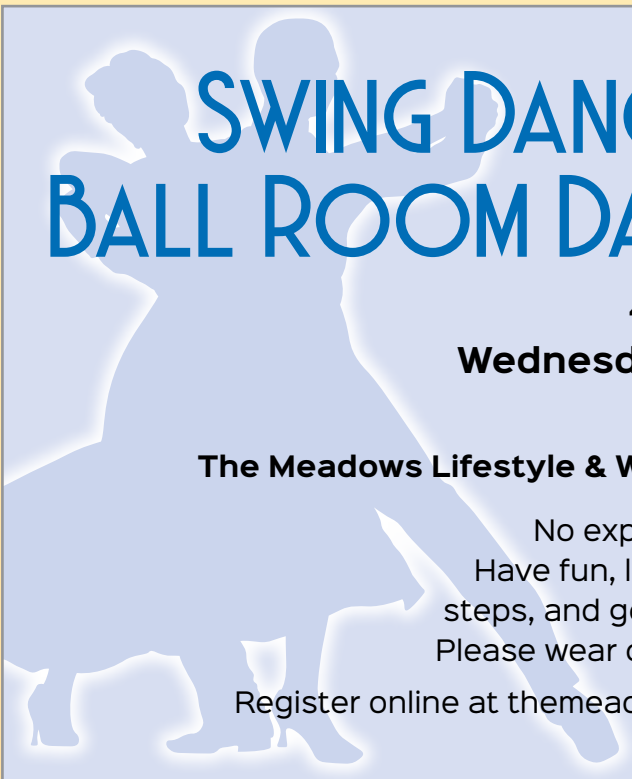


HARVESTING THE GOOD LIFE



SWING DANCING & BALL ROOM DANCING

4 Week Class
Wednesday, October 1
6-7 PM

The Meadows Lifestyle & Wellness Facility

No experience required!
Have fun, learn some dance steps, and get some exercise.
Please wear closed-toe shoes.
Register online at themeadowssarasota.org

WHAT'S CHANGING WITH MEDICARE IN 2026

Friday, October 10
10:30 – 12 PM

Meadows Community Lifestyle & Wellness Facility



Harvest Moon Ice Cream Social

with Chris & Frances

Monday, October 6
6:30-7:30 PM

Register online at themeadowssarasota.org

Meadows Community Lifestyle & Wellness Facility



Cool Down & Mingle!

Sarasota Trading Company

ART APPRAISAL
WITH ANDREW FORD

Monday, October 13 • 2:00-4:30 PM

Get an appraisal on furniture, fine art, jewelry, porcelain, antiques and more.

The Meadows Lifestyle & Wellness Facility

Register online at themeadowssarasota.org



BINGO

Wednesday, October 8 • 6:30 – 7:30 PM

\$5 for three cards

Meadows Community Lifestyle & Wellness Facility

Email RSVPBingo@yahoo.com to register.

Join Sandra Love for a Free QI GONG class

Wednesday, October 15 at 11 AM

QI GONG is a beautiful way to care for your mind, body and spirit.

Meadows Community Lifestyle & Wellness Facility

Sign up at themeadowssarasota.org



ARE YOU READY FOR A FITMIND?

Wednesday, October 15 • 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



Free Chair Yoga

Saturday, October 18 • 10 – 11 AM

Meadows Community Lifestyle & Wellness Facility

Barbara Harrison, a new member of The Meadows community, is offering free Chair Yoga classes weekly at the same day and time throughout the season.

"In our Chair Yoga practice we will move with the breath as we go from pose to pose. Some of the practice involves standing, using the chair as a prop as needed. I will be doing all of our poses with the class, explaining the goal for each pose, as we work to build up our strength, flexibility and balance."



MEADOWS --ACTIVITIES AND EVENTS



CREATING TRANQUIL TWILIGHT
Design Evening Gardens

Tuesday, October 21 • 1 – 2 PM
Meadows Community Lifestyle & Wellness Facility
Register on-line at themeadowssarasota.org

Turn Conflict into Collaboration:
Reduce & Prevent Conflict Within & With Others

**Wednesday, October 22
11 – 1 PM**
Meadows Community
Lifestyle & Wellness Facility

FL Friendly Landscaping:
PLANTING TREES FOR THE SUNCOAST

Friday, October 24 • 2 – 3 PM
Expert advice to help you select trees that are suited to the West coast of Central Florida.
**Meadows Community
Lifestyle & Wellness Facility**

**TRUNK OR TREAT
WITH DOG
PARADE**

**Thursday, October 30
5:00-6:30 PM**
MCA PARKING LOT

**HALLOWEEN
DINNER DANCE**

Friday, October 31 • 6-8 PM
The Meadows Lifestyle & Wellness Facility
Register online at themeadowssarasota.org

Welcome Back to your Fitness Center!

The current hours of operation are:
Mon – Fri 7:30 AM – 7PM
Sat 8 AM – 4 PM
Sun 9 AM – 1 PM
FOB hours are:
Mon – Fri 5:30 AM – 8 PM
Sat 5:30 AM – 4 PM
Sun 5:30 AM – 4 PM

We're excited to welcome you back to the Fitness Center! Our staff is here to support you with everything you need, including:

- Creating or updating your account
- Processing payments (credit card only at this time)
- Registering you for classes or checking you in
- Answering your fitness questions and addressing concerns

PERSONAL TRAINING
.....
Our certified trainers are available by appointment only. They work one-on-one with residents and annual tenants, offering services such as:

- Active Isolated Stretching
- Half & Full Training Sessions

If you would like to book an appointment, please contact a trainer directly.

IMPORTANT GUIDELINES
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- Residents and Annual Tenants must be **16 years or older** to enter the Fitness Center.
- A valid **Renaissance card** is required. If you need to obtain one, please visit the MCA Community Center at **2004 Longmeadow.**

- Everyone using the fitness center needs to sign all waivers, terms and conditions.
- Guests must be accompanied by a resident or annual tenant. Guests may work out or attend a class only.
- Guest fee: **\$10 per guest, per day.** Guests must be **18 or older**, or accompanied by a parent if under 18.
- All fees are subject to change.

CURRENT FITNESS CLASSES:
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- Tai Chi
- Balance



- Stretch & Tone (returning in October)
- Gentle Evening Yoga (returning in November)
- Music & Movement (returning in October)
- Qi Gong (starting in October)
- Chair Yoga (starting in October)

For more information contact the fitness center at Phone Number: 941-292-0348 / Email: fitnessfrontdesk@meadowscsca.com.

We look forward to helping you reach your fitness goals!