

# REGENCY HEIGHTS OHOTFLASHO



Issue 1 40th Year

Happy St. Patrick's Day!

Brian & Virginia Taylor of East Bay Oaks Dan & Sue Curtin of Southwind

Will Bracey & Eric Boling of East Bay Oaks

David MacAskill of East Bay Oaks

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# **Regency Heights Club Council Officers**

President	Jan Hawkins, #209	799-5339
Vice President		
Secretary	Sally Keith, #190	574-518-4991
Treasurer	Bob Cipolla, #109	774-276-0171
Kitchen Director	Diane Swindlehurst, #120	03 248-330-1135
Co-Director	Susan Henderson, #247	239-0525
Coffee Hour Coordinator	•••••	
Inside Social Director	Lillian Martinez Marches	se, #495 .474-6827
Co-Director	Leah Parker #284	238-8175
Outside Social Director	Nancy Quinn, #264	793-0224
Co-Director	Tom Stevens, #375	945-2573
Co-Director	Marilyn Christian, #269.	286-8854
Media Director	Sue Maugere #152	669-8940

## **Homeowners Association**

President	James Daniel, #159	409-5543
	Ansley Cummins, #293.	
Secretary	Sue Maugere, #152	669-8940
Treasurer	Joyce Nichols, #320	953-6925
Director at Large	Tom Stevens, #375	812-4236
Director at Large	Gail Hasbrouck, #153	726-3069
Director at Large	••	

# ALL ARTICLES OR CALENDAR CHANGES MUST BE TO SUE ON OR BEFORE THE 5TH OF THE MONTH BEFORE YOU WANT IT POSTED.

# Reminder:

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# Outside Social - March "2016"

Nancy Quinn & Marilyn Christian

Pig Roast/Pool Party - March 6 at 2 pm

Our annual Pig Roast/Pool party will be held on Sunday March 6 at 2pm. Cost for this event is \$8.00 per person for residents, \$10.00 per person non-residents.

Rain/Cold (inside club house) or Shine.....

Dinner will be served at 2:30. We will have a costume contest @ 3pm. So come dressed for our Luau Pig Roast and win some prizes!!!

Paper plates, cutlery and napkins will be supplied.

Also, don't forget to bring your money for 50/50.

Looking forward to seeing everyone!!

#### Derby Lane Greyhound Track – March 9 at 11:30 am

We've gone to the dogs..... A day at the dog races! Cost is \$19.00 and includes lunch and program. We need a minimum of 25. Nancy Quinn will be selling tickets Wednesdays at coffee hour and Marilyn Christian will be selling tickets Monday at Bingo.

#### Dinner Theater March 18 at 4pm

Due to popular demand, we have another Dinner Theater event at Ed Fletcher's Early Bird Dinner Theater, 13355 49th St. N., Clearwater, Florida 33762.

The play is "Cheaters" by Michael Jacobs and the cost is \$36.00 cash or personal check paid to Outside Social.

Nancy Quinn will be selling tickets Wednesdays at coffee hour and Marilyn Christian will be selling tickets at Bingo on Mondays.

The food and shows are GREAT!!

#### Bus trip to Savannah

Unfortunately the trip to Savannah will be cancelled as we do not have enough people signed up.

## **Bad Food**

Ginger Cutright from the Internet

doctor addressing a large audience in Oxford The material we put into our stomachs should have killed most of
us sitting here years ago. Red meat is full of steroids and dye. Soft drinks corrode your
stomach lining. Chinese food is loaded with MSG. High trans-fat can be disastrous. None of
us realizes the long-term harm caused by germs in our drinking water. But, there is one thing
that is the most dangerous of all and most of us have, or will eat it.

Can anyone here tell me what food it is that causes the most grief and suffering for years after eating it?

After several seconds of quiet, a 70 year old man in the front row raised his hand, and softly said, "Wedding Cake?"



#### **Five Card Drawer Poker Tournaments**

Tom Stevens - Outside Social

Te plan to have 3 tables with 6 players each, plus the dealer, buy-in is \$10.00. (If we have more we will add another table.) The game is five card drawer poker. You will be dealt 5 cards and can discard up to 3 cards, giving discards to the dealer.

Everyone will ante on each deal, if you are unable to cover the ante, you are no longer in the game. The minimum and maximum bets will be posted. These amounts will change as players are eliminated or as time passes. It is OK to check and raise, and there is no limit to the number of raises. You may open

on anything.

You will receive \$10,000.00 in chips and will be unable to buy more. There will be no "combining" of tables. This is a winner take all and there will be one \$50.00 winner at each table. Your \$10.00 entry fee should be paid by the end of the month before the next tournament. Call Tom Stevens to find out when the tournaments will be held, they will be usually the second Saturday of the month except in April. The next one is scheduled for Sat., March 12th at 6 pm. Check the Club House bulletin board. Come and enjoy a night of cards!

