

Meadoword

The Meadows Community News and Lifestyle



A Healthy Lifestyle
Happy New Year



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Marilyn Maleckas — MCA Board President

MCA Annual Health Fair

Wishing You a Happy **HEALTHY** New Year



As we approach the new year, we are reminded that New Years' resolutions are an integral part of planning to re-energize our health and wellness goals and objectives.

To assist all of us in researching new healthy actions to undertake and new wellness programs to engage in, **Sue Lytle**, our Lifestyle Manager and **Tia Calomeris**, our Marketing and Communications Director have once again organized the ever-popular Meadows Health Fair which takes place on January 4, 2024.



We are so fortunate to have such a strong cadre of Sarasota health care professionals come right to our doorstep to inform us, engage us in taking steps to further improve our physical and mental health as well as commit to revisit our facility throughout the year for additional screenings, seminars, and events in addition to committing to attending our future health fairs.

Meadows' residents live in such a central location to so many prestigious organizations with state-of-the-art medical technology and skilled medical professions so near and accessible for their healthcare needs.

Leading off the program will be seminars on brain health and nutrition, focused on providing information to achieve the best state of brain function to achieve our full potential regardless of disorders.

There are over 40 vendors offering education and health services with presentations addressing brain health, nutrition, creating lifestyle balances and much more. Here are the presentations planned. See page 12-13 for more details.



- ▶ Balancing New Year's Resolutions with McNulty Counseling
- ▶ Fit Minds, Exercising Your Brain, presented by DeSoto Palms practitioners.

OUR MISSION

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

- ▶ We Are What We Eat – Demonstration of the Rainbow Salad, Chef Amanda.
- ▶ Smoothies for Nutrition, a Demonstration, tasting by with registered dietician Nora Clemens.
- ▶ Stop The Bleed with presenter Casey Howell.
- ▶ Gastro Health with Dr. Andari.

AED, CPR and BeFast Training will take place after the health fair, on January 19, see page 13.

Complimenting the demonstrations, seminars, and food tasting, the exhibits feature topics such as Dental Care, Physical Therapy, Safe Mobility, Nursing and Rehabilitation, Eye Care, Dermatology and Hearing Care.

Professional services practitioners will be attending to inform residents about legal issues, hospice care, insurance, blood bank donations, cremations and funeral care, elder care planning, long-term care and much more.

Also exhibiting are local prestigious organizations such as Sarasota Memorial Hospital, The Meadows Center for Nursing and Healing, Aviva Senior Living, Sarasota County, Poet's Walk, DeSoto Palms, Paradise Physical Therapy, Florida Digestive Health, the Alzheimer's' Association, My Sanctuary of Wellness, and the Van Wezel Performing Arts Hall organization.

The Meadows Country Club will showcase health and wellness programs, Renaissance Access and membership plans, equipment demonstrations, fitness center orientations and much more about exercise classes, tailored equipment training, and new services available to residents in 2024.

The Meadows Community Association is grateful to our many local organizations, small businesses and individual practitioners who give their time, talents and information to our residents to enable them to have a happier and healthy 2024. We are also grateful to the resident volunteers who contribute their time and talents to making our Health Fair such a success.

When visiting these participating businesses, please be sure to extend our thanks to them as a show of our appreciation and inform them that we hope that they will join us again in 2025.

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.



Frances Rippondi —
MCA General Manager

Our HEALTHY Lifestyle

HEALTHY LIFESTYLE

We all know that healthy lifestyle choices are essential for overall well-being, but did you know that The Meadows offers a number of ways you can get healthy without leaving the community? The Meadows Community Association (MCA) offers access to healthy living through its community lifestyle classes, activities, and events.

Start the New Year off right by learning how to cook a bit healthier. This year we will once again offer cooking classes that celebrate the importance of healthy eating, such as The Benefits of Rainbow Salad-We Are What We Eat, Smoothies,



and Farm to Table Mediterranean Cuisine. This is just the beginning, we will also be bringing more physical and emotional well-being opportunities to ensure you have access to a well-balanced lifestyle.

You don't have to make a resolution to lose 10 lbs., resolve to have some fun, meet new people, and get outdoors. There is no better place than The Meadows for fitness classes, swimming, tennis, pickleball, or exercising Fido at Canine Commons. The nature trail and pathways are perfect choices to run / walk and experience The Meadows' natural beauty. If you are looking to enjoy expansive views and manicured greens, the Meadows Country Club

offers three golf courses to play. Each course offers their unique challenges so boredom is never an issue.

Participating in our active lifestyle builds relationships, boosts your health, reduces stress, and increases your levels of happiness. See what The Meadows Lifestyle has to offer on pages 10-13 and attend the Health Fair on Thursday, January 4th. Below are just a few sneak previews that The Meadows has in store for you.

Healthy Community = Repairs, Replacements and Capital Improvements

Keeping our community healthy not only pertains to the residents and their lifestyle but also to the health of the community's physical environment. It is the MCA's role to ensure that The Meadows is maintained and in good working condition. The MCA's Board of Directors both past and present number one goal has been to preserve The Meadows property values. So much so, that in 2019 the Renaissance of The Meadows was born out of the understanding that our community was aging and capital improvements needed to be made in order to keep our community viable.

Since the Renaissance's inception we redesigned the new entry at 17th St., built a new community building, a dog park, a new deck at the Center Court Lounge, made structural improvements to the Regency Room, developed the Renaissance Access Plan increasing our residents'

recreational offerings, created a well-rounded lifestyle and wellness program and established environmental initiatives to protect the natural beauty of The Meadows. We have planted over 36 trees and 8,000 aquatic plants.

Feeling Safe in The Meadows We keep the community informed



of suspicious activity through The Meadoword and Constant Contacts to alert residents to mischievous activity that may be happening in The Meadows. A healthy community is one in which residents feel safe.

Today the Renaissance is still at the forefront of our minds as the MCA team works to advance the vision and mission of The Meadows forward.

PREVENTATIVE MAINTENANCE

Each year we continue to improve, repair, and maintain our assets. The MCA maintenance staff performs quarterly inspections on common area elements. These elements range from inspection and repair of bridges, benches, dog stations, fences, fitness / nature trails, fountains, sidewalks, stormwater headwalls, swales, and irrigation.

