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GOLDEN CREST

BULLETIN

January • 2026

Issue 11
49th Year

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Director	Mary Lu Pelton
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Monthly Media Newsletter	Diane Sheeley
News Bulletin Distribution	Gerry McNabb, Irene M
Rummage Sale	Patricia Vincent



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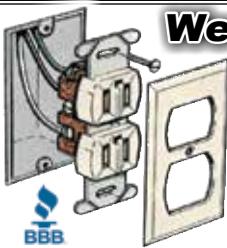
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2026 - Happy New Year

Does anyone at our age make New Year's Resolutions? Or do we feel blessed we have survived and thrived this long and appreciate what we have.



Leo and Cyndie have volunteered to bring a new opportunity to our park -- Golden Crest Music Night. They are avid music lovers and especially for local bands everywhere they are. We will be hosting a local group, Boomer Band. They play the greatest hits of the past. High Energy, two piece, dance oriented group, no backup racks. Truly "Live Entertainment".

JANUARY 22 Meal 5:00p; 6:00 - 9:00p Music. A nominal cost of \$10 pp. To add to the fun, you are encouraged to wear your favorite band apparel.

Resident led activities are in full swing starting in January. See the monthly calendar.

Park December Monthly Action Plan

New capital expenditures list will be created for spring and fall.

We have at least 25 new owners/residents in our park since January 2025. WELCOME. We look forward to your input and interest. We plan to have a welcome party for new owners.

Some resident-led activities have begun. Please watch for notices on the white board outside the clubhouse, facebook updates and yard signs.

The annual fundraiser Rummage Sale and a bake sale schedule starts on Wednesday, January 14 and Thursday, January 15, 10 to noon for set up and pricing. Friday, January 16 will be open to residents only from 10 am to Noon. Saturday, January 17 will be open to the public, 10 to noon.

See you around the park.

Diane



Birthdays

1	Mary Sedgwick	442
2	Dorothy Bailey	444
2	Doreen Cotter	364
2	Greg Dulmage	463
4	Gary Swindle	382
5	Peter Taylor	353
8	Rick Helgeson	429
9	Deb Jardine	315
9	Roseanne Parisoff	474
11	Mary Ann Cook	447
12	Deb Snavely	430
13	Mike Cotter	364
14	Dee McTrach	354
14	David Robbins	467
17	Sandra Stern Krebs	374
20	Mark MacMurray	350
20	Jean Sorenson	453
27	Carlotta Tyler	427
28	Pan Godchaux	415
29	Pauline Foster	317



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Monthly

Book Blitz Month. This is a time for authors of all genres to put themselves out there and promote their work. For the rest of us, it's a time to celebrate literacy, set personal goals to read more, and curl up with a good book.

National Braille Literacy Month. Developed in the 19th century by Louis Braille, this tactile system allows visually impaired and blind individuals a way to read, write, and learn.

International Creativity Month. Whether you're a homemaker, student, employee, employer, or retiree, this is the month to challenge yourself and your usual way of doing things. Try something new, explore, innovate, broaden your horizons of expression, and create something.

Hot Tea Month. Black, white, green, herbal, oolong, Darjeeling, Ceylon, chai—the list can go on for several pages. There are thousands of teas and blends to try. Find a new favorite and warm up with a cup of fragrant goodness this winter.

Self-Love Month. Many of us have already promised to become better at being better this year. Why not start by showing yourself some TLC? Find a way to honor, appreciate, and love yourself this January.

Weekly

Elvis Presley Birthday Celebration Week, Jan. 7-11. If you can make it to Memphis, you can walk in the footsteps of "The King" and visit Elvis' estate, Graceland, where plenty of activities will honor the legendary singer.

Universal Letter Writing Week, Jan 11-17. Since 1971, the Universal Postal Union has held a letter writing competition for young people age 15 and under. The event is a way to promote both literacy and the development of composition skills throughout the world. The theme of this year's contest asks writers: "Imagine you are a letter travelling through time. What message do you wish to convey to your readers?"

