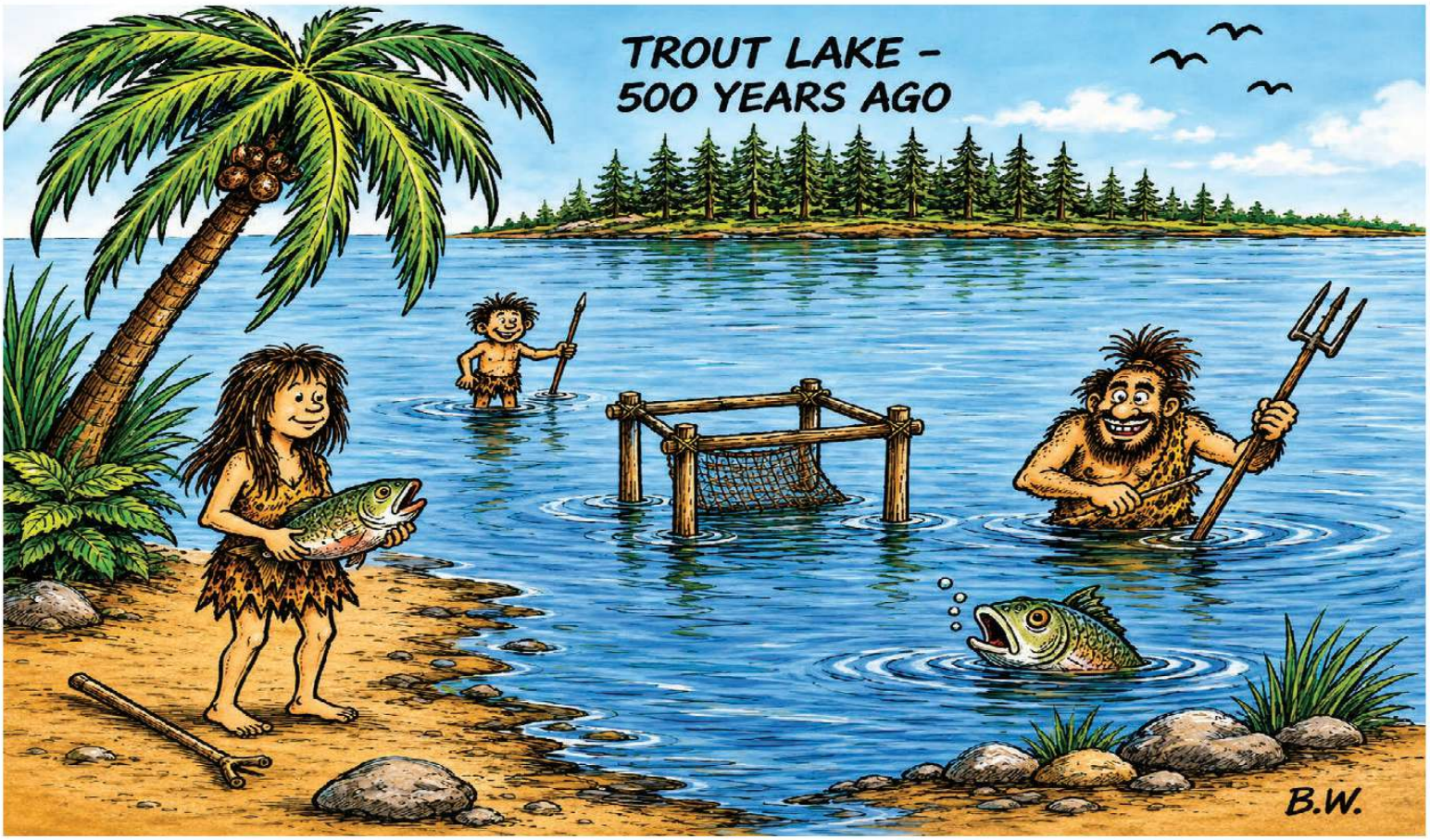
THE OSPREY

A Publication of Country Club Manor

Country Club Manor ON TROUT LAKE

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Original by Barry Wyatt / *Enhanced by Buddy Bot*

Country Club Manor Office:
Phone.....352-357-6644
Fax.....352-357-6655
Clubhouse 352-589-9815
Email
manor@countryclubmanor.com
Website
www.countryclubmanor.com

OSPREY
Editorial.....(352) 977-4848
ospreyccm@gmail.com

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Osprey DEADLINE

The 15th of Each Month

For more information contact Editor at (352) 977-4848 or email: ospreyccm@gmail.com

OFFICE HOURS

Monday - Friday
9am - 4pm
Phone - 352-357-6644
Email - manor@countryclubmanor.com
After hours leave message or email.

CCM clubhouse

PRIVATE PARTY RENTAL

Did you know you can rent the clubhouse for private parties?

Yes you can!
Please contact Barbara Duckwall
(765) 669-3238 if you are interested.

Additional information and a rental application is available on the CCM Website.

PLEASE BE AWARE AND HONOR THE SPEED LIMIT WITHIN COUNTRY CLUB MANOR

SPEED LIMIT 15

TO SEE COLOR PICTURES FROM CCM EVENTS & MUCH MORE!

NO GOLF CARTS ALLOWED ON THE CCM BRIDGES AS THIS IS VERY DANGEROUS!





IMPORTANT:

To receive emails from the office, you must sign up for email notifications.

There are many important benefits to staying connected. You will receive timely updates such as **scheduled water shut-offs, wildlife alerts** (including bear sightings), and other critical information affecting residents.

In addition, the office sends **activity reminders** and the monthly online color edition of *The Osprey* newsletter.

Contact Amy (in CCM office) and let her know you would like to be on the emailing list.

SAC

SOCIAL ACTIVITIES COUNCIL

We would like to remind ALL RESIDENTS that you are automatically members of the Social Activities Club (S.A.C.). We welcome your suggestions and comments at our monthly meetings typically held on the 1st Saturday of each month after coffee hour between October and March. At the meetings, you have the right to make motions from the floor to vote on the proposals before the group.

Hospitality

Are you a new resident at CCM? Your Hospitality Greeter is Valerie Helms. The duties of the Greeter is to connect with you, order your Name Tags, fill out an information sheet, provide you with an info package about CCM which includes the various activities, and answer any questions you may have. You will also receive a small gift from CCM. **Please call Valerie at: (518) 524-7272**



SUNSHINE CLUB

Country Club Manor's Sunshine Club performs caring acts for residents who are ill, in the hospital, isolated, in need of encouragement, or have passed away.