That's not all, every year an annual common area palm tree trimming,

biennial oak tree trimming, removal of diseased and failing trees along with refreshing and mulching landscape beds, planting new trees and adding aquatic vegetation, all contribute to the effort to keep The Meadows community well maintained and looking it's best.

RECENT CAPITAL IMPROVEMENTS Maintenance Facility

We didn't build any buildings this year, but we did take one down. Why? Because The Meadows Maintenance facility reached the end of its useful life and was no longer practical to invest good money in a building whose structure was showing signs of failure. Instead, we moved the MCA team to the same facility as the Club's maintenance team where they could both operate independently and efficiently out of one space.



Center Court Lounge Deck

This year we completed the third and final phase of the Center Court Lounge Deck. This deck is the perfect place to enjoy outdoor music, food, and fun courtside under the oaks. Take in tennis and enjoy the view.

Pool and Spa Resurfacing

The Meadows pool and spa received important attention to preserve the integrity of the shell

continued on page 4

2024 LIFESTYLE SNEAK PEEK



HEALTH FAIR

We are What We Eat.
Cooking Demonstration
Health Benefits of
Rainbow Salad **Thursday
January 4, at 11 am -MCLWF**



**ANTIQUER ROAD SHOW
SERIES AT THE MEADOWS
What's Your Antique Worth
February 21, at 6:30 pm
MCLWF-Nest**



**SELF DEFENSE SERIES
MCLWF-Nest
January 31, 6:30-7:30 pm
and
February 20, 1:30 pm**

Community News

Our Healthy Lifestyle – continued



structure, preventing water from permeating and deteriorating the structure. In addition, new lights, glass waterline tile, swim ladders and lap lane markings were added.

Outdoor Fitness Trail and New Equipment

Hurricane Ian not only wreaked havoc on our trees throughout The Meadows, but it caused our 5/6 fitness bridge to fail. This year we built a new bridge in its place to allow passage over the Sarasota County ditch and connect to the next phase of the fitness trail.

Before the year ends, the fitness trail will be receiving three new pieces of fitness equipment. Each year we have been replacing deteriorating outdoor exercise equipment and installing three new pieces its place. Once

installed we will have replaced nine pieces in total making working out in the great outdoors much more enjoyable.

Road, Stopbars and Crosswalk Striping

We are currently in the process of applying thermoplastic striping



to road lanes, stop bars and crosswalks where it's needed most.

This thermoplastic striping is highly reflective and helps drivers delineate lanes, especially in poor visibility conditions and at night.

Equipment

There are some items that, due to their age, can no longer be repaired and need replacing. For instance, this year three HVAC systems were replaced. These systems were upwards of 15 years

old, were no longer repairable, efficient and, in most cases barely operational. With heat indexes reaching 110 degrees last year, new efficient HVAC systems are critical for a building's structure as well as residents' comfort.

Water Buffalo

This year we had to put our water buffalo out to pasture as fixing it was cost prohibitive. We recently purchased this much needed

piece of equipment; it is essential to making sure our landscaping receives watering on a regular basis.

Tables and Computers

As activities increase, so does the need to replace chairs and furnishings.

New tables were purchased for the Lakeside room where activities are held. These new tables replaced the old tables that were becoming unstable.

We also purchased some new computers to replace outdated and failing units. New leased printers were obtained for

staff at a reduced rate from the previous program and all staff have scanning capability as we step up our electronic recordkeeping efforts. In late 2023, the IT company used by the MCA converted all Microsoft Office functions to Microsoft 365 and migrated MCA files to a cloud server from an outdated onsite server resulting in greater security, responsiveness, and continual upgrading of Microsoft 365 programs and server functions.

This is a snapshot of routine maintenance, repairs and capital improvements made this year. MCA continues to invest in keeping our assets and the community healthy. The MCA's Vision and Mission is what the MCA's team continually strives to achieve each year by keeping the community safe, well-maintained, in an environment in which residents can socialize and enjoy an active lifestyle.



Tom Bondur— Standards Committee, Chair

The new year is traditionally a time when we set goals and promise to complete those projects in the coming year. Home maintenance is a never-ending project. The new year is a good time to examine your home maintenance task list.

Having a well-organized home maintenance plan is as important as an annual health checkup. You need to continually check your home exterior, plumbing, electrical, security, and cooling/heating systems. Create a monthly or seasonal schedule to keep your home in good working condition.

In Florida, fall and winter are good times to clean up landscaping while outdoor temperatures are low and plants are relatively dormant. Prune trees and shrubs. Pull weeds. Rake up leaves and pine needles. Check irrigation and outdoor lighting systems. Schedule tree trimming services before the spring growing seasons starts.

Make repairs to your home exterior. Seal wall cracks; touch up paint; weather-strip doors and windows; check chimneys; clean fireplace flues and dryer vents. Inspect the roof for cracked or missing shingles. Clear gutters and downspouts. Pressure wash walls, roofs, paths, and driveways. Clean windows.

Schedule a checkup for your heating and air conditioning system twice a year to keep those hard-working systems in good health. Replace air filters to decrease dust. Replace or install ultra-violet lights to guard against mold build up in air ducts. Test smoke alarms, replace backup batteries, and check the pressure level on fire extinguishers.

Protect your home against storms by upgrading to high-impact windows and doors. Guard against rodents and termites by installing

outdoor bait boxes and other pest protection systems. If you have a swimming pool, sweep the debris off the bottom and walls, and clean the filter.

Please remember to submit an architectural review application for any major exterior repair or remodeling project such as roof repair, window replacements, tree removal or other landscape

changes. If you have any spare time left, don't forget to follow through on those self-improvement vows- lose weight, exercise regularly, learn a foreign language, read a book, volunteer in your community, organize your sock drawer, and other character-building pursuits.

HOME HEALTH



NOVEMBER APPROVED ARCHITECTURAL REVIEWS

5313 Huntingwood Ct
Woodmans Chart Condo Assn
Vivienda At The Meadows
4749 Harvest Bend
2822 Wrenwood Ct
4547 Longwater Chase
(2) 4921 Rutland Gate
4441 Highland Oaks Cir
5322 Everwood Run
5385 Huntingwood Ct
4988 Taywater Dell

5416 Downham Meadow
3015 Rosemead
4644 Longwater Chase
Lyndhurst Court HOA
(3) 4421 Glebe Farm Rd
4725 Greencroft Rd
5224 Lake Village Drive
4988 Taywater Dell
4742 Ringwood Meadows
3918 Oakley Greene



No Election Required for The MCA Board of Directors

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 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.



