

Meadowword

The Meadows Community News and Lifestyle



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THE WRITE STUFF
20-21



Marilyn Maleckas — MCA
Board President

Happy Holidays & Peace to All

**NEVER DOUBT
THAT A SMALL
GROUP OF
THOUGHTFUL,
COMMITTED
CITIZENS CAN
CHANGE THE
WORLD: INDEED,
IT'S THE ONLY
THING THAT EVER
HAS."**

*Margaret Mead
Anthropologist and
Humanitarian.*

The holiday time – a special time when we are called to stop, recall and celebrate all the blessings that we have and the special time we make to celebrate those in our lives that make our lives and our experiences so special. What better time than now to celebrate those of our friends and neighbors in the great community of ours who volunteer their time to make our lives so special with that great “Peace on Earth” contentment and enjoyment.

Yes, I am speaking of our many volunteers who willingly give their time, talents, ideas and energies to bring services, entertainment, education, safety, fun, community spirit and beautiful surroundings throughout the year. These volunteers assist our hard working and capable staff members by giving time and service, all of which is greatly appreciated. This

continued support of The Meadows allows us to fulfill our mission and bring new ideas and benefits for the Meadows’ residents to enjoy each year.

Special recognition goes out these awesome volunteers:

On behalf of The Meadows Board of Directors, our MCA staff, and many residents, thank you for all you do for The Meadows and creating this beautiful Community for us all to enjoy. Thank you to our Board of Directors for supporting these events and volunteering their time and talents as well – Michelle Johnston, Stan Miska, Tom Bondur, Amy MacDougall, Tom Pound, Mark Pienkos, Chris Perone and Paul Easley. Happy Holidays to all, and may we all enjoy Peace on Earth.

Gratitude Goes to Our Volunteers

Marilyn Schmal – The Meadows Library;
Water and Wildlife
John Harwood – Bridge on Friday
Bud and Leslie Totten – Best Kept
Dot Bouliia – Duplicate Bridge on Saturday
Agnes and Jim Rutushni – Bingo
Jo Evans –Maintenance
Lois Robinson / Joanne Simmons – Book Club
Roy Wysnewski – Meadows Weather Updates
Kerriane McMurdo – Bridge on Wednesday
Bob Heuter – Water and Wildlife
Debra Ashenofsky – Canasta Hand and Foot
Susan Weisse – Cornhole
Michelle Johnston –Activities and Events; Safety
Gale Kroll / Sharon Godlewski– Craft Group
Joe Gleason / Saul Feldman – Veterans Day
Bob Clark – Emergency Management
Ned Boston – Pickleball & Assembly Program
Development

Linda Nordenberg – Meadows Garden Club
Melanie Babineau –Meadows Garden Club
Patricia Wilson – Meadoword Contributing Writer
Joni Cohen, Helene Stone – Shalom Club
Kathy & Paul Easley – Aviva Liaison, Crafts, MCA Board
Melinda Gordon – Drop-in Art Studio
Janet Schmidt – Bike Club
Mark Pienkos – Hot Stove League
Vicki Carey – Knit Happens
Debra Ashenofsky – Canasta Hand & Foot
Elizabeth Williams – Mah Jongg
Michael Bruno – Meadowlarks
Cindy Rubin – Meadows Chorus
Adam Lawall – Meadows Sailing Assoc.
Marge Erasmus – Peaceful Quilting and Needlepoint
Pat Webster – Game Night
Liz Barnett – Craft Group and The Memoirs Group
Susan Whitcomb – Acitivite and Events Support

**Appreciation goes to all that help make
The Meadows a great place to live.**

OUR MISSION

To preserve the property values, ambience and vitality of our community.

OUR VISION

To be known as a well-maintained, welcoming, safe community with up-to-date housing, activities and services designed to meet the needs of all residents.



Peace on Earth Good Will To All

Frances Rippondi —
MCA General Manager

The Season of Giving shines bright at The Meadows as residents volunteered, participated or supported events and activities to make someone's world a better place. The Meadows has always been such a giving community and this year was no exception. Look how The Meadows shined as they walked, baked, crafted, participated in drives to make a difference in peoples' lives.

SCHOOL DRIVE

Remember being in class when you needed to borrow a pencil or a piece of paper? Usually because you forgot it that day? For many children not having supplies is a daily life experience. With prices continuing to rise and families struggling to keep up, it is hard to believe but something simple as school supplies can be a luxury item. Especially those backpacks that can range from \$20-\$60.00 if not more!

Yet once again, we can be thankful for our generous MCA residents who went to the head of the class as they supported our Annual School Drive. The MCA collected boxes of school supplies filled to the brim and delivered them to our neighboring Tuttle Elementary School. Both the teachers and children were proud recipients of the abundance of supplies. These donations help the children start the year off right and give them a chance at successful school year.

BLOOD AND PLATELET DRIVE

I truly admire those who donate blood. Anyone who has been faced with a life-saving crisis understands what it means to receive this precious gift. Very few things are a matter of life or death, but not receiving the right blood when you need it can be. Every month the SunCoast Blood Bus is parked at the MCA and welcomes those who faithfully donate. These people save lives! Did you know that you can save up to three lives by making just one donation of blood?

In 1990 the MCA hosted the first blood drive, now 33 years later the MCA still is going strong.

Doing something heroic can be as simple as driving to the Meadows Community Center, rolling up your sleeve and donating blood. Thank you to all the donors who continue to make an impact and save lives by giving this most precious gift.

THE CRAFT AND BAKE SALE

What do you get when you cross a group of crafty crafters with a bottle of glue, colorful paper, yarn or glitter, and a knitting needle or two? A group of people solidly stitched together, with one mission in mind to create handmade treasures - decorations, ornaments, greeting cards, jewelry (and more) to sell and raise money for local charities. The charities selected don't receive government subsidies, and the recipients are hard-working individuals who need a helping hand.

Once again, the community welcomed the Craft and Bake Sale, by purchasing these specialty items that you can't find in stores or on-line and enjoyed fresh homemade treats while they shopped. The support of the crafters and those



who opened their wallets has generated over \$52,000 dollars being donated to local charities since they started over 30 years ago. Thank you to the crafters who stitched, glued and bonded our hearts to those in need.

The following charities have been selected and your support in the season of giving and throughout the year is always welcome if you choose to donate.



Baby Basics, <http://www.babybasicssarasota.org>,

Resurrection House, www.resurrectionhousesarasota.org,

SPARCC (Safe Place And Rape Crisis Center), <https://www.sparcc.net>

The Haven, <http://communityhaven.org>

TOYS FOR TOTS

Over years the MCA worked with Toys for Tots to collect toys for children whose parents are struggling just to provide the daily basics. The extra special toy goes a long way putting a smile on the faces of those who may not receive any special gift throughout the year. Our Toys for Tot drop off box is located in the MCA building (2004 Longmeadow) by the receptionist desk. We ask for only new items, unwrapped, toys and books for ages 0-12. Gifts for ages 0-2 are



also in great need. Thank you for making a child's holiday bright.

