OFFICE: 7201 1st Street N.E. • St. Petersburg • FL 33702 • (727) 526-9141 KICAN Issue November · 20 Ath ear Fall is Here! Joann Anderson of Gateway MHP enjoys a ride on her flamingo bike both with masks! **Monthly Mania Winner!**

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OLD TIMERS YOUNG AT HEART

Kathy Laramee, President Carol Fischetti, Vice President Janet Larson, Secretary Gail Jones, Treasurer

HOBBY SHOP	Dennis Herrmann
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LIBRARY	Lill And Greg Moe
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President's Message

By Ginny Marcott

November has arrived and we have so much to be thankful for. The weather is cooler, our northern friends have started arriving and the park is beautiful with all the flowers in bloom.



The year round residents have already adjusted to our CDC restrictions and we have only had 4 cases of Covid-19 in the park. I feel we have been

very fortunate. As people return I know all the groups want to start gathering. We all need to be responsible, follow the rules and wait for the CDC to start relaxing some of the restrictions. Unfortunately they probably won't make changes until a vaccine is made available.

We all need to start thinking how we can do things on a smaller scale. I've noticed a few friends gathering in the atrium to play cards or board games. I realize this isn't as much fun as a party or karaoke but it will get a few people out of their homes and still keep them safe for a few hours.

So until the virus is controlled let's all think small and remember all the things we have to be thankful for. My list is simple, Health, Family and Friends. That combination will get me through to 2021 and with any luck a vaccine will be available and our lives will go back to a little more normal pace. Until then, stay safe, stay healthy, stay happy and stay positive.

ACA News

By Ron Miller

It is Nov and some of are northern friends are starting to return to the Cove. Things are not going to be the same as it was last year. This Covid has kicked everyone's butt. All the clubs will be starting up for the season, with some new looks. For one, any club with more than 50 members will not be allowed to meet together. Masks will be worn when in the clubhouse. No lunches will be serviced until at least next year. As of now the New Year's Eve party will not take place. The White Elephant will not take place this year. One good thing that will take place this year is a new club, Corn-Hole as of now they meet son Thursday nights at 6:30, everyone is welcome.

All the names on the Veterans Plaques have been updated with the new names. If you are a Veteran and your name is not on the plaque, please sign the list on the ACA board, and I will see that your name will be added to the Veterans Plaque. Under the Joyce Clark Helping Hands Plaque a new name has been added, and that is Phyllis Entreken This lady is always willing to lend a hand with just about anything. Thank You, Phyllis, for all you do! The next Burger Burn will be held on Nov, 17th from 4-5:30.

THERE WILL BE A CLUB PRESIDENT'S MEETING IN THE ATRIUM ON MONDAY NOVEMBER 9TH AT 10 A.M. ALL CLUB PRESIDENTS WHO ARE IN THE COVE PLEASE ATTEND.

Keep your eyes and ears open because everything is subject to change.



Welcome New Residents

By Mary Ann Meljac & Cindy Rodriguez

David & Deborah Lindsey (NY) 6914 Americana Dr. Previous: Costanzo

John & Donald Gillson-Deboard (MD) 153 Americana Ct. Previous: Taylor

Kathleen Walsh (MA) 327 Mt. Saxon Ave. Previous: West Road Properties

Sidonie Brown (MI) 6848 Mt. Quincy Dr. Previous: Beikirch

Ason McCandless & Allyson McGrade & Linda McGrade (FL) 6840 Mt. Quincy Dr. Previous: Ruhl Michael Lipiatos & Christy Brown (GA) 7147 Mt. Deleon Rd. Previous: Jones