TOM BONDUR

Tom Bondur and his wife Cynthia are six-year residents of The Meadows Community.

Since moving to The Meadows, Tom has served as a Director of the MCA Board of Directors, Chair of the Standards Committee, volunteer on the Maintenance, Standards, and Long-Range Planning Committees. Special projects include working on the 2022 resident survey and compiling an infrastructure catalog with inspection notes for tracking maintenance tasks.

MARILYN MALECKAS

Marilyn Maleckas has been a Meadows resident for 28 years and is currently The Meadows Community Association (MCA) Board President.

She has served on the Board as president, vice president and secretary as well as liaison on the planning, communications, finance and activities / events committees over the years. Marilyn has also served as an MCA Board Liaison on the TMCC Board of Governors and as a key contributor on the MCA / TMCC Strategic Planning Committee.

FERNANDO VITERI

Fernando and his wife, Victoria, are 34-year residents in The Meadows, where they raised their daughter Via, surrounded by the most wonderful people and beautiful setting.

Fernando has served on the MCA Board of Directors as treasurer, and as a director. Fernando is a strong collaborator and brings his experience as a successful real estate professional to uphold the mission and vision of MCA to preserve the property values, ambiance and vitality of our community.

ASSEMBLY

Mike Mazur & Ned Boston
 Assembly Program, Co-Chairs

This month's Assembly meeting will be held on January 17, at 4:00 pm in the Meadows Community Lifestyle and Wellness Facility.

The topic for the meeting is "Emotional Support Animals- What Associations Need to Know". Attorney Scott Peterson will be our speaker. He will discuss what action associations may and may not take when presented with an emotional support animal application.

The number of these applications has steadily increased over the last few years. It is important for association leaders to understand how to respond to these applications to not run afoul of Florida statutes, federal laws and court decisions.



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Safety Report

WHAT ARE INCIDENTS AND CITATIONS?

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 November, 2023 there were (17) incident free days – (5) more than October 2023. There were (17) reported incidents - (12) less than October 2023. There were (73) citations issued this month – (11) More than October 2023.

Safety responded to the following during the month of November:

SUSPICIOUS PERSON COMPLAINTS

- November 7 – At the 4000 block of Ringwood Meadow, it was reported that an unknown male showed up at the residence door, and proceeded to the downstairs apartment. The male then ran to an awaiting car that sped off. Safety arrived in the area but did not observe anything. The resident was advised to contact the Sarasota County Sheriff's Office if they were to return.
- November 9 – At the 5400 block of Chanteclair, it was reported that a male and two females were observed at the rear of the residents' home. Safety responded and it was determined that they were employees of Truscapes Landscaping.
- November 25 – Before sunrise in the vicinity of the 5600 block of Sheffield Greene Circle, a complainant while walking with her son and dog, was startled by a man that approached her and stated, "Move, you aren't the only ones out here." The complainant gave a description; black hoodie, black pants and wearing dark sunglasses. Safety canvassed the area and did not observe an individual meeting the description provided.

ANIMAL COMPLAINT

- November 12 – At the 5000 block of Sheffield Greene Circle, it

was reported that a large dog pinned a woman against the wall of a building. Safety arrived and was able to talk with the owner of the dog. The dog had exited the house without a leash and the owner apologized. The complainant did not report any injuries.

- November 20 – At the 4800 block of Winslow Beacon, there was a report of a dog barking nearby and had been doing so for at least a half an hour. Safety reported to the area, and located the address of where the barking was coming from. However, after knocking on the door of the residence, there was no response. The barking had ceased.

DISTURBANCE COMPLAINT

- November 4 – In the 5000 block of Marshfield Road, a report of loud banging noises was received. Safety responded, knocked on the door of the residence, there was no response. A notice of the noise complaint was left at the residence.
- November 8 – In the 4000 block of Highlands Bridge Road, a complainant reported that kids were fooling around with a golf cart on the golf course. Safety responded and was unable to locate the subjects. Safety spoke with TMCC staff, they were aware of the situation and addressing it.
- November 22 – At the 12th hole of the Meadows Golf Course, kids were observed by Safety driving motor-powered bikes. Due to inclement weather and the type of vehicle being operated by safety, they were unable to pursue the culprits on the course. A call was received indicating they were now at the 6th hole, but when Safety

arrived, they were no longer there. Patrolling continued without further incident.

FISHING COMPLAINTS

- November 1 and 3 residents were fishing in non-designated fishing areas and left when instructed to do so by Safety.
- November 30 – An unknown person was fishing at the pond located at Spring Lake and Everwood. Safety arrived on scene and informed the unknown person that The Meadows is a private neighborhood and inquired if he was a resident. The unknown person stated they did not reside in the community and he would leave. The incident was resolved.

BURGLARY

- November 3rd – A complaint was received in the 3000 block of Highlands Bridge Road. Whereas a bicycle valued at approximately \$2,000.00 was stolen from an open garage. Complainant was advised to contact the Sarasota County Sheriff's Office and file an official report.

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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HELLO 2024

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WE ARE SO GRATEFUL FOR ALL OF OUR CLIENTS, FRIENDS, AND NEIGHBORS IN THE MEADOWS!

Let Our Proven Success Work For You!

Our Lifestyle

Open to Renaissance Access Cardholders.

Yoga For Your Health & Fitness

Start the New Year off right, register for a fitness class!

(Class time and locations are subject to change, please confirm with Fitness Center.)

QI GONG

Cultivating balance, flexibility and energy for life. Feed your mind, body and soul, join us at the Qi Gong Class.



Tuesdays, at 10 am. \$15 PP
Sign up on the TMCC website.

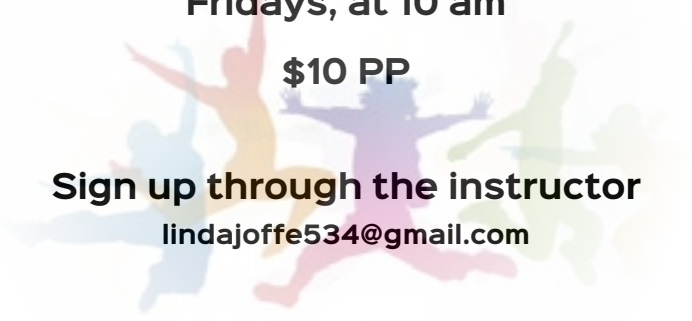
Classes held at MCA location under the oaks.
2004 Longmeadow.

