



L.A. TIMES

Lake Ashton Community Newsletter
May 2017

Simply the Best!



Remembering LAKE ASHTON'S HEROES

Lake Ashton Community Development District
4141 Ashton Club Drive, Lake Wales, FL 33859
Lake Ashton is a 55 & Older Deed Restricted Community

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Kindly welcome your new Stone Creek Loop neighbors, Marie and Bill. They are the latest Looplanders, having recently upgraded from their first Lake Ashton home. Marie grew up in Plainfield and Joliet, IL; Bill was raised in Pottsville, PA. They lived in Washington, DC where they met on a blind date and were married some 41 years ago! Bill worked for the FBI for 37 years and Marie was with Xerox for 35 years. They have lived in the Twin Cities of Minnesota and in Hudson and River Falls, WI. They retired early to Lake Ashton in 2009. The couple is passionate about golfing and they love cruising! Bill is a shotgunner and he collects coins; Marie is an avid reader. Congratulate them on their new place when you see them around town!

Lake Ashton (LW) CDD News

By Tricia L. Adams, LACDD Community Director

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Lake Ashton is welcoming summer with many ways for residents to enjoy the community. Celebrate Cinco de Mayo at a lively fiesta in the Ballroom May 5. Special Ladies Day activities are planned to honor all Lake Ashton mothers, grandmothers and great-grandmothers with a pop-up boutique at Fire and a screening of *Beneath the Crown* in the Cinema on May 13. Memorial Day activities planned by Lake Ashton Veterans Association offer patriotic programs and a special ticketed lunch May 29. Tickets to go on sale in May for upcoming summer shows: a Murder Mystery Dinner Show and an upbeat patriotic show, *America the Beautiful*, on the Fourth of July. There are also Happy Hour and Live Entertainment activities scheduled so residents have plenty of opportunities to socialize and enjoy the relaxed summer pace in beautiful Lake Ashton.

Lake Ashton Community Development District Supervisors meet May 12 at 9 a.m. in the Ballroom where the Board will review an update on the Reserve Study and other important financial documents including the preceding fiscal year's audit and draft of the proposed budget for the upcoming fiscal year 2018. Staff will present information on special projects including stormwater repairs, asphalt patches, Pavilion furniture, and updates regarding community operations.

The Board will also be considering terms for the Clubhouse restaurant lease. Both the Lake Ashton Community Development District Supervisors and the owners of Fire at Lake Ashton have expressed interest in a multi-year restaurant lease.

M A Y 2 0 1 7

RESIDENT SPOTLIGHT

Resident Casey Eckles will have her watercolor artwork displayed at the Winter Haven Home Instead Senior Care Gallery (441 E. Central Ave.) through June. Stop by and take a look!

WITH GRATITUDE

I would like to thank all the Lake Ashton Residents that showed their love during my recent hip replacement surgery. All the cards, food, gifts, words of encouragement and prayers were truly appreciated. I am so thankful that I work for such a wonderful community!

- Gail Spence, Clubhouse Activities Assistant

Thank you to our Lake Ashton neighbors for support during Frank's long illness and passing on March 20.

- Judy Corsaro

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June Issue Deadline: May 15

Guidelines for Submission:

- Email articles to: valerie@lakeashtoncdd.com
- 150 word limit. Articles will be edited for length and clarity.
- Include your club contact and phone number.
- The writing style is third person — avoid using I, me, my, we, our, or personal pronouns.
- Articles must be approved by club/group/organization leader prior to publication.

Photo Specifications:

- All photos must be digital images in "jpeg" format and submitted via email or on a CD.
- Photo files should be no smaller than 1600 x 1200 pixels.
- Space will generally allow only one photo per article.
- The designer and printer will make the final determination as to the print quality of photographs for publication.

Cover photos courtesy of Norm Stern

Closed for Memorial Day*By Christine Wells, Clubhouse Office Manager*

The Clubhouse and Health and Fitness Center offices will be closed Monday, May 29, in observance of Memorial Day. Normal operating hours will resume on Tuesday, May 30.