#### **Just One Word**

Ann Johnson from the Internet

wo sisters, one blonde and one brunette, inherit the family ranch. Unfortunately, after just a few years, they are in financial trouble. In order to keep the bank from repossessing the ranch, they need to purchase a bull from the stockyard in a far town so that they can breed their own stock. They only have \$600 left. Upon leaving, the brunette tells her sister, "When I get there, if I decide to buy the bull, I'll contact you to drive out after me and haul it home." The brunette arrives at the stockyard, inspects the bull, and decides she wants to buy it. The man tells her that he will sell it for \$599, no less. After paying him, she drives to the nearest town to send her sister a telegram to tell her the news. She walks into the telegraph office and says, "I want to send a telegram to my sister telling her that I've bought a bull for our ranch. I need her to hitch the trailer to our pickup truck and drive out here so we can haul it home." The telegraph operator explains that he'll be glad to help her, then adds, "It's just 99 cents a word." Well, after paying for the bull, the brunette only has \$1 left. She realizes that she'll only be able to send her sister one word. After a few minutes of thinking, she nods and says, "I want you to send her one word: comfortable." The operator shakes his head. 'How is she ever going to know that you want her to hitch the trailer to your pickup truck and drive out here to haul that bull back to your ranch if you send her just the word "comfortable?" The brunette explains, "My sister's blonde. The word's big. She'll read it very slowly ... com-for-da-bull "

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





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# St. Patrick's Day Dinner – March 17th 5:30 pm Susan Henderson – Co-Kitchen Director

This dinner will be corned beef & cabbage in honor of the day, along with the fixings and dessert. Tickets are \$7.00 per person. **Cut-off** date to purchase tickets is **Mon**day, Mar. 14th, No Exceptions! If you are not going to be around have a friend or neighbor pick up your dinner for you, Please. Also tickets will be available at Wed. morning Coffee Hour from 8:30 am -10:30 am or Monday night Bingo from 5:30 pm-6:00 pm only. Bring your place setting and favorite drink. Hope to see you all there!

Quote: I hate it when the voices in my head go quiet. I never know what they are planning. – Author Unknown

## **IMPORTANT ANNOUNCEMENT ABOUT DINNERS**

Diane Swindlehurst - Kitchen Director

hank you for all the wonderful responses to all of our dinners. We love doing them. Unfortunately due to a few inconsiderate individuals, our policy for ticket sales will L change as follows:

Ticket sales will only be available at Wed. Coffee Hour from 8:30-10:30 am and Monday night Bingo 5:30-6:00 pm.

If you cannot come at those two times then please have your friends or family members purchase them during those times.

Tickets will no longer be available after the Monday before the dinner or from our homes or by phone, NO EXCEPTIONS. We also will not deliver tickets. Please do not call the office or Joyce Nichols as they are not involved with our dinners.

Thanking you in advance for your consideration in this matter.



Taken by Christy Klein

How many Regency men does it take to supervise the final road paving on 2nd Street!!!!!!!!!!



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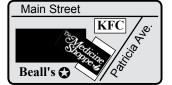
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#### Monthly Mania: It Pays (Up to \$100) To Patronize the Advertisers in Your Newsletter

14,492 manufactured home residents have won over \$130,374 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 mail your paid reciept to us at Monthly Media • PO Box 1023 • Venice, FL 34284. 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:

		9 0. 0000, 11110 111011111 0 0401
Pat Forest	\$100	Bobs Appliance Repair
Debbie Mathe	\$10 .	D & W Heating & Air Conditioning
Phil Pante	\$10 .	All Around Tours
Brian Larmand	\$10 .	Bob's Mobile Home Washing
Cheryl Meyer	\$10 .	Largo Plumbing Co.
Tony Staudohar	\$10 .	Wyngarden Mobile Home Wash
Peter Bermke	\$10 .	E & E Glidden Air Conditioning, Inc.
Candy Hoolihan	\$10 .	Doll Brothers Carpet Cleaners
Frank Hemming	\$10 .	Knoblach Hearing Care, Inc.
Bill Donnelly	\$10 .	Bill The Carpet Guy
Susan Toburen	\$10 .	Appliance Specialty, Inc.
Betty Hudd	\$10 .	The Plumbing Patrol
Miles Wilson	\$10 .	Jones & Sons Plumbing, Inc.
Myra Grabowski	\$10 .	Underhome Armour, LLC
Joseph A. Lopez	\$5	Bob's Appliance Repair
Edna Price	\$5	Jones & Sons Plumbing, Inc.
Ron Shoksnyder	\$5	Boss Electric Corp.
Virginia Fenclov	\$5	Air Masters of Pinellas, Inc.
Randy Cirksena	\$5	Boss Electric Corp.
Lawrence Brown	\$5	Jones & Sons Plumbing, Inc.
Marilyn Webber	\$5	Modern Air Conditioning & Appliance
Nancy Kern	\$5	Bob's Mobile Home Washing
Hector Leduc	\$5	Air Masters of Pinellas, Inc.

