

THE ISLANDER

LIFESTYLE NEWSLETTER

MARCH 2025



MARCH MERRIMENT & CONNECTION AWAIT!
CELEBRATE COMMUNITY, INCLUSION, AND FUN THIS MARCH!

MARCH IS HERE, BRINGING A FRESH SEASON OF OPPORTUNITIES TO
CONNECT, CELEBRATE, AND ENJOY EXCITING EVENTS! WHETHER YOU'RE
EAGER TO MEET NEW FRIENDS, EXPLORE FUN ACTIVITIES, OR EMBRACE THE
WELCOMING SPIRIT OF OUR COMMUNITY, THERE'S SOMETHING FOR
EVERYONE.

JOIN THE FUN!
GET INVOLVED: VOLUNTEER AND HELP MAKE THESE EVENTS
UNFORGETTABLE!

SHARE YOUR IDEAS: YOUR INPUT MATTERS—LET US KNOW WHAT YOU'D
LOVE TO SEE!

SPREAD THE CHEER: INVITE FRIENDS, FAMILY, AND NEIGHBORS TO JOIN
IN THE FESTIVITIES.

LET'S MAKE THIS MARCH A CELEBRATION OF TOGETHERNESS, INCLUSION,
AND JOY. TOGETHER, WE SHAPE THE HEART OF OUR COMMUNITY!

WARM REGARDS,

DAWN GIBSON, LIFESTYLE DIRECTOR

P.S. STAY CONNECTED AND UP-TO-DATE BY FOLLOWING US ON



LET'S MAKE MEMORIES THIS MARCH!

Dawn Gibson, Lifestyle Director

March Events Schedule

- 1st - An Evening of Music with Kalani 7-9pm Town Center**
- 2nd - Ping Pong Tournament 1-3:30pm Town Center**
- 3rd - Red Rock Cravings Food Truck 4:30-7:30 pm by Bocce Courts**
- 4th - Farmers Market 8:30-11:30 am Post Office**
- 5th - Candidate Night 6-8:00 pm Town Center**
- 6th - Annual State of the Market 2025, Finance & Housing Focus
5-7pm Town Center**
- 7th - Wacky Trivia 6-8pm Town Center**
- 8th - IW Annual Garage Sale 10-2pm**
- 9th - Paint Together Annual Art Show 12-4pm Town Center**
- 10th - Crepes R US Food Truck 4:30-7:30pm Bocce Court Parking**
- 11th - Farmers Market 8:30-11:30 am**
- 11th - Empty Bowls Pottery Painting 6-8pm Town Center**
- 12th - On the Spot Dermatology Bus 7:30-3:30pm**
- 13th - Concur Candidate Roundtable 6:00-9:00pm**
- 14th - The Not So Newly Wed Game 7-9pm Town Center**
- 15th - IW Paper Shredding Event - 9-12 Bocce Parking**
- 15th - St. Patrick's Day Pool Party 3-7pm**
- 17th -The Food Rock 4:30-7:30pm Bocce Court Parking**
- 18th - Farmers Market 8:30-11:30 am**
- 18th - Volunteer Cocktail Party 5-7pm Town Center**
- 19th - G&P Music @ the Pool 5-7pm**
- 21st - St. Matthews Food Drive 10-1pm Post Office**
- 21st - Home Maintenance Expo 5-7pm Town Center**
- 22nd -Avow Community Donation Pick Up Day 9-1pm Bocce Parking**
- 22nd New Horizons Band Lawn Party 6:30-8:00pm**
- 23rd - 4th Annual Self-Care Retreat 9:30-1pm Town Center**
- 23rd - Trivia w/ Fred Galanga 7:00pm - 8:30pm**
- 24th - Yo Samara Food Truck 4:30-7:30pm pm Bocce Court Parking**
- 25th -Farmers Market 8:30-11:30 am**
- 26th - HOA Annual Meeting 7pm Town Center**
- 28th - Retreads Classic Rock Dance Party 7-9pm Town Center**
- 29th - Health Optimizing Potluck Dinner 6-8pm Town Center**

For more information or to reserve your spot at any of our events, please reach out to Dawn Gibson at dgibson@castlegroup.com, or sign up outside the Lifestyle Office.

