

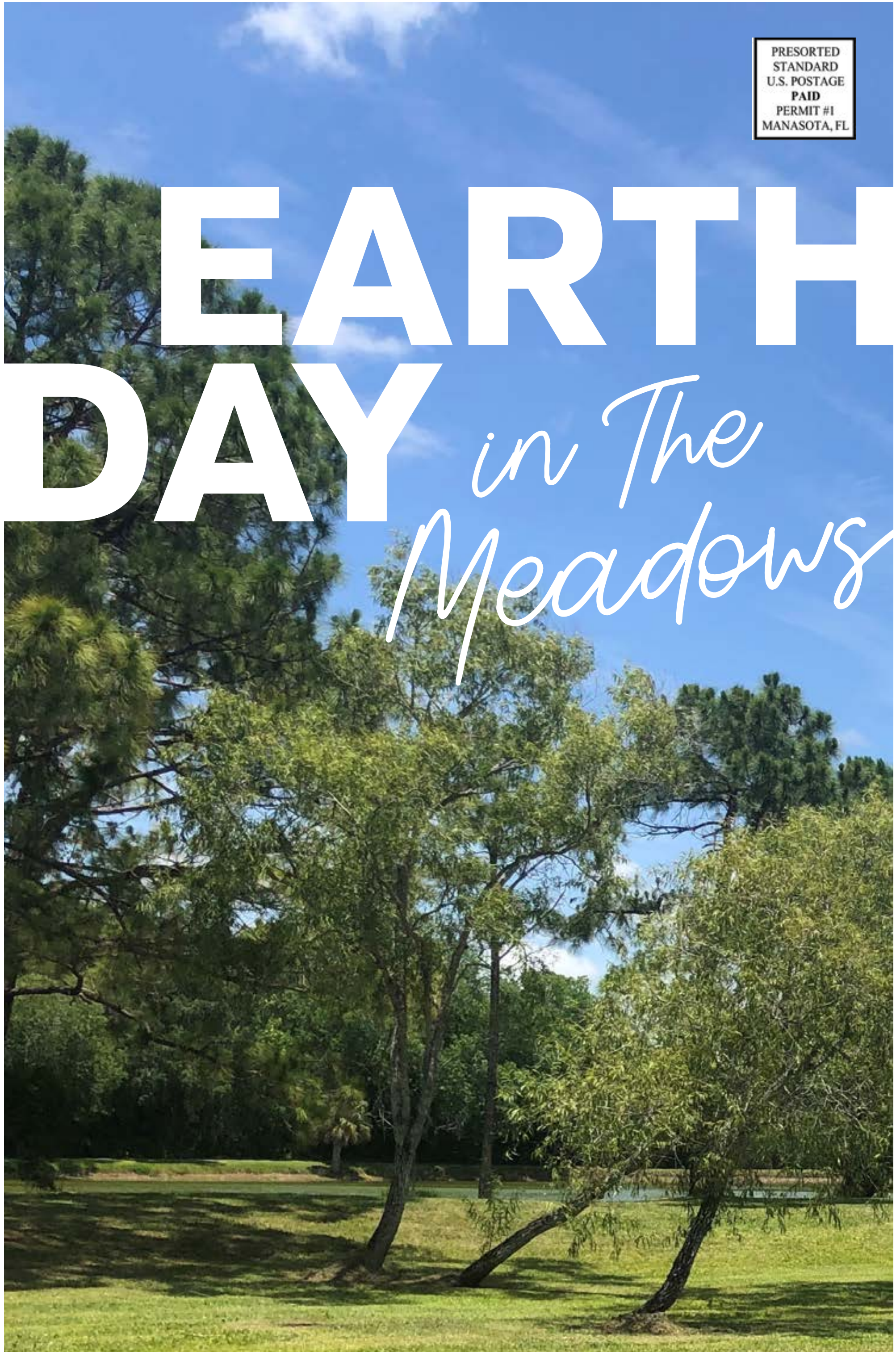
Meadoword



The Meadows Community News and Lifestyle

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MANASOTA, FL

EARTH DAY *in The Meadows*



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Earth Day in The Meadows



Chris Perone —
MCA Board President



Earth Day in The Meadows reflects our shared commitment to caring for the environment while strengthening the community we call home. Rooted in a strong commitment to protecting our natural surroundings, it reminds us that the health of our landscape and the vitality of our neighborhood grow together. Through the planting of trees, the care of our green spaces, and the collective efforts of residents and staff, we continue building a community that is vibrant, resilient, and prepared for the future.

Earth Day is an annual global event dedicated to environmental awareness and action. Observed each year on April 22, it encourages individuals, communities, businesses, and governments to take meaningful steps to protect and improve

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THROUGH THE PLANTING OF TREES, THE CARE OF OUR GREEN SPACES, AND THE COLLECTIVE EFFORTS OF RESIDENTS AND STAFF, WE CONTINUE BUILDING A COMMUNITY THAT IS VIBRANT, RESILIENT, AND PREPARED FOR THE FUTURE.

.....

our planet. Here in The Meadows, we recognize the importance of caring for our environment while continuing to grow and strengthen our community for the future.

Across The Meadows, you can already see the results of this commitment in the many new trees and shrubs planted throughout the community. These plantings play an important role in environmental health. Trees improve air quality by absorbing carbon dioxide and pollutants while releasing oxygen. A single tree can absorb up to ten pounds of pollutants annually. They also help reduce soil erosion, manage stormwater runoff, provide important habitat for wildlife, and even help cool surrounding areas through natural shade.

Some of our newer plantings were harshly impacted during last month's freeze, but we are hopeful they will rebound with warmer weather and continued care from our dedicated maintenance team, who have been working diligently to keep the landscape healthy and thriving. There is still more planting to be done during the summer rainy season.

Earth Day also reminds us that growth comes in many forms. With Century Golf now overseeing golf operations, new opportunities are emerging across the community. There is a renewed sense of energy at the golf course and a shared excitement about the future. This transition allows us to continue building a community that offers a wide range of amenities and experiences for residents.

I want to extend a sincere thank you to our golf staff, who developed an outstanding program that has already been a great success. Their creativity and dedication have helped reimagine the golf experience and

encouraged many golfers who had drifted away to return to The Meadows.

Century Golf has successfully welcomed and integrated the golf and maintenance teams, creating a smooth and positive transition. The energy surrounding this new chapter is already being felt across the

course and throughout the community. There is a renewed sense of purpose, pride, and excitement as everyone works together to elevate the golf experience and continue building a vibrant future for The Meadows.