Healthy Weight Week, Jan. 18-24. This isn't about diets or the latest weight loss trends. A healthy body image is the key to establishing realistic goals and strategies that will help you to achieve and maintain a healthy weight and body mass. Factors such as age, bone structure, height, and physical ability should also be considered when developing personal health standards. Check in with your physician before making any changes to your diet, nutrition, and activities.

National Clean Out Your Inbox Week, Jan. 21-27. This can be a challenge of epic proportions for those who don't prioritize, sort, and organize incoming emails. Use this week to unsubscribe from or change delivery preferences for electronic communications cluttering your inbox. Save only what's necessary. Delete, delete, delete.

The courage to try

Life lessons can come from the most unlikely sources if we are open to receiving what they have to offer us. For Tricia Goyer, a wife, mother, and accomplished author, a lesson in bravery came from her twentysomething son Nathan.

When he announced his plans to write a book, Goyer encouraged him and even promised to edit it once the manuscript was completed. With 500 magazine articles bylines and more than 50 published books of nonfiction and fiction, Goyer knew her insight would be beneficial. She also knew that Nathan had a gift for creating and telling stories, which had been a favorite pastime since his childhood.

As Goyer edited Nathan's rough draft she realized that her son had a talent for writing and decided they should hire a professional editor to review the text. The editor also liked Nathan's work and offered the aspiring novelist some constructive feedback.

After the rewrites were finished, Goyer told her son to start weighing his options about next steps in the publishing process. He could go the traditional route and work with a publisher, or self-publish. Nathan told her he'd need time to think things over and then excused himself to run an errand. He returned a short time later and announced that he would self-publish his work as an e-book. The next day his novel *Bask* was for sale on Amazon.com. It has even received a few positive reviews.

For Goyer, taking those next steps in the process of publishing one of her many books has never been something she could act on with that kind of certainty or efficiency. She says she would first share copies with as many as 20 friends and consider their feedback. Next she might attend a workshop or conference to solicit even more feedback and advice before deciding which route to take.

Nathan has inspired Goyer to believe that "sometimes we just need to roll up our sleeves and do what we've been afraid to try."



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Who you want to be

A farmer on his way into town pulled over to pick up a young man thumbing for a ride.

The two men began to talk, with the younger man sharing his experiences of his solo hiking and camping adventures.

“So what do you plan to do when this is over?” the farmer asked.

The young man mapped out his plans of a university education, graduate school, a job with a fancy title and a huge salary, future board positions, his own company, and more money than he could spend in three lifetimes. “You know what they say,” the young man remarked. “You should dream big or not dream at all.”

“It’s a pretty big dream,” the farmer said, “but little more than that.”

The farmer continued, “It seems to me that if you wanted to accomplish any of those things you wouldn’t be hitchhiking through small towns. You’d be somewhere else working and building on the knowledge and skills required to help you achieve your goals.”

“Right now, I’m figuring out who I am,” the young man said.

“Why don’t you try figuring out who you want to be?” the farmer replied.

LOOK
To THE
Future

Quotes

We are, as a species, addicted to story. Even when the body goes to sleep, the mind stays up all night, telling itself stories.

—John Gottschal

Words are how we think; stories are how we link.