Lake Ashton II (WH) CDD News*By Mary Bosman, LAICDD Community Director*

"April showers bring May flowers" is an old saying that hasn't shown to be true yet this year. Outdoor areas at the time of this writing are very dry! Carelessly thrown cigarette butts can cause fires very easily so please be considerate when handling any burning objects. The ponds and retention pond levels are down and some are looking less than optimal. Staff has driven around these areas and done some maintenance, but increased rain levels will be the most helpful. Additional information as to what can and cannot be done around and with the water resources can be found by checking with the Southwest Florida Water Management District (SWFWMD, unofficially nicknamed "Swiftmud"). It is one of five regional agencies directed by Florida state law to protect and preserve water resources.

The new exercise bike is in and is a big hit in the Fitness Center. Two of the much needed seven new computers have been purchased. The 2020 planning committee has had its first meeting and a team of very competent residents are now working to make the future successful! The next LAICDD meeting will be Friday May 12, at 1:30 p.m. in the HFC Community Center.

Important Clubhouse Restaurant News*By Tricia L. Adams, LACDD Community Director*

Fire at Lake Ashton is hosting several special events in May and there will soon be changes in the hours of operation. Beginning May 15, Fire will be closed Sundays and Mondays. Enjoy meals Tuesday through Saturday from 11 a.m. through dinner hours. Don't miss the following entertainment at Fire at Lake Ashton!

May 12 - 11:30 a.m. to 3 p.m.: Mother's Day Pop-Up Boutique Shopping and Movie Screening (see page 13)

May 17 - Band Night! Live Music with Mic at 5 p.m.

May 31 - Band Night! Live Music with Rick Arnold at 5 p.m.

Please call 863.324.5810 to make dining reservations or with any questions or restaurant feedback for Kaitlin McKeen, Restaurant Manager.

Guest & Renter Registration & Pool Security Officer*By Gail Spence, Clubhouse Activities Assistant*

All guests and renters must be registered and have a Facilities Guest Pass to use Clubhouse Amenities. To register, residents must bring at least one adult guest to the Clubhouse Activities Desk, and renters must have a copy of their rental agreement. The Clubhouse Activities Desk is staffed Monday through Friday from 9 a.m. to 5 p.m. Guests cannot be pre-registered by homeowners. The Pool Security Officer can also assist with guest registration, weather permitting, from 11 a.m. to 4 p.m. daily until May 14.

Resident Identification and Discounts*By Gail Spence, Clubhouse Activities Assistant*

Those who have not yet done so, please stop by the Activities Desk with a government issued ID at the below times to have your picture taken for a photo identification card. Other times are available by appointment only; call Gail at 863.324.6032 or email gspence@lakeashtoncdd.com. The ending times are when the last ID will be printed.

Tuesdays	9:30 to 11:30 a.m. & 3 to 5 p.m.
Wednesdays	3 to 5 p.m.
Thursdays	3 to 5 p.m.

Cardholders are entitled to receive discounts at a number of local businesses. Visit ashtonliving.net and click on Resident Identification Discount under the "Resident Services" tab for a list of participants. Keep checking back as the list is updated periodically. A list is also available at the Clubhouse Activities Desk.

Attention New Residents*By Christine Wells, Club Office Manager*

New residents of Lake Ashton are encouraged to stop by the Club Office to receive an informal introduction to Lake Ashton. At this time, residents can ensure they are in the resident directory, sign up for the online newsletters, meet various staff members and receive information regarding utility services. The Club Office is open Monday through Friday from 9 a.m. to 5 p.m.

Also, be sure to sign up at the Clubhouse Activities Desk for the upcoming new resident orientation held May 10 at 3 p.m. in the Clubhouse. This is an opportunity to meet others new to Lake Ashton, as well as community leaders.