BREAST CANCER

Let's hear it for the Meadows Country Club as they raised over \$8,000 by hosting a variety of events in which proceeds were donated to Make Strides Against Breast Cancer to fund lifesaving research so all have the opportunity to live long, healthy lives free from breast cancer.

ALZHEIMER'S WALK

"Did you ever forget to think, and forget to start again?? A.A. Milne once wrote. We all forget at different times but Alzheimer's is a debilitating disease that robs your memory, attacks cognitive abilities and interferes with daily tasks.

On October 28th, a group of 30 Meadows' residents took a step in the right direction as they walked to make a difference in the lives of those who afflicted by this dreadful disease. This Meadows small but mighty team raised over \$7,000



dollars at our first walk in support of finding a cure.

The day started with a heart-warming presentation and a moment of reflection in remembrance of those who suffer daily and loved ones that have died due to this disease. Together people near and far came together and raised a total of \$271,933 surpassing the set goal of \$255,000. A truly successful weekend of remembering loved ones, and walking to end Alzheimer's.

PEACE TO ALL

In a world where peace on earth may seem elusive, it can be found right here in our homes and hearts as we give to support others in need. It's the simple things like the craft sales, fundraising walks, community volunteerism, a friendly smile or a helping hand that initiates peace within our lives, community and throughout the world.

Candidate for MCA Board

Mike Mazur and Ned Boston— Assembly Program Development, Co-Chairs

With the passing of the published deadline for applications for candidates for the Board of Directors of The Meadows Community Association, Inc (MCA) on October 6, 2023, the Assembly Executive Committee is pleased to announce that there are three candidates for the three open positions.

The candidates are:

- Tom Bondur
- Marilyn Maleckas
- Fernando Viteri

Given that only three eligible candidates submitted an application form for candidacy for service on the Board of Directors and there are three vacancies on the Board of Directors, pursuant to Florida Statute 720.306(9) (a), there will be no election and these candidates will commence service on the Board of Directors at the conclusion of the Annual Meeting on March 4, 2024. In the January issue of The Meadoword, there will be a spotlight article on these individuals.

The Assembly Executive Committee continues to plan programs of interest especially for association leaders within The Meadows. After a lively roundtable session at the November meeting, there is no Assembly meeting in December. Make plans now to join us for a presentation on Emotional Support Animals. This is a program we have provided before, but with many new association leaders in place and questions about the proper

handling of these situations, the demand for current information is apparent. Both State and Federal regulations come into play. More details in the next issue of The Meadoword, but mark your calendar now for Wednesday, January 17, 2024 at 4:00 pm.



Palm Tree maintenance

Tom Bondur— Standards Committee, Chair

Palm trees are evergreen plants. There are essentially two types of palm trees- self-cleaning palms and palms requiring trimming.

Self-cleaning palms, such as areca, royal or foxtail palms, naturally shed dead fronds. These fronds have bases that clasp the tree and release the frond from the trunk once it turns completely brown. This process happens quickly- typically over a few days. Half-dead fronds that remain on this tree type for months are a sign that the plant has a potassium deficiency.

In Florida soils, palm trees tend to be deficient in nutrients, particularly potassium and magnesium. It is easier to prevent, rather than correct, nutritional deficiencies in palms. Spread a slow-release fertilizer, specifically formulated for palms, evenly around the base in early spring as the trees come out of their dormant winter state. Don't over fertilize. Use powder rather than spikes to improve distribution and absorption in the soil.

Many people over prune palms that require seasonal trimming, such as date, fan, or palmettos. The 9 o'clock to 3 o'clock rule is a common trimming guideline- only remove the fronds that hang below these clock positions. Trim only fronds that are completely dead. Palm trees need time to re-absorb nutrients from dying fronds. Dead fronds should be gray-brown with no visible green at the base of the stems before cutting.

The crown of a palm tree is the active growth area. It is very delicate. Over-trimming increases the risk of damage from disease, insects, wind, and cold. This area needs a thick cluster of green, living fronds to protect it. Your palm tree should never look like a feather duster. Excessive pruning can cause a condition known as penciling where the trunk becomes narrow and prone to break in a strong wind.

You can remove flower or fruit stalks to prevent the dropping of messy fruit that sprout into seedlings without harm to the tree. Be careful not to cut into the trunk or tear fronds off that do not come off easily since it can cause wounds that can lead to trunk rot, insect infestations, and other diseases.



Pruning tools can transmit disease. A good practice is to clean tools with a mild bleach mixture or alcohol to minimize risk.

Wear protective gloves and clothing, safety goggles, and a hat to protect yourself. Many palm fronds have sharp leaves or thorny stems that can tear clothing and cut skin. Be careful when climbing ladders to trim high branches.

Typically, palms require trimming at least once or twice each year. Taller palms may require a tree service with special equipment to reach the tops of trees. Cost may influence how often you can afford this type of maintenance.



OCTOBER APPROVED ARCHITECTURAL REVIEWS

- | | |
|---------------------------|----------------------------|
| Woodmans Chart Condo Assn | 2567 Glebe Farm Close |
| (2) 4988 Greencroft Rd | 3028 Rosemead |
| 4749 Harvest Bend | 5094 Marshfield Rd |
| 4729 Harvest Bend | 2890 Longleat Woods |
| 5055 Marsh Field Rd | Windrush Bourne Condo Assn |
| 5325 Everwood Run | 4772 Greencroft Rd |
| 4465 Highland Oaks Cir | 4742 Ringwood Meadows |
| 4228 Highlands Bridge Rd | 5025 Marsh Field Rd |
| 3306 Highlands Bridge Rd | 5407 Everwood Run |
| 4584 Glebe Farm Rd | 2890 Longleat Woods |
| 5631 Pipers Waite | 3390 Highlands Bridge Rd |
| 4787 Greencroft Rd | 3520 Trebor Ln |
| 2890 Longleat Woods | 4302 Woodmans Chart |
| 3520 Trebor Ln | Meadowlake Condo Assn |
| 3758 Surrey Ln | 5696 Sheffield Greene |
| 4626 Hadifeld Dr | (3) 2816 Breton Woods |
| 4712 Greencroft Rd | |



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FOR SALE ELSEWHERE IN THE MEADOWS

4843 Marsh Field Rd – Beautifully updated and secure pool home **SOLD!**
 2977 Heather Bow – Maintenance-free single family home, large lot \$459K
 4842 Greencroft Rd – 3/2 single family home with large lanai on private lot \$449K
 2633 Greenbelt Yard – Gorgeous lake views from this updated villa \$399K
 3131 Windrush Bourne – Tranquil pond views from updated carefree villa Pending

FOR SALE IN THE SARASOTA METRO AREA

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 Siesta Key - Stunning full gulf views, beachfront fun turnkey condo **SOLD!**
 Sarasota – New construction townhouse at Bath-and-Racquet Pending
 Lakewood Ranch – Open-plan single family home with preserve views \$575K
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Fernando 941.400.7676



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Safety Report

6 IMPORTANT SAFETY TIPS

- Keep your phone fully charged at all times. You may need it in case of an emergency.
- Be alert and aware! While you are walking, keep your mind on what is going on around you.
- Display confidence. Walk with purpose, scan the area around you.
- Keep your hands free.
- Trust your instincts.
- Ask for help.

