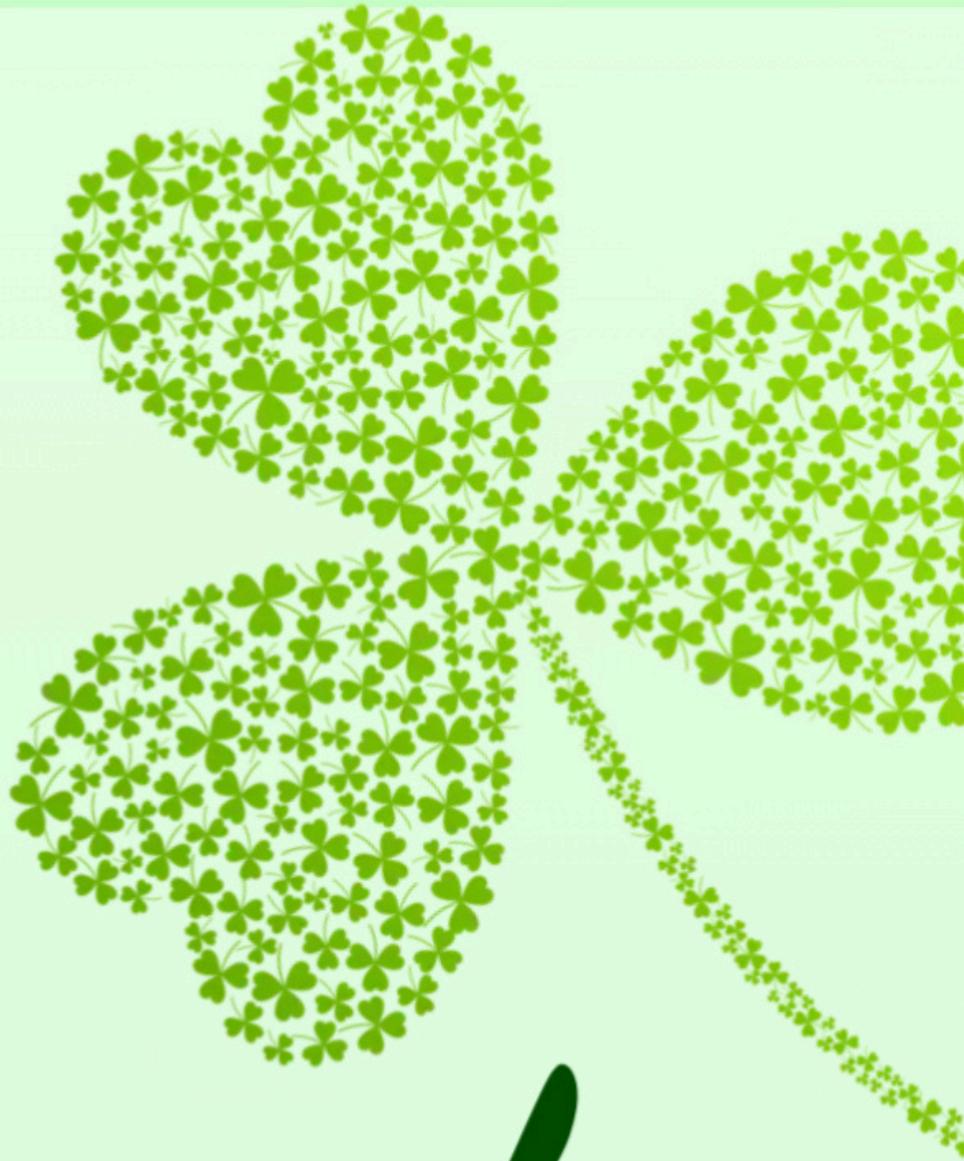


March - The Islander Newsletter

HELLO

March



SAVE THE DATE
SUNDAY MARCH 1ST
1:00PM-3:30PM

SMILE



**HAVE
FUN**

DOUBLES
TOURNAMENT

- SIGN-UP YOUR TEAM & PAY AT THE ACTIVITY TABLE IN TOWN CENTER
- TOURNAMENT IS LIMITED TO 16 TEAMS
- SIGN-UP STARTS FEB 11 AND ENDS FEB 25 - NO LATE ENTRIES!
- \$10 REGISTRATION FEE PER TEAM IS DUE AT SIGN-UP - MAKE CHECKS PAYABLE TO RSC
- QUESTIONS? CONTACT LAURA GINDROZ
503.997.1639

Salsa

DANCE CLASSES

4-WEEK COURSE
with Instructor Javier Gonzalez

*Come Dance
with us!*

STARTING DATE:
Saturday - Feb 21
Saturday - Feb 28
Saturday - March 7
Saturday - March 14

\$45- pp full package or
\$15-drop ins
Cash or Checks paid to the
instructor.