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Marilyn Christian	\$5	Dunedin Plumbing, Inc.
Rae Henderson	\$5	Buggin Out Pest Control, Inc.
Richard Travers	\$5	Ray Duncan Plumbing, Inc.
Wayne Wagner	\$5	. Barron's Air Conditioning & Appliance
		Heller's Mobile Home Washing
Bill Kocher	\$5	E & E Glidden Air Conditioning, Inc.
George Paddington	\$5	Heller's Mobile Home Washing
Dennis Cunningham	\$5	Bob's Mobile Home Washing
Susan Coles	\$5	Sunset Appliance Service
Sumner Israelson	\$5	Largo Plumbing C0.
Joann O'Sullivan	\$5	Boss Electric Corp.
Darla Wetzall	\$5	Imperial Electric Service of Pinellas
		Modern Pest Control, Inc.
Ron Elliott	\$5	Bob's Mobile Home Washing
Harry Swank	\$5	Largo Plumbing C0.
Diane Garland	\$5	Boss Electric Corp.
Randy Mumford	\$5	Sunset Appliance Service
Joann Knoertzer	\$5	Royal Enterprises
		Brown Automotive, Inc.
Kathy Day	\$5	Bill The Carpet Guy
Rodger Ladd	\$5	Heller's Mobile Home Washing
Virginia Hopseker	\$5	E & E Glidden Air Conditioning, Inc.
Brenda Dreier	\$5	Floor Designs, LLC
Blanch Cruse	\$5	Knoblach Hearing Care, Inc.

<sup>·</sup> Limit of one ticket per visit · Advertiser may have up to 4 winners per month · Advertiser must have bill paid current to qualify · No purchase necessary • Contest void where prohibited by law • Green tickets available at participating Monthly Media advertisers. REGENCY HEIGHTS HOT FLASH MARCH, 2016 N



# 2016 Golf Picnic – Fri. March 18th 1-4 pm

Gerry Spry & Millie Higgins

Regency Heights 2016 Golf Picnic will be held on Friday March 18 at Regency Heights Club House from 1:00 pm to 4:00 pm.

Please check the Bulletin Board in the club house for further details or contact Gerry Spry at 712-1331 or Millie Higgins at 726-5605.

# **Choking – Redneck Joke**

earest Redneck Son,

Jay Landry from the Internet

I'm writing this slow because I know you can't read fast. We don't live where we did when you left home. Your dad read in the newspaper that most accidents happen within 20 miles of your home, so we moved. I won't be able to send you the address because the last West Virginia family that lived here took the house numbers when they moved so they wouldn't have to change their address. This place is really nice. It even has a washing machine. I'm not sure about it. I put a load of clothes in and pulled the chain. We haven't seen them since.

The weather isn't bad here. It only rained twice last week; the first time for three days and the second time for four days. About that coat you wanted me to send; your Uncle Billy Bob said it would be too heavy to send in the mail with the buttons on, so we cut them off and put them in the pockets.

Bubba locked his keys in the car yesterday. We were really worried because it took him two hours to get me and your father out.

Your sister had a baby this morning, but I haven't found out what it is yet so I don't know if you are an aunt or uncle. The baby looks just like your brother.

Uncle Bobby Ray fell into a whiskey vat last week. Some men tried to pull him out but he fought them off and drowned. We had him cremated, he burned for three days.

Three of your friends went off a bridge in a pickup truck. Butch was driving. He rolled down the window and swam to safety. Your other two friends were in the back. They drowned because they couldn't get the tailgate down!

There isn't much more news at this time. Nothing much out of the normal has happened.

Your Favorite Aunt,

Mom





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The new Doyle Tower at Morton Plant Hospital, scheduled to be completed in 2016. Another example of how the community gave back.



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BC1600277 0116



# Dance – Saturday, March 19th 8-11 pm

Archie & Susan Henderson

The dance this month is with "Bert & Sassy" another of our favorites.

Tickets are \$5.00 per person and will be available at Coffee Hour on Wed. or can be purchased at the door.

Bring your favorite drinks and snacks. Also, if you need ice please bring some with you.

Don't forget we will have 50/50 tickets for sale!

See you at the Dance!!

There are so many scams on the Internet now a days. Send me \$19.95 and I will temporal to avoid them! - Stan Morris from the Internet

# Dirty Bingo - Sat. March 24th - 7:00 - 9:00 pm

Lillian Martinez - Inside Social

n Sat. March 24th, we will have Dirty Bingo from 7 to 9 pm at the Clubhouse. This has been a request from our Snowbirds before going back home starting April. I'm here to please my community. Bring your \$5.00 gift and bingo daubers or you can buy one. There will be a 50/50 and a speedy which will pay \$20.00. I will also have door prizes. Come and enjoy a great night.

