
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Clubhouse/

Library & Billiards

Open for All Scheduled Activities
24 / 7 by key-fob afterhours



Fitness Center

24 / 7 Access by key-fob only



Pool Hours

7:00 am - 10:00 pm



Pickleball

7:30 am - 10:00 pm

www.GL-PC.org Calendar & Info



Shuffleboard/ Lawn Bowling

7:30 am - 10:00 pm



Golf Courses

GLE Pitch & Putt 7am - 6pm

Greens of Manatee 7am - 6pm



Fishing / 4 Lakes

Anytime w/License

*under 18 must be with adult



The Banner

Deadline is **10th of Month**

golflakesbanner@gmail.com

Submission forms located in each Banner or
the box on front of sound booth.

Banner Committee

Editor: CJ Woodman

Co-Editor: Carolyn Boyle

The Team

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Rita Manderosian

Barb Wenzler

Sandy Augsburg

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BOD Liason: Patricia Mandjack

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Letter from the President

Mark Hooker



Welcome to October! Welcome back to all the returning residents.

Hurricane season for 2023 has 2 months left this year. Everyone needs to remember that we are in Zone A and are the first group to be notified of MANDATORY EVACUATION in the event of a hurricane in this area. Zone A always includes all Mobile Homes and is MANDATORY for mobile homes. You need to be prepared to evacuate when told by the County authorities even if the hurricane is predicted to go further North before coming inland. Remember it is a prediction and that these storms have a mind of their own. They have, and can, change course direction. Two of the last 3 hurricanes that have hit the west coast were predicted to hit our area and then turned inland, south of us, at the last minute. Fort Myers and Sanibel Island are still recovering, and that hurricane was supposed to hit Tampa. I do not want to see any of our residents hurt or killed. You will get enough warning so make your plans accordingly.



In one of my letters, I mentioned the recycling bins and reminded you to read what goes in each bin. The problem is getting better, but I am still seeing items in the wrong bins, or items that do not belong in the bins at all. Examples: Pizza boxes, plastic bags, plastic wrapping, Styrofoam egg cartons, or Styrofoam of any kind. Do not recycle on Friday, Saturday, Sunday, or holidays. Our maintenance staff does not work on weekends or holidays nor do the people at the landfill. Not recycling correctly makes our recycling area look very bad. Who wants to go to the pool, fitness center, laundry area, or play pickle ball and see a messy recycle area? Help all residents by recycling correctly.

Welcome back to all returning residents. Our committees have a fun-filled season planned. My wife and I will enjoy seeing all of you.

Mark Hooker



Keep Your Property Safe

See Something Say Something

- ⇒ Lock your cars, golf carts, bikes, and doors
- ⇒ Turn on your yard lights at night (even when away)
- ⇒ Call 911 (*not your park representatives*) and report any suspicious activity, solicitors, vehicles, etc...

DON'T FORGET

Pool Closing



The Golf Lakes Pool will be Closed in October for draining, maintenance and resurfacing. Could be up to 6 weeks.

LOOKED UNDER YOUR MOBILE HOME LATELY?

Insulation Under Your Home Falling Down? Holes and Tears in Your Vapor /Moisture Barrier?



Underhome
Photos Provided



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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 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.

*Wishing you good health and safety,
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Tracy Roux, CMCA, AMS

MANAGER

Report

Welcome back to all our snowbirds. We are truly excited to have you back. I am looking forward to my first "season" with you. It is my goal to keep or improve your Golf Lake lifestyle, so if there is anything I can do for you, please let me know. Also, as I continue to familiarize myself with the park, I may miss something that you are accustomed to. If you notice something that may have escaped my attention, please do not hesitate to let me know. Just drop me a line at tracy@golflakes.com.

While Golf Lakes avoided a direct hit and very little damage from Hurricane Idalia, there was some less than desirable activities that took place in the park during the storm. The learnings from the storm punctuate the need to always report out-of-place behavior or suspicious activity.

First, LOCK YOUR VEHICLES. Second, CALL THE POLICE. Although there were no actual break-ins to homes, we had six vehicles vandalized and had tires slashed. Some Ring cameras captured individuals trying vehicle door handles; but the police were not called.



The least expensive security for your home is lighting. Consider adding motion sensor lighting or a camera to illuminate and capture activity outside your home. The safety committee has offered to assist with information and tips on adding these inexpensive features.

Golf Lakes is likely a more attractive target when our gates are open overnight, which is a requirement by Manatee County, during hurricanes. Although the gates automatically open in the event of a power failure, the Emergency Management plan requires gated communities to leave all gates open during natural disasters. While first responders always have access to open our gates for entry, there are often other agencies that require access after storms and may engage in rescue and storm clean-up including FEMA, the National Guard, and contracted power companies who come to aide in power restorations. These agencies would not have access or clickers to open the gates and by leaving them open, we ensure that all those in need can be reached and services restored without delay.



Join me in Welcoming to the Banner Committee our newest Member Gail Lawley who will be joining us in November as our "proofreader". A Sincere Thank You to Denise Baker for all you have done for us through the years.

The deadline will be on Tuesday, October 10th (no later than 5:00 PM) for articles and/or photos for the November issue. Please don't forget names, locations, dates, etc. you may have for the pictures and articles.

CJ Woodman, Editor

IMPORTANT

Rule Reminder

IX. REFUSE

1. All grass clippings, shrubs, plant trimmings and clippings shall be placed in clear plastic bags.
 - Clear plastic bags may be purchased at the office.
 - Tree limbs, cut foliage, etc. must be tied in bundles no longer than 4 feet and placed beside the street for pickup.
2. Only household garbage and refuse, securely wrapped in plastic bags, will be collected on designated garbage collection days.
3. No refuse may be dumped in any area of the Park.
4. Special pick-ups for other than household garbage can be arranged by calling the office.

If you have a question, a listing of most Rules and Regulations may be found in the front pages of the Golf Lakes Telephone Directory.

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Celebrating 25 Years as a Resident-Owned Community

Cover Story

In 2011, the walkway around the clubhouse was enhanced giving Golf Lakes an attractive new main entrance. The last few years saw periods of drought and cold weather that were devastating to many of our palm trees. The Beautification Committee began a palm tree restoration plan which removed 24 dead trees and planted 36 new ones. They also removed 294 various types of other trees. It gave the whole park a polished, attractive appearance.

Two additional rooms were built in the front of the clubhouse, one for the new library, and the other for the Game Room. The existing craft room was enlarged by removing the wall of the old game room, almost doubling the size and allowing a large number of people. The residents had adapted well to these changes and certainly refute the common belief that as we get older we cannot adapt to change, you really can "teach old dogs new tricks".

2012 came with a bang ringing in the 25th Anniversary as a resident-owned mobile home community of 1,300 people. "There is still a feeling of pride here that we did this," said Barb Jahnke, a long-time resident and owner (she's still a current resident). "It was a pretty scary time back then. People thought they were going to lose their homes, if a developer had bought it." There was a big event of Music, Dancing, Food and Celebration throughout the evening.

Another 25 year Anniversary was celebrated in January 2013 with Pam McFarland, the Park Manager and Richard Moorhead, Maintenance Supervisor for 25 years of service at Golf Lakes. Richard was even happier when we replaced the 1979 pickup truck he was driving the last 25 years finally! It was a wonderful celebration and plaques were presented at the event. Also, our beautiful Water Wheel at the entrance was repaired and we had more storm sewer repairs to make, along with new carpet on the lawn bowling courts!

2014 started strong with the new Pickleball Craze and installing our new courts. Six new homes were built and a new roof was installed on the Fitness Center. Nice and shiny new street signs were installed along with the purchase of a Street Sweeper and more storm sewer drainage work began. We had fun purchasing a back hoe that year and demolition of the Chemical Barn ensued. The Tile/Stonework was completed around the Fountain and Oak trees were removed. Oh and don't forget those 4 new 65" Samsung TVs we installed along with the new freezer in the clubhouse! Great for those Bingo Game Nights!