Time:
6:00pm-7:30pm
at the Town Center

Please RSVP online or with the
Lifestyle Director.

Get your dancing shoes ready.
Beginners and intermidiate are
welcome.

Made with PosterMyWall.com



Commissioner Burt Saunders

TOWN HALL MEETING AT
ISLAND WALK

PLEASE JOIN US
DATE: MARCH 3, 2026
TIME: 6:00PM
AT THE TOWN CENTER

Topic of discussions:

- CONSTRUCTION PROJECTS GOING ON IN NORTH NAPLES
- CORNER OF LOGAN AND VANDERBILT CONSTRUCTION
- THE ASCEND PROJECT TO BE CONSTRUCTED ACROSS THE STREET FROM ISLAND WALK
- OVER BUILDING AREAS
- TRAFFIC IN SEASON

ANNUAL QUARTER AUCTION



Wednesday-March 4

Sign up online or contact your Lifestyle Director for RSVPing.

Time: 11:30am - Doors Open
12:00pm - Lunch served

\$15.00-pp - includes 1- paddle - Additional paddles \$3 -each

Menu: Assorted Subs - Chips - Fruit - Assorted Desserts & Drinks Station

Made with PosterMyWall.com

POOL PARTY

with New York Rhythms



Friday - March 6 | Time: 5-8pm

Location: Resort pool

FREE COMMUNITY EVENT

**RETAIL THERAPY SHOP WILL BE SETUP AT THE POOL, SELLING
SWIM-WARE AND OTHER ITEMS.**

RESTAURANT WINDOW WILL BE OPEN FOR FOOD AND DRINK SPECIALS



IW 20th Annual Art Walk

Enjoy Original Paintings From
Island Walk Paint Together Group

Complimentary Wine & Charcuterie
will be served.

Date: Saturday - March 7th

Time: 3pm-6pm

Location: Town Center Event Rooms

We hope to see you all there for an
Artistic Time!



**LIVE
MUSIC
KALAMI
PIPER**

SUNDAY - MARCH 8

TIME: 5PM-7PM

\$ 5.00 - PP

TOWN CENTER EVENT ROOMS

**SIGN UP ONLINE OR WITH THE LIFESTYLE
DIRECTOR.**

Trivia with FRED



TRIVIA NIGHT

Sunday - March 8

Time: 7:00pm

Location: Town Center

\$3-PP

Pay directly upon
arrival to FRED.
cash or check made
out to cash.

Maximum of 6-people per team

Door Prizes !



TUESDAY, MARCH 10

**The Town Center's
Living Room - Library -
Conference Room &
Front Admin Window are
closed for the day due to:**

**The living Room's Glass Partitions Being
Installed.**

We apologize for any inconvenience

Dr. King's Health Presentation



Join us for this informative presentation with Dr. King on Hormones, Stress Relief and Inflammation. Dr. King will be teaching what we can do to prevent these triggers.

Date: March 10th | Time: 6:00pm-7:30pm

Location: Town Center Event Room

FREE TO ATTEND

Dr. King Loves to share his knowledge on how we these take better care of ourselves.

Landscape of Senior Care: Making the Dollars Make Sense

The cost of senior care continues to rise, and many adults are surprised by how quickly expenses for home care, assisted living, memory care, or nursing homes can disrupt even well-planned retirement savings. This seminar offers a clear look at today's care environment, the financial realities families face, and the most common ways people pay for care. Attendees will learn why thoughtful planning is essential for protecting long term security, preserving independence, reducing stress on families, and creating more choices for the future.

LOCATION

Island Walk

DATE

Wednesday, March 11

TIME

6:00 – 7:00 PM

Knowledgeable Network, LLC. The views, thoughts, and opinions expressed by the presenters and speakers are solely those of the presenters or speakers and not necessarily those of Knowledgeable Network, LLC. or its employees, organization, committee(s) or other group or individual. The content is for information purposes only. Viewing or listening to the content does not create a client/provider relationship.

