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OFFICE HOURS Monday thru Friday 9:00 a.m. to 12 p.m. 1:00 to 5:00 p.m. PARK OFFICE 3113 S.R. 580 Safety Harbor, FL PARK MANAGER Karen Barker 725-1811

Website: <u>www.amberglades.com</u> amberglades@mailll.com

Corporation Directors

Norm Goldberg	President	#366	215-913-4877
Audrey Lawrence		#140	609-576-3503
Marsha Lemons	.Secretary	#279	727-412-1433
Pat Peterman	.Treasurer	#205	618-960-9284
Craig RodgersCorporate	e.Director/Complaints	#341	502-435-1612
Vacant			
LeeAnne McHugh	Corporate Director	#334	727-458-8134

The HOA meeting for for December will be held on December 6, 2022 at 7:00 pm. All HOA members are invited to attend.

THE AMBER GLADES SOCIAL COMMITTEE HAS BEEN PUT ON HOLD FOR NOW. ANY RESIDENT THAT WANTS TO SPONSOR A SOCIAL ACTIVITY IS WELCOME TO DO SO BY CONTACTING THE HOA BOARD. Also, the Board is looking into reactivating the Social Committee. If you would like to be considered for Social Chair in the future, please contact a Board member.

Note from The HOA Board of Directors

We are pleased to announce with our board meetings starting back up that we will be receiving visits once again from Deputy Skipper from Pinellas County Sheriff's Office. Deputy Skipper will be visiting our community in January to share information on a Night Watch



Program as well as educating us on Crime Prevention and Community Awareness. Deputy Skipper will also be visiting us throughout the new year to discuss crime prevention and other safety initiatives. Once again, we look forward to any information Deputy Skipper provides to keep us aware and educated on safety and awareness within our community.

Your HOA board continues to meet monthly with Karen Barker, our Park Manager. Karen encourages residents, if there are concerns or issues that need to be addressed, please stop by the office to speak with her. Please be aware, Karen doesn't follow the Amber Glades page on Facebook, if residents are addressing issues on social media and not directly to her, Karen

... continued on page 5





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AMBER GLADES ADVOCATE DECEMBER, 2022 N











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is unable to help. Although it may not be an immediate answer that is provided, that does not mean management is not working to resolve a concern. Some issues may be addressed immediately while others may take more time as it is investigated, or as legal action is taken.

If you have an interest in joining the HOA Board, you won't want to miss our December 6, Board Meeting. The floor will be open for nominations. There will be four positions up for reelection, three of those current members plan to remain on the board. Let us know if you would like to be considered and a time will be scheduled for candidates to meet with our nomination committee. If you are approved by the committee, your name will be added to the ballot. Any resident who is interested in running for the board is required to be a HOA member. If you're not an HOA member, you still have time to sign up before the year end. You will also receive a discount on events that may charge a fee. Your membership would run through December 31, 2023. Annual dues for 2023 will remain the same, \$15. Please feel free to pay your dues prior to January. Your dues must be paid prior to attending our January board meeting.

Please be respectful of the change in the Prospectus regarding walking your dog. Dogs should not be permitted to release themselves on someone else's property. We know at times, this may occur. Please be respectful and clean up after your pet.

Your HOA Board continues to work with management on areas that require improvement within our community. The HOA Board is here to represent our residents and to make our community a great place to live! We value the residents, their ideas and suggestions. We also appreciate those who have stepped up to make things happen. If you're interested in being a part, please let us know. We need and want your involvement, input and ideas!

The HOA Board would like to extend a Happy Holiday & New Year to you and your families!

Elections for Board positions will be at our Annual Meeting in January 2023. The Board has appointed an Election Committee to interview interested residents. If you are interested in running for a position, contact one of the board members.

Resumed Activities

Now that our "Snow Birds" are starting to come back, we are resuming activities that were put on hold for the summer for lack of participation. Bunco will be played on Tuesdays at 1:00 pm. Horses will resume on Thursdays at 6:30 pm. You don't have to know how to play these games – our kind residents will show you. If you want to play Horses, make sure and bring your nickels and dimes. Bunco is \$2.00 per person.