Knickerbocker Ventures, LLC 7266 Mt. Georgetown Dr. Previous: Church

West Road Properties, LLC 662 Mt. Key Ave. Previous: Laverdiere

C & S Properties of Polk 664 Mt. Lancaster Ave. Previous: Schoetker



Sunshine Report for November 2020

By Nancy Hubartt

Deaths – With Sympathy

None to report

November Birthdays

- 01 Marlene Chapman
- 02 Neal Tuleen
- 03 Peggy Pippenger
- 03 Jolee Rengo
- 04 Jeff Jones
- 06 Margaret Lederhouse
- 07 Nancy McKay Hill
- 07 Patricia Ley
- 07 Tom Filstrup
- 09 Doris Dion
- 09 LouVerne Campbell
- 09 Susan Brown

- 10 Ed Walter
- 10 Lori Casey
- 14 Joya Richter
- 14 Lisa Spata
- 15 Laura Schwanger
- 16 Ed Mosakowski
- 16 Richard Krapf
- 17 Nedra Hebbard
- 18 MaryAnn Foley
- 18 Kevin Brown
- 18 Nan Krueger
- 18 Terry Carlo

- 20 Jaci Klick
- 22 Walter McNamee
- 25 Rudy Isovitsch
- 26 John Mahoney
- 26 Nancy Cosner
- 26 Mark Andrews
- 28 Orna Smith
- 28 Christy Bohannon
- 29 Jill Moe
- 30 Bill Roberts
- 30 Melissa Guiler

continued on page 9





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AMERICANA COVE FORECASTER NOVEMBER, 2020 D



AMERICANA COVE FORECASTER NOVEMBER, 2020 D



50 years

52 years

56 years

42 years

18 years

November Anniversaries

- 07 Debbie & Douig Howland
- 09 Judy & Bob Hall
- 14 Pam & Ron Diel
- 18 Pat & Dave Bernfeld
- 25 Jerry & Walter McNamee

Announcements

By Ray Rodriguez - Editor

CRAFT SHOWS

Several crafters will be holding some CRAFT sales to give residents a chance to shop before the holidays. The sales will be held Nov 7th and 28th & Dec 5th and 19th from 10am-2pm in the clubhouse. We will be having up to 10 vendors so the selection will be varied. We still have a couple of tables available if anyone would like to join the fun. Contact Ginny Marcott at 727-776-9675 for details. Masks will be mandatory during the sales.

Boat Club

By Mary Ann Meljac

all has arrived, Halloween is right around the corner, plans for Thanksgiving are underway and the stores have stocked their shelves with Christmas trees, ornaments, and goodies galore. Many of our Northern friends and neighbors have returned to the Cove ... really puts a smile on your face and some pep back into your step!

The Boat Club held its first meeting since February on Saturday, October 10th. 31 members were in attendance. The 2020 Christmas Boat Parade is scheduled for Sunday, December 6th. Mark your calendars and dust off those Christmas decorations. Sign-up sheets will be posed in the clubhouse in November. The Boat Club will also be judging the waterfront properties Christmas Decorations. A sign-up sheet will also be available in the clubhouse for anyone interested in being a judge. The secretary position will be open for election at the November meeting. Get your name on the ballot and please contact Jackie Klick if you are interested in stepping into this position. Voting will take place at the November meeting.

There was a golf cart parade on Sunday, October 12th. The weather cooperated and there were 14 carts in the parade. Some carts were decorated to kick off our fall season and brightened up the parade route with various shades of yellow, orange, red, purple and brown. Thank you to all participants!

Our last full moon kayak adventure was well attended. We haven't been together as a group for several months. We had a total of 6 kayaks, 1 paddle boat, 2 boats and a total of 16 people. The sunset was astonishing...one of the most brilliant ever! The full moon was a bit clouded but the sunset made up for it! The next full Moon will occur on Saturday, October 31,





2020 and is known as the Full Hunter's Moon. This full Moon will fall on Halloween night in all time zones, something that has not happened since 1944, making it a super fun rare treat. And because it's the second full Moon in the month, it also earns the moniker of "Blue Moon" (one of two definitions). That makes this full Moon a mouthful: a rare Halloween Hunter's Blue Moon.