#### **God and Seniors**

Jay Landry from the Internet

And God Looked Down...

Most seniors never get enough exercise. In His wisdom God decreed that seniors become forgetful so they would have to search for their glasses, keys and other things thus doing more walking.

And God looked down and saw that it was good.

Then God saw there was another need. In His wisdom He made seniors lose coordination so they would drop things requiring them to bend, reach & stretch.

And God looked down and saw that it was good.

Then God considered the function of bladders and decided seniors would have additional calls of nature requiring more trips to the bathroom, thus providing more exercise. God looked down and saw that it was good.

So if you find as you age, you are getting up and down more, remember it's Gods will. It is all in your best interest even though you mutter under your breath.

# \*\*\*

# "Fun Day" - Wed. March 30th

Club Council

n the last Wednesday in March, namely March 30th, we will be having "Fund Day". For all of you new residents who may not be familiar with this day, it begins with our Coffee Hour at 9:00 AM in the Regency Club. At this Coffee Hour there will be clowns to serve you and participants come in costume for which prizes are awarded. We will be de-frocking our current King and Queen of Regency and installing our new King and Queen.

The election of the new King and Queen will take place on the previous Coffee Hour, Wednesday, March 23rd. We vote or elect our King and Queen each year based on their history of helpfulness in the Park and to their fellow residents. We will have the names of the past Kings and Queens posted at each table, so as not to use those names again (although many are deserving!).

There will be prizes also for the best decorated golf carts and bikes. After Coffee Hour the day continues with various games throughout the Park for your participation and for which prizes again will be awarded.

Finally, there will be strawberry shortcake in the evening, cost is \$3.00, served in the Regency Club at or about 5:00 or 6:00 PM, final time to be determined and posted, this will be followed by entertainment.

Please contact me if you are willing to help. Thanks, Ansley Cummins 727-797-6384.

## Thank You

Lee Mead

hank you for the cards, prayers and everything else re daughter Kathleen's passing. Much appreciated; it's been rough! Sincerely, Lee Mead, #334.

# **Keep Those Old Eyeglasses Coming**

Lion - Dave Barry #471

The Lions Club wants to thank everyone for their contributions to their eyeglass drive. Keep them coming, there is still a great need for them. If you have any, please bring them to the Clubhouse. The box for the used eyeglasses is on the counter by the library. The Lions Club will clean and fix them for reuse. We thank you for your participation.





























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# **March Birthdays**

The Birthdays and Anniversaries List is posted in the Clubhouse on the Bulletin Board. Please add yourself if you're not on it. Also, please delete anyone who has moved or passed on.

Mar. 3	Charlotte Greenlee	Lot 306	19	Jackie Boisvert	Lot 127
4	Greg Royal	Lot 181		Geo. "Middy" Midd	
	Lynn France	Lot 271	20		Lot 155
	Bob Fagan	Lot 1204	22		Lot 352
5	Philip King	Lot 319		2	
7	Joe Huppman	Lot 372		Daryl Swindlehurst	
10	Brenda Waddell	Lot 414	23	Susan Wootten	Lot 116
10	James Schrader	Lot 286	23	Karen Lovell	Lot 217
	Linda Larocque	Lot 452	24	Lloyd Rendell	Lot 449
	Bonnie Esposito	Lot 124	26	Virgil Lee	Lot 280
	Dale Johnson	Lot 222	27	Don Hopkins	Lot 208
16	Steve Moery	Lot 170	29	Margaret Mann	Lot 458
17	Assunta (Sue) Maug		30	Joyce Shull	Lot 345
17	Patrick Parker	Lot 284		Don Wolfinbarger	Lot 376
19	Leah Parker	Lot 284	-	- A	

# **March Anniversaries**

Mar. 23 John & Mary Fox Lot 450



# The Lowering of the Flags

orry to report the passing of Mary Oberst, #172...



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# MARCH • 2016

Sunday		Monday	Т
			11:00A: 1:00 P C Practice 2-3 P Bil 6:00 P C 6:00 P L
"Pig Roast" 2P Euchre 6P	6	9:00 A Walking Away the Lbs. 12 P Shuffleboard 6:00 P Bingo	11:00A: 1:00 P C Practice 2-3 P Bil 6:00 P C 6:00 P L
Euchre 6P	13	9:00 A Walking Away the Lbs. 12 P Shuffleboard 6:00 P Bingo	11:00A: 1:00 P C Practice 2-3 P Bil 6:00 P C 6:00 P L
Euchre 6P	20	9:00 A Walking Away the Lbs. 12 P Shuffleboard 6:00 P Bingo	11:00A: 1:00 P C Practice 2-3 P Bil 6:00 P C 6:00 P L
Euchre 6P	27	28 9:00 A Walking Away the Lbs. 12 P Shuffleboard 6:00 P Bingo	11:00A: 1:00 P C Practice 2-3 P Bil 6:00 P C 6:00 P L

