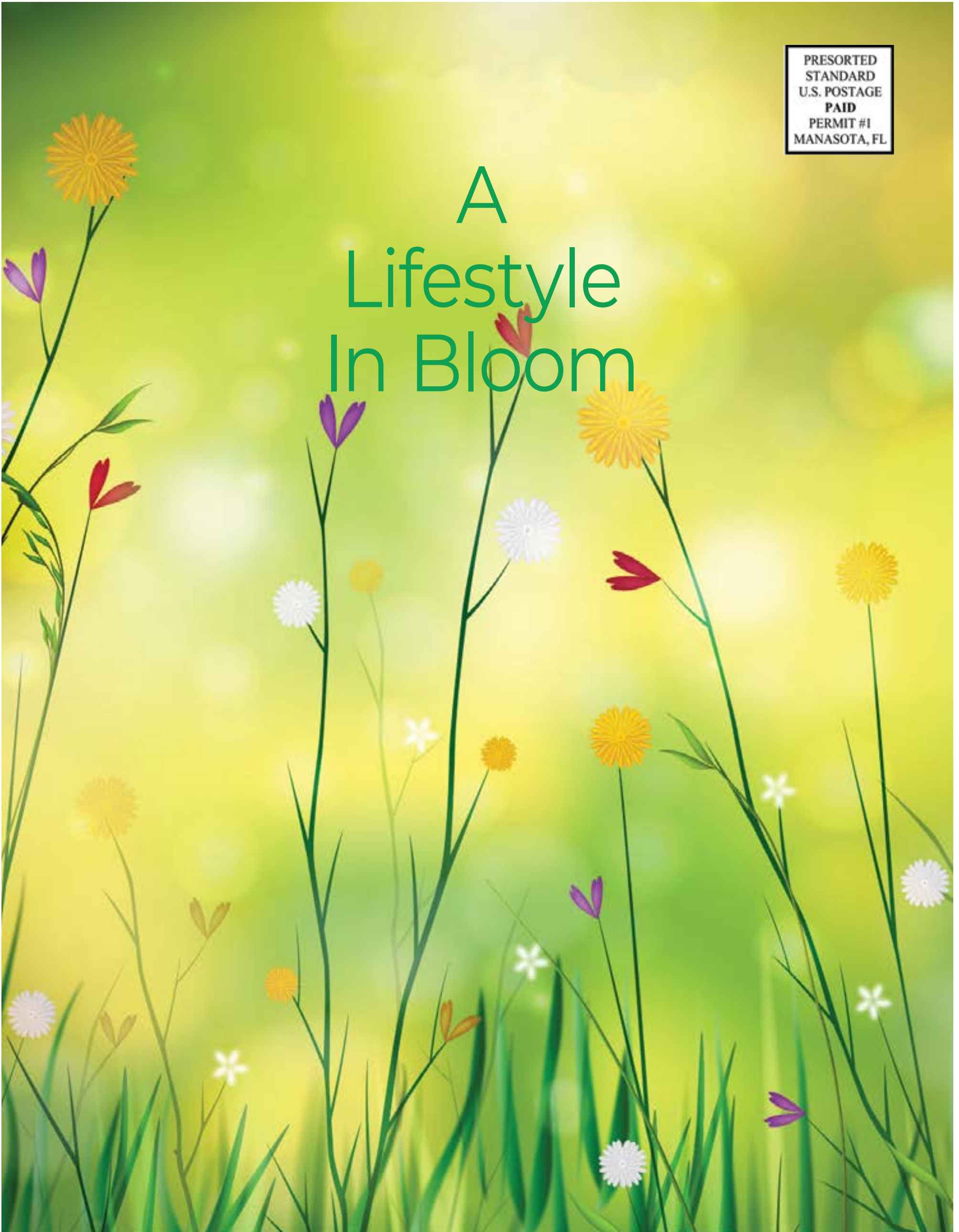


Meadoword



The Meadows Community News and Lifestyle



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A Lifestyle In Bloom

COMMUNITY
NEWS
2-7

OUR
LIFESTYLE
8-13

ACTIVITIES &
EVENTS
10-11

WRITE
STUFF
16-17

SERVICE & SALES
CLASSIFIEDS
18-19



Marilyn Maleckas —
MCA Board President

Life In The Meadows

OFF TO A STRONG START

I hope that you are enjoying the many activities and amenities that the Meadows Community Association and the Meadows Country Club are offering during this time. So many of our activities and venues are fully enrolled, and the feedback and clamor for more is exciting.

I want to update you on the recent activities and projects currently underway.



LIFESTYLES

Recruitment for a new Lifestyle Coordinator continues, but that has not stopped MCA from providing a wide variety of programming. We started the New Year with Health & Wellness Month, starring our 3rd Annual Health Fair with over 300 in attendance and 38 vendors participating, Florida Produce Mobile Bus, presentation on Can Coffee Brew Health Benefits, Matter of Balance and De-Escalation Techniques. Arts & Culture featured a series of nine Master Classes from Van Wezel,

Viola & Friends, Italian Crooners and a presentation on Anatolian Civilization. Continued Education featured a Mystery of Sleep series, The Community Sale March 15: Garage Sale, Craft and Bake Sale and Art Show. There are more events planned throughout the year.



MCA'S ASSESSMENTS AND BOARD VOTES

By now, residents have received their annual assessments as well as the ballots for the three open positions on the MCA's Board of Directors. The assessments are due on March 1 and can be sent or brought directly to the MCA's Administrative Headquarters. Ballots may be dropped off on or before March 3 or brought to the Annual Meeting the evening of March 3.

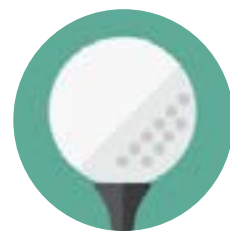
TMCC DINING UPDATE

While TMCC has limited dining facilities at present, the persevering drive and creative problem-solving abilities of **Tony Johnson**, the Club's General

Manager, and **Rene Rios**, the Club's Food and Beverage Manager, have investigated many options to improve and expand dining facilities including food trucks, portable kitchen equipment, enclosures with awnings and other solutions as well. While each of these provides challenges and therefore makes it unfeasible to expand our menu or use dishes and utensils requiring washing, this team has put on monthly Saturday night events that will be held in the Lifestyle and Wellness Facility as well as nightly events in Centre Court Lounge that feature new menu items, indoor and outdoor dining and music on Friday nights. All of these events are well attended, as was the recent Saturday Oldies Night, and the food and entertainment were excellent. We encourage everyone to check out these new venues and support the major efforts that Tony, Rene and the Food and Beverage staff are making. Stay tuned for more to come.

PUBLIC GOLF

With cooperating weather, the Club is poised to outperform our budgeted public golf revenue. January public golf rounds and revenue were tracking ahead of



budget and prior year before we hit the bad weather week (8 days) of severe cold and rains. The Club was able to make up most of the shortfall with a strong start in February with the new weather forecast, and we are expecting this trend to continue.