Incidents are defined as a variety of complaints or concerns ranging from minor to more concerning activity reported by a resident. Examples of such (but not limited to) are; an alarm, animal and fishing complaints, reports of safety hazards, burglary, harassment, welfare check, dumping, solicitation or suspicious person(s).

Citations are violations that do not respect our documents related to Meadows standards. Examples of such are: restricted vehicles, parking violations, garbage cans not being picked up or put out too early, violations subject to tow, and sign restrictions.

During the month of October, 2023 there were (12) incident free days – (6) less than September 2023. There were (29) reported incidents - (14) more than September 2023. There were (62) citations issued this month – (9) More than September 2023.

FISHING COMPLAINTS

- October 28, 30, 31 – all in the area of the 3000 block of Highlands Bridge Rd. All left when safety instructed them to do so.

PROPERTY DAMAGE

- October 19 Community bulletin board at Hadfield Greene was knocked over (Unknown how) – HOA – repaired it.
- October 29 Broken mailbox in the 5000 block of Marshfield Rd. – owner to repair.
- Vandalism October 23 in the 5000 block of Wedgewood Ln. scratches on hood of car.

SUSPICIOUS PERSONS

- Suspicious Incident October 5 in the 4000 block of Highland Oaks Circle. A man knocked on the door stating he was from the “Meadows Conservation board” and requested access

to the pond behind the home. Complainant stated two other residents told her they also encountered the man.

- Suspicious Person October 6 behind 3000 block of Surrey Ct. A person behind the home was seen with a flash light and backpack. Complainant advised to call the Sheriff's Office if they believed criminal activity was taken place. Safety arrived and searched the area and found no one nor did they see anyone in the area upon arrival.

DISTURBANCE COMPLAINTS

- October 2 in the 3000 block of Chelmsford Close regarding an argument .Caller was advised to call the Sheriff's Office.
- October 17 in the 5000 block of Chambery community a spot light in the rear of the home has been on for 3 weeks – HOA president was contacted.
- October 23 in the 4000 area of Longwater Chase a dog who had been barking (unknown where the dog was exactly) safety heard no dog barking upon arrival.

ANIMAL COMPLAINTS

- October 8 in the Glebe Farm Rd. golf course area, a Lab was seen running loose. Safety could not locate the dog after searching for approximately 25 minutes.
- October 16 in the Quail Hollow area a barking dog. Safety arrived and was advised by a HOA board member it was addressed and taken care of.
- October 17 in the area of Marshfield Rd. and Longmeadow a dog was reported running loose. Safety could not locate the dog.
- October 17 in the 5000 block of Pipers Waite, complaint was made about two dogs being brought out in the backyard of a resident in the Champlaine

community unleashed – No dogs were observed.


- October 24 safety was alerted about a loose dog while in Quail Hollow. The dog was believed to have gone into Chandlers Forde community. Subsequently the dog was located and safety took possession of the dog. The phone number on the dogs vest was called numerous times with no answer or return calls. The dog was turned over to Sarasota County Animal Control.

SOLICITATION

- October 6 in the 4000 block of Windsor park 2 men were encountered going door to door based on a call. Both were advised of no solicitation policy. Both apologized and left.
- October 12 advertising material was turned in from the 4000 block of Windsor Park
- October 10 a man was on an E-bike placing something in mailboxes in the Chantilly community and was headed toward Marshfield Rd. The man was encountered on Rutland Gate and was placing advertisements for house cleaning. The man stated he was a recent resident. He was advised that solicitation was not allowed. He apologized and road off.


EMERGENCY NUMBERS

- **In the event of an emergency, call 911. After you have called 911 please report the incident to the MCA Safety Patrol.**
- **The non-emergency Sarasota County Sheriff's Office number is 941-316-1201.**
- **The Meadows Safety Patrol number is 941-809-0084.**



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Our Resident Lakewaters In The Meadows

By Marilyn Schmal, Meadows Water & Wildlife Committee Member

Perhaps you have noticed your neighbors wandering around our ponds, taking notes or planting along the shorelines, or you may have noticed our contractor Gil Wilson of SunWest Waterway Management in a boat scooping up water in a pond near you. These industrious folks are members of The Meadows Water and Wildlife Committee (WWC), whose activities include monitoring the water quality in our 85 ponds. WWC members Judy Berryman, Marianne Magno, Marilyn Schmal, and Tom Thompson volunteer their time every month to process water samples from our ponds. Using a hand pump, they filter the samples collected by Gil from three ponds, noting the length of time it took for the pondwater to filter, then storing the samples in a freezer. These frozen samples are later taken to a collection point at Twin Lakes Park, for the University of Florida to pick up quarterly. Why do they do that?

First, a little history. In 1986, citizens who resided by Lake Santa Fe in Alachua County, Florida wanted to learn more about "their lake," so they asked Dr. Daniel E. Canfield, Jr. of the University of Florida to teach them. Dr. Canfield soon discovered there wasn't enough known about the lakes of Florida. Thus began the Florida LAKEWATCH program to assess the health of lakes and ponds all over the state.

Florida LAKEWATCH was subsequently established by the Florida Legislature as Florida Statute 1004.49: The Florida LAKEWATCH Program is hereby created within the



Department of Fisheries and Aquaculture of the Institute of Food and Agricultural Sciences at the University of Florida. The purpose of the program is to provide public education and training with respect to the water quality of Florida's lakes. The Department of Fisheries and Aquaculture may, in implementing the LAKEWATCH program:

- Train, supervise, and coordinate volunteers to collect water quality data from Florida's lakes.
- Compile the data collected by volunteers.
- Disseminate information to the public about the LAKEWATCH program.
- Provide or loan equipment to volunteers in the program.
- Perform other functions as may be necessary or beneficial in coordinating



the LAKEWATCH program. Data collected and compiled shall be used to establish trends and provide general background information and shall in no instance be used in a regulatory proceeding.

Since then, Florida LAKEWATCH has become one of the largest lake monitoring programs in the nation with over 1,800 trained citizens currently collecting samples for analysis every month from 525 lakes and other water features in 57 Florida counties. To quote Dr. Canfield from a recent LAKEWATCH newsletter: "LAKEWATCH has accomplished many things and accumulated one of the longest and most comprehensive data bases in the country if not the world. The advances in lake research, outreach/education (extension) and student education (teaching)

during LAKEWATCH's 37 years is huge, impossible to detail in this short note and acknowledged around the world. Everyone involved should be extremely proud to be a part of such a program."

The Meadows became one of the first Sarasota County participants in LAKEWATCH in February 2019. After nearly four years of monitoring, some trends in our ponds' water quality are emerging. The three ponds chosen for our study, at Chatsworth Greene, Hampstead Heath, and Butterfly Lake, differ from each other in their load of nitrogen, with the Chatsworth pond having the lowest.

Nitrogen in our ponds is essentially a pollutant, a nutrient that can cause algae blooms, something we don't want. Even worse, when this chemical--which can come from over-fertilizing near our ponds--is washed downstream into the Sarasota Bay watershed, it can fuel red tide blooms. The LAKEWATCH data indicate that nitrogen is flushed out of our ponds during the rainy season, running downstream into the Bay and Gulf. That's not good, so we want to do our part to reduce the use of fertilizers around our many ponds to the minimum amount necessary.

