

FOR AD RATES & INFO 727-484-7488 • info@monthly-media.com

Regency Heights Social Activities Club

President	Donna Koehn	#335	(919) 606-4361
Vice President	Christine Kennedy	#173	
Secretary			(812) 592-3485
Treasurer			
Inside/Outside	VACANT		
Social Director	VACANT		
Co-Director	VACANT		
Kitchen Manager	VACANT		
Media Director		#308	(404) 915-8610
Facebook Administrator			

Events and Contacts

Bingo	Susan Fuller	#379
Bowling		
Bunco		
Coffee Hour		
Community Observation Team	Tom Wise	#414
Cornhole	Tom Hamilton	#112
Euchre	Janice Eick	#141
Exercises	Carol Gabriele	#486
	Joyce Green	#262
Friendly Friday "Bee Nice" HH		
Golf		
LCR (Left, Center, Right)	Karen Lovell	#427
Librarian	Available	
Pokeno	Patti Perricone	#463
Pool Exercises	Carol Gabriele	#486







REGENCY HEIGHTS HOT FLASH OCTOBER, 2023 N





Regency Height's Phone / Email Directory

→ ill out this form and take it to Alana Korol, Lot 308, or email me at princessalanabet@yahoo.com.

	RESIDENT #1	
NAME		
LOT NUMBER	PHONE	
EMAIL		
	RESIDENT #2	
NAME		
LOT NUMBER	PHONE	
EMAIL		



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



REGENCY HEIGHTS HOT FLASH OCTOBER, 2023 N





Quality Workmanship Honest Pricing

Vapor / Moisture Barrier

Underhome Encapsulated Insulation

Hurricane Tie-Down Anchors 10 Yrs Exp.

To our valued customers:

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".

We want to build a great relationship with you. Call today for your Free Inspection. (800) 377-7885

Stay Safe and Continued Good Health. Underhome Armor Family



ANNIVERSARIES

10/1 John & Jayne Deak 33210/18 Jacques & Alice DeMattos 18210/20 Bill & Pearl Beasley 315

BIRTHDAYS

- 1 George Myers Lot# 180 Hersilia Martinez 214 Carol Lefever 505 Anne Omalley-Gordon 451
- 2 Jackie Wise 414
- 3 Douglas Rush 207
- 4 Dale Studdart 215
- 5 Mary Camus 280
- 6 Janet Plant-Fry 615 William Beasley 315 Rob Renner 138
- 7 Carol Feger 232 Joyce Nichols 320 Rosemary Mandery 370
- 9 Raymond Danis 107 Mary Chabot 178
- 10 Timothy Coleman 224 Cheryl Toronyi 381 Carolyn Higgins 494 Teresa Leefers 613
- 12 Traci Moffatt 144 Dolores Larracuente 166

- 14 Cortez Love 226
- 15 Mark Nolf 144
- 16 Jack Klein 263
- 17 John Deak 33221 Jean Daller 426
- 22 Peter Overkamp 250
 Susan Reynolds 445
 Alfonso (Butch) Sellitto 486
 Michael Carlucci 181

VERSAR

- 23 Mary Carbo 390
- 24 Pat Čonklin 310 Bruce Barton 363
- 26 Edward Canning 260 Larry Green 406 Anthony Hlavinka 281 Marlene Holzwarth 373
- 29 Ursula Noll 603
- 30 Frank Kulpa 106 Daniel Purdy 259
- 31 Pacita Parado 219 Barbara Korbel 403 Donna Idle 424



Monthly Mania Contest

Alana Korol

The Monthly Mania contest is usually on the last page of our Monthly Media booklet. When you patronize one of the advertisers in our book, you can ask them for a "Monthly Mania Ticket." If the business doesn't have a ticket, you can make a copy of your receipt and mail it directly to Monthly Media | 220 Bahama St | Venice, FL 34285. Monthly Media no longer provides dropoff boxes to the communities.



Social Activities Club

Donna Koehn - President



hope everyone had a great summer! I am looking forward to some cooler temperatures coming soon. And it's football season!