AMERICANA COVE FORECASTER NOVEMBER, 2020 D





Book Club

Velcome back travelers. Be sure to check the Clubhouse Bulletin Board for the Book Club schedule. We're looking forward to your joining us in January. If anyone needs the Reading List, please email me at NHmoema@gmail.com or call **603-898-4614**.

Buddhism

By John Howell

A simple suggestion: Please read "A Message of Hope" from H.H. the 14th Dalai Lama's interview in the recent Rolling Stone Magazine...It says it all! As always, please feel free to join us Thursday's 1PM for Buddhist discussion covering many topics presented on multiple levels of interest. Please continue to stay safe with Metta (Loving Kindness) Namaste

Corn-hole Club

By Deb Howland

The Cove now has a corn-hole club which happens every Thursday at 6:30pm in the Clubhouse We have had a great response to the game and new people continue to come each week to play the game, meet other

Cove residents and have a fun time. We have six sets of boards set up to allow 24 players to play. This is a casual drop in to play setting, not set partners or teams.

If you are interested in joining us, please come a few minutes earlier to sign in so we can get the teams drawn up. As always please wear a mask and social distance when in the clubhouse.

We would like to thank Ron Miller, president of ACA, for helping the club obtain materials to build two more sets of boards for the Cove and cornto refill all the bags. A big thanks also to Greg Moe for his help in getting the club established.

We set up the hall at 4:30 and would appreciate helpers.

If you have any questions, please feel free to call Doug or Deb at (727)366-4273. Hope to see you there!



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Crafters Club By Debbie Lewison

Hello Crafters! Well we are in full swing of attempting to make some crafts. The schedule for crafts is posted on the Crafters bulletin board, has been emailed to Craft Members and is as follows: November 3 - no meeting Election November 10 - Home Wooden Board November 17 - Abstract Christmas Color Painting November 24 - finish projects or work on your own projects

Please join the Americana Cove Crafters Facebook page for pictures of the upcoming crafts. You do not have to be a member of Crafters to join in making a craft but there will be a nominal fee if you are not a member. There is a sign up sheet on the bulletin board for each craft or you can email Debbie Lewison at lewisondebbie5@gmail.com. You must sign up to make the craft due to limited spacing, even Craft members.

The holidays are right around the corner so let's keep crafting. Reminder, meetings are Tuesday nights at 6:00 versus Monday at 6:30!!!!

Garden Club

By Denyce Kinkead

ello to all of you and I hope that you are all well and adjusting to our new reality.

Mary Lou Prebish sent me an email for this month's Forecaster which I am passing on to you.

"I am submitting my resignation as an officer in charge of the Garden Club at this time. This decision was based on the lack of interest and participation in past meetings and activities. I will continue to organize bus excursions when possible or when things return to normal If anyone is interested in stepping up to fill the positions of President, Vice-President, Secretary or Treasurer, please let me know."

Helping Hands: Prostate Cancer

By Judy Hall, PhD

ancer of the prostate, a gland in the male reproductive system, is a major health concern for American men. The disease is rare before age 50, and experts believe most elderly men have traces of it. Prostate cancer is the most common cancer found only in men and the third most common non-skin cancer diagnosed in Americans. The American Cancer Society estimates that nearly 175,000 new cases of prostate cancer will be diagnosed in the United States in 2019.

Despite increased screening and a steady decline in the number of prostate cancer deaths over the years, prostate cancer still is the second leading cause of cancer deaths among



American men. About 30,000 men die from the disease each year. The death rate is twice as high for African American men than any other group.

Most cases of prostate cancer—99 percent—are adenocarcinomas, which develop when gland cells mutate and grow out of control, forming a tumor. Most men with the cancer die of other causes, and many never know they have it. But once prostate cancer begins to grow quickly or spreads, it is dangerous.

