

GAZEBO NEWS



• • • Country Place Gazebo Happenings • • •

PRESIDENT'S MESSAGE

May 2024



We are approaching an important stretch... rent negotiations will soon be upon us. We have a five-person committee volunteering to represent us during these negotiations with ELS. Peggie Geist will serve as1st chair with Nancy Beasley as 2nd chair; Al Walker Jr., Susan Godsell and Linda Paloff will round out our team. Peggy has represented us in the past negotiating for our community and was very successful.

At our last HOA meeting, Peggy stated that there are only five committee members to cover the entire village. Their plan is to take photographs of everything that needs to be replaced, painted, fixed or has been neglected etc. Peggy is asking for everyone's help with gathering and documenting photographs. The team will create two albums, one for

ELS and one for the HOA. This was a very effective tool at the last rent negotiation meeting. As you are on your walk or cart ride through the neighborhood and see something needing to be addressed, take a picture, and send it to Peggy and include where the issue is located.

The committee volunteered to help us keep our yearly rent increases below 5%. It's only right that we help them accomplish this again this year. We will be helping ourselves and I know the committee will appreciate it.

As you enjoy the warmer days to come, make sure you take plenty time to hydrate often.

Thanks so much.

Linda Barone HOA President.



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WHO'S WHO

HOMEOWNERS ASSOCIATION OFFICERS

PRESIDENT	Linda Barone	732-267-1544
VICE-PRESIDENT	Nancy Beasley	901-262-4940
SECRETARY	John Dupps	859-802-2486
TREASURER	Linda Terraciano	908-267-6265
DIRECTOR	Peggie Geist	516-770-2726
DIRECTOR	Andy Roman	727-858-0245
DIRECTOR	Linda Paloff	727-312-8967

GAZEBO STAFF

EDITORS Joe Dubé 352-586-6069 Anita Broast 518-821-3444 Leslie Brown 727-807-5182

COMMITTEE CHAIRPERSONS

BINGO COORD. Jackie Utterback 727-455-6845 HOA MEMBERSHIP Linda Terraciano 908-267-6265 ENTERTAINMENT Rocky Valdez 813-453-4983

OTHERS

BIBLE STUDY Phyl Huber 815-382-0424 **CHAPLAINS** Phyl Huber 815-382-0424 Rita Johnson. 856-426-3992 **NOTARY PUBLICS** Joann Knutson 727-364-6167 Michael Valdez 813-545-9308 Joy Caswell. 603-496-9091 PRAYER & Bonnie Masapollo 601-600-6489 DEVOTIONAL HR. Phyl Huber 815-382-0424 SUNSHINE LADIES Charmaine Dupps 859-802-7756 **VETERANS GROUP** George McBride 813-486-2409 **VETERANS ENTERTAINMENT** Laurie Doles. 847-997-7843

COUNTRY PLACE OFFICE

Jennifer Lundy 727-376-2221

ELS EMERGENCY NUMBER 727-359-1558

(For fire, flood, water main breaks, gate problems)

FGUA (Water) 727-372-0115 - Option 1
PASCO COUNTY SHERIFF'S DEPARTMENT
NON-EMERGENCY NUMBER - 727-847-8102
FOR EMERGENCIES CALL 911

FLORIDA WILDLIFE ALERT 888-404-3922 FLORIDA ALLIGATOR ALERT 866-392-4286



SUNSHINE LADIES

Charmaine Dupps (859-802-2486) with news of anyone from our community who is ill, hospitalized, or has passed away.

SOCIAL FUNCTIONS

Tickets to social functions are usually on sale in the Clubhouse on Tuesdays before Bingo.

4:00 to 6:00 p.m.

Please check the bulletin boards in the Clubhouse & mailroom for ticket sales information.