Lifestyle Updates

The Lifestyle team has been busy this season hosting a variety of exceptional events. To ensure everything runs smoothly, please review the following guidelines for event sign-ups:

Payment Instructions

Make checks payable to **IW HOA** unless otherwise specified. Clearly include the event name in the memo section of your check. Please note envelopes are not necessary.

Group Purchases

For large groups, avoid listing individual names on the check or the sign up sheet.

For group ticket purchases, ensure all members of your group know to check in under your name.

Sign-Up Guidelines

If you have registered online via Sign Up Genius, please do not add your name to the paper sign-up list outside the Lifestyle office to prevent duplicate reservations.

Important Reminder


Reservations cannot be held without timely payment. Please submit payment promptly to secure your spot. **Unpaid reservations will be removed.**

Thank you for your attention and support in making our events enjoyable and successful!



February Fun!





An Evening of Music
featuring
Oldies from 50-70's
Classic Hits

Kilani

March 1st 7-9pm

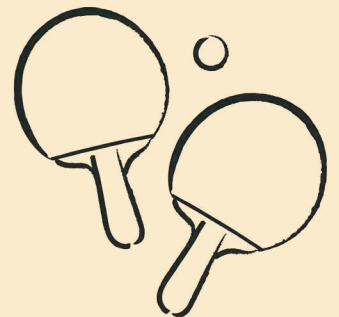
Town Center

\$5 at the door

Please sign up in advance
outside the Lifestyle Office

Ping Pong Tournament

**March 2, 2025
1-3:30pm @
Town Center**



**Sign up individually or as a team at the activity
desk in Town Center by Feb 24...\$5 per person**

Doubles only

**Questions? Laura
Gindroz 503.997.1639.**



Annual State of the Market 2025: Finance and Housing Focus

JOIN US!

Thursday, March 6 | 5:00-7:00 PM

Drinks and Light Refreshments Included

In this two-hour seminar, you'll gain crucial insights into the 2025 housing market in our region, including local trends, homeowners' insurance options, interest rates, Medicare, Social Security, and other financial topics relevant to our community. Enhance your knowledge and prepare for the year ahead with expert guidance tailored to the unique needs of Southwest Florida.

Don't Miss Our Featured Speakers in Key Areas

Housing Market Trends

- Explore the latest developments in the SW FL housing market for 2025, including supply and demand dynamics, pricing trends, and projections for the year ahead

Homeowners' Insurance Insights

- Understand the key factors affecting homeowners' insurance rates and coverage options, and learn how to protect your investment.

Interest Rates Overview

- Gain insights into current and projected interest rates, how they impact mortgage affordability, and what to expect in the coming year

Medicare Essentials

- Discover the fundamentals of Medicare, including eligibility, coverage options, and how to make informed choices for your healthcare needs.

Social Security Strategies

- Learn about Social Security benefits, how to maximize your payouts, and the importance of timing in your retirement planning.

Critical Financial Topics

- Delve into other essential financial matters that can impact your long-term financial health and decision-making.

And Much More...



Random Trivia

With Lori Hardecker

Enjoy a night of trivia questions about random and wacky topics! This is a trivia you can't study for!

Learn facts and information that you never knew you wanted to know!

Prize for the highest scoring team!

March 7th

6-8pm

\$5pp @ the door

IWCommunity Annual Garage Sale

March 8th, 2025
10am - 2pm

Town Center Circle,
Naples, FL

email:

dgibson@castlegroup.com
to have your address
included



The background of the entire image is a vibrant, abstract painting. It features a complex interplay of colors including deep blues, bright oranges, yellows, pinks, and purples. The brushstrokes are visible and expressive, creating a sense of movement and depth. The colors are layered and blended, with some areas appearing more saturated than others. The overall effect is one of dynamic energy and artistic creativity.