It's potluck dinner time! Saturday, 9/16, at 5:30 in the clubhouse. Please see Robin Raguzzi to sign up. She's at #361, or you can call her at 732.822.1789.

We are looking for someone to volunteer to coordinate a dinner in October. Maybe an Octoberfest theme? Or a giant tailgate party? Just throwing out some ideas. If you would like to volunteer, please text me at 919.606.4361 or email me at koehndonna@hotmail.com. We can help you get other volunteers to assist, and we have money in the budget. We just need someone to step up, plan, and run the event!

Coffee Hour

Melanie Jackson



offee Hour is held every Wednesday morning, starting shortly after 9 am and lasting for about an hour. Donuts and coffee are served for \$2 (coffee costs \$1, donuts cost \$1). Tea, coffee, and orange juice are available to drink. Donuts, apple fritters, Chicago rolls, assorted muffins, and instant oatmeal are available. It is an excellent opportunity to meet and socialize with your neighbors. Upcoming events are also announced, and there is a Share the Wealth draw for \$1 per 3 ticket stubs. So, come for coffee and donuts; you might even go home with a few bucks. I look forward to seeing some new faces.

Need affordable Medicare that's in step with your life?

Choosing the right Medicare coverage can be confusing.

I can help you find a plan that's right for YOU and YOUR BUDGET.



health markets.

Dawn-Rae Crutchfield

Licensed Insurance Agent

Call today for personalized service! 727-499-846

HealthMarkets Insurance Agency Inc. is licensed as an insurance agency in all 50 states and the District of Columbia. Not all agents are licensed to sell all products. Service and product availability varies by state. Sales agents may be compensated based on enrollment. No obligation to enroll. HMIA008253 5-2020



he purpose of our Federation is to promote the general welfare of its members, protect the rights and interests of, and be a consumer advocate

11) ★ 🖪

FOR MANUFACTURED/MOBILE HOME OWNERS ON RENTED LOTS

Our accomplishments are numerous and include the creation of Florida Statute 723, 'The Florida Mobile Home Act', which safeguards your rights as homeowners on rented lots in Florida. Most recently we've successfully lobbied for the extension of The Mobile Home Tie-Down Program for 10 more years.

Download an Application www.FMO.org

ercises 💿

Regency Heights Exercises Carol Gabriele & Joyce Green

t's Autumn, and Tuesdays are back!!

Come join us Monday, Tuesday, and Thursday morning (9am-10am), in the clubhouse for "Walking Fit." exercise. All fitness levels are welcome (beginner, intermediate, and advanced). Go at a pace that is comfortable for you. We do not judge; we encourage. Have fun, meet new friends and burn some calories, too!!

Exercise strengthens the body, relaxes the mind, and toughens the spirit!! Come check us out.

Tuesday Game Night

Patti Perricone

Join us on Tuesday evenings at 7 pm. We have been playing Pokeno for about 2 months. Pokeno is like Bingo but with cards. We play with pennies. We have five things to win: center, full house, 4 of a kind, 4 corners, and Pokeno. We ante up 10 cents each game (2 pennies each), and the prizes that don't get claimed

ante up 10 cents each game (2 pennies each), and the prizes that don't get claimed in a game accumulate to lovely pots. We do a full card in our last game, so all prizes get claimed. We played for over an hour and enjoyed each other's company. I hope to see some new faces!

SOCIAL CLUB MEMBERSHIP

Don Jackson - Treasurer

ocial Club membership is available through the Treasurer, usually at Wednesday coffee. It is \$5.00 per person per year. This membership entitles you to discounts on dinners and dances at the clubhouse.

Friendly Friday Happy Hour (Bee Nice Event)

Donna Koeĥn

➡ riendly Friday Happy Hour will return when the weather is cooler.





10

ll are welcome on Thursdays at 7 PM in the clubhouse for a fun-filled hour. Bring your \$1.25 & go home with a prize!







ARE YOU SELLING YOUR VEHICLE?