**Easter Sunday** 

# **Regency Heights**

luesday	Wednesday	Thursday	Friday	Saturday
Golf pen Shuffle & ple Study ards for All adies Poker	9:00 A Coffee/Rolls 6:00 P Bridge – Reg. 6:00 P Cards	9 A Bowling – Dunedin Lanes 5:30-7 P Ice Cream Social 7:00 P Bunco	8:30 A Bocce 4 10:00A Line Dancing 1:00 P Open Shuffle & Practice 6:00 P Cards for All	5 8-10 A Pancake Breakfast
8 Golf pen Shuffle & ole Study ards for All adies Poker	9 9:00 A Coffee/Rolls 6:00 P Bridge – Reg. 6:00 P Cards	10 9 A Bowling – Dunedin Lanes 5:30-7 P Ice Cream Social 7:00 P Bunco	8:30 A Bocce 11 10:00A Line Dancing 1:00 P Open Shuffle & Practice 6:00 P Cards for All	Five Card Drawer Tournament
Golf pen Shuffle & ple Study ards for All adies Poker	9:00 A Coffee/Rolls 6:00 P Bridge – Reg. 6:00 P Cards	9 A Bowling – Dunedin Lanes 5:30 P St. Patrick Dinner  St. Patrick's Day	8:30 A Bocce 18 10:00A Line Dancing 1:00 P Open Shuffle & Practice 1-4 P Golf Picnic 6:00 P Cards for All	8-11 P Dance
Golf pen Shuffle & ble Study ards for All adies Poker	23 9:00 A Coffee/Rolls 6:00 P Bridge – Reg. 6:00 P Cards	24 9 A Bowling – Dunedin Lanes 5:30-7 P Ice Cream Social 7:00 P Bunco	8:30 A Bocce 25 10:00A Line Dancing 1:00 P Open Shuffle & Practice 6:00 P Cards for All	7 P Dirty Bingo
29 Golf pen Shuffle & ole Study ards for All adies Poker	30 9A-? "FUN DAY" 9:00 A Coffee/Rolls 6:00 P Bridge – Reg. 6:00 P Cards 6P Strawberry Shortcake 7P "FUN DAY" Program	31 9 A Bowling – Dunedin Lanes 5:30-7 P Ice Cream Social 7:00 P Bunco		APRIL 2016 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





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# **Overview Of Regular Events At Regency Heights**

- **Bingo:** Monday, 6:00 p.m. Open to visitors and guests. Bring a dauber, but if you don't have one, you can buy one here. Hot dogs, pop, and snacks available. Pat Conklin 791-4669. **Bocce:** 8:30 a.m. Fridays at the bocce courts, next to the pool. Organized team play, Nov. March. Ansley Cummins 797-6384.
- **Bowling:** League plays 9:00 a.m. Thursdays Nov. March at Dunedin Lanes. In summer, May Sept., there is Color Pin Bowling, 9:00 am on Thursdays at Countryside Lanes, Ansley Cummins, 797-6384.
- **Bridge:** Doubles, 6:00 p.m. Wednesdays. All players welcome anytime. Don't need a partner. Doubles, Evelyn Webster, 797-9917.
- **Bunco:** 7 8:30 p.m. Thursdays, \$1. It's a simple dice game where points add up for prizes. Run by Rose Reid, 669-8186.
- **Cards for All:** 6:00 p.m. Tuesdays and Fridays. Very informal, no leaders. Open to everyone. Poker, Bridge, Pinochle, Dominoes.
- **Coffee:** 9:00 a.m., Wednesdays, hosted by RH Club Council. \$2.00 includes coffee, pastries and informal reports of upcoming activities, events and people. Bring a cup. The Wednesday after the first Monday of the month, October April, is the General Council meeting which includes formal reports from all Committee members.
- **Dances:** 8 11:00 p.m. Live music, BYOB and snacks. Monthly, November March. Reservations not required, except New Year's Eve. Guests, visitors welcome. Archie & Susan Henderson.
- **Dinners:** 5:30 p.m. the third Thursday of the month unless otherwise stated. Bring your own plates, flatware and glasses/cups along with your beverage of choice. Clubhouse opens after 12:00 pm to reserve seats. Tickets will be available in advance at Wednesday Coffee and Monday Bingo. Guests are welcome.
- **Exercise:** 9:00 a.m. Monday & Tuesday for Walk Away Pounds. All welcome, anytime. Nov. March. Joyce Green, 812-592-3485.
- **Euchre:** 6:00 p.m. Sunday. Fee of \$1.00 All are welcome anytime. Don't need a partner. Finished before 9:00 p.m. Oct. April. Daryl Swindlehurst, 248-330-1136..
- **Golf:** The times vary to meet on Tuesdays at Countryway in winter and summer so they will be announced. Sign-up list at Clubhouse. Can play any week or all weeks. Leader makes up groups of 4. Contact Don & Jean Daigle Don 978-771-8746 or Jean 508-828-8859.
- Library: Open daily until 10:00 p.m. in the Clubhouse. Joyce Nichols, 953-6925.
- Line Dancing: Nov. thru Apr. Fri. 10 a.m. at the Clubhouse, Marilyn Christian 286-8854
- **Pancake Breakfasts:** First Saturday of the Month. 8 10:00 a.m. \$4. No reservations. Bring plate, flatware, cup, etc.
- **Prayer and Praise:** To be announced after the first of the year.
- **Picnics:** Memorial Day, Labor Day, Fourth of July at the Clubhouse and as announced. Tickets in advance at Wednesday Coffee and Monday Bingo.
- **Shuffleboard:** League Team A plays at noon Wednesdays. League Team B plays at noon Mondays. League play Nov. March. New players are welcome for Open Shuffleboard at 1:00 p.m. Tues. & Fri.. James O'Sullivan, President, 408-5072; Daryl Swindlehurst 1st VP and Diane Swindlehurst 2nd VP, 248-330-1136.