Island Walk
Paint
Together
Artist Group

Annual Art Show

Sunday, March 9th
3-6pm
IW Town Center



One Bowl at a Time

The "Empty Bowls Project" is an international grassroots effort to raise both money and awareness in the fight to end hunger. The mission is to create positive and lasting change through the arts, education, and projects that build community. The basic premise is simple:
+ Potters, educators, students, and volunteers work with the community to create handcrafted bowls.

+ Local restaurants donate soup and bread to serve.

+ Guests are invited to a simple meal of soup and bread served at Cambier Park each year. Empty Bowls Naples is an annual fundraiser started by a group of volunteers under the leadership of Donna Torrance and her Barron Collier High School students in an effort to help fight hunger in their community.

The event benefits local organizations that provide food to those in need and allows us to offer grants to organization directly fighting hunger.

Pottery Painting for a Purpose

Come join us for a fun-filled evening of creativity and community giving! We'll be painting bowls for the Empty Bowls Naples Project, helping to fight hunger one brushstroke at a time.

Each participant will receive a bowl and all the paints needed to bring their masterpiece to life!

A \$20 donation supports Empty Bowls and their mission. All finished bowls will be donated to the annual fundraising event to make a meaningful impact!

Let's paint, laugh, and give back together!

Tuesday March 11th

6-8pm

**Sign up outside the Lifestyle Office by 3/9
or email Dgibson@castlegroup.com**



Mobile Dermatology



Hosted by IslandWalk - Naples

Did You Know? 1 in 5 Americans develop skin cancer by age 70.



Wednesday,
March 12th



7:30AM - 3:30PM



Parking Lot
by the Bocce Courts

FAQS

- Skin cancer exams, lesion removal, acne & eczema treatment, and much more!
 - In-network with most insurance plans
 - 15 minute appointments
 - The #1 rated dermatology practice in Florida
- *according to Google Reviews

A 15-Minute Skin Cancer Exam Could Save Your Life!



Easily book an appointment by calling **(941) 444-0011** or by visiting [onspotdermatology.com/iwnaples](https://www.onspotdermatology.com/iwnaples)

Island Walk Properties

PAPER SHREDDING EVENT

March 15th 9-12pm
Bocce Parking Lot

FREE **DESTROY** your personal documents
PREVENT identity theft
PROTECT the environment

Must be Island Walk Resident

IW LIFESTYLE PRESENTS

ST. PATRICKS

LIVE MUSIC
WITH THE
HARP &
THISTLE
BAND

POOL PARTY

CORNED BEEF &
CABBAGE DINNER
FROM CASA
COTZELLI
\$20

SATURDAY
MARCH
15TH

3:00 PM - 7PM

\$5 pp at the door



SOUND BATH

90-MIN TRANSFORMATIVE MEDITATION

JANUARY 31ST / 6:00 PM-7:30 PM

FEBRUARY 23RD / 6:00 PM-7:30 PM

MARCH 16TH / 6:00 PM-7:30 PM

APRIL 13TH / 6:00 PM-7:30 PM

Held in the Island Walk Barbados Room. Immerse your body's energy centers in crystal singing bowls, Himalayan singing bowls, wind gongs, tuning forks, and equilibrium chimes. Please bring a yoga mat, pillow, and light blanket. Due to individual chakra work, session capacity is limited. **Scan the below QR code to preregister.**



**TEXT ERICA, RESIDENT AND CERTIFIED SOUND BATH GUIDE,
AT 239-537-9949 WITH QUESTIONS.**



Home Maintenance in Florida Through the Years

JOIN US!

Friday, March 21st | 5:00 PM - 7:00 PM

Drinks and Light Refreshments Included

Living in Southwest Florida presents unique challenges for homeowners, from intense heat and humidity to frequent storms and salt exposure. This seminar will provide essential knowledge and practical tips to help you protect your home and maintain its value in this tropical climate.

Don't Miss Our Featured Speakers in Key Areas

Plumbing Systems

- Prevent plumbing problems before they start. Tips for well-maintained plumbing system that can save you money, time, and stress in the long run

Mold Prevention and Remediation

- Discover effective ways to manage moisture and prevent mold growth in your home.