—Christina Baldwin





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JANUARY 2026

Sunday	Monday	Tuesday						
<table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td style="text-align: center; font-weight: bold;">PRESIDENT'S DAY</td> </tr> <tr> <td style="text-align: center;">S M T W T F S</td> </tr> <tr> <td style="text-align: center;">1 2 3 4 5 6 7</td> </tr> <tr> <td style="text-align: center;">8 9 10 11 12 13 14</td> </tr> <tr> <td style="text-align: center;">15 16 17 18 19 20 21</td> </tr> <tr> <td style="text-align: center;">22 23 24 25 26 27 28</td> </tr> </table>	PRESIDENT'S DAY	S M T W T F S	1 2 3 4 5 6 7	8 9 10 11 12 13 14	15 16 17 18 19 20 21	22 23 24 25 26 27 28	<p>Check the Face-Book page or white board in the Clubhouse for any changes</p>	
PRESIDENT'S DAY								
S M T W T F S								
1 2 3 4 5 6 7								
8 9 10 11 12 13 14								
15 16 17 18 19 20 21								
22 23 24 25 26 27 28								
4	<p>8:30a Indoor Aerobics 10:00a Water Aerobics 3:00p Shuffleboard 7:00p Trivia</p>	5 6:15p B Open 7:00p B						
11	<p>8:30a Indoor Aerobics 10:00a Water Aerobics 3:00p Shuffleboard</p>	12 6:15p D Open 7:00p B						
18	<p>8:30a Indoor Aerobics 10:00a Water Aerobics 3:00p Shuffleboard 7:00p Trivia</p> <p><i>Martin Luther King Jr. Birthday</i></p>	19 6:15p D Open 7:00p B						
25	<p>8:30a Indoor Aerobics 10:00a Water Aerobics 3:00p Shuffleboard</p>	26 6:15p D Open 7:00p B						

Golden Crest

Monday	Wednesday	Thursday	Friday	Saturday
			1 New Year's Day	2
Doors Bingo starts Sipphony	6 8:30a Indoor Aerobics 10:00a Water Aerobics 6:30p Men's Poker Women's Games	7 9:00a Coffee Social	8 8:30a Indoor Aerobics 10:00a Water Aerobics 10:00a HOA meeting	9 10
Doors Bingo starts	13 8:30a Indoor Aerobics 10:00a Water Aerobics 6:30p Men's Poker Women's Games	14 15 All Day Rummage Sales Setup	16 8:30a Indoor Aerobics 10:00a Water Aerobics Noon-2p Rummage sale for residents only	17 8a-Noon Rummage Sale/Bake Sale Open to the Public
Doors Bingo starts	20 8:30a Indoor Aerobics 10:00a Water Aerobics 6:30p Men's Poker Women's Games	21 9:00a Coffee Social 5:00p Meal 6-9 Music -Boomer Band	22 8:30a Indoor Aerobics 10:00a Water Aerobics	23 24
Doors Bingo starts	27 8:30a Indoor Aerobics 10:00a Water Aerobics 6:30p Men's Poker Women's Games	28 29	30 8:30a Indoor Aerobics 10:00a Water Aerobics	31



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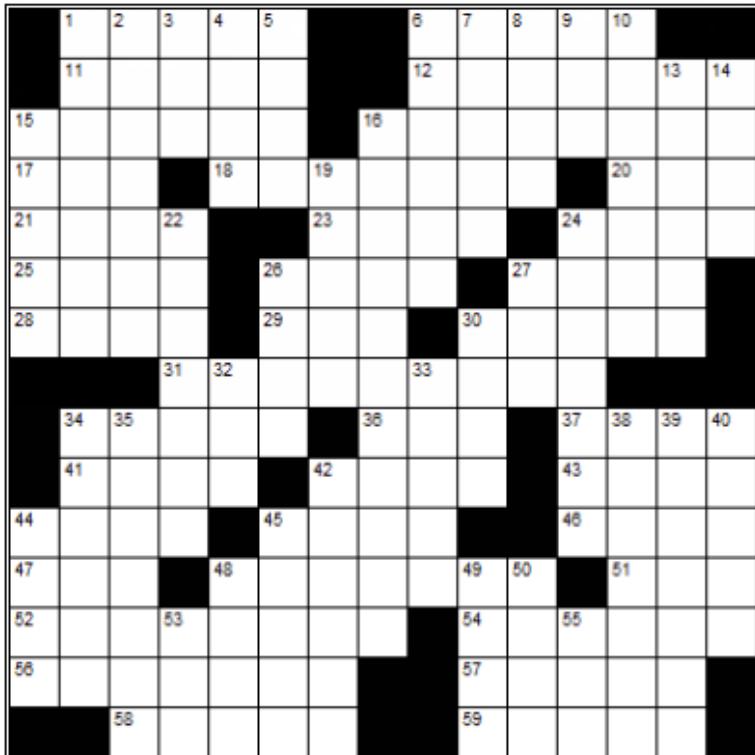
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DOWN