Call Becky, Marsha or Betty, and they will send get well and sympathy cards or place a memorial wreath if a resident passes away.

Becky Neilson: (407) 963–1760
Marcia Fowler: (585) 734–9631
Betty Livell: (314) 791-4264

NEARBY MEDICAL ATTENTION

HOSPITALS:

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Website:
adventhealthwaterman.com

HCA FLORIDA

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Affiliated with Lake Monroe-Hospital in Sanford.
16831 US Highway 441, Eustis 32726
(352) 800-5400
Website:
HCAFloridaHealthcare.com

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Mount Dora 32757
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Saturday – Sunday
8am – 5pm
(352) 729-2666
Website:
avecina.com

AdventHealth Centra Care

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Mount Dora 32757
Hours: Monday – Friday
8am -- 8pm
Saturday – Sunday
8am -- 5pm
(352) 383-3484
Website:
Centracare.adventhealth.com

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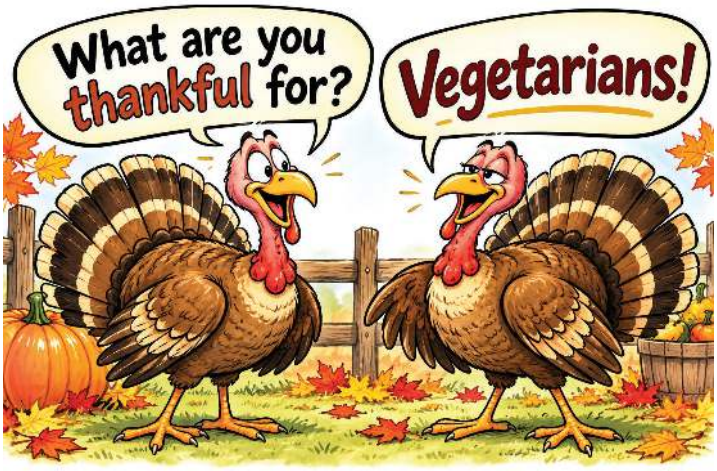
IT'S OK TO 😂 OUT LOUD - AKA FUNNIES

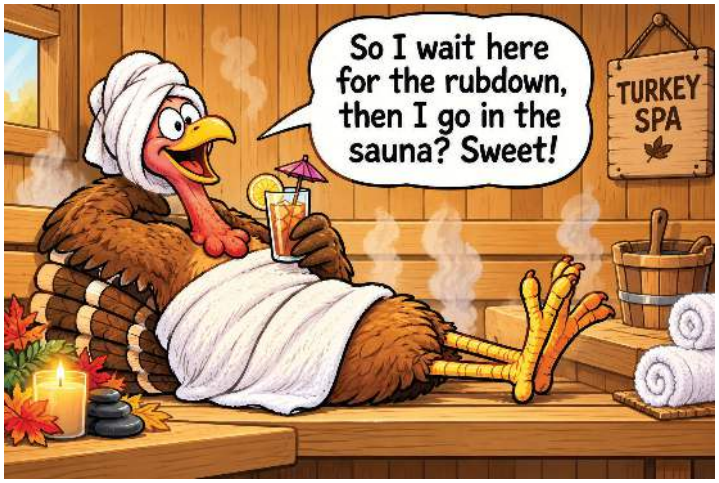






Cartoons contributed by Joni Hanchett and Created with a little help from Buddy Bot



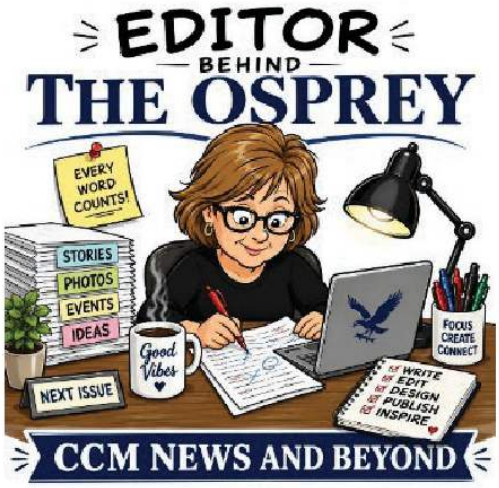












LETTER TO OUR READERS

Hello, Everyone:

During this month of Thanksgiving, we have a special reminder and opportunity on **November 11** to recognize and thank our **veterans** for their service and sacrifice. As we gather on Thanksgiving Day with family, friends, and the people who bring happiness into our lives, may we take time to reflect on our blessings, give thanks, and share our gratitude with others.

I would be remiss if I did not give a special shout-out to **Sue Frost** for handling the distribution of *The Osprey* newsletters during the summer months while I away. Another special recognition goes to **Community Media**, our publisher, for all they do to provide us with such a beautiful product!

On pages 8-9, be sure to check out **"How to Speak CCMease,"** a practical guide for both newcomers and longtime residents. Think of it as a friendly community handbook that helps us appreciate the unique traditions, and everyday greetings that make Country Club Manor special.

Our community activities are in full swing! See **Linda English's November article** highlighting various Social Activities Club **(SAC)** events on page 11, along with the November Activities section on pages 14 and 15. There is plenty to explore, enjoy, and share with our neighbors!

You may be wondering about the cover, which depicts Trout Lake 500 years ago. This imaginative scene comes from one of the many humorous cartoons created by **Barry Wyatt**, a longtime Country Club Manor resident since 2000. His creativity adds a delightful touch of humor to our November issue, with a modern day enhancement by **Buddy Bot**.

As we celebrate this season of gratitude, let us remember that our greatest blessings are often found in the people, shared experiences, laughter, and kindness that bring our community together. Thank you for being part of what makes Country Club Manor—so special.

HAPPY THANKSGIVING!

Cheers!

Cheryl Watts, Editor
Email: ospreyccm@gmail.com





HERE'S WHAT READERS ARE SAYING ABOUT OCTOBER'S THE OSPREY

- "The tips about life and the poem about Leisure, are as inspirational as the comics are funny. The former makes me think about what's truly important and the latter bring a healthy smile to my face."
- "Great article on troubleshooting your TV and I appreciated the tips on fire prevention."
- *Osprey* feature Madeline L'Engle: "L'Engle was never a strong math student, but as an adult she found herself drawn to concepts of cosmology and non-linear time after picking up a book about Albert Einstein. Einstein sparked L'Engle's interest in quantum physics and tesseracts. L'Engle adamantly believed that any theory of writing is also a theory of cosmology because "one cannot discuss structure in writing without discussing structure in all life." The idea that religion, science, and magic are different aspects of a single reality and should not be thought of as conflicting is a recurring theme in her work. In case you don't recognize the term 'tesseract' check Marvel movies e.g. THOR. Best known for **'A Wrinkle in Time'** series."