Submitted by CJ Woodman

Prepared along with Rita Marderosian and Don Raymond



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Mike Turner,
owner

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★



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HAPPY BELATED
BIRTHDAY

★

September Birthday's

September Birthday's

- | | |
|--|---|
| <p>1 Toni Coskie, Leo Quirion, Richard Racy</p> <p>2 Joan Bedel</p> <p>3 Mary Bird, Gail Lawley</p> <p>4 Charles Stannard</p> <p>7 Sharon Bennett, Ray Fuller, Howard Meyers</p> <p>8 Judy Hall</p> <p>9 Maria Baumann, George Shubley</p> <p>11 Pam Chiavelli, Clare Therrien</p> <p>12 Vern Fraham, Donald Simmons, Gunner Will</p> <p>13 John Daly, Frank Marderosian, Joan Sturgill, Kenneth Welsh</p> <p>14 Wally Baker, Bonnie Begin, Hazel Ingles, Avon Robertson, Eunice Swanson, Cletus Williams</p> <p>15 Elaine Becksvoort, Akiko Decilio. Kathy Fredrick, John Mattas, Chip Overmyer</p> <p>16 Denise Baker, Stan Buyze, Sharon Gargac Joe Mulchrone</p> | <p>17 David Bailey, Mildred Blankers, Dick Decilio, Joe Gelder, Laura Medred, Jane Vanderbilt</p> <p>18 Miguel Arango, Elizabeth Burman, Marie Gurevitch</p> <p>19 Diane Bradt, Anneliese Heathfield</p> <p>20 Sue Schaefer</p> <p>21 Linda Barth, Terri Vinovich</p> <p>22 Ron Brouwer</p> <p>23 Sandy Blackwell, Bob Ward</p> <p>24 Pat Mandjack, Al Tillema</p> <p>25 Sandy Arnold, Bruce Kaechele, Fran Schippers, Marge Shubley</p> <p>26 Everett Ezero, Bob Hepner, Steve Pandiscio</p> <p>27 Jim Dixon, Rhonda Kessler, Richard McCowan, Mary VanDeventer, Diana Whybrew</p> <p>28 Sandra Alder, Bob Buzzell</p> <p>29 Rita Martin, Nancy Seguin</p> <p>30 Carol Boyer</p> |
|--|---|

Our Community

Resident Updates

August

New Residents

Stace, Otto & Marilyn 614-205-0616	5106 7 th D St E	OH
Tolen, David & Sandra 812-592-8203	5118 6 th A St E	IN
Wingham, Michael & Susan 812-595-0996	5104 5 th B St E	

Moved Away

George, Diana	5118 6 th A St E
Porter, Kathleen	5104 5 th B St E
Vander Kooi, Kenneth	5106 7 th D St E

Deaths

Aberdein, Heather	4929 7 th St E	8/1/2023
Earl, Arthur	5116 5 th St E	8/24/2023
Lewis, Foster	4900 4 th B St E	8/28/2023
Loerop, Rosalynd	Former resident	4/25/2023
Nagy, Frank	Former resident	8/10/2023
Varney, Sylvia	Former resident	8/3/2023
Wellman, Jacqueline	Former resident	7/16/2023

New Address in the Park

Raymond, Don & Paula	803 49th A Ave Dr. E
----------------------	----------------------

Birthdays of the Month

- 2 Betty Cox, Josefina Espinosa, Moraima Millares, Eileen Pelkey, Norma VerHelst, Ernie Woinovick
- 3 Larry Brown, James Ryan
- 4 Kelley Gault, Nate Hall
- 5 Ellen Varney
- 6 Ervin Bott, Larry Thornell, Marty Van Egten
- 7 Diane Dixon
- 8 Bob Bumann, Phillip Leipf, Mary Swed
- 11 Glenn Bell, Gloria Slowiak
- 12 Peg Battleson, Bob Dube, Brenda Howard, Deb Winter
- 13 Lyndell Bird, Phyllis Fuller
- 14 Sally Albert, Lorraine Kerwin, Lois White
- 15 Jim Gallo, Russ Peavey
- 16 Bob Bradt, Mary Kay Sautbine
- 18 Sue Cunningham, Pam Martin
- 19 Leo Naegel, Sandy Ramey
- 20 Ann Brewer, Sandy Strunk
- 22 Ferrall Frazier, Vonnice Ikenberry, Larry Smith
- 25 Pam McNitt
- 26 Elsie Demey, Wilma Simon
- 27 Eugene Bobeldyk
- 28 Sandra Adler, Joe Bilodeau, Beth Ferguson, Elayne Matthyse, Janet Eisses
- 29 Katherine Bonacorte, Jim Carrington, Diane Ezero, Darlene Hinkfent, Thomas Rowland

If your birthday is missing or incorrect, please email golfakesbanner@gmail.com or drop a note in the Banner box located on the front of the sound booth.

Thank You!

ATTENTION NEW RESIDENTS

The Activities Committee has a **New Resident Welcome Committee** and we would love to talk to you. The Committee shares information about our Park, provides you with a voucher for a free safety vest, a "New Resident Handbook" and a Pictorial of the residents in the Park. A short interview provides the opportunity for your formal introduction to the Park. At a minimum, the meeting with the Committee results in your introduction in the Banner. A New Resident listing appears most months in the Banner. You would be surprised the number of times our new residents have found folks from their own state or even their city through the Banner introduction. At this time, the Committee is working hard to get caught up with interviews due to the large number of new residents. If you would like an "Official Greeting" to Golf Lakes, Arrangements will be made for your official welcome. *by Terry Keller*



Sign Up:

Bulletin Board 2 @ Clubhouse
New Resident Sheet

or CALL:

Terry Keller @ 269-953-2431

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From Your **Committees**



Golf Lakes Beautification Fall Annuals 2023 Pickup

When: 9:00 am every Saturday

Where: 5122 5th A St. E.

Contact: Steve @ 508-450-5663

For those of you who ordered annuals for the 2023-2024 season, the plants will be available on November 1. Please note that orders will not be stored beyond November 4.

Thank you for supporting your Beautification Committee! *Steve Pandiscio*



Please help us! As you may have noticed, over the past few years we have made many improvements to our audio, and video presentations, lights, etc. in our clubhouse. Some of these are quite high tech and need people who are tech savvy to run and maintain them. Over the years we have lost some of those who did this for us; therefore, we are looking for some new people who might be interested in this to come forward as "Friends of Stage & Storage" to help us out with these tech jobs. We are quite sure that as newer residents come into the park there are more and more of them with the skills needed to give us a hand with these jobs.

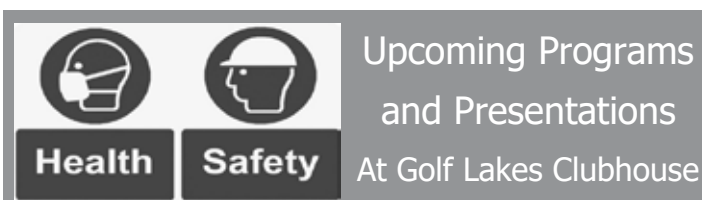
These would not be excessively time-consuming duties, and we have people who are willing to explain what these are as well as get you any training you may need. The areas we are looking for are lighting, audio, power point, camera work, projection work, etc. We would be looking to welcome and train anyone interested at the start of the 2023-2024 season. We are investigating the possibility of adding to some of the things we are doing, and we would like to be sure that we have folks in place to maintain and operate the equipment for now and into the future.