Golf is moving forward, and so is The Meadows. As we celebrate Earth Day, it serves as a reminder that caring for our environment and nurturing our community go hand in hand.

Each new tree planted, each improvement made, and each opportunity created helps strengthen the place we call home. With renewed energy across our amenities and a shared commitment, The Meadows continues to grow into a community that honors its natural beauty while embracing a vibrant future. It is a meaningful time for all of us to appreciate what we have, care for it thoughtfully, and continue building a community where residents truly love where they live. Let's all celebrate Earth Day!



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.

EVERY DAY IS *Earth Day*



Frances Rippondi —
MCA General Manager

At The Meadows, caring for our environment is not limited to a single day of the year. Every day is Earth Day in our community, reflected in our ongoing commitment to preserving the natural beauty that surrounds us. With more than 50% open space and an abundance of mature trees, The Meadows maintains an environment that feels open, green, and connected to nature—something increasingly rare in many Florida developments.

Today, with changing governmental regulations, many communities throughout

the state are only required to maintain 30% open space. This reduced standard can contribute to deforestation, loss of wildlife habitat, and the gradual decline of Florida's native natural environment.

For more than 50 years, The Meadows has worked to protect this landscape while also facing the challenges that come with Florida's climate. Over the decades, the community has weathered its share of storms. Hurricanes Irma, Ian, Debby, Helene, and Milton have all contributed to significant tree loss throughout the property. Often, the damage does not end when the storm passes. In the months that follow, trees that initially appeared healthy may begin to decline, increasing the number of trees ultimately lost.

Storm-related stress can also make trees more vulnerable to pests. Pine bark beetles, Ips

pine engraver beetles, and black turpentine beetles are commonly found in greater numbers after major storms. In the past, The Meadows has experienced pine tree losses due to these invasive insects. Stressed trees release odors that attract the beetles, which then burrow into the bark. Residents who have experienced pine loss may recall the signs, resin clumping and draining from the bark, reddish-brown boring dust around the base of the tree, and rapidly wilting needles. Unfortunately, once an infestation begins, it can spread quickly to nearby trees, contributing to broader pine decline within the community.

While the loss of trees has been devastating at times, there is also reason for optimism. Our community recognizes the tremendous value that trees provide, not only for their beauty and shade, but also for their environmental importance. By planting native species that are drought tolerant and well adapted to Florida's subtropical climate, we can strengthen our landscape for the future. Native trees also honor our ecological heritage while providing essential habitat for birds, pollinators, and other wildlife that depend on healthy natural spaces.

This past year, residents generously donated more than 40,000.00 to support the

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DEVELOPMENTS.**
.....

purchase and planting of new trees throughout the community. Thanks to these donations and support from a annual resident contributor, we have planted over 100 trees so far, with plans to add even more during the upcoming rainy season. Each tree planted represents our community's ongoing commitment to preserving the beauty, shade, and ecological health of The Meadows for generations to come.



Community News



Welcome to The Meadows New Homeowners

Dear New Homeowner:

On behalf of the Meadows Community Association (MCA), its staff, Board of Directors and homeowners of The Meadows, we welcome you to our community. Over the coming months, we look forward to meeting you at one of our interactive events highlighting: Lifestyle get-togethers, Health & Wellness, Environment, Continued Education and Safety. These events are held at The Meadows Community Lifestyle and Wellness Facility.

Ways to meet new friends and learn about the Meadows:

1. Visit the MCA website and read through the governing documents.
2. Sign up for Constant Contact emails.
3. Read the monthly Meadoword newspaper.
4. Stop by Coffee & Conversation and meet your neighbors.

The operation of the MCA is governed by a

nine-member volunteer Board of Directors. The Board is responsible for overseeing the financial responsibilities and operations of the Association and for maintaining compliance with the established rules and guidelines. Please take the time to **read through the Community's Declarations, Bylaws and Articles of Incorporation, located on the MCA Website at themeadowssarasota.org/mca-docs/** under the MCA Master Association section. You can find just about everything you need on the MCA Website!

The Meadows has a contract with Allied Services to keep the community safe, as well as a Safety Committee that has a liaison from the Sarasota County Sheriff's office, who collaborates with the committee and shares reports with the Sarasota Sheriff's Office when needed.

We keep our residents informed through a safety column in The Meadows community paper, **The Meadoword**, and through email

updates as needed. You can reach the safety officers by calling **941-809-0084** - 24 hours a day / 7 days a week to report an issue or share a concern.

The **Meadows Constant Contact email updates** are one of many communication vehicles that will help you stay informed. They contain community news, notices of upcoming events, seminars, presentations, volunteer opportunities, health fairs and much more.

Be sure to pick up your **Renaissance Access Card** that will provide access to amenity options such as fitness, pool, golf and tennis, as well as pickleball and the dog park. Visit the Community Center located at 2004 Longmeadow for more details.

We are happy to have you join our community. MCA has a robust lifestyle program and I am sure you will soon discover that The Meadows is the best place to live.

Welcome home.

NEED A PLUMBER? Call The Professionals!

(941) 355-5400



YOUR FULL SERVICE PLUMBER
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MCA FINANCES – HOW THEY WORK



Jan Lazar —
MCA Treasurer

There has been a lot of noise about MCA finances and availability of financial information. As a master HOA, we are governed both by state laws and by association documents. We operate with in house staff for many functions and contract out for other services.

Staff do the initial work on receiving funds and bills, depositing cash and checks, and recording receipts. They prepare checks for payments as well as make the electronic payments and deposits which have written authorization.



Invoices for goods and services are reviewed by management to authorize check or deposit payments.



Checks are reviewed and signed by the Treasurer and the President, or another Executive officer if one of the two is unavailable.

MCA auditors receive regular uploads of financial data.

The Finance Committee reviews draft financial reports and statements, and makes policy and procedural recommendations to the Board or to management.

The cash and debt positions are reported monthly to the Board at its meeting. Other financial reports are regularly provided to the Board and posted on the portal.

MCA has a regular annual independent audit. The annual audits have shown that MCA prepares and presents its financial data accurately in conformance with Generally Accepted Accounting Principles. These are

also available on the member portal.



As a small organization, it is important that the person entering the data and preparing deposits is different from the persons reviewing and approving expenditures. The third level security is officers of the Board reviewing and signing checks. This helps assure good separation of powers and good financial control and oversight. This is the process that MCA follows to insure internal controls are in place.

Financial statements and reports are available on the member portal.



MCA finances are strong, well managed and transparent if one actually cares to look.