***Readers are encouraged to share their comments and feedback. Your anonymous contributions may be published in the next**

WHAT READERS ARE SAYING ABOUT *THE OSPREY*



Gary and I have always enjoyed cruising with Royal Caribbean. In fact, we've sailed with them nine or ten times and have consistently given them excellent reviews. So, when we received an opportunity to "bid up" for a nicer stateroom before our recent cruise, we thought, "Why not?"

What could possibly go wrong? -- As it turned out... quite a bit.

Our original Interior Stateroom cost $1,602.36 for both of us. We were offered the opportunity to submit a bid for a Panoramic Spacious View stateroom. We interpreted the bidding process to mean we would pay the **difference** between our original room cost and the accepted bid. That difference would have been $557.64—a price we were willing to pay for an upgraded experience.

The situation became even more confusing.


From: Royal Caribbean - RoyalUp <royalup@rccl.com>
Date: Tue, Apr 28, 2026 at 3:48 PM
Subject: Changes to your RoyalUp request.
To: xxxxxxxxxxxxxx

ROYALUP
YOUR UPGRADE IS A BID AWAY

RESERVATION MODIFICATION

CHERYL WATTS,

This email is to let you know that we've cancelled your requested RoyalUp upgrade due to a change in your reservation.

Booking Reference: 4269187

Just before our cruise, Royal Caribbean emailed us stating that our RoyalUp upgrade had been **cancelled due to a change in our reservation.** We assumed that was the end of the story. Imagine our surprise when we boarded the ship and discovered that we had, in fact, been assigned the upgraded panoramic room! We enjoyed the cruise, never suspecting there was a problem.

When we returned home, I discovered a $2,160 charge on my credit card. Not $557.64... but the full amount of our accepted bid. That meant our total cruise cost had jumped to $3,762.36—an increase of approximately **135% over the original stateroom price.** Needless to say, we were stunned.

I wrote to Royal Caribbean, explaining what we believed had been an honest misunderstanding and asking them to consider a goodwill adjustment. When I received no response, I disputed the charge with Bank of America. After reviewing the matter with Royal Caribbean, Bank of America closed the case, explaining that because we had accepted the upgraded cabin and completed the cruise, the charge would stand. **The lesson?**

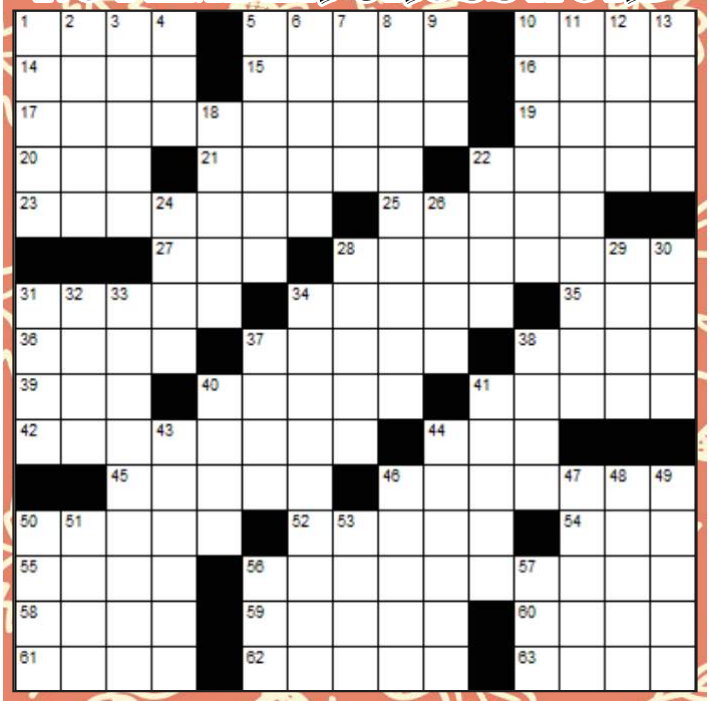
Before accepting any cruise line upgrade offer, read every word of the terms and conditions. If something isn't crystal clear, ask questions before clicking "Accept." A few minutes of clarification may save you thousands of dollars—and a great deal of frustration.

Would we cruise again? Absolutely, but if another "Bid Up" offer appears in my inbox, you can be sure I'll be reading every line of the fine print... and maybe calling Customer Service before we bid!

Sometimes the best souvenirs aren't found in the gift shop—they're the lessons we bring home.

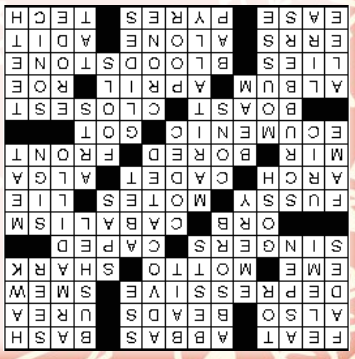


NOVEMBER CROSSWORD



ACROSS
1. Accomplishment
5. Old Jewish scholars
10. Big party
14. As well as
15. Rosary components
16. Fertilizer component
17. Forlorn
19. Type of duck
20. An uncle
21. Slogan
22. Dogfish
23. Chorale members
25. Like many a superhero
27. Sphere
28. Any occult doctrine
31. Fastidious
34. Particles
35. Falsehood
36. Flatfoot's lack
37. Trainee
38. Seaweed
39. Soviet space station
40. Uninterested
41. Not back
42. Promoting religious unity
44. Obtained
45. Brag
46. Nearest
50. Music disc
52. Spring month
54. Fish eggs
55. Prevaricates
56. Heliotrope
58. Makes a mistake
59. Companionless
60. Mine entrance
61. Lack of difficulty
62. Funeral piles
63. Technology

DOWN
1. Evanesces
2. Varnish resin
3. Poplar variety
4. Craggy peak
5. Soak up
6. Beats
7. Enticement
8. Encouraged
9. South southeast
10. Unit of dry measure
11. Nocturnal armored mammal
12. Fortune teller
13. Diurnal bird of prey
18. File
22. Resorts
24. Golly
26. Assist illegally
28. Digital compression device
29. Portent or omen
30. Flesh from animals
31. Renown
32. Acid related to gout
33. Brushes for heavy cleaning
34. Matrimonial
37. Bamboozles
38. Cultural doings 40. Ray
41. Gullible people
43. Puddinglike dessert
44. Moves effortlessly
46. Hag
47. Wear away
48. Relating to audible sound
49. We chew with them
50. Away from the wind
51. Former Italian currency
53. Impoverished
56. A roll of soft bread
57. Make lace





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HOW TO SPEAK
CountryClubManorease aka CCMease

Contributed by Cheryl Watts

You may wonder what is CCMEASE? It's the special lingo used around Country Club Manor, aka CCM to describe everything you need to know or would like to know about our community. Newcomers may not be aware that there is such a lingo, but will soon be learning.