So.....if any of you younger, tech savvy folks would like to help us out and have some fun doing it as "Friends of the Stage & Storage Committee" please contact either Cletus Willems or Nelson Kellogg, who are co-chairmen of the committee, or anyone on the committee and we will try to steer you in the right direction. Also, if interested, you are welcome to stop by the sound booth or contact any one of us to see what we have in equipment. You are also welcome to attend our November Stage & Storage Meeting and we will be more than happy to talk to you.

Give it some thought. We need you! *Cheryl Dunlap*

Cletus Willems @ 920 - 866 - 2711

Nelson Kellogg @ 941 - 993 - 6574



Mon. Dec. 11th @ 7:00 pm

Mobile Home Fire Safety by Manatee Fire Dept.

Mon. Jan. 15th @ 7:00 pm

Personal Safety & Scams by Manatee Sherriff

Mon. Feb. 25th @ 7:00 pm

Fall Prevention & Balance by Dedicated Senior Health

Mon. March 11th @ 7:00 pm

Brain Health & Dementia by Dedicated Senior Health

Mon. April 15th @ 7:00 pm

Hurricane Preparedness by Manatee Emergency

Submitted by Bob Mueller

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Social Gatherings

Social Hour Invitation

The Activities Committee invites you to attend our Golf Lakes Social Hour which provides the opportunity to meet new people and catch up on what is going on in the Park. In addition, there are special announcements made to keep everyone informed of club or committee activities in the park. Be sure to arrive a little early and come join us! If you have trouble finding a seat, look for the gentlemen wearing the funny red and white striped hats.

Submitted by Terry Keller

When: 9:00 am Every Saturday

Where: Golf Lakes Clubhouse

Cost: \$ 1 *Donation* for your seat

Bring: Your Favorite Coffee Mug

RSVP: None Needed



VETERANS

We are proudly calling all Golf Lakes Residents who served in the Military (*both U.S. and Canada*). We will be recognizing all of you at Social Hour on **November 11th**. All Military Services will have preferred seating by service and walk up onto the stage to be recognized; there will be people available and signs to show you where to be seated. Each service will present their respective flag. **Please plan to attend!**

All Golf Lakers, please show your support for our fine military men and women who served our/their country by attending Social Hour!

If you have questions, please call Sherie Wood or Cheryl Dunlap.

Social Hour Short Announcements

Based on concerns about the length and content of announcements made during Social Hour, guidelines have been established to make the announcements shorter and more effective. If making an announcement, please adhere to the following for the benefit of all attendees.

1. Announcements should be no longer than 15 to 20 seconds.
2. Announcements are to inform and not to entertain – elaboration is not needed.
3. Be specific – list dates, times, cost & contact person.
4. Clarify what Board contains specific details and/or sign-up sheets.
5. Should be in a format similar to what may appear as Ch732 announcements (short & concise)
6. Announcements are for events and activities sponsored by Golf Lakes ONLY.
7. Announcements should not be made more than 3 weeks ahead of the activity or event.

If you would prefer not to attend Social Hour but have an announcement, you must legibly write it out and have someone else make it for you or drop it off to the Emcee no later than 8:50 AM that morning and the Emcee will make sure someone makes the announcement.

Submitted by Terry Keller



October

Emcees

Introductions

Host/Hostesses

7

Karla Blevins

Rich Lowman

Brenda Cicio & Friends

14

Fred Van Swol

Fred Van Swol

Paula & Don Raymond & Friends

21

Nelson Kellogg

Nelson Kellogg

Maggie Lowman, Breast Cancer Awareness

28

Karla Blevins

Karla Blevins

Gene & Carol Hany & Friends

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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 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.

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



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Plan Now **Save the Date**

THANKSGIVING DAY POTLUCK / DINNER 2023



- Date:** Thursday, November 23rd
Time: 1:00 pm
Where: Golf Lakes Clubhouse
Bring: Favorite Dish to Pass w/
serving utensil, Your Table
Service, and a glass or cup
for your drink. *Drinks Provided*
Cost: \$1.00 Donations Accepted,
Sponsored by Activities Committee
RSVP: Sign up sheet in Clubhouse
Bulletin Board # 2 to assist
with setup and decorating.

Submitted by Terry Keller



Golf Lakes Travel Group

We are a little over a month from our **New Orleans trip**, we will be setting up a meeting to go over everything you will need to know about the trip and answer any questions.

Our cruise has filled up fast, at this time the bus is completely full.

We are looking at a one day bus trip to Mt. Dora Craft Festival, please watch the Golf Lakes Site for more information.

Remember if you have any questions, please let myself or Lisa Agee know.

Thank you, Beth Mueller

ANNUAL **FALL** PICNIC

All residents, renters and guests are invited. Come and enjoy the food, catch up with old friends and possibly make new ones.

Volunteers will be needed to cook hot dogs, keep tables filled with food and serve drinks. As in the past, volunteers are needed to bring desserts and you may sign up on Board 2 to do so.

If out of town and can't sign up on either board, Call or Text Terry Keller @ 269 - 953 - 2431.

- When:** Saturday, Nov. 11th @ 4:00pm
Where: Greenspace N. of Clubhouse
Cost: Free, Provided by Activities Committee
Bring: Lawn Chair & Your Appetite
RSVP: Sign up sheet Board 2
(Available Starting October 21st)

Golf Lakes Women

The Women's Club Board has been busy getting ready for the 2023-'24 season which will begin soon.

**Our first club meeting will be held:
Thursday, November 9th at 2:00 pm.**

The theme for the new year is:

"Enjoy the Journey!"

We anticipate learning new things, growing as individuals, and making new friends along the way.

All women of Golf Lakes are welcome to join us as we journey this road of life together.

Jane Brouwer, Women's Club President

Plan For **the Holidays**

Golf Lakes Christmas Caroling - *Come Join the Fun !*

December

7th

Christmas Caroling for our Golf Lakes residents will be Thursday December 7th. Everyone will meet at the Clubhouse at 6:15pm. The signup sheet is on Board 2. Each caroler will receive their own caroling book. Parade route maps will be available. It is recommended to bring a small flashlight. Cider, coffee, and cookies will be served in the Clubhouse after the caroling. A "Visit Sheet" will also be posted on Board 2. If you know someone who would enjoy the caroling, please fill out the Visit Sheet with their name and address. If you can't get to the Clubhouse, text or call Terry Keller at (269-953-2431) or Barb Wenzler (616-893-3803). Last minute additions will be difficult on the 7th as the route will have been established and communicated to the residents prior to parade start. If you would like to be a song leader, contact Terry or Barb.



Christmas Golf Cart Parade - *Put a Bow on it and Join Us !*

December

14th

Decorate your cart as little or as much as you would like. All are welcome! We will begin lining up in the main parking lot at 5:00pm to travel through the park spreading the holiday spirit. Drinks and snacks will be provided in the Clubhouse following the Parade. Please sign up on Bulletin Board 2 if you plan to join. Each cart will receive a number and judging will be done by selected judges and observers. The route will be posted in the Clubhouse and on Facebook. If possible, the route will be shown on channel 732.



Golf Lakes Christmas Dinner / Potluck - *Join your Friends for a Wonderful Meal !*

December

25th

Christmas Potluck will be **Monday, December 25th at 1:00pm** in the Clubhouse. Please bring your table service, your favorite dish to pass, a serving utensil as needed and a glass or cup for your drink. The **Activities Committee will provide the ham and the drinks** (\$2.00 donation per person is requested).

The Signup sheets can be found on Board 2 in the Clubhouse. Please signup as this determines how much meat to buy. Unable to sign up, call or text Terry Keller (269-953-2431).