IN THE CLUBHOUSE

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MANAGEMENT CORNER

Keeping Our Community Clean and Safe

Welcome to the May edition of our manager's corner! As we transition into warmer weather and enjoy the beauty of spring, let's focus on keeping our community clean and safe. Here are some important reminders and exciting events happening this month:

- 1. So Please Pick Up After Your Pooch: As we spend more time outdoors with our furry friends, let's remember to be responsible pet owners. Please pick up after your dogs and dispose of their waste properly. Not only does this keep our neighborhood clean and pleasant for everyone, but it also helps protect the environment.
- 2. Mindful Driving: Safety is a top priority in our community. Let's all do our part by observing the speed limit and driving cautiously. By respecting the speed limit (17mph), we ensure the safety of pedestrians, cyclists, and other drivers on our roads.
- 3. Community Shred Event: May 11th: Mark your calendars for our upcoming community shred event on May 11th! Safely dispose of old documents and sensitive materials while protecting yourself from identity theft. Bring your documents to the front of the office from 10am 12pm and take advantage of this free service.
- 4. If You See Something, Say Something:
 This month, we emphasize the importance of speaking up and reporting any concerns or incidents you may witness. Whether it's a safety issue, suspicious activity, or a community improvement suggestion, your voice matters. We encourage all residents to be proactive in submitting comment forms that can benefit our neighborhood.



Page 4

MAY UPCOMING EVENTS

IN THE PARK

May 4 Mother's Day Brunch*

May 4 Karaoke*

May 6 Veteran's Meeting*

May 11 Shredding Event*

May 11 The Frank & Dean Experience*

May 23 BBQ Food Truck

May 25 Memorial Day Dance*

May 27 Memorial Day Service*

May 27 Memorial Day Lunch*

* Refer to flyers in this issue for event times and ticket sales info

THE MONTH OF MAY...

May is a wonderful month full of interesting facts and events. From the arrival of spring to



UPCOMING EVENTS

various celebrations and observances, May offers a lot to learn and explore. Here are some fascinating facts about the month of May:

- May Day: May 1st is celebrated as May Day in many countries around the world. It is a day to welcome the spring season and is often associated with dancing, singing, and the gathering of flowers.
- 2. Birthstone and Flower: The birthstone for May is the emerald, known for its lush green color. The birth flower is the Lily of the Valley, which symbolizes sweetness and humility.
- 3. Cinco de Mayo: May 5th is observed as Cinco de Mayo, a celebration of Mexican heritage and pride. It commemorates the Mexican army's victory over the French forces at the Battle of Puebla in 1862.
- 4. Mother's Day: In many countries, including the United States, Mother's Day is celebrated on the second Sunday of May. It is a day to honor and appreciate mothers and mother figures for their love and care.
- 5. Star Wars Day: May 4th is often referred to as Star Wars Day by fans of the popular franchise. The date is a play on words, with "May the Fourth" sounding similar to the phrase "May the Force be with you."

- 6. Memorial Day: Memorial Day is observed on the last Monday of May in the United States. It is a day to remember and honor the men and women who have died while serving in the military.
- 7. May is National Bike Month: May is dedicated to promoting and celebrating bicycling as a mode of transportation and a form of exercise. It encourages people to bike to work, school, or for leisure.
- 8. The Kentucky Derby: The Kentucky Derby, also known as "The Run for the Roses," is a famous horse race held annually on the first Saturday in May. It is one of the most prestigious horse racing events in the world.
- 9. International Workers' Day: May 1st is also recognized as International Workers' Day, a day to celebrate the achievements of workers and labor movements around the world.
- 10. The Indianapolis 500: The Indianapolis 500 is an iconic car race held annually on Memorial Day weekend in Indianapolis, Indiana. It is considered one of the most prestigious events in the world of motorsports.

These are just a few of the many interesting facts and observances associated with the month of May. It is a month filled with celebrations, remembrances, and the beauty of spring.

Spinach Salad with Strawberries...

Leslie Brown

- 1 tbsp olive oil
- 1 tbsp fresh lemon juice
- 1 tsp honey
- 1 tsp salt
- 1/4 tsp ground pepper
- 3 c fresh baby spinach leaves
- 1c quartered strawberries
- 1/2 c feta cheese

Combine the first five ingredients in a large bowl and stir well with a whisk.

• Add the spinach and strawberries and toss well. Sprinkle with the feta cheese.

