

Meadoword

The Meadows Community News and Lifestyle



Love Where You Live

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LOVE WHERE YOU LIVE

Turning Challenge Into Opportunity



Chris Perone —
MCA Board President

I truly do love where I live.

Communities like The Meadows are increasingly rare. They don't happen by accident, they are built over time by people who care deeply about where they live and are willing to adapt as the world around them changes. The Meadows is no different. To remain strong and relevant, we must continue moving forward while honoring what has always made this community special.

This past year brought challenges that were abruptly placed on the community, without forewarning and largely outside our control. Despite that, The Meadows has responded with resilience and resolve.

Tennis is fully operational once again. Our eight new pickleball courts are consistently active, creating energy, connection, and a strong sense of community. The Meadows golf course has reopened and is performing better than it has in years, and we are now gathering the details necessary to open The Groves in a way that is both responsible and affordable. We are also nearing the conclusion of the Meadows Country Club bankruptcy, a process that has required significant time, attention, and care.

The former clubhouse is planned for demolition—a visible reminder that a difficult chapter is coming to a close. With it, the hope is that all remnants of past misfortune can remain exactly where they belong: in the past.

At the same time, we are actively exploring partnerships with experienced restaurateurs to reopen or reimagine Centre Court Lounge. Another promising initiative -

originally suggested by a resident - is the transformation of the cart barn near the Lifestyle Building into a flexible event space that can be enjoyed by the entire community.

There has been confusion and misinformation along the way, and that has understandably

led to frustration. Major transitions are rarely easy. Still, we have worked to share information, outline the process, and communicate a clear vision for the future, one that reflects both practical realities and community input.

We now have an opportunity to create something truly meaningful in The Meadows.

Major transitions are rarely easy. Still, we have worked to share information, outline the process, and communicate a clear vision for the future, one that reflects both practical realities and community input.

Imagine a refreshed Centre Court Lounge - bright, modern, and welcoming - offering elevated food and a space people genuinely want to gather. Envision a versatile event venue that can host community meetings, movie nights, celebrations, live music, and private gatherings with catered food. These are realistic possibilities that can enhance daily life here.

This is about turning challenge into opportunity and writing the next chapter of The Meadows thoughtfully and responsibly, a chapter where residents have more ways to connect, enjoy their community, and take pride in where they live.

I believe we can do that – together – and continue building a Meadows that people are proud to call home and a place to love.



OUR MISSION

Our mission is to preserve the property values, green space, 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.

Love Where You Live



Frances Rippcondi —
MCA General Manager

At the heart of The Meadows and what makes this community great, is the love of the community that residents share. I have found that countless people love The Meadows, and loving where you live is essential to a healthy, happy life.

WHAT'S NOT TO LOVE ABOUT THE MEADOWS?

Our vibrant lifestyle program offers a wide variety of events and activities that reflect our core community initiatives: **Health & Wellness, Education & Culture, Environment**, and—most importantly—fun! There's something for everyone, with opportunities designed to bring neighbors together and help residents make new connections. *Coffee and Conversation, Wine and Cheese gatherings, and Ice Cream Socials* are among the most popular and well-loved events.



The Meadows is blessed with an incredible amount of open space, mature vegetation not easily found in other communities. We may not be the shiniest and newest community, but we have roots that extend as far back as 1974 when the Development of Regional Impact for the Meadows was approved by the Sarasota County Commissioners granting Taylor Woodrow the rights to build the first

known planned unit development in Sarasota County conceived of The Meadows.

Can you imagine Frank Taylor's (our founding father) excitement knowing he was about to embark on one of the largest communities, in the middle of nowhere, and his anticipation of what was to lie ahead? There is no doubt that Frank Taylor was a visionary, how else could he have built a cutting edge, highly amenitized community without the foresight to see his way through the development and HOA process, ultimately creating a community that has stood the test of time for over 50 years.



WHILE WE WERE ONCE LOCATED IN THE MIDDLE OF NOWHERE, TODAY WE FIND OURSELVES LIVING IN ONE OF THE MOST HIGHLY SOUGHT AFTER AREAS IN SARASOTA AND IN THE HEART OF AN ACTIVITY HUB THAT IS SECOND TO NONE.

While we were once located in the middle of nowhere, today we find ourselves living in one of the most highly sought after areas in Sarasota and in the heart of an activity hub that is second to none. Residents are in close proximity to University Town Center to shop, Mote Sea to discover and learn, Benderson Park to exercise, downtown Sarasota to explore, Van Wezel and Cultural Venues to entertain, Celery Fields and county

recreational parks to commune with nature and if that is not enough miles and miles of beautiful beach. Who could ask for more? It may have been serendipitous, it may have been visionary but whatever you call it - Frank Taylor got it right!



While a superb location makes a community desirable, it is the people within it who truly make it feel like home. Neighbors helping neighbors, residents volunteering countless hours, and a shared understanding that our rules and regulations exist to protect everyone and contribute to a strong and respectful community.

I am often asked to send reminders encouraging simple courtesies: please observe posted speed limits; be respectful on pathways—pedestrians should step to the side as bicyclists travel at higher speeds; keep music at the pool at a reasonable volume, as we don't all share the same tastes; and remember to keep dogs on a leash, limiting the length of the extension. These small, daily acts of consideration go a long way toward maintaining a harmonious environment for all who live here.

While much has changed over the years, both within our community and beyond its borders, one thing remains constant: the moment you enter The Meadows, you are transported home—surrounded by beauty, history, and the feeling of coming home.



SAFETY REPORT



As of the above date in the month of December 2025 there were **(7) incident free days** - (2) More than November 2025. There were **(46) reported incidents** - (7) More than November 2025. There were **(68) citations issued** - (3) More than November 2025.

Safety responded to the following during the month of December:

SUSPICIOUS VEHICLE

• December 16th a vehicle was observed running at 0130 Hrs. unattended in guest parking in the 4000 block of Weybridge. Same vehicle was still there a ½ Hr. later. SCSO contacted, arrived and attempted to contact the owner with no answer. Vehicle was shut off at that time.

SUSPICIOUS PERSON

• December 27th a man arrived in a car and proceeded to walk a dog off leash in Heronmere II. President of the association is aware of the man and will deal with SCSO for trespass.

SUSPICIOUS INCIDENT

• December 17th checked on a residence in Horeshoe Ct. area due to the owner receiving a phone call from a "solicitor" (regarding them arriving between 10:00 am & 2:00 pm) for a roof inspection on Friday and needing access to the home. • December 24th checked on a residence in the 4000 block of Penshurst due to the resident hearing a "tapping" noise on the

back window. Area was cleared, no one was present.