Golf Lakes New Years Party - *Ring in the New Year with Friends !*

December

31th

Everyone is invited from Golf Lakes Estates on New Years Eve, **Sunday, December 31st, from 8:30pm to 12:30am.** You may also bring a guest. A Professional DJ for Music and Dancing has been hired, so we'd like to get an initial head count for ticket sales of those who may be interested in this 1st Annual event. Please email our committee the amount of tickets you'll be needing to golflakesnewyearseve@gmail.com.

Ticket sales will be available in early November. Semi-formal Dress Code (no t-shirts & shorts please). Also a 50/50 Raffle will be held!

A request for approval to have alcoholic beverages will be made. If approval is granted, residents will be notified.





Don't Forget **This Month**



HALLOWEEN PARTY & GOLF CART PARADE

Wild and crazy things are planned for the Halloween weekend. The party starts with a Halloween Golf Cart parade. **Have some fun and decorate your cart, put on your Halloween costume and terrorize the neighborhood.** Golf carts meet in main parking lot at 5:00 pm with parade kickoff about 5:15.

Following the parade, the fun continues in the Clubhouse. Put together your best, funniest, or scariest costume and join the fun. Prizes will be awarded for the best costumes in various categories. As a note, costumes are not required for a fun night of music, games and laughs. **Water and soft drinks will be provided** by the Activities Committee. Bring your own snacks.

Submitted by Terry Keller

Date: Saturday, October 28th

Time: 5:00 pm Golf Cart Parade
7:00 pm Halloween Party

Where: Golf Lakes Clubhouse

Cost: Donations Accepted,
Sponsored by Activities Committee

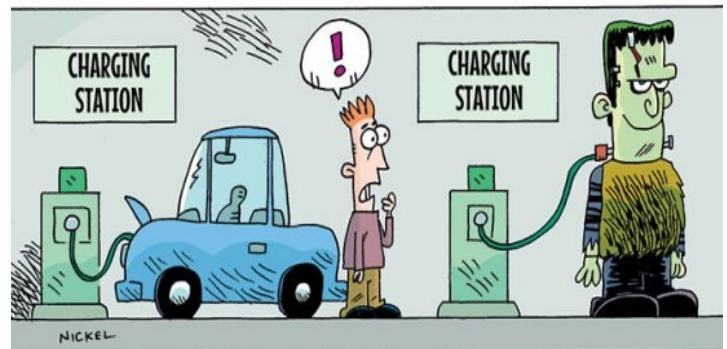
FALL LAWN BOWLING 2023

Hey Golf Lakers! It's getting to be that time again to sign up for Fall Lawn Bowling! You can sign up as pair/partners, single, or as a sub. You will be able to choose 1 day as a preferred day off.



Dates: Oct. 2nd till Oct. 30th

Where: Lawn Bowling Courts
Bulletin Board



Golf Lakes Annual Flu Clinic

Date: Thursday, October 25th

Time: 9:00 am

Where: Golf Lakes Clubhouse

RSVP: Sign up sheet in Clubhouse
Bulletin Board # 2

(Available 1st week of October)

OR JUST STOP IN !



The clinic this year will again be conducted by...
Ellenton Discount Pharmacy

A little poke could save your life!

Be sure to bring your Medicare card, if you have one, as well as your I.D and insurance card.

As in the past, the Pharmacy will provide Flu, Pneumonia, Shingles, Tdap & COVID Boosters.

Year - Round **Outdoor Fun**



GREENS OF MANATEE

The Family Friendly Course
Fall 2023

Summer has flown by, vacations are about over and it is time to think about our Golf

Lakes family and friends as well as great golf at the Greens of Manatee. Between the record heat and the unusual lack of rain, it was a tough spring and summer at the course. As we move into fall and early winter, the weather will improve, and golf becomes the name of the game. The course is in great shape and ready for individual and league play. As we move in the last quarter, the following is a summary of items to watch for-

1. Golf Lakes Men's Monday Morning Golf League starts November 6th. A meeting will be held in Clubhouse for election of officers, rules clarification, and dues collection (\$15 for the year). **Sign up for the Men's league is on Board 1.** The Greens of Manatee **women's leagues will also be starting up. Check Board 1** in the course clubhouse for information.

2. The Saturday Scrambles (2 per month) continue for ALL skill level players. Stop at the Clubhouse, check out the dates and sign up. The scrambles guarantee you a great time and a chance to meet new people. **The scrambles are open to all golfers and are great events for couples.**

3. There is still time to purchase your 2024 Annual Golf Fees. It's a great deal for the avid golfer. If interested, **contact Tom Ladd** at the course.

4. For All Residents - The Greens of Manatee is open to everyone, not just golfers. The Snack Bar opens early for breakfast and they have a great selection for lunch.

For Tee times call 941-755-8888

See you at the Greens, *Terry Keller, President*

All Residents: Golfers & Non-Golfers



Snack Bar

Breakfast: 6:00 am the Golf Lakes Gate Opens @ 7:00 am

Lunch: Great selection of Burgers, Fantastic Sloppy Joes, Rose's award winning Chili, Hot Dog & Chips



MEN'S MONDAY MORNING GOLF LEAGUE

Greens of Manatee

When: 8:30 am Full Schedule on Board # 1 in Clubhouse

Where: Greens of Manatee

Cost: \$15.00 for 23/24 Season
League has Weekly Pay-offs

Contact: Terry Keller (269-953-2431)

Submitted by Terry Keller

Men's League Schedule 2023 / 2024

Date		Week	Time
11/6/2023	Meeting/Elections/Sign-up GOLF LAKES CLUBHOUSE		8:30 AM
11/13/2023	League Weeks	1	
11/20/2023		2	
11/27/2023		3	
12/4/2023		4	
12/11/2023		5	
12/18/2023		6	
12/25/2023	Non-League Golf Play		
1/1/2024	Non-League Golf Play		
1/8/2024	League Weeks	7	
1/15/2024		8	
1/22/2024	Scramble # 1		
2nd Half			
1/29/2024	League Weeks	1	8:30 AM
2/5/2024		2	
2/12/2024		3	
2/19/2024		4	
2/26/2024		5	
3/4/2024		6	
3/11/2024		7	
3/18/2024		8	
3/25/2023	Scramble # 2 - Banquet Moose Lodge (TBD)		

Splendor **On The Grass** or near it

FALL LAWN BOWLING 2023



The launch meeting will be Sat. Nov. 4th at 10:15 in the clubhouse. At that time team assignments, rules and schedules will be handed out. Fees will also be collected, \$10 per person, \$5 for subs.

Meeting

Date: Saturday, November 4th
Time: 10:15am
Where: Golf Lakes Clubhouse
Cost: \$10.00 p/person, \$5.00 subs

The season will start Nov. 6th and run 6 weeks till Dec. 15th. Games will be played M-F starting at 10am, last game at 2pm. You will be scheduled to play two games per week. Please keep this commitment in mind when signing up.

Also throughout the whole year there are drop in games for anyone to join on Tues and Thurs at 6:30.

Lawn Bowling Season Starts



Dates: November 6th thru December 15th
Two Games per week
Times: 10:00am until 2:00 pm
Monday thru Friday

Lawn Bowling is a fun time to get out and enjoy the weather and socialize with our Golf Lake friends, hope to see you at the courts!

Thank you, **Nola Frye 269-830-7657**

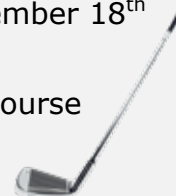
GOLF LAKES LADIES GOLF 2023



Fall is fast approaching and we hope some cooler weather comes with it because it is time to talk about our Fall Leagues at our own Golf Lakes Golf Course. We play for fun and maybe an occasional side game like the longest putt or most pars, as an example. Tuesday League is more informal. They do not play over any of the water and there is no cost or prize money, just lots of fun. We always end our year with a nice banquet at a local restaurant. These leagues are a great way to get some exercise and perhaps meet some new ladies.