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MAY BIRTHDAYS

WAY BIRINDA	475		
Kathy Haugh	05/01	Donna Haywood	05/15
Wenda Morrison	05/01	Chester Scaletti	05/15
Barbara Raum	05/01	Anthony Jimenez	05/16
Shawn Flynn	05/02	Dawn Anderson	05/17
Edith Johnson	05/02	John Rammelkamp	05/17
Dennis Farr	05/03	Gladys Blood	05/18
Doris Zulauf	05/03	Mary Broski	05/18
Eddie Gonzalez	05/05	Peggy Cox	05/18
Nyrma Vega	05/05	William Mieschberger	05/21
Betty Lou Robinson	05/06	Dorothy Mallett	05/18
Barbara Bartel	05/07	George McBride	05/18
Mary Brandt	05/07	Glorya Tyler	05/20
Michael Childress	05/07	Larry Lechner	05/21
Patricia Melnyk	05/07	Michael Platek	05/21
Nancy Shinavier	05/07	Peggy Lamoree	05/22
Frances Hanley	05/08	Zita Gustin	05/23
Brenda Brown	05/09	Edward Hernandez	05/23
Wilbert Vaughn	05/09	Lisa Ann Hudspeth	05/25
Marleen Deweever	05/10	Mike Pafundi	05/25
Donna Maguire	05/10	Joseph Buttice	05/26
Darlene Maloney	05/11	Robert Ramsey	05/27
Myra Bennett	05/12	Fran Esposito	05/29
Drew Bloom	05/13	Sandy Mckay	05/29
Bill Parker	05/13	Richard Ryan	05/29
Janet Gowing	05/14	Ed Szesnat	05/29
Victoria Dooley	05/15	Linda Tammaro	05/30
		Norm Alexander	05/31
		Jay Galassi	05/31
		Steve Huff	05/31





MAY ANNIVERSARIES

Jon & Sherril Carlson	05/01
Dennis & Helen Farr	05/01
Duane & Myra Bennett	05/03
Don & Nancy Weber	05/10
Mark & Debra Ely	05/13
Bill & Pam Parker	05/13
Randall & Ann Gehring	05/17
Richard Hippe & Alice Daly	05/19
Don & Gerri Nevins	05/22
Brian Cleary & Laureen Finnell	05/23
Norman & Sandy Alexander	05/24
Robert & Marta Chappell	05/24
Joseph & Mary Nester	05/29





Please submit any Anniversary and/or Birthday additions, deletions and/or corrections to Joe Dube via Facebook Messenger or Text (352-586-6069)

WHY JOIN COUNTRY PLACE VILLAGE HOMEOWNERS ASSOCIATION?

As an HOA member, you will receive the following benefits:

- * Discounts to HOA events
- * A vote at the HOA members monthly meetings
- * Voting rights in HOA elections
- * We care about you. The HOA sends cards to our members who are ill. We also donate to a favorite charity.
- * You will belong to a group of your fellow homeowners who care about our community.
- * There is power in numbers, we need you to support your HOA and community for the betterment of us all.

The HOA is the legal entity that represents the homeowners and residents of CPV with ELS. Committees are formed that act on behalf of our residents with ELS. All homeowners are eligible to join these committees. Through the years, our HOA Board has learned to work with ELS to enhance our community through using the ELS chain of command.

We would like you to be part of our community! Please consider joining our Association at the low cost of \$20 per year, per household. A membership application is on this page. Simply cut it out, complete this form, add your check for \$20 payable to the Country Place Village Homeowners Association (CPV HOA) and put both in the HOA box in the Lobby of the Clubhouse.



THANK YOU! YOUR MEMBERSHIP IS APPRECIATED!

	Please Print							
2024 HOA Membership Application								
Renewal of Current Membership	New Resident							
Your Name(s)	Address							
Email	Phone Number(s)							
Association". Please place this completed to HOA Membership	neck payable to:" Country Place Village Homeowners form in the HOA drop box in the clubhouse lobby. Your card will be delivered to you.							
Date Received:	HOA# Lot#							

COUNTRY PLACE

FACEBOOK OPTIONS

Country Place Village has many ways to keep in touch with what's happening in our community. Posters are placed in the clubhouse, outside the clubhouse and in the mail room. There are also a few Facebook pages for you to join. Here's a rundown:

CPV Residents—This group page was created in 2009 for any residents of CVP. Its name was recently updated from Country Place Village Residents.