The Highlands course has been receiving more positive on-site and on-line reviews. These types of positive reviews are a significant factor in driving public play to our courses. The Groves continues to be considered the premier short course in the Sarasota market.

SUMMARY

We are off to a strong start in 2025 and are looking to major strides forward with our committees and current projects. Each of us has the goal to preserve the quality of life and the preservation of our property values in The Meadows.

We look forward to seeing you at our events, at our Town Hall, and the Board of Directors' meetings or at your association's meetings. We appreciate your interest, your ideas and your support.

OUR MISSION

To preserve the property values, ambiance 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.



Frances Rippondi —
MCA General Manager



HIGHLANDS BRIDGE ROAD

Highlands Bridge Road has been under construction due to a 60' section of sanitary sewer line needing replacement. Sarasota County has been servicing this line monthly for a number of years and recently made the decision to do the necessary replacement to prevent failure of the line.



This repair was not an easy feat as it called for an area 14' deep x 10' wide x 170' long to be dug out in the middle of the road impacting both lanes of traffic. Prior to starting this project, permission and Right of Entry (ROE) documents were required from property owners adjacent to The Meadows property so the County could build a temporary bypass road allowing traffic to navigate around the construction zone. Once ROEs were obtained, the county developed engineering drawings, hired contractors, and added temporary streetlights prior to excavating.

Currently the job is nearing completion with the pipe in place

and functioning properly, but the project is not yet done. Now the county must restore The Meadows property to its former condition. This means, where they had to bring in fill to build an elevated bypass road, now they need to remove the fill, lower the elevation to existing grade, build a retaining edge, replace the golf cart path, add back the fencing and add new asphalt where the road work occurred.

The county has done an outstanding job communicating with the MCA throughout the entire project. This isn't the first sanitary pipeline repair that has been done in The Meadows (other pipes replaced or lined were on Marshfield, Glebe Farm and Ringwood Meadow but it has been the most expensive. I have been told this job was estimated over \$250,000+ all paid by Sarasota County.

GROVES AND HIGHLANDS PRO SHOP & CART BARN

After sustaining flood damage from Hurricane Debby, restoration has begun at the Highlands Pro Shop. While there wasn't extensive damage to the shop, approximately 2' of water entered causing damage to the floors, baseboards, drywall, doors, display panels and furniture. The contractor will be repairing, replacing and returning the Pro Shop to its pre-Hurricane condition.

HONORING SAFETY COMMITTEE, VOLUNTEERS AND THE SARASOTA COUNTY SHERIFF'S DEPARTMENT

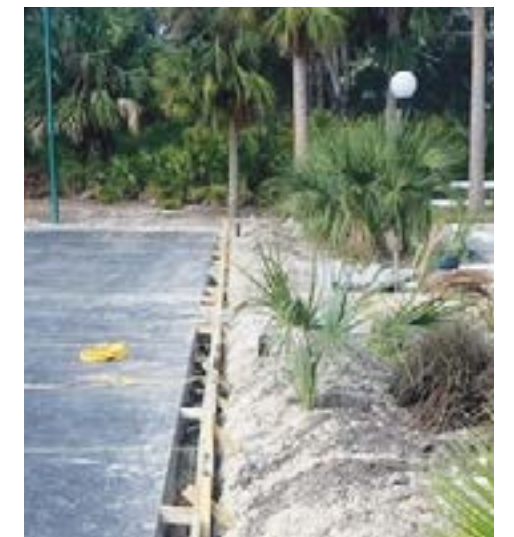
Each year the Sarasota County Sheriff's Department honors Safety volunteers, committees, and Neighborhood Watches from surrounding areas by hosting an Appreciation Luncheon for their services this year was no exception.

On February 6th, several MCA Safety committee volunteers attended the annual luncheon that took place at the Faith Baptist Church of Sarasota T.J Johnson Youth Center, where Sheriff Hoffman and Officers paid tribute to all those whose donate time and energy making their community and greater Sarasota a safer place to live.

We are fortunate to have our MCA Safety Officers, Safety Committee and Deputy Duff who is The Meadows liaison to the county keeping a watchful eye over our community. Remember in case of an emergency call 911 all other community related safety events all 941-809-0084.

PICKLEBALL


We continue to make progress as Mor Sports has completed laying asphalt for the 8 new pickleball courts. Now that the asphalt is laid, there is a 30-day curing period before applying the acrylic surface and paint. Next steps the contractor will be forming




and pouring the court's perimeter curb, installing the net posts and interior/exterior fencing and completing sidewalk extension. We are moving closer to having our courts open!

WELCOME FITNESS

We are excited to have the Fitness Center and Pool under The Meadows Management. Residents and club members will experience the same workout opportunities. We welcome Crystal and her team and are looking forward to growing the Health, Wellness and Fitness Programming for The Meadow.



Welcoming Dr. Shamsia Shafi to the Meadows Family!



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ASSEMBLY

Ned Boston— Assembly Chair

Within a few days of your receipt of this issue of The Meadoword, the Assembly Executive Committee will have completed their audit of the MCA Board Election ballots and will be providing their final report and vote tally to the MCA Secretary during the March 3, 2025 MCA Annual Meeting. This dedicated group of volunteers reviews every ballot submitted which takes several sessions in the latter part of February to early March.

The Assembly Executive Committee also produced the January 20 Candidate Forum which was well received by the candidates and the attendees and the Zoom participants.

For the March 19, 2025 Assembly program we are again bringing in Tommy Kochis, CIC, CRM, Vice President of Atlas Insurance who will be providing his annual update on the ever-evolving world of insurance especially for our condo and homeowner association communities. With our most recent hurricane season, Tommy will provide his estimation of the status of the market. With community association insurance at the top of every association leader's mind, we hope that the information that Tommy imparts will provide you with some valuable information as you chart the course for your association's coverages and budget.

At the April 16, 2025 Assembly program, the Executive Committee is arranging for a services roundtable and expo session. They are inviting representatives of well-know key suppliers to your communities to bring you up to date on trends in their fields and to answer questions attendees may have. There will also be informal time to circulate among table displays staffed by the various representatives. Roofs, paving, pools, plumbing including pipe relining, landscaping are examples of topics expected to be covered. More details on this program to follow in the April 2025 Meadoword.

Assembly programs are the third Wednesday at 4:00 pm October through May and all are invited, but association leaders are especially urged to attend.

See you there!