- * Nobody pays more than BILL..NOBODY!
- * No Gimmicks I'm a SENIOR LIKE YOU
- * NEVER Leave Home I come to YOU
- * Tested Weekly For COVID-19
- * Free Appraisal No Obligation
- * Any Year, Make Model, Mileage
- * Get Paid Today: Cash or Bank Check

Free Removal of Junk Vehicles

Available 7 days a week Call or email for an appointment:

727-729-2322

billyourcarguy@gmail.com More Info: www.BillYourCarGuy.com







Regency Heights Pool Exercise

(Carol Gabriele)

Regency Heights pool. The pool exercises will help build strength and balance with water as resistance. The class is only 30 minutes long. So come out for some fun in the pool as you tone that body. See you there!!!!

Cornhole

Tom Hamilton

ince it's hot, we will be inside each Wednesday at 6:30 pm. Join us!

BINGO Susan Fuller

Bingo is still going strong and will continue throughout the summer. Payouts will be based on the previous week's attendance, so bring your friends and neighbors to keep the money flowing. And even if you don't play Bingo, we have a wonderful concessions area with hotdogs, sloppy joes, chili dogs, and grilled cheese. We even have Moon Pies and other "essential" items. :)

Doors open for sale at 4:30 pm, and gameplay starts at 6:00 pm sharp. Hope to see ya'll there!

REGENCY HEIGHTS BOWLING LEAGUE

Larry Migliozzi

R egency Heights bowling season will start in November at Dunedin Bowling Lanes on Thursdays at 9:00 am. The season lasts 20 weeks, and the cost is \$15 per week.

We were happy to see some NEW bowlers this past season, and we hope to get some more for next season. Sorry, but we will not be using substitute bowlers this year, so if you want to bowl, you must commit to being on a team.

The emphasis for our league is having FUN! Good, average, or novice bowlers of all skill levels are welcome; a lower average just means you get a higher handicap!

If you are interested or would like more information, please drop me a line at larrymigliozzi@ gmail.com.



13	17	43	48	67
Iope	to	see	e y	a'll
Sec.		R		P
	L.			
a .		-	-	n

15 25 41 58 75

8 26 0 59 70

7 22 33 54 6

HOA Naomi Rubin



T's hard to believe that it's September! What happened to the **HOMEOWNERS** rainy season? As long as our well water keeps pumping out that "delicious smelling" stuff, it will stay green here at Regency Heights.

We hope by the time you read this, we will have had our Rent Committee meeting. Jack DeMattos was chairman, and Carol Feger, Christy Klein, Scott Allen, and myself were committee members.

The fall is the start of big doings for the HOA.

- In mid-August, we sponsored a Hurricane Preparedness session with outside folks talking to us and giving participants flashlights
- Flu Clinic- The HOA will sponsor a Flu Clinic in September. CVS will be at our Clubhouse to administer shots. Please sign up in advance in the Clubhouse. Once signed up, we can get you the information CVS needs to bill your insurance company.
- Halloween Party- The HOA will host the annual Halloween Dance this year. I've got 90% of my costume ready!!!

Please let us know of any programs you'd like us to bring to Regency Heights. At any and all of these events, we'll be accepting new HOA members to sign up.

I know we are all looking forward to the new Bocce Ball and Pickle Ball courts. Construction was supposed to start in August. FYI, I saw an ad that Walmart in Oldsmar is stocking Pickle Ball rackets and balls in case you want to start practicing!

We're closing in on putting together a Welcome Tote for new residents. The only thing outstanding as I write this is getting the totes, with the pretty logo, printed and ready to go. We've worked with the Social Committee to put together the information to be included.

One of our members has identified a need. Alicia, you remember she used to work in the office and is trying to assemble a group to connect people in the park. Alicia sent out a flyer to everyone. It's a great idea; many of us are alone and could use a check-in now and again. Please email youarenotalone2550@gmail if you are interested in signing up or need more information.

Looking forward to a great autumn that is hurricane-free!!

Stay Well, Naomi







Adult cats only meow at humans, not at other cats?

Grizzly bears can run up to 30 miles per hour?

Some bats can eat up to 1,000 insects in an hour?