FEBRUARY APPROVED ARCHITECTURAL REVIEWS

Longwater Chase Condo Assn	3421 Highlands Bridge Rd	Harpers Croft Condo Assn	4812 Greencroft Rd
5465 Downham Meadow	3422 Highlands Bridge Rd	Papillon Condo Assn	Sandleheath Condo Assn
5268 Everwood Run	3423 Highlands Bridge Rd	2483 Arborfield Sq	4535 Glebe Farm Rd
3094 Highlands Bridge Rd	3424 Highlands Bridge Rd	5259 Everwood Run	3444 Highlands Bridge Rd
2989 Taywood Meadow	4765 Ringwood Meadow	3361 Hadfield Greene	5084 Marsh Field Rd
4622 Weybridge	4765 Ringwood Meadow	4590 Longwater Chase	3226 Sandleheath
4781 Chandlers Forde	4541 Windsor Park	4594 Longwater Chase	4626 Hadfield Dr
5370 Everwood Run	4705 Winslow Beacon	52245 Willow Links	5464 Hampstead Heath

SAFETY REPORT



In the month of February 2026 there were (9) incident free days - (1) Less than January 2026. There were (20) reported incidents - (14) Less than January 2026. There were (63) citations issued - (17) Less than January 2026.

Safety responded to the following during the month of February:

PROPERTY DAMAGE

- February 15th a speed limit sign at the corner of Highlands Bridge Rd. and Longmeadow was hit and broken by a vehicle that had left the scene. SCSO were contacted and collectively

the person and residence were identified and admitted hitting the sign, stating they had swerved to miss an armadillo causing them to hit the sign.

DISTURBANCE

- Noise – Barking Dog (5)**
 - February 4th, 10th, 14th complaints were filed regarding a dog continuously barking at the same residence in the 5000 block of Marshfield Rd.
 - February 21st, 25th complaints were filed regarding a dog continuously barking at the same residence in the 5000 block of Myrtle Wood.

Argument

- February 18th in the 3000 block of Longmeadow an argument was reported that took place earlier in the day between two people that were in a relationship regarding personal property. Complainant advised if things escalated moving forward to contact the SCSO.
- February 24th two people arguing at the community pool. Safety intervened until they were separated and the argument ended.

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

Spring Forward: USING LONGER DAYS TO BOOST YOUR HEALTH

by Lori Wiggins

Now that we have adjusted our clocks for Daylight Saving Time, many people focus on the lost hour of sleep. However, the shift also brings a welcome benefit, longer evenings filled with natural light. Those extra daylight hours provide a perfect opportunity to improve both physical and mental health. By making small changes to your daily routine, you can

movement supports heart health, strengthens muscles, and helps maintain a healthy weight.

The Centers for Disease Control and Prevention recommends at least 150 minutes of

moderate physical activity each week. With the sun setting later, it becomes much easier to add a quick walk after dinner or enjoy an outdoor activity before bedtime.

energy and depression during darker months. Simply stepping outside for 10–20 minutes a day can make a noticeable difference in how you feel.

A Boost for Vitamin D

Spending time outdoors also helps the body produce vitamin D, an essential nutrient that supports bone health, immune function, and muscle strength. While sunscreen is still important to protect skin, moderate sun exposure during outdoor activities can help maintain healthy vitamin D levels.

Opportunities for Family and Community

Longer evenings create more opportunities to connect with family and friends. Neighborhood walks, outdoor games, and backyard meals can strengthen relationships while promoting healthy lifestyles. Community parks and local trails often see increased activity during this time of year as people take advantage of the pleasant weather and daylight.

Tips for Adjusting to the Time Change

While the extra daylight is welcome, the transition to Daylight Saving Time can take a

few days for the body to adjust. A few simple steps can help make the change easier:

- Go to bed 15–20 minutes earlier for a few nights before the time change.
- Spend time outdoors in the morning sunlight to reset your body clock.
- Avoid caffeine and heavy meals close to bedtime.
- Keep a consistent sleep schedule whenever possible.

Make the Most of the Season

Spring is a natural time for renewal and fresh routines. The longer days ahead offer a simple reminder to move more, spend time outside, and reconnect with the people around us. By embracing the extra daylight, you can improve your health, boost your mood, and enjoy all that the season has to offer. Sometimes the best wellness strategy is also the simplest, step outside and enjoy the sunshine.



THE LONGER DAYS AHEAD OFFER A SIMPLE REMINDER TO MOVE MORE, SPEND TIME OUTSIDE, AND RECONNECT WITH THE PEOPLE AROUND US.

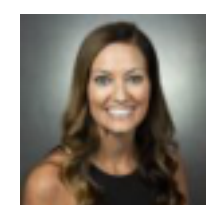
take full advantage of the season while building healthier habits.

More Daylight Means More Movement

Longer days naturally encourage people to spend more time outdoors. Whether it's taking an evening walk, working in the garden, or playing with children in the yard, daylight makes physical activity easier to fit into busy schedules. Regular

Sunlight and Your Mood

Exposure to natural light can have a powerful impact on emotional well-being. Sunlight helps regulate the body's internal clock and supports the production of serotonin; a hormone associated with improved mood and focus. Longer daylight hours may also help reduce symptoms related to Seasonal Affective Disorder, a condition that can cause low



Lori Wiggins is the Family and Consumer Sciences Agent in Taylor County.

Her major program areas are Nutrition and Food Safety. She has been an Extension Agent for 28 years.



Being Aware Stops Scams

Michelle Johnston

Every year, we must address an increasing number of challenges to our security. This year, those challenges reached a new level avarice, requiring us to be vigilant as scam artists try to steal our money and our identities. In this climate with increasingly clever scams, we must be aware that our emails, calendars, and even our tried and true check writing habits are targets of nefarious actors.

Hackers have cleverly intruded on our email invitations. In fact, on some occasions when opening an online invitation from a friend, we are unknowingly giving hackers access to our identity and accounts. When receiving an

online invitation from a friend, call the friend to verify the invitation; do not open the invitation. Similarly, hackers are finding their ways into our online calendars by posting false engagements and through that process gain access to our personal information. Ignore or delete any calendar dates that seem incorrect.

To subvert the potential damage done by hackers, banks and other financial institutions are requiring a two-step verification process to open accounts. For example, this process includes using our passwords and additional information that only we know or a number, which a bank would provide through a text message. Financial institutions can provide information about two-step



verification processes to ensure that our accounts and data are as secure as possible.