JANUARY APPROVED ARCHITECTURAL REVIEWS

2929 Heather Bow	4841 Greywood Ln
3228 Sandleheath	5061 Marsh Field Rd
4413 Longmeadow	4748 Ringwood Meadow
4809 Windsor Park	3364 Sandleheath
3449 Highlands Bridge Rd	4918 Taywater Dell
Stratfield Park HOA	4963 Waterbridge Down
5679 Downham Meadow	4523 Windsor Park
2742 Goodwood Ct	4665 Arborfield Rd
5387 Huntingwood Ct	3056 Highlands Bridge Rd
4946 Marsh Field Rd	4951 Rutland Gate
5225 Myrtlewood	5199 Everwood Run
3323 Ringwood Meadow	5475 Chanteclair
3520 Trebor Ln	4329 Longmeadow
Stratfield Park HOA	5561 Downham Meadow
4822 Greencroft Rd	5401 Downham Meadow
4872 Greencroft Rd	2815 Wrenwood



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 adhere to 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 January, 2025 as of this report there were (17) incident free days - (3) Less than December 2024. There were (22) reported incidents - (6) More than December 2024. There were (120) citations issued - (17) More than December 2024.

Safety responded to the following during the month of November:

SOLICITATION

- Jan. 27, 29,30 – Two complaints were made regarding Florida Door & Window, the other was Frontier. Persons contacted were advised of trespassing and no solicitation.

DISTURBANCE – NOISE

- Jan. 11 – In the 2400 block of Arborfield Sq. residents were advised to keep the noise down based on a complaint, resident complied.
- Jan. 27 – Responded to the 3000 block of Quail Hollow regarding a domestic argument. Parties were interviewed and resolved.

SUSPICIOUS INCIDENT

- January 19 – A resident called regarding someone possibly in her neighbors home or on the roof in the 2400 block of Crispin Ct. Safety checked perimeter of the home. Nothing was found to be out of place.
- January 30 – A report was made of a possible break-in (a screen was dislodged) on 29th or days prior, at 5000 block of Kingsmere, in two different homes. Sarasota County Sheriff's Office (SCSO) was not called. Safety encouraged the resident to report it.

VANDALISM

- Jan. – In the 3000 block of Heatherwood Ln. a resident reported a holiday power cord was cut in the last two weeks. Complainant stated they were going to make a report with SCSO.
- Jan. 10 – Through secondary sources, it was reported that a sliding glass door was broken in 3000 block of Windrush

Bourne. It was stated that the listing realtor was made aware. No other information was provided.

INFORMATION

- Jan. 3 – Safety responded to Pinebrook Hollow where a driver had a minor accident.
- Jan. 30 – A pedestrian was knocked off their bike in Crispin Ct. parking area when a truck was backing out of a spot. The bicyclist (a resident) sustained scrapes and bruises and was sore but declined to call the SCSO and emergency services to be checked out. There was no damage to the bike or vehicle.
- November 6 – Called to the 4400 block of Oakley Greene for assistance, which was rendered.

MEDICAL EMERGENCY

- November 22 – Responded to a Health/Welfare check in the 5600 area of Sheffiled Greene. Resident responded to the doorbell was unable to answer the door stated they needed assistance. 911 was called and resident was taken to the hospital.

EMERGENCY NUMBERS

For Emergency, call 911. After calling 911 please report the incident to the MCA Safety Patrol.

The non-emergency Sarasota County Sheriff's Office: **941-316-1201.**

MCA Safety Patrol: **941-809-0084.**





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FIVE STAR
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Satisfaction Awarded

33-YEAR
Meadows Resident



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Top 1% Sarasota Real Estate Agent

FOR SALE IN THE HIGHLANDS

4060 Penthurst Park – Luxurious update with stunning lake and golf views	\$995K
2973 Longleat Woods – Beautiful pool home on lush, private setting	PENDING
3432 Highlands Bridge Rd - Gorgeous pool home with no neighbors in sight	\$695K
4410 Whisperwood - Beautifully updated and secure with big golf course views	\$649K
3484 Hadfield Greene - A seamless blend of sophistication and comfort	\$585K
Chatsworth Greene/3309 Highlands Bridge Rd - Expansive serene pond views	\$549K
Chatsworth Greene/3339 Highlands Bridge Rd – Updated and cheerful villa	\$525K
3905 Oakley Greene - Serene, easy-living end-unit villa with lush, treed views	\$450K

FOR SALE ELSEWHERE IN THE MEADOWS

3125 Ringwood Meadow – Serene golf course views from custom pool home	SOLD!
5675 Pipers Waite – Lives like a house but without the hassle, garden view	PENDING
4419 Glebe Farm Rd – Beautifully updated villa with spectacular golf views	\$435K
4372 Woodmans Chart – Enchanting, completely updated, with pond views	PENDING
4520 Chandlers Forde – Fully furnished gorgeous end-unit, updated and spotless	\$425K
5072 Marsh Field Rd – Gorgeous first-floor furnished end-unit, golf views	PENDING
5424 Hamsptead Heath – Spectacular pond framed by wide golf course views	\$339K
5460 Hampstead Heath – Updated villa with fabulous pond and golf views	\$299K
3108 Sandleheath - End-unit with privacy and pond views and 1-car garage	SOLD!
3530 Richwood Link – Breathtaking views from second-floor 2/2 condo	\$250K
5222 Myrtle Wood – Bright and open floor plan with cathedral ceilings	\$259K
3029 Quail Hollow – First-floor turnkey-furnished updated condo	SOLD!
3549 Longmeadow - Fabulous golf course views from this updated end-unit	PENDING

FOR SALE IN THE SARASOTA METRO AREA

River Wilderness - Stunning Arthur Rutenberg lakefront pool home, new roof	\$799K
Country Club of Sarasota – Mid-century modern architecture on TPC golf	PENDING
Treymore in Palm Aire – Spotless, tranquil and secure in gated prime location	\$775K

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Club Members.