- December 26th owner of a home in the 3000 block of Highlands Bridge Rd. reported getting a phone call from the landscaper that the front door of the home was open (home has been empty for 2 months). A check of the home found the front door closed and locked and nothing disturbed around the perimeter. Owner advised of findings and to have someone check the interior of home.
- December 27th owner received a call from an unknown person asking if he was home. A subsequent check of the home in the 1900 block of Dalecroft showed no signs of foul play.
- December 29th search of the area for 2 persons reported as having tried to break into resident's car in Willow Green. No one was found fitting the description given. SCSO was not contacted and complainant declined to provide their name.

TRAFFIC CRASH

- December 17th SCSO were handling a rollover accident which blocked the exit / entry to Longmeadow from 17th St. for over an hour and a half.

DISTURBANCE - ARGUMENT

- December 1st arrived in the 4500 block of Longwater Chase due to a reported argument, neither party present. Returned for a call an hour and a half later, both parties were spoken with and advised
- December 12th a barking dog in Pinebrook hollow. Owner was contacted and had put the dog on the patio while internet services were being connected to her home. Dog was placed in the garage.
- SCSO contacted regarding a possible domestic disturbance

if there were further issues they should contact SCSO.

- December 18th at the Meadows cart barn a man with no shoes was arguing with staff regarding "a piece of rubber" he found a mile away and was blaming them for it. A subsequent search of the area did not produce the individual.
- December 21st in the 4800 block of Greencroft Rd. an argument was taken place between the occupants. Upon arrival both were on the phone with SCSO. SCSO arrived and dealt with the incident.

DISTURBANCE

- December 7th arrived in the 4500 block of Longwater Chase regarding some type of alarm sounding at 0100 Hrs. It was found to be a smoke detector that had fallen off the ceiling onto the rear porch of another condo. No one was home, the battery was removed and alarm stopped.

- December 12th a barking dog in Pinebrook hollow. Owner was contacted and had put the dog on the patio while internet services were being connected to her home. Dog was placed in the garage.
- SCSO contacted regarding a possible domestic disturbance

in the 4800 block of Winslow Beacon. Resident was spoken to and reported playing video games while spouse was asleep.

ANIMAL COMPLAINT

- Between December 2nd & December 31st Safety received 10 complaints regarding the same individual who has been walking two large German Shepherds throughout the community off leash as well as not picking up after them. Contact was made 3 times with the individual and advised of leash laws and community rules.
- Between December 15th & December 26th there were 5 additional complaints ranging from loose dogs, a dog at the community pool running loose, barking and a non-resident walking a dog off leash.

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

JANUARY APPROVED ARCHITECTURAL REVIEWS

3591 Ferndell
4763 Ringwood Meadow
3733 Surrey Ln
4837 Waterbridge Down
Chambery Condo Assn

2483 Arborfield Sq
5259 Everwood Run
5259 Everwood Run
3562 Ferndell
5233 Marsh Field Ln

4749 Ringwood Meadow
3013 Taywood Meadow
4441 Highland Oaks Cir
Oakley Greene Condo Assn
3425 Highlands Bridge Rd

3425 Highlands Bridge Rd
4546 Kingsmere
5092 Marsh Field Rd
2881 Sandringham
4930 Windsor Park

MEADOWS FINANCES



Jan Lazar —
MCA Treasurer

As we go into the last month of our current fiscal year, I would like to update you all on our financial status and our projections through year end. As of this point, we expect to end the year with our reserves intact, and the monies (\$750,000) indicated to be used as part of the new 2026-2027 budget all in place and

available. There is no threat of bankruptcy, nor has there ever been at any point.

Your assessment notices for the new year will be out within the next few weeks. Unfortunately, the numerous disruptions to negotiations for a lease and re-financing have resulted in the necessity to go forward with the budget adopted in December which calls for an 11.7% increase in our assessment rate. Again, remember that your individual assessment will vary depending on what the County assessment

change was for your property, or, in the case of the Highlands, the overall change to the Highlands total assessments.

I will be working to find another option to refinance our existing debt, which is now approximately \$5.2 million. We are still ahead of the original repayment requirements and have no problem in making all necessary debt payments. To keep it in perspective, our debt represents one half (1/2) of one percent of the total assessed value of Meadows property.

The Meadows does NOT have a heavy debt load and nor has any proposal which has been considered have increased the total debt.

Despite comments to the contrary, the debt and cash positions have been reported to the Board every month and are available in the monthly Board packet on the member portal. The Meadows is currently in a good financial position and can remain so if prudent management is continued.

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- I have been a Meadows resident for 20 years
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FEATURED PROPERTIES

NEW!	3386 W Chelmsford Ct	—2 large bedrooms with a fabulous Golf/Water view in a super well maintained community with the lowest condo fees in its class. A large Country Kitchen offers plenty of flexible multi-use space.	\$369,000
SOLD	3412 E Chelmsford Ct	—Turnkey furnished Villa with a fantastic panoramic view of the 6th hole of the private Meadows course.	\$389,500
SOLD	3370 E Chelmsford Ct	—2bd/2ba High ceilings. Private setting. Golf view. Kitchen fully remodeled.	\$469,900

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HEART MURMURS



David J. Smith, VMD—
Bay Road Animal Hospitals

My veterinarian says my 12-year old dog has a heart murmur. What is a heart murmur and what does that mean for my pet? As a caretaker to my pup, I want to do everything to help my friend. So, first you need to know what caused this murmur. The normal heartbeat has a very consistent rate and rhythm. Each beat has two distinct sounds, the familiar “lub dub.” The noise a murmur makes sounds like a “swish” in between the routine lub dub. There are several spots on the chest where a doctor can listen and it will indicate which valve is causing the noise. The valves

usually keep blood flowing in the correct direction through the heart, into the lungs, and back out to the body. This is a right to left flow. Many times, bacteria in the mouth will flow to the heart valves and grow, causing a lump to grow on the valve. This lump, or granuloma, does not allow the valve to close and seal on each beat. Blood that is normally flowing through the valves in one direction now flows in two directions, both out and back through the valve. This back-flow causes turbulence, which makes a noise (the murmur). The more blood flowing backward, the louder the noise. Grading of the murmur goes from 1 to 6 (with 6 being a very loud murmur). This back-flow of

blood causes many problems throughout the body, from kidney disease to fluid build-up in the lungs or abdomen, depending on which valve is leaking.

When do we treat murmurs? Many years ago, we only treated the heart if there was a cough or build-up of fluid in the abdomen or lungs, or if your pet was unable to exercise normally. These days, we have other methods of evaluating the heart, which sometimes will lead to treatments before symptoms even occur. X-rays can show changes in the heart and lungs. Bloodwork is essential to evaluate the organs, most notably, the kidneys. An echocardiogram gives us the most information to decide

upon treatment. With the use of echocardiograms, we can now “grade” a leaking heart valve, which tells us when medications will be valuable to extend the life expectancy of your pet. The ultimate treatment for this very common heart problem in pets is now being perfected, with the valve replacement surgery. Soon, this will become more routine and more cost effective, and will likely extend pets’ lives by years. Currently, the heart valve replacement surgery is being done at the University of Florida, at a cost of approximately \$30,000. If you have any questions about your pet’s heart condition, please do not hesitate to call me at Bay Road Animal Hospital.