Doctors cannot say with certainty what causes prostate cancer, but experts generally agree that diet contributes to the risk. Your age, race, and family history may contribute to your risk of developing prostate cancer. There is no evidence that you can prevent prostate cancer. But a healthy diet may help lower your risk.

It's not necessarily true that prostate cancer surgery will end your sex life, or that only elderly men get prostate cancer. Nor do you necessarily have to start treatment right away. Reasons not to treat may include: it's in an early stage and growing slowly; you're elderly or have other illnesses so the treatment may interfere with other health problems.

A high PSA score does not automatically mean that you have prostate cancer. Also, many men with prostate cancer live long lives and ultimately die of other causes.

A diet that helps you stay at a healthy weight may cut your chances of having prostate cancer. Testing or screening for prostate cancer can help find the disease earlier. Only you and your doctor can decide what is YOUR next step.

Land Exercise - Walk off the Pounds

By Daisy Dean

I Everyone, Joe & I will be returning to our home away from home November 8th.& We are so looking forward to seeing all our Friends again. We will self Quarantine for 2 weeks & then I will take over Walking Class Monday November 23rd. Thank You to those that keep it going over the summer months It was much appreciated.

Class will be 8:am Monday through Friday in the club house (& maybe Saturday) if enough interested. I will start with a 15 or 20 minute toning segment followed

by 2 miles with Leslie, I know a few of you are tired of Leslie & so am I, so I am open to suggestions as to what everyone likes. You can email daisy dean@yahoo.com or message me as to your suggestions.

Masks must be worn on entering clubhouse (& it's up to you if you want to wear it during exercise). You must sigh in & we have to keep 6 feet apart.

Looking forward to seeing you all again & remember, Stay Safe & Stay Healthy!!

Library By Jill Moe



The puzzle board is out again and pieces are actually coming together, just like in the Cove we're starting to fit together again. It's nice having residents return and enjoy our Library, masked of course.

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Line Dancing By Judy Daigle

Hello Americana Cove line dancers and hopefully new members. Hope you all had a great summer and ready to put your groove on! We will continue with line dancing activities from 12-1 pm on Mondays in the club house starting on Nov 9, 2020. Beginners welcome! No need to have any dance experience. You with learn proper names to steps learned in each dance. This is a free activity and a fun way to get exercise for your heart and your mental health. Masks are required along with social distancing. Hope to see you there!

Live Music

By Libby Hopkins

H i Everyone! We are happy to be able to present to you our Veterans Day Program on November 11 at 10:00 AM at Founders Park. Boaters can come and participate from their boats. Residents are asked to bring their own chairs and social distancing must be observed. Please bring your mask, as we are still following the rules of the CDC. Our ACA will provide us with bottled water.

We hope to see many come and honor our Vets, who have given so much. Please pray for good weather.

Stay Safe!!

Old Timers Young at Heart

By Kathy Laramee

The Old Timers Club was unable to hold elections because of the COVID shutdown in March. It is hoped that a meeting will be allowed to rectify this situation. Running for office are: Kathy Laramee, President, Joan Miller, Vice President and Gail Jones, Treasurer. The Secretary and Membership Chairman positions are still vacant. Until then the current board will remain in effect. If anyone is interested in running for the as yet unfilled positions, please contact me or Frank Holbrook for information.

Going forward, my thought would be to hold one meeting a month with reservations for lunch not to exceed 50 persons. When there is further information to impart, a notice will be sent out via all means available.

Thank you everyone for your understanding.