View this Newsletter in full color at www.monthly-media.com right click with mouse to download to your computer

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New Game Day

We are having a "Game Day" and Rock Painting on Wednesdays at 11:00 am to let residents come up to the clubhouse and play games, watch a movie or just visit with other residents. This is an attempt to give residents something to do besides sit watching tv at home alone. Activities are crucial for the mental health of us seniors and can help both with memory and overall happiness. Amber Glades management will provide popcorn and drinks, so please come for a couple of hours of fun.

Reminder

The revised Prospectus went into effect on October 22, 2022. This allows the towing of cars violating the rules. Management has committed to give one warning call before towing, but we ask the residents adhere to the overnight parking rules. Also, please use common sense. When parking in the road during the day, if there is a vehicle parked directly across the street, please move your vehicle down so the road is not too narrow to get cars and emergency vehicles down the street.

Save the dates

n 12/3 we are planning an activity to trim the tree in the clubhouse. On 12/18 we will have a Charity Spaghetti Dinner with money collected going to the Sheriff's Youth Ranch. On December 31 we will ring in the New Year with the band Joe's Garage. Tickets will be available in December.

Humana Food Truck

The HOA has arranged the Humana Food Truck to stop at our park once every month to subsidize needy residents with food. It is scheduled for the 4th Monday of every month at 3:00 pm. If you would like a sack of food items or know of someone that could really use the extra food, please come to the clubhouse on the scheduled day. If the board gets the names of residents in need, we will arrange a sack for them so just call or tell any board member who could use this service. Interest has been low so we need to know if this is something we want to continue.

Vending Machine

Dark has approved putting a vending machine for drinks in clubhouse area. Still pursuing options.





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Our top priority is the health and safety of our employees and our customers. Our employees are closely following the Centers for Disease Control (CDC) guidelines and recommendations, like frequent hand washing, social distancing, and staying home if they are feeling ill.

We have taken steps to limit exposure to the virus by making our customers aware that there is no need to have any contact with our employees if you choose to do so. Our business falls under the state's guidelines as "Essential Business".

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Monthly Media Guide

id you know that you can go online and get current and past copies of this Media Guide Newsletter? Just go to www.monthly-media.com and pick our park for a full list of available newsletters.

Weekly Bingo

ome join friends and neighbors for a fun bingo night every Monday. Start time is listed as 6:00 pm so everyone has plenty of time to mark their cards for the 1st coverall game. The actual bingo starts at 6:30 pm. Price varies depending on the number of cards you purchase, but \$10 is a good starting point that will include every game. Questions – call Donna Miller at 727-724-0306

Welcome Committee News

ew residents for the past month: #200 Lelia and Frank Tavarez; #316 Norman and Vera Frink; #364 Richard Moore; and #370 Mark and Irena Skwara! PLEASE MAKE THESE NEW RESIDENTS FEEL WELCOME!

Sunshine Committee

Te need your help in knowing if someone is sick or has a loss in their family. Please contact Patty Goldberg at 727/265-9744.

Winter Activities

R unco, Horses and Crafts have begun again. Please check calendar for dates and times.

Koffee Klatch

offee Klatch is at 9:00 am on every Tuesday. Come to the clubhouse and enjoy free coffee and conversation with your friends and neighbors. Coffee is free and for \$1.00, you can buy a donut or treat (varies).

Welcome



welcome to bring a sack lunch.

Community Kitchen

Any of our residents are unaware of what a beautiful kitchen we have! The Community Center, including the kitchen facilities are available to you with a deposit to the office, as long as it is not reserved for another function. All we ask is that you leave it as clean as it was when you began your activity. Please contact the office to reserve the Community Center and all its amenities 727-725-1811 (Samantha) or email at office@ambergladesmhc.com

Walkers and Wheelchairs

We have walkers and wheelchairs available for our Amber Glades community to borrow whenever needed, but we are in need of gently used wheelchairs and walkers to replace some of our aging ones. Please do not drop off any item you wish to donate. If you will please contact Norm Goldberg, 215-913-4877, we will arrange to get them from you. If you are in need of either of these items you can also contact Norm.