Dogs on Leashes

By Michelle Johnston

Many Meadows residents love their dogs. They enjoy walking them, greeting other the dog owners, and sharing experiences. However, some dog owners do not use leashes, letting their dogs run freely on the streets, sidewalks, and trails. Although it is seemingly fun to have dogs roam without restraint, unleashed dogs cause problems for walkers, bicyclists, and drivers, and harm wildlife. Conditions can also be dangerous for dogs that are untethered.

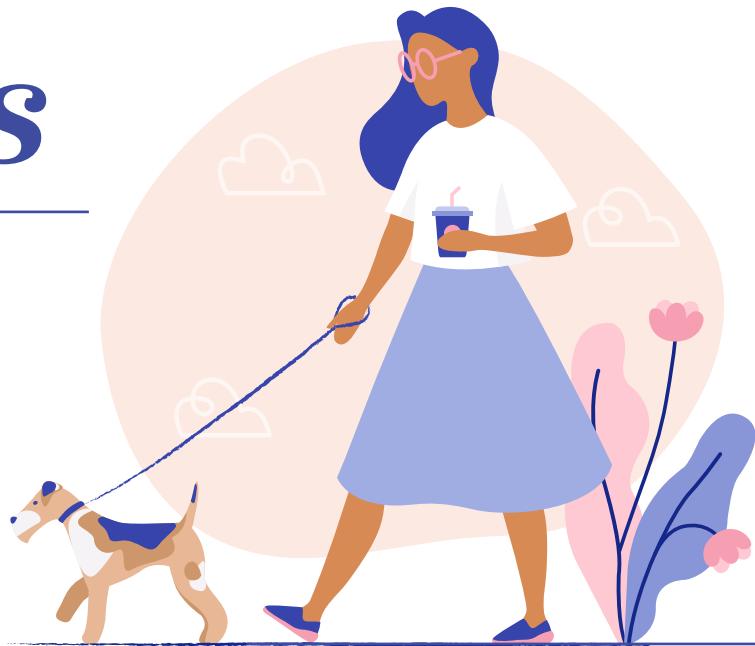
The State of Florida, Sarasota County, and The Meadows have strict dog regulations, and the onus for following those regulations is on dog owners. Specifically, all dog owners must acquire dog licenses and adhere to regulations about leashes or providing safe and secure areas, like dog runs or fenced-in yards, for their dogs, if possible. Further, dog owners receive annual licenses or tags for their dogs when the dogs complete their yearly physical check-ups and receive their required shots. To be specific, all dogs off the owners' personal property must be leashed. If the owners do not have enclosed areas and want their dogs to run without restraints, they can take their dogs to the nearby dog parks where the dogs can run freely and chase other dogs.

The Meadows has a dog park on Longmeadow, and another nearby public dog park is on 17th Street. Both have separate areas for small dogs and large dogs. These are not the only dog parks in Sarasota, just the most convenient.

To bring their dogs to The Meadows dog park, the owners have to register their dogs with the Meadows Community Association (MCA), proving that they have current tags, which means vaccines are up to date. The registration helps ensure that the dogs in the Meadows dog park are healthy. At dog parks, the dogs are free to run and chase with other dogs, which socializes them.

If anyone sees unleashed dogs in The Meadows, please call **The Meadows Safety Patrol (941-809-0084)** or the Sarasota County Animal Control. Safety Patrol can call the Sarasota County Animal Control Officer directly. In some instances, the Sarasota County Animal Control officer can take the dogs.

Meadows residents understand that keeping a dog on a leash keeps everyone, including their dogs. Specifically, using a



Although it is seemingly fun to have dogs roam without restraint, unleashed dogs cause problems for walkers, bicyclists, and drivers, and harm wildlife.

leash prevents the dog from running in front of a car or truck, encountering a dangerous dog or some other feral animal, attacking a crane, and getting lost or stolen. Lastly, having dogs leashed also keeps others safe, including walkers and cyclists.

Please adhere to all dog regulations to ensure that your dogs can thrive in The Meadows.



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Anne Swartz

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- Meadows resident for 25+ years

STAY INFORMED

THE MEADOWS COMMUNITY ASSOCIATION, INC.

The Meadows Community Association (MCA) encourages Meadows residents to add their email address to the Constant Contact database that will allow us to send you timely updates regarding: significant developments in the community, events, activities, community reminders, safety, and more. **Sign up today.**

To give permission to the MCA simply stop by the Community Center located on 2004 Longmeadow or email the following Information to supportspecialist@meadowasca.com

I, _____ give my permission to use my email to sign me up for the MCA email updates.

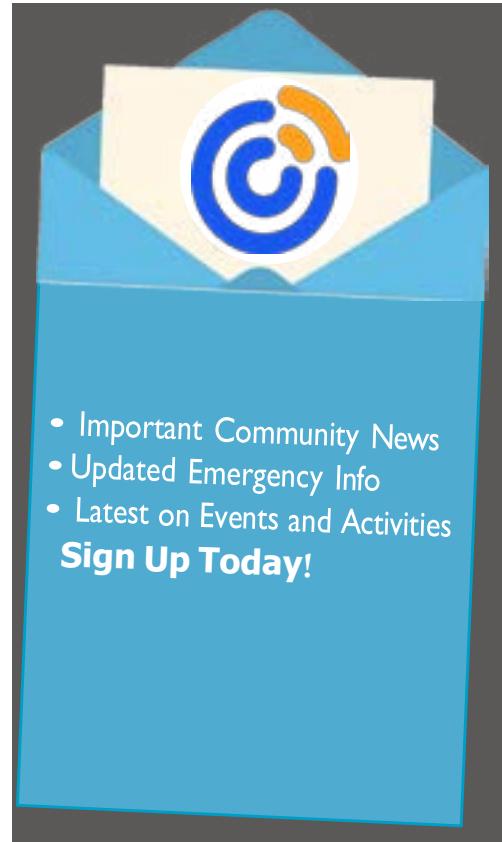
Add me to the database.

You MUST be a homeowner or annual tenant

MEADOWS ADDRESS _____

EMAIL _____

PHONE _____



Breakthrough Neuropathy Treatment

HOW TO GET LASTING RELIEF FROM: PERIPHERAL NEUROPATHY

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- Can't Feel The Ground

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Dr. Kenneth Carle
Chiropractic Physician

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Renewedlifewellnesscenter.com

Monday, February 16th @ 12-1pm
5664 Bee Ridge Rd. Suite 100
Sarasota, FL 34233

Snacks will be provided. Space is limited to 16 people!
RSVP: By Friday Feb. 13th @ 941-376-1488

We ❤️ The Meadows and we love what we do!