Pool and Spa Friendly Reminders

By Tricia L. Adams, LA(LW)CDD Community Director

Please shower before entering Lake Ashton pools or spas. Only those aged 13 years and older should enjoy the spas. Please do not eat or drink while in the pool or spa, including sitting on the side of pool or spa. Florida health codes do not allow for beverages (even bottled water) to be in the wet pool deck (the four foot perimeter around the entire pool and spa). Residents, please be tolerant of extra activity at the pool and other amenities during the summer months. Those hosting family should remind them to be considerate of residents in this 55 and older community. Before entering the area, grandchildren should be reminded to walk on the pool deck as running is always prohibited. It is helpful (but not required) if residents accompany guests.

Seasonal Residents & Summer Travelers

By Christine Wells, Club Office Manager

Those who will be away for the summer can stop by the Activities Desk for a seasonal LA Times subscription (\$3 monthly, \$4 for international subscriptions; credit card or check only). The newsletter is also published on

ashtonliving.net. Residents can also stop by the Activities Desk to pick up a list of suggested things to do when leaving for the season or vacation to ensure everything is taken care of before departure.

Lost and Found

By Christine Wells, Club Office Manager

If residents have lost anything at the Clubhouse and surrounding area please stop by the Club Office, Monday through Friday, 9 a.m. to 5 p.m. to check Clubhouse Lost and Found to see if it has been turned in. Lost and Found items will frequently be displayed at Monday Coffee. Contact Christine at 863.324.5457 with any questions.

Shredding Event at Lake Ashton

By Christine Wells, Club Office Manager

Henderson Sachs, PA is sponsoring a mobile shredding service at Lake Ashton on Wednesday, May 24. Please bring any papers to be shredded, in a bag, to the Ballroom on this day by noon. Please remove all clips and rubber bands before dropping off (staples are ok to keep). Please see Christine in the Club Office with any questions.

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LA (LW) HOA*By Pat Howe*

The new HOA Board has been very busy. Membership in the Community Associations Institute (CAI) was renewed through April 1, 2018, and the newest HOA Directors attained Board Member Certification through 2022. The HOA Goal Setting Meeting March 23 was successful, as many positive ideas were voiced, open table discussions took place, and tasks assigned to the Directors. Training for the Board members, Architectural Review Committee (ARC) members and Fines & Use Suspension Committee is the number one priority. Another priority is rewriting and revitalizing the governing documents to "plain English." This is an ongoing goal effected by changes to the Florida Housing Authority laws and is a moving target.

The monthly HOA Meeting was held April 9, and a Volunteer Recognition event was held April 23 at the Eagle's Nest. As many residents begin to head north, the HOA Office hours will be by appointment May through August.

The HOA Board voted to renew the HOA email accounts for the Board, ARC, and Office for two years. VP Nancy Baker will be in attendance at the next New Resident Orientation May 10 to answer any questions about the HOA, and Chairman Ken Ross of the LW ARC will be there to help with ARC questions.

One of the goals of the HOA is to open cross-organizational communication between LACDD (LW), LAICDD (WH), HOA II (West Advisory Committee) and HOA II (WH) ARC.

Citizen's Assisted Patrol (CAP)*By Stan Baron*

May is quite a month: the snowbirds are going or gone, rainy season and its thunderstorms start, and the temperature and humidity start to rise. Traffic isn't as heavy but that doesn't mean you can relax. Many people are still texting and talking on the phone or just not paying attention, so please be careful out there. CAP and Neighborhood Watch are the eyes and ears of Lake Ashton, not law enforcement. They observe and report. A gun or Taser is not needed, but a cell phone can be used if you see something suspicious or if help is needed. CAP is made up of volunteers who reside in Lake Ashton, full or part-time, and help is always needed. Applications to join are available at both Activities Desks or in the patrol cars. For more information, contact Jim Novak (815.378.2051) or Stan Baron (863.229.5269).