CPV Social Group—This group page was created in 2014 for any current residents of CVP. This page is used to promote positive energy for all residents. CVP HOA INFO PAGE—This recently created page is strictly to keep you informed of the goings on in our community. The hope is to give you facts and not spread rumors. There are no responses allowed. Disregard the old HOA page called Country Place Village HOA.

CVP Buy and Sell--Gathering of residents of CPV in New Port Richey (Trinity) Florida who wish to sell or buy items in CPV from each other. Must be a resident.

RULES:

- 1. All items posted must have a price listed with it. OBO (or best offer) can be added.
- 2. We would suggest that cash is used, and all items are to be paid for at the time of pickup.
- 3. There will be no commercial sales of products or services.
- 4. No illegal items may be listed... selling any tobacco products, alcohol, gambling products, or any illegal substances are not allowed.
- 5. Respect others... Treat others the way you like to be treated. This applies to all groups.
- 6. Please delete your item once it has been sold and paid for.
- 7. Sellers have the right to sell to whom they want.
- 8. There will be no tolerance for drama, harassing members, name calling or any sort or arguments on the wall whatsoever. Those causing any problems will be banned.
- No sale of tickets for concerts/events for profit will be allowed but can be sold for face value or less.

- No double posting of the same item. One will be removed.
- 11. Please be considerate of other buyers and sellers. If you are not interested, don't comment.
- 12. This is a 'Buyer's Beware' site. The site, admins, etc. take no responsibility of the accuracy of description, the financial transaction, the value of items, or any guarantees that items are in working/good shape or price.
- 13. Estate Sale Rules... estate sales may be advertised for a maximum of 15 days with the address and time that items may be seen and/ or purchased. Please note: No one may list an estate sale or sell another member's item. We need the owner's permission that you are allowed to sell their items.
- 14. Items will be deleted after 30 DAYS.
- 15. Only members of CPV Buy & Sell may post on this page. Posting for someone who is not a member is not allowed.
- 16. Posting of properties to buy, sell or rent is not allowed.
- 17. Items that are free and left in a driveway for anyone to pick up, these postings will be deleted after being on the site for 48 hours.
- 18. Members are only allowed to have no more than 6 items at a time on the CPV Buy and Sell group. This will allow all items to be seen.

When one or more of your 6 items sell, you can put another on the page. Items added over the 6 limits will be removed.

You can have one listing with more than one item on it.

CPV Water Aerobics—Information about weather conditions that might prevent the class from being held.

CPV Volleyball Champs— Used to check on the number of players available and communicate cancellations due to weather.



Comment Form

Country Place Village

What type of comme	nt do you have? Compliment Suggestion Concern
	Your Contact Information
Name:	Phone Number
Address	Site #
Email Address	
If your concern is about	a particular resident or address, fill out the below information
Name	Address
Deta	ails (be specific, date, time and place)
Sign Here	Today's Date
	Management Notes

FOOD AND HYPERTENSION

Healthier eating habits lower your risk for high blood pressure.

What you eat can increase your risk of high blood pressure. You can stay on top of this by making small changes in how you cook and what you eat. Making changes to your diet now can lead to tastier, not just healthier, eating.

Make good food choices.

Eating for your heart health can be simple with the DASH eating plan. DASH stands for **D**ietary **A**pproaches to **S**top **H**ypertension and includes foods from every food group. This eating plan can not only lower your blood pressure but also help you manage your weight.

One way you can use the DASH eating plan is by keeping healthy snacks at home. Here are some good snack options to include, starting with the best choices:

- Unsalted nuts
- Fresh vegetables
- · Whole wheat bagel with low-fat cream cheese
- Low-fat granola bars
- · Peanut butter, sunflower butter, almond butter
- Slices of lean turkey or chicken
- Fruits like oranges, grapes, raisins, and apples

Build healthy eating habits.