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WHAT IS THE DIFFERENCE BETWEEN TAI CHI & QI GONG?

Tai Chi or Qigong? Understanding the Gentle Practices That Build Strength from Within

Slow, graceful movements. Calm, focused breathing. A quiet sense of balance and control. To the casual observer, Tai Chi and Qigong appear nearly identical. Yet while these ancient practices share common roots, each offers a distinct approach to health, movement, and mindfulness.

As more people seek low-impact ways to stay active and reduce stress, both Tai Chi and Qigong have gained renewed popularity. Understanding what sets them apart can help practitioners choose the path that best supports their wellness goals.



The Foundation: Shared Origins and Benefits

Both Tai Chi and Qigong originated in China thousands of years ago and are grounded in the concept of *qi*, or vital life energy. Each practice encourages the smooth circulation of *qi* through the body using controlled movement, intentional breathing, and mental focus.

Today, they are widely embraced for improving balance, flexibility, posture, and mental clarity. Many practitioners also report reduced stress, better sleep, and a greater sense of calm and well-being.

Despite these similarities, the structure and intention behind each practice are notably different.

Qigong: Cultivating Energy and Calm

Qigong, which translates to “cultivating life energy,” is one of the oldest wellness

practices in the world. Its primary focus is internal—helping the body relax, release tension, and restore energetic balance.

Movements in Qigong are typically simple and repetitive, making the practice accessible to beginners and adaptable for all ages and physical abilities. Sessions often combine gentle motions with deep breathing and moments of stillness or meditation.

Qigong is commonly used as a restorative or therapeutic practice, supporting stress reduction, recovery, and overall vitality. Because it does not rely on memorized sequences, participants can often feel the benefits quickly.

Tai Chi: Movement in Continuous Flow

Tai Chi, also known as Tai Chi Chuan, developed as a martial art before evolving into a refined form of moving meditation. While it also emphasizes the flow of *qi*, Tai Chi places greater importance on posture,

coordination, and controlled transitions between movements.

Practiced through a series of choreographed forms, Tai Chi requires focus and consistency. Each movement flows seamlessly into the next, creating a continuous,

rhythmic pattern that challenges balance and body awareness.

Although its martial origins remain embedded in the practice, modern Tai Chi is most often used to enhance physical stability, improve joint health, and strengthen the mind-body connection.

How They Differ—and Why It Matters

At a glance, Qigong and Tai Chi may look alike, but their goals and structure set them apart. Qigong emphasizes internal awareness and energy cultivation, often with minimal movement complexity. Tai Chi, on the other hand, emphasizes physical form, balance, and flow through structured sequences.

In short, Qigong is often described as **simpler and more meditative**, while Tai Chi is **more dynamic and movement-focused**.

Choosing the Right Practice

For those seeking a gentle, restorative experience that prioritizes relaxation and breath, Qigong is an excellent choice. For those looking to build balance, coordination, and strength through graceful movement, Tai Chi offers a rewarding and engaging practice.

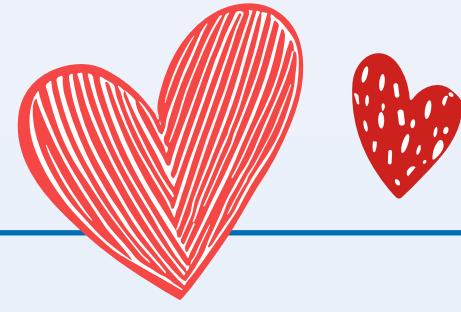
Many wellness programs now offer both, allowing participants to enjoy the complementary benefits of each. Whether practiced independently or together, Tai Chi and Qigong share a common goal: helping individuals move with greater ease, awareness, and confidence—both on and off the mat.



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REMINDERS



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Friday, February 6 • Thursday, February 12
7:30 AM – 3:30 PM
MCA Parking Lot
Call 941-444-0011
to schedule your appointment today!

SAMBA

Fridays, 1:30 – 4:30 PM

MCA 2004 Longmeadow

Contact the MCA for more information
941-377-2300



Cornhole

Thursdays • 3 – 5 PM
MCA - Outdoor Patio

Contact the MCA for more
information 941-377-2300

Join Sandra Love for a QI GONG class

Every Wednesday at 11:30 AM
from Oct-May

Fitness – Sign up on your fitness app or stop by
the fitness center.



MCA Clubs & Group Reminder

Club/Group Chairs must reserve their rooms
prior to use and submit a sign in sheet after
each use.

Sign in sheets must have the resident's
name/meadows address/email/guest name/
resident name bringing guest

For more information please contact Tina
Wagstaff at tina.wagstaff@meadowsca.com



ANNUAL ASSESSMENTS

MCA Annual Assessments are due by March 1, 2026. For
2026, you will receive two mailings. The Annual Meeting
and Election mailing will contain Notice of the March 2026
Annual Meeting, Proxy form, Election Ballot and return
envelope as well as your 2026 MCA parking sticker. The
Annual Assessment Mailing from Centennial Bank will
contain your Annual Assessment statement and 2026-
2027 Budget and the Millage Rate calculation.

Game Night

Every Wednesday
EXCEPT on Bingo nights
6:30 – 8:30 PM
from Nov-April
at the MCA

Email: mi2tall4u@gmail.com



Our Lifestyle



ACTIVITIES

YOGA IS BACK!

Tuesday, February 3 – 11:00 AM

Meadows Community Lifestyle & Wellness Facility

This will be a weekly class as previously offered. Please visit the fitness center to register or use your phone app.

These classes are accessible and safe for anyone with a foundational knowledge of yoga, and who is open to learning and exploring all that movement and yoga have to offer. Classes focus on alignment, stability, and core strength.



Sleep Studies WITH DR. MEIR KRYGER



**Wednesday
February 3 & 10
11 AM**
Meadows
Community Lifestyle
& Wellness Facility

VAN WEZEL - TINA Master Classes

Justin Gomlak from Van Wezel leads the Master Classes Series here in The Meadows!

Thursday February 5

11 AM – 12 PM

Meadows Community Lifestyle & Wellness Facility

Learn the moves from these Van Wezel shows. Great way to get your exercise in and make new friends while learning new dance moves!

Justin Gomlak is a veteran of nine Broadway shows, originating companies, understudying major roles, and serving as a dance captain and swing in multiple productions over fifteen years. Justin is the Director of Education & Community Engagement of Van Wezel.

We are excited that he shares his talents with The Meadows. Come and experience something new!