Neighborhood Watch - Identity Theft Alert*By Fay Wood, NW Chief*

Several homes in Lake Ashton have been victims of identity theft. Residents should report all instances of identity theft to Lake Wales Police Department (863.678.4223) or Winter Haven Police Department (863.291.5858). Call companies where fraud has occurred and also report a fraud alert to all three major credit reporting companies. Below are some steps you can take to protect yourself from identity theft:

- Secure your social security number (SSN). Don't carry your social security card in your wallet or write your number on your checks. Only give out your SSN when absolutely necessary.
- Don't respond to unsolicited requests for personal information (name, birthdate, SSN, or bank/credit card account numbers) by phone, mail, or online.
- Beware of any interruptions in telephone service.
- Watch out for "shoulder surfers." Shield the keypad when typing your passwords on computers and at ATMs.
- Check gas pumps and ATMs for broken seals, loose parts, or hidden cameras, which may indicate skimmers or PIN capturing devices.
- Collect mail promptly. Ask the post office to put your mail on hold when you are away from home for several days.
- Pay attention to your billing cycles. If bills or financial statements are late, contact the sender.
- Review your receipts. Promptly compare receipts with account statements. Watch for unauthorized transactions.
- Shred receipts, credit offers, account statements, and expired cards, to prevent "dumpster divers" from getting your personal information.
- Store personal information in a safe place at home and at work.
- Install firewalls and virus-detection software on your home computer.
- Create complex passwords that identity thieves cannot guess easily. Change your passwords if a company that you do business with has a breach of its databases.
- Order your credit report once a year and review to be certain that it doesn't include accounts that you have not opened. Check it more frequently if you suspect someone has gained access to your account information.

Neighborhood Watch leadership will be holding seminars for those who have fallen prey to identity theft as well as others to prevent becoming a victim.

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2017 Storm Season Tips and Information

By Tricia L. Adams, LACDD Community Director

Hurricane season begins June 1 and runs until November 30. Residents can attend a storm preparedness presentation at Monday Coffee on June 5 at 9 a.m. for information on how to prepare for severe weather and how to stay safe during and after a storm. This detailed list of storm tips can be found on ashtonliving.net and the Clubhouse Activities Desk.

Preparation

- Hurricane and storm shutters must be approved by the Lake Ashton ARC. Please complete an ARC form available at the Activities Desks.
- A tax holiday for purchasing hurricane preparation items such as generators, batteries, and flashlights will be held May 29 – June 6.
- Lake Ashton is not in an evacuation zone and is not scheduled for evacuation during any storm.
- Consider a safe deposit box or waterproof safe for deeds, titles, stock certificates, wills, birth certificates, death certificates, marriage certificates, divorce decrees, military and adoption records, credit card and bank account numbers, insurance policies, etc.
- Review your insurance coverage including extent of coverage, damage coverage, and deductibles; photograph, videotape or document your list of valuables for insurance.
- Trim trees to reduce the effects of wind and remove weak or dead branches.
- Stockpile enough water in clean, plastic containers to provide each person and pet a gallon a day for a week.
- Store a week's supply of non-perishable food (be sure to include food for pets). Have a non-electric can opener on hand. Keep a first aid kit with bandages, antiseptic, pain medicine, anti-diarrheal medication, sunscreen, baby wipes, and bug repellent.
- Have plastic tarps, hammer, nails, towels, mop, bucket, bleach, and plastic trash bags on hand.
- Keep one cooler for ice and one for perishable food.
- Consider a non-electric telephone that connects directly to a wall jack or a cellular phone for communication.
- Consider using battery powered tap lights as a light source in the event of power outage.
- Visit the official site for Florida emergency preparation at floridadisaster.org.
- Register your contact information for the Alert Polk telephone and email notification system at alertpolk.com. This replaces the old Code Red system.