The WWC and all of The Meadows is indeed proud to be a part of this statewide initiative that seeks to improve the health of our lakes and ponds. We ask that all our residents and their landscapers do their part to help in this effort to protect our precious natural environment.



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A Sense of Peace

Michelle Johnston-Meadows Single-Family Homeowners Alliance (MSHA)

People often comment that when they turn off 17th Street onto Longmeadow Road, they feel a sense of peace because The Meadows seems so serene with its beautiful trees and waterways. It is like an oasis of greenery. But this sense of serenity belies the positive energy that runs through our community, particularly this month.

December in The Meadows is busy, beautiful, and exciting because so many single-family residents and their families come home for the holidays. To celebrate their return and the time of year, many residents decorate their homes and yards. Have you driven around the community on a December evening to enjoy the creativity of the decorations? It is fun, especially for the grandchildren who enjoy seeing the lights, inflated trees, and figures like Santa in a Hawaiian shirt or a shivering Frosty the Snowman.

With all the excitement in The Meadows, we have to be more vigilant about pool safety, bicycling, and driving. Safety gates, separating the pool area from the rest of the lanai, prevent toddlers from accidentally wandering into the pools.

Further, bicyclists and drivers need to watch out for each other and for children in the streets, particularly children running after balls rolling down the driveways into the streets. In fact, it is an appropriate time to check visibility around our homes and trim bushes near the driveways and sidewalks. Further, the bikers need to make sure that they have bells and that the bells work.

Even with the excitement of this special month, the Standards Committee and the Water and Wildlife Committee continue to work for the homeowners. The Standards Committee makes sure that all of the homes and surrounding environment

maintain the high quality that everyone enjoys. Think of the single-family residents providing a beautiful foundation for the rest of The Meadows as their homes and yards line the roads and connect the various condominium and shared villa associations. Additionally, the Water and Wildlife Committee is working to enhance and protect The Meadows 83 water features, keeping the community beautiful.

In December, the Meadows Community Association (MCA) and The Meadows Country Club (TMCC) have special holiday activities and events. Look at the back page of this *Meadoword* and at the email Constant Contact updates on activities and events.

With everything happening in The Meadows this month, residents also need to take a moment to reflect on the community and the peace that prevails in our community.

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Our Lifestyle

**2024 MCA
HEALTH FAIR**

**THURSDAY, JANUARY 4
10 AM-1 PM**

**Sign up for the Health Fair & presentations at
themeadowssarasota.org**

40 vendors offering education, and health services
for a happy, healthy life.

Presentations by

**McNulty Counseling,
Balancing New Years
Expectations 10:30-11:00 am**

Fit Minds, Desoto Palms 11:00-11:30 am

**Nora Clemens, Smoothies 12:00-12:30 pm
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Look Who's Coming To the MCA Health Fair



- Christine Hannafin PhD—Psychology
- Electric Caregiver
- Eye Watch Live
- Fitlife Foods
- Fox Rehabilitation
- Grey Matters
- Jubese
- Maui Skin Bus
- McNulty Counseling & Wellness
- Meadows Dental
- Meadows Nursing & Rehabilitation
- My Care Finders
- My Sanctuary of Wellness
- Nutrition and Wellness Solutions
- OnSpot Dermatology
- Optimum Hearing Care
- Paradise Physical Therapy
- Poet's Walk
- Safe Mobility for Life
- Sarasota County Department of Health
- Sarasota County Sheriff's Office
- Sarasota Memorial Hospital
- Sarasota Memorial Hospital
- Stretch Lab
- Stop the Bleed
- SunCoast Blood Bank
- Teresa K Bowman Attorney
- Terri Magsalinski-Massage Therapist
- The Vitamin Shoppe
- Tidewell Hospice
- Trump Insurance Company
- VanWezel Performing Arts Hall

COME VISIT THE FITNESS CENTER DURING THE HEALTH FAIR

Equipment Demonstrations ■ Fitness Center Orientations ■ Discover more about specialty services.

REMINDEERS

HOLIDAY TRASH PICK UP
Schedule for the week of 12/25

Mon	12/25	Changed to Tues	12/26
Tues	12/26	Changed to Wed	12/27
Wed	12/27	Changed to Thurs	12/28
Thurs	12/28	Changed to Friday	12/29
Fri	11/29	Changed to Sat	12/30

Happy Holidays

The MCA Office and The Meadows Community Lifestyle & Wellness Facility will be CLOSED in observance of Christmas on Friday, 12/22 & Monday 12/25 and for the New Year's holiday on Friday 12/29 & Monday 1/1/24. The public side and library will be open.

BEST KEPT Holiday Decoration Awards

Judging will be **DECEMBER 4-6**

Photographs of winning displays will begin on December 8. Please turn your display lights on by dusk.

Single-family homes & Association Entrances are eligible.

ONSPOT DERMATOLOGY

December 14 • 8 AM – 3 PM
MCA Parking Lot

Call 941-444-0011 to schedule your appointment today!

GIVE THE GIFT OF LIFE BLOOD DRIVE

December 19
8 AM – 2 PM
MCA Parking Lot

Call 1-866-972-5663 to register.



OPTIMUM HEARING CARE

HEARING SCREENING CLINIC
 December 13 • 9-11 am

[Sign Up on themeadowssarasota.org](http://themeadowssarasota.org)

THE MEADOWS CHORUS

Presents a concert of holiday music
 Friday, December 15 at 7:00 pm

Unitarian Universalist Church of Sarasota
 3975 Fruitville Road.

The event is free and open to the public. Refreshments will be served following the concert.




MEADOWWORD AD RATES

Due to the increase in paper costs and services, effective January 1, 2024 The Meadowword will be implementing its new advertising rate. The New advertising rates will be posted on the MCA website under News & REsources/Meadowword Forms. Classified rates remain unchanged.

MCA Management

See page 16 for Details on the

2023 LGA HOLIDAY FUNDRAISER SPARCC

 **If you reserve space for an association meeting, activity or event and are unable to come, please call and let us know, so someone else may enjoy using the space.**

MCA plans for events based on how many signed up. This is why it is important to let us know if you will not be attending the event you signed up for. Please give us adequate notice prior to the event, so we may order the proper amount of supplies and food.

Thank you – MCA Management

Events and

MCA
HOLIDAY PARTY

Peace on Earth

DECEMBER 12
5:30-8:30 PM

\$20 PER PERSON
REGENCY ROOM
DINNER & DESSERT
DJ
MEADOWS CHORUS

ONE COMPLIMENTARY WINE OR CHAMPAGNE
PER PERSON
SIGN UP AT THEMEADOWSSARASOTA.ORG

Join The Meadows
and Aviva for the

CHANUKAH
CELEBRATION

AVIVA—Kretzmer Center
Wednesday December 13, at 12 pm
Traditional Latkes Luncheon will be served
\$15.00 per person.



Rabbi Sigal Brier of Kol HaNeshama in Sarasota
will officiate the Chanukah program.