Let's Begin!

CHAPTER 1.



***The Osprey*:** Country Club Manor's monthly newsletter. Deadline for articles, events etc. = 15th of each month apart from December and January Holiday issues with earlier deadlines to be announced. Please, do not submit any political or religious topics.



Clubhouse: Most of CCM's recreational events are centered around the 8,250 square foot Clubhouse containing a banquet hall, stage for performers, lending library, billiards/exercise room and mail delivery area.

Library Located in Clubhouse. There is an extensive collection of books, Cd's and DVD's.

Mailroom: Located at south entrance of Clubhouse



Information Center: In the vestibule by the Patio

Slant Board: Located within The Information Center. This is where you sign up for activities and events when requested.



Wreath: When you see a  wreath hung **outside the main Clubhouse entrance,** it signifies that one of our residents has passed away. Information about the deceased, when they died, Memorial Service and family contact info (if known) will be posted. Our *Sunshine Club* sends a Condolence card on the behalf of CCM residents to the family contact person.

CHAPTER 2.

Activities Calendar: Placed inside of each *Osprey.* Also posted on the bulletin board (as you enter the main entrance of clubhouse) and on the bulletin board in the Clubhouse Information Center.

Coffee: All residents are invited to attend the weekly Coffee Social on Saturdays: 9am ($1 gets you ☕ and a  .) Great way to meet your neighbors and make new friends.

Hospitality: Our Hospitality Greeter is *Valerie Helms*. New residents will receive a Welcome package, which includes your name tags, information about activities and events, as well as a small gift. Contact # = (518) 524-7272

Social Activities Club: All residents are automatically members. SAC Meetings are after 1st Saturday Coffee. Residents have the right to make motions from the floor and to vote on proposals before the group.



Are you someone that would like to Jam with other musicians? If so, come join us on Wednesdays at the Clubhouse (3pm until 5pm). Of course, All music lovers are *Welcome* to listen as the Jammers Jam***. It's a Great Hump Day Activity!***







PLEASE BE AWARE & HONOR THE SPEED LIMIT WITHIN COUNTRY CLUB MANOR



Alligators and Wildlife: Whatever you do, don't feed them! By feeding them, they lose the instinct to flee. It is illegal to feed alligators. Can be a $500 fine and/or 60 days in jail.

CHAPTER 3.

Our interactive Neighbor to Neighbor *Facebook* page was started by our resident, Bob Duckwall. It is a way to let other residents know about special announcements, giveaways, wildlife sightings, save the dates, an occasional joke, and more. Many residents in need of recommendations for a plumber, alterations person, dentist, doctor etc. find this is a good place to reach out. It's a place to post those beautiful pictures taken within the park- often at sunrise or sunset, local events, trips etc.

NEARBY ACTIVITIES & EVENTS



Visitors enjoy walking the many self-guided trails, seeing the exhibits, and strolling the peaceful 1,000-foot-long boardwalk. As an independent nonprofit, Trout Lake Nature Center depends on volunteers, donations, and the support of the community. ***Every Third Saturday*** - Music Concert and Potluck starts at 7pm. Cost is $7.

CHAPTER 4.

COMMON GREETINGS: "Good morning," "Good afternoon," "How are you today?" "Nice day, isn't it" and so on …

THE WAVE: Country Club Manor is known as the *friendly community* where neighbors greet neighbors and most even give a friendly as they drive-by in and out of CCM.

On April 15, 1993, CCM became a Co-Op, which has been a huge blessing to all of its residents.

It won't take long – and you will soon be in the swing of things and fluent in CCMease! We promise!

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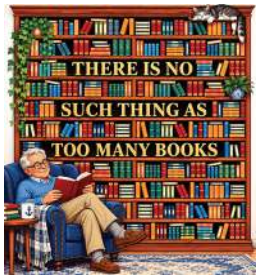
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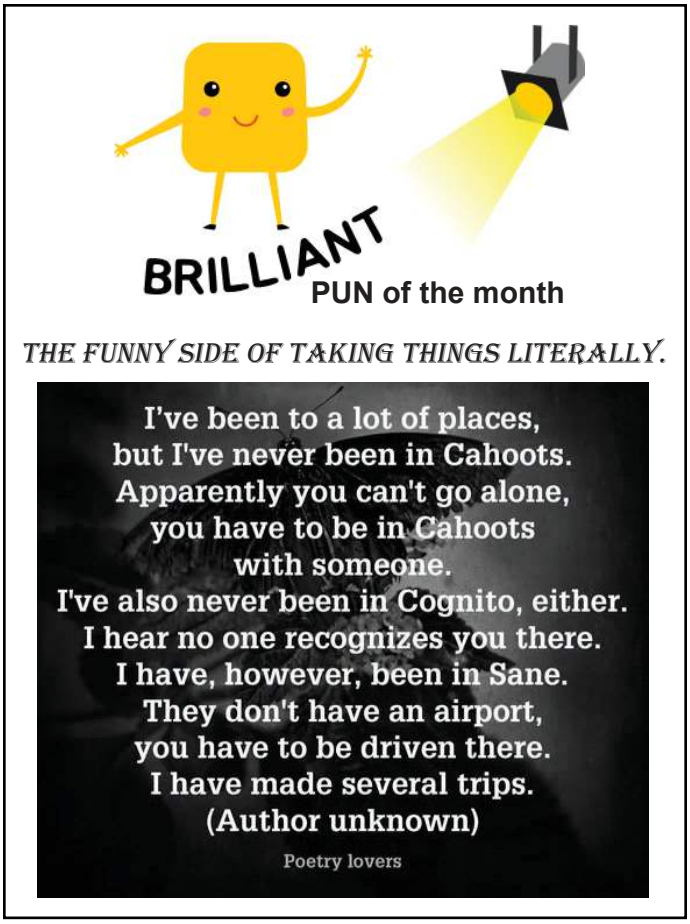
ACCREDITED BUSINESS

ABOUT OUR LIBRARY



CCM's Library is User Friendly – Stop in... Located in Clubhouse.