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<p>KEN COWLES KEN@KENCOWLES.COM (941) 302-4152</p>		<p>BOB COWLES BOB@ROBERTCOWLES.COM (941) 302-4150</p>	<p>5548 CHANTECLAIRE THIS CHANTECLAIRE 2/2 VILLA HAS A STUNNING GOLF COURSE VIEW. MLS#A4637204 \$449,000</p>
<p>5208 WEDGEWOOD- WEDGEWOOD LAKE OUTSTANDING TOP TO BOTTOM, WHITE, BRIGHT W/ LONG VIEWS OF LAKE. MLS#4632114 \$ 295,000</p>	<p>4427 LONGMEADOW WOODLAND GROVE 2ND FLOOR CONDO WITH VIEW OF NATURE PRESERVE. MLS#A4616389 \$310,000</p>	<p>3154 WINDRUSH BOURNE GROUND FLOOR 2B/2B VILLA - STUNNING VIEW OF LAKE. GREAT VALUE!!!!!! MLS#A4623009 \$319,000</p>	<p>3130 RINGWOOD MDW/ VILLAS OF PAPILLION. *** TURNKEY *** Beautiful 2-bed/2 bath Villa. Enjoy the tranquil water views, walk TO Oasis, located just steps from your back door. MLS#A4601292 \$414,900</p>
<p>4975 WATERBRIDGE DN-WELL CARED FOR HOME, COVERED FRONT ENTRY DOUBLE DOORS, CUSTOM GLASS SIDELIGHT, CUL-D-SAC MLS#A4633130 \$679,000</p>	<p>3073 WILLOW GREEN 2ND FLOOR 2/2 TWNHS SOARING VAULTED CEILINGS, LOFT MASTER SUITE, MULTIPLE BALCONIES, WITH FREE FRESH AIR!!!!!! MLS#A4614524 \$275,000</p>	<p>4604 LONGWATER CH GROUND FLOOR 2/2. GLASS ENCLOSED TILED LANAI WITH SOUTHERN EXPOSURE AND VIEWS OF HIGHLANDS GOLF COURSE, JUST STEPS FROM 2 HEATED POOLS. MLS#A4633862 \$259,000</p>	<p>5244 MARSHFIELD/ VILLA MAJORCA SPACIOUS COURTYARD VILLA 24X10 LANAI GLASS ENCLOSED ADDS FOOTAGE TO LIVING ROOM AREA!! MLS#A4638831 \$350,000</p>
<p>3168 SANDLEHEATH, 2B/2B WOOD FLOORS AND GRANITE. VAULTED CEILINGS FLOOR TO WINDOWS. BEAUTIFUL VIEW OF GOLF COURSE & GORGEOUS OAK TREES. MLS#A4601515 \$339,000</p>	<p>3130 RINGWOOD MDW/ VILLAS OF PAPILLION. *** TURNKEY *** Beautiful 2-bed/2 bath Villa. Enjoy the tranquil water views, walk TO Oasis, located just steps from your back door. MLS#A4601292 \$414,900</p>		<p>5244 MARSHFIELD/ VILLA MAJORCA SPACIOUS COURTYARD VILLA 24X10 LANAI GLASS ENCLOSED ADDS FOOTAGE TO LIVING ROOM AREA!! MLS#A4638831 \$350,000</p>

REMINDERS



The Meadows Community Association Annual Meeting will be held on Monday, March 3 at 7 pm in The Meadows Community Lifestyle & Wellness Facility.



Assessments are due on March 1. If you have not already made your payment, please submit immediately to avoid late fees being applied.

Thank you. MCA Management



Thursday, March 13
7:30 AM – 3:30 PM
MCA Parking Lot
Call 941-444-0011 to schedule your appointment today!



MARCH 9
SPRING FORWARD ONE HOUR
DAYLIGHT SAVING TIME
Set your clocks forward one hour at 2 am on March 9.



Cornhole Anyone?
Every Thursday 3-4:30 pm
Anybody can play, only rule is you must wipe off the equipment for your fellow residents after play.
Email Susan Weisse
cbweisse@yahoo.com



SAVE THE DATE
Town Hall Meeting
Wednesday, April 16
6:30 - 8 PM
Meadows Community Lifestyle & Wellness Facility
3350 Longmeadow



Sarasota County New Solid Waste Contract goes into effect March 31 and you must use your new Green Trash cans for your Solid Waste pick up. Recycle trash does not change, you will still use your blue cans. Yard waste will be in the cans you used previously, and if you wish to use your old trash cans for yard waste that is acceptable.



BLOOD DRIVE
Thursday
April 3
8 AM – 3 PM
MCA Parking Lot
Call 1-866-972-5663 to register.

7 SURPRISING HEALTH BENEFITS OF Spring Cleaning



EDITORS NOTE

This article was written by Lindsey Grossman from St. Joseph Hospital. We are sharing these useful tips as we enter the Spring Season and traditionally that means Spring Cleaning.

Tackling housework can be downright overwhelming...after all, it's called "work" for a reason. If you need some motivation to get off that couch and start dusting under it, check out these seven healthful incentives.

2

BOOST PRODUCTIVITY

Perhaps you've heard the saying, "clean space, clean mind?" The Journal of Neuroscience discovered that too much mess significantly clutters up your brain's ability to process. Less chaos means more headspace for tackling that to-do list.

4

FEWER FALLS

According to the Centers for Disease Control and Prevention (CDC), one in five falls causes a serious injury such as broken bones or a head injury. Reducing home hazards such as clutter minimizes your risk of tripping and hurting yourself.

SLEEP BETTER

The National Sleep Foundation (NSF) found that people who regularly wash their bedding and sheets weekly reported 19% better rest at night.

3

BREATHE EASIER

The American Lung Association notes that hundreds of thousands of dust mites can live in bedding, mattresses, upholstered furniture, carpets or curtains in your home, triggering allergies and asthma. Dusting regularly helps you breathe better by preventing respiratory issues and supporting a healthy immune system.

5

EAT HEALTHIER

How tidy you keep your home office can affect your food choices. A study published in Psychology Science showed that people who worked in an organized area were twice as likely to opt for an apple over a chocolate bar than those who worked at a messy desk.

BURN CALORIES

This spring, you can get your gut and gutters in gear. The American Heart Association counts housework as moderate exercise meaning you can burn as many calories vacuuming as you can on a leisurely walk.

1

STRESS LESS

Wipe away your worries! Just 20 minutes of cleaning can reduce stress and anxiety levels by as much as 20%, according to the British Journal of Sports Medicine.

Stay Engaged. Stay Inspired. Stay Connected.

Discover the possibilities of an active, enriching lifestyle at Aviva, a close-knit community in the heart of Sarasota. With a range of engaging activities and cultural programs, residents can relax and enjoy their passions, knowing their health and well-being are always a priority.

TO LEARN MORE, CALL 941-225-8369 OR EMAIL INFO@AVIVASENIORLIFE.ORG.

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Breakthrough Neuropathy Treatment

HOW TO GET LASTING RELIEF FROM: PERIPHERAL NEUROPATHY

- ✓ Pins and Needles
- ✓ Numbness/Tingling
- ✓ Loss of Balance
- ✓ Pain in Feet/Hands
- ✓ Burning Sensation
- ✓ Can't Feel The Ground

WITHOUT THE USE OF DRUGS OR SURGERY!

Clinical studies reveal:
The debilitating pain, numbness and tingling experienced by patients suffering from Peripheral Neuropathy can be **SUCCESSFULLY TREATED WITHOUT THE USE OF DRUGS AND SURGERY.**

If you're experiencing **pain, burning, numbness, tingling or pins & needles** in your hands or feet... Don't miss this **FREE Seminar** on Peripheral Neuropathy!

In this cutting edge FREE Seminar you'll learn:

- Why many current treatments for neuropathy don't work.
- The underlying causes of peripheral neuropathy, and the key to prevention!
- The Nobel prize winning discovery that every neuropathy patient MUST know
- How peripheral neuropathy is diagnosed, and when it can be successfully treated
- A simple home therapy that is used by some of the largest specialty hospitals in the country to treat certain types of neuropathy.