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#### **EVENTS & PROGRAMS**

Sat. Mar. 5, 8-1 White Elephant & Bake Sale, Furniture, Accessories, Linens, Jewelry etc. Lake Highlander MHP 1500 County Road 1, Dunedin.

Fun Night with Silent Auction, March 10th 7pm, Sugar Creek MHP, Largo, North at 101st.

PARADISE ISLAND ANNUAL FLEA MARKET, March 12, 2016. Paradise Island MHP 1001 Starkey Rd. Largo. EARLY ENTRY \$1 @ 8am. Very Large Market with over 65 vendors and Treasures Galore. Food from the canteen. For Tables call Marcia 727-953-3616

ART/CRAFT FAIR. Friday, March 11, 9am - 1pm. Lake Highlander MHP. 1500 County Road 1, Dunedin.

Annual Blue Jay Rummage Sale: Sat. March 19th 8:00am-1pm. 2755 Curlew Road Palm Harbor.

FRIDAY, MARCH 4TH, 9am-1pm, Flea Market/Bake Sale Lake Seminole Resort MHP Clubhouse, 10245 110th Ave. North, East off Seminole Blvd. Refreshments, Lunch.

Nova Scotia Picnic March 24th. 10065 Park Blvd Seminole State Park. Site 13. 727-475-9470

HUGE Rummage Sale at St. Paul United Methodist Church March 4 & 5. Address: Christian Life Enrichment Center, 1498 Highland Ave, Largo, FL 33770. Early Bird Friday, 4-8 pm; \$1 admission. No admission fee Saturday, 8am–2pm. Food available.

Community Yard Sale. Lake Tarpon Village, 36299 U.S. 19 North. Saturday, March 5. 8am - 3pm.

COME ONE, COME ALL!!! It's that time of year again!!! The 2016 Palm Hill Bazaar is on March 5th 2016. Early bird admittance \$1.00 at 8:30am. Regular Admittance 9:00am till 1pm. Everything must go!!!

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White Elephant Sale. Lake Haven MHP 1415 Main St. Dunedin. Huge Bake Sale, Lunch Availble. Saturday March 12th 8am-1pm Park 3 (Behind Subway)

WHITE ELEPHANT SALE. Saturday March 5, 9AM-12PM. Americana Cove. 7201 1st Street NE, St. Petersburg. Jewelry, antiques, treasures, collectibles, electronics, housewares, furniture, linens, books, DVD's, CD's, Tapes, LP'S, Xmas decos.

March 5th, 8am-1pm. ANNUAL BAZAAR - BRIAR CREEK II MHP Clubhouse (Near Mease Countryside Hospital)

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March 4th & 5th. Carport Sale, Doral Village, 29250 US Hwy 19 North #85 & #87. Furniture, Housewares and Miscellaneous. 9am - 3pm

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-Monthly Media Staff

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# March Sudoku



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#### March Is...

merican Red Cross Month. The American Red Cross was founded by Clara Barton in 1881. Today its supporters, volunteers, and employees provide compassionate care in five vital areas: People affected by disasters in America; support for members of the military and their families; blood collection, processing, and distribution; health and safety education and training; and international relief and development.

Music In Our Schools Month. An annual celebration sponsored by the National Association for Music Education, Music In Our Schools Month engages music educators, students, and communities from around the country in promoting the benefits of high-quality music education programs in schools.

**Social Work Month.** The goal of Social Work Month is to educate the public about how social workers bring about positive social change and improve the lives of individuals and families. It's sponsored by the National Association of Social Workers, which works to enhance the professional growth and development of its 132,000 members, to create and maintain professional standards, and to advance sound social policies.