Left Center Right



The Original

ADULTS GAME NIGHT



\$5.00 - PP ENTRY FEE | Snacks & Drinks Included

Thursday - March 12, | Time: 6pm-8pm | Town Center

High Rollers Table (Dollar Bills) \$3 dollars-per game

Coin tables (quarters) 3-quarters per game

be sure to bring exact change to play

BYOB is welcome

Sign up on line or email Maribel for RSVP Link at:

Maribel.ortiz@castlegroup.com

MONTHLY LUNCH BUNCH IS BACK!

Island Walk's **Lunch Bunch**

Friday - March 13

Time: 11:30am



Restaurant Location: Tap 42 -Mercato

**Please RSVP online or with the Lifestyle
Director in person or over the phone.**

239-513-0045 Ext 2

**transportation not provided but carpooling
is an option.**

The Mobile Bike Shop That Comes To You

March 13 at Island Walk Town Center Bocce Parking Lot

12:30 PM Bike Drop-Off

Reservations Required - Limited Spots Available

New Giant Bicycles Available For Sale



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.

TRAVEL CLUB MARCH 13

START AT
6:00 PM

Knowledgeable Travel Network

Join us for a Travel Conversation about

Alaska: Inside Passage, Denali and More



March 13



6:00 PM –
7:30 PM



Island Walk

WELCOME NEW OWNERS

Our next New Owners Welcome Orientation is scheduled for **Saturday March 14th 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 owners 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 Friday, **March 13th 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 which is scheduled for **Saturday, March 14th.**

Hope to see you there!
Communication Committee



Have You Heard the News?



**FREE
SHRED
DAY
& BBQ**

Hosted by IslandWalk Properties

COMMUNITY SHRED DAY

Saturday - March 14

Time: 9am-12pm | Location: Bocce Parking Lot

Please join us for our

Annual Community Paper Shredding Day!.

BBQ will be Provided by IslandWalk Properties.

We hope to see you all there.

All donations accepted go to Valerie's Place



ST. PATRICK'S Pool Party

Entertainment by:
Jennifer Gilmore

Date: Saturday - March 14

Time: 12pm-3pm.

Location: Resort Pool

FREE COMMUNITY EVENT

Summer wear vendor will be at the pool.

Food and Drink Specials thru Casa Cotzelli's
order window

Join us for a great time!



HEALTH & WELLNESS COUNCIL'S FIFTH ANNUAL WOMEN'S SELF-CARE RETREAT

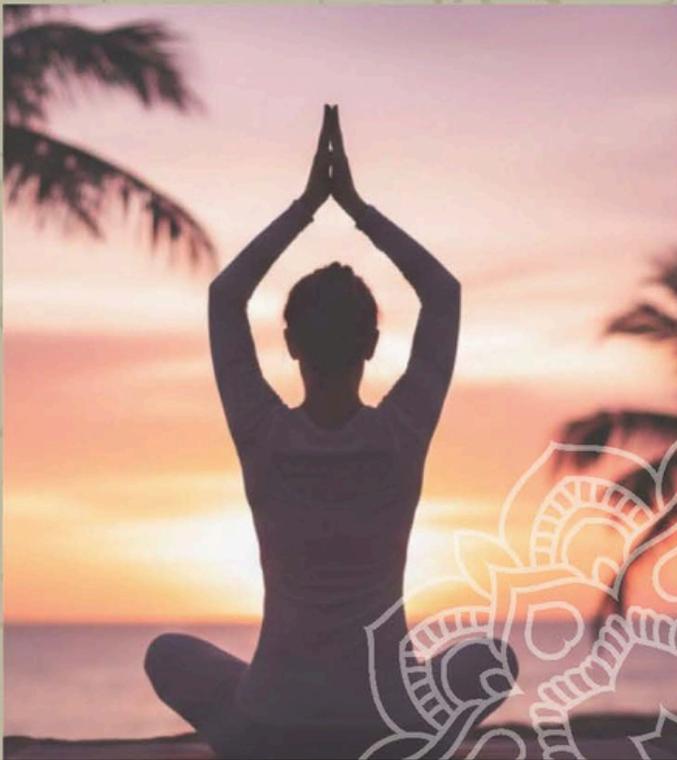
SUNDAY, **MARCH 15**
9AM-1PM IN THE TOWN CENTER

**CELEBRATE
THE JOURNEY OF YOUR LIFE**

This year's retreat is honoring the memory of Geeta Vora, an IslandWalk resident, who was a tremendous supporter of the retreat, a kind soul with a growth mindset who loved to help others.