Regarding checks, some greedy hackers are check washing, meaning that they can get information about us from our checks, in addition to stealing our money. The Sarasota Sheriff's office recommends that we do not use any checks. However, some of us still use them or need to use them under certain circumstances. Therefore, if we must write checks, we should

use gel pens, which are easily accessible at stores that sell stationery supplies. Gel cannot be washed like ink. Additionally, if we have to mail checks, do not put them in outside mailboxes or remote public mailboxes. **Drop the checks off inside a post office.**

Be aware of these challenges that disrupt our emails, calendars, and checking practices. By being aware, we can take precautions to save our identity and our money.

 				<p>SERVING THE MEADOWS SINCE 1982, OUR 2/4/6% BROKERAGE COMMISSION COULD SAVE YOU MONEY!</p>		
<p>KEN COWLES KEN@KENCOWLES.COM (941) 302-4152</p>				<p>5238 MARSHFIELD LANE IN WEDGEWOOD LAKE. THIS 2B/2BA 1ST FLOOR CONDO IS PERFECT IN EVERY WAY. MOVE IN CONDITION & ONLY STEPS TO POOL. MLS#A4672801 \$264,900</p>	<p>5526 CHANTECLAIRE SPACIOUS 2/2. COUNTRY KITCHEN, OUTDOOR GRILLING AND A COZY FIREPLACE, COURTYARD AND A 2 CAR-GARAGE MLS#A4677404 \$350,000</p>	
<p>BOB COWLES BOB@ROBERTCOWLES.COM (941) 302-4150</p>						
<p>4016 OAKLEY GREENE – 3- BEDROOM 2- BATH W/ SWEEPING VIEWS OF GOLF COURSE. LUXURY VINYL FLOOR WITH TRIPLE-OUT. BOTH BATHROOMS HAVE BEEN REMODELED. NEAR TWO HEATED COMMUNITY POOLS. MLS#A4668271 \$450,000</p>		<p>2941 SANDRINGHAM PLACE 3B/2B POOL HOME. MAINTENANCE FREE SINGLE-FAMILY HOME VAULTED CEILING. ALL TILE FLOORS. GRANITE COUNTER TOPS IN KITCHEN. ENJOY YOUR OWN PERSONAL SAUNA. MLS#A4670869 \$525,000</p>		<p>5217 CANTERBURY DR NOSTALGIC HOME BORDERING PALM AIRE GOLF COURSE PAVER PATIO W/ VAULTED CAGE. NEW ROOF. 2-C GARAGE/WORKBENCH LIGHTING/TILE FLOOR. MLS#A4662859 \$599,900</p>	<p>3150 RINGWOOD MW 2/2 VILLA WITH 2 CAR GARAGE. ENCLOSED LANAI. YOU CAN WALK OVER FOR AN EVENING OUT. UNIT HAS GOOD BONES & LOOKING FOR A REMODEL. MLS#A4672491 \$269,900</p>	<p>2937 TAYWOOD MDW 2/2 FEATURES OUTSTANDING VIEWS OF LAKE AND GOLF COURSE FROM COZY LANAI. WALKING DISTANCE TO MEADOWS SHOPPING VILLAGE, TURNKEY MLS#A4679912 \$269,900</p>

Disposal of Trash, Garbage & Yard Waste

Maintaining a clean and attractive community is a shared responsibility of all residents. Proper handling and disposal of trash, garbage, and yard waste not only preserves the beauty of our neighborhood but also helps protect the environment and ensures compliance with county regulations. The following guidelines, outlined in Section 2.1 of the Meadows Basic Rules & Regulations, provide important standards for all residents to follow:

Disposal of Trash, Garbage & Yard Waste – Section 2.1 of the Meadows Basic Rules & Regulations which can be found on the Meadows website https://www.themeadowssarasota.org/wp-content/uploads/2022/04/MCA-BASIC-RULES-AND-REGULATIONS-07_08_2021-as-approved-by-the-Board.pdf

2.1 Disposal of garbage, trash, other refuse, and yard wastes shall take place as follows: 2.1.1 No lot shall be used or maintained as a dumping ground for rubbish or other yard waste. **Trash, garbage and other waste shall be kept in sanitary containers and screened from view from the street and neighboring lots.**

2.1.2 All garbage, trash, and other refuse, prepared for disposal by Sarasota County service, must be kept in sanitary containers in accordance with County rules. Refuse must be placed along the road in either tied plastic bags, covered containers, or, in the case of food and/or food packaging, in hard-walled, securely-covered containers no earlier than one hour prior to sundown (as defined by the National Weather Service) **on the night prior to collection day.** Containers shall be removed, along with any remaining debris, **by sundown on the day of collection.**

2.1.3 All yard wastes, prepared for disposal by Sarasota County or their contractor, must comply with Sarasota County rules and requirements. **Yard wastes must be placed along the road and may remain in that location for up to two (2) days prior to County collection day. Containers shall be removed promptly, along with any remaining debris, after collection.**

2.1.4 Grass clippings, leaves and other yard debris may not be blown, dumped, or raked into streets or any portion of the drainage system.

By following these guidelines, residents contribute to a cleaner, safer, and more visually appealing community for everyone. Your cooperation helps maintain the high standards we all value in The Meadows. Thank you for doing your part to keep our neighborhood beautiful.



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LEASING BOTH ANNUAL AND
SEASONAL PROPERTIES IN THE
MEADOWS.
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I PAY ATTENTION TO THE
DETAILS MAXIMIZING YOUR
INVESTMENT AND MINIMIZING
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 Meadows Resident
 Unmatched Neighborhood
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FOR SALE IN THE HIGHLANDS

- 4348 HIGHLAND OAKS CIR**
 Complete privacy and comfort in this updated pool home. PENDING
- 3320 HADFIELD GREENE**
 Stunning remodel with golf and pond views, furnishedSOLD!
- 4518 WHISPERWOOD**
 Stand-alone villa in gorgeous setting with total privacySOLD!
- 3864 CHATSWORTH GREENE CT**
 Sweeping golf course views with ideal southeastern exposure . . . \$399K
- 4412 HIGHLAND PARK**
 Free-standing villa, spacious rooms and tranquil garden views. . . PENDING
- 3933 CHATSWORTH GREENE**
 Long pond views and quick access to the poolSOLD!
- 4442 HIGHLAND PARK**
 Free-standing villa, golf views, ready for updatingSOLD!