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Daylight Savings Time Ends		CLUBI CLOSI ELECT Elect
8	ACA CLUB	Garde (A) 10
	PRESIDENTS MEETING 10 a.m. (A)	Crafte 5:30 p
15	16	Burge 4-5:30
22	23	
29	30 Christmas Decorating 1-4 p.m.	
First Sunday of Advent		

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Americana Cove

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Tuesday	Wednesday	Thursday	Friday	Saturday
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n Club ¹⁰ a.m. rs (L)(C) .m.	11 Veterans Program - 10a.m. in Founders Park- Bring your own lawn chair Veteran's Day	12	13	14 Boat Club mtg. (C) 10 a.m.
17 r Burn (C)	18 BOARD MEETING 7 P.M. (C)	19	20	21
24	25	26 Thanksgiving Day	27	28 Craft Show (C) 10 a.m 2 p.m.
	C: Clubhouse A: Atrium L: Library B: Billiards Rm G: Game Rm T: Tiki Hut K: Kitchen			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 29 30 31



PO-KE-NO Club By Nancy Hubartt

We are going to continue playing Poke-no once a week on Thursday at 1PM, so come to the clubhouse. Bring your pennies. We collect 6 pennies before each game. Each game ends when someone gets Poke-no (poke-no is a straight line (horizontal, diagonal, or vertical) except for the center vertical line) We do a full house, four corners, large diamond, straight flush (center vertical line) and a full card on the last game. Come and have fun.

Shuffleboard Club

By Greg Moe

ur first Shuffleboard meeting will be November 4th at 9:30 AM in the Atrium. Due to the guidelines, we are limited to 25 people so please contact me (greg.moe@comcast.net or 603-303-1234) if you plan to attend. Only those signing up will be allowed in. Remember, masks are mandatory.



As the current COVID guidelines are still in place (residents only using our facility), we are not sure if there will be any outside League play for the 2020/2021 season for Nova, Friendship, and Blue Sky. Topic of discussion will be having our own internal Americana Cove League. Pending interest and commitment, we will discuss how many teams, date, and time to play.

League Secretary and Nova Team Captain has not been filled. Please help me out, I cannot do this alone.

Remember to come and have fun at Hoss Collar on Sundays at 1:00 PM and/or Social League on Tuesdays at 10:00 AM. There is always someone willing to help or even teach how to shuffle. The courts are always open for anyone to come and play on their own at any time.



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





Swim Exercise By Nancy Olson

Horizon in the pool, no more than 20 people in the water, check in is at the Tiki Hut when you get to class. Lap swimming ends at 9, come early and get in the pool and do your warm ups. We start class as soon as all 20 swimmers



are checked in, no need to wait til 9:15 if all are there and ready! Please be sure to check the group Facebook page on a daily basis to check for opportunities to sub, trade, etc. You can also come early and if we have any openings available we will let you join the class. Remember 20 is the limit so you may not be able to swim if we are a full class.

Other items of interest:

The water temp will go to 85 on Nov. 1.

We will be swimming on Thanksgiving Day.

Maureen and I have started our seasonal monthly meetings with Ryan and Graham. If you have any issues, concerns, recommendations, commendations please let us know and we will represent those. We have found this monthly communication helps with the daily maintenance and any upcoming pool projects that may need to be done.

Lastly...another HUGE shout out goes to Maureen, Terry and Diane for keeping our pool exercise group going this summer. It takes a GREAT team to do this and make it go so smoothly! And these 3 ladies did just that!!!!

Pictures include Maureen's recognition celebration and Cate Caron's birthday! Have a wonderful Thanksgiving to all!!!

















Let Us Assist You!

By Barefoot Realty Group, Brokerage Agent for Americana Cove

B arefoot Realty is the brokerage agent for the community and provides a number of services to residents. There may be some items residents are not aware of, so be sure to check the list below.