Presented by: Dr. Kenneth Carle Chiropractic Physician

Monday, March 10th @ 12-1pm
5664 Bee Ridge Rd, Suite 100
Sarasota, FL 34233



Lunch will be served. Space is limited to 16 people!
RSVP: By Sunday Mar. 9th @ 941-376-1488

A Blooming Lifestyle of Activities & Events



Wednesday, March 5
Wednesday, April 2
6:30 – 7:30 PM • MCLWF
\$5 for three cards. Please bring exact change.
RSVPBingo@yahoo.com




ICE CREAM SOCIAL
March 21
6:30-7:30 pm
 Sign Up at: themeadowssarasota.org
 Meadows Community Lifestyle & Wellness Facility




Community Garage Sale
Saturday, March 15
8:00 am – 1:00 pm
 Call your association to make sure they are participating before calling to sign up. Sign up by March 7 to be included on the Garage Sale Map.
 Meadows single-family homeowners, villas and condos may have a garage sale at the end of their driveway during the specified hours for this event. Condo associations presidents are responsible for designating an area at their condos or HOAs for participants.
To sign up call MCA 941-377-2300

Celebration of Art
29th Annual Celebration of Art
Saturday, March 15
10 am to 4 pm
Sunday, March 16
10 am to 2 pm
 Come and enjoy the display of art from our talented Meadows artists.
 See something you like, art will be available for sale.
 Meadows Community Center (MCA)
 2004 Longmeadow



Electronic Tutor
March 6 • 1 – 4 PM
 Need assistance with your electronic devices?
Call David : 941-404-5585.
 The Meadows Community Association Center (MCA)
 2004 Longmeadow



MASTER CLASS LES MISÉRABLES
 with Justin Gornak, from Van Wezel
Tuesday, APRIL 1
11 AM – 12:15 PM
Sign-up at: themeadowssarasota.org
 Meadows Community Lifestyle & Wellness Facility.




FIT MINDS
Tuesday, March 11
10:30-11:45 AM
Sign Up on the MCA website
themeadowssarasota.org
 The Meadows Lifestyle & Wellness Facility



THE MEADOWS CHORUS SPRING CONCERT
FOR THE LOVE OF MUSIC
 Friday, April 4
 7:00 pm
 Unitarian Universalists of Sarasota,
 3975 Fruitville Rd.


Craft & Bake SALE
MARCH 15
9 – 3 PM
Meadows Community Lifestyle & Wellness Facility
 Baked Goods
 Unique Gifts
 Proceeds Donated to Local Charities



HAZARDOUS WASTE DROP OFF
MARCH 25 at 9-11 AM
 Place materials in vehicle trunk. Remain in your vehicle. MCA staff and volunteers will unload. No walk-ups.
TYPES OF ITEMS ACCEPTED

- Adhesives and glues
- Aerosols
- Antifreeze
- Automotive products
- Cleaners
- Electronics
- Fertilizers
- Fluorescent lamps
- Gasoline
- Household fire extinguishers
- Mercury
- Motor oil
- Oil filters
- Paint
- Pesticides
- Pool chemicals
- Propane cylinders
- Rechargeable batteries
- Solvents and thinners
- Vehicle batteries

ITEMS NOT ACCEPTED
 Ammunition • Empty Containers (>5 GAL), Fireworks
 • Flares • Medications • Needles or Syringers • Radioactive Materials • Tires.



MASTER CLASS MOULIN ROUGE
 with Justin Gornak, from Van Wezel
Wednesday, March 12
11 AM – 12:15 PM
Sign-up at: themeadowssarasota.org
 Meadows Community Lifestyle & Wellness Facility.



Cat Depot Presentation
Tuesday, April 18
1-2 PM
 The Meadows Lifestyle & Wellness Facility
Sign Up at: themeadowssarasota.org



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- Popcorn Ceiling Removal
- Handyman Services
- Drywall and a lot more...


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The Meadows, Hub of Sarasota
 Ending the months of January 2025 and January 2024 In The Meadows & Sarasota County

SALES	THE MEADOWS	SARASOTA COUNTY
Sales 2025 & 2024	↓2025 (12) 2024 (15)	↑2025 (609) 2024 (573)
Median Sale Price	↓\$305,000 \$420,000	↓\$455,000 \$486,000
Condominium Sales	↓2025 (08) 2024 (10)	↓2025 (210) 2024 (192)
Med Condo Sale Price	↓\$279,750 \$357,000	↓\$337,088 \$418,750
House Sales	↓2025 (04) 2024 (05)	↓2025 (399) 2024 (381)
Med House Sale Price	↓\$632,500 \$525,000	↓\$535,000 \$525,000
For sale on the 31st	↓2025 (107) 2024 (66)	↓2025 (5238) 2024 (4106)
Property Pending	↓2025 (24) 2024(23)	↓2025 (931) 2024 (1000)
Listing Supply	↓2025 (8.9) 2024(4.4)	↓2025 (8.6) 2024 (7.2)

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Spring Craft & Bake Sale

March 15 / 9 am-3 pm

Liz Barnett - Craft Group



It's Spring! After 3 hurricanes and record cold temperatures, we're ready for something new. It's time for some Springtime Sparkle in our lives. Fortunately, you can find just what you need to usher in spring, right here in The Meadows at the Spring Craft and Bake Sale.

There'll be homemade goodies galore - cookies, cupcakes, candy, pies, tarts, fudge, muffins and sweet breads. They're packaged to serve two; so, you might want to get several if you're the type to eat some on the way home. Go ahead - get plenty - all the proceeds go to local charities.

For a little adventure, don't miss Granny's Attic where you never know what you'll find among the gently used treasures. Tools, toys, household goods, games, jewelry, books; we can't predict everything that will be there but we know they will all be bargains!

Of course, the main event is the tables covered with handmade crafts. If you've been to the sale before, you'll find new creations as well as your favorites. If you haven't been to a sale, you'll be surprised at the variety. There's something for everyone.

Unique, memorable Cards for every occasion. You can stock up for the whole year!