A/C System Maintenance

- Learn how to maintain your A/C system to extend its lifespan and improve energy efficiency.

Contractor Perspective on Home Maintenance in Florida

- Tips on protecting homes from Florida's humidity, storms, and heat, focusing on general maintenance for both exterior and interior spaces


Protect and Enhance: Paint Strategies for Florida Homes

- Explore various paints and coatings that protect your home from the harsh Florida sun and rain, while also considering options for enhancing your interior spaces

Smart Cleaning Solutions

- Effective cleaning strategies to maintain a pristine home in Southwest Florida's unique environment

And much more...



Food Drive Island Walk for St. Matthew's House

Friday, March 21st

10am - 1pm

Outside Post Office

**Tuna, Noodles, Pasta,
Sauce,**

**Cereal, Peanut Butter, Mac
& Cheese, Paper Goods**

**Please do not leave food in the Post
Office prior to the drive it creates
pest problems. No clothing please.**



New Horizons Band

Lawn Party

March 22nd

6:30-8pm

On the Lawn at the Gazebo



Collection will be taken for the band. Suggested donation \$5 pp

4TH ANNUAL SELF-CARE RETREAT

IslandWalk Town Center

Naples, FL

Sunday, March 23, 2025

9:30 AM - 1:00 PM

Rediscover Your Radiant Self

Join us for a transformative half-day retreat designed to focus on different aspects of your being and reclaim aliveness with grace, beauty, and joy.

Your expert guides:



Susan Falkenstein - Tai Chi/Qigong Instructor

Experience the gentle yet powerful movements of Tai Chi and Qigong under Susan's expert guidance. These ancient practices are known for enhancing balance, flexibility, and vital energy while promoting mental clarity and inner peace.



Susan Lovett - Yoga & Acupressure Instructor

Discover the harmonious integration of mind, body, and spirit combining yoga, and acupressure techniques. Her practices will help cultivate inner balance and activate your body's natural healing abilities.



Bronia Ichel - Art Instructor Extraordinaire

Unlock your creative potential through a delightful watercolor painting experience. Under Bronia's expert guidance, discover how engaging with art can transform both brain and body, bringing new dimensions of joy and vitality to your life. No prior artistic experience needed—just bring your willingness to explore and create!



Tracy Waugh - Sound Journey Facilitator

Embark on a transcendent sound journey as Tracy weaves together voice, synthesizer, and carefully curated sound elements to create an ethereal musical experience. This immersive sound bath is designed to calm your nervous system and guide you into expanded states of consciousness and deep relaxation.



This intimate gathering will offer you experiences that uncover a calm awareness that feels natural and expansive.

Through mindful practices and community connection, you'll develop self-care tools to tap into the infinite essence of who you truly are.

Imagine living each day with a sense of clarity, purpose, and ease.

Our 4th annual retreat returns with special focus on cultivating youthful energy as we age, embracing each stage of life with vitality and wisdom.

Important Details:

- Arrival Time: 9:15 AM, at the Gazebo
- Maximum Participants: 40
- What to Bring: Yoga mat, favorite props
- Included along with presentations are:
A delicious Vegan lunch and dessert
All beverages
Art materials and supplies
Special goodie bag for each participant

Cost \$72 per person,
Reservation Deadline: Sunday, March 16, 2025

1. Email Susan Falkenstein (sweetsusan62@gmail.com) with:

- Your name
- Email address
- Phone number

2. Submit payment (your payment confirms your reservation): - By check payable to: HWC: * Drop off outside Dawn Gibson's office in the black box, OR * Mail to: Susan Falkenstein, 4930 Kingston Way, Naples FL, 34119 - By Venmo: @Susan-Falkenstein

Drills & Skills Challenge

Sunday, March 23rd
2:30 – 7 pm



Pickleball, POP Tennis and Tennis

Raffle for tennis racquet, pickleball and pop tennis paddles. Bring cash for raffle tickets.

Registration: February 14 – March 14

Entry Fee, includes supper: \$15 Supper Only: \$10

Scan the QR code below to register.