727-484-7488 220 Bahama St. Venice, FL 34285 AND..... Your community receives this newsletter for FREE because of these business sponsors!

@monthlymedia

When searching for home services, health care providers, insurance, and almost anything else... Reference your newsletter first!

These businesses choose to support your community newsletter, please let them know you appreciate them!

WANTED! We Buy!



Antique, Estate & Fine Jewelry All Watches, Coins & Collections Sterling Silver, Flatware & Vertu Gold, Diamonds, Gems & Pearls Antiques, Collectibles & Fine Arts

Free Appraisals - Expert Evaluations - Top \$\$\$ Paid

WE COME TO YOU! - (727) 484-0146

Visit Us Online @ www.bngtreasures.com Shop / Studio - 1115 Ponce de'Leon Blvd. Clearwater, Fl 33756





Services Directory

AIR CONDITIONING SALES/SERVICE

Barron's Air Conditioning	727-784-1603
F & F Gliddon Inc	727-546-4343
Modern A/C Service Co.	727-541-5541
Bill Your Car Guy Stingrays Inc (CASH NOW)	. 727-729-2322
Stingrays Inc (CASH NOW)	. 727-798-2921
AWNINGS	
Century Awnings Co.	727-559-8811
CARPET CLEANING	
Bill the Carpet Guy	. 727-521-4163
DERMATOLOGIST	
Florida Dermatology & Skin Cancer	727-446-6217
ELECTRICAL CONTRACTOR	
Boss Electric Corp.	727-791-1308
Haseney Electrical Services, Inc	727-441-8434
Palm Harbor & Dunedin Electric	727-773-1622
ESTATE SALES	
BNG Treasures	727-484-0146
FIREARMS	707 400 0404
Gun Trader Den	727-430-9424
FLOOR REPAIR Flatworks	707 404 0075
Florida Anchor & Barrier Co.	121-330-1821
Perfect Repair & Construction, Inc GOLF CARTS SALES & SERVICE	/ 2/-539-0852
Recreational Golf Cars of Florida	777 549 9460
HANDYMAN	121-546-6400
Performance Handyman Services	727-610-330/
Ron's Handyman Service	727-657-2/01
INSURANCE: AUTO & MOBILE H	OMF
O. E. Wilson	
INSURANCE: HEALTH - MEDICAF	2F
Dawn-Rae Crutchfield	
Tara Morrison	727-418-3671
KITCHEN CABINET REFACING	
Swailes Re-Face It, LLC	. 727-804-1689
MANUFACTURED HOME SALES/N	
Citrus Homes/Meadowood Homes	
MOBILE HOME SUPPLIES - RETA	IL
Mobile Home Depot, Inc.	
MOBILE HOME WASH/WAX	
Gulf Coast Power Washing LLC	727-902-3899
SouthPaw Pressure Washing MOBILE HOME WINDOW TINT	540-872-3500
MOBILE HOME WINDOW TINT	
Coast to Coast Tint and Trim	727-458-4767
MOVING & CLEAN OUT SERVICE	
Mike's June Removal	727-213-7122
ORGANIZATIONS	
Federation of MH Owners (FMO)	. 727-530-7539
PAINTING/INSIDE & OUTSIDE	
G&J Painting	813-934-9024
Payless Painting Services	727-470-5876

For Advertising Info Call or email: 727-484-7488 sales@monthly-media.com

REGENCY HEIGHTS HOT FLASH OCTOBER, 2023 N

PEST CONTROL

PESICONIROL
Buggin Out Termite & Pest Control 727-535-2629
FL Termite & Pest Experts 727-785-2552
Tarpon Pest Control
PLUMBING SERVICE
Jones & Sons Plumbing, Inc
Plumbing Patrol, Inc
Plumbing Today
ROOF COATING
Community Roofing of Florida, Inc 727-536-9999
ROOF REPLACEMENT
All Weather Roofing 800-297-3758
AMS Advanced MH Systems
ASC Aluminum Specialty Contr
ROOF WASHING
Heller's Mobile Home Washing
TIE DOWNS/MOBILE HOMES
Florida Anchor & Barrier Co
VAPOR BARRIER
Florida Anchor & Barrier Co
Precision Vapor Barriers
Underhome Armor
VINYL SIDING
AMS Advanced MH Systems727-471-0820
ASC Aluminum Specialty Contr
Mitchell Siding
WINDOW REPLACEMENT
AMS Advanced MH Systems727-471-0820
ASC Aluminum Specialty Contr
Clear-Vue Windows

ARE YOU PAYING TOO MUCH FOR AUTO INSURANCE?