- Birthday cards for kids, women, men

- Special Occasion Cards - Weddings, Anniversary, New Baby, Congratulations
- Holiday Cards - Easter, Mother's and Father's Day, Christmas, Hanukkah
- All Occasion Cards - many with Florida motifs or Spring themes

Household goods to add sparkle to your home and make your chores a breeze

- Stained glass suncatchers
- Coasters and Trivets
- Nightlights that shine through resin-filled beachy designs
- Wooden Accent pieces to hang or to enliven a mantle, shelf or table
- Microwave bowl holders to protect your hands and tables
- Foot Mops- pads in cute shapes to drop and wipe up spills with no bending
- Casserole Carriers perfect to transport your contribution to a potluck
- Hanging Fabric Holders for

bags - put plastic bags in the top and pull one out the bottom when ready to use

Kitchen Aids - Hanging Towels, Knit Dishcloths, Scrubbies to whisk smooth top stoves, counter tops, or non-stick pans clean

- Drier Balls in felted wool to replace drier sheets and to reduce drying time
- Gifts for Children
- Baby Bibs, Bonnets and Booties
- Baby Blankets and Burp Cloths
- Squeezums - adorable little animal heads that open their mouths when squeezed to reveal a surprise inside - a baby animal or a treat you add
- Stuffed toys
- Scrunchies



- Crocheted Ponchos
- Bracelets for the Taylor Swift fans

A Boutique Bonanza to update your look and lots of options for carrying your stuff when you are on the go:

- Jewelry - earrings, necklaces, bracelets in casual and dressy styles to freshen your look with new spring styles and light as a feather paper jewelry
- Shoulder bag Phone Holders - it's 3 compartments will hold a phone, glasses and 1 more thing- perfect when you go out walking or for a quick trip to the store
- Pocket Wallets to tuck in a pocket to hold an ID and a credit card or two when you don't want to carry a purse
- Fabric Eyeglass Cases to carry your cheaters or sunglasses in your purse
- Tote Bags - when you want a place for everything
- Playing Card Holders - make it easy for kids or those with arthritis to hold a hand of cards - a great gift for your bridge or canasta clubs

There are lots of reasons to come to the sale. It's more than fun - all the proceeds will be donated to local charities. It's a great way to get into the spirit of Spring.

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- ✓ 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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kindness

GOES A LONG WAY – A REFLECTION OF CHARACTER
Tia Calomeris – Director, Marketing & Communications

Kindness is identified as one of 24 universal character strengths, and ranks within the top five most prevalent character strengths globally. It involves being generous, caring, and compassionate towards others. It demonstrates that doing good, often means putting other people's needs before our own. Research shows that it helps buffer against the negative effects of stress, lessens anxiety and improves your emotional well-being. In short, doing good, does you good.

Being kind is a combination of good manners, etiquette and simple core values of Respect, Teamwork and Integrity. How you treat others reflect on your character.

If you do nothing else today, keep an eye out for an opportunity to help someone with a random act of kindness. Doing something nice for someone doesn't cost a lot of time

or money. It's the small things in life that can make a big difference.

Key points about simple acts of kindness:

- Small gestures matter
Even a quick compliment or a friendly smile can make a big difference.
- Be present and attentive.
Actively listen to others and show genuine interest in their lives.
- Pay it forward: Do something kind for someone else without expecting anything in return.
- Consider the needs of others.
Look for opportunities to help those around you, whether it's a neighbor, coworker, or stranger.
- Be mindful of your words. Use positive language and avoid negativity. Give thought to

how you communicate. The tone of emails, your delivery as you speak to people. How you engage matters. Think before you speak or take action.

Here are some ways you may show simple kindness in our community:

- When you see someone walking a small dog and you have a larger dog or multiple dogs- think of your fellow dog walker, cross the street. Give them extra space to avoid potential confrontation, be actively courteous.
- Invite your neighbor or a friend to a fitness class, master class or event. Help others expand their social interaction and have fun together.
- Give people the benefit of the doubt. Don't assume the worst, instead think of what went into

something, the work someone dedicated to it. Don't judge, instead be kind and think the best of people.

- Simple manners go a long way. Say please and thank you. Hold the door open for someone. Offer assistance when you can. Let those who support the community know you appreciate what they do.
- Pay it forward. Good deeds make you and others feel good. So often we go through our daily lives and have no idea what is going on in other people's lives that we interact with. In short be nice.
- Look out for those that don't ask for help. Anticipate the potential need, of a neighbor, or friend.



ALLIGATORS



AN ACTIVE TIME OF YEAR FOR ALLIGATORS

In March, alligators become more active and visible as they emerge from hibernation and look for mates.

WHAT THEY DO

Move – Alligators move from drying bodies of water to larger ones where they can find food and submerge.

Courtship – Alligators display courtship behaviors like head-slapping and low-frequency vocalizations to attract females.

Territorial battles – Males engage in fierce territorial battles.

Nest building – Female alligators build nests and lay eggs.

WHEN YOU MAY SPOT GATORS

March to May is the best time to see alligators.

Mating occurs from May to June.

Later in spring or early summer, you might see baby alligators emerging from their nests.

SAFETY TIPS

- Do not walk you pets around lake or pond bank edges.
- Do not approach an alligators to take pictures.
- DO NOT FEED ALLIGATORS, it is against the law to fee any wildlife.
- Golfers shoul dnot try and retrieve ball in lakes or ponds.

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It is against state law to feed wildlife and fresh water fish. You never want to teach wildlife that YOU are their food source. They can forage for food on their own.

Memoir Group

The Soundtrack of Our Minds

Liz Barnett —Memoir Group

There may not be Time Travel, but when I hear Time goes by so slowly. Time can do so much it's 1961. We're dancing at the Senior Prom and falling in love. It's our song. The words of Unchained Melody unleash a lifetime of memories ... Oh, my darling, I need your love. God speed your love to me. I'm in my dorm room and he's in his dorm 471 miles away... I hunger for your touch. We're dancing on Folly Beach on our Fiftieth Anniversary.... Lonely rivers flow to the sea. The dancing has stopped and

I'm alone. Wait for me. Wait for me. I'll be coming home. It's still our song.

A song can bring our memories into sharp focus. Many of us will find our coming-of-age memories rekindled as we join Melinda Gordan on a magical music tour with the Beatles. If you would like to capture and share those memories, join us at the MCA or on Zoom from 10 to 12 on the first and third Friday of each month. For more information email meadowsmemoirs21@gmail.com.



Musical Magic

By Melinda Gordan

In 1955, the year I was born, the top three records on the charts were #3 The Yellow Rose of Texas by the Mitch Miller Singers, #2 Rock Around the Clock by Bill Haley and the Comets and, at #1, Cherry Pink and Apple Blossom White by Perez Prado. No wonder I was confused!

While I was singing along with The Mickey Mouse Club, a movement was exploding in the U.S. It was evident everywhere – from the Lawrence Welk Show's increasing tempos to the Lennon Sisters' new choreography to appearances by artists like Chubby Checker and Fats Domino and Elvis on the Ed Sullivan Show. Ed always announced an R&B or Rock and Roll performer as "now, for you youngsters out there" and it worked. During those Sunday nights in front of our black and white TV, I paid extra attention to those "for the youngsters" acts and soaked in every word and dance move as I watched. I don't think anyone could have guessed what was going to happen next.