FOR SALE ELSEWHERE IN THE MEADOWS

- 4725 GREENCROFT RD**
 Sustainable, tranquil pool home with sweeping golf views \$624K
- 5655 PIPERS WAITE**
 Updated, tranquil lakefront villa that lives like a homeSOLD!
- 5683 DOWNHAM MEADOWS**
 Stunning sunsets, carefree living, golf & pond views \$475K
- PAPILLION - 3038 RINGWOOD MEADOW**
 Luxuriously renovated end-unit villa, a must see \$450K
- 4557 KINGSMERE**
 Fabulous golf course views, high ceilings and furnished \$297K
- VIVIENDA - 5107 GREENCROFT RD**
 Maintenance-free living yet, a single-family home PENDING
- 4610 WEYBRIDGE**
 Move-in ready with panoramic pond and golf course views \$274K
- 5207 WEDGEWOOD LN**
 Move-in ready! Gorgeous second-floor turnkey furnished condo . .SOLD!
- 4542 KINGSMERE**
 Furnished, spotless maintenance-free villa and priced to sell!SOLD!
- 4983 GREENCROFT RD**
 Charming 2-story townhouse with atrium and serene, lush views. . \$275K
- BRIARFIELD - 4750 MARSH FIELD RD**
 Must see! Beautifully updated, furnished end-unit villa, 1-car garage . . \$188K

FOR SALE IN THE SARASOTA METRO AREA

- SARSOTA BATH & RACQUET**
 Brand new, luxurious townhouse – live, work, play PENDING
- THE LAKES ESTATES**
 Updated 3/2 home, no pool, minutes from downtownSOLD!
- MOTE RANCH**
 Lakefront lot, privacy, 3-bedroom plus office pool home \$524K

TALK TO FERNANDO
941.400.7676

PREMIER SOTHEBY'S INTERNATIONAL REALTY



Reminders



ELECTRONIC TUTOR

THURSDAY, APRIL 2
1 PM @ MCA

Call David Stoltie
941-404-5585
the Patient Trainer,
to schedule an appointment.

GET YOUR
SPOTS
CHECKED



Thursday, April 9 • Thursday, April 23
7:30 AM – 3:30 PM
MCA Parking Lot

Call **941-444-0011**
to schedule your appointment today!



HEARING CLINIC

Tuesday, April 14 from 9-11 AM

Call for an appointment
941-677-2660

Held at MCA 2004 Longmeadow



PLEASE HAVE PICKLEBALL WRISTBANDS VISIBLE

Our CourtReserve App makes our court bookings easier than ever and we appreciate so many of you utilizing the system! Please continue to always book courts before play and listing all players and guests.

Remember to have your wristband either on your wrist or your paddle handle when playing and have your guests check-in in the pro shop and purchase a guest band (prior to play). If playing during non-pro shop hours, you can pick up the guest band earlier in the day.

Thank you.



Wednesday
April 8
6:30 – 7:30 PM

\$5 for three cards

Meadows
Community
Lifestyle &
Wellness Facility

Register online at
themeadowssarasota.org

GOLF CART PATHS & GOLF GREENS



We ask that you respect the rules regarding cart path and golf course usage. The golf courses and golf cart paths are ONLY for golfers who have reserved playing time on our courses. Walking, riding bicycles, dog walking and playing with pets on the cart paths or golf greens is not permitted at any time. (Day or Evening hours.)



THE POOL WILL BE CLOSED
FOR MAINTENANCE ON
APRIL 13, 14, AND 15.



Activities

Van Wezel Master Class Mrs. Doubtfire

Thursday, April 2 • 11 AM

Meadows Community Lifestyle & Wellness Facility



Learn the moves from this Van Wezel show. Great way to get your exercise in and make new friends while learning new dance moves! Register online at themeadowssarasota.org

COMING IN APRIL 2026!

NEW YOGA CLASSES



The MCA would like to welcome **Karen Stollon**, she will be offering yoga classes starting in April on **Monday's at 4:15pm**. Karen has had the joy of teaching yoga since 2009. Over the years, one principle has guided every class she leads: **listen to your body. There are no strict rules in yoga—only what feels right and supportive for you.**

You may have seen images of “perfect” poses, but yoga isn't about perfection. Every body is unique, and each pose can be adapted to meet you where you are. Modifications are always encouraged, allowing you to practice safely while still feeling challenged and accomplished.

My classes are best described as gentle to intermediate, offering a balance of ease and opportunity for growth. I incorporate a variety of props—such as **blocks, straps, blankets, and even chairs**—to support your practice and help you find success in every pose.

I look forward to sharing my passion for yoga with you and helping you discover a practice that feels both **empowering and enjoyable.**



ICE CREAM SOCIAL

Tuesday, April 7 • 6:30-7:30 PM

Meadows Community Lifestyle & Wellness Facility

Register online at themeadowssarasota.org



Line Dancing

Wednesday, April 8 • 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

JOIN KAREN STOLLON FOR A FREE YOGA CLASS

Monday, April 6 at 4:15 PM

The Meadows Community Lifestyle & Wellness Facility

Register online at themeadowssarasota.org



Tuesday, April 14
9 AM

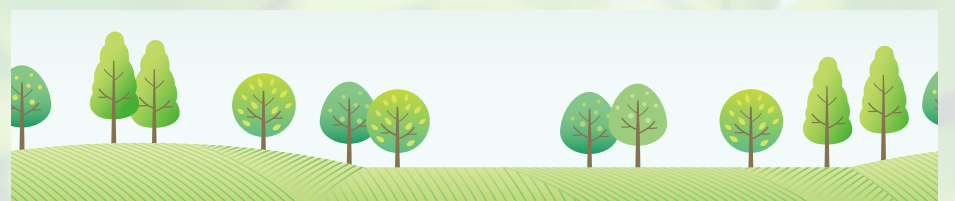
MCA Outdoor Patio
Contact the MCA for more information
941-377-2300

Fit Minds

Wednesday, April 15
10:30 AM

The Meadows Lifestyle & Wellness Facility

Register online at themeadowssarasota.org



& Events




Save the Seabirds
PRESENTATION

April date & time TBD
The Meadows Community Lifestyle & Wellness Facility



Coffee & Conversation

AVAILABLE FOR ALL MEADOW'S 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!

MEADOWS Bird Walk

Wednesday, April 22
8:30 AM



Join Jeanne Dubi and Kathryn Young – both Meadows' residents and Sarasota Audubon board members – for a bird walk. Meet in the Fitness Center parking lot on Longmeadow. We'll look for resident and migrant birds on this 1-1.5 hr. walk. Bring binoculars, hat, water, and sunscreen!