A World of Thanks* to our resident, Linda Rathay for her many years of managing Books, CD's and DVD's in an out of the Library. *Thank you for your service to our CCM community!



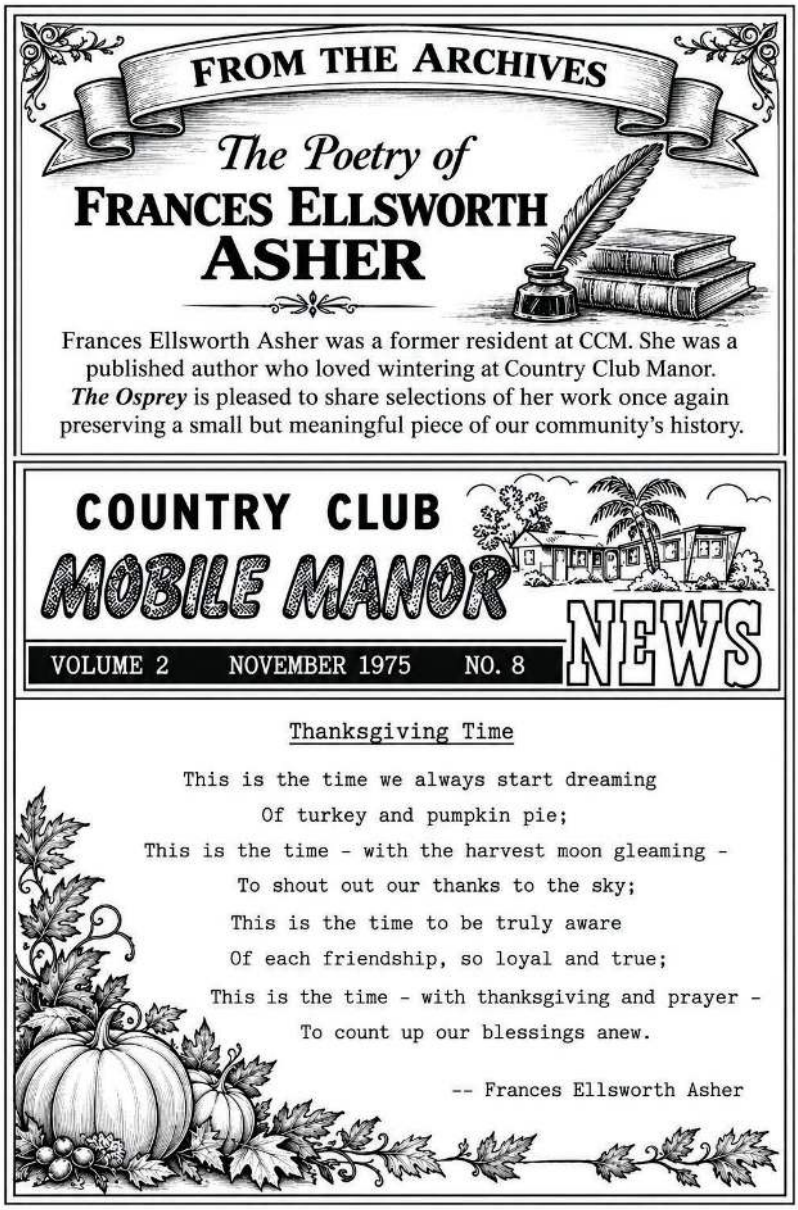


QUOTES CORNER

In the spirit of Thanksgiving — words to remind us of what matters most.

- "Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings." *William Arthur Ward*
- "A thankful heart is not only the greatest virtue, but the parent of all the other virtues." *Cicero*
- "Gratitude unlocks the fullness of life. It turns what we have into enough, and more." *Melody Beattie*
- "Silent gratitude isn't much use to anyone." *Gertrude Stein*
- "Happy Are Those Who Take Life Day by Day and Are Thankful for The Little Things." *Unknown*

POETRY CORNER



Social Activities Committee

NEWS *from Linda English*

November is the official beginning of the new season. Your elected SAC board members will put their heads together and try to come up with another fun filled six months. Last year we added five new activities to our schedule; Chair Yoga, Line Dancing, two card games and Mexican Train dominoes. We aren't shooting for anything quite that ambitious this year, no room in the schedule, but the Cornhole game has been pulled from a dark corner and is being enjoyed in the clubhouse once again.

SAC will hold their first General meeting after Coffee on Saturday, November 7. We will be open to suggestions from the residents and give you a brief overview of the new season.

On Friday, November 13, our favorite guy with all the answers, Dominic, will host Trivia Night. Bring all those unimportant tidbits of useless information your senior brain has stored and dazzle your teammates. Sign your team up on the Slant Board. If you don't yet have a team, put your name down and others may sign up with you to form a team. We always manage to accommodate everyone who wants to play. Bring your own beverage and shareable snacks.

Don't miss our Craft Show on Saturday, November 14 following coffee hour. There are many talented people in our park and you will have the opportunity to see their handiwork at this Autumn show. It's the perfect opportunity to pick up a Christmas gift, stocking stuffer or even a small item for the Women's Club Gift Exchange held every year in February.

The tables will be set up and you can look at the wares as you wander around with your coffee and doughnut, but sales will not begin until Coffee Hour has finished at 9:30am. Show will end at 12:30.

If you are one of our talented crafters and would like to sell your creations, please sign up on the Slant Board. Vendor registration is $10, payable to Debbie Michel or Linda English, before November 11. You may use one- or two of the six-foot tables. SAC would like vendors to bag their baked goods and design their table top with the Holiday Season in mind. Set up will be at 8am before Coffee Hour begins.