MUSIC & MOVEMENT

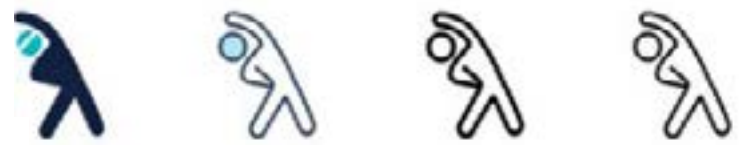
Fridays, at 10 am

\$10 PP

Sign up through the instructor
lindajoffe534@gmail.com



STRETCH & TONE



Tuesdays, at 8:30 am FREE

Thursday, 8:30 am FREE

Sign up on the TMCC website.

YOGA

Yoga is a popular way of promoting physical and mental well-being using physical postures, breathing and meditation. There are many different yoga styles, influenced by their creative instructors. Try a class, find the one that best fits you.

Sign up at TMCC website

Tuesday 10 am YOGA, \$15 PP

Wednesday 10 am GOLF YOGA, \$15 PP

Wednesday 6 pm EVENING YOGA, \$15 PP

TAI CHI

M, W, F

at 8:45 am

\$10



To sign up call Mike Murphy 941-284-6820.



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HAPPY NEW YEAR



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

January is the month when our thoughts focus on health, especially through our New Year's resolutions. We all make promises to eat and drink less and exercise more in an effort to be healthier and more mindful in the forthcoming year. However, in addition to personal health, single-family homeowners also have to consider health and safety in our homes and landscapes.

For our personal health, Chris Crowley and Henry S. Lodge, M.D. in *Younger by Next Year* suggest that we can turn back the clock if we plan our exercise as we planned our former work routines. That is easy to do in The Meadows because of the many opportunities to play golf, tennis, pickleball, and swim, bicycle, walk, run, or trek on the sidewalks, pathways, and trails. Just being

outdoors in The Meadows is healthy! Additionally, the Fitness Center at the Meadows Community Lifestyle & Wellness Facility has classes, personal training consultations, and opportunities to exercise seven days a week. Lastly, the Meadows Community Association (MCA) offers many excellent courses to expand our minds and keep us healthy.

However, exercise is not the only pathway to health. Keeping a healthy home environment is another. It is also a common concern of many single-family homeowners. Therefore, January is a good month to ensure that all systems work. For example, getting the air conditioners checked and filters and air ducts cleaned are good starts to ensuring good health and breathing clean air. Other

household items to check are the batteries in the smoke detectors and filters for the driers and water in our sinks and refrigerators to determine if they need changing. Some homeowners find it helpful to have checklists of general home maintenance activities to schedule at the beginning of the year.

Health also relates to safety. Most one-story homes in The Meadows have smooth transitions from room-to-room without changing levels, which removes mobility hazards. However, other hazards can be inadvertently added such as small rugs. If you have small rugs in your houses, please consider using double-sided tape to secure the rugs and prevent accidental falls. Another safety tip is putting soft foam or rubber padding on the sharp corners of furniture, like on end tables and

nightstands. Both the double-sided tape and padding can prevent a lot of blackeyes and bruises on faces, arms, and legs.

Our yards also need some tender loving care (TLC) in January and the winter months to ensure their health year-round. Agronomists suggest that winter is a suitable time to check your irrigation systems. Additionally, the University of Florida has gardening calendars with printable suggestions for year-round gardening solutions. Click <https://sfyl.ifas.ufl.edu/lawn-and-garden/florida-gardening-calendar/>.

To have a happy 2024, have a healthy mind, and body, and include your home, and yard in your New Year's resolutions!

For more information on the Meadows Single-Family Homeowners Alliance (MSHA) write to meadowshomeownersarasota@gmail.com.

Howdy Neighbor!
Give us an opportunity to service your lawn.
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NEW YEAR, NEW BEGINNINGS
I hope the upcoming year brings you happiness, good health and prosperity.
I have been a Meadows real estate specialist and resident since 2009 and a licensed Realtor® since 1998.
If you're thinking about making a move in 2024, I'm ready to help you achieve your real estate goals.
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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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REMINDERS

HOLIDAY TRASH PICK UP

First Week of The New Year

Mon	1/1/24	Tues	1/2/24
Tues	1/2/24	Wed	1/3/24
Wed	1/3/24	Thurs	1/4/24
Thurs	1/4/24	Fri	1/5/24
Fri	1/5/24	Sat	1/6/24

Happy New Year

The MCA Office and The Meadows Community Lifestyle & Wellness Facility will be CLOSED for the New Year holiday on 12/29/23 and 1/1/24. The public side and library will be open.



January 11 • 7:30 AM – 3 PM
MCA Parking Lot

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

HOLIDAY DECOR REMOVAL

Just a reminder that all holiday decorations should be removed by Monday, January 8, 2024.

Thank you.

Annual Assessment Reminder

Annual Assessments will be mailed by mid January and are due by March 1.

Within the assessment mailing will be your annual assessment invoice, MCA 2024-2025 budget and parking sticker. For those that may need additional parking stickers, they will be available at the MCA Building located at 2004 Longmeadow after the assessment mailing is received by our residents.

If you are a tenant, please contact your landlord should you need any additional stickers.

Thank you.

ENJOY SINGING?

The Meadows Chorus is beginning rehearsals for the Winter/Spring Season on Thursday, January 4 at 7 pm in the Lakeside Room of the Meadows Community Association Building.

For more information, please contact Cindy Rubin, meadowschorusinc@gmail.com



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

Activities + Events

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

What's it Worth, an Antique Road Show!