Check preference for ONE racquet sport to play, or supper only.



Questions: Louise Gallagher lwkgallagher@gmail.com



The Retreads

ROCK & ROLL

MUSIC

Dance

Party

**TOWN
CENTER**

**MARCH
28TH
7-9PM**

\$10pp at the Door





The Mobile Bike Shop That Comes To Your Community

March 28th at Island Walk Bocce Parking Lot
12:30pm Bike Drop-Off

Reservations Required - Limited Spots Available



Online booking required - book online based on your repair needs at www.mobilebikemedic.com/community-days/

Plan to leave it with us for a while. *If needed, they will call to discuss options and possible price changes.*

You will be notified when your bike is ready for pick up.



***Payment is due at time of booking.
Cancellations must be made 24 hours prior to appointment for full refund.***



Health Optimizing Potluck Diner + Social

Saturday March 29th, 6 – 8 pm at the Island Walk Town Center
Come join us for a fun evening of delicious and nutritious food at our Health Optimizing Potluck! Let's eat, chat, and make new friends!!

Bring your favorite healthy dish to share with others

Food must meet the Healthy Vegan Food standard

- Zero animal products, zero alcohol, zero added oil, zero salt, zero refined sugar.
- Contains actual plant fiber.
- Bring a dish for 4-6 people, a printed ingredient list, and serving utensils.
- BYO plate, utensils, napkins (reusable preferred), and water.

[Click here for details and to register on Eventbrite](#)

Or scan the QR below code with your phone.





MARCH FOOD TRUCKS

March 3rd - Red Rock Cravings

March 10th - Crepes R Us

March 17th The Food Rock

March 24 Yo Samara

March 31st Red Rock Cravings

4:30-7:30pm Bocce Court Parking

WELCOME NEW RESIDENTS

This month our New Owners Welcome Orientation is scheduled for Saturday March 22nd at 10AM in the Antigua Room in the Town Center.

If you purchased a home within the last 6 months or have not been able to attend an orientation now is your chance.

Our Welcome Coffee orientations provide new residents with key information, an ability to meet other new residents and an opportunity to have their questions answered by Board members and management staff. You will receive a new resident information packet, and light refreshments will be served. The gathering lasts approximately 1 hour.

For planning purposes, please RSVP to Kelly Daley before March 22nd at kdaley@castlegroup.com or call 239-513- 0045 if you plan to attend.

If you cannot attend the upcoming orientation, let us know so we can send you information on the next scheduled date.

Hope to see you there!
Communication Committee





**AmeriCorps
Seniors**

BONE BUILDERS

MONDAYS, WEDNESDAY, FRIDAY

9:30 - 10:30 am

in the

BARBADOS ROOM

Questions?

Contact Mariane Newton 239-260-7688
marianen@comcast.net

Zumba Fitness

Get Fit With Us!

Stay in shape with Zumba Fitness! We have an engaging and curated class to get you fit through fun exercises.

THE CLASS THAT STARTED THE DANCE-FITNESS REVOLUTION AND CHANGED THE WAY WE LOOK AT A "WORKOUT" FOREVER. WE TAKE THE "WORK" OUT OF WORKOUT, IT'S FUN, EFFECTIVE, AND BEST OF ALL? MADE FOR EVERYONE! 180 COUNTRIES-85 MILLION PEOPLE!!

ZUMBA UTILIZES THE PRINCIPALS OF FITNESS INTERVAL TRAINING AND RESISTANCE TRAINING TO MAXIMIZE CALORIC OUTPUT, FAT BURNING AND TOTAL BODY TONING, WITH EASY-TO-FOLLOW DANCE STEPS. ONCE THE LATIN AND WORLD RHYTHMS TAKE OVER, YOU'LL SEE WHY ZUMBA FITNESS CLASSES ARE OFTEN CALLED EXERCISE IN DISGUISE. SUPER EFFECTIVE? SUPER FUN?

NO ONE IS JUDGING YOU BY YOUR DANCE ABILITIES. JUST HAVE FUN AND FEEL THE MUSIC. JUST DO IT!

