

# 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 closed-toe shoes.

Register online at [themeadowssarasota.org](http://themeadowssarasota.org)



## Ice Cream Social

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

Cool Down and Mingle!

Register online at [themeadowssarasota.org](http://themeadowssarasota.org)



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

\$5 for three cards

Meadows Community  
Lifestyle & Wellness Facility

Email [RSVPBingo@yahoo.com](mailto: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](http://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](http://themeadowssarasota.org)

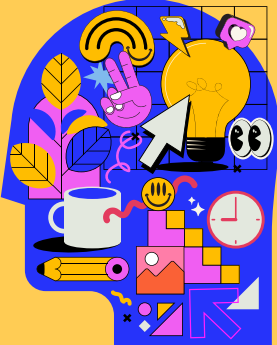
## ARE YOU READY FOR A FITMIND?

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](http://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](http://themeadowssarasota.org)

## Introduction to Ballroom Dancing



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](http://themeadowssarasota.org)