Jeanne Dubi,
Director of Special Projects
Sarasota Audubon Society
999 Center Rd
Sarasota, FL 34240
www.sarasotaaudubon.org
dubi@comcast.net; 941-724-1709

DROP-IN ART STUDIO

Thursdays 10 AM - 12:30 PM • MCA building

Everyone brings their own materials to work on whatever they would like to do (oil-based materials are the only things not allowed) and we work together in a very nonjudgemental, friendly and creative atmosphere. Please bring something to cover your workspace, too.

All levels of proficiency are welcome.

This is not an instruction-focused activity, although there are professional artists working in the group.

For more information, contact the MCA at 941-377-2300.

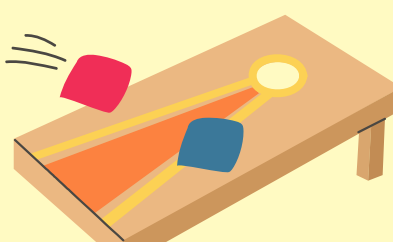



Mah Jongg

Every Monday • 9 AM
MCA

For more information, contact the MCA at 941-377-2300

Cornhole



Thursdays • 3 – 5 PM
MCA - Outdoor Patio

Contact the MCA for more information 941-377-2300

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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Earth Day Fact: THE FIRST EARTH DAY WAS HELD ON APRIL 22, 1970.

MY PILL REGIMEN IS HARD TO SWALLOW

“Levy’s Wry” Humor by Bill Levy

I know a young friend of the family, a Generation Y/Millennial, named Henry H. whose doctor prescribed him an antibiotic recently because of an upper respiratory infection.

Young Henry H. incessantly complains about how inconvenient and aggravating it is for him to take his medicine three times a day.

I take 22 pills daily. Thirteen of these are prescription medications to combat my never-ending variety of ailments. The other nine are preventive vitamins and minerals and nutrients and fish oil and supplements and natural herbs which I take to strengthen and healthify myself so I'll be around to see my

children and grandchildren purchase their own personalized pill boxes.

Young Henry H. has no idea what inconvenient and aggravating is.

Inconvenient and aggravating is trying to open child-proof caps with arthritic hands.

Inconvenient and aggravating is juggling your schedule and attempting to hold on to your sanity while swallowing twelve pills every four hours on an empty stomach and ten pills every three hours on a full stomach.

Inconvenient and aggravating is accepting the fact that pills are now one of your three major food groups along with a good dry martini and anything milk chocolate.

In my pill regimen, I have to swallow capsules that are so big they have two time zones and so much water that I think it is yours truly who's responsible for the local drought emergency.

I think that young Henry should shut up and be thankful.

When Henry's whining gets impossible to swallow, I don't give in and pop a Paxil or a Prozac as my 23rd pill.

I sit back, smile, and begin singing my favorite song from my favorite musical, My Fair Lady: “Just you wait, Henry Higgins, just you wait.”

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



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Thanks to All for Another Successful Craft and Bake Sale



Liz Barnett

It was a gratifying moment to see people lined up, waiting for the Craft and Bake Sale to begin. Inside there were tables filled with baked goods, greeting cards, jewelry, household helps, items to make your home décor sparkle, perfect gifts for all ages and more – a whole year’s work on display. There was something here for everyone.

Five hours later, nearly 400 of our good neighbors from The Meadows had come to shop. All the baked goods had been sold, tables held far fewer crafts than a few hours before, and happy shoppers had left with



just what they needed. The Craft Group would have been exhausted if they hadn’t been so gratified by the results. Once again, the community had come together as publicity from Constant Connect and *The Meadoword* and support from The Meadows staff was coupled with the creativity, talents, and work of the Crafters to create a

successful event. Thanks to all of us, the proceeds from a very successful sale will be donated to local charities; lives will be changed. Once again, we’ve demonstrated that The Meadows is a community that cares.

The caring doesn’t stop when the sale is over. The Craft Group is



preparing to begin making crafts for our Fall Sale. Why don’t you join us at the MCA, 2004 Longmeadow, on Wednesday mornings from 9 to 11. Whether you’re a novice or a skilled craft maker, there will be a job for you. ***If you can glue, we want you.***



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Our Lifestyle



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Sign-Up Deadline Apr 4 @ 1pm:
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curt.reimer@meadowscs.com
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Earth Day Fact:

OTHER COUNTRIES OFTEN REFER TO THE DAY AS "INTERNATIONAL MOTHER EARTH DAY," A TERM RECOGNIZED BY THE UNITED NATIONS.



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Memoir Group

That Reminds Me of the Time.....

Liz Barnett

Most people participate in the Memoir Group to write down memories, to preserve them for their families, and for future generations to read. Well, they are forgetting the person who might be their most important audience. That person? It's themselves.

Reliving memories as we write about our lives helps us to reflect on our experiences and to understand how we began the people we are today. There are the big moments in our lives – graduations, weddings, babies, the jobs we held – reliving those can bring great pleasure. Of course there are other impactful events—illnesses, loves we lost, jobs we didn't get—reliving those can bring insight into how we dealt with adversity.



Then too, there are moments of ordinary joy in our everyday experiences that are worth remembering. Think about your excitement when you found the prize in a box of Cracker Jacks— a toy or puzzle to play with right then. If you want to share that experience with a grandchild forget about buying a box of Cracker Jacks. To get today's Cracker Jack prize, you must

download an app, scan a QR code and go on-line before you can play the digital game that's your prize. The only way you can share your childhood experience is to write about it, but it's easy to forget moments like this. Think about it – would you have remembered Cracker Jack prizes if you hadn't read this paragraph. Something must trigger your memory.

That trigger can be a gentle breeze as Dorothy Stachowicz-Haviland learned in the story below. Although a breeze may bring a memory that can brighten your day, the stories you hear at the Memoir Group are more likely to awaken your memories. You'll see what I mean if you join us from 10 to 12 on the 1st and 3rd Fridays of each month at the MCA or on-line on Zoon.

For more information and the Zoom link, email meadowsmemoirs21@aol.com.

A Memory Floating on a Breeze

Dorothy Stachowicz-Haviland

It is late in December, just a few days before Christmas, and I am headed to that most dreaded of all appointments, a visit to the dentist! The sun is shining brightly as I look out the window. Camellias are still in bloom. Holly berries shine deep red against glossy green leaves. Hardy yellow, russet, and orange mums look like spots of sunshine against purple brassica cabbages still blooming in our window boxes. Mother Nature is painting southeastern North Carolina at its finest!

I put off leaving the house until the last possible second, checking for car keys, slipping a breath mint into my mouth, and finally, with reluctant footsteps, heading to the garage. Time to go! Because my sense of direction is so very accurate, (those who know me will appreciate this!) I set the Navigation System for Beach Road Dentistry, back out of the garage, and head for Oak Island.