Contact Joni or Helene for sign-up and ticket sales at:
Joni Cohen at shalomjoni23@gmail.com or
Helene Stone-shalomhelene24@gmail.com

Deadline for Reservations is December 6.

MARINE CORP RESERVE



Drop off your new un-wrapped toys
at the MCA Lobby 2004 Longmeadow
in the Toys for Tots Box.
Ages 0 up to 12 years old
are eligible to receive toys.
Monetary donations can be made on their
website <https://www.toysfortots.org/>

HOLLY JOLLY HOLIDAY
TROLLEY

Experience the Holiday Lights of
The Meadows and UTC aboard the
Holly Jolly Holiday Trolley. End your
45 minute ride at The Meadows
Meadows Community Lifestyle &
Wellness Facility for a complimentary
beverage and sweet.

Register online to choose the time
options at themeadowssarasota.org

**TUESDAY
December 19**

Tour 1: Time Options
6:00 pm - 6:45 pm
6:45 pm - 7:30 pm

Tour 2: Time Options
6:00 pm - 6:45 pm
6:45 pm - 7:30 pm

\$15 per person

MOVIE NIGHT
WHITE CHRISTMAS

December 20
6:00 pm

Meadows Community
Lifestyle & Wellness
Facility

Sign up on MCA website
themeadowssarasota.org



Cookie Exchange

December 21 • 2 PM

Sign up on the MCA website
themeadowssarasota.org

Or call MCA
941-377-2300
to register.
Meadows Community
Lifestyle & Wellness Facility



of Activities

MCA HEALTH FAIR
TREASURE YOUR HEALTH
Thursday, January 4, 2024
10 am-1 pm

Presentations on Health & Wellness

- > McNulty Counseling New Year New You-Managing your New Year expectations.
- > Desoto Palms FitMinds
- > Nora Clemens creating Healthy Smoothies

Sign up for the Health Fair and presentations at themeadowssarasota.org

TIP ON KEEPING NEW YEAR RESOLUTIONS

Carolyn McNulty
Presenter

January 4 Health Fair
10:30 am-11 am

New Year Resolutions, we all make them . . . and then we break them. McNulty Counseling & Wellness provides tips on how to balance realistic expectations with your new year goals.

Sign up on MCA website: themeadowssarasota.org

FITMINDS EXERCISING YOUR BRAIN



PRESENTATION BY **DESOTO PALMS**

Your brain is the most important muscle we have. Discover tips on how to keep it sharp.

January 4, Health Fair
11:00- 11:30 am

sign up on MCA website: themeadowssarasota.org



NORA CLEMENS PRESENTS

Smoothies
One size doesn't fit all
Demonstration & Tasting
January 4, Health Fair
12:00- 12:30 pm

Sign up quickly. Space is limited.
themeadowssarasota.org


Visit MCA website for the full Nora Clemens health series planned.

MCA & The Sarasota County Fire Department Team-up on Basic Health Training Friday, January 19 at 1 pm

BASIC CPR, AED AND BEFAST STROKE TRAINING 60 MINUTE LIFE SAVING CLASS !

Meadows Lifestyle & Wellness Facility
Register at themeadowssarasota.org



SARASOTA ESTATE AUCTION & TRADING COMPANY / MCA PRESENTS THE THREE PART SERIES ON

What's it Worth, an Antique Road Show!

1



January 24, at 1-2:30 PM
Evaluating and Understanding Different Mediums of Art. Discover the difference between Lithography, Etchings, Paintings and posters.

2



February 7, at 1-2:30 PM
Current market trends. Learn how to integrate your antiques into your design aesthetic. Trends with Antiques and today's design sense.

3



February 21, at 6-7:30 PM
Whats it Worth. Bring Your small item in and learn what it's worth. Discover how to integrate your antiques into your design aesthetic.

The Meadows Community Lifestyle & Wellness Facility. Sign up on MCA website: themeadowssarasota.org

Our Lifestyle



Happy Holidays

Bob Bolton—TMCC Director of Membership

The month of December is an exciting time of the year for so many reasons. As we approach the end of the month it presents a time of reflection of the year gone by, and aspirations for the New Year. We are thankful for the MCA having the foresight to build the new Meadows Community Lifestyle and Wellness Facility for our community. Meaningful relationships have been built with residents, Members, Staff, and the leadership of The Meadows. We want to wish everyone a happy holiday season!

When we reflect back on the year 2023, we find ourselves focused on the blessings of health, happiness and prosperity. The Meadows Community Association brought renewed energy to the community, residents and club members with their enriched lifestyle programming. Both the building and the lifestyle that MCA offers is a tremendous asset to attract prospective club members, as we continue to grow our membership.

The Meadows Country Club has a variety of opportunities, in December and January, for our Members, Renaissance Access Cardholders and residents of The Meadows. Like Santa's Shopping List, there's something for everyone.

Renaissance Access EVENTS



Pro Doubles Exhibition Sat, Dec 9th at 11:30 AM, TMCC

2023 Pro Doubles Exhibition featuring former tour professional Kvetia Peschke. Free of charge. Please bring an unwrapped new toy to benefit the Toys for Tots program.

A grilled lunch will be served throughout the event.

For more info call 941-378-5265
tennisproshop@meadowsc.org

Yoga & Tai Chi Classes Tues 10 AM / Wed 6 PM, Mon / Wed / Fri 8:45 AM

For more information contact the Fitness Center 941-371-6000

GOLF FUN

Groves Championship Sat, Jan 6th at 9 AM

Community Invitational Sat, Jan 13th at 12 PM



Groves Championship
January 6 at 9 am, Shotgun
\$45 per player
(includes golf, lunch & prizes)
Call 941-378-5153 or stop by the Golf Shop to sign up.

Meadows Country Club Host to Our Meadows Veterans

15th Annual Veterans Day Celebration Luncheon



Many thanks to the Veterans Committee Co-Chairs, Saul Feldman and Joe Gleason.

THE GIVING TREE



The spirit
of giving infuses
the holiday season

encouraging good-hearted
people to share with those less
fortunate than themselves. In harder
economic times, many struggle to meet
the financial demands of day-to-day life question
how they might provide a gift or two for their children on
Christmas Day. Every child deserves to experience the joy
of Christmas morning. So with that goal in mind, MCA will
have our giving tree in the lobby of 2004 Longmeadow to
provide you the opportunity to consider others that are less
fortunate and how we may be able to make their lives a
little brighter as the holidays approach. A tree decorated with
the love of a giving Angel Envelope with the love of a giving
Angel Envelope will adorn the tree. Each Angel will have
information to consider when purchasing a gift. We have
been asked by the charities to not do cash donations.

**HELP A CHILD, IT'S THE GREATEST
GIFT. MAY YOUR DAYS AHEAD BE
MERRY AND BRIGHT. THANK YOU.**

Our Lifestyle

2023 LGA HOLIDAY FUNDRAISER SPARCC

Safe Place and Rape Crisis Center

LGA Holiday Fundraiser – Co-Chairs
Rosemary Prato, Nancy McDonald, Tricia Skelly



SPARCC Group Picture.

The SPARCC mission is to stop domestic and sexual violence in our community. In this difficult and isolating time, it's more important than ever to lend out support.