Experience self-care practices to help you relax, heal, thrive and to expand your knowledge.

You'll surrender layers of stress and tension, nurture your capacity for change, greater joy and open to your own inner wisdom.



FACILITATORS INCLUDE:

Susan Falkenstein, creator of Tai Chi Simple

Empower your health and vitality with movements from two ancient health promotion practices, Tai Chi & Qi Gong.

Bronia Ichel, artist from the Naples Art District

Explore the creative side of the brain with a watercolor painting activity.

Melanie Riley, Yoga Instructor, Love Yoga Center

Enjoy a gentle yoga/meditation practice designed to create space in the body as well as deeply nourish the mind and spirit.

Natalie Beatty, Love Yoga Center, Singing Bowl Sound Bath & Biofield Tuning

Deeply relax and experience the soothing vibrations of tuning forks and crystal bowls expertly used to harmonize your energy field and support emotional and physical balance.

Sally Hawk, Closing Circle with guided meditation

RETREAT INCLUDES:

- Catered Vegan lunch & dessert
- beverages
- gift bag
- raffle prizes.



SUBMIT PAYMENT (YOUR PAYMENT IS YOUR RESERVATION)

- Pay by check: payable to HWC and drop off outside Maribel Ortiz's office in the black box or mail to:

Susan Falkenstein, 4930 Kingston Way, Naples, FL 34119

- Pay by Venmo: @Susan-Falkenstein
- Pay by Zelle to my email: sweetsusan62@gmail.com

Reservation
deadline: March 8th

\$72

JOIN NOW

RESERVE AND ADDITIONAL INFO AT:
sweetsusan62@gmail.com

INCLUDE NAME, EMAIL ADDRESS AND PHONE OF ALL PERSONS COMING

ISLAND WALK PRESENTS

LIVE MUSIC

WITH THE RETREADS!

RE-SCHEDULED FOR FRIDAY - MARCH 20

TIME: 5:30PM-8PM

LOCATION: RESORT POOL



ISLAND WALK'S ANNUAL

GARAGE SALE

SATURDAY - MARCH 21
TIME: 9AM-12PM

REGISTER YOUR ADDRESS WITH
THE LIFESTYLE DIRECTOR

Bing all non-sold items to the spring
cleaning drop off the next two days,
March 22 & 23 at the town center.



Wednesday, March 18, 10:30am
Tahitian Room



Planning Ahead Q&A:

**Making Advanced Decisions
for Cremation, Burial,
or Airport Transfer to a
Northern Funeral Home**

Sign-up to Attend



SPRING CLEANING

Drop Off For



The
SHELTER
FOR ABUSED WOMEN & CHILDREN

2-Days of Spring Cleaning Drop off.