**Women's History Month**. Women's History Month has its origins as a national celebration in 1981 when Congress authorized the president to proclaim the week beginning March 7, 1982, as "Women's History Week." Since 1995, Presidents Clinton, Bush, and Obama have issued a series of annual proclamations designating March as "Women's History Month."

# Weekly

ational Cheerleading Week, March 1-7. National Cheerleading Week recognizes cheerleading athletes around the world. Its goal is to build a more positive image of cheerleading by engaging in group activities, community service, and fundraising projects.

**NO MORE Week, March 6-12.** NO MORE is a movement to raise public awareness around ending domestic violence and sexual assault. NO MORE Week is a national effort to engage individuals and organizations to say "No more" to abuse, and to make domestic violence and sexual assault awareness and prevention a priority year-round.

**Brain Awareness Week, March 14-20**. A global campaign to increase public awareness of the progress and benefits of brain research, Brain Awareness Week unites the efforts of partner organizations worldwide in a celebration of the brain for people of all ages. Activities include open days at neuroscience labs, exhibitions about the brain, and more.





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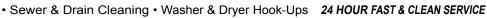


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# Keep the speed up when you walk

brisk walk is good for your health, especially as you grow older. A study reported on the LiveScience website found that older adults who maintain a speed of 3 miles per hour when they walk have a 50 percent lower risk of heart disease than people with a pace of two miles per hour or slower. And folks who walk an average of seven blocks a day have a 47 percent lower chance of developing heart disease than those whose walks add up to just five blocks a day or less. So put your shoes on and get walking.

# Help your brain stay healthy

eeding and stimulating your brain well can keep it healthy throughout your life. The American Academy of Family Physicians offers these tips for keeping your mind in tip-top shape:

- Eat a healthy diet. Choose nutritious foods like antioxidant-rich vegetables, fruits, and whole grains, and omega-3 fatty acids, and cut out saturated fats. Avoid fad diets that offer only short-term results.
- Watch your weight. Maintain a healthy weight and pay attention to your blood pressure, cholesterol, and blood sugar, which are all associated with an increased risk of dementia.
- Exercise your brain. Keep learning new things all the time. Puzzles and games that stretch your mind can help you maintain good brain health. So can staying active socially, so keep up your friendships and strive to meet new people.

# Mission to gravity: Space probe searches for waves

European space probe will try to confirm a theory about gravity developed by Albert Einstein, according to the Reuters website. Launched late last year, the LISA (Laser Interferometer Space Antenna) Pathfinder will assume an orbit between the Earth and our sun, collecting data about gravity waves.

Einstein predicted the existence of ripples of gravity that bend space and time some 100 years ago, but finding those ripples on Earth has been impossible. The space-based experiment will monitor two cubes of a gold-platinum alloy to determine whether they maintain their distance from each other in free fall. The results will allow scientists to observe minute oscillations caused by gravity waves.



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# Going the store? Why leave the house?

hopping online has exploded in recent years. One example: A survey conducted by 72 Point Inc. and commissioned by Door to Door Organics, an online organic grocer, found that shoppers increased their online grocery purchases by an average of 29 percent in the past year, and those shoppers do about 19 percent of their weekly grocery shopping via the Internet.

# Extra sleep may not lead to longer life

ost of us look forward to sleeping late on the weekend. After a hard week of work, we deserve a few extra hours, right? But a study from the Journal of Clinical Endocrinology & Metabolism suggests that sleeping in may contribute to a higher risk of diabetes and heart disease

Researchers tracked more than men and women age 30-54, using devices that recorded their movement to determine when they fell asleep and woke up for a one-week period. Close to 85 percent went to bed later and got up later on their days off from work, and those people tended to experience lower levels of HDL cholesterol (the good kind) along with higher triglycerides, greater resistance to insulin, and a higher body mass index, even after controlling for factors like physical activity, calorie consumption, and alcohol use.

The implications are clear: Maintaining a consistent sleep schedule, even on weekends, is better for everyone's long-term health.

# Aspirin prevents skin cancer?

spirin is known to cure our aches and pains and improve heart health. It may also be useful in preventing certain kinds of skin cancer, according to an article on the Discover magazine website.

Non-steroidal anti-inflammatory drugs (NSAIDs) like aspirin and ibuprofen are already known to help prevent cancers in the colon, lungs, prostate, and breasts. A meta-analysis of studies, some previously unavailable to researchers, turned up evidence that non-aspirin NSAIDs can reduce the risk of developing squamous cell carcinoma by 15 percent, and that when aspirin is added to the mix, the risk drops to 18 percent. NSAIDs are known to inhibit

COX-2, an enzyme produced by skin cells in response to ultraviolet light.

Talk to your dermatologist about aspirin, and otherwise limit your

exposure to UV light to stay safe from skin cancer all year round.