The LGA with the help of our entire Meadows Community is asking for your monetary donation this holiday season to make life a little easier for those in need.

In the spirit of spreading JOY, a donation box will be in the Meadows Pro Shop to accept your monetary contributions and a QR code will

be available for a direct donation beginning Tuesday, November 7th through December 5th.



On behalf of the LGA we thank you in advance for your generous donations.

THE HAPPIEST PEOPLE ARE NOT THOSE GETTING MORE, BUT THOSE GIVING MORE.

— H. Jackson Brown Jr.



Marcia McLaughlin
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5138 Harpers Croft—2Bd/2Ba—Golf view, Very private... **SOLD \$299,000**

4631 Longwater Chase—2Bd/2Ba—Full view of entire 18th hole. **SOLD \$314,900**

3385 E Chelmsford Close—2Bd/2Ba—Large, Den, Golf view..... **SOLD \$444,900**

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Nicole Tisdale, DVM



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Our Lifestyle

NEVER UNDERESTIMATE THE POWER OF DREAMS AND THE INFLUENCE OF THE HUMAN SPIRIT. WE ARE ALL THE SAME IN THIS NOTION: THE POTENTIAL FOR GREATNESS LIVES WITHIN EACH OF US.

– Wilma Rudolph

Wilma Glodean Rudolph was an American sprinter who overcame childhood polio and went on to become a world-record-holding Olympic champion and international sports icon in track and field following her successes in the 1956 and 1960 Olympic Games.

Congratulations

Connie Brown on Your Record Breaking Achievement!

Connie Brown ran her 44th straight New York Marathon on her 80th birthday, November 5th. Congratulation on this amazing achievement Connie.

She holds the record for running more marathons than any other women, in the New York Marathon.

Her family and friends joined Connie and her husband Matt in NY for a special birthday celebration. Connie and Matt have lived in The Meadows for 15 years and are avid runners. They love running in The Meadows, because it's a peaceful, happy place, surrounded by beautiful nature. They look forward to Connie's 45th Marathon next year.





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HOPING for Peaceful Weather

Roy Wysniewski — October Weather Analysis in The Meadows

OCTOBER RAINFALL & TEMPERATURE DATA

Rainfall for month:	0.2 in.
Rainfall year-to-date:	28.3 in.
23 yr. rainfall average:	2.4 in.
Average high temperature:	97 F (normal: 92 F)
Above normal temperature days:	22
Record high-temperature days:	2

WEATHER SUMMARY

During a trying time when there is much unrest in the world and peace on earth still seems a distant possibility, we can hope that year-ending peaceful, and less- tumultuous weather presents a calming influence for everyone as we enter a new year!

Temperature Analysis: Continuing the pattern begun in June, Meadow's temperatures in October 2023 also were hot and near, or at record levels on many days. Recent data confirms that the Meadows experienced by far the hottest summer in our ten-year record-keeping history.

October day-time temperature records were broken on two days. Other temperature statistics include monthly daytime temperatures that averaged three degrees above normal and there were twenty-two above normal temperature-days.

Rainfall Analysis: An extreme drought continued in the Meadows — just 7 % of normal October rainfall was recorded at the MCA

weather station. How dry was it? Only 0.08 inches fell during the last seventeen days of the month. This shortfall puts the year-to-date total at twenty-eight inches which is 54 % of normal. Should this dry pattern extend to year-end, 2023 would become the driest year in at least the past twenty-six years of Meadows record keeping!

Monthly temperature and rainfall data are presented in the graph.

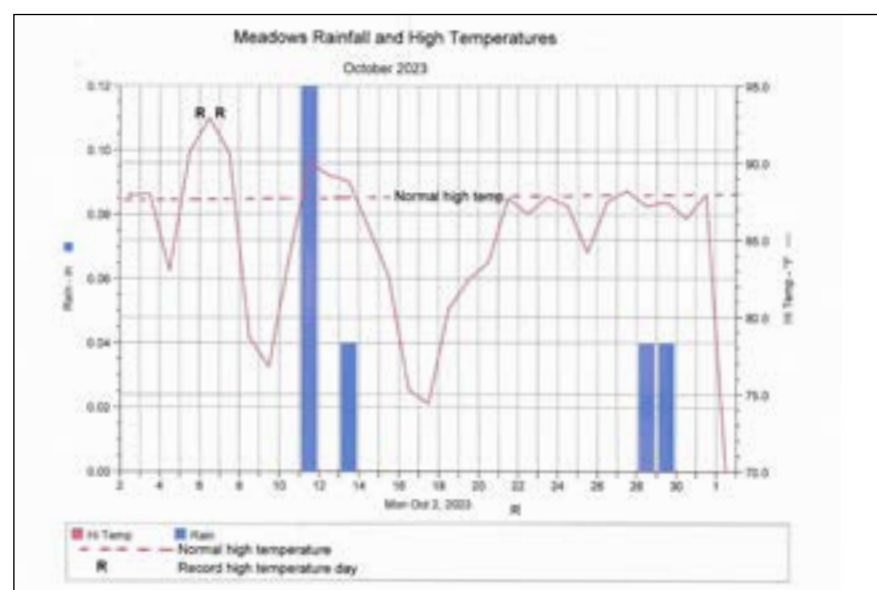
HURRICANE SEASON

ANALYSIS Following a very active September in which there were

seven named storms, October, which typically is a busy month, was relatively quiet. Only two tropical storms developed in the Atlantic Ocean – short-lived Sean in mid-month, and Tammy, which seemed to hang around forever. Should Vince and Whitney make a presence in November, it would be only the fourth time on record that a hurricane season has exhausted the names list!

Although sea temperatures in the Gulf of Mexico are much closer to normal than last month, the western Caribbean remains quite warm and consequently needs to be monitored closely in November for potential tropical storm development.

Meadows residents should remain vigilant and prepared.



MEADOWS RAINFALL AND HIGH TEMPERATURES OCTOBER 2023

Send comments and questions about this month's report to: roywys9@gmail.com.

The Meadows, Hub of Sarasota

Resales ending the months of October 2023 and October 2022 In The Meadows & Sarasota County

SALES	THE MEADOWS	SARASOTA COUNTY
Sales 2023 & 2022	↓2023 (12) 2022 (17)	↓2023 (609) 2022 (666)
Median Sale Price	↑\$462,500 \$340,000	↑\$472,500 \$470,000
Condominium Sales	↓2023 (08) 2022 (16)	↓2023 (203) 2022 (227)
Med Condo Sale Price	↑\$424,750 \$340,000	↑\$405,000 \$380,000
House Sales	↑2023 (04) 2022 (01)	↓2023 (406) 2022 (439)
Med House Sale Price	↑\$733,250 \$510,000	↓\$511,150 \$533,500
For sale on the 31st	↑2023 (49) 2022 (16)	↑2023 (2988) 2022 (1496)
Property Pending	↑2023 (13) 2022 (11)	↑2023 (802) 2022 (690)
Listing Supply	↑2023 (4.1) 2022(0.9)	↑2023 (4.9) 2022 (2.3)

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OUR TRADITIONS *Sources of Peace and Joy*

Memoir Group - Liz Barnett

Traditions bring a sense of security because we know what to expect and what behavior is expected of us. For example, after a story is read at the Memoir Group, we always begin our discussion by talking about what we liked about the story. It's an approach that helps the whole group learn how to write well by reinforcing the use of effective techniques for telling our stories in clear and compelling ways. It's grown out of our belief that everyone's story deserves to be told and preserved. It frees us from any fear that our stories won't be valued. No wonder it's become a tradition.