Register online at themadowssarasota.org



ICE CREAM SOCIAL

Tuesday, February 3 • 6:30-7:30 PM
Meadows Community Lifestyle & Wellness Facility

Register online at themadowssarasota.org

EUCHRE

Tuesday, February 10

6:30 PM - 8:30 PM

**Meadows Community
Lifestyle & Wellness Facility**

Contact the MCA for more
information 941-377-2300



LINE DANCING

Wednesday, February 11 • 2 – 3 PM

The Meadows Lifestyle & Wellness Facility

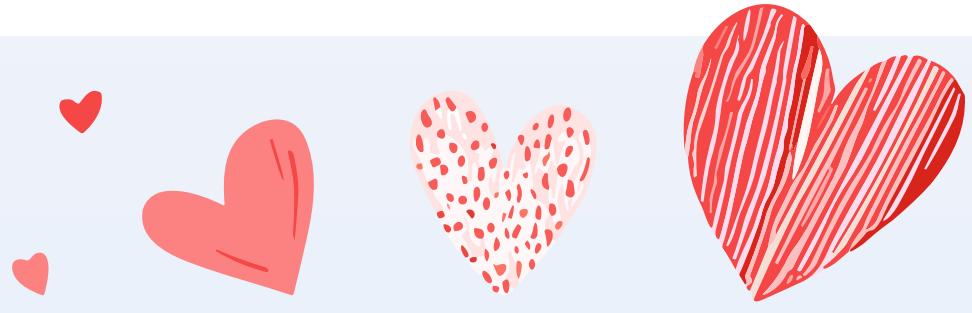
No experience required! Have fun, learn some
dance steps, and get some exercise.

Get your feet moving from the Electric Slide to Fireball!
Please wear closed-toe shoes.

Register online at themadowssarasota.org



& EVENTS



MEADOWS HISTORICAL DEDICATION CEREMONY

Please join us at the Historical Marker Dedication Ceremony on **February 12, 2026, at 10:00 AM**, at the Meadows Community Association Building.

This historical marker is being presented by the Sarasota County Historical Commission and recognizes significant sites that are at least 50 years old. This marker specifically honors The Meadows and its historical significance within Sarasota County.

The ceremony will include guest speakers, light refreshments, and additional presentations commemorating this important recognition.

Residents and community members who may have historical memorabilia, photographs, documents, or other items related to The Meadows are invited to share these materials for a table showcasing The Meadows' history.

Follow-up Constant Contact emails will be sent with additional details about the ceremony and program.

We look forward to celebrating this meaningful milestone with you.

Ballroom Dancing

Wednesdays • 6 – 7 PM

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Fit Minds

Wednesday, February 18

10:30 AM

The Meadows Lifestyle & Wellness Facility



Wine & Cheese Social Event

FEBRUARY 20

4-6 PM

**Perch/Ibis Room
Meadows Lifestyle & Wellness Facility**

\$25 per person

Indulge in two glasses of wine, a charcuterie board, assorted cheeses, and snacks while enjoying the soulful sounds performed live by Kristen Tracey. There will also be an opportunity to win a raffle prize. We look forward to you joining us.

RSVP at www.themadowssarasota.org



COFFEE & Conversation

AVAILABLE FOR ALL MEADOWS RESIDENTS TO ENJOY

**Monday through Friday
9 – 11 AM**

The Perch and outdoor Veranda at The Meadows Community Lifestyle & Wellness Facility

Meet your neighbors. Relax and enjoy a cup of coffee. Bring your computer or magazine. This is the perfect way to start your morning!



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



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HAPPY VALENTINE'S DAY

26 Ways to Love Yourself More

Valentine's Day is often associated with flowers, cards, and romantic gestures – but the most important relationship you'll ever have is the one you have with yourself. Loving yourself isn't selfish; it's foundational. This Valentine's Day, celebrate self-love in meaningful, lasting ways that support your mind, body and spirit all year long.

Here are 26 thoughtful ways to show yourself love in 2026.

1. Accept yourself fully

Embrace who you are today, not just who you're working to become.

2. Breathe deeply and often

A calm breath can reset even the busiest day.

3. Choose rest without guilt

Rest is care, not laziness.

4. Drink water regularly

Hydration is one of the simplest forms of self-respect.

5. Eat foods that nourish you

Fuel your body with balance, not restriction.

6. Forgive yourself

Let go of mistakes that no longer serve you.

7. Get moving in ways you enjoy

Movement should feel good – not forced.

8. Honor your boundaries

Protect your time, energy, and peace.

9. Invest in your health

Schedule checkups and listen to your body.

10. Journal your thoughts

Writing helps clarify emotions and goals.

11. Keep Promises to yourself

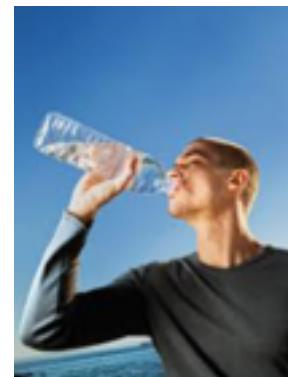
Self-trust is built through consistency.

12. Laugh often

Joy is powerful medicine.

13. Make time for what inspires you

Creativity fuels confidence.



14. Notice your progress

Growth isn't always loud – but it's happening.

15. Organize your space

A peaceful environment supports a peaceful mind.

16. Practice gratitude daily

Even small moments deserve recognition.

17. Quiet negative self-talk

Replace criticism with compassion.

18. Recharge unplugged

Step away from screens and reconnect with yourself.

19. Surround yourself with supportive people

Love grows in positive environments.

20. Take yourself on a date

Your own company is worth celebrating.

21. Understand your limits

You don't have to do everything.

22. Value your worth

You are enough – exactly as you are.

23. Walk outdoors whenever possible

Fresh air refreshes perspective.

24. Express your needs

Your voice matters.

25. Yield to moments of rest

Slow down when your body asks for it.

26. Zoom out and reflect

See how far you've come – and be proud.

This Valentine's Day, remember: love isn't only something we give to others. It's something we practice daily within ourselves. When you choose self-love, you create a stronger foundation for every other relationship in your life.

~ Happy Valentine's Day – celebrate you.

Our Lifestyle



Birds, Birds!

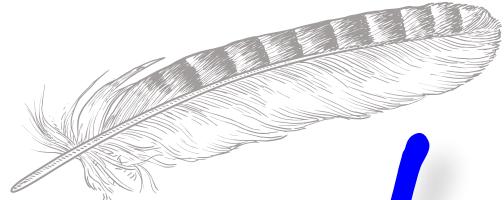
Every year, birders throughout the US, Canada, Mexico, and countries in Central and South America conduct an annual bird survey known as the Christmas Bird Count. This 126-year citizen science project helps scientists understand birds and their habitats, and subsequent ways to help and protect them.