9am - 10am

GEORGINA PERCEL

Multiple Zumba Licenses:
• Fitness
• Gold
• Sentao
• Toning
• Zumba Kids
• Strong by Zumba
• Plate by Zumba

CLASS INSTRUCTOR

ENJOY OUR CLASSES FOR ONLY

\$40.00 4 CLASS PUNCH CARD

Find more information or to join contact:
rocio23us@gmail.com

Saturdays starting October 5th



Yoga at the Town Center at 8:00 AM. \$10

LiRa Bennett 239-290-1153 cabot1000@aol.com

A balanced sequence of yoga postures allows you to stretch, enhance flexibility, improve balance, focus on body and breath awareness and to strengthen the entire body, while releasing tension and tightness from the muscles, emotions and mental anxiety. Each class has a nice warm up before we move into stronger poses. All classes include modifications for every level.

Monday: A slow flow yoga practice with modifications.

Wednesday: A stretch/therapeutic class to support and sooth all aspects of your being.

Friday: Strength and stretch, incorporates core enhancement and stretch.

Tai Chi Simple: A Revitalizing and Empowering Practice



Classes begin Oct 7th

Instructor: Susan Gold Falkenstein

Experience: 14 years of practice and teaching in Tai Chi and Qigong, focusing on health and longevity.

Tai Chi Simple is rooted in the ancient Chinese practices of Tai Chi and Qigong, designed to enhance health and well-being. This class will help you develop flexibility and suppleness, allowing you to bend, twist, and stretch without pain. You'll learn ShiBashi, a traditional practice from China consisting of 18 movements that cultivate mindfulness and awareness in your movements.

The Tai Chi movements taught in this class will improve your balance and range of motion, particularly in areas like the hips and lower back. Gentle breathing exercises, stretching, and tapping techniques will also boost your immune system. The movements are easy to follow and can be performed seated if necessary. The goal is to equip you with a "mind-body toolbox" that you can incorporate into your daily routine to support all your other activities.

By the end of the class, you'll feel refreshed, calm, ready to tackle the rest of your day.

Key Health Benefits:

- Relief of chronic pain
- Stress reduction
- Improved sleep quality
- Enhanced cardiovascular fitness, including lower blood pressure
- Better balance and coordination for fall prevention
- Cognitive capacity retention (brain plasticity)
- Increased energy levels

**FEES: FIRST CLASS IS FREE; DROP-IN: \$6
CLASS CARD: \$40 FOR TEN CLASSES**

10:45am - 11:30am; herbal tea is served after every class



OUR HOT PRODUCTS


Get Them While They Last!



Saturdays 12-1pm
Bocce Court Parking



RICH IN FLAVOR HOMEMADE POT PIES

EXPLORE OUR MEALS:

 Microwavable

- Cajun Jambalaya 
- Lobster Mac & Cheese 

- Grouper & Shrimp Pot Pie
- Beef Tenderloin Pot Pie
- Roasted Chicken Pot Pie
- Taco Pot Pie
- Salmon Cottage Pie

ORDER TODAY
FRESHCATCHFISHCO.COM

Island Walk
Lifestyle presents:



Tuesday Farmers Market



Dive into the Tuesday Market! Discover Fresh Produce,
Unique Crafts & Local Treats! Don't Miss Out!

**Every Tuesday 8:30am - 11:30am
now thru April**

Located outside of the Post Office



WEEKLY ACTIVITIES

Each week, the Town Center is filled with excitement, laughter, and fun times among friends, as various groups and reoccurring activities take place. Below is a list of the current selection of weekly events.

Contact information for the group organizer can be found on the Island Walk website, or you can contact the Lifestyle Director's office and she can provide you with that information. Island Walk Office: Ph: (239) 513-0045 E: dgibson@castlegroup.com



IW Men's Golf League Contact
Dave Riepe:
davidriepe@yahoo.com Dave
Bamesberger:
dbamesberger51@gmail.com



"Move & Groove"
Chair exercise with weights
\$40 punch card
Georgina Percel instructor
Thursdays 10:30am
Drop ins Welcome



Island Walk Musicians
Contact Randy Solomon for
more info (216) 645-9636
randysolo7@gmail.com



Thursdays 12:30 in the Antigua
room.
New Players welcomed.
email:
annemarieclark@gmail.com



Mondays and Wednesdays
6:00pm - 9:00pm. Located in the
Living Room.