Monday Fall League

Dates: November 6th thru December 18th
Time: 9:00am
Where: Golf Lakes Chip & Putt Course
Cost: no up front cost



Monday Winter League

Date: January 8th till end of Season
Time: 9:00am
Where: Golf Lakes Chip & Putt Course
Cost: \$7.00 p/person

Prizes Given out at the end of Season



Tuesday Winter League

Date: January 9th till end of Season
Time: 9:00am
Where: Golf Lakes Chip & Putt Courts
Cost: no up front cost



Cynthia Pollock is in charge of our Fall league. call her at **865-719-1425**.

Sandy Teill coordinates the Winter Leagues. Her number is **419-277-1571**.

We hope you will consider joining us for a fun season of golf at Golf Lakes!

October - Daily Activity Schedule

Monday

Water Aerobics	P	9:40
Ladies Bridge	FR	12:30
Shuffleboard	SC	1:00

Wednesday

Breakfast Club	@ Fiona's	8:00
Zero Impact Motion Class	CH	9:00
Fall Prevention Exercise	CH	9:30
Water Aerobics	P	9:40
Shuffleboard	SC	1:00
Bunco	* starts the 24 th	6:30

Friday

Art Group	CR	9:00
Water Aerobics	P	9:40
Hand, Foot & Elbow	FR	12:00
Shuffleboard	SC	1:00
Social Hour Set-Up	CH	3:00

Saturday

Social Hour	CH	9:00
Shuffleboard	SC	1:00

Tuesday

Lap Robes	CR	8:30
Hand, Foot & Elbow	FR	12:00
Mah Jongg	CH	1:00
Shuffleboard	SC	1:00
Hand, Foot & Elbow	BR	6:00
Dancing in the Clubhouse	CH	6:30

Thursday

Handmade Blessings	CR	9:30
Piecemakers Quilt Club	CR	12:30
Cribbage * Summer	FR	1:00
Mah Jongg	FR	1:00
Shuffleboard	SC	1:00
Hand, Foot & Elbow	FR	6:00
Dancing in the Clubhouse	CH	6:30
Cribbage * if enough people	FR	6:30

Sunday

No Activities Scheduled	AM
No Activities Scheduled	PM

Legend

BR	Board Room	FR	Friendship Room	N.Lot	North Parking Lot
CH	Clubhouse	GLC	Golf Lakes Course	P	Pool
CHgr	Clubhouse Grounds	GOM	Greens of Manatee	PC	Pickleball Court
CR	Craft Room	HC	Horseshoe Court	SC	Shuffle Courts



Sometimes things change after an article is turned in to the Banner for printing. For up-to-date information on things happening in Golf Lakes tune into your Community Channel **Channel 732**. Slides are normally no longer than 15 seconds, and are kept current. Please contact either of us below if you have information you would like posted on the channel.

Barb Jahnke @ cjahnke@tampabay.rr.com
Diane Dube @ dubedi52@gmail.com

Channel 732

Golf Lakes

OCTOBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Lawn Bowling Sign-up Starts	3	4 8am Breakfast Club @ Fiona's	5	6	7 9am Social Hour @ Clubhouse
8	9 Columbus Day Thanksgiving Day (Canada)	10 Supper Club @ Linger Lodge 	11 8am Breakfast Club @ Fiona's	12	13	14 9am Social Hour @ Clubhouse
15	16	17 Bulk Trash Day 	18 8am Breakfast Club @ Fiona's	19 10am Food Handler Certification	20	21 9am Social Hour @ Clubhouse
22	23	24 9:30am Free Bowling @ Bowlero Lanes	25 8am Breakfast Club @ Fiona's 9am Flu Clinic @ Clubhouse	26 1pm Gad-A-Bouts @ Cracker Barrel	27	28 9am Social Hour @ Clubhouse 5pm Cart Parade 7pm Halloween Party
29	30	31 Halloween 10am 10-Pin Meeting				

Splendor **On The Grass** or near it



It looks like another pickleball season will soon be upon us, with lessons for men and women from beginners to intermediate players, with advanced lessons for those wishing to improve their play. There will be tournaments of different types, and many more events that will happen over the course of this new season.

New Officers elected for the 2023-2026 Seasons are as follows:

As reported earlier in the May Newsletter, these are the new Officers who will be serving the Pickleball community in Golf Lakes. We are moving forward with new ideas and plans and look forward to any ideas and suggestions from the membership.

President – Gerry DeJong

Vice-president – Janis Hogan

Secretary – Mark Sanata

Treasurer / Membership – Glenn Spraeztz

Statistician / Newsletter – Kevin Hogan

Ladder/Tournament – Mike Henderson



As a reminder, Glenn Spraeztz is the new Treasurer/ Membership Officer. If you are looking to **pay your fees for the year (\$20.00)**, Glenn will be available starting in late October.

Summer Play

Every summer a group of dedicated pickleball members head to the courts in the morning to improve their skills and have some great games together. All of the membership looks forward to joining this lively group.

Check out our website for the latest information.

www.GL-PC.org

Submitted by: Kevin Hogan (705) 542-6780



Shuffleboard

Play starts in October again, come out as couples or individuals and make new friends. All Residents and Renters are welcome. This is a fun game of strategy and skill!

Beginner Shuffleboard Classes will begin in January, but all are WELCOME ANYTIME as we enjoy bringing new people into the game.

Play will be daily Mon - Sat. at 1:00. Tues. nights at 6:30 also but probably not starting until November. Sat. and Tues. night are quarter games (3 games).

Submitted by Charles Stannard, President

**1:00 pm | Monday — Saturday
Shuffleboard Courts**

**6:30 pm | Tuesdays & Saturday's
Shuffleboard Courts (3 Games)**



seniorplanet.org

GEORGE BERNARD SHAW

We don't stop playing
because we grow old.
We grow old because
we stop playing.

Year - Round **Indoor Games**



Ladies Bridge

12:30 pm | Mondays
Friendship Room

The Golf Lakes Ladies' Bridge group meets every Monday at 12:30 PM in the Friendship Room for a good hand of Bridge as well as camaraderie. All lady residents are welcomed to join in the game. For more information, contact Mary Swed.

Submitted by Mary Swed



Cribbage

6:30 pm | Thursdays
Clubhouse

If you have never played Cribbage in the past or it's been awhile, this may be a good time for you to join us and either learn or brush up on your skills. Everyone is Welcome. For Questions please contact Diane Dube at 941-251-9161.

Submitted by Diane Dube



Hand, Foot & Elbow

6:00 pm | Tuesdays
Board Room

12:00 pm | Tues. & Fri.
Friendship Room

6:00 pm | Thursdays
Friendship Room

Hand Foot and Elbow is a fun card game for anyone and easy to learn. All are Welcome !

Contact Heathfiled



Mah Jongg

1:00 pm | Tuesdays
Club House

1:00 pm | Thursdays
Friendship Room

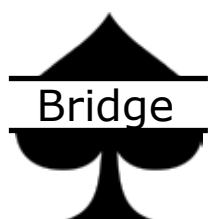
Mah Jongg is an age old Chinese game of tiles. If you are a card player or just love games this is one for you. If you come to any of our game times you can get an idea of how it is played. We welcome men and women.

Contact Gail Lawley

Game Scores

MONDAY

Date	First Place	Score	Second Place	Score	Third Place	Score
8/7	Audie Pedley	4330	Dorothy Begin	3260	Barb Jahnke	3160
8/21	Barb Jahnke	3210	Marge Dennis	2500	Dorothy Begin	2090
8/28	Barb Jahnke	2700	Marge Dennis	2570	Dorothy Begin	1710





Year - Round **Arts & Crafts**



Lap Robes

8:30 am - 10:00 am | Tuesdays | Craft Room

We have a group at Golf Lakes who cut, sew, iron, and assemble donated fabrics, sheets and yarn into lap robes delivered monthly by the Women's Club to seven (7) area nursing homes. Donations of fabric scraps, used sheets and yarn are always appreciated. New members are welcome as your time permits even if only for an hour after Bible study or if you prefer to take pieces home to be assembled.