- Land
- Male genitalia
- Uncooked
- Small island
- Not more
- Arrive past due
- Utilizers
- Neuter
- 2000 pounds
- Kill oneself intentionally
- Breathes noisily while sleeping
- They come from hens
- Started
- Gun repairing
- Dogs wag these
- Anticlimax
- Blimp
- Opening

- Deli loaf
- King of the jungle
- Anagram of "One"
- They can be fraternal or identical
- On land
- One who establishes
- Building
- Mammals like camels
- Apprehensive
- Objects
- Fired a projectile
- Holy person
- Smile
- Gorillas
- English royal house
- An uncle
- Fifty-two in Roman numerals

ACROSS

- Spring month
- Failures
- Pursue
- Take up the cause
- Barroom fights
- Harvesting
- Snake-like fish
- Wide part of a river
- Sprocket
- Chutzpah
- Picnic insects
- Broadcasts
- Chills and fever
- Workshop gripper
- Fair attraction
- Bird home
- Type of tree
- Harps
- Amounts per unit size
- Underway
- One plus one
- Make well
- Scattered seed
- Not fat
- Inactive
- Blackball
- Tibia
- Tube
- Term of endearment
- Deny
- Distant
- Making menu requests
- A plan of action
- Abounding
- Genus of heath
- Leases
- Where clouds are



January Word Search



alive	drive	honor	lost	right
board	empty	hopeful	matter	score
brilliant	excise	knock	money	street
carry	expect	lane	movies	style
casino	fees	later	phone	test
compete	flush	light	possession	things
destination	foot	loose	repeat	tornado
				wealth

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3		1				9		
	4	6	9	7	8			

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6



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5	2	4	6	3	9	7	8	1
8	3	6	4	1	7	5	2	9
9	7	1	2	8	5	3	6	4
4	6	5	1	2	3	9	7	8
2	8	7	9	5	6	4	1	3
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3	1	8	5	7	4	2	9	6



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Three tips to spark your brain

Everyone can be creative, as long as they're willing to give up some pre-conceptions about what being creative really means. Try these tactics for opening up your mind to innovative possibilities:

- **Focus on intuition, not intelligence.** You don't have to be a genius to be creative. Train yourself to listen to your feelings, random thoughts, dreams, and intuition. Often ideas and solutions come to us when we aren't looking.
- **Give yourself space to think.** Collecting data about what you're working on is good, but don't let facts crowd out your creative impulses. Set the information aside and step back to allow your mind to process it without pushing. Build some room inside your head to let ideas grow.
- **Try something different.** Breaking your routine can lead to creative insights. See the kind of movie you'd never ordinarily watch. Take a walk in a new neighborhood. Fly a kite, or take up a new exercise regimen. Mixing things up can help your mind look at the world in new and different ways, sparking your imagination.



How creative types have gotten into the groove throughout history

Some people take unusual steps to get their creative impulses going. From the Mental Floss website, some examples of how famous folks have jumpstarted their imagination:

- **Yoshiro Nakamatsu.** This Japanese inventor with more than 3,000 patents to his name dives underwater, holds his breath, and scribbles ideas on a Plexiglas board in his swimming pool.
- **Leonardo da Vinci.** The Italian artist and inventor honed his creative instincts by taking short naps every four hours throughout the day. He's said to have slept a total of just two hours every day.
- **Thomas Edison.** This inventor was also a fan of naps, with a twist: He'd sit up holding a handful of marbles and think about the problem he was working on until he fell asleep. When the marbles dropping to the floor woke him up, he wrote down whatever came into his mind, regardless of whether it offered a solution.
- **Johann Wolfgang von Goethe.** The German poet kept a rotten apple on his desk, insisting that it helped him write more effectively.
- **Charles Dickens.** The British novelist would write only at a desk facing due north.



