Our Lifestyle

Activities

Line Dancing

Wednesday, September 3

2 - 3 pm

The Meadows Lifestyle & Wellness Facility

No experience required! Have fun, learn some dance steps, and get some exercise. Get your feet moving from the Electric Slide to Fireball! Please wear closedtoe shoes.

Register online at themeadowssarasota.org



Wednesday, September 10 • 6:30-7:30 PM Meadows Community Lifestyle & Wellness Facility

Cool Down and Mingle!

Register online at themeadowssarasota.org















Wednesday, September 3 6:30 - 7:30 PM

\$5 for three cards

Meadows Community Lifestyle & Wellness Facility

Email RSVPBingo@yahoo.com to register.

Fall Risk Assessment Presentation

Friday, September 12 • 1 – 2 pm

The Meadows Lifestyle & Wellness Facility

Presented by Cassandra Howell, Trauma Injury

Prevention Coordinator for Sarasota Memorial Hospital.

Take this opportunity to learn your

risk factors, discover prevention strategies, and connect with valuable community support.

Register online at themeadowssarasota.org

CULINARY DEMONSTRATION



Friday, September 5 3 pm

The Meadows Lifestyle and Wellness Facility

Join us for an exclusive, behind-the-scenes culinary

demonstration with Chef Johnny Zaki — co-owner of The 1592 Wood Fired Kitchen & Cocktails and a proud Meadows resident.

Experience a modern presentation of Mediterranean specialties, featuring bold flavors, fresh ingredients, and curated sample tastings.

Register online at themeadowssarasota.org

FITMIND?

Wednesday, September 17 • 10:30 – 11:30 AM

A unique presentation by DeSoto Palms on ways to exercise your brain through interactive games & activities for a Fit Mind.

Meadows Community
Lifestyle & Wellness Facility

Register on-line at themeadowssarasota.org





ACTIVE SHOOTER PRESENTATION

With Cathy Duff, Law Enforcement Deputy of the Crime Prevention Unit, Sarasota County Sheriff's Office

> Tuesday, September 9 3 – 4 pm

The Meadows Lifestyle & Wellness Facility

Good practices for coping with an active shooter situation. Register online at themeadowssarasota.org

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Wednesday, Sept. 17 • 6 - 7 pm

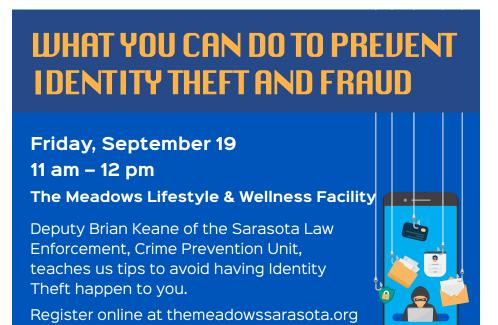
The Meadows Lifestyle & Wellness Facility

Join Charlene and Mickey Kirshenbaum, your Meadows' neighbors, for an introduction to ballroom dancing for social enjoyment. Space is limited so sign up now!

This event is open to Meadows Residents Only.

Register online at themeadowssarasota.org

ind Events





EMERGENCY ANIMAL PREPAREDNESS WORKSHOP

Monday, September 22 • 11 am – 2 pm

The Meadows Lifestyle & Wellness Facility

Presented by Jeremy Hillengas, Program Manager Florida State Animal Response Coalition

Learn best practices for how to prepare yourself

Division of SPCA Florida

and your pets in a hurricane situation.

Register online at themeadowssarasota.org





PROTECT YOURSELF FROM SCAMS

Wednesday, September 24 • 11 am – 12 pm The Meadows Lifestyle & Wellness Facility

Art Smith, a consumer educator with Seniors vs Crime, will present "Don't Be Scammed", an informative presentation on internet scams that target us all. Art will identify the most common scams and discuss ways to protect yourself from becoming a victim. He will also talk about protecting your identity.

Register online at themeadowssarasota.org

Why Food Safety Matters

Thursday, September 25 • 11 am – 12 pm

The Meadows Lifestyle & Wellness Facility

Carly E. Lovallo, Chronic Disease Prevention Coordinator from Florida Department of Health in Sarasota County, will be going over the importance of food safety, explain



key bacteria and how they cause illness, foods to avoid or handle carefully, and recognizing spoiled foods.

Sign up and put this on your calendar so you don't miss this event!

Register online at themeadowssarasota.org



Bike Safety Training

Friday, September 26 11 am – 12 pm

The Meadows Lifestyle & Wellness Facility

Learn essential safety tips, proper riding techniques, and traffic rules to keep you safe on the road.

Free helmets and custom helmet fittings will be provided to all participants while supplies last.

Register online at themeadowssarasota.org

Get Ready for the Sarasota Mobile Library at The Meadows!

Starting in October

The Meadows Community Association

Starting in October, the Mobile Library will visit The Meadows Community Association every second Thursday of the month. Get a library card on-site and borrow or place holds on books, music, audiobooks, movies, mobile hotspots, Launchpads, and more!

Don't miss this convenient way to stay connected, informed, and entertained—right in your neighborhood! Register online at themeadowssarasota.org