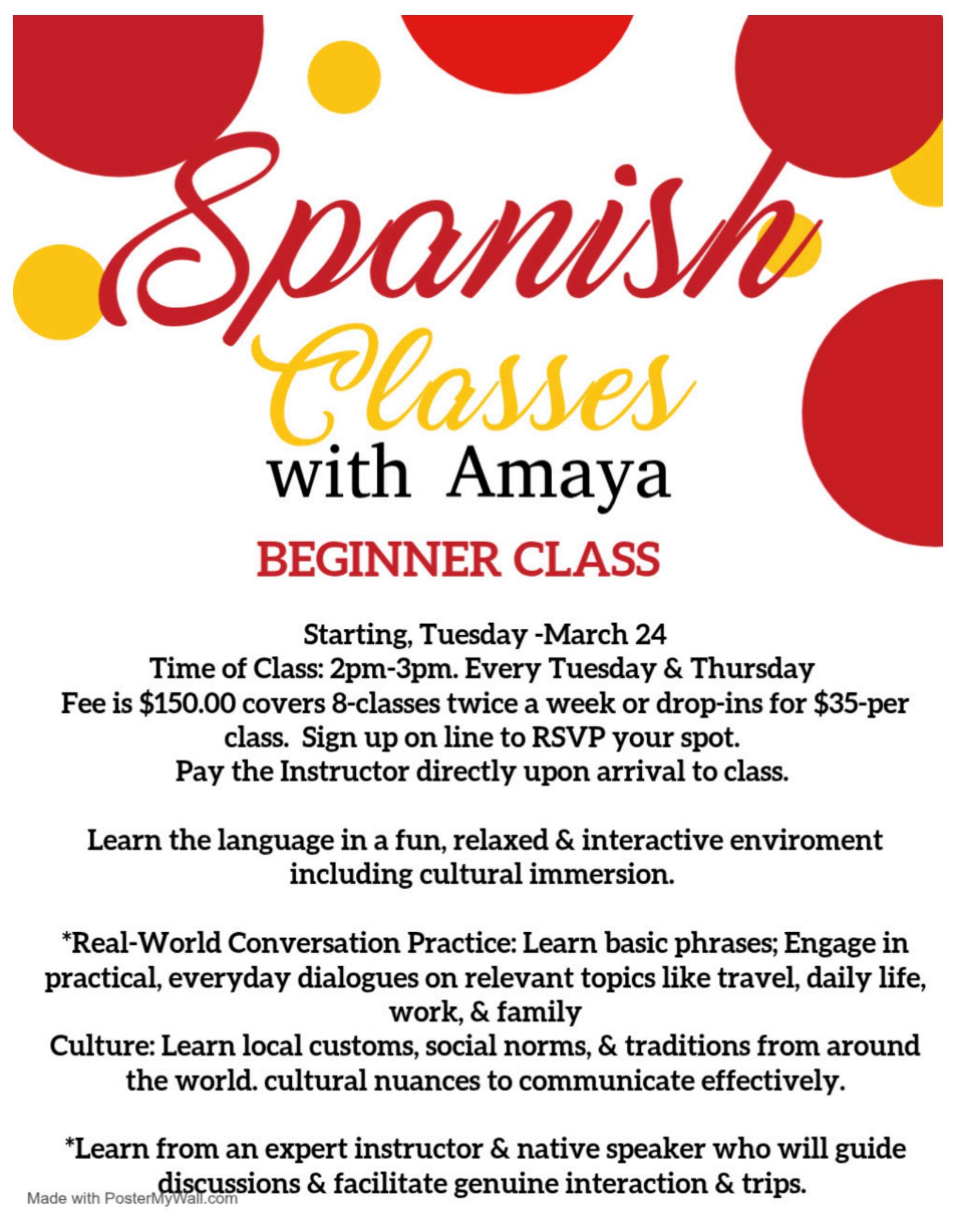
Do you have items you did not sell at the Garage Sale or items you would like to donate from your home.

Now is the time.

All items donated must be in decent condition in order for the shelter to accept it.

You can Drop off the items at the Town Center on Sunday - March 22 & Monday - March 23.

Drop off Time: 10am-2pm. | Town Center Event Room.



Spanish Classes with Amaya

BEGINNER CLASS

Starting, Tuesday -March 24

Time of Class: 2pm-3pm. Every Tuesday & Thursday

Fee is \$150.00 covers 8-classes twice a week or drop-ins for \$35-per class. Sign up on line to RSVP your spot.

Pay the Instructor directly upon arrival to class.

Learn the language in a fun, relaxed & interactive environment including cultural immersion.

***Real-World Conversation Practice:** Learn basic phrases; Engage in practical, everyday dialogues on relevant topics like travel, daily life, work, & family

Culture: Learn local customs, social norms, & traditions from around the world. cultural nuances to communicate effectively.

***Learn from an expert instructor & native speaker who will guide discussions & facilitate genuine interaction & trips.**

Latin Cooking Class with Maribel

**Date: Thursday March 26
10:30am-12:30pm | \$15-pp
Spots are limited.**

Explore the Latin Flavors!

Maribel will teach you how to make a Pastelón also known as the Puerto Rican Lasagna. "plantain lasagna" that layers sweet, ripe plantains with seasoned ground beef, Egg Yolk and cheese, bell peppers, onions, garlic and Puerto Rican Seasoning. served with a side of White Rice.