Amber Glades Facebook Pages

Get connected to Amber Glades Facebook page. Pictures of events are posted there by residents and interesting information is shared. All posts should be positive and about the Amber Glades activities. If you are a resident of Amber Glades, you can also join the Amber Glades Market Place Facebook page to buy and sell items. As of publishing this newsletter, we are in the process of setting up another facebook page that will be used to post activities and make HOA announcements. The new page is **Amber Glades Approved**.

Rock Painting

Coloring

This is a new activity sponsored by Rene Pelligrino, (Lot #120 at 815-528-2346) – It will be held during Wednesday Game Days.

✓ oloring is Tuesdays at 11 am and Thursdays at 1 pm. All are welcome and if you don't color but do painting or other art forms or just want to watch us and visit, please come ✓ on up. If you don't have coloring supplies, we will provide you with them. You are

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DEADLINE FOR JANUARY

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edia Guide updates is December 8, 2022. Please email to patt74429@yahoo.com or drop off your articles to Pat Peterman at Lot 205. Thank you.

CHARITY SPAGHETTI DINNER

SUNDAY, DECEMBER 18, 2022 – 5:00PM



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TO PARTICIPATE, BE SURE YOUR LIGHTS ARE TURNED ON THE WEEK OF DECEMBER 11TH BEFORE 6PM.



Santa Claus and his elves is coming to town and will be visiting Safety Harbor on December 17th. Santa will begin his tour at 6pm

LET'S LIGHT UP AMBER GLADES BRIGHTER THAN IT'S EVER BEEN



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To our valued customers:

During the current times we wanted to let you know that we are taking as many precautions as we can to ensure not only our workers safety but yours as well. We check workers' temperatures each morning and have limited the amount of contact our crews have with each other. Our crews work in Tyvek suits with respirators which helps to ensure your safety as well as theirs.

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Bearley, Linda	#6	128-154	618-709-3388
Budney, Pat	#399	383-403, 36-56	727-385-5724
D'Amico, Joe	#111	77-93, 36-56	727-463-3952
DesJardins, Sharon	#438	94-107, 425-440	727-488-7422
Fether, Janet	#34	23-34, 288, 404-411	727-474-7978
Goldberg, Patty	#366	325-339. 366-382	727-265-9744
Heath. Cindy	#304	239-252	267-994-1565
Johnson, Liz	#263	253-265	618-791-6555
Pat Marks	#38	308-324	419-304-5568
LeeAnne McHugh	#334	4-21, 287, 412-418	727-458-8134
Janet Ludden	#12	56-76	260-704-0218
Misselwitz, Mary Ann	#293	289-307	727-724-4788
Mulaly, Dorothy	#115	108-127	727-417-0396
Peterman, Pat	#205	183-210	618-960-9284
Richards, Lori	#157	340-356	802-558-1379
Silvie, Linda	#240	266-286	828-773-2166
Smith, Lou	#238	357-365, 155-182, 2,3	217-836-4721
Zarr, Álice	#219	211-238	727-614-9128

Activity Chairpersons 2021-2022

Bingo Chair	Donna Miller	#434	727-724-0306
Bingo Co-Chair	Dave Karns	#337	727-723-0346
Block Capt. Chairperson	LeeAnne McHugh	#334	727-458-8134
Color Your Heart Out	Sharon Kachinski	#165	727-725-3745
Crafts/Needlecrafts/Hobbies	Faye Rahrig	#239	419-277-2753
FMO Representative	Norm Goldberg	#366	215-913-4877
Library	Jackie LaFountain	#44	802-342-6604
Library	Rose Hendershot	#26	727-641-7309
Kitchen Manager	Rose Hendershot	#26	727-641-7309
Line Dancing	Jan Fether	#34	727-474-7978
Media Guide	Pat Peterman	#205	618-960-9284

A Complete Listing of Resident Services can be found on the page before your calendar

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SILLY HUMOR TO MAKE YOU SMILE:



- What do expired cake mix and seniors have in common? They both have a hard time rising!
- They say kids have selective hearing, but seniors do too we just turn our hearing aids off.
- What did one senior mountain climber say to the other? We're finally over the hill!
- Getting older is a real picnic just one where everything is aged to perfection.
- You know you're a senior when finding your glasses becomes an all-day task.
- I decided I wasn't going to let getting older slow me down. But my body had other plans.
- In my days there was no Uber Eats. If you were hungry, U-ber packing your lunch!
- When cars get old, they're classic. When cheese gets old, it's blue. What do they call people when they get old? Old people.
- What musical genre do seniors with arthritis listen to? Pop.
- You know you're getting older when everything you see at a vintage flea market is something you already own.
- Do seniors ask a genie for three wishes? No just one. Their youth!
- Getting old is no joke. I'm on a very rigid nap schedule.
- What do cast iron pans and seniors have in common? They're both well-seasoned.
- Being a senior is a walk in the park if it's an RV park and you're going 25mph max.
- What do newborns and seniors have in common? They'll both nap anywhere.
- We leave this world the same way we enter it: bald, confused, and wearing a diaper.

6 Ways Kindness Is Good for You How helping others can help improve your health

By Cathie Gandel AARP November 02, 2022

Volunteering at a food bank, mentoring a younger person, treating a friend to a <u>cup of coffee</u> — acts of kindness like these not only can combat isolation and make you feel connected to others but also can have a positive effect on your happiness and well-being.

That's because doing something for someone else triggers hormones affecting our moods, our stress levels, our brains and even our lifespans. "A growing body of scientific research shows that helping others, including engaging in formal volunteering activities, is related to better health outcomes in later life," says



Jeffrey Burr, professor of gerontology at the University of Massachusetts Boston.

Here are six ways that acts of kindness — large or small — can improve your physical health.



There are 336 dimples on a golf ball?

Three U.S. presidents have won Grammys — Carter, Clinton and Obama?

The Florida Everglades are the only place you can find both alligators and crocodiles?



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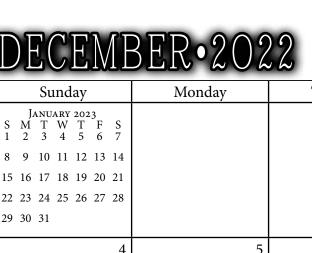


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4	5 Water Aerobics Noon Bingo 6 pm	Koffee 9 am Colorir Bunco HOA N
11 Amber Glades Holiday Lights Contest Judging begins!	12 Water Aerobics Noon Bingo 6 pm	Koffee 9 am Colorir Bunco
18 Charity Spaghetti Dinner 5 pm	19 Water Aerobics Noon Bingo 6 pm	Koffee 9 am Colorir Bunco
25 Happy Holidays!! Christmas	26 Water Aerobics Noon Bingo 6 pm	Koffee 9 am Colorir Bunco

Amber Glades

uesday	Wednesday	Thursday	Friday	Saturday
		1 Coloring 1 pm Horses 6:30 pm	2 Water Aerobics Noon	3 Prayer Group 10:30 am
6 Klatch ng 11 am 1 pm /ltg. 7 pm	7 Game Day 11am Water Aerobics Noon Rock Painting 1 pm Pearl Harbor Remembrance Day	8 Coloring 1 pm Horses 6:30 pm	9 Water Aerobics Noon	10 Prayer Group 10:30 am
13 Klatch ng 11 am 1 pm	14 Game Day 11 am Water Aerobics Noon Rock Painting 1 pm	15 Last Day for Charity Dinner Tickets Coloring 1 pm Horses 6:30 pm	16 Water Aerobics Noon Golf Cart Parade 6:30 pm	17 Prayer Group 10:30 am SANTA CLAUS IS COMING 6PM
20 Klatch ng 11 am 1 pm	21 Game Day 11 am Water Aerobics Noon Rock Painting 1 pm	22 Coloring 1 pm Horses 6:30 pm	23 Water Aerobics Noon	24 Happy Holidays! Christmas Eve
27 Klatch ng 11 am 1 pm	28 Game Day 11 am Water Aerobics Noon Rock Painting 1 pm	29 Coloring 1 pm Horses 6:30 pm	30 Water Aerobics Noon	31 New Year's Eve



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SUB-FLOOR & FLOORING EXPERTS!