It was February 9, 1964 and yes, the Beatles were appearing on Ed Sullivan that night. There we were, lined up on my parents' bed, pajamas on, belly down, faces in our hands and crazy anticipation in our hearts and heads watching

tv as our mom and dad sat up in bolster cushions against their headboard. The boys from Liverpool were here! In America! Only three hours away in New York City. Because I was eight going on sixteen I screamed along with the girls on TV and rolled over with my tongue hanging out, pretending to faint. My sisters just looked at me like I was from Mars.

That Sunday night in February changed the course of history, both in music and fashion as well as skewing the focus of advertising, merchandising and popular culture toward young people. It also changed me, forever. The Beatles could be called the soundtrack for defining moments in my life, aged seven through fifteen and beyond.

On November 22, 1963, President John F. Kennedy was assassinated. Americans came together in grief and disbelief, displaying patriotism and unity. That same day, the Beatles had their first American album release with Meet the Beatles. My Aunt Sue came to our house after school, in shock about the news and wanting to be with family. She brought me the album Meet the Beatles. At age 7, confused by what was going on and what was being reported on television,

I begged to be excused to our basement playroom. There, I played my new album and found odd comfort in the song Till There Was You. Later that week, my father became a Beatles fan, too, when he heard that cover of one of his favorite songs from The Music Man.

In December 1964, when I was the "new girl," I gained acceptance by bringing Beatles '65 to school. The teacher let us play it at our classroom holiday party, and I happily danced along with my fellow fifth graders to Eight Days a Week. Every time I hear that song, I swear I can smell potato chips and brownies.

A year later, in December 1965, I found myself sitting alone in a situation that I wasn't ready for. I was at a house party, where all of the kids had paired off for a "make out party". I was ten, they were a year or two older and I was scared. I sat silently in the darkened room, choking from the smells of English Leather mingled Ambush perfume and wishing I could just run home. Music was playing and I sang along in my head. It was the Rubber Soul album. I listened and, with a tear in my eye, found I was relating to Nowhere Man. That's who I was... nowhere kid. I fit in when we were in the classroom, but socially I

was just too young. I listened to that song many, many times while I tried to figure out where I had a place.

Moving to a new city for the second time in three years can be very traumatic for anyone. I was feeling it extra hard, having finally found my way in my peer group and having good friends at my old school. I had to leave them, and it broke my heart. It was fall 1967, and I was starting eighth grade in a new school. The new school was nice but it seemed like all of the kids had known each other since kindergarten. No one was all that friendly, and I often found myself alone during lunch and recess. In November, during Thanksgiving break, Lower Moreland Intermediate School burned to the ground, along with all of our books and supplies. We had no school for two weeks and then began classes in a nearby church, with no gym and no cafeteria. We ate lunch at our desks and walked in circles around the parking lot for phys ed. Magical Mystery Tour came out just before the fire and I loved it. After school, I was alone at home – no one called, no one visited and I was too shy to reach out – so I immersed myself in my new record. Penny Lane was the clear stand-out for me as I envisioned a wonderful place where everyone

Musical Magic

continued from previous page

was happy, and where I would like to live.

Ninth grade bought The White Album and Ob-La-Di, Ob-La-Da. I had my first real Art class with a fabulous teacher. I was so content there and found myself singing that song to myself a lot while I drew and painted. It's a happy song and brings back the memory of getting my first A+ for doing something that I love. November 1967 marked the beginning of a lifetime of happily creating and teaching for me.

January 1969 brought me The Yellow Submarine for Hanukah. Although I was happy in the Art Room, I still couldn't find a place for myself among the other kids. Listening to Yellow Submarine, I embraced the philosophy of everyone living together, getting along and being peaceful and kind. It wasn't hard to picture, you know. Maybe someday...

In May 1970, I turned fifteen and got Let It Be for my birthday. Being a one-telephone family, it was to my complete embarrassment

when boys started calling me, since the whole family could hear. The worst, though, was the time one boy called and played The Long and Winding Road over the phone to me in its 3 minute, 48 second entirety. When it was over, he asked me for a date to see The Who in concert – my first date and first concert. That song still kind of annoys me.

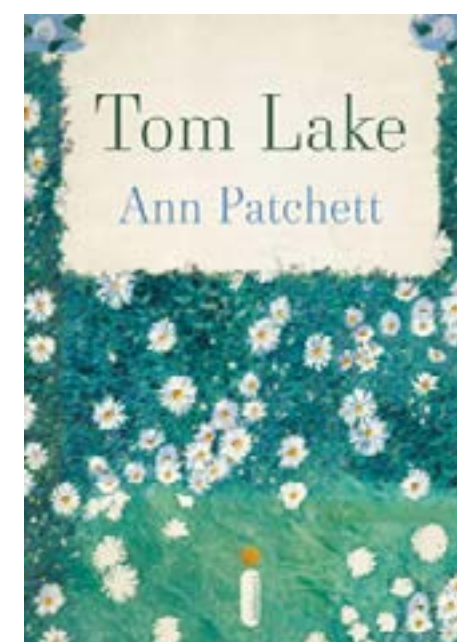
So you see, as the Beatles matured from "she loves you, yeah, yeah, yeah" to While My Guitar Gently Weeps and beyond,

I grew up too, maybe not so much matured, but aged, from seven to fifteen. Their music spoke to me at each stage and made my life more livable and pleasant. I know I'm not alone in my fantasy world of music relations. There are millions of other "Beatle-maniacs" out there who feel the same way.

For that, I say "thank you, Fab Four".

Do I love you? Yeah, Yeah, Yeah!

Tom Lake by Ann Patchett



Joanne Simons — The Meadows Book Club March Preview

Tom Lake (Harper, 2023) is a story of family told through the memories of a one-time actress to her inquisitive daughters. "In the spring of 2020, Lara's three daughters return to the family's orchard in Northern Michigan. While picking cherries, they beg their mother to tell them the story of Peter Duke, a famous actor with whom she shared both a stage and a romance years before at a theater company called Tom Lake. As Lara recalls the past, her daughters examine their own lives and relationship with their mother, and are forced to reconsider the world and everything they thought they knew."

This is a quiet book, soft in its reminiscences of Lara's single

season acting in a local summer theatre. She played Emily in Thornton Wilder's "Our Town" and had a brief affair with one of her co-stars. Now Lara is as content as a purring cat, with her husband Joe Nelson, three daughters, and an orchard full of Michigan cherries that need picking.

Tom Lake is Ann Patchett's most recent novel and follows the publication of eight other novels and several works of non-fiction. She received a Guggenheim Fellowship in 1995 and won the PEN/Faulkner award in 2002 for Bel Canto.

"After selling her first story to the Paris Review while still in college, Ann Patchett was steadily publishing her poignant, award-winning novels by her early 20s. In fact, her first novel sold 24 hours after it had been sent out. From the fantastical Bel Canto to the

heartrending memoir Truth and Beauty, Patchett's precocious beginnings have blossomed into a major literary career."

The Meadows Book Club will be discussing Tom Lake at its March 12 meeting. All are invited to join at 2:00 p.m. in the MCA Building (2004 Longmeadow).