Coverages: =

Bodily Injury\$100,000 Each Pers./ \$300,000 Ea. Occur.
Property Damage\$100,000 Each Occur.
Uninsured Motorist\$100,000 Each Pers./ \$300,000 Ea. Occur.
Pers. Injury Prot\$10,000 Ea. Person, Wage Loss Excluded
Medical Payments\$5,000 Each Person
ComprehensiveACV - \$500 Deductible
CollisionACV - \$500 Deductible
Road Trouble ServAll Reasonable Costs
Additional Exp\$40 Per Day / \$1,200 Each Occurrence
Annual Paid In Full Premium \$1325.14*

We Also Offer Mobile Home Insurance

Quote Details: -67 married male, vehicle driven for pleasure use, superior credit, 5 year clean driving record on all licensed household operators -2022 Ford Edge, garaged in Pinellas County zip code 33771, equipped with AirBags, ABS and Anti-Theft device *NOTICE: Acceptability of all proposed applicants subject to underwriting approval, premium rates are subject to change. Rates will vary based on age of operator, driving record, credit history, garaging address and type of vehicle.







Monthly Media 220 Bahama St. Venice, FL 34285 info@monthly-media.com 727-484-7488

OCTOBER•2023

Sunday	Monday	Γ
1	2 Exercise at 9 am Bingo starts at 6pm	Exercise Pokeno at 7 pm pennies)
8	9 Observation Team Meeting 9 am Clubhouse Exercise at 9 am Bingo starts at 6pm Columbus Day	Exercise Pokeno at 7 pm pennies)
15	16 Exercise at 9 am Bingo starts at 6pm	Exercise Pokeno at 7 pm pennies)
22	23 Observation Team Meeting 9 am Clubhouse Exercise at 9 am Bingo starts at 6pm	Exercise Pokeno at 7 pm pennies)
29	30 Exercise at 9 am Bingo starts at 6pm	Exercise Pokeno at 7 pm pennies) H