Unhealthy habits can sometimes lead to bigger health problems like high blood pressure. Reducing unhealthy ingredients in your cooking is one path to lower your blood pressure risks Try these options the next time you're in the kitchen:

- · Take the saltshaker off the table.
- · Minimize the use of processed foods.
- Use seasonings like lemon juice, garlic, onion, and herb mixes.
- Eat more fiber with beans, lentils, and oats.
- Choose low-fat meals including lean meats such as turkey or chicken (without the skin)



Beware of false friends

Salt seems to make any dish taste better, but it's not your friend. The sodium in any type of salt can lead to elevated blood pressure which can damage your arteries. Keep an eye out for other names for these ingredients. For example, when you're watching your salt intake, look for *sodium per serving*. Remember that high sodium foods don't always taste salty. In addition to excessive salt, try to stay away from trans fats or added sweeteners. Try swapping out some of your usual foods for recipes that don't have those ingredients.







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Fun & Games Who's Who

Billards, Co-Ed	Laureen Finnell Denise Liggins	508-361-6789 813-598-2001
Billiards, Mens	Mark Skehan	727-271-7291
Billiards, Womens	Peggie Geist Nancy Beasley	516-770-2726 901-262-4940
Bingo	Jackie Utterback	727-455-6845
Bowling	Linda Teele	508-373-6139
Bridge	Dave Knutson	727-237-5886
Cribbage		
Dominoes, Mexican Train Version	Carolyn Ryder Fay Groves	727-302-7808 727-264-7384
Entertainment	Rocky Valdez	813-453-4983
Euchre	Pat Wood	727-375-9687
Ladies 9-Hole golf	Peggie Geist	516-770-2726
Librarian	Kathy Sykes Bram	727-967-1418
Martial Arts	Drew Bloom	802-839-6175
Mah Jongg	Bonnie Hankins Debbie Keithley	727-807-3926 502-594-7201
Pickle Ball	Bill Lockridge	727-415-0225
Pinochle	Caroline Reichardt	727-809-1770
Poker Club	Isa Palomero	516-317-8785
Poker, Ladies	Linda Barone	727-267-1544
Quilting	Patricia Herrmann Janie Franco	727-376-7216 727-645-5314
Red Hats	Linda Paloff	727-312-8967
Shuffleboard	Mike Laura	727-514-2711
Singles Group	Susan Godsell	701-340-3100
Water Aerobics	Helen Farr Karen Mann	813-690-5157 502-551-0109
Tennis	Keith Ciecirski	727-534-0033
Watercolor Painting	Deb Ely	810-919-9565
"65"	Caroline Reichardt	727-809-1770
Game Night	Deb Ely	810-919-9565
	Susie Godsell	701-340-3100

NOTE

TICKETS TO SOCIAL FUNCTIONS ARE USUALLY ON SALE IN THE CLUBHOUSE ON TUESDAYS BEFORE BINGO (APPROXIMATELY 4:00 TO 6:00 P.M. FOR HOA EVENTS AND VETERAN'S EVENTS). PLEASE CHECK THE BULLETIN BOARDS IN THE CLUBHOUSE AND MAILROOM FOR TICKET SALE INFORMATION FOR SPECIAL EVENTS.



Thank you to those who proudly fly our American Flag. Please be aware Florida weather is extremely harsh on flags. Please keep a watchful eye on your flag and replace it when in disrepair and discard it properly. There is a drop box for old flags in the mailroom. A representative from the American Legion picks them up periodically. The American Legion and the United States Post Office holds an Unserviceable Flags Ceremony frequently and will accept flags in disrepair. Thank you.

RECYCLING

EVERY WEDNESDAY is recycling pickup day. All the following items can now be recycled: #1, #2, #3, #4, #5 and #7 plastics, and aluminum and metal food cans.

NO LONGER ACCEPTING GLASS!

Please rinse all items before placing them out for collection. You can place them in the (permanent) container of y o u r choice (with the "Curb It Pasco" sticker on it facing the street).

You may recycle newspaper, paper, or cardboard. Styrofoam of any kind, plastic film or bags of any kind, plastic plates, cups, utensils or tablecloths or plastic toys of any kind still cannot be recycled.