WITH ANDREW FORD

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. 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



JANUARY 3 / 6:30-7:30 PM / MCLWF
3 CARDS \$15

CHASH ONLY. EXACT CHANGE REQUIRED.
DOORS OPEN AT 6 PM

To Sign Up email: RSVPBingo@yahoo.com



ICE CREAM SOCIAL

JANUARY 9 / 6:30-7:30 PM / MCLWF
Sign Up on MCA Website: themeadowssarasota.org

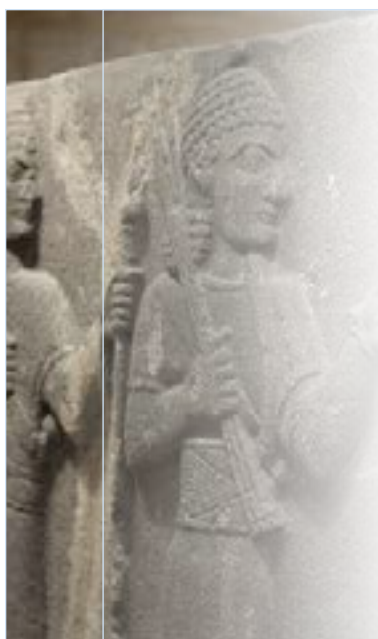


PHOTO JOURNAL OF
12,000 YEARS OF
**ANATOLIAN
CIVILIZATIONS**
Presented by Jeffry Olesen
**TUESDAY
JANUARY 16
6-7 PM**
MEADOWS COMMUNITY
LIFESTYLE & WELLNESS FACILITY
SIGN UP: themeadowssarasota.org



**MOVIE NIGHT
AN AFFAIR TO
REMEMBER**
Wednesday
January 17
6 pm
MEADOWS COMMUNITY LIFESTYLE &
WELLNESS FACILITY
SIGN UP: themeadowssarasota.org

Latest Frauds & Scams



PRESENTED BY
DEPUTY CATHY DUFF

**Tuesday
January 23
1 pm
MCLWF**

Sign Up: themeadowssarasota.org

SELF DEFENSE SERIES

Presented by Karen Hicks
Retired Sarasota Sheriff Deputy

Basic Awareness Self Defense
Wednesday, January 31
1 - 2:30 pm

Self Defense Techniques
Tuesday, February 20
1 - 2:30 pm

Classes do not need to be taken in succession.

MEADOWS COMMUNITY LIFESTYLE & WELLNESS FACILITY
SIGN UP: themeadowssarasota.org



HEALTH FAIR

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

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

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

Look Who's Coming To the MCA Health Fair



- Age Friendly Sarasota
- Age Reversal Technology
- Alzheimer's Association
- AVIVA
- Christine Hannafin PhD
- Coastal Cremation
- Count Cory Skin Care
- CPR Sarasota
- DeSoto Palms Assisted Living
- Electronic Caregiver
- Empath Tidewell Hospice
- Eye Watch Live
- FitLife Foods
- Florida Department of Health
- Florida Digestive Health Specialists
- Fox Rehabilitation
- Grey Matters-Cognitive Physician
- 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
- Partners Imaging Centers
- Poet's Walk
- Rolling Coconut
- Safe Mobility for Life
- Sarasota County Department of Health
- Sarasota County Sheriff's Office
- Sarasota Memorial Hospital
- Stretch Lab
- Stop the Bleed SunCoast Blood Bank
- Teresa K Bowman Attorney
- Terri Magsalinski-Massage Therapist
- The Meadows Country Club
- 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.

ANNUAL HEALTH FAIR

Health Fair Presentations

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



WE ARE WHAT WE EAT

Cooking Demonstration
by Chef Amanda
The Health Benefits of Rainbow Salad

Thursday January 4,
at the Health Fair
11 am

Register to attend.
Space is limited.
themeadowssarasota.org

Meadows Community Lifestyle & Wellness Facility

Gastro Health



Presenter, Dr. Andari

Thursday
January 4, Health Fair
12-12:30 pm

Meadows Community Lifestyle & Wellness Facility

[sign up on themeadowssarasota.org](http://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.



STOP THE BLEED SAVE A LIFE



Thursday, January 4, Health Fair
12:30 - 1 pm

Presented by Casey Howell

Meadows Community Lifestyle & Wellness Facility
Sign up at themeadowssarasota.org

Additional January Health Presentations



MCA & The Sarasota County Fire Department Team-up on Basic Health Training

Friday, January 19 at 2 pm

BASIC CPR, AED AND BEFAST STROKE TRAINING

60 MINUTE LIFE SAVING CLASS !

Meadows Lifestyle & Wellness Facility
Register at themeadowssarasota.org

Farm to Table Mediterranean Cuisine

by Chef Amanda
Featuring Eggplant

January 22
5:30 pm in Perch

Meadows Community Lifestyle & Wellness Facility
[sign up on themeadowssarasota.org](http://themeadowssarasota.org)



BEST KEPT 2023 Awards Splendid Holiday Decorations



SINGLE FAMILY HOME

FIRST PLACE – (Shown Left & Below)

Robert & Cathy Williams
4839 Windsor Park



SINGLE FAMILY HOME

RUNNER UP
(Shown Right)

Stephen Becker
5441 Downham
Meadow





ASSOCIATIONS



FIRST PLACE – (Shown Left)
Chandler's Forde
Dan Costant – President



RUNNER UP– (Shown Right)
VILLAGE LAKE
Steve Brockenshire– President

CHAIRMAN'S CHOICE

RUNNER UP- (Shown Right)
Chartwell Green
Mary Dima-- President



CHAIRMAN'S CHOICE

FIRST PLACE- (Shown above with inset)
Wood Ridge HOA



Doing Good By Shopping

Liz Barnett – Craft Group

It was another Win-Win on November 18 and 19 when our good neighbors in The Meadows flocked to the Lifestyle and Wellness Facility for the annual Craft and Bake Sale. You got the treats and treasures at the sale. Charities benefited as we will donate the proceeds from the sale to support their work.

When you made those purchases, you became part of something larger than yourself. The community spirit you displayed was exemplified by Nick Etten, a Meadows resident, who surprised us by bringing his handmade walking sticks which he gave away to those at the sale. We all became part of The Meadows community, a community that cares and acts to strengthen our whole community.



We want to say thank you to all those whose efforts made the sale a success. We couldn't have done it without support we received from the MCA and its staff in setting up the sale. We are especially grateful for the opportunities to communicate with The Meadows through The Meadoword and Constant Contact.

We are grateful to all the merchants whose donations made our Basket Raffle possible with multiple opportunities to win gift certificates and baskets of merchandise. When making plans to dine out we hope you'll consider these restaurants who donated gift cards: Apollonia's, Carrabba's Italian Grill, Cheesecake Factory, Der Dutchman, Donato's Pizza,

Longhorn Steakhouse, Phillipi Creek Oyster Bar, Valentino's, and Village Pub.