Contact: Donna Gastier



Handmade Blessings

9:30 am - 11 am | Thursdays | Craft Room

These crafters spend their time 'spinning yarn' into hats, blankets, mittens, and other crocheted and knitted items for babies, children and seniors. They love what they do and invite others to join them in their endeavors. Even if you don't crochet or knit, bring a craft with you and spend time with the group!

Contact: Kim Dolnick 941.216.4440



Piecemakers Quilt Club

12:30 pm - | Thursdays | Craft Room

If you've always quilted or if you would like to try, join us ! We usually work on our own quilts and we volunteer to give lessons on different techniques to the group. We go out to lunch every few weeks and shop for fabrics together. We have loads of fun!

Contact: Marcelle Jackson



Art Group

9 am - 12 pm | Fridays | Craft Room

All Inspiring Artists Welcome ! This group has previously shared photos of their works which have appeared on the back cover of The Banner.

Contact : David Harris



Golf Lakes Women's Club Crafters

If you have no cards to play and you are stymied as to what to do with your hands all season, we are seeking ladies (and even men) who are interested in being handy by using donated yarns or linens. There is always a need in nursing homes for these items – **Bibs, Caps/ Hats, Walker Bags, Shawls, Slippers, Scarfs, and Kleenex Holders**. We'll give you patterns or directions as well as yarn or linens !

If you can help us by making items this season, it would be greatly appreciated. Please contact me immediately if you can help during the season.

Barb Wenzler, Outreach Chair

Things to Do and Ways to Enjoy Yourself



When: 6:30 pm Start / Arrive @ 6:15
2nd and 4th Wednesday's
Where: Craft Room in Clubhouse
Cost: \$1.00 Entry Fee
Prizes awarded each evening

BUNCO!! BUNCO!!

Who wants to play BUNCO??

Everyone welcome to play **starting October 24th**
and continuing through April. Anyone can play -
easy to learn in about 5 minutes!

Contact Grace Naegele at 624-314-1101



When: 9:15 am Tuesdays
Where: Bowlero Bowling Alley
4208 Cortez Rd W, Bradenton

Welcome to the Fall Season, Ten Pin Bowlers! We all
look forward to an exciting season!

FREE Bowling: Tuesday, Oct. 24th @ 9:30 -11:30 am
at Bowlero Bowling Alley, EVERYONE welcome!

League Meeting: Tuesday, Oct 31st @ 1:00pm
at Clubhouse.

League Begins: Tuesday, Nov. 7th. Bowlero Lanes.

Questions? Please call either:

Grace Naegele, Secretary/Treasurer at 614-314-1101
Milton Christy, President at 603-524-6301.

WHITE ELEPHANT SALE 2024

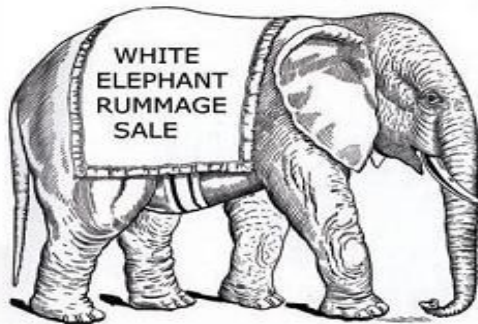
Here we go....another season of
fun! I wanted to remind everyone
that the White Elephant Sale is
scheduled for:

February 1st, 2024, a Thursday.

Lennie Goodie has been gathering your donations
for the past eight months; we want to thank
everyone for their donations thus far.

The White Elephant Sale "shed" is about a third
full. Lots of room for more so please keep us in
mind if you have something you want to get rid
of that is saleable. If you see or hear of your
neighbors leaving the park, please remind them
of the White Elephant Sale.

Thanks, Sherie Wood and Lennie Goodie



JEWELRY – JEWELRY JEWELRY

The White Elephant Sale is
going to be February 1st, 2024,
only four months away.

In order to have another terrific
year in the Jewelry Department, we need your
jewelry donations. Please clean out your jewelry
boxes – or – if one of your family members are
doing likewise, donate to us those pieces you no
longer need or want. We surely will appreciate
it.

Bring it to Social Hour to drop in the Jewelry
Box located on the stage or **give it to Janet
Eisses or Sherie Wood.**

It is going to be another successful year – I'm
just sure of it.

Thanks, Sherie Wood and Janet Eisses

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Food and Friendship

Breakfast Club

When: 8:00 am Wednesday's
Where: Fiona's Family Restaurant
 5207 33rd St., Bradenton
Bring: Wear your Name Tag
RSVP: Just show up and Grab a Seat.
 No Reservations or Sign ups
 Needed.



Call Leland and
 Norma Ver Helst at 641-780-4256
 with any questions.

GAD-ABOUTS Luncheon

When: 1:00 pm, October 26th
Where: Cracker Barrel
 2203 Cortez Rd. W, Bradenton
Bring: Wear your Name Tag
RSVP: Sign-up Sheet Bulletin Board #4.
 Be sure to print your name and
 phone number. Also indicate
 whether you need a ride or you
 can drive.



Call Gloria Slowiak at 941-527-5881
 with any questions.



If you would like to join us, send an email to raymond4919@earthlink.net to introduce yourself and be placed on our email list. Below is the schedule of outings for the next five months. Once you're on our email list an invite is sent two weeks prior to proposed date.

August's Supper Club Review - Verona Gourmet (Hungarian) in Bradenton

Sixteen Guests had an enjoyable time and between us, we sampled almost everything on the Menu. We began by sharing an appetizer BAKONYI PALACSINTA which is a Hungarian style crepes filled with mushroom ragu. Next we also shared a taste of the Goulash as we ordered our individual meals. The Karpati Borzacska (\$20), Fried chicken from Carpathian Mountains covered with shredded potato, fried crispy served with seasoned sour cream and shredded cheese attracted the largest "oohs & aahs".

At the end, we enjoyed Dobos Torta (\$10) which consists of multiple layers of sponge cake filled with a rich chocolate buttercream. The top layer of the cake is covered with a thin caramel layer, which is typically scored into individual serving portions. The cake is known for its symmetrical appearance and elegant presentation.

In September, Supper club visited the "Lucky Frog" which is Bavarian cuisine.

Date	Location	Specialty
October 10	Linger Lodge - 7205 85th St. Ct. E	Southern-Style Seafood
November 9	Speaks Clam Bar - 8764 State Rd. 70 E	Classic Italian Entrees, Seafood
December 13	Divan - 6525 Superior Ave, Sarasota	Mediterranean, Turkish
January 9	Scarpino's - 6152 14th St. W	

LOOKED UNDER YOUR MOBILE HOME LATELY?

Missing or torn insulation and vapor barrier can allow moisture, mold and mildew to build up, and provide access to insects and rodents into your home!

Call today for a FREE Under Home Inspection

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 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.

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



We Also Fix Soft Floors!

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Expand your **Mind**



Breast Cancer Awareness Month

Every October since 1985, millions throughout the world get involved in Breast Cancer Awareness Month, a campaign that increases awareness of a disease that afflicts approximately 1 in 8 women in the United States. The good news is that most women can survive breast cancer if it is detected early enough. This is why education and awareness are so important.