Sarasota birders are eager and up to the challenge of trying to spot as many birds as they can within the count circle of 15 miles diameter with an epicenter at Bee Ridge and Beneva. The circle is divided up into sectors and managed by area leaders. My area (Area 6) encompasses The Meadows, Nathan Benderson Park, and Bobby Jones Nature Park, with slivers of territory between them.

Ten birders covered the entire area on foot, in cars, and in golf carts. Some started looking for owls at 4am (me and two others!) and kept going until 6pm, although the count day is actually 24



126TH CHRISTMAS BIRD COUNT RESULTS, DECEMBER 27, 2025



Birds, Birds!

hours. The entire area yielded 5,731 individual birds covering 101 species. What a day!

Since I live in The Meadows, I was able to extract out from the spreadsheet the number of birds and species spotted within our boundaries: 79 species, 1,615

individual birds. Wow! Thanks to 12 backyard birders who answered my call to send in their sightings, we now have a more accurate picture of bird life in our community – a truly bird and wildlife friendly place in which we live.



Watching birds is not only endless fun, but increases our powers of observation, which further broadens our knowledge of the natural world. Why is that bird almost always seen in pine trees? What is that bird feeding on? What is the name of the bush that Carolina Wrens nest in? Can you believe that Northern Parulas build their nests in hanging moss?

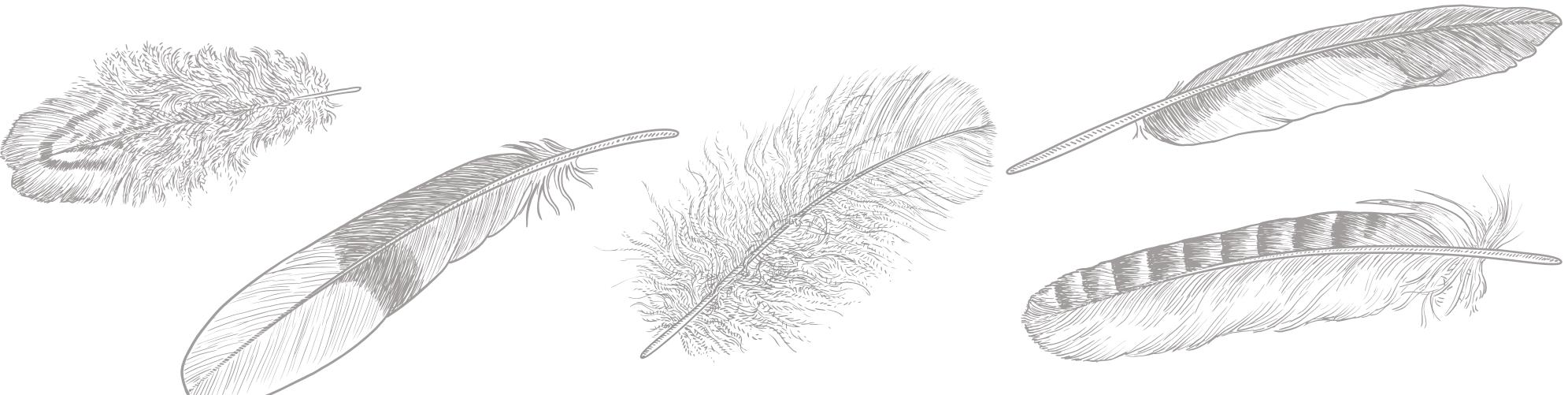
Next time you are out walking, look and listen. You may see something you've never seen before, and it may set you on a path of wonder and discovery.

Thanks to the MCA for allowing us to use two golf carts to help us conduct a more accurate survey.

Jeanne Dubi is a resident of The Meadows and a board member of the Sarasota Audubon Society. She is currently spearheading the re-wilding project of the 28-acre Quad parcels adjacent to the Celery Fields.

All photos from the Macaulay Library at Cornell Lab of Ornithology

The birds spotted range from the ones many of us see almost daily: White Ibis, Limpkin, Great Blue Heron to harder to see small woodland birds (Ruby-crowned Kinglet, Black-and-White Warbler), to two new birds for The Meadows bird list (which I keep): Painted Bunting and Marsh Wren.



Meadows Lifestyles and Center Court Lounge

By Michelle Johnston

The Meadows lifestyle is important to all residents. All of us enjoy the social events, health and fitness activities, and sports. In fact, in many health-related articles, the themes always focus on social engagement and physical well-being for long and happy lives. In The Meadows, the lifestyle initiatives are three-pronged and support those themes of social engagement

and wellness classes, pool, and tennis. Third, the MCA also organizes classes, Coffee and Conversation, Wine and Cheese, ice cream socials, and special events like the future Valentines event and Earth Day. These activities and events are all about socialization and well-being.

Further, to bring our Meadows lifestyle full circle, the MCA also plans to reopen the Center Court Lounge (CCL). To reopen it,

The Meadows lifestyle is important to all residents. All of us enjoy the social events, health and fitness activities, and sports.

and well-being. First, resident-run activities, which include Mahjong, Bridge, Bingo, Chorus, and many more (the full list of those activities are listed on the back page of this Meadoword). Second, the Meadows Community Association (MCA) sponsors the Fitness Center, various exercise

however, I need your input, and we have to do some hard work.

During the January meeting of the Meadows Activities Committee, we discussed the reopening of CCL, and the steps needed to get CCL up and running because it is more than



“the center of the courts,” it is the center of the Meadows lifestyle. Some people want it for light bites after their activities while others want it for a lunch and dinner, maybe even afternoon snack and apps. People also remembered the special holiday celebrations and musical events on the deck and would like to see them return.

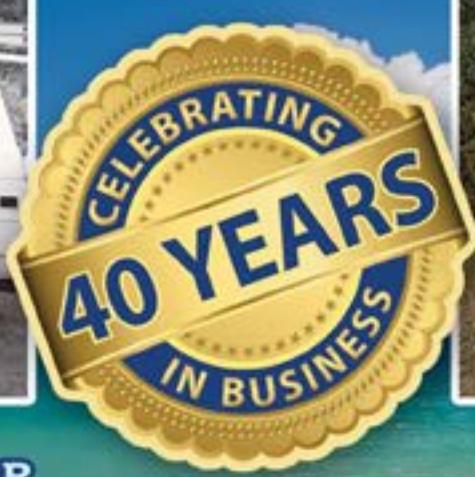
Many people gave me suggestions like expanding the kitchen, constructing a Tiki bar, having lawn bowling behind the building, and subcontracting with a popular local restaurant. However, before implementing any of these suggestions, we have to find out the state of CCL and ask for some additional

advice. I did meet with a chef, food service professional, and restaurant owner about reopening CCL. Some food service professionals offered to roll-up their sleeves, clean-up, and fix-up CCL, but it needs more than that for a successful reopening. If you have any suggestions, please write to me at michelle.johnston@meadowsca.com. I’m happy to entertain your suggestions and discuss them with you.