Batteries and old eyeglasses can be recycled in the containers in the mail room thanks to the generosity of some of our residents. FOR RECYCLING PICKUP QUESTIONS, PLEASE CALL REPUBLIC AT 727-868-2566.

"RACK 'EM UP"

Please make sure to post results on CPV Facebook Pages

Women's Billiard

3-20-24

Peggie Geist & Doris Zulauf Nancy Beasley & Sandy Alexander Linda Terraciano & Doris Palmer

3-27-24

Anita Broast & Nancy Beasley Janice Franklin & Diane Wilson Barbara Spencer & Sandy Alexander

4-3-24

Anita Broast & Kathy Skehan Doris Zulauf & Nancy Beasley Diane Wilson & Barbara Spindler

4-10-24

Peggie Geist & Doris Zulauf Denise Liggins & Janice Franklin Diane Wilson & Vicky Dooley



Men's Billiards

3-18-24

Tony Calise Gilly Gilfillan

Mike French

3-25-24 Mark Skehan Keith Day

Tony Calise

4-1-24

Gilly Gilfillan Keith Day Tony Calise

4-8-24

Ken Sonderman Gilly Gilfillan Mark Skehan

4-15-24 Gilly Gilfillan Mark Skehan Tony Calise

Co-Ed Billiards

3-21-24

Pat Beauchaine & Ted Lamoree Sandy Alexander & Ken Sonderman Doris Palmer & Jeff Wilson

3-28-24

Anita Broast & Randall Adkins Laureen Finnall & Norman Alexander Diane Wilson & Mark Schmitt

4-4-24

Doris Palmer & Buz McClay Kathy Skehan & Ted Lamoree Diane Wilson & Ken Sonderman

4-11-24

Laureen Finnell & Jim Nyers Mark Schmitt & Ken Sonderman Diane Wilson & Chuck Dunton



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PREVENT FALLS IN YOUR HOME

How to lower your risk of injuries

Falls are a leading cause of injury among older adults. They can lead to twisted ankles or fractured hips, impacting your quality of life. Cluttered rooms, rugs that bunch up or slide, and dark spaces increase your risk of falling. As you age, physical changes and sometimes the medications you use can make falls more likely. Still, fear of falling doesn't need to rule your life. Consider these simple strategies to reduce your risk of injury.

Keep living spaces clear.

Living rooms and spaces where you spend a lot of time can collect clutter. Don't let your coziest rooms trip you up. Here are a few ways to make it safer:

- Make sure your sofa or chairs are at heights that allow you to easily get up or down.
- Eliminate rugs if possible. If you can't, add nonslip strips. Make sure rugs are pushed up against the wall so there are fewer edges to trip on.
- Install handrails on both sides of any stairs.
- Ensure cords don't cross over areas you walk.
- Make sure your high traffic walking areas are free of clutter.
- Put frequently used items (remotes, phone, walker, or other assistive devices) where they're easy to reach.



Bathroom: danger zone?

Bathroom tiles may look nice, but dampness adds risks. Water can find its way into many spots. This makes stepping out of the shower riskier than it needs to be. Use these tips to upgrade your bathroom:

- Never push or pull on a towel rack. They aren't safe to bear your weight. Instead, install grab bars near your toilet and shower.
- Put non-slip mats anywhere that may get wet and slippery.
- · Use night lights to avoid late-night falls.
- Be cautious when stepping into and out of a tub or shower.
- Consider using a tub bench or shower seat to avoid sitting on the bottom of the tub or standing in the shower.

Safety for other rooms

Other rooms in your house might need some updates too. These ideas can help:

- Run extension cords along the walls, away from walking spaces.
- Keep a flashlight and phone near your bed at night.
- Don't use a chair to reach things. They aren't engineered for standing on. Instead, use a 'reach stick,' step stool, or ask for help.
- Add slip guards to hardwood floors.
- If possible, consider adding a banister or other assistive devices to your stairs.

These tips can only reduce the risk of falls. Be prepared with emergency numbers written in large print in each room. Getting your eyes and ears checked can also reduce your risk of falling.



TAKE CARE OF YOUR BRAIN

Tips to keep your brain healthier as you age.