Here are some ways you can get involved during Breast Cancer Awareness Month:

- 1. Wear pink.** A pink ribbon is an international symbol for breast cancer. Wearing a pink ribbon - or pink clothes - is an easy way to show your support for those who are fighting breast cancer.
- 2. Volunteer.** There are numerous local and national volunteer organizations that raise awareness for breast cancer.
- 3. Share facts and statistics.** The National Breast Cancer Foundation, Inc. and American Cancer Society both offer outstanding resources to learn more about breast cancer. Here are some facts and stats from those organizations.
- 4. Educate yourself and others about cancer screenings.** Knowing the risks of developing breast cancer can help in early detection, which makes cancer more treatable. Spread awareness of breast cancer by telling your female friends and family to get mammograms educating them on how to check breasts for abnormalities. You can lead by example. Many clinics offer free mammograms in October. Schedule your mammogram, and hopefully, your friends and family will follow your lead.
- 5. Participate in a run or a walk.** The Susan G. Komen Foundation for the Cure is the largest and most successful breast cancer fundraising and education organization in the world. The organization runs the Komen Race for the Cure, a series of 5K runs and walks around the country. The organization also has the Susan G. Komen 3-Day for the Cure, a 60-mile, 3-day event. Proceeds from these events fund breast cancer research.



Money **WISE**



Technology **TIP**

8 Things to Tell Your Kids About Your Money *from AARP*

Not to worry. You absolutely don't have to tell them financial details that reveal how much money you have socked away, the innards of your brokerage account or even the value of your home. In most cases — unless you are suffering substantial health or financial problems — that's probably your business and not theirs. But there are certain things about your personal finances that it may greatly behoove you to share with your adult children.

- 1. Share password access:** You probably don't remember all your passwords and usernames, so just imagine your adult kids trying to figure them out in an emergency. No, don't hand them the list now. But it's critical that they know where the list is.
- 2. Give access to key documents:** You've likely assembled a number of important original documents through the years, ranging from your will to your birth certificate to your car title to your most recent tax filings. These documents should be kept in a super safe place — like a safe deposit box at the bank or a fireproof lockbox at home.
- 3. Explain how you pay bills:** Each of us has our own favorite ways of paying the monthly bills. Your spouse and your adult children all need to know precisely how you do it. Providing this information in advance — in a simple, clean way — can eliminate lots of financial discomfort if you get laid up.
- 4. Disclose your digital footprint:** These days, so much of our financial information isn't on paper or in file cabinets but online. If you receive financial information electronically, make triple sure that your trustworthy adult kids know this.
- 5. Introduce your team:** You may or may not have a team of professionals who help you directly or indirectly with your finances. This might include a financial planner, an accountant or an estate attorney.
- 6. Review your income sources:** While your adult children don't need to know exactly what your income is, they do need to know where it comes from.
- 7. Talk about it before you need to:** Don't wait until there's an emergency to discuss your finances with your kids. Do it well before then and try to involve all your children in the meeting. Schedule the meeting for a time that works comfortably for everyone.
- 8. Specify advanced health plans:** There's no better favor you can do for yourself or your kids than to be very clear about any plans you have made for advanced health care, long-term care or assisted living.

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Zero Impact Motion Class



**9 - 9:30 am | Wednesdays
Clubhouse**

Fall Prevention Exercises



**9:30 - 10 am | Wednesdays
Clubhouse**

The goal of these classes is to increase range of motion of all movable joints in the body and increase stability in order to avoid falls. Dr. Jim is looking forward to having you in class. *Submitted by Dr. James Gallo*

Bring a Mat, Pillow and Water

Water Aerobics



**9:40 - 10:20 am
Mon. / Wed. / Fri.
Pool**

This half-hour program with gentle routines, uses every joint and muscle in a number of ways that help promote ease of motion and increased strength.



Actual Residents Shown

**Dancing in the Clubhouse
6:30 - 8:00 pm | Tues. & Thurs.**

After a brief hiatus, our street dancers will be coming in out of the heat during July through September. Anyone who likes to dance is welcome. This is Line Dancing meets Rock & Roll and provides fun exercise with easy steps. Beginners and even those with two left feet are welcome.

Bring a Towel and Water

Submitted by Karen Furnari



Health TIP

4 Ways Exercise Can Boost Your Mental Health

Besides increasing muscle tone and endurance, cardio and strength training can, quite literally, change your mind. Research finds that regular physical activity can essentially make your brain more nimble, even enhancing the organ's ability to form neural connections so you're better able to handle everything coming at you.

1. Changing your brain: If you've ever felt like you were firing on all cylinders after a workout, you might be benefiting from the way workouts can change your brain. By being active, you can support cellular growth in the brain and make more of those neural connections.

2. Boosting your mood: Exercise is "highly beneficial" in reducing symptoms of depression, anxiety and distress. In part, that's because being physically active leads to an infusion of feel-good hormones in the brain.

3. Strengthening the mind-body connection: The brain and body are connected in many ways, for example, through the vagus nerve. The mother of all cranial nerves comes down from the brain through the spinal column and carries signals from the brain all over the body, including to the heart, lungs and digestive system. It also carries feedback from all over the body back to the brain. Stimulating the vagus nerve through exercise has been shown to strengthen the mind-body connection and help with everything from treatment-resistant depression to PTSD.

4. Increasing heart rate variability: Heart rate variability is also considered an indicator for that complex brain-body interaction — showing how strong that connection is. Exercise improves heart rate variability. Increasing heart rate variability can help protect us against mental health issues such as depression.



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Volunteer and Service



If you are interested in getting your Food Safety Certification for the first time, we will be offering a new certification class.

If your Food Safety certificate has expired within the last 30 days or will expire shortly we are offering a recertification class.

Meeting location will be provided at the time of your seat reservation when you call Brad.

New Certification for 1st Timers

When: October 19 @ 10:00 am

RSVP: Brad Tuttle @ 508-335-8866
Limited Seating Available

Re-Certification for Expired

When: November 16 @ 10:00 am

RSVP: Brad Tuttle @ 508-335-8866
Limited Seating Available



Outreach

Summer will soon be here, schools will be closing, and many of us will be heading north or taking a vacation. The GLW will **NOT be collecting any items for Head Start in Storage Room B until October. DO NOT TAKE ANY ITEMS INTO THAT AREA OR LEAVE BAGS WITH ITEMS.**

You may, however, save any of the following items at home and have them ready for us when we resume collections in the fall.

- Cardboard Paper Towel Rolls (not toilet paper!)
- Clean Egg Cartons (Styrofoam or cardboard)
- Empty Kleenex Boxes, flattened
- Large Detergent Bottle Lids/Caps (not bottles)
- Plastic Berry Baskets
- Plastic Square Food Containers (not Styrofoam!)
- Fronts only of Greeting Cards
- Oatmeal/Chip Containers with Lids
- Candy/Cookie Tins

The same goes for any yarn or material you may have for our nursing home projects. Hold them at home until we resume collections. Thank you for adhering to this request.

Submitted by Barb Wenzler



SOCIAL BENEFITS AT GOLF LAKES

- ♦ Helps you meet new friends. Volunteering is a great way to meet new friends as well as strengthen existing connections with friends, family, and co-workers that you volunteer with.
- ♦ Increases your social skills. Volunteering gives you a chance to talk to new people and sharpen your social skills.
- ♦ Provides a sense of community. Volunteering can help you feel connected to those you are helping in the community.
- ♦ Improves self-esteem. Volunteering may boost your self-esteem and self-confidence. When you do something that you feel is worthwhile and valuable for the community, it gives you a sense of accomplishment.



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Presented by Puzzle Baron

Rated: Medium

9	4	5	8	2	6	3	1	7
2	1	8	3	9	7	5	6	4
3	6	7	5	1	4	9	2	8
4	3	2	6	8	5	7	9	1
1	8	6	7	4	9	2	5	3
7	5	9	2	3	1	8	4	6
5	9	1	4	7	3	6	8	2
6	2	3	1	5	8	4	7	9
8	7	4	9	6	2	1	3	5

	3					4	7	
	7			5	1		2	
	8				4			
9	4	8			2			
3		2	6			9		1
							3	
		6	4			7		3
4	9							
				2	8	5		6

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November 11



2 shows November 18th



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Feed **Your Soul**

Vespers



Vespers - a service of evening worship.