Regency Heights

Wednesday	Thursday	Friday	Saturday
4 Coffee Hour is 9 am - 10 am Pool Exercises with Carol at 11:45 am Cornhole inside the Clubhouse at 6:30 pm	5 Exercise at 9 am Bunco 7 pm (\$1.25 to play)	6	7
11 Coffee Hour is 9am-10am Pool Exercises with Carol at 11:45 am Cornhole inside the Clubhouse at 6:30 pm Spanky's Hot Dog Stand 4-7pm	12 Exercise at 9 am Bunco 7 pm (\$1.25 to play)	13	14
18 Coffee Hour is 9 am - 10 am Pool Exercises with Carol at 11:45 am Cornhole inside the Clubhouse at 6:30 pm	19 Exercise at 9 am Bunco 7 pm (\$1.25 to play)	20	21
25 Coffee Hour is 9am-10am Doggy Halloween Party - Dog Park 11am Pool Exercises with Carol at 11:45 am Cornhole inside the Clubhouse at 6:30 pm	26 Exercise at 9 am Bunco 7 pm (\$1.25 to play)	27 Resident Halloween Party 6:30-9:30	28
			S M NOVEMBER 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 29 30 5
	4 Coffee Hour is 9 am - 10 am Pool Exercises with Carol at 11:45 am Cornhole inside the Clubhouse at 6:30 pm 11 Coffee Hour is 9am-10am Pool Exercises with Carol at 11:45 am Cornhole inside the Clubhouse at 6:30 pm Spanky's Hot Dog Stand 4-7pm 18 Coffee Hour is 9 am - 10 am Pool Exercises with Carol at 11:45 am Cornhole inside the Clubhouse at 6:30 pm 25 Coffee Hour is 9am-10am Doggy Halloween Party - Dog Park 11am Pool Exercises with Carol at 11:45 am Cornhole inside the	45Coffee Hour is 9 am -510 amBunco 7 pm (\$1.25 toPool Exercises withBunco 7 pm (\$1.25 toCarol at 11:45 am12Cornhole inside theClubhouse at 6:30 pmPool Exercises with Carolat 11:45 amCornhole inside theClubhouse at 6:30 pmCornhole inside theClubhouse at 6:30 pmSpanky's Hot Dog Stand19Coffee Hour is 9 am -1010 am18Coffee Hour is 9 am -19Exercises with19Coffee Hour is 9 am -1010 am19Pool Exercises with25Pool Exercises with25Cornhole inside the25Clubhouse at 6:30 pm26Exercise at 9 amBunco 7 pm (\$1.25 toPool Exercises withCarol at 11:45 amCornhole inside theClubhouse at 6:30 pmDoggy Halloween Party -Dog Park 11amPool Exercises with Carolat 11:45 amCornhole inside theCubhouse at 11:45 amCornhole inside theCubhouse at 6:30 pm	4 Coffee Hour is 9 am - 10 am Pool Exercises with Carol at 11:45 am Cornhole inside the Clubhouse at 6:30 pmExercise at 9 am Bunco 7 pm (\$1.25 to play)5 611 Coffee Hour is 9 am - 10am Pool Exercises with Carol at 11:45 am Cornhole inside the Clubhouse at 6:30 pm12 Exercise at 9 am Bunco 7 pm (\$1.25 to play)1320 Exercises with Carol at 11:45 am Cornhole inside the Clubhouse at 6:30 pm Spanky's Hot Dog Stand 4-7pm12 Exercise at 9 am Bunco 7 pm (\$1.25 to play)1320 Exercises with Carol at 11:45 am Cornhole inside the Clubhouse at 6:30 pm19 Bunco 7 pm (\$1.25 to play)2020 Exercises with Carol at 11:45 am Cornhole inside the Clubhouse at 6:30 pm25 Exercise at 9 am Bunco 7 pm (\$1.25 to play)26 Resident Halloween Party 6:30-9:3021 Coffee Hour is 9 am-10am Dogg Park 11am Pool Exercises with Carol at 11:45 am Cornhole inside the Clubhouse at 6:30 pm26 Exercise at 9 am Bunco 7 pm (\$1.25 to play)







FLORIDA ANCHOR AND BARRIER COMPANY

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.

As a company, we want your business and there is no need for any contact if you so choose. Our business is deemed an "Essential Business" and we are here for you when you need us. You can schedule your inspection by calling 1-800-681-3772.

Wishing you good health and safety, The Florida Anchor & Barrier Team



Insulation & Vapor Barrier Repairs Soft Floor Repairs & Laminate Flooring



We Need Cover Pictures! Send in Your Interesting Photos!

Get Your Picture on the Cover - We select a new and interesting picture every month to be printed on the cover of your newsletter. If you or your neighbors have fun events or activities please send in a picture and we'll enter it to be selected. Please include a description of the image and a brief release allowing us to reprint the picture. Our mailing and email address are here:



220 Bahama St. • Venice, FL 34285 info@monthly-media.com • 727-484-7488



REGENCY HEIGHTS HOT FLASH OCTOBER, 2023 N





Regency Heights Homeowners Association (HOA)

Social Media Alert!

Larry Migliozzi

egency Heights residents, if you have Facebook and want to join our private resident Facebook Group page, here's all you have to do. When on Facebook, search for **RH** FACEBOOK FRIENDS and ask to join.

SOCIAL MEDIA ALERT X TWO

Bob Fuchs

also host a RH FACEBOOK FUN page. It's about fun, jokes, puzzles, funny sayings, memes, and gifs. Have a good time, enjoy your day, and be amused. Laughter is the best medicine. :)

RH Community Observation Team

Tom Wise

The RH Community Observation Team meets on the second and fourth Monday at 9 am in the Clubhouse.