Ready for some beautification or relaxation? Try these Salons and Spas that contributed gift cards: Angela's Pure Salon, Queen of Blonds, Sunshine Aesthetics, and Teri Magdalinski -Massage Therapy.

Our good neighbors at these grocery stores were also contributors: Detwiller's Farm Market and Publix.

We encourage pet owners to find the things they need at these contributors: Pet Supply Center and Three Dog Bakery.

When it's time for a car wash, remember Eager Beaver Car Wash.

The New Balance Store supported our Raffle and their shoes will support your arches.

We also appreciate The Meadows Country Club which donated rounds of golf and dinner.



Thanks to a year's work and a few days of non-stop baking by the Craft Group there was plenty to shop for. Shoppers bought hundreds of handmade greeting cards to stay in touch with friends, practical housewares to make their daily lives easier, Christmas ornaments, accessories and jewelry as well as gifts for all ages. Proceeds from our sale exceeded \$7,000.

At an upcoming meeting of the MCA Board of Directors, checks

will be presented to 4 local charities that do an immense amount of good here in Sarasota.

- Baby Basics, <http://www.babybasicssarasota.org>, is an all-volunteer group that every month provides diapers and kindness for families of the working poor who do not receive government assistance.
- Resurrection House, www.resurrectionhousesarasota.org, is a faith-based, day-resource center for the homeless that



services to individuals with developmental and physical disabilities. Through early intervention for infants and preschoolers, vocational education and job placement programs, work opportunities in its bakery and resale shop and group housing for adults, it serves over 700 people.

The Craft Group will continue to create a wide variety of crafts as we have fun and strengthen the bonds of friendship every Wednesday morning from 9 to 11. We would love to have you join us, no matter what your skill level. If you can glue, we want you.



provides showers, laundry, food, clothing, telephones, medical treatment and counseling as well as a chapel and spiritual guidance.

- SPARCC (Safe Place And Rape Crisis Center), <https://www.sparcc.net>, provides a hotline, emergency shelter and counseling for victims of domestic violence and sexual assault. SPARCC also conducts education programs on violence prevention and healthy relationships for students.
- The Haven, <http://communityhaven.org>, is a nearby enclave on Desoto Road providing a wide range of

THANKS TO A YEAR'S WORK AND A FEW DAYS OF NON-STOP BAKING BY THE CRAFT GROUP THERE WAS PLENTY TO SHOP FOR. PROCEEDS FROM OUR SALE EXCEEDED \$7,000.



SHORT-TERM

Retreat

Where Care* and Comfort Meet Convenience and Safety




**Anchin Pavilion is a licensed Assisted Living Community providing assistance with activities of daily living for seniors who may need more care and services than independent living provides. This program is also available in our memory support neighborhood.*

Try us on for size. **Fully furnished** large assisted living studio apartments are now available for short-term lease. Move right in knowing you will have 24 hour care, medication management, assistance with your daily personal care routine—all without the worry and responsibility of managing your home!

Contact any one of our professional Senior Living Counselors by calling (941) 702-4907 or emailing us at info@avivaseniorlife.org.

Retreat requires a two-week minimum short-term lease that can convert to an ongoing monthly lease, if desired.



AvivaSeniorLife.org | 1951 N. Honore Ave. | Sarasota, FL 34235

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at The Meadows



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JANUARY SPOTLIGHT!

SELECT LISTINGS

FOR SALE MEADOWS

5262 WEDGEWOOD LN
\$340K (TENANT INCOME CREDIT)

4957 TAYWATER DELL
\$750K (NEW ROOF COMING)

PENDING

4844 14TH AVE E,
BRADENTON: **\$975K**

SOLD

11503 PIMPERNEL DR,
LAKEWOOD RANCH: **\$500K**

MON-FRI: 8:30 - 4:30 | SAT-SUN: 12:30 - 4:30
OTHER TIMES BY APPOINTMENT

Our Lifestyle

Happy New Year 2024

Jennifer Naylor, PLLC
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Single Family Home,
Maintenance-Free, Oversized 2
Car Garage with Work Bench,
New Roof 2015, Large Enclosed
Lanai with Tropical Garden
View, Open Floor Plan, Eat-In
Kitchen. MLS #A4586117

FOR SALE IN HERONMERE | 5032 MARSHFIELD ROAD

3 Bed | 2 Bath | 1st Floor Condo | Fully TURNKEY Furnished!
At \$368,000 it won't last long! Call today! MLS# A4589612

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- ✓ KNEE PAIN / INJURIES
- ✓ HIP PAIN / INJURIES
- ✓ BACK AND NECK PAIN / INJURIES
- ✓ POST-SURGERY REHAB
- ✓ VERTIGO
- ✓ GOLF, TENNIS, & PICKLEBALL INJURIES

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Nicole Tisdale, DVM



Fernando Viteri PA

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33-YEAR

Meadows Resident



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FOR SALE IN THE HIGHLANDS

4571 Highland Oaks Cir- Fabulous opportunity to customize large pool home .. Pending

FOR SALE ELSEWHERE IN THE MEADOWS

2977 Heather Bow – Maintenance-free single-family home, large lot \$459K
 4581 Kingsmere - Spectacular golf-course views from this updated end-unit \$450K
 4842 Greencroft Rd – 3/2 single family home with large lanai on private lot \$449K
 5515 E Long Common - Golf course views from this 2/2 plus Den end-unit villa \$419K
 2633 Greenbelt Yard – Gorgeous lake views and privacy from updated villa \$399K
 5424 Hamsptead Heath – Spectacular pond framed by wide golf course views \$375K
 3131 Windrush Bourne – Tranquil pond views, updated carefree villa Pending
 4621 Morningside – Beautifully updated 2/2 villa with lush garden views \$330K

FOR SALE IN THE SARASOTA METRO AREA

Downtown – Burns Court Villas, exclusive enclave in the heart of the city Pending
 Sarasota – New construction townhouse at Bath-and-Racquet Pending
 Lakewood Ranch – Open-plan single family home with preserve views \$599K
 University Park – Maintenance-free home with open plan and lush setting SOLD!
 Lakewood Ranch – Brand new 3/2 home with sweeping lake views SOLD!