In the same way, holiday celebrations have become cherished traditions in many families. When everyone agrees about what is important and what should be done, there's peace at our gatherings. Each year, we remember happy times from past

celebrations and participating in the holiday celebration reinforces our sense of joy at being part of the tradition. Our stories reveal that food is often a central part of holiday traditions. We wait all year for Grandma's mincemeat pie and Helen's penuche fudge. Recipes are closely guarded secrets, passed down from mother to daughter through the generations. Although sometimes not everyone may agree about the menu. There are splits between advocates of dressing made from stale bread crumbs and those who favor cornbread stuffing, as well as disputes about whether to add embellishments like sausage or oysters. Or circumstances may change. The pattern of the past may be interrupted and, as we learn in the following story, new traditions may be born.



Joyous Jello

Memoir Group - Liz Barnett

I didn't come from a family of good cooks — the kind of family who has cherished dishes and recipes handed down like heirlooms. In fact, I have no memories of Christmas dinner until 1951 when I was in third grade and we had moved to 450 Louisiana Ave.

I had endured Thanksgiving. My mother hated the smell of a turkey roasting in the oven. She thought making dressing was festive enough for the occasion so for our Thanksgiving feast we had thick pork chops split open to hold sage dressing. I lived in fear that the neighbors or some of my friends would find out that we didn't have turkey for Thanksgiving dinner. I imagined my friends whispering to one another, hands held up to their faces as they whispered, then covering their mouths as they laughed at me. I expected that the neighbors would shake their heads sadly as they tsk, tsked whenever I passed by. Chester West Virginia was a small town and I knew word would soon get around.

I could hardly wait for Christmas, although not for Christmas

dinner. I worried that we would be doubly marked as inappropriate eaters by our Christmas dinner menu. However, things were beginning to change. The Fifties were the beginning of an era of convenience foods. Women had stopped making cakes from scratch and began using cake mixes. They proudly presented their cake mix creations accompanied by an obligatory statement that "the cake mix only cost 37 cents, I couldn't make it from scratch for that." Making things from mixes was the mark of a modern woman and for once my mother kept up with the trends.

She had acquired a free cookbook by saving Jello box tops. — no problem since we ate lots of Jello. Plain Jello was always served during any illness. Perfection Salad, lemon Jello with grated carrots and cabbage, chopped celery and crushed pineapple, was a staple at our dinners. But now with her "Joys of Jello" cookbook Mommy could reach new heights of fancy side dishes.

She began preparing for Christmas dinner 3 days in

advance with Layer 1 of the Christmas Jello, a layer of Black Cherry Jello with reduced water to make it sturdy enough to support what was to come. The next day, she mixed cream, softened Philadelphia Cream Cheese, and chopped walnuts with Lemon Jello for Layer 2. Then came Layer 3, Black Cherry Jello with a whole can of Bing Cherries mixed in. For Christmas dinner, it was cut into squares. When each square was placed on an Iceberg lettuce leaf on a salad plate, it was a red and green creation worthy of a place at the Christmas table. Better yet, it tasted as good as it looked. Best of all, it was a dish to be proud of. It was Joyous Jello.

Our whole family agreed that it was delicious and began asking Mommy to make it again next year. It became the talk of bridge table conversations, where Mommy modestly explained that it was a lot of trouble to make but she was glad to do so as a special Christmas treat. Women asked Mommy for the recipe. I had hope that even if word got out about the pork chops for Thanksgiving, the Joyous Jello would be enough to keep us from becoming social pariahs.

EPILOG

Soon after she began making Joyous Jello, my mother added Roast Beef with Yorkshire Pudding to the Christmas menu. It was a hit. My aunts suggested that Mommy host Christmas Dinner every year and they would have the family for Thanksgiving and serve turkey then. It became a tradition.

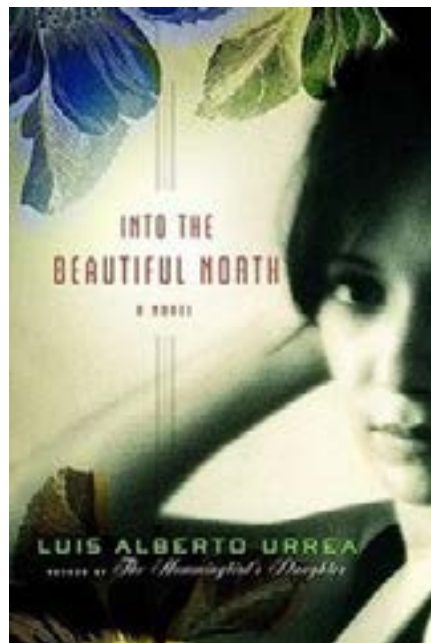
Over the years, there was no fuss about our holiday menus and no fear of whispered complaints. There was peace on earth or at least peace at 450 Louisiana Avenue.

Then in 1965, I got married and brought my new husband home for Christmas. The peace accord ended when he learned there would be no turkey for Christmas dinner. Negotiations ensued and a compromise was reached. He would not make a fuss if I agreed to having Christmas dinners at his parents' house where they served turkey like normal people. (For a complete account see "First Married Christmas," by Bob Barnett, *The Meadoword*, December 2013, p.25.)



Joanne Simons—
December Book Review

INTO THE BEAUTIFUL NORTH



Into the Beautiful North (Little, Brown and Company; 1st edition; May 19, 2009), is a novel about a teenager and her friends who decide they must go north to re-patriate the Mexican men who have abandoned their village, Tres Camarones, for work in the United States. "Nineteen-year-old Nayeli works at a taco shop in her Mexican village and dreams about her father, who journeyed to the US to find work. Recently it has dawned on her that he isn't the only man who has left town. In fact there are almost no men in the village - they've all gone north. While watching The Magnificent Seven, Nayeli decides to go north herself and recruit seven men - her own "Siete Magníficos" - to repopulate her hometown and protect it from the bandidos who plan on taking it over. With three friends, she heads north to find seven Mexican men and smuggle them back into Mexico to protect the

town." Nayeli's trip is financed by Tia Irma, the town's mayor and Nayeli's aunt, who herself is looking for one specific man, the one who long ago left her to go north, much like Nayeli's father. Nayeli's crew is as colorful as the characters they encounter, and there are as many who want to harm them as help them. In reviewing Into the Beautiful North, writer, editor, critic Lucy Popescu observed, "Throughout the novel there is keen sense of nostalgia for a Mexico that has disappeared, and one senses Urrea's regret for the simple rural life that has been usurped by the allure of the beautiful north." She compares the draw of the workers to the beautiful north to the story of the farmers in the 1930s drawn to the supposed Eden of

California, told in The Grapes of Wrath. Author Luis Urrea "was born in Tijuana, Mexico. Both of his parents worked in San Diego, and when Urrea was three, the family relocated to San Diego with the hope that it would help the young Urrea recover from tuberculosis. His mother, an American born in Staten Island, encouraged him to write and attend college. He earned his bachelor's degree in writing from University of California at San Diego in 1977 and completed a graduate degree at the University of Colorado at Boulder. He worked briefly as a relief worker in the dump at Tijuana, a location that appears in Into the Beautiful North." He has published 13 books and was a Pulitzer Prize

finalist in 2005 (nonfiction), he's won the Kiriyaama Prize (2006), the Lannan Award (2002), an American Book Award (1999), and was named to the Latino Literary Hall of Fame.