Love Life. Protect Your Skin.

Call To Schedule Your Free Skin Cancer Screening! New Patients Only | Only Offer Expires 12/31/23 | Code - MM



Trust is more than skin deep www.FLDSCC.com **Belleair** | **727.446.6217** 609 Indian Rocks Rd., Belleair, FL 33756

Pinellas Park | **727.548.9196** 6020 Park Blvd., Pinellas Park, FL 33781

12 ★ 5









A doctor-recommended exercise

Fere is a miracle exercise recommended by a doctor. You can do this standing or sitting down. Do it in front of a mirror, or better still, with someone. Here's how:

- Raise the corners of your mouth an inch, take a deep breath and hold it for 10 seconds.
- You are smiling. If you have people watching you, they'll probably start smiling too.
- Now release your breath in short exhalations. You're now laughing. Unless those with you are curmudgeons, they'll undoubtedly start laughing, too.

This simple muscular action of inhaling, raising the corners of the mouth, then exhaling in rhythmic, short bursts causes the diaphragm to bounce up and down, pats the liver on the back, and pleasantly vibrates the stomach. The heart, which rests above the diaphragm, begins to pump at a slightly faster rate, sending blood coursing throughout the body.

The effect is a general feeling of well-being. More important than this, however, is the effect on others who observe you going through this exercise. They feel better, too. This triggers happy emotions within you, and the stage is set for any number of pleasant personal and business relationships.

All this from one simple little exercise! — from IdeaBank

The path to attaining what you desire in life

There was once a young man who went to a wise old man and said, "Master, I want to have all the riches in the world. I want no limitations on it—and with that wealth I want to do good things for the world. I want to use it for its healing powers in the universe. Can you please tell me the secret of creating unlimited wealth?"

The old man answered, "There are two goddesses that reside in your heart, that reside in the hearts of all men and women. Every person falls deeply in love with both of these goddesses."

The old man went on, "Though it is true that you have great love in your heart for both of these supreme beings, you must choose one. You must choose the one who reigns over the kingdom of knowledge. She is Sarasvati. Seduce her. Love her boldly. Pay great attention to her, because she adores attention. The other, Lakshmi, rules over the kingdom of wealth. The secret is to pay more attention to the goddess of knowledge, because then the goddess of wealth will become jealous and pay more attention to you. The more you seek and pursue Sarasvati, the more Lakshmi will pursue you. She will never go away and will be yours for the taking. Then you will always have what you desire—unlimited wealth.

— adapted from Creating Affluence, by Deepak Chopra

On wisdom Some folks are wise, and some otherwise. — Josh Billings



SUB-FLOOR & FLOORING EXPERTS!

COVID-19 NOTICE:

We are taking as many precautions as we can to ensure not only our workers safety but yours as well. We are checking employee temperatures daily, limiting contact between crews, and offering no customer contact if you choose. We are an "Essential Business" and here for you when you need us.





Specializing in Mobile Homes for Over 35 Years! JONES

Family Owned & Operated Water Heaters * Toilets * Drain Clogs * Leaks Sinks ***** Faucets ***** Disposals ***** RePipes 60 Small Company = 727-1

LIC.

<u>*SO</u>

CFC 1428749

18

PLUMBING

INC.

www.jonesandsons-plumbing.com

'Cheap

Cheap"

Lower Overhead = Lower Prices!

OCTORER Word Search



airy	direct	horse	pearl	spell
alive	drought			stage
brass		indigo	repeat	street
	everyone	insane	ridge	style
career	expire	institution	roaches	-
casino	*			throat
catch	fashion	launch	sacred	tied
	freak	lean	seep	tourist
danger		lost	smoke	
death	giant			wall
	great			
	e de la companya de l			
	C			B
	G		1 Sinth	-
		and a start	195 E23	







10 WORDS for \$8.55 – Each additional word is 80¢ Your Ad Will Appear in 60 Mobile Home Park Newsletters NO ADS ACCEPTED BY PHONE OR EMAIL

WANTED TO BUY

FURNITURE, good clean, pre-owned. Top dollar paid. Charles, 727-657-7021

ARTICLES FOR SALE

Pride, 3 wheel sport. Low mileage. Revo 2.0. Like New. 1,200.00. 727-290-5403, Kelli

Rubbermaid Storage Shed, 2'3" x 4'6". Good shape. \$175.00. 770-846-6990

Attention: Beautiful 150 Amigo Scooter. Red, 2019, Only 1760 Miles. Helmet, Cover, etc. \$1,500. 321-408-6800 After 6:00PM. Largo area.