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BOOK NOW

Our Lifestyle

HOW WEATHER IMPACT OUR HEALTH

Roy Wysnewski — November Weather Analysis in The Meadows

WEATHER AND HEALTH

The weather impacts our health in different ways, leading to both positive and negative results. Living in Florida with its 'fair-weather' sunshine in abundance year-round, residents receive lots of vitamin D that is so important to good health. Sunshine also lends itself to a more positive/optimistic attitude – a healthy attribute!

On the negative side, temperature plus moisture (heat) represents an increasing danger to our health, particularly during our warm summer months. With

atmospheric temperatures on the rise in our area by about 0.14 degrees Fahrenheit each year since 2000, there is an increasing threat that over-exposure to sunshine will cause our body core temperatures to rise, leading to heat stress illness, including heat cramps, heat exhaustion, and heat stroke – which can be lethal! Also, breathing in increasingly hot, humid air can exacerbate respiratory conditions like asthma and COPD and strain the heart.

2023 Hurricane Season Summary

A highly unusual hurricane

NOVEMBER RAINFALL & TEMPERATURE DATA

Rainfall for month:	0.86 in.
Rainfall year-to-date:	28.10 in.
23 yr. rainfall average:	1.94 in.
Average high temperature:	82.1 F (normal: 80 F)
Above normal temperature days:	22
Record high-temperature days:	8

season concluded on November 30th. Despite a strong hurricane-shredding El Nino event in place after mid-June, and pre-season forecasts calling for a near-normal hurricane season, 20 named storms formed. This number ties 1933 for the 4th highest on record!

Seven storms were hurricanes and three – Franklin, Idalia and Lee – became major hurricanes with Franklin reaching maximum sustained winds of 150 mph!

Hurricane Lee was the only Category 5 hurricane.

Only one hurricane, Idalia, had an impact on southwest Florida this season. On August 30th, it grazed the Sarasota coastline as it moved north in the Gulf of Mexico, about 150 miles offshore. Storm surge led to minor damage on the shoreline. On a positive note, the hurricane gave Meadows residents 5.5 inches of badly-needed rain.

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

MEADOWS FARMER'S MARKET KICKS OFF THE YEAR WITH FUN!



MEADOWS FARMERS MARKET
SEASON 3 HOLIDAY CALENDAR

DEC 10 SEASON 3 KICK OFF HOLIDAY MARKET SANTA IS COMING!

JAN 28 NEW YEAR'S MARKET (WINE IN 2024 WITH US!)

FEB 25 LOVE YOURSELF MARKET CELEBRATE LOVE IN THE AID!

MARCH 24 SPRING MARKET (EASTER BUNNY IS COMING!)

APRIL 14 PEACE, LOVE & PLANTS MARKET CELEBRATE EARTH WITH US!

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DeSOTO PALMS
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FitMinds

Life Changing Mental Stimulation

Presented by *Cindy Black & Wendy Mills*

Visit us at The Meadows Health Fair January 4

FitMinds provides mental stimulation for seniors in groups, in individualized programs. Its curriculum exercises 5 key areas of cognition; language and music, visual and spatial orientation, memory, critical thinking and computation. This presentation will include a typical FitMinds session. You will learn the following:

- ✓ What is FitMinds?
- ✓ What are examples of the key 5 areas of cognition?
- ✓ What happens if you don't stimulate your brain?
- ✓ What is a typical FitMinds session like?

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An Affair of Spies

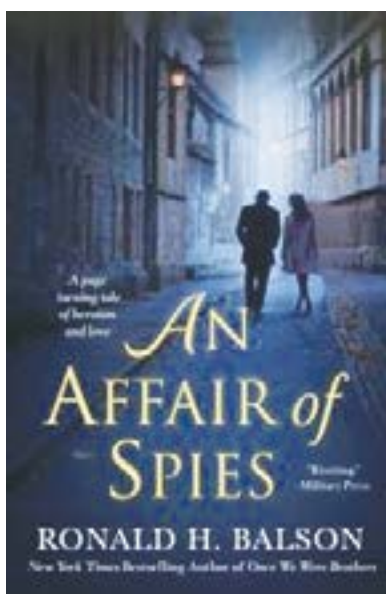
Joanne Simons—
January Book Review

A good spy novel takes a historical event, weaves into it a fictional hero or heroine on a treacherous mission, and endeavors to convince the reader that things may not turn out the way history records. That's the plan in *An Affair of Spies* by Ronald H. Balson (St. Martin's Press, 2022). Enlisting the reader's willing suspension of disbelief, the novel aims to convince the reader that the Nazi's efforts to develop a nuclear weapon could well have succeeded in manufacturing such a bomb to defeat the Allies during World War II.

"Nathan Silverman grew up in Berlin in the 1920s, the son of a homemaker and a theoretical physicist. His idyllic childhood was soon marred by increasing levels of bigotry against his family and the rest of the Jewish community, and after his uncle is arrested on Kristallnacht, he leaves Germany for New York City with only his mother's wedding ring to sell for survival.

"While attending an evening course at Columbia in 1941, Nathan notices a recruitment poster on a university wall and decides to enlist in the military and help fight the Nazi regime. To his surprise, he is quickly selected for a special assignment; he is trained as a spy, and ordered to report to the Manhattan Project. There he learns that the Allies are racing to develop a nuclear weapon before the Nazis."

Nathan is selected for this assignment because a German theoretical physicist who is thought to be critical to the Nazi's effort, and who is hoping to defect, was a friend of Nathan's father, also a physicist. Disguised as a Nazi officer, Nathan and Dr. Allison Fisher, a scientist with the Manhattan Project, are to sneak into Germany, learn as much as



they can about the progress of the German's nuclear program, and accompany the defector back to the US. It's a harrowing mission with a thousand things that could go wrong, but in

the hands of author Balson it's a good yarn.

"Ronald H. Balson is an attorney, professor, and writer. His novel *The Girl From Berlin* won the National Jewish Book Award and was the Illinois Reading Council's adult fiction selection for their Illinois Reads program. He is also the author of *Defending Britta Stein*, *Eli's Promise*, *Karolina's Twins*, *The Trust*, *Saving Sophie*, and the international bestseller *Once We Were Brothers*. He has appeared on many television and radio programs and has lectured nationally and internationally on his writing."