I choose the longer route, heading across Swain's Cut bridge, driving along East Oak Island Drive, and slowly make my way to the pale

green clapboard building that hides a warren of torture chambers! I find a parking space aside a gorgeous live oak, its branches far more welcoming than the walkway leading to Dr. Cammie Morris's front door. But when I open the car door and step out into the sunshine, a slight breeze, feeling ever so much like springtime, ripples through my hair, transporting me to a time long buried in my memories.

The breeze is glorious, billowing beneath my sweater, and transporting me back ... many years back ...

I take a deep breath, close my eyes, breathe in again, and suddenly I am four year old Dorothy, walking on the sidewalk that skirts our Cass Street home. It's a very special time, shortly after the day my dad came home from the hospital, having undergone gall bladder surgery. I am wearing a pair of pale blue overalls specially designed by my mom, and a white blouse made out of the softest fabric imaginable! My hands slide deep into patch pockets that have appliquéd white rabbits on them. The rabbits have long pink ears, fluffy cotton tails, and the cutest rosy pink button noses.

Continued on next page

Continued from previous page

I turn the corner leading from our back porch, along the sidewalk running the length of the house, and feel the gentlest of breezes. It's springtime, and the breeze slips under my overalls, making them billow, tickling my legs. The rabbits wiggle their noses as I move my fingers, and I can feel the warm sunshine and the gentle breeze combine to make me feel like I could dance on the wind. And so I do! A little hop, skip, and jump. A little clog step from my tap lessons. A leap into the air, pretending I am a ballerina, wearing a frothy pink tutu, dancing among the

spring flowers. It seems like this feeling cannot get any better.

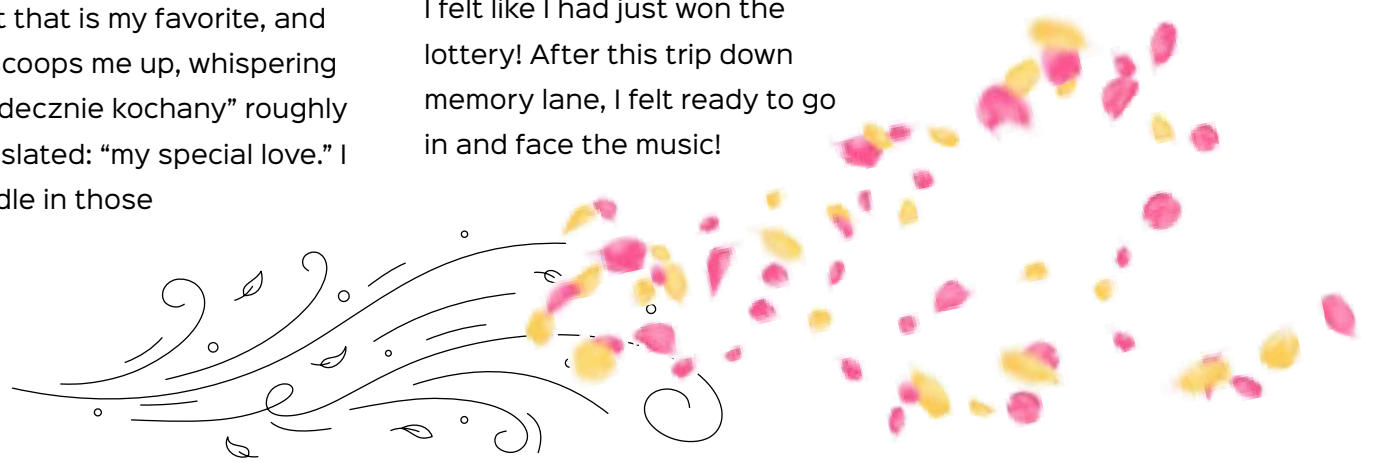
And then I turn the corner leading to the front of the house and the porch where my father, recently returned from the hospital, is sitting! I run up the front steps into his arms. He's wearing the soft blue shirt that is my favorite, and he scoops me up, whispering "serdecznie kochany" roughly translated: "my special love." I cuddle in those

arms that have been away from us for over a week. It feels so very good to have my father back where he belongs, sitting in the warm spring air and holding me close to his heart.

Yes, all this in the dentist's parking lot!

I felt like I had just won the lottery! After this trip down memory lane, I felt ready to go in and face the music!

I will sit in the dental chair and hold onto my springtime memory. The torture chamber will morph into my childhood front porch, and the sounds of scraping and drilling will be the sound of daddy whispering in my ear. And I will smile, remembering ... remembering.



THE WOMEN

BY KRISTIN HANNAH

Joanne Simons —
The Meadows Book Club
April 2026 Preview

In 1997, Kristin Hannah's editor told her that Hannah was too young to write a book about the Vietnam War. Her editor also felt that the world wasn't ready to read about woman in Vietnam. Nearly 25 years later, and with more than 20 bestselling novels to her credit, Hannah wrote *The Women* (St. Martin's Press; 2024) chronicling the experiences of women who served in Vietnam and who returned home to a country that was unexpectedly negative toward them.

Frances "Frankie" McGrath is an inexperienced nurse who



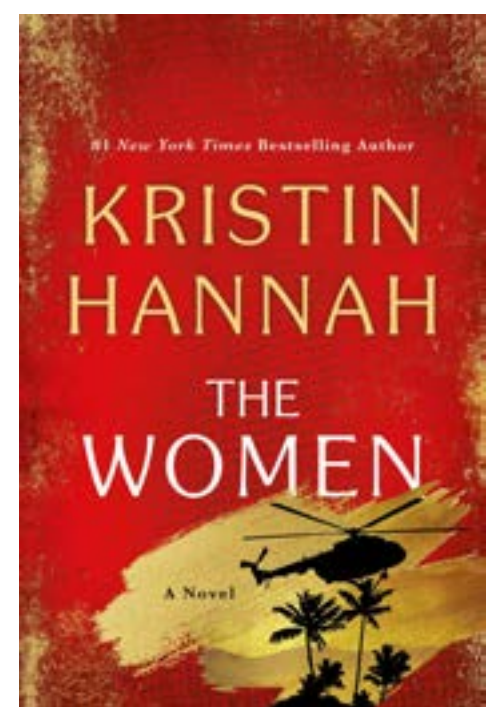
joins the Army and is sent to Vietnam. Thrown into the turmoil of a surgical unit she battles the brutalities of war – the senseless and visceral mayhem, the chaos, the gore, the dirty and moldy living conditions, the wretched weather. She loses friends and lovers. By the end of her two tours, she is a highly skilled and capable trauma nurse.