If A Storm Threatens

- A hurricane watch is issued when there is a threat within 24-36 hours. A hurricane warning is issued when hurricane conditions are expected within 24 hours or less.
- Fill your vehicle with gas and have cash on hand as well as enough prescription medication to last a week.
- Charge your cell phone.
- Fill the tank of your propane gas grill.
- Move garbage cans, furniture, bird feeders, potted plants, gas grill and lawn ornaments indoors.
- Super-chlorinate your pool.
- Helpful on-line resources: weather.gov, polk-county.net
- A lightning detection system is in place at Lake Ashton. A high-pitched siren sounds and strobe lights turn on and stay on when lightning is in the area. These strobe lights are at various locations including on top of the Clubhouse, the backside of the HFC and at the boat dock on Lake Ashton. When the danger of lightning has passed, a low-pitched horn will sound the all clear and the strobe lights will turn off. Be safe, and remember that lightning strikes may occur far away from a visible storm. Get out of pools, do not stand under trees, and get indoors when the siren sounds. Please remember that golf carts are not safe from lightning.

After A Storm

- Severe storm damage may result in Lake Ashton CERT being activated to perform as first responders until professionals arrive on the scene. Please comply with all CERT members' instructions.
- Drive only when necessary and avoid flooded roads and standing water. You can end up stranded and rescue crews may not be available. Traffic lights may not be functioning properly.
- In case of damage: photograph any damage and then make temporary repairs. Keep all receipts for temporary repairs, temporary housing, and food. Contact your insurance company as soon as possible.
- There may be a boil water advisory issued from the City of Lake Wales or the City of Winter Haven. Call your city emergency management to check on the status of city water. If there is a boil water advisory, there are three acceptable purification methods:
 1. Bring water to a rolling boil for 10 minutes.
 2. Add eight drops of plain chlorine bleach per gallon of water and let stand for 30 minutes.
 3. Use water purification tablets per the directions on the label.

Helpful Telephone Numbers

- Polk County Emergency Management 863.534.5600
- Polk County Citizens Information Line (only active during a storm) 863.401.2234
- Federal Emergency Management Agency (FEMA) Disaster Helpline 800.462.9029

Categories & Winds

- Tropical Storm: 39-73 mph
- Category 1: 74-95 mph
- Category 2: 96-110 mph
- Category 3: 111-130 mph
- Category 4: 131-155 mph
- Category 5: 156+ mph

Names for Tropical Storms 2017

Arlene, Bret, Cindy, Don, Emily, Franklin, Gert, Harvey, Irma, Jose, Katia, Lee, Maria, Nate, Ophelia, Philippe, Rina, Sean, Tammy, Vince, Whitney

These tips are compiled from many different resources. If you have any suggestions or corrections, please contact Community Director, Tricia Adams, at 863.324.5457 or tadams@lakeashtoncdd.com.

Mosquito Bite Protection in Florida

By Tricia L. Adams, LACDD Community Director

There is a handout from the Florida Department of Health available at the Clubhouse Activities Desk and online at ashtonliving.net with tips on how to avoid mosquito bites and the possible spread of mosquito-borne viruses.

Wildlife Alerts

By Tricia L. Adams, LACDD Community Director

Coyotes have been spotted within Lake Ashton. Coyotes are predators known to kill cats and dogs. Most coyote attacks on pets occur either at night or in the early evening or morning hours (dusk and dawn). To protect your pets, do not allow them to roam freely. More information can be found at myfwc.com.

Now that the weather has warmed up, cold-blooded reptiles such as alligators can be more active. Florida Fish and Wildlife Conservation Commission (FWC) reminds residents to be cautious when having fun in and around water. The FWC recommends keeping pets 10' away from the water. For residents who have concerns with an alligator that poses a threat to humans, pets or

property, call the FWC's Nuisance Alligator Hotline at 866-FWC-GATOR (392-4286). Alligators and crocodiles are an important part of Florida's heritage and play a valuable role in the ecosystems where they live. Remember, it is illegal to feed or harass alligators. For a brochure on coexisting with alligators and crocodiles, please visit ashtonliving.net or the Clubhouse Activities Desk.