Keeping your brain healthy is key to your physical and mental health. Your brain controls body processes like digestion and muscle movement. It's also the center for your emotions, memory, and decision-making. As you age, it might seem natural to focus on your physical health. But don't forget to support your brain with these healthy habits.

Exercise keeps your brain strong.

Did you know that people who get regular exercise show memory skills than those who don't? Add some activity into your routine to support your body and brain at the same time. You might try going for a walk, tai chi or starting a MOVE IT plan.

Being active not only improves your physical health but can strengthen your memory too.

Mental health and brain health

Mental health impacts your thinking. Stress and anxiety might make it hard to focus on your daily life. If you experience depression, your thoughts could feel slower or more confused. Symptoms of PTSD can interrupt your daily life.



1-800-226-0955 FL LIC. #CCC 057091 If you experience anxiety, depression, or PTSD, talk with your health care provider to find out what treatment is best for you. Your brain health and mental health go tagether. Support for one is help for



together. Support for one is help for the other.

Sleep recharges your brain.

If you don't get enough sleep, you're not alone. You probably know what it's like to get a bad night of sleep and struggle with low energy the next day. But sleep recharges your brain too, not just your body. If you don't sleep well, it can affect your thinking and moods.

Learn about good habits to improve your sleep Give your brain the time it needs to rest and recharge so you can have a better next day. You should talk with your doctor about common sleep issues like insomnia, to make sure you have the support you need.

Talk with your doctor about brain health.

Small, occasional changes in your brain as you age can be normal. If you'd like to learn more, talk with your health care team if you're noticing frequent problems with your thinking, memory, or mood.





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May Crossword

ACROSS

- 1. Letters and postcards
- 5. Elbowroom
- 10. Toot
- 14. Coastal raptor
- 15. Lone Star state
- 16. Spindle
- 17. Affection
- 19. Bridge
- 20. East northeast
- 21. Dispatches
- 22. Colossal
- 23. Think likely
- 25. Occurrence
- 27. A rotating disk
- 28. Earaches
- 31. Noble realm
- 34. Cigarette remains
- 35. Avenue (abbrev.)
- 36. Black-and-white cookie
- 37. Distributes
- 38. Put away
- 39. Petroleum
- 40. Roof overhangs
- 41. Scenes
- 42. Avoid responsibilities
- 44. Bowling target
- 45. Not over
- 46. LA baseball team
- 50. Chimes
- 52. Eagle's home
- 54. Grassland
- 55. Largest continent
- 56. Soil and plant sciences
- 58. Against
- 59. Had in mind
- 60. Decorative case
- 61. Sow
- 62. Donkeys
- 63. Anagram of "Rent"

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DOWN

- 1. Doled
- 2. Sporting venue
- 3. Not outer
- 4. Light Emitting Diode
- 5. Brook
- 6. One cent coin
- 7. Cut down
- 8. Magnetic tape
- containers
- 9. S
- 10. Establishing
- 11. Elaborate
- 12. Distinctive flair
- 13. Confined

- 18. English exam finale, 40. Terminates
- often
- 22. Colloids
- 24. Bounce back
- 26. Tanks
- 28. Not inner
- 29. Affirm
- 30. Stitches
- 31. Ruination
- 32. Murres
- 33. Lumpy deposits of
- body fat
- 34. Drinks
- 37. A magician
- 38. Croon

- 41. Not audio
- 43. Decorated
- 44. Sharp ends
- 46. Pilotless plane
- 47. Gentry
- 48. Happen again
- 49. Antelope of India
- 50. Bleats
- 51. Anagram of "Seen"
- 53. Ages
- 56. American Medical
- Association
- 57. Encountered



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May Word Search

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G E O T T T U C D N L P S
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Y Y E S A E L E R S Y O J



beautiful	finder	joys	reign	smile
	follow		release	smock
chisel	foxy	kindly	roles	state
		leash	rumor	
defend	gentle			term
define	give	mercy	scuttlebutt	tidbit
diaphonous	gloves	nose	secret	tight
dress	gorge		sense	true
		piece	sets	
	hugs	prize	sexy	yield