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continued on page 27 AMBER GLADES ADVOCATE DECEMBER, 2022 N

1. Makes you happier

A kind act, whether toward a group, another person or even yourself, boosts some of your hormones, the body's chemical messengers. "Kindness can have a profound effect on the release of certain hormones," says Marcie Hall, M.D., a senior attending physician in child and adolescent psychiatry at University Hospitals Cleveland Medical Center.

One of these is oxytocin. Oxytocin is responsible for warm fuzzy feelings of contentment and <u>happiness</u> when we hug someone we love or complete a difficult job. For this reason, it's sometimes called the "feel-good hormone."

Another hormone that responds positively to acts of kindness is serotonin. Serotonin, an ingredient of many <u>antidepressants</u>, decreases feelings of anxiety and increases happiness. Being kind also releases endorphins, the body's natural painkillers. Endorphins affect the brain like drugs do, releasing a so-called "helper's high," similar to the runner's high felt after exercise. In his book The Five Side Effects of Kindness, author David R. Hamilton says kindness produces a "totally legal high."

2. Lowers blood pressure

Oxytocin has another important function. In a domino-like effect, kindness boosts oxytocin, which releases nitric oxide, a chemical that plays a critical role in maintaining a healthy <u>blood pressure</u>. Nitric oxide counteracts the narrowing of arteries that accompanies aging and disease, improving blood flow through the body and lowering blood pressure. Studies show that healthy levels of nitric oxide can not only help lower chances of heart attack and stroke

but also reduce dementia risk. In 2016, researchers at the University of British Columbia and the University of California, Irvine found that financial generosity toward others lowered the blood pressure of the older adults engaged in the study to almost the same degree that starting a new blood pressure medicine would do.

3. Improves heart health

The heart benefits in several ways from acts of kindness. As mentioned above, nitric oxide counteracts the effects of aging on the arteries and blood vessels that carry oxygen-rich blood from the heart to all parts of the body. Results from a <u>2016 review</u> of a national survey revealed that those who volunteered were less likely to have dangerous belly fat, a factor in heart disease, and high glucose levels, markers for diabetes. The 2016 study of the

effect of spending money on others revealed that the effect of financial generosity matched the results achieved by more well-known cardiovascular interventions such as exercise and diet. "Acts of kindness are 'cardioprotective,'" says Hall. "They're good for the heart."

4. Strengthens the immune system

Besides boosting our mood and lowering our blood pressure, oxytocin also reduces inflammation in the body. <u>Inflammation</u> can be caused by stress, diet or the environment, and is linked to diseases like diabetes and cancer. Research has found that it may also speed up the







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aging process. Kindness sets up the body to decrease inflammation and slow aging, says Hall.

But kindness can also strengthen immunoglobulin, an important part of the immune system found in saliva. In one Harvard University study, students were asked to watch a documentary on Mother Teresa. Their saliva was

tested before and after watching the documentary, and the levels of secretory immunoglobulin A had increased significantly after watching the film. Not only that, but the effects were still seen an hour later. Just seeing a demonstration of kindness and love was enough to boost the immune system in an important way.

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5. Makes your brain bigger

The hippocampus is the part of the brain responsible for learning and memory. "It is also really important as a biomarker for the prevention or delaying of Alzheimer's disease," says Michelle Carlson, a professor in the Department of Mental Health in the Johns Hopkins Bloomberg School of Public Health. Unfortunately, that part of the brain shrinks as we age. But it turns out that volunteering can delay that process.

That's what happened to participants in Baltimore's Experience Corps, retired men and women who volunteered to mentor young schoolchildren over a period of two years. "We saw a steady improvement or maintenance of the hippocampus in the volunteers, but the controls showed the expected age-related decline," says Carlson. "And more so in men than in women," she adds.