- List and market real property under the real property brokerage license.
- List and market pre-owned mobile homes that are not real property and sell new homes under the mobile home dealer's license.
- Rent property for residents who want to do long-term rentals.
- Consult and assist residents and nonresidents with purchasing a new home and lot or replacing an existing home.
- Give an estimated value of a property to a resident, which any Barefoot Realty realtor® can do. If a resident needs an estimated value for legal or insurance purposes, Broker Marty Pozgay can do a broker's opinion letter for the resident.
- Answer nonlegal questions a resident may have about purchase or share documents or guide residents to co-op's attorney or title company if needed.
- Notarize documents for residents.
- Barefoot Realty has regular daily office hours including weekends, but each Realtor® makes appointments when it is convenient for residents to meet.
- Give non-residents or friends and relatives of current residents who want to learn more about the manufactured home lifestyle a tour of the community.
- We do not hard sell. Our office is a welcoming place. We try to make the real estate process as smooth and stress-free as possible.
- Each Realtor® working at the Americana Cove office is a member of the National Association of Realtors, the Florida Realtor Association and the Pinellas Realtor Organization.
- There are four Realtors® who work in the Americana Cove office. Use the Realtor® who you are most comfortable with.



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



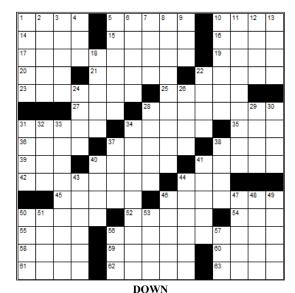
ACROSS

1. Rescue

- 5. Bitter
- 10. Hens make them
- 14. Beers
- 15. Of which person
- 16. District
- 17. Bode
- 19. Harvest
- 20. N N N N
- 21. Employs
- 22. Decorative jugs
- 23. Promptly
- 25. Aromatic seeds
- 27. Before, poetically
- 28. Joys
- 31. Put forward
- 34. A machine for baling
- hay
- 35. A wise bird
- 36. Envelop
- 37. An unbound manuscript
- 38. Threesome
- 39. Indian bread
- 40. Herring-like fishes
- 41. Overindulge
- 42. Statues collectively
- 44. Suffering
- 45. Not first or second
- 46. Black Sea republic
- 50. Coquetry
- 52. Merchandise
- 54. American Sign
- Language
- 55. Hubs
- 56. A lively whirling Italian 13. Exhausts
- dance
- 58. Egg-shaped
- 59. Pretext
- 60. Encounter
- 61. Water source
- 62. An edict of the Russian

tsar

63. To be, in old Rome





1. Less hazardous

- 2. Solitary 3. Vice ____
- 4. East southeast
- 5. For some time
- 6. Cautious
- 7. Was a passenger
- 8. Kind of triangle
- 9. Morning moisture
- 10. A type of insect
- 11. Newbie
- 12. Equipment

November

Crossword

- walkwav

 - 38. Layer

- 40. A set of garments
- 41. Promote
- 43. Exhilarate
- 44. Twerp
- 46. Seizes
- 47. Storms
- 48. Small islands
- 49. Winged
- 50. Current
- 51. Great affection
- 53. Operatic solo 56. Letter after sigma
- 57. An uncle







- 26. Gorse
 - 28. Father
 - 29. Branchlet
 - 30. Blackthorn
 - 31. Possesses
 - - 33. Overzealous

- 32. A social club for male undergraduates

 - 34. Wooden seaside
 - 37. Blacken

18. Bake in a shallow dish 22. Arab chieftain

24. Bottomless

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Pers. Injury Prot\$10,000 Ea. Person, Wage Loss Excluded
Medical Payments\$5,000 Each Person
ComprehensiveACV - \$500 Deductible
Road Trouble Serv\$50 Each Occurrence
Additional Exp\$30 Per Day / \$900 Each Occurance
Annual Paid In Full Premium \$994.55*

Quote Details: -67 married male, vehicle driven for pleasure use, superior credit, 5 year clean driving record on all licensed household operators -2012 Chevy Impala LT, 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.