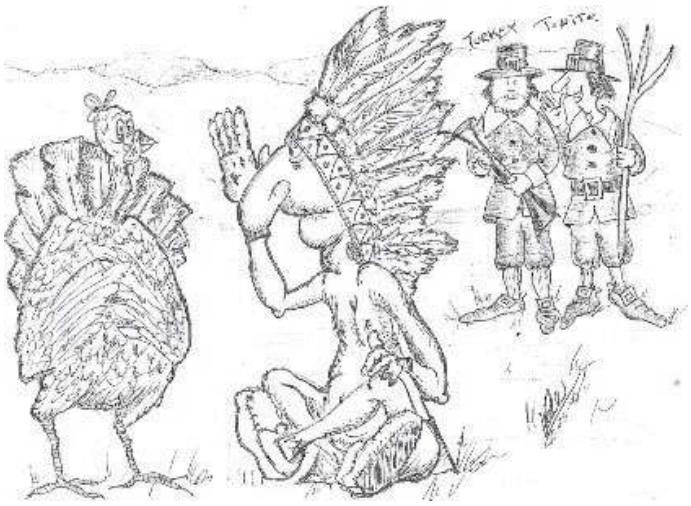
This is a SAC sponsored event so all money collected will go back into the activity fund. Gather your family and friends, even from outside the park, and choose from handcrafted jewelry, shell art, baked goods, stitched and embroidered items, holiday breads, chocolate bacon, note cards and dining scarves. Oh…. never heard of dining scarves? They are just the ticket for those messy delicious spaghetti dinners.

Rick Brown will be back in the clubhouse to offer Karaoke on Saturday night, the 21st. Bring your best song or a pal to harmonize with and entertain the audience that loves to hear you sing.

Chair yoga begins the new season on November 2 with Trainer Troy and Line Dancing with Lorna is back on Thursday afternoons. Many activities begin in November so check out the display boards in the clubhouse for more details, and your monthly calendar, included in *The Osprey*, for the day and time of all activities.

This year we're going to do something new on the eve before Thanksgiving. On Wednesday, November 25, come down to the clubhouse patio at 4:30. Bring an appetizer to share, your own wine glass, and a bottle of your favorite wine to share. We're going to have a "WHY NOT TRY A NEW WINE" Bar. Even if you've been a Chablis drinker for decades, it's your opportunity to try a Malbec or Sangria and see what you've been missing. It's also a good time to shake off the flour, forget about sweet potatoes and enjoy the holiday a little bit early.



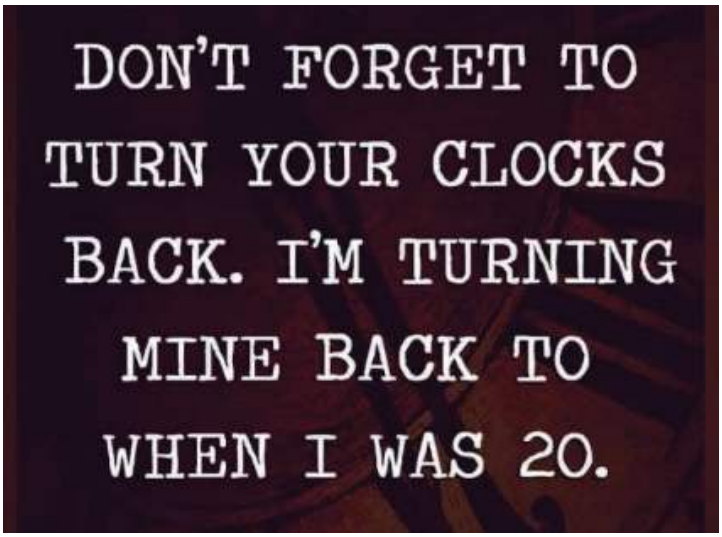


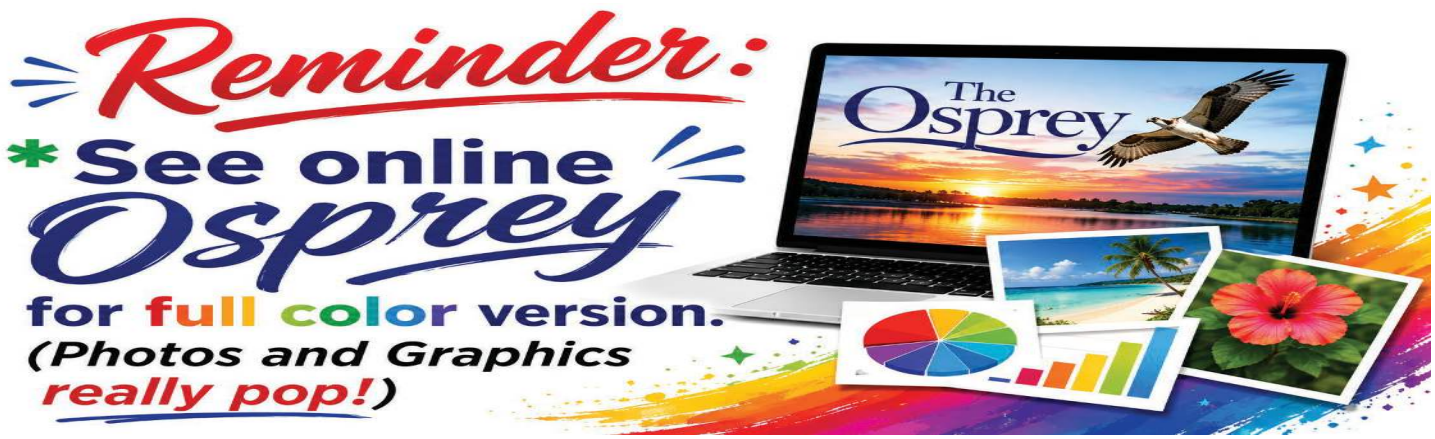
One of the endearing qualities of *The Osprey* has been our long-time resident Barry Wyatt's contributions to the newsletter. Barry and his wife, Sharon came to CCM in 2000. This talented cartoonist began contributing monthly cartoons circa February 2003. His cartoons became a fixture in the monthly newsletter, and have graced many pages since that time. The original cartoon appeared first in the November 2006 *Osprey.* This enhanced version was brought to new life *by Buddy Bot.*



Thanksgiving Blessings to All!











IDEAS TO HONOR A VETERAN THROUGHOUT THE YEAR

- Take a Veteran out to eat; whether it is a fast-food chain or a fine-dining establishment. Tell them why you are bringing them out to eat.
- Listen to their stories
- Pray for them and their families, every day.
- Say something to them on Facebook, Twitter, etc. thanking them for their service.
- Wear an American flag on your clothing. It's a small way to say, "I am proud of my country."

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CCM NOVEMBER ACTIVITIES

Be sure to check the November CCM CALENDAR and CLUBHOUSE BULLETIN BOARDS for UPDATES on activities.