The Meadows Book Club will discuss Into the Beautiful North at its December 13th meeting. Please join us at 2:00 p.m.; all are welcome.

1 <https://www.amazon.com/Into-Beautiful-North>

2 https://en.wikipedia.org/wiki/Into_the_Beautiful_North

"Sweetheart," he said. "People like us? We don't marry Johnny Depp."

"THE USA DIDN'T LOOK AS NICE OVER THERE AS IT DID ON TELEVISION."

BOOK CLUB SCHEDULE

TITLE	AUTHOR	PRESENTER	MONTH
Into the Beautiful North	Luis Alberto Urrea	Heather Fagnani	December 13
An Affair of Spies	Ronald H. Balson	Besty & David Neumeister	January 10, 2024
The Personal Librarian	Marie Benedict	Millie Irwin	February 14, 2024
The Girls of Atomic City	Denise Kiernan	Kathleen Roberts	March 13, 2024

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Annual Subscription - Begin in January and end in December of that same year. Your subscription will include all *Meadowword* issues and any special editions in June and August IF published.

USA	\$24.00
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USA	\$14.40
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MEADOWWORD DEADLINES

The deadline for advertising and article insertions into *The Meadowword* is the first Monday, one month prior to the month of insertion.

The deadline for the January 2024 *Meadowword* is Friday, December 1, due to the abbreviated holiday production schedule.



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THE MEADOWWORD

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Editor-in Chief/Creative Director:
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Submissions are published at the discretion of the editor and the MCA.

Classified ads cost \$25 for up to 40 words. Classified copy must be submitted with payment on or before the first Monday of the month prior to publication. If the first Monday falls on a holiday, ads are due the previous business day. Please practice due diligence when hiring service providers.

HOMES FOR RENT

Meadows Sheffield Green furnished, updated 2br/2ba, first floor condo with attached garage. Screened lanai, all tiled flooring, heated pool. Available for seasonal rental. No smoking, No pets. Call or text 440-888-4500.

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Bunker Oaks seasonal rental, 1/1 condo with a golf course view. Fully furnished, wifi, pool and on-site laundry. \$2600 a month. Pictures on Zillow, rgruneisen@aol.com

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The Meadows Community News and Lifestyle

December 2023 Calendar

December 1	10 AM	How to Manage Hooliday Stress Toys for Tots Continues	MCLWF MCA Lobby
December 4	2-3 PM	Safety Committee	MCLWF
December 5	10 AM	Medicare Must Knows	MCLWF
December 12	6-8:30 PM	MCA Holiday Party	Regency
December 13	9-11 AM	Optimum Hearing Screening Clinic	MCA
December 14	8-3 PM 1-3 PM	OnSpot Dermatology MCA Board Meeting	MCA Parking Lot MCLWF
December 19	8-2 PM 1 PM 6 PM - 6:45 PM 6:45 - 7:30 PM	SunCoast Blood Drive Basic CPR, AED and BEFAST training Holly, Jolly, Holiday Trolley Tours	MCA Parking Lot MCLWF MCLWF
December 20	6:00 PM	Movie Night-White Christmas	MCLWF
December 21	2 PM	Holiday Cookie Exchange	Perch

JANUARY 2024 PREVIEW

January 4	10 - 1 PM 10:30 - 11 AM 11-11:30 AM 12-12:30 PM	MCA Health Fair Tips on Keeping New year Resolutions FitMinds Exercising Your Brain (Games) Smoothies-Demo & Tasting One Size Doesn't Fit all Demo/Tasing	MCLWF MCLWF MCLWF MCLWF
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Space is limited for some events and presentation. Sign up early to reserve your spot.
To sign up go to the MCA Website at: themeadowssarasota.org

CLUBS & SOCIAL GROUPS

Drop in Art Studio
Melinda Gordon
mpgordan@gmail.com
Every Thursday 10:00 AM – 12 PM

Bike Club
Janet Schmidt
jlschmidt_74@yahoo.com
Every Wednesday 9 AM
Meets at Meadows Pub

Bingo
Agnes Rutushni
RSVPBingo@yahoo.com
1st Wednesday of the month
6:30 PM

Book Club
Lois Robinson
LRobi18755@aol.com
Monthly, 2nd Wednesday, 2 PM

Bridge-Wednesday
Kerriane McMurdo
Kkm988@gmail.com
Every Wednesday 1:30 – 4 PM

Bridge-Friday
John Harwood
jharwood222@verizon.net
Every Friday 12:30 – 3 PM

Bridge Saturday Duplicate
Dot Boulia
mcaduplicate@gmail.com
Date/Time varies

Canasta: Hand & Foot
Debra Ashenofsky
wheresmamamia@gmail.com
Every Tuesday 1:30 – 5 PM

Cornhole
Susan Weisse
cbweisse@yahoo.com
Every Thursday 3 – 5 PM

Craft Group
Gayle Kroll
Gkroll03@icloud.com
Every Wednesday 9 – 11 AM

Game Night
Pat Webster
mi2tall4u@gmail.com
Every Thursday 6:30 – 8:30 PM

Garden Club
Melanie Babineau
mbabineau50@gmail.com
Monthly, 1st Thursday 2 – 3 PM

Hot Stove League
Mark Pienkos
markpienkos2012@gmail.com
Monthly, 2nd Tuesday 9 – 11 AM

Knit Happens
Vicki Carey
vickidon1989@gmail.com
Monthly, 2nd Monday 1 – 3 PM

Mah Jongg
Elizabeth Williams
themeadowsmahjongg@gmail.com
Every Monday 9 AM – 12 PM

Meadowlarks
Michael Bruno
michaelbruno@verizon.net
2nd & 4th Fridays of each month
10 AM – 12 PM

Meadows Chorus
Cindy Rubin
meadowschorusinc@gmail.com
Every Thursday 7 – 9 PM

Meadows Sailing Assoc.
Adam Lawall
saltyadam@gmail.com
Every Tuesday 1 – 3 PM
Meets at MCA Pond

Memoirs
Liz Barnett
meadowsmemoirs21@gmail.com
Meets 1st & 3rd Friday
10 AM – 12 PM

Pieceful Meadows Quilting & Needlework Marge Erazmus
margareterazmus@gmail.com
Every Monday 9 AM – 12 PM

Shalom Club
Helene Stone-
shalomhelene24@gmail.com
Joni Cohen -shalomjoni23@gmail.com
Every 4th Sunday at 3 PM



PHOTO BY: LINDA NAISMITH

Happy Holidays