The second part of the book is about the personal war the nurses faced when they returned home. "The real battle lies in coming home to a changed and divided America, to angry protesters, and to a country that wants to forget Vietnam."¹ The nurses' experiences are dismissed and their skills disparaged. In civilian hospitals they are consigned to emptying bed pans and freshening hospital flowers.

"If the story loses a little momentum after Frankie completes her second tour – slingshot to the finish by a series of occasionally strained plot twists – well, isn't that the way it went for so many veterans returning home? Without the imperatives of war, you stumble along until you find your way."²

The Women made the New York Times best-seller list for weeks after its publication and was lauded for its "blending broad sweeps of history with page-turning plots."³ But it was also panned for "resorting to cliché and telegraphing major plot points."⁴

Kristin Hannah has a B.A. from the University of Washington and a J.D. degree from the University of Puget Sound. Her most celebrated novels include *The Nightingale*, *The Great*



Alone, and *The Four Winds*. She lives with her family on Bainbridge Island, Washington.

The Meadows Book Club will meet on Wednesday, April 8 at 2:00 p.m. in the MCA Building (2004 Longmeadow) to talk about *The Women*. All are welcome!

1 *The Women* by Kristin Hannah | Goodreads
2 100 Notable Books of 2024 - The New York Times

3 *The Women* (Hannah novel) - Wikipedia
4 *Ibid.*

THE WOMEN HAD A STORY TO TELL, EVEN IF THE WORLD WASN'T QUITE YET READY TO HEAR IT, AND THEIR STORY BEGAN WITH THREE SIMPLE WORDS. WE WERE THERE.

Services & Classifieds

MEADOWORD SUBSCRIPTION OPTIONS

If you spend several months of the year away from The Meadows, and would like to receive a print copy of *The Meadoword*, consider subscribing to *The Meadoword* or access it on themeadowssarasota.org. Forms for subscriptions may be found on the MCA website under News & Resources/ Meadoword 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 Meadoword 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 *Meadoword* 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.

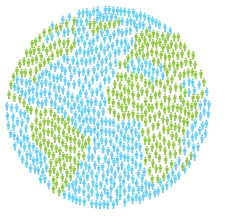
USA	\$14.40
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Foreign	\$45.00

MEADOWORD DEADLINES

The deadline for advertising and article insertions into *The Meadoword* is the first Friday, one month prior to the month of insertion.

The next issue is May.
The deadline for the May issue is Friday, April 10.

Earth Day Fact:



OVER 1 BILLION PEOPLE WORLDWIDE PARTICIPATE IN EARTH DAY ACTIVITIES, MAKING IT THE LARGEST SECULAR CIVIC EVENT ON EARTH.

Earth Day Fact:

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THE MEADOWWORD

Publisher, MCA: Frances Rippondi,
MCA General Manager

Editor: Luisa Vavra

Graphic Design: Sandy Wachowski

MEADOWS COMMUNITY ASSOCIATION
2004 Longmeadow
Sarasota, Florida 34235
Phone 941-377-2300
Fax 941-377-2600
marketing@meadowsca.com

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

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.

HOMES FOR RENT

Wedgewood Lake: Beautifully decorated 2 bed/2 bath condo. Bright 2nd floor end unit. Well equipped kitchen. Primary 2/king, walk-in closet, walk-in shower. Newly remodeled bathrooms and kitchen. Smart TV's, WIFI, screened lanai, close to pool. Available December 26/January 27. 920-980-8396 or joyhuenink@wi.rr.com.

Willow Links, 2br 2ba, fully furnished, cable and utilities included, no pets, ground floor, walk in shower, washer and dryer, enclosed lanai, assigned parking spot, call Sean 718-309-3103

HOMES FOR RENT

4564 Longwater Chase, 2bedroom 2 bath, unfurnished, corner unit, golf course view, water and wifi included. Annual or multi year lease option, available 4/1 Call or Text 941-587-4399, Barbara Kelly kellybaus@gmail.com

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- It is emailed to a list of over 4000 email addresses so it reaches both our annual and seasonal residents wherever they are located.

- It is posted on our website under News & Resources.
- It is archived on our website so our residents have all of our advertisers as a future reference.
- Advertising in the Meadowword is great exposure.

For more information on advertising your company or services, contact the MCA at 941-377-2300 or by email at marketing@meadowsca.com

Meadoword



The Meadows Community News and Lifestyle

APRIL 2026 CALENDAR

April 2	10:00 AM 11:00 AM 1:00 PM 3:00 PM	Activities Committee Meeting Van Wezel Master Class--Mrs. Doubtfire Electronic Tutor Cornhole	MCA MCLWF MCA MCA
April 6	2:00 PM	Safety Committee	MCLWF
April 7	3:00 PM 6:30 PM	Standards Committee Ice Cream Social	MCLWF MCLWF
April 8	2:00 PM 2:30 PM 6:30 PM	Line Dancing Class Maintenance Committee Bingo	MCLWF MCA MCLWF
April 9	7:30 AM 2:00 PM 3:00 PM	OnSpot Dermatology MCA Board Meeting Cornhole	MCA Parking Lot MCLWF MCA
April 14	9:00 AM 9:00 AM 6:30 PM	Hot Stove League Optimum Hearing Clinic Euchre	MCA MCA MCA
April 15	10:30 AM	Fit Minds	MCLWF
April 16	3:00 PM	Cornhole	MCA
April 22	8:30 AM	Bird Walk	MCLWF
TBD	TBD	Save the Seabirds Presentation	MCLWF
April 23	7:30 AM 3:00 PM	OnSpot Dermatology Cornhole	MCA Parking Lot Outdoor Patio
April 24	1:30 PM	Samba	MCA
April 30	3:00 PM	Cornhole	Outdoor Patio

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

FITNESS CLASS SCHEDULE

CHAIR YOGA CLASS
Saturdays at 10am

STRETCH & TONE CLASS
Tuesdays & Thursdays at 8am

QI GONG CLASS
Wednesdays, now starting
at 11:30am



WATER AEROBICS CLASS
Mondays, Wednesdays & Fridays
at 10:00 – 10:50am
& 11:00 – 11:50am

YOGA CLASS
Tuesdays at 11am
Mondays at 4:15pm

CLUBS & SOCIAL GROUPS

Ace in the Hole Card Club

Bob Monaghan
Tuesday 7 - 10 PM

Drop in Art Studio

Melinda Gordan
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

Kerriane 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

Euchre Card Game

Paul Felten
2nd Tuesday of each month

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