² <https://www.goodreads.com/book/show/63241104-tom-lake>

³ <https://www.thriftbooks.com/a/ann-patchett/196885>

BOOK CLUB SCHEDULE

Tom Lake
Ann Patchett
March 12, 2025

Lady Tan's Circle of Women
Lisa See
April 9, 2025

Tender is the Night
F. Scott Fitzgerald
May 14, 2025

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. If you choose an annual subscription after January it will only include a Meadowword the next time it is published depending on when you make the payment. It may make more sense to consider a semiannual subscription depending on when you decide to subscribe. Your subscription will include Meadowwords based on when you subscribed along with any special editions in June and August IF published. We do not do rolling subscriptions.

USA	\$24.00
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Semiannual Subscription - Begin in May and end in December of that same year. You will receive issues of the full *Meadowword* if you make payment by April 1, otherwise you will receive your first publication the next time it is published along with any special editions in June and August IF published.

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 April issue is Monday, March 3.



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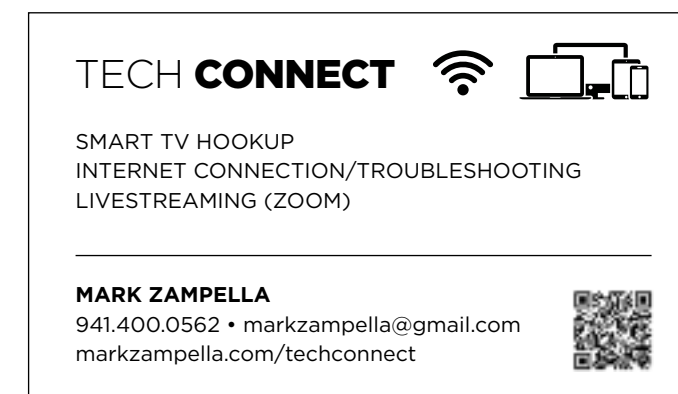
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HOMES FOR RENT

1/1 Bunker Oaks cottage condo available for Feb and March. Golf course view, community pool, on-site laundry. \$2600 a month rgruneisen@aol.com

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WANTED

Laptops needed. Donate your old windows based laptops to be cleaned, refurbished and distributed to need, disabled clients or Suncoast Center for independent living (SCLL) Contact John McDermott 941-371-4855

Senior couple seeking seasonal rent, Jan-Mar, 2026. Call:585-667-4923



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 5049 Ringwood Meadow, Sarasota, FL 34235
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 www.christinehannafin.com

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Best Kept

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 Marilyn Maleckas, Stan Miska

Liaisons

Aviva Senior Living, Michelle Johnston

Liaisons

The Meadows Center for Nursing and Healing, New Liaison To Be Named Soon

Liaisons

Meadows Village Center
 Chris Perone

THE MEADOWWORD

Publisher, MCA: Frances Rippondi,
 MCA General Manager

Editor-in-Chief / Creative Director:

Tia Calomeris, Director, Marketing and Communications

MEADOWS COMMUNITY ASSOCIATION

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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.

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

Meadoword

The Meadows Community News and Lifestyle



March 2025 Calendar

March 3	7 pm	MCA Annual Meeting	MCLWF
	2 - 3 PM	Safety Committee	MCLWF
March 4	3 PM	Standards Committee	MCLWF
March 5	1 - 2 PM	Communications Committee	MCLWF
	6:30 - 7:30 PM	Bingo	MCLWF
March 6	10 - 11 AM	Activities & Events Committee	MCLWF
	1-4 PM	Electronic Tutor	MCA
March 7	1 - 3 PM	Matter of Balance	MCLWF
March 11	10:30-11:45 AM	FitMinds	MCLWF
March 12	11 AM - 12:15 PM	Master Class Moulin Rouge	MCLWF
	2:30 - 3:30 PM	Maintenance Committee	MCLWF
March 13	7:30 AM - 3:30 PM	OnSpot	MCLWF
	2-3 PM	MCA Board Meeting	MCLWF
March 15	8 AM - 1 PM	Garage Sale	MCA
	9 AM - 3 PM	Craft & Bake Sale	MCLWF
	10 AM-4 PM	Art Show	MCA
March 16	10 AM-2 PM	Art Show	MCA
March 19	4-5 PM	Assembly of Property Owners	MCLWF
March 21	6:30-7:30 PM	Ice Cream Social	MCLWF
March 25	9 - 11 AM	Harzardous Waste	MCA

CLUBS & SOCIAL GROUPS

Ace in the Hole Card Club

Tuesday 7-10 PM
Bob Monaghan

Drop in Art Studio

Melinda Gordon
Every Thursday 10:00 AM – 12 PM

Bike Club

Janet Schmidt
Every Wednesday 9 AM
Meets at Meadows Pub

Bingo

Agnes Rutushni
Monthly, 1st Wednesday, 6:30 PM

Book Club

Lois Robinson
Monthly, 2nd Wednesday, 2 PM

Bridge-Wednesday

Kerrienne McMurdo
Every Wednesday 1:30 – 4 PM

Bridge-Friday

John Harwood
Every Friday 12:30 – 3 PM

Bridge Saturday Duplicate

Dot Boulia
Every Saturday 11:30 AM – 4 PM

Canasta: Hand & Foot

Debra Ashenofsky
Every Tuesday 1:30 – 5 PM

Cornhole

Susan Weisse
Every Thursday 3 – 5 PM

Craft Group

Gayle Kroll
Every Wednesday 9 – 11 AM

Game Night

Pat Webster
Every Wednesday 6:30 – 8:30 PM
except when Bingo is scheduled

Garden Club

Michele Lewis
themeadowsgardenclub@gmail.com
Monthly, 1st Thursday 1 – 2 PM

Hot Stove League

Mark Pienkos
Monthly, 2nd Tuesday 9 – 11 AM

Knit Happens

Vicki Carey
Monthly, 1st Monday 1 – 3 PM

Mah Jongg

Elizabeth Williams
Every Monday 9 AM – 12 PM

Meadowlarks Poetry Writers

Michael Bruno
2nd & 4th Fridays of each month
10 AM – 12 PM

Meadows Chorus

Cindy Rubin
Every Thursday 7 – 9 PM

Meadows Sailing Assoc.

Adam Lawall
Every Tuesday 1 – 3 PM
Meets at MCA Pond

Memoirs

Liz Barnett
Meets 1st & 3rd Friday
10 AM – 12 PM

Pieceful Meadows Quilting & Needlework

Marge Erasmus
Every Monday 9 AM – 12 PM

Shalom Club

Joni Cohen
Flo Wiener
Every 4th Sunday at 3 PM

The Rainbow Connexion

Victor Aluisse
Meets quarterly

Contact the MCA at

941-377-2300 for more information on clubs and social groups.