# **Multiply Your Monthly Mania!**

s you probably already know; patronizing the advertisers in this newsletter also pays YOU with our Monthly Mania Cash Give-a-Way. We pay out \$400 every month to residents who submit tickets they have received from using the businesses in the newsletter. Winning is easy, just patronize any advertiser in the newsletter, then submit either the ticket or a paid receipt to us for your chance to win!

#### Now You Have More Chances to Win!

We are now offering unlimited entries into our Monthly Mania drawing by just SUGGESTING a business to advertise.

#### Here is how is works:

- 1. Call our office and suggest a business to advertise in the newsletter
- 2. We will take down your information (name, address, phone number) and enter you into the next month's drawing for over \$400 in cash prizes
- 3. The more businesses you suggest, the more chances you have to win. (To qualify each resident can only suggest a business once)

#### What businesses would you like to see advertising? We have spots available in the following categories:

- Accountant/Tax Prep
- · Assisted Living Facility
- Attorney/Lawyer
- Automotive Painting/ Detailing
- Automotive Repair/Sales
- Awnings
- Banks
- · Bathroom Remodel
- Bicycle Repair & Sales
- Bingo
- Chiropractor
- Computer Services
- Dentist
- Driveway Coating
- Fitness Center/Gym
- Floor Coverings/Retail

- Foot Specialist Podiatrist
- Golf Cart Sales & Service
- Hair Salon/Day Spa
- Hearing Aid/Retail
- Home Care
- Home Furniture & Mattress
- House Cleaning
- Insurance Home/Auto/Health Restaurants
- Investment/Brokerage
- Jewelry Sales/Design/Repair
- · Manufactured Home Sales
- Massage Therapy
- · Medical Doctor
- Mobile Home Supplies -Retail
- Motorcycle/Moped Sales & Repair

- Moving Services
- Optometrist
- Painting Inside & Outside
- · Pet Services
- Pharmacy
- Remodeling/Interior
- · Resale Store
- · Screen Repair
- Storage
- Taxi/Shuttle
- Travel Agent
- Veterinarian
- Window Film/Tinting
- · Window Washing
- Window Treatment/Interior



Thanks For

The Referrals

Last Month!

Winners

**Every Month** 

Just for

Calling In!

Monthly Media - (727) 484-7488



# **Committees and Contacts**

	Pat Conklin		
	Dollie Hoover		(200
	Ansley Cummins		
	Ansley Cummins		
	Rose Reid		
Bridge (Regular)			*
Bridge (Doubles)	Evelyn Webster	797-9917	
Coffee Hour Coordinator			
Dances	Archie & Susan Henderson #	<i>‡</i> 247239-0525	*
Decorations	Gord Harrison	799-1286	On Al
Euchre	Daryl Swindlehurst	248-330-1136	-
Exercise	Joyce Green	812-592-3485	
	Joyce Nichols		Ba All
Picnics, etc.)	<del>-</del>		000
Friendly Concern	••••		
Golf	Don Daigle	978-771-8746	A.A.
	Jean Daigle		
			4
			000 1
Inside Social Director	Lillian Martinez Marchese	474-6827	
	Leah Parker #284.		4
	Diane Swindlehurst, #1203		See Al
	Susan Henderson, #247		
	Joyce Nichols		4
	Marilyn Christian		The same of
Newsletter	Sue Maugere	669-8940	
	RH Office		4
	Nancy Quinn		The same of
	Marilyn Christian, #269		
Pianist			*
	George "Middy" Middlebroo	ok	The state of
Shuffleboard	James O'Sullivan	408-5072	
Sound System		100 2012	*
Welcome New Residents	 RH Office	796-1364	
TOTAL		/ / 0 1301	
General Information:			*
	Park Office	796-1364	1
Coach Name Plates		170 1301	
Couch runne i lates			-
Other Regular Social Function	ons - See Monthly Calendar		Charles and the
Other Regular Social Fullette	ons sectioning Calcinal		
			*
			Charles and the



## **Fix Small Problems Today Before They Cause Serious Damage!**

We will inspect and photograph any issues, showing you pictures of the underside of your home. Damaged & worn vapor barriers can create high energy costs and allow mold & mildew to grow and weaken your sub floor creating "Soft Spots". Keep Mold, Moisture & Animals out of your Home.



Repairs will be made quickly and include a 20 Year Transferable Warranty!

Call Us for a FREE NO-PRESSURE No-Obligation Estimate

Licensed #OCL0027169

PROTECT YOUR HOME

545-2665 **Triple Wide or Special** Additions May be Extra LICENSED & INSURED Screen Removal Not Necessary **Heller's Mobile Home Washing 25** ★ ASK ABOUT OUR OTHER SERVICES

**FREE Roof Inspection** 



# E&E GLIDI



FREE ESTIMATES on NEW UNITS

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24 Hour Service Service All Units



**100% SATISFACTION GUARANTEE** 

# Winter Special!

200 Service Call or Inspection

M - Fri 8am-4:30pm