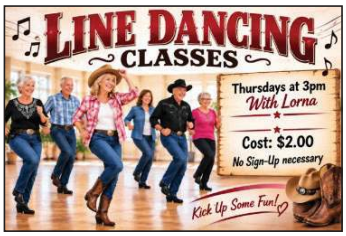
















From Linda English



On the second Monday of every month, the women of Country Club Manor have the opportunity to gather for coffee, delicious baked goodies and fellowship. **November 9** will be our first meeting. We will discuss and begin plans for the 2026/27 season.

Pat Nazzaro has taken on the responsibility of providing us with a BONUS at each meeting. It may be a guest speaker or a fun craft to do. She will tell us more about her plans at the first meeting.



On **Tuesday, November 19**, our President, Sue Frost, has arranged an outing to the Ichiban Japanese restaurant in Leesburg. We will meet at the clubhouse at 11am and carpool there. The movie theater is also right there so some will likely go to the movies and some will go shopping. It should be a fun afternoon. Please sign up on the Slant Board and indicate if you can drive.





SAC is sponsoring a **Craft Show** on **Saturday, November 14** after Coffee Hour. If you are putting in some creation of your making and would like the ladies to get a preview, bring it to the Women's Club.

See you there at **9:30 am.**

From Pat Nazzaro



November Program
Welcome Back

Interested in making books, calendars, canvas prints, photo books, photo cards, children made books, story books you make, cups, Big Heads, albums – for travel, weddings, memoirs, or cookbooks? The possibilities are endless.

You do the: Preparing, Creating, Personalizing, Binding and Sharing.

You may not become an Agatha Christie or a Nora Roberts, but you may surprise yourself with gift giving ideas or inspire someone else to do it, if Grandma can do it.

Give of yourself something nobody else can give them – memories, tributes, encouragement, knowledge and love.

Join me, **Pat Nazzaro**, at the November Women's Club meeting on **Monday, November 9th at 9:30am**. Bring a cup for coffee or tea and refreshments will be provided. **Look** around to see all the possibilities for Christmas or birthday gifts on display.

After the business meeting, you can see how, together, we can make things happen. If any of you have samples of any of these things that you have done or received, bring them with you but put your name somewhere on the inside.

See you on the 9th at 9:30am at the Clubhouse!

CCM NOVEMBER ACTIVITIES

Be sure to check the November CCM CALENDAR and CLUBHOUSE BULLETIN BOARDS for UPDATES on activities.

CCM MEN'S CLUB

MEETING DATES EVERY TUESDAY @ 8:30AM

All CCM Residents are Members

JOIN US AT THE CLUBHOUSE!

HELPING HANDS

We also have the Helping Hands aspect available to folks who need a **Helping Hand.** All that you need do is **Ask**. If needed, we can lend residents a walker, hand truck or 6' stepladder.

JOIN US AT THE POOL!

WATER AEROBICS

EVERY MONDAY, WEDNESDAY & FRIDAY

Water Aerobics will begin at 9am

CHEERS TO CCM

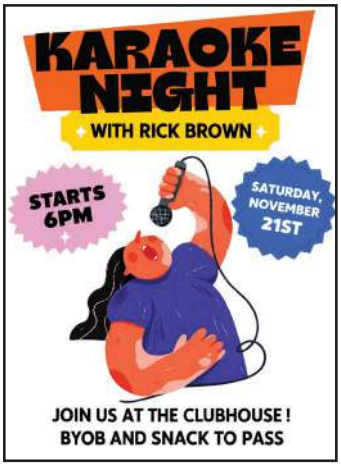
HAPPY HOUR

JOIN US!

Every Thursday
Clubhouse Patio @ 4:30pm

BYOB- APPETIZERS APPRECIATED ,BUT NOT NECESSARY TO ATTEND.





MAKE IT – TAKE IT

Friday, November 20th

1pm At Clubhouse
$5 Each

(Pay at the Door)
Sign up sheet
on Slant Board

CARDS! CARDS! CARDS!!



Monday .....Uno, Swoop, Phase 10, Sequence. Tabletop Games and Cards are offered and vary from week to week.
Tuesday .....Texas Hold'Em
Wednesday.....Euchre
Thursday.....Pinochle (Single Deck, Pass Three) Ask Linda if you want lessons.
Friday.....Bridge, French Hearts, Texas Hold'Em

And on **Sunday afternoons**, Mexican Train (dominoes) is played. Everyone is welcome and if you don't know the rules, someone will happily teach you. **Most start at 1pm but check CCM calendar for exact times.**

(Linda English's Phone Number is in the Directory)



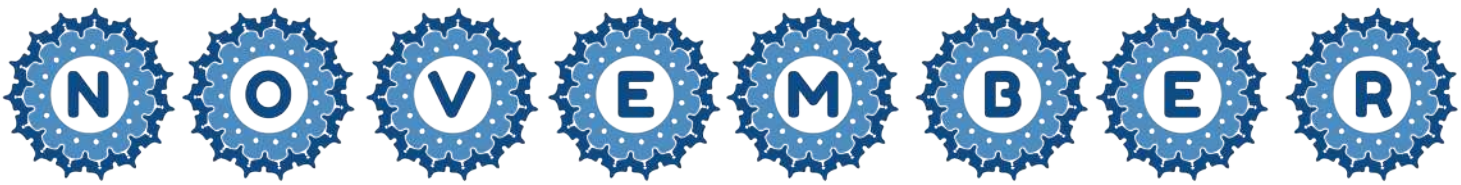
If you enjoy jigsaw puzzles or simply want a relaxing way to unwind, stop by the Puzzle Corner in our Clubhouse. It's a welcoming space where anyone can sit down, connect with neighbors, and help bring a puzzle to life one piece at a time. For more information, contact:
Bob Comotto
(786) 439-5726











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- Flooring separating or bubbling
- Musty smells coming from floor
- Floors can eventually collapse

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LOCAL HAPPENINGS: THEATRE

Bay Street Players
Historic State Theatre
109 N Bay Street, Eustits, Fl 32726
Website: eustisstatetheatre.org



The Icehouse Players first opened to a full house in the former Ice Plant in1949 and have been going strong ever since.

Box Office: (352) 357-7777
Tuesday–Friday, 12:00–5:00pm, Saturday 10:00am-2:00pm
and 60 minutes before all performances.