Golf Cart Operation and Safety

By Tricia L. Adams, LACDD Community Director

Please park with courtesy in front of the HFC or Clubhouse by pulling both tires to the curb to maximize parking. Please park at least two carts to every parking space designed for vehicles at the Clubhouse or HFC. Under no circumstances should vehicles (including golf carts) be parked on the sidewalk in front of the sales office and bank. In addition to abiding by all traffic control signs, signals, devices and regulations, listed below are the requirements for golf cart use under Florida Statute 316.212, Operation of Golf Carts on Certain Roadways. Violation of these requirements is a non-criminal traffic infraction.

- A golf cart may be operated only during the hours between sunrise and sunset unless the responsible governmental entity (City of Lake Wales or Winter Haven) has determined that golf carts may be operated during the hours between sunset and sunrise and the golf cart is equipped with headlights, brake lights, turn signals, and a windshield.
- A golf cart must be equipped with efficient brakes, reliable steering apparatus, safe tires, a rearview mirror, and red reflectorized warning devices in both the front and rear.
- A golf cart may not be operated on public roads or streets by any person under the age of 14.

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NOW SHOWING

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11 a.m., 3 & 7 p.m. Tuesdays (closed captioned)

11 a.m., 3 & 7 p.m. Wednesdays & Thursdays

May 2, 3 & 4 - Denial

(2016) PG-13 110 minutes

Emotional, cerebral drama based on real life starring Rachel Weisz and Tom Wilkinson. In the 1990s, well-known Holocaust denier sued historian Deborah Lipstadt — issuing a complaint under British law requiring the American academic to prove the greatest atrocity of World War II actually took place.

May 9, 10 & 11 - Loving

(2016) PG-13 123 minutes

Emotional, inspiring and romantic drama starring Joel Egerton and Ruth Negga. Recounting a landmark chapter in the struggle for civil rights, this drama depicts the 1958 arrest and imprisonment of Richard and Mildred Loving for violating Virginia's law against interracial marriage.

May 16, 17 & 18 - Hell or High Water

(2016) R 102 minutes

Violent, gritty and suspenseful crime action and adventure starring Jeff Bridges and Chris Pine. Faced with losing the family farm to foreclosure, brothers decide that their best move is to rob some banks. Not surprisingly, their plans go awry and a relentless lawman picks up their trail.

May 23, 24 & 25 - The Light Between Oceans

(2016) PG-13 133 minutes

Emotional, romantic and sentimental drama based on the book starring Michael Fassbender and Rachel Weisz. A lighthouse keeper and his wife living off the coast of Western Australia raise a baby they rescue from a drifting rowboat. Years later they discover the child has a mother still looking for her.

May 30, 31 & June 1 - Patriots Day

(2016) PG-13 133 minutes

Violent, suspenseful drama based on real life starring Mark Wahlberg, Kevin Bacon and John Goodman. A tragic bombing near the finish line at the 2013 Boston Marathon sets off a citywide manhunt for the perpetrators. With residents devastated by the events, the Boston Police Department zeroes in on two suspects.

FEATURE FILM FRIDAYS

IN THE CLUBHOUSE CINEMA

Classic and Special Interest Films

1 p.m. in the Clubhouse Cinema

May 5 - Desperado

(1995) R 104 minutes

Violent action thriller with strong sex sequence and language starring Antonio Banderas and Salma Hayek. An itinerant musician is out to avenge the murder of his lover and the maiming of his fretting hand when a case of mistaken identity leads to a high body count, a local drug lord, and a beautiful woman.

May 12 - Grey Gardens

(2009) NR 103 minutes

Drama based on real life starring Drew Barrymore and Jessica Lange. The aunt and cousin of Jackie Kennedy Onassis retreat to a mansion in East Hampton, NY. After years of isolation, the women are thrust into the spotlight when journalists report on a series of health inspections that find the house, and its owners, in shocking disarray.

May 19 - Twelve O'Clock High

(1949) NR 132 minutes

Oscar-winning classic war story starring Gregory Peck and Hugh Marlowe. Heartless General Frank Savage must turn a discouraged group of American bomber pilots into heroes.