LUNCH

Monday May 27th, 2024
Serving begins following ceremony

Chicken Sandwich – Potato Salad – Cole Slaw Water - Soda

\$10.00 per person





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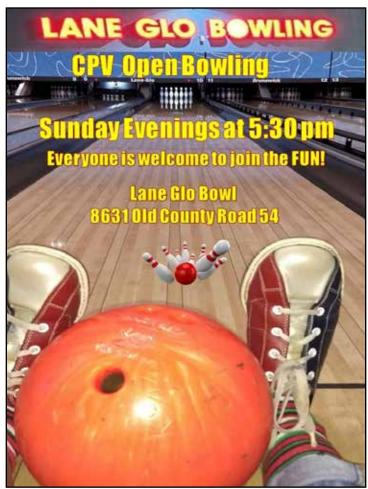
FL State Licensed Mobile Home Installer # IH-1110636 FL State General Contractor License #1531303



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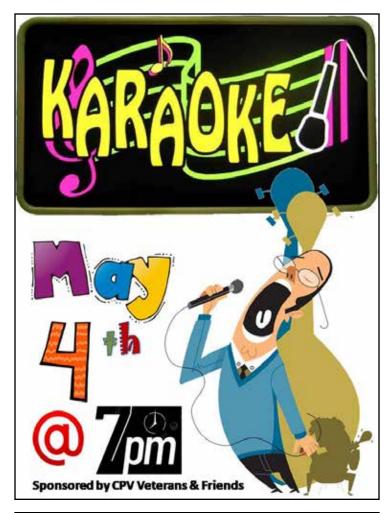
























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		LIGHT PLUMBING JOBS, AIRPORT RIDES
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May 2024

	Saturday	6:00 PM Pickle Ball 9AM Shuffleboard 5s 1:00PM Water V'ball en	4 11AM: Mother's Day Brunch 7PM Karaoke Veterans Sponsored	11 10-12 Noon Shredding Event @ Clubhouse 7:00PM The Frank & Dean Experience	18	25 7:00PM Memorial Day Dance	
May 2024	Friday	8:30A Pickle Ball 10:00AM- Shuffleboard 10:00AM Water Aerobics 1:00PM Dominoes, Mexican Train Version 6:00PM "65" Women/Men 7:00PM SKAT	ဇ	10	17 10:00AM-Noon Coffee & Friends Clubhouse	24	34
age COUNTRY PLACE VILLAGE COMMUNITY CALENDAR	Thursday	AM Trash Pickup 8:30AM Pickle Ball 9:00AM No Contact Martial Arts Fitness 1:00PM Cribbage 3:30PM Poker 6:00PM Core Billiards 6:30PM Euchre 6:00PM Game Night	2	6	16	23 4-7PM Breaking Bread BBQ Food Truck	30
	Wednesday	AM Recycle Pickup 8:30A Pickle Ball 9:00AM Ladies 9hole Golf 10:00AM Water Aerobics 10:00AM Quilting. 1:00PM Water V'Ball 2:00PM Watercolor Painting 3:00PM Prayer/ Devotion 5:00PM Ladies Billiards 5:30PM Poker 6:00PM Pinochle	-	8	15 11AM Red Hats	22	29
	Tuesday	8:30AM Pickle Ball 10:00AM Shuffleboard 10:30AM Produce Mkt. in the Clubhouse 11:30AM Poker 11:00PM Mah Jongg 1:00PM Bridge 6:30PM Bringo 7:30PM Evening Shuffleboard		7	14	21	28
	Monday	AM Trash Pickup 9:00AM Pickle Ball 9:00AM No Contact Martial Arts Fitness 10AM Shuffleboard 10:00AM Water Aerobics 1:00PM Water V'Ball 3:30PM Poker 6PM Men's Billiards 6:00PM Ladies Poker 6:30PM Bible Study		6 4:00PM Veterans and Friends Meeting Everyone Welcome	13	20	27 11:00AM Memorial Day Service Veteran's Park Memorial Day Lunch Following Service
COUNTRY PLA	Sunday	8:30AM Pickle Ball 1:00PM Water V'ball 6:00PM Bowling at Glo Lanes on Old 54		5	12 Mother's Day	19	26

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