The good news is that these habits are teachable, says Hall. "Anyone can adopt these habits." Doing these things on a regular basis can "create new neural pathways," Hall says, effectively rewiring the brain.

6. Helps you live longer

That's right. Buying your friend a cup of coffee could increase your lifespan. It does this by reducing cortisol, the basic stress hormone in the body. Cortisol inspires the fight-or-flight response when we face danger, but too much cortisol for too long a period can be harmful. Research has found it can alter the immune system, put pressure on the heart and affect the brain.

A 2018 study by researchers at the University of Massachusetts Boston found that on days that subjects volunteered, they experienced a lower level

of cortisol output compared with non-volunteer days. In other words, volunteering reduced the effect of cortisol on the body. Stressful things certainly still happen to people, but kindness can buffer the effects of stress.

In 2017, a team from Harvard University followed a large sample of adults age 50 and older over a period of four years to see if volunteering caused any changes in their health. The result: Those who volunteered more than 100 hours per year — about two hours a week had a "reduced risk of mortality." Specifically, when comparing the volunteers against those who did not volunteer at all, the volunteers had a 44 percent reduced risk of mortality over the





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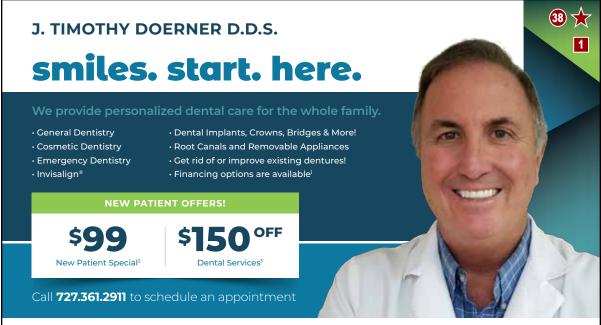
four-year follow-up period. The researchers didn't prove that the volunteering caused people to live longer but reported the links between living longer and volunteering. It's possible that other factors were involved. They did report a connection between people feeling they have a purpose in life and volunteering. Those who feel they have a purpose in life tend to live longer.

Volunteer Opportunities

Help your health while helping others. Find out more about volunteering with the <u>AARP Foundation</u> <u>Experience Corps</u>, a program made up of volunteers who are dedicated to helping children become great readers before completing third grade. Plus, discover many more ways to get involved and <u>volunteer with your community</u>.







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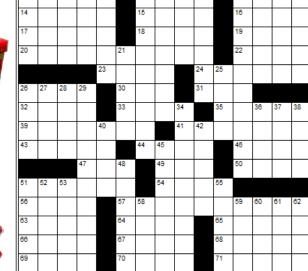
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ACROSS

1.SSS

- 6. Resorts
- 10. Baby buggy
- 14. Ready for anything
- 15. Seaweed
- 16. Rattling breath
- 17. Upswell
- 18. Extol
- 19. Scent
- 20. Encouraged
- 22. Twinge
- 23. Formerly (archaic)
- 24. Come forth
- 26. Russian emperor
- 30. Form of "to be"
- 31. Zero
- 32. After-bath wear
- 33. Linguistic unit
- 35. Andean animal
- 39. Marioram
- 41. Calmed
- 43. Moon of Saturn
- 44. Distribute
- 46. Require
- 47. British rule in India
- 49. Joke
- 50. Sounds of disapproval
- 51. Handgrip
- 54. Death notice
- 56. Absent Without Leave
- 57. Spin-like
- 63. Domestic
- 64. Slaloms
- 65. Love intensely
- 66. Ages
- 67. Celtic language
- 68. Employ again
- 69. Crimsons
- 70. Type of sweet potatoes
- 71. Donkeys