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November

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AMERICANA COVE FORECASTER NOVEMBER, 2020 D



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Weekly Calendar Repeats

AMERICANA COVE WEEKLY Calendar Repeats - Month: November 2020

Day	<u>Event</u>	Time	Loc	ation
Monday:	Walk Away the Pounds	8:15-9:00a.m.	C	
	Lap Swim & Pool Walkers	8:00-9:00a.m.		
	Pool Exercises	9:15-10:15a.m.		
	Line Dancing	12:00p.m.	С	
	Knitters and Crocheters	1:30-2:30p.m.	А	
	Nickle Bingo	1:00pm	С	
	Progressive Rummy	4:00p.m.	Α	
	Cue Club-Men's	6:30p.m.	В	
	Bid Euchre	6:30p.m.	C	
	Crafters	6:30p.m.	L	
Tuesday:	Walk Away the Pounds	8:15-9:00a.m.	С	
	Lap Swim & Pool Walkers	8:00-9:00a.m.		
	Pool Exercises	9:15-10:15a.m.		
	Shuffleboard Social League	10:00am -12:30pm	S	
	Poker Pool	6:00p.m.	В	
	Progressive Rummy	6:00p.m.	A	
	Crafters	6:00-8:00pm	L	
	Cards	6:30p.m.	A	
	Bid Euchre	6:30p.m.	С	
Wednesday:	Walk Away the Pounds	8:15-9:00a.m.	С	
v	Lap Swim & Pool Walkers	8:00-9:00a.m.		
	Pool Exercises	9:15-10:15a.m.		
	Cue Club-Women's	6:30p.m.	В	
	Texas Holdem	6:30p.m.	А	
	Pinochle	6:30p.m.	С	
Thursday:	Walk Away the Pounds	8:15-9:00a.m.	С	
	Lap Swim & Pool Walkers	8:00-9:00a.m.		
	Pool Exercises	9:15-10:15a.m.		
	Dominoes	1:00p.m.	А	
	Buddhism Mtg	1-2:30p.m.	G	
	All Cards	6:00p.m.	A	
	Pokeno	1:00pm	C	
	Book Club/Chat (2nd Thurs/each month)		L	
	Progressive Rummy	6:00pm	A	
	Cue Club-Men's	6:30p.m.	B	
	Cornhole Cribbaga Club	6:30-8:00 pm	C	
	Cribbage Club Rug Braiding	6:30p.m. 6:30p.m	A C	
	Rug Braiding	6:30p.m.	U	
Friday:	Walk Away the Pounds	8:15-9:00a.m.	С	
	Lap Swim & Pool Walkers	8:00-9:00a.m.		
	Vespers Choir Rehearsal	8:45a.m.	Α	*A: Atrium
	Pool Exercises	9:15-10:15a.m.	р	C: Clubhouse
	Poker Pool Bingo	6:00p.m.	B	L: Library
	Bingo	6:00p.m .	С	S: Shuffleboard Courts
Saturday:	Walk Away the Pounds	8:15-9:00a.m.	С	B: Billiards
zatur uny i	Pool Exercises	9:15-10:15a.m.	C	G: Game Room
Sunday:	Shuffleboard Hoss Collar	1:00-3:30p.m.	S	
Sunuay.	Vespers	4:50p.m.	A	
	Duplicate Bridge	6:00p.m.	C A	
24	Duplicate Druge	-		CACTED NOVEMBED 2020 D
34		AMERICANA CO	VE FORE	CASTER NOVEMBER, 2020 D

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



The core of addiction

It's a common experiment: Put a rat in a cage with two bottles of water to drink. One is regular water, but the other one has water laced with cocaine or heroin. The rat quickly gets addicted to the drug-infused water and stops drinking from the other bottle. This explains the power of addiction.

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But it may not be that simple, as Johann Hari suggests in *Does Capitalism Cause Addiction*? One scientist created a "rat park." Instead of just two water bottles, the park held everything a rat could want— food, colored balls to play with, and other rats for company. In the rat park, none of the rats grew addicted to the drugged water.

What does this show? That addiction is partly a response to one's environment. With enough resources to distract and entertain us, most people won't prefer the drugged water (or whatever). What we need is connection.