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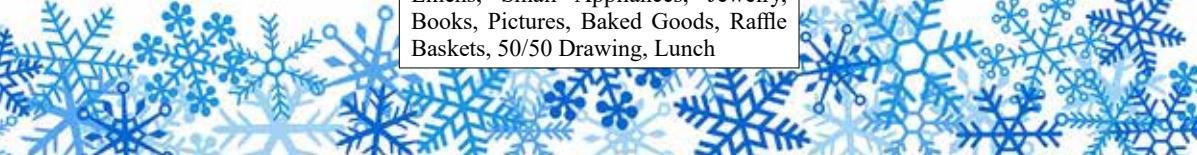
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STAMP COLLECTIONS - wanted to buy. Price depends on quality and quantity. Highest prices paid. Call 709-682-9499	Rummage and Bake Sale at Golden Crest MHP clubhouse, 800 Main Street, Dunedin, January 18, 8-12. Quilt Raffle, glassware, jewelry, home decor, and more.	
OTHER	Annual Rummage Sale. Shoreline Palms MHP, Clubhouse, 12100 Seminole Blvd, Largo (entrance on Walsingham). January 24, 8am - 1pm. Rummage, Crafts, Lottery Board. Food Available.	Lincolnshire Estates Annual Bazaar will be held Saturday Feb 7th, 8AM-1PM. 1071 Donegan Rd, Largo. Furniture, tools, jewelry, housewares, bake sale, nick-nacks, linens. Small appliances, silent auction, breakfast, and lunch for purchase.
BRING THE JOY OF PIANO TO YOUR HOME! Learn piano at your home or online with a patient, experienced instructor. No experience needed — just curiosity and a keyboard. Call, text 727 424-8137 or email judanber@yahoo.com	Point West Mobile Home Park Bazaar and Flea Market. January 24th, 8am-2pm. 12651 Seminole Blvd, Largo. Furn, Clothes, Household, Electronics, Jewelry & Misc. Chinese Auction, 50/50 and Food	Community Flea Market, 2000 East Bay Drive, Largo. Sat. Feb 28. 8 to 12. Bikes, Furniture, Small Appliances, Golf & Household Items, Apparel, Baked Goods
EVENTS & PROGRAMS	Park Wide Community Yard Sale: Jan. 24th Fairway Village Residents Association, Inc. Largo. 9am to 2pm	ATTENTION RESIDENTS! Did you know this Emporium/ Classified listing reaches over 21,500 homes in Pinellas County? It goes into 60 community newsletters (just like this one) from Dunedin to St. Petersburg. This is a great market to sell items, advertise your next event, try and get help for a function, and many other things. Remember to think about this the next time you're planning something.
Bingo: Lake Seminole Resort. 10245 110th Ave. Largo. Monday, January 5th at 6:50 pm. Doors open 5:30, Cards on sale until 6:30.	Sunset Palms MHP, 3401 Gandy. Annual Yard Sale January 24th in Clubhouse and carports 8 to 1. Breakfast & lunch for purchase.	-Monthly Media Staff
Biggest Church Wide Garage Sale In The Area! Northwood Presbyterian Church, 2875 FL-580, Clearwater, 33761. January 15th, 16th, 17th, 2026, from 8am-2pm. Call Susan: 727-709-8237 with questions or to donate.	Sat. Jan 31, 2026 - Annual Community Sale - 8:30AM-1:00PM. Paradise Island Clubhouse at Lake Haven MHP. Main St. (SR580) & Lake Haven Rd. (W of Keene/CR1) Dunedin. Housewares, Linens, Small Appliances, Jewelry, Books, Pictures, Baked Goods, Raffle Baskets, 50/50 Drawing, Lunch	
Annual Rummage Sale. Sat, Jan. 17th 2026, 8am-noon. Boca Ciega Mobile Home Park. Clubhouse & Outside. 11200 Walsingham Rd. Largo Fla. 33778		

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Advertise BUY, SELL, TRADE ITEMS by sending copy & check to Monthly Media at 220 Bahama St, Venice, FL 34285. Ads over 10 words must be accompanied by \$.80 per extra word or publisher will edit. Each new word indicated by a space, numbers included. No mobile home sales, no professional products or services.