Remember to make the Meadows lifestyle complete, we need the activities, events, sports, and CCL with its special ambiance where we can meet, socialize, and share a meal and good times.

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Learning About Love



Liz Barnett

In February our thoughts may turn to love. After all there's Valentine's Day on the 14th, Hug Day on 2-12, Kiss Day on 2-13, and Flirting Day on 2-18. And there's more than romantic love to celebrate in February with Give Kids A Smile Day on 2-6, Send a Card to a Friend Day on 2-7, Random Acts of Kindness Day on 2-17 and Love Your Pet Day on 2-20. Of course, there is also one of the most loved days of the year when Super Bowl Sunday arrives on 2-8.

There are many stories of our lives that involve romantic love, but we began to learn about love from our families long before thoughts of romance entered our minds.

Your life is filled with stories like this – slices of your life. They're stories that others want to hear; stories worth preserving. Join us at the MCA or on Zoom on the 1st and 3rd Fridays of each month from 10 to 12 to share and preserve your stories. For more information or for the Zoom link, email us at meadowsmemoirs21@gmail.com.

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MEADOWWORD

February 2026

ELIMINATING THE PENNY MADE NO SENSE

"Levy's Wry" Humor by Bill Levy

On November 12, 2025, the U.S. Mint in Philadelphia ended production of the penny. One government official declared, "Once a symbol of thrift and resourcefulness, pennies are now striking many people as anachronistic and a nuisance."

I doubt that these decision makers realized the ramifications of saying goodbye to the one-cent piece.

The penny has shaped the American character. American

men have generally been less aggressive than European continental males because we've had pennies to pinch. Without the penny, what will become of American women's tendency to offer their two cents whenever it's needed or not? Plus, American teenagers generations ago would probably never have had the energy for rock and roll if they were weighed down by silver-dollar loafers.

Without the possibility to become penny-wise, many of us could become pound foolish, and too

many Americans are already overweight. In addition, pennies have been responsible for such unique American traditions as agile baseball center fielders, colorful Thanksgiving Day centerpieces, and, of course, memorable Playboy centerfolds.

Throughout our nation's history, American culture has been affected by the penny. No one can deny that there are bad pennies and that pitching pennies and kissing pretty Pennys have hindered some youngsters' moral development.

But penny arcades and penny serenades have given millions of us countless pleasurable experiences. Our basic trait of optimism has been fueled by "pennies from heaven," "honest pennies," and "lucky pennies."

The thought of the United States of America without the penny is frightening. With all the problems facing our nation, we need all the sense and cents we can get.

Bill Levy is a resident of the Weybridge community in the Meadows.

THE SWEETNESS OF WATER

BY NATHAN HARRIS

Joanne Simons —
The Meadows Book Club
February 2026 Preview

"The Sweetness of Water by Nathan Harris (Little, Brown and Company, 2021) is set in the fictional town of Old Ox, Georgia, during the final period of the Civil War. The story follows two Black brothers, Prentiss and Landry, freed by the Emancipation Proclamation, as they try to make money for their trek north to reunite with their mother."¹

Called an award-winning "miraculous debut" by the *Washington Post* reviewer, it is about the unlikely bond

between two freedmen who are brothers and the Georgia farmer whose alliance will alter their lives, and his, forever.²

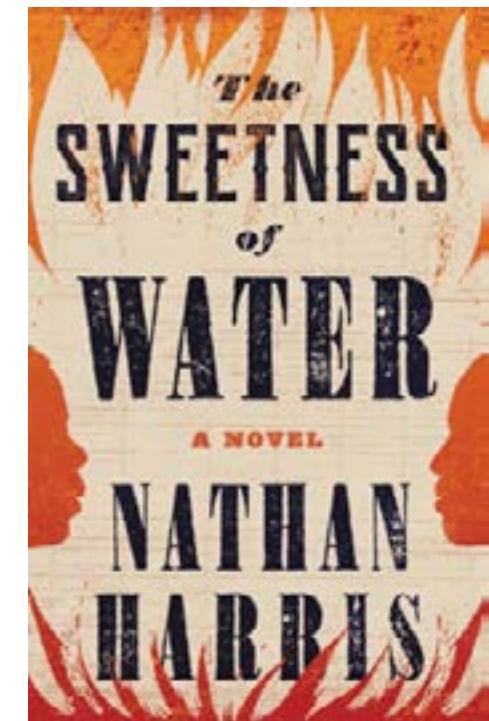
Parallel to their story runs a forbidden romance between two Confederate soldiers. The young men, recently returned from the war to the town of Old Ox, hold their trysts in the woods. But when their secret is discovered, the resulting chaos, including a murder, unleashes convulsive repercussions on the entire community.³

"What's most impressive about Harris's novel is how he attends to the lives of these peculiar people while capturing the tectonic tensions at play in the American South. In scenes set in town, we see that even as Union military administrators try to assert their control, defeated White Georgians are already conspiring to reconstruct

the old racial hierarchy through a system of slave wages and vigilante justice. Then, as now, horrible compromises are tolerated in the name of a peace that is no peace for some."⁴

With candor and sympathy, debut novelist Nathan Harris creates an unforgettable cast of characters, depicting Georgia in the violent crucible of Reconstruction. Equal parts beauty and terror, as gripping as it is moving.

Nathan Harris holds an MFA from the Michener Center at the University of Texas. *The Sweetness of Water* is his debut novel. It was longlisted for the Man Booker Prize, the Center for Fiction First Novel Prize, and the Carnegie Medal for Excellence in Fiction. Harris has been named a National Book Foundation "5 Under 35" honoree and an author to watch. His second novel, *Amity*, was published in 2025.⁵



The Meadows Book Club will be discussing *The Sweetness of Water* at its Wednesday, February 11th meeting.

Please join us at 2:00 p.m. in the MCA Building (2004 Longmeadow). All are welcome.

¹ The Sweetness of Water - Wikipedia

² 'The Sweetness of Water' by Nathan Harris book review - The Washington Post

³ A Civil War Novel Imagines More Racial Kinship Than Horror - The New York Times

⁴ 'The Sweetness of Water' by Nathan Harris book review - The Washington Post

⁵ Amity – Nathan Harris



**"In his heart, though, he knew the house hadn't shrunk.
He'd simply learned how immense the world was."**

Services & Classifieds

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 themadowssarasota.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 Meadowords 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
Canada	\$42.00
Foreign	\$75.00

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 next issue is March. The deadline for the March issue is Monday, February 6.