- 1. Lack of difficulty
- 2. Urban renewal target
- 3. Belgrade native
- 4. Therefore
- 5. Inscribed pillar
- 6. Showroom
- 7. Flower box
- 8. Chills and fever
- 9. Make unhappy 10. Fuel
- 12. Beside
- 27. Fern clusters 28. Assist illegally 29. Irrespective

walk

34. Data arrays

13. Get together

26. Gait faster than a

21. Illustrated

25. Grinder

- 36. Affirmatives
- 37. Docile
- 38. Combines
- 40. Nitpicky to a fault



Crossword



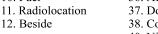


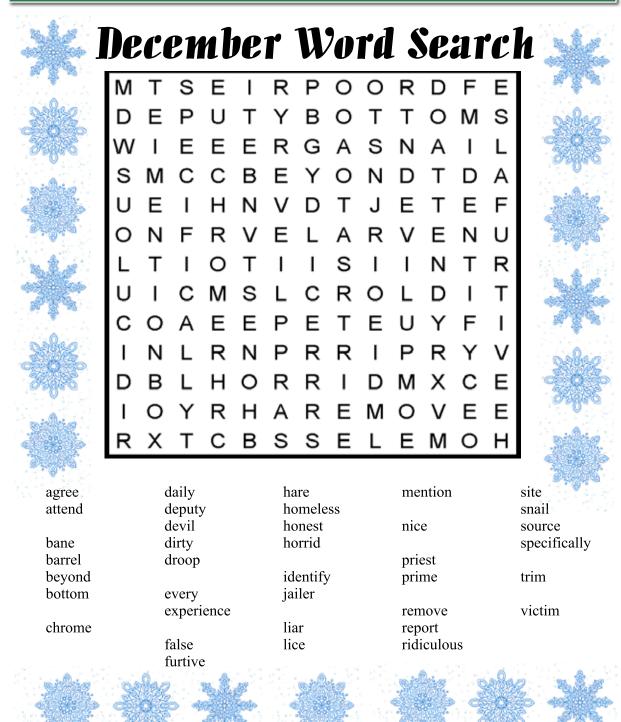
- 42. In accordance with

12

- law
- 45. Conceit
- 48. Sports pullover
- 51. Bigot
- 52. Mindful
- 53. Wanderer
- 55. Coronet
- 58. Gumbo ingredient
- 59. Lyric poems
- 60. French for "We"
- 61. Rear end 62. Dregs

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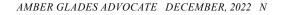
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Quotable

Gifts

Christmas gift suggestions: To your enemy, forgiveness. To an opponent, tolerance. To a friend, your heart. To a customer, service. To all, charity. To every child, a good example. To yourself, respect. — Oren Arnold

> Each day comes bearing its own gifts. Untie the ribbons. — Ruth Ann Schabacker

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You give but little when you give of your possessions. It is when you give of yourself that you truly give. — Kahlil Gibran

> All you have shall some day be given; therefore give now, that the season of giving may be yours and not your inheritors. — Kahlil Gibran

Christmas Day

I sometimes think we expect too much of Christmas Day. We try to crowd into it the long arrears of kindliness and humanity of the whole year. As for me, I like to take my Christmas a little at a time, all through the year. And thus I drift along into the holidays—let them overtake me unexpectedly—waking up some fine morning and suddenly saying to myself: "Why this is Christmas Day!" — Ray Stannard Baker, pseud. David Grayson

"Maybe Christmas," he thought, "doesn't come from a store. Maybe Christmas... perhaps... means a little bit more." — Dr. Seuss, from How The Grinch Stole Christmas

Simple things

When we recall Christmas past, we usually find that the simplest things —not the great occasions —give off the greatest glow of happiness. — **Bob Hope**

Compulsory holiday A lovely thing about Christmas is that it's compulsory, like a thunder¬storm, and we all go through it together. — Garrison Keillor





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Block Captains Chair, LeeAnne McHugh, Lot 334, 727/458-8134