The MCA Book Club will discuss *An Affair of Spies* at its meeting on January 10 at 2:00 p.m. Please join us; all are welcome.

1 <https://www.goodreads.com/book/show/59808336-an-affair-of-spies>

“

BOOKS ARE THE MIRRORS OF THE SOUL.

— Virginia Woolf

Adeline Virginia Woolf was an English writer. She is considered one of the most important modernist 20th-century authors and a pioneer in the use of stream of consciousness as a narrative device.

BOOK CLUB SCHEDULE

TITLE	AUTHOR	PRESENTER	MONTH
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

The Meadows, Hub of Sarasota

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

SALES	THE MEADOWS	SARASOTA COUNTY
Sales 2023 & 2022	↓2023 (05) 2022 (10)	↑2023 (593) 2022 (503)
Median Sale Price	↓\$489,500 \$518,500	↑\$475,000 \$437,500
Condominium Sales	↓2023 (04) 2022 (08)	↑2023 (190) 2022 (177)
Med Condo Sale Price	↑\$459,750 \$450,000	↑\$400,000 \$350,000
House Sales	↓2023 (01) 2022 (02)	↑2023 (403) 2022 (326)
Med House Sale Price	↓\$600,000 \$649,500	↑\$499,000 \$480,000
For sale on the 30th	↑2023 (58) 2022 (27)	↑2023 (3421) 2022 (1683)
Property Pending	↓2023 (17) 2022 (18)	↑2023 (768) 2022 (742)
Listing Supply	↑2023 (12.) 2022(2.7)	↑2023 (5.8) 2022 (3.4)

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Contact me any time if you'd like to sell or buy a home in The Meadows



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Services & Classifieds

NEW MEADOWWORD SUBSCRIPTION OPTIONS

If you spend several months of the year away from The Meadows, and would like to receive a print copy of *The Meadowword*, consider subscribing to *The Meadowword* or access it on themeadowssarasota.org. Forms for subscriptions may be found on the MCA website under News & Resources/ Meadowword Forms.

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
Canada	\$42.00
Foreign	\$75.00

Semiannual Subscription - Begin in May and end in December of that same year. You will receive 6 issues of the full *Meadowword* and any special editions in June and August IF published.

USA	\$14.40
Canada	\$25.20
Foreign	\$45.00

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 February 2024 *Meadowword* is Tuesday, January 2. MCA is closed for the New Year holiday on Friday, 12/29/23 and Monday, 1/1/24.

Chris & Michael Residents of The Meadows
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ptaklonis@aol.com

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debbielee134@gmail.com

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Pegatronics941-735-3362
pegatronics.com

The Patient Trainer 941-404-5585
dave@davidstoltie.com

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THE MEADOWORD

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Submissions are published at the discretion of the editor and the MCA.

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.

Second Level 2 bed/2bath furnished condo in Village Lake for rent. Seasonal rental. In house laundry; fully equipped kitchen; furnished enclosed lanai; reserved parking spot & more. Call/Text Heather at 917-886-6688 or email karlsbergh@aol.com for more information.

2 Bed, 2 Bath first floor condo for rent in The Meadows. Golf course view, fully furnished, wifi, pool, onsite laundry, screened lanai. Available Feb. 2024. Monthly or yearly rental. 941-993-7195 or gaconr@ferris.edu

HOMES FOR SALE

2BR/2BATH Condo. EXCELLENT UPSTAIRS VIEW of the 16th green, fairway & water on the Meadows Course, from the Great Room, Kitchen, 2 screened/enclosed Lanai(s) & MBR. Fresh Paint. New Laminate Flooring. Convenient parking. Pet allowed. Close proximity to everything! For info call 941-376-1353.

2 Bedroom, 2 Bathroom unit, first floor for sale by owner, once necessary renovations have been completed. If interested or know a friend who might, please call Lonnie at 972-480-8234 for details.

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Meadoword



The Meadows Community News and Lifestyle

January 2024 Calendar

January 3	6:30-7:30 PM	Bingo	MCLWF
January 4	10 AM - 1 PM	Health Fair	MCLWF
	10:30 - 11 AM	Tips on Keeping New Year Resolutions	MCLWF / Flight
	11 - 11:30 AM	FitMinds Exercising Your Brain (Games)	MCLWF / Flight
	11 AM	We Are What we Eat	MCLWF / Perch
	12 - 12:30 PM	Smoothies-Demo & Tasting	MCLWF / Perch
	12 - 12:30 PM	Gastro Health	MCLWF / Flight
	12:30 - 1 PM	Stop The Bleed	MCLWF / FLIGHT
	1 - 4 PM	Electronic Tutor	MCA
January 9	6:30 - 7:30 PM	Ice Cream Social	MCLWF
January 11	7:30 AM-3 PM	OnSpot Dermatology	MCA
	1 PM	MCA Board Meeting	
January 12	3 - 4 PM	Welcome Back Meet & Greet	MCLWF
January 16	10:30 - 11:45 AM	FitMinds	MCLWF
	6 - 7 PM	Photo Journal of Anatolian Civilizations Presented by Jeffrey Olesen	MCLWF
January 17	4 - 5 PM	Assembly	MCLWF
	6 PM	Movie Night - An Affair to Remember	MCA
January 19	1 - 2 PM	AED, Basic CPR and Belfast Stroke Training	MCLWF
	2-3 PM	AED, Basic CPR and Belfast Stroke Training	MCLWF
January 23	1 PM	Latest Frauds & Scams with Deputy Cathy Duff	MCLWF
January 31	1 - 2:30 PM	Basic Self Defense With Karen Hicks	MCLWF

February Preview

Sarasota Estate Auction & Trading Company and MCA Presents

The Antique Road Show Series with Andrew Ford

January 24, at 1 -2:30 PM

Evaluating and Understanding Different Mediums of Art

February 7, at 1-2:30 PM

Current market trends. Learn how to integrate your antiques into your design aesthetic.

February 21, at 6-7:30 PM

What's it Worth. Bring your small item in and learn what it's worth.

To sign up for this series go to the MCA Website at: themeadowssarasota.org

Don't miss out! Sign up early, This is a Special Series with limited space.

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
themedowsmahjongg@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 Erasmus
margareterasmus@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

HAPPY NEW YEAR!
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