JANUARY 16 – FEBRUARY 8











OTHER LOCAL HAPPENINGS



Located 22 miles from Country Club Manor

ORANGE BLOSSOM OPRY

The Orange Blossom Opry is a 550-seat live music venue that features a diverse lineup of mostly country music Tribute bands. You get a lot of bang for your buck as the very talented Orange Blossom Opry house band is excellent and typically does a pre-show. There literally is no bad seat in the house, the stage is easily visible, great acoustics and the prices are reasonable. **Performances are too numerous to publish.** For ticket information, call or check website.

16439 SE 138th Terrace Weirsdale, FL 32195.
http://www.oboprv.com | (352) 821-1201

EUSTIS 1ST FRIDAY
Historic Downtown Eustis
FOOD VENDORS MUSIC MORE

(From 6pm until 9pm)
Location: 111 N. Eustis Street

Music Concert and Potluck

Every 3rd Saturday/ Next Date = November 21st
Starts at 7pm and music by 7:30pm. Cost is $7
Trout Lake Nature Center
520 E. C.R. 44, Eustis, Florida 32726
Visit https://troutlakenaturecenter.com
Please Bring a dish to share.



The Fresh Market

The Fresh Market, organized by Whimsy Market, will be held **every Wednesday from 5pm – 8pm in Ferran Park.** The market will feature local vendors and food trucks, live music, and a beautiful view of Lake Eustis. For more info: https://www.eustis.org



Ferran Park

LAKE COUNTY FARMERS' AND FLEA MARKET

At Lake County Fairgrounds - 2101 C.R. 452, E u s t i s
Every Thursday: May through September 8am to 12pm
October through April 8am to 1pm



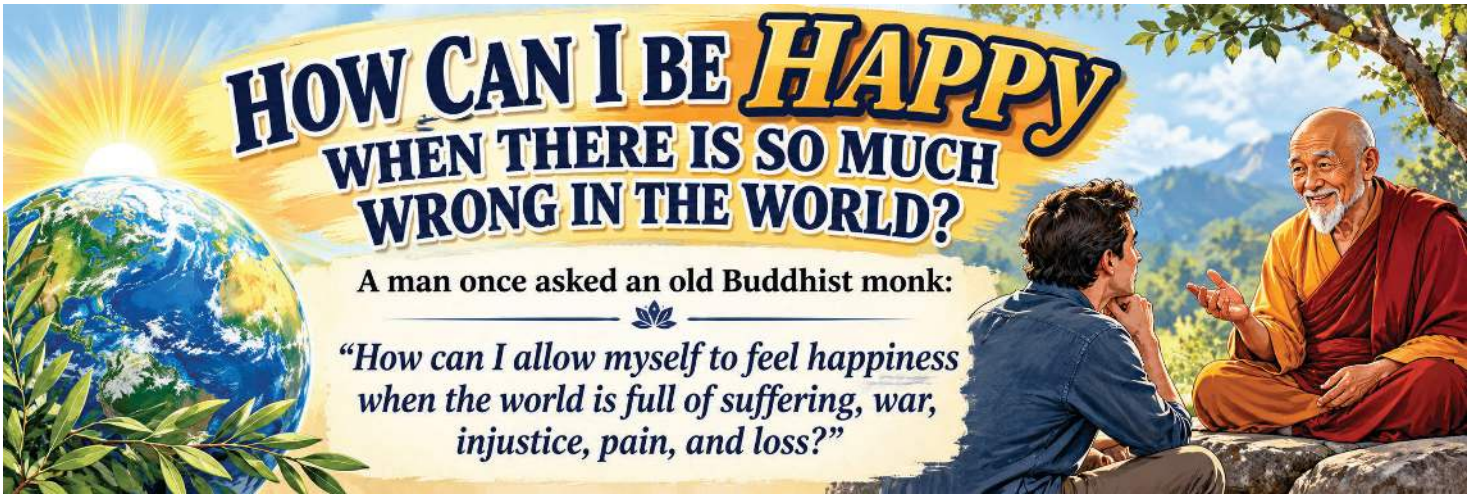
Fresh vegetables and fruit from local growers and vendors offering jewelry, tools, clothing, toiletries home décor and much more.

EUSTIS MARKET

Eustis Market located at 24 E Magnolia Ave is a gourmet food court and marketplace situated in downtown Eustis between N Eustis St and N Bay St.
(325) 931-5712 | Closed Mondays



GRACEFUL AGEING (#46)



The monk looked at him with compassion and asked: "If your mother was sick, would you stop eating?"

The man looked confused, but replied "No."

"Why not?"

"Because then there would be two people suffering instead of one."

The monk smiled. "Exactly." Then he continued: "Many people believe that carrying the weight of the entire world on their shoulders is compassion, But often, it is simply another form of suffering."

The man lowered his eyes. "But every day I see bad news. I see people struggling. I see cruelty. And I feel guilty whenever I experience joy."

The monk nodded then he pointed toward a small flower growing through a crack in a stone path. "Look at that flower. It grows in a world of storms. It grows in a world where leaves fall, animals die, and winters come. Yet it still blooms."

The man stood silently.

The monk continued: "The flower does not ignore suffering. It simply does not allow suffering to stop it from expressing its nature." Then the monk asked: "If every kind-hearted person became hopeless, who would remain to help others?"

The man's eyes widened.

The monk continued: "The world does not need more exhausted souls. It needs more people with enough peace inside them to share it. Enough hope to inspire it. Enough strength to carry it."

The man whispered: "So, being happy is not selfish?"

The monk smiled gently. "No. Turning away from suffering is one thing, but allowing suffering to destroy your ability to love, help, and live fully is another."

Then he added: "Be grateful for your meal. Call your parents. Help your neighbor. Smile at a stranger. Be kind to someone who is hurting. You do not heal the world by carrying all its pain. You heal the world by reducing the pain you touch."

Tears filled the man's eyes. For the first time, he understood. His happiness was not a betrayal of those who suffer. It was strength for helping them.

And the monk said one final thing: "Protect your inner peace, because a candle that burns itself out cannot give light to anyone. A peaceful heart is not escaping the world. It is becoming strong enough to serve the world without losing itself."



Stay tuned in for next month's Graceful Ageing column.

You are allowed to smile while others are hurting. You are allowed to enjoy your life while still caring deeply about the suffering around you. You do not need to suffer endlessly to prove that you have compassion. Keep your heart open. Keep your hands helpful. Keep your spirit alive.

The world needs your compassion, but it also needs your light.

* A Buddhist perspective reminds us that Buddhism is often understood as a philosophy and practice emphasizing mindfulness, compassion, and inner peace.

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