Make the call - make a difference

Nonsultant Michael Hargrove uses this exercise frequently in his training sessions:

Imagine you are on a 747 flying over the ocean. Halfway through the flight, the plane begins experiencing mechanical difficulties. The captain comes on the intercom and explains as calmly as he can that an engine has fallen from the

plane, ripping a fuel line. The crew will continue to fly as long as possible until fuel runs low, and then they will attempt a water landing.

Hargrove asks his listeners to write down the name of the one person they would call in the next few minutes, and what they would say. Then he asks: "So what are you waiting for? Today, make the call."



Two or three things I know for sure, and one of them is that to go on living I have to tell stories, that stories are the one sure way I know to touch the heart and change the world.

— Alexandra Watkins









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EVENTS & PROGRAMS

Christmas Market & Raffle: All Outside. Craft/Vendors. 11/21, 9am-2pm. Connect2Christ Church 9398 Oakhurst Road, Seminole, FL 33776.

ANNUAL CARPORT SALE. 12/5 8am-2pm. Lincolnshire Estates 1071 Donegan Rd., Largo. Furniture, nick knacks, glassware and more. Over 100 homes participating.

Ranch Mobile Park, Park-Wide Yard Sale, Saturday, December 5th, 8:00am-2:00pm at 6800 - 150th Ave. N., Clearwater (Largo).

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.

-Monthly Media Staff

DECEMBER AD DEADLINE - NOVEMBER 10, 2020

• 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.



Monthly Mania: It Pays (Up to \$100) To Patronize the Advertisers in Your Newsletter

THOUSANDS manufactured home residents have won over \$154,200 since our contest began. It's simple to play ... when you patronize a current advertiser, ask for a Monthly Mania ticket (or a reasonable facsimile) and fill it out completely. Put the ticket in our Monthly Mania drop box in your community or <u>mail your paid receipt</u> to us at **Monthly Media • 220 Bahama St. • Venice, FL 34285.** That's all you do. At the end of the month the Publishers will pick up the tickets and hold a drawing. If your ticket is drawn, we mail you a check. (Allow 4-6 weeks for mailing of check). This month's cash winners are:

Gordon Schultz \$10	AJ's Beds
	The Plumbing Patrol
	Buggin Out Pest Control
	Payless Painting
	Jones & Sons Plumbing
Thomas Stewart \$10	Dunedin Plumbing
	Community Roofing
Everett Wardell \$10	Člear-Vue
Mary Tavernier \$10	Royal Enterprise
LaVerne Fredrick \$10	Air Masters of Pinellas
MaryAnn Lawson \$10	Buggin Out Pest Control
Pat Arend \$10	Bob's Mobile Home Washing
Anthony Mason \$10	Florida Anchor & Barrier
Jonna Bacon \$5	Jones & Sons Plumbing
Dan Wilson \$5	E & E Gliddon
Terri Hall \$5	Royal Enterprise
Marie Josselyn \$5	Jones & Sons Plumbing
Ronald Foster \$5	Air Masters of Pinellas
Patricia Steffen \$5	Clear-Vue
	1st Class Handyman Service

Jane Brookhouse \$5Royal Enterprise Melodee Baumgart \$5Jones & Sons Plumbing
Nancy Balsamo
James Ververis
Nancy Hove
Diana Buckley \$5Air Masters of Pinellas
Janet Devendorf \$5 Boss Electric
Donna Fluno \$51st Class Handyman Service
Thomas Miller \$5 The Plumbing Patrol
Joan Nelson
James Grustas \$5 Jones & Sons Plumbing
Michael Young \$5Buggin Out Pest Control
Bruce Bequette
Peter Kristall
Larry Osborne
Paul Fadden \$5 Natures Resource Pest Control
Joan Swisher \$5
Wendy Garcia
Raquel Hernandez \$5 O.E. Wilson Insurance
James & Carol McGraw \$5 Boss Electric
Gail Olsen \$51st Class Handyman Service

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 Advertiser may have up to 4 winners per month
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