Bingo every Monday - Doors open
at 5:30pm, Games start at
7:00pm No need to sign up! Hope
to see you there!



Knitting Group Tuesdays at
1:00pm. Located in the Living
Room. Contact Aleta Adler
201-406-9499



Paint Together Art Group
Tuesdays
8:30-11:30am
Town Center
All are welcome!



Resistance and Strength Training Class
Tues, Thurs, Sat 8:30-9:30am on ZOOM
\$5 per class
Contact Gina Horton (317) 514-3553
hortonsgro08@yahoo.com



JB Hanson Wine Society
Contact Mike Kaminski for info
michaeljkaminski@aol.com



for info Paul Paradis
paradip2000@gmail.com



Social Bridge in the Antigua Room
Thursdays 7:00-9:00pm
anne1215@icloud.com
New Players Welcome



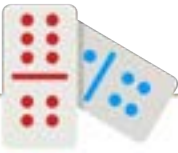
Tuesdays at 1:00pm
New Players Welcome
Email : mrsmig24@gmail.com



Island Walk Garden Club
Contact Cindy Duk
dukcindy@yahoo.com
New Members Welcomed



Contract Bridge
Wednesdays at 1:00pm
Located in the Antigua Room



Dominoes Wednesday at
7:00pm Located in the
Antigua Room



Euchre Fridays at 7:00pm
Located in the Antigua
Room. New Players
Welcomed



Table Tennis
Sundays 2-3:30 pm
Town Center



Bagpipe, Harpe, & Thistle
Rehearsal Sundays at
10:00am Located in the
Barbados



Improve Balance & Flexibility
and Strengthen Bones Mon,
Wed, Fri 9:30-10:30am
Located in the Barbados Room



Instructor Georgina Percel
Saturdays at 9:00am 4-class punch
cards \$40 or \$15 for one class
Located in the Barbados Room
Everyone Welcome



Thursdays 12:30-4pm Located
in the Antigua Room
New Players Welcomed
Contact:
ReneeFoxny@gmail.com



Yoga Mon, Wed, Fri, at
8:00am Located in the
Barbados Room



Tuesdays and Thursdays
9:00am - 12:00pm
Everyone is Welcome!
Contact Elaine Leatherwood
(410) 818-0016



Water Aerobics Monday-
Saturday 8:30-9:30am Mon,
Wed, Fri 10:00-11:00am
Drop ins welcome!



Tai Chi
Mondays 10-45 - 11:30am
First class free
\$40 for Ten Classes
\$6 drop in



Cribbage Mondays at 1:00pm
in the Living Room
Contact Dave Wiersum
(616) 901-7964



Ladies Bible Study
Thursdays 9-10:30am
Contact Janet
239-777-1185



UPCOMING POP-UP SHOP SALE DATES



Thursday, Mar. 6th, 12-4pm - P. O.
Tuesday, March 11th, 12-4pm - P.O.
Thursday, Mar. 27th, 12-4pm - P.O.



NEW ARRIVAL.... Stainless Wine Tumbler – only \$15 each
Pick yours up today & be ready for the next Wine at 5 event!

We also offer a variety of other items including Ladies and Mens Style T-shirts, fully embroidered, sizes small through 4X, in 26 different colors (\$15), our extra large 35x70 embroidered Terry Velour Beach Towels (\$22) in 4 vibrant colors, Canvas Tote bags, Hats, Backpack, Key Ring. Prices as low as \$5, tax included.

****All profits go into our operating budget.**

If you would like to purchase something but can't make it to one of the scheduled sale days, send an email, with your phone number, to the Communications Committee at NY2FLBABY@gmail.com.

CASH, CHECK, VENMO ACCEPTED. NO CREDIT CARDS