Bearley, Linda	#6	128-154	618-709-3388
Budney, Pat	#399	383-403, 36-56	727-385-5724
D'Amico, Joe	#111	77-93, 36-56	727-463-3952
DesJardins, Sharon	#438	94-107, 425-440	727-488-7422
Fether, Janet	#34	23-34, 288, 404-411	727-474-7978
Goldberg, Patty	#366	325-339. 366-382	727-265-9744
Heath. Cindy	#304	239-252	267-994-1565
Johnson, Liz	#263	253-265	618-791-6555
Pat Marks	#38	308-324	419-304-5568
LeeAnne McHugh	#334	4, 21, 287, 412-418	727-458-8134
Janet Ludden	#12	56-76	260-704-0218
Misselwitz, Mary Ann	#293	289-307	727-724-4788
Mulaly, Dorothy	#115	108-127	727-417-0396
Peterman, Pat	#205	183-210	618-960-9284
Richards, Lori	#157	340-356	802-558-1379
Silvie, Linda	#240	266-286	828-773-2166
Smith, Lou	#238	357-365, 155-182, 2,3	217-836-4721
Zarr, Álice	#219	211-238	727-614-9128

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Bingo Chair Bingo Co-Chair Block Capt. Chairperson Color Your Heart Out Crafts/Needlecrafts/Hobbies FMO Representative Library Library Kitchen Manager	Donna Miller Dave Karns LeeAnne McHugh Sharon Kachinski Faye Rahrig Norm Goldberg Jackie LaFountain Rose Hendershot Rose Hendershot	#434 #337 #334 #165 #239 #366 #44 #26 #26 #24	727-724-0306 727-723-0346 727-458-8134 727-725-3745 419-277-2753 215-913-4877 802-342-6604 727-641-7309 727-641-7309
Kitchen Manager			
Line Dancing Media Guide Rock Painting	Jan Fether Pat Peterman Rene Pelligrino	#34 #205 #120	727-474-7978 618-960-9284 815-528-2346
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FURNITURE, good clean, pre-owned. Top dollar paid. Joe, 224-9780	Ranch Mobile Park, Park Wide Yard Sale, Saturday, December 3rd, 8:00am - 2:00pm at 6800 150th Ave. N.,	Largest Garage Sale in southwest Florida! Northwood Presbyterian Church, 2875 State Road 580,
ARTICLES FOR SALE	Clearwater (Largo).	Clearwater, FL 33761 will hold a gigantic sale on January 13th and
Two Century Furniture Oriental walnut chairs. Almost perfect! \$150.00 each. 727-586-6699	Bazaar and Flea Market. Palm Hill Country Club, 8th Ave. SW, Largo. Crafts, household misc. and Christmas. 8-1, Dec. 3rd.	14th, 2023 from 8:00am-2:00pm. There will be something for everyone. Contach Susan Curry 727-709-8237 for information.
New/Used Nespresso machines w/ frother from \$75. AirFryer CM001 \$75. Karaoke Machine SDL 9035 \$75. Samsung Sound System HTJ5500W \$100. NinjaPro 1500 \$70. Tens Pain Therapy \$35. (727) 639-1046	Annual carport sale, Lincolnshire Estates: 1071 Donegan Rd. Largo Fl. 33771, Saturday December 3 8AM - 2PM, over 50 homes: housewares, arts & crafts, clothes, furniture, tools and lots more	1st Annual Art show and Sale. Lincolnshire estates. Original Art work and crafts on dipaly and for sale by local artists. 1071 Donegan Rd. Largo Fl. 33771. Friday January 6 Noon - 6 PM

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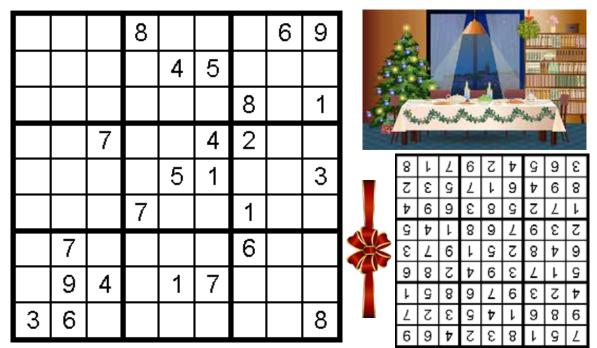


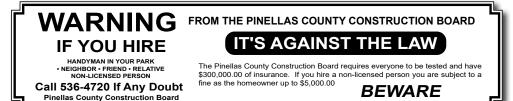


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