This dish is cooked-fried & baked.

You will NOT be dissapointed.

This is a watch - learn and meal served class

**Signup online or contact your Lifestyle
Director for RSVP assistance.**



BOCCIE BALL

Coordinator Wanted

Island Walk is looking for a Bocce Ball Coordinator to coordinate all bocce activities. If you are interested please contact the Lifestyle Director at:
Maribel.ortiz@castlegroup.com

Shop Dates

MONDAY

MAR 2ND 12-4PM
AT POST OFFICE

THURSDAY

MAR 5TH 12-4PM
AT POST OFFICE

MONDAY

MAR 23 12-4PM
AT POST OFFICE

THURSDAY

MAR 26 12-4PM
AT POST OFFICE

*IF YOU WOULD LIKE TO PURCHASE SOMETHING BUT
CAN'T MAKE IT TO A SALE, JUST EMAIL THE
COMMUNICATION COMMITTEE AT
NY2FLBABY@GMAIL.COM*



Island Walk Presents

CHESS

Club Wanted

Are you a strong chess player?

we are looking to start a chess club.

looking for strong players to play 5-minute chess

Please contact Marck Schneider 410-241-5834





ISLAND WALK'S
Annual
FASHION SHOW

Mark your Calendars !

Sunday, April 26, 2026

Time: 11am-2pm

*Cost: \$25-pp Lunch included
last day to RSVP is April 20th*

Styles by: Casusal Connection

**Menu: Catered by:
Giordanos Salads & Wraps, chips, assorted
cookies, soda and water station.**

**ALL PROCEEDS GO TO THE SHELTER FOR ABUSED
WOMEN & CHILDREN. JOIN US FOR A GREAT
CAUSE.**

Beginner Pickleball Clinic

Come learn how to play the basics of pickleball in a fun, group setting! We will go over rules, equipment, how to dink, serve, and score a game.

Details

Date

Saturday, March 14, 2026 1-2pm \$10 per person

RSVP Info:

Please respond by: March 12
RSVP to: Laura Gindroz Lgindroz@yahoo.com 503.997.1639

Number of Participants

Minimum: 6 Maximum: 12
Space is limited- RSVP soon! Need to cancel? Cancel by 3/11

What equipment do I need?

Wear tennis or pickleball shoes Bring water to drink!
Paddles & balls will be supplied

Benefits of Playing Pickleball

Physical Workout

Great for cardio
Works on balance and coordination
Improves flexibility & reaction time

Enhances Cognitive Skills

Meet new friends
Boosts brain health
Helps with stress/anxiety

Questions? Contact Laura Gindroz
Lgindroz@yahoo.com or 503.997.1639

I am pain free

I am relaxed

I sleep better

I am flexible

I have energy

and good balance

Tai Chi and Qi Gong
on Mondays (9:30-10:15am)
with Susan Falkenstein

Outdoors
behind bocce
courts

First lesson

Free

sweetsusan62@gmail.com



ISLANDWALK MONTHLY CLUBS

Interested in Joining ? Contact info is below.

IW Men's Golf League

Dave Riepe Email: Davidriepe@yahoo.com or
Dbamesberger51@gmail.com

IslandWalk Musicians

Contact Randy Soloman for more information
Email: randysolo7@gmail.com or Phone: 216-645-9636

JB Hanson Wine Society Club

for more information contact Mike Kaminski
Email: michaeljkaminski@aol.com

Blue Zones -living longer, Better.

For more information contact
Paul Paradis | Email: paradip2000@gmail.com

IslandWalk Garden Club

New Members Welcomed. Contact Cindy Duk.
Email: dukcindy@yahoo.com

WE HOPE TO SEE JOIN IN ON THE FUN!

GET A PERSONAL TRAINER TODAY!



Tailored personal programs with a certified trainer. Build strength, improve balance, mobility and a healthy heart

**Initial Assessment
FREE With Program
Registration!
Sessions start \$55/per**

APPLY NOW



Our trainers come to your Community Gym!

Our trainers meet you in the gym and design personalized workout programs for you based on your needs.