WANTED

Wanted Room to Rent. Retired Health Care Worker. Available for supervision / assistance. Call 727-221-0387

OTHER

GOLF club re-gripping. Call or text 301-466-7090

EVENTS & PROGRAMS

Fall Craft Fair, October 21st, 10-4. Oakridge Wesleyan Church: 11000 110th Ave, Largo. Do your Christmas shopping early! Homemade lunch items!

EVENTS & PROGRAMS

Craft Fair 11/18/23, 9AM - 1PM at Clerawater Cascade. Contact Jane Boucher 903-426-3636, Janeboucher29 @gmail.com

Palm Hill Bazar has split. Craft Bazar Nov. 18. Christmas Flea Market Dec. 2. Both 8-1. Refreshments and bake sale at both, 401 8th Ave SW.

Craft Fair 11/4/23, 9 to 1 at Park Royale. Vendor spaces available, contact Jane 574-540-1394

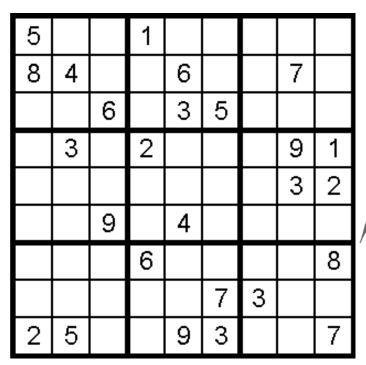
CRAFT VENDORS WANTED. Southwind MHP Craft Show, December 2nd, 9am-1pm. \$15/ Table. 440-227-5906. evelynfinken@gmail.com

≠**∠❷**}≒≠**∠❷**}≒≠**∠₽**}₹ **NOVEMBER AD DEADLINE - OCTOBER 10, 20**

• 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. • No mobile home sales, no professional products or services. SORRY: No ads accepted by phone or email. DEADLINE: 10th OF EACH MONTH.



October







Z	ŀ	9	3	6	8	4	G	2
6	S	З	Z	თ	4	ŀ	8	9
8	4	ç	د_	2	9	Z	6	3
9	G	Z	8	4	3	6	2	٢
Z	З	4	6	ŀ	G	8	9	Z
د_	6	8	9	Z	2	G	3	4
4	8	2	G	3	Z	9	ŀ	6
G	Z	Υ	2	9	6	З	4	8
З	9	6	4	8	٢	2	Z	G

REGENCY HEIGHTS HOT FLASH OCTOBER, 2023 N



Limit of one ticket per visit • Advertiser may have up to 5 winners per month • Advertiser must have bill paid current to qualify • Allow 8-12 weeks for mailing of check • No purchase necessary • Contest void where prohibited by law • Tickets available at participating Monthly Media advertisers • 34

General Information

Community ManagerAnna CooleOffice phone (727) 796-1364 Office FAX (727) 724-9802 Email acoole@suncommunities.com Office Hours Mon - Fri 8am - 6pm 1st & 3rd Saturday, 10am - 2pm
Maintenance Emergency Number
A1 Recovery Towing
Clubhouse Hours Open Daily - 7am - 10pm Pool Hours Open Daily - 7am - Dusk
Trash Monday & Thursday - at your curb Recycle Wednesday - at your curb
Watering Days Even Lot Numbers - Thursday & Sunday
Watering Hours Morning 12:01am - 10am Evening - Wednesday & Saturday No watering between 10am - 4pm ANY DAY

Speed Limit...... 15 MPH at all times



REGENCY HEIGHTS HOT FLASH OCTOBER, 2023 N