It is the opportunity to experience the light in the darkness of the night. Jesus said, "I am the light of the world." We will be glorifying God through prayer, song, and sermon.

Vespers at Golf Lakes will resume on:

Sunday, November 5th from 6 to 7 pm in the Clubhouse.

We will have Vespers every Sunday November through March with the exception of November 26, December 24 and December 31.

Come experience the joy of fellowship.

What Vespers means to me: "I appreciate the opportunity to attend Vespers at Golf Lakes. Our church home is in Indianapolis. It is comforting to know we can worship in our home away from home!"

"I value hearing a variety of committed Pastors and the individual gifts they bring to the Vesper services. And the music is always uplifting."

The Vespers Committee is in need of more **pianists and musicians** to accompany our singing when we begin services next season.



If interested please contact Ruth Klungle.

Thank you in advance...

Thank you to our current musicians...



Now that Vesper services have ended for the 22-23 season, our guest speakers invite you to join them in their respective churches whenever you feel led.

1. Jonathan Jankovich, Faith Bible Church, 1511 57th St. E, Bradenton - Service at 10:30 AM
2. Eugene Maddox, Oneco Hope Global Methodist Church, 2112 53rd Ave. E, Bradenton
Services at 9:00 AM and 11:00 AM
3. Jason Lane, Skyway Community Church, 512 61st St. E, Palmetto - Service at 10:45 AM
4. Dwain Kitchens, The Tabernacle Church, 4141 Desoto Rd., Sarasota
Service at 10:15 AM

Submitted by Carol Montgomery



Quilts of Valor - Update

Presentation of the Quilts of Valor following Coffee Hour during Saturday's Social in the Clubhouse has been changed:

January 13th, 2024.

Schedule for 2023 - 24 Season

TIME	DAY(S)	ACTIVITY	DURATION	WHERE	CONTACT
9:00	Friday	Art Group	Year Round	CR	Gastier/St.John
8:00	Thursday	BP Check (2 nd week only)	Nov thru Apr	FR	Wendt
1:00	Saturday	Banana Grams	Nov thru Apr	FR	Love
6:00	Friday	Bingo	Nov thru May	CH	Oravec
6:30	Wednesday	Bunco (2 nd & 4 th weeks)	Oct thru Apr	FR	Naegle
8:00	Wednesday	Breakfast Club	Year Round	Fiona's	Ver Helst
9:00	Mon/Wed	Ceramics	Nov thru Apr	CR	Ford
1:00	Tuesday	Chess Club	No Schedule Given	CR	Trumper
1:00	Friday	China Painting	Nov thru Apr	CR	Koschira
1:00	Monday	Clever Creations (bi-weekly)	Jan thru Apr	CR	Furnari
6:30	Tuesday	Couples Bridge	Nov thru Mar	FR	Swed
6:30	Thursday	Cribbage	Oct thru Apr	CH	Buzzell
1:00	Thursday	Cribbage for Summer	May thru Sept	FR	Dube
6:30	Tues/Thurs	Dancing in the Clubhouse for summer	July thru Sept	CH	Furnari
8:15	Tues/Thurs	Dancing in the Streets	Nov thru Apr	4915 2 nd A	Furnari
6:15	Monday	Double Pinochle	Nov thru Dec	FR	Vanderbilt
6:30	Wednesday	Euchre	Nov thru April	FR	Bailey
9:30	Wednesday	Fall Prevention Exercises	Year Round	CH	Gallo
6:30	Monday	Feather Your Nest (1 st & 3 rd week)	Nov thru Apr	CR	Frederick
1:00	Thursday	Gad Abouts (4 th week)	Year Round	Restaurants	Sloviak
6:00	Tuesday	Hand, Foot & Elbow	Year Round	BR	Heathfield
12:00	Tues/Fri	Hand, Foot & Elbow	Year Round	FR	Heathfield
6:00	Thursday	Hand, Foot & Elbow	Year Round	FR	Heathfield
9:30	Thursday	Handmade Blessings	Year Round	CR	Donlick
12:00	Monday	Harmony Notes	Dec thru Apr	Stage	Augsburger
12:30	Tuesday	iPad – Beginner I	Jan thru Mar	CH	Stannard
1:30	Tuesday	iPad – Beginner II	Jan thru Mar	CH	Stannard
2:30	Tuesday	iPad – Intermediate	Jan thru Mar	CH	Stannard
7:30	Tuesdays	Ladies on the Greens of Manatee	Nov thru Mar	GOM	Baumann
12:30	Monday	Ladies Bridge	Year Round	FR	Parks
8:15	Mon/Wed/Fri	Ladies Exercise	Nov thru Apr	CH	Eash
8:30	Tuesday	Lap Robes	Year Round	CR	Gastier
10:00	Mon - Fri	Lawn Bowling (Fall)	Nov thru Dec	LC	Frye
11:45	Friday	Line Dancing	Dec thru Mar	CH	Frye
1:00	Tuesday	Mah Jongg	Year Round	CH	Lawley
1:00	Thursday	Mah Jongg	Year Round	FR	Lawley
2:00	Thursday	Masonic Square Club (2 nd week only)	Nov thru Apr	BR	Gordon/Koschira
8:30	Monday	Men's Golf League	Nov thru Mar	GOM	Keller
12:30	Thursday	Piecemakers Quilt Club	Year Round	CR	Jackson
Check	Schedule Online	Pickleball	Year Round	PC	
6:30	Thurs. / Mon.	Pinochle / Double Pinochle	Nov thru Mar	CH	
1:00	Mon - Sat	Shuffleboard	Oct thru Apr	SC	Stannard
6:30	Tues. & Sat.	Shuffleboard - Evenings (3 Games)	Nov thru April	SC	Stannard
9:00	Friday	Singing Men	Nov thru Mar	Stage	
7:00	Tuesday	Small Group BIBLE STUDY (2 nd & 4 th week)	Jan thru Mar	Ind. Homes	
Check	Banner	Supper Club	Year Round	Restaurants	Raymond
8:30	Mon/Wed	Tai Chi & Qi Gong Exercise	Jan thru Apr	N. Lot	Dansereau
9:15	Tuesday	Ten-Pin Bowling League	Nov thru Mar	Bowlero	Naegle
2:00	Thursday	Under the Palms Concert (1 st & 3 rd week)	Jan thru Apr	CHgr	Emsor
6:00	Sunday	Vespers Service	Nov thru Mar	CH	Montgomery
9:15	Thursday	Vesper Choir	Unconfirmed	FR	Ensing
9:40	Mon/Wed/Fri	Water Aerobics	Year Round	Pool	Bradt
9:00	Tuesday	Women's Bible Study	Jan thru Mar	CH	DeBoer
12:30	Wednesday	Women's Bridge	Nov thru Mar	FR	Swed
2:00	Thursday	Women's Club (2 nd Thurs only)	Nov thru Apr	CH	Brouwer
9:00	Monday	Women's Monday Golf League	Nov into Dec	GLC	Pollock
9:00	Tuesday	Women's Tuesday Golf League	Nov into Dec	GLC	Pollock
1:00	Wednesday	Woodcarving	Nov thru Apr	CR	Carrington
9:00	Wednesday	Zero Impact Motion Class	Oct thru May	CH	Gallo

* Bolded Time = form received for 2023-2024 season

Please look list over and complete a Submission Form with any additions, changes, deletions for the 2023 - 2024 Season Activity Page. Thank You !



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