For more information, contact us at:



info@foresight-fitness.com



540-419-5310





WELCOME TO OUR FITNESS CLASSES

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<p><u>Yoga</u> 8am-9am Barbados Room</p> <p><u>Water Aerobics</u> 8:30am-9:30am</p> <p><u>Bone Builders</u> 9:30am-10:30am Barbados Room</p> <p><u>Water Aerobics</u> 10am-11am</p> <p><u>Tai Chi Outdoors</u> 9:30am-10:15am \$40 for 10-classes or \$6 drop in. Sue Gold sweetsusan62@gmail.com</p>	<p><u>Resistance & Strength Training Class</u> w/Gina Horton 8:30am-9:30am \$5-pp Via Zoom Only call: 317-514-3553</p> <p><u>Water Aerobics</u> 8:30am-9:30am</p> <p><u>Yoga</u> 8am-9am Barbados Room</p> <p><u>Water Aerobics</u> 8:30am-9:30am</p> <p><u>Bone Builders</u> 9:30am-10:30am Barbados Room</p> <p><u>Water Aerobics</u> 10am-11am</p>	<p><u>Yoga</u> 8am-9am Barbados Room</p> <p><u>Water Aerobics</u> 8:30am-9:30am</p> <p><u>Bone Builders</u> 9:30am-10:30am Barbados Room</p> <p><u>Water Aerobics</u> 10am-11am</p>	<p><u>Resistance & Strength Training Class</u> w/Gina Horton 8:30am-9:30am \$5-pp Via Zoom Only call: 317-514-3553</p> <p><u>Water Aerobics</u> 8:30am-9:30am</p> <p><u>Move & Groove</u> Chair Exercise. 10:30am Barbados Room \$40-punch card Drop-ins welcome Georgina: 239-404-9493</p>	<p><u>Yoga</u> 8am-9am Barbados Room</p> <p><u>Water Aerobics</u> 8:30am-9:30am</p> <p><u>Bone Builders</u> 9:30am-10:30am Barbados Room</p> <p><u>Water Aerobics</u> 10am-11am</p> <p>Saturdays</p> <p><u>Water Aerobics</u> 8:30am-9:30am</p> <p><u>Resistance & Strength Training Class</u> w/Gina Horton 8:30am-9:30am \$5-pp Via Zoom Only call: 317-514-3553</p> <p><u>Zumba Fitness w/Georgina</u> 9:00am-10:00am Town Center \$40-punch card 4-classes or \$15-drop in Georgina: 239-404-9493</p>

WEEKLY REOCCURRING ACTIVITIES

WELCOME

EVERYONE IS WELCOME TO JOIN THE FUN!

MONDAYS

Cribbage
1:00pm
Living Room
Dave-616-901-7964

Monday BINGO
Doors open 5:30pm
Game starts 7pm
No need to signup
Town Center.

Poker Night
5:30pm-9:00pm
Town Center Living
Room.
Contact: John Prisco
917-697-4733
to join.

TUESDAYS

Paint Together Art Group
8:30am-11:30am
Tahiti Room
All Welcome to join.

Bocce Ball
9:00am-12:00pm
Everyone Welcome
Elaine: 410-818-0016

Mahjong
1:00pm-4:30pm
Antiqua Room
New Players
Welcome Email:
Mrsmig24@gmail.com
experience players
only.

Knitting Group
1:00pm
Living Room
Aleta: 201-406-9499

WEDNESDAYS

Contract Bridge
1:00pm
Antiqua Room

Poker Night
5:30pm-9:00pm
Town Center Living
Room

Dominos
7:00pm
Antiqua Room

THURSDAYS

Ladies Bible Study
9:00am-10:30am
Antiqua Room
Janet: 239-777-1185

Bocce Ball
9:00am-12:00pm
Everyone Welcome
Elaine: 410-818-0016

Canasta
12:30pm-4:00pm
Antiqua Room
New Players Welcome
Email:
reneefoxny@gmail.com

Hand & Foot
12:30pm
Antiqua Room
Annemarieclark@gmail.com

Social Bridge
7:00pm-9:00pm
Antiqua Room
Anne1215@icloud.com

FRIDAYS

Euchre
7:00pm
Antiqua Room
New players welcome

Saturdays
Zumba Fitness
9am-10am

Sundays

Bagpipe, Harp & Thistle Rehearsal Sundays
10:00am
Barbados Room
Everyone is welcome.

Table Tennis
2:00pm-3:30pm
Town Center