Envelope must be postmarked by 10th of the month to meet deadline. **SORRY: No ads accepted by phone or email.**



What friends are for

Two women were discussing their weight loss goals and dieting strategies. “We should team up. We could work out together, exchange recipes, and support each other,” said one woman.

“Sounds like a plan,” replied the other.

“And when I’m craving a deep-dish pizza with a side of cheese fries, like I am right now—“

“Don’t worry, sister, I’ve got your back,” said the friend. “I could go for a slice myself and know just the place. Come on, I’m driving.”

The meaning of life

Ryan left behind a successful career and all the material trappings his wealth afforded. In his quest for a more meaningful life, he embarked on a pilgrimage to a faraway land to seek the counsel of a sage rumored to live on the summit of a mountain.

Ryan’s journey took him through villages, valleys, and forests; he hiked through rugged terrain and climbed over sharp rocks. He was exhausted once he reached the base of the mountain and camped out there for a couple of days to regain his strength before his ascent.

The climb up the mountain was grueling, but Ryan knew he would be rewarded once he reached the top and learned the meaning of life from the sage.

When Ryan finished his climb, he made it to a tiny hut where he encountered the sage sitting cross-legged in the middle of the floor. Ryan sat cross-legged across from the sage and said, “I have discarded all of my material possessions and traveled thousands of miles to learn the meaning of life from you.”

The sage cleared his throat and said, “Life … is like … a—” The sage dropped his head and began to snore. Ryan poked the sage on the shoulder and the sage mumbled, “What was I saying?”

“You were going to tell me the meaning of life.”

“Oh, yes,” the sage said. “Life is like a rock.” He shrugged his shoulders and then coughed.

“That’s it?” Ryan asked.

“Hey, what did you expect? I’m just an old man living alone on the top of a mountain.”

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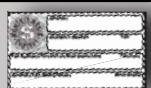
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Stay healthy by managing your digestion

If you're trying to watch your weight, consider what you know about the digestive process. According to the Medical News Today website, digestion actually begins when food enters the mouth, but the entire process can take 24 to 72 hours. Food high in protein and fats, like meat and fish, takes longer; high-fiber foods like fruit and vegetables are quicker to digest; sweets like candy and pastries are fastest. To improve digestion, follow these guidelines:

- **Eat a balanced diet.** Concentrate on foods high in fiber: fruits, vegetables, legumes, and whole grains. Limit your meat consumption, along with processed and fast foods.
- **Keep yourself hydrated.** Water, juice and tea keep food moving through the digestive system and help to prevent constipation.
- **Eat probiotics.** These foods supply helpful bacteria that can keep the bacteria in your gut in balance. Try yogurt, kefir, sauerkraut, kimchi, miso, and fermented vegetables.
- **Exercise.** Regular physical activity aids the digestive tract. A simple walk can relieve bloating, gas, and constipation.
- **Manage your stress.** Stress can slow digestion and cause heartburn, cramping, and bloating. Practice meditation, deep breathing exercises, and yoga.
- **Practice good dental hygiene.** Because digestion begins in the mouth, keeping your teeth in good health is important. Visit a dentist regularly, and be sure to brush and floss daily.

One hour of exercise may relieve depression

Feeling depressed? Get moving. As the Medline Plus website reports, a survey of some 34,000 adults found that people who exercise just one hour a week have a 44 percent lower risk of depression over 10 years than those who don't exercise at all.

A Norwegian survey tracked exercise habits along with depression and anxiety risk among people with an average age of 45 who underwent physical exams and filled out questionnaires about their medical needs and lifestyles. The results showed that the intensity of the exercise didn't matter—an hour-long walk provided just as much relief as a high-impact workout.

Exercise didn't appear to have any effect on anxiety risk, but the researchers found that regular exercise for at least one hour per week was connected to a lower risk of depression, regardless of gender or activity intensity.

However, more than an hour's exercise didn't appear to further decrease the risk of depression substantially. Also, the scientists have noted that they haven't proven a direct cause-and-effect relationship between exercise and depression.

Still, it sounds like another good reason to get off the couch and start up a modest exercise routine.

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