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The Meadows, Seasonal, short term or Month to Month Rental, Bright clean 2Bed/2Bath. Stocked Kitchen, Master bath walk-in-shower, tv's, wifi, driveway parking, steps to the pool.
416-557-2990 ritafrangou@rogers.com

Annual rental. Briarfield 2B/2B. Furnished villa with garage. Board approval required.
732-966-4115

2027 January, February, condo for rent. Willow Links, end unit overlooking the Meadows Golf course. 2nd floor. Call 914-907-3822

Chatsworth Greene 3 bedroom, 2 bath villa, close to golf course, lake view, walk in shower, handicap accessible, 2 car garage, freshly painted, refurbished, 3 to 6 month seasonal rental 2027. Call 410-465-7723 or 410-627-7055

HOMES FOR SALE

First floor, 1 bedroom located in Quail Hollow, across from the Meadows Wellness Center. Totally updated with new kitchen and bath. Furnished and tastefully decorated. Approximately 825 SF. Low quarterly HOA.
937-241-5176 kkern789@gmail.com



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THE MEADOWWORD

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

Meadoword

The Meadows Community News and Lifestyle



FEBRUARY 2026 CALENDAR

February 2	9:00 AM 9:00 AM 1:00 PM 1:00 PM 2:00 PM	Mah Jongg Pieceful Meadows Quilt Group Monday Bridge Knit Happens Safety Committee	MCA MCA MCA MCA MCLWF
February 3	10:00 AM 11:00 AM 1:30 PM 3:00 PM 6:30 PM	Yoga Sleep Studies with Dr. Meir Kryger Hand & Foot Canasta Standards Committee Ice Cream Social	MCLWF MCLWF MCA MCLWF MCLWF
February 4	9:00 AM 1:00 PM 5:00 PM 6:00 PM 6:30 PM	Craft Group Wednesday Bridge Another Wednesday Bridge Ballroom Dancing Bingo	MCA MCA MCA MCLWF MCLWF
February 5	10:00 AM 10:00 AM 11:00 AM 1:00 PM 3:00 PM 6:30 PM	Activities Committee Meeting Drop-in Art Studio Van Wezel Master Class – Tina Electronic Tutor Cornhole Meadows Chorus	MCA MCA MCLWF MCA MCA MCA
February 6	7:30 AM 9:30 AM 12:00 PM 1:30 PM	OnSpot Dermatology Memoirs Harwood Bridge Group Samba	MCA Parking Lot MCA MCA MCA
February 7	11:30 AM	Duplicate Bridge	MCA
February 9	9:00 AM 9:00 AM 1:00 PM	Mah Jongg Pieceful Meadows Quilt Group Monday Bridge	MCA MCA MCA
February 10	9:00 AM 11:00 AM 1:30 PM 6:30 PM	Hot Stove League Sleep Studies with Dr. Meir Kryger Hand & Foot Canasta Euchre	MCA, Outdoor Patio MCLWF MCA MCA
February 11	9:00 AM 9:00 AM 1:00 PM 2:00 PM 2:00 PM 2:30 PM 5:00 PM 6:00 PM 6:30 PM	Association Presidents' Council Craft Group Wednesday Bridge Book Club Line Dancing Class Maintenance Committee Another Wednesday Bridge Ballroom Dancing Game Night	MCLWF MCA MCA MCA MCLWF MCA MCA MCLWF MCA
February 12	7:30 AM 10:00 AM 10:00 AM 2:00 PM 3:00 PM 6:30 PM	OnSpot Dermatology Historical Marker Dedication Drop-in Art Studio MCA Board Meeting Cornhole Meadows Chorus	MCA Parking Lot MCA B MCA A MCLWF Outdoor Patio at MCA MCA
February 13	12:00 PM 1:30 PM	Harwood Bridge Group Samba	MCA MCA
February 14	11:30 AM	Duplicate Bridge	MCA
February 16	9:00 AM 9:00 AM 1:00 PM	Mah Jongg Pieceful Meadows Quilt Group Monday Bridge	MCA MCA MCA
February 17	1:30 PM	Hand & Foot Canasta	MCA
February 18	9:00 AM 10:30 AM 1:00 PM 4:00 PM 5:00 PM 6:00 PM 6:30 PM	Craft Group Fit Minds Wednesday Bridge Assembly of Property Owners Another Wednesday Bridge Ballroom Dancing Game Night	MCA MCLWF MCA MCLWF MCA MCLWF MCA
February 19	10:00 AM 3:00 PM 6:30 PM	Drop-in Art Studio Cornhole Meadows Chorus	MCA Outdoor Patio at MCA MCA
February 20	9:30 AM 12:00 PM 1:30 PM 4:00 PM	Memoirs Harwood Bridge Group Samba Wine & Cheese Social Event	MCA MCA MCA MCLWF
February 21	11:30 AM	Duplicate Bridge	MCA
February 22	3:00 PM	Shalom Club	MCA
February 23	9:00 AM 9:00 AM 1:00 PM	Mah Jongg Pieceful Meadows Quilt Group Monday Bridge	MCA MCA MCA
February 24	1:30 PM	Hand & Foot Canasta	MCA
February 25	9:00 AM 1:00 PM 5:00 PM 6:00 PM 6:30 PM	Craft Group Wednesday Bridge Another Wednesday Bridge Ballroom Dancing Game Night	MCA MCA MCA MCLWF MCA
February 26	10:00 AM 3:00 PM 6:30 PM	Drop-in Art Studio Cornhole Meadows Chorus	MCA Outdoor Patio at MCA MCA
February 27	12:00 PM 1:30 PM	Harwood Bridge Group Samba	MCA MCA
February 28	11:30 AM	Duplicate Bridge	MCA

MCA Club & Group dates & times are subject to change as needed by MCA Management.

CLUBS & SOCIAL GROUPS

Ace in the Hole Card Club

Bob Monaghan
Tuesday 7 - 10 PM

Drop in Art Studio

Melinda Gordon
Every Thursday 10 AM – 12 PM

Bike Club

Janet Schmidt
Every Wednesday, 9 AM at
Meadows Pub

Bingo

Agnes Rutushni
1st Wednesday of the month at 6:30 pm

Book Club

Lois Robinson
Monthly, 2nd Wednesday, 2 PM

Bridge-Wednesday

Kerrianne McMurdo
Every Wednesday 1:30 – 4 PM

Bridge-Friday

John Harwood
Every Friday 12:30 – 3 PM

Bridge Saturday Duplicate

Dot Boulia
Every Saturday 12:30 PM

Canasta: Hand & Foot

Sandy Maves
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
Wednesdays except Bingo nights
6:30 – 8:30 PM

Hot Stove League

Mark Pienkos
Monthly, 2nd Tuesday 8 – 11 AM

Knit Happens

Barb Wessel
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

Barb Thornquist & Betsy Lombard
Every Monday 9 AM – 12 PM

Samba (Card Game)

Jeannie Alexander
Every Friday 1:30 – 5 PM

Shalom Club

Joni Cohen
Every 4th Sunday at 3 PM

The Rainbow Connexion

Victor Aluise & Michael Barreiro
Meets quarterly