May 26 - Yankee Doodle Dandy

(1942) NR 117 minutes

Classic show tunes musical starring James Cagney and Joan Leslie. James Cagney won the Best Actor Oscar for his lively portrayal of "Mr. Broadway," George M. Cohan, in this lavish screen biography that highlights Cagney in some of his finest song-and-dance routines.



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KEEP INFORMED - ATTEND MONDAY COFFEE!

Everyone is welcome to attend Monday Coffee at 9 a.m. in the Clubhouse Ballroom for updates on activities, facility maintenance, and other community news. Coffee and refreshments \$1.

May 1

- Lake Wales Public Library & Bookmobile Services
- Birthday and Anniversary Celebrations
- Health Care Advocates
- Lake Ashton Woodworkers - Knife Sharpening

May 8

- Chain of Lakes Elementary
- Bite Me Monday
- Henderson Sachs
- Edward Jones

May 15

- City of Winter Haven Commissioner Dantzler
- Peanut Butter Monday
- Blue Cross Blue Shield of Florida

May 22

- Polk Clerk of Courts Stacy Butterfield
- Blast from the Past
- Kindred at Home

May 29 — No Monday Coffee

Board of Supervisors Meetings LACDD

Friday, May 12 at 9 a.m.
Clubhouse Ballroom

LAHCDD

Friday, May 12 at 1:30 p.m.
HFC Community Center



The official community website, ashtonliving.net, is a great resource for residents wishing to keep up with what's going on in Lake Ashton. Residents can log in to ashtonliving.net to see an extensive classified section and search by various categories such as Bargain Bay, Help Wanted, Lost & Found, Rentals/Real Estate and Services Referral. Any resident who needs assistance posting or viewing a classified can contact Clubhouse staff (863.324.5457) for support. To add a picture to your classified listing, email valerie@lakeashtoncdd.com. When your item listed has been sold or is no longer applicable, please remove it from the listing, or email valerie@lakeashtoncdd.com and she can facilitate its removal.

Monday Coffee News

By Tricia L. Adams, LACDD Community Director



Residents will be pleased with the excellent line up at Monday Coffee (9 a.m. in the Clubhouse Ballroom) with interesting speakers and featured vendors. Of special note, Stacy M. Butterfield, who was elected Polk County Clerk of the Circuit Court and County Comptroller in August 2012 and recently re-elected to a second term. She is a dynamic speaker who will provide insight into how residents are selected for jury service on May 22. Other featured speakers include Principal Duncan of Chain of Lakes Elementary, Commissioner Brad Dantzler with a State of the City of Winter Haven, Director of Lake Wales Library Services Tina Peak, and more!



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- NO COST REVIEW OF CURRENT COVERAGE
- NO COST "MEDICARE 101"
- TURNING 65? SCHEDULE A MEETING



Christine Graves
Lake Ashton Resident
(863) 514-5368

Lake Ashton Summer Day Trips

By Gail Spence, Clubhouse Activities Assistant

Day trips and group travel are designed to experience the best of Florida! Enjoy a one-day trip with no worries about planning! Trips are hosted by Activities Assistant Gail Spence and include reserved round trip transportation in deluxe motor coaches (comfortable reclining seats, device chargers, restrooms, a screen to watch a film and more amenities) from the Clubhouse. No worries about traffic, parking, or having a few drinks when aboard the Lake Ashton bus! Register and pay for day trips at the Clubhouse Activities Desk with checks payable to Small World Tours.

July 11 – Tradewinds Island Grand Resort - St. Pete Beach

Tradewinds Islands Grand Resort is 20 acres of fun on the best beach in Florida. Soft white sand beaches, five pools, paddleboats, hammocks and miniature golf are all part of the fun. Enjoy the ocean or hang out at the beach bar. Guests can also visit RumFish Grill Bar at the neighboring Guy Harvey Resort! The options are endless and can include water park, beach cabana rental, water slide, jet skis, salon and spa services and more! Cost is \$82/person which includes a delicious cookout on the beach for lunch.

August 16 – MOSI and Trader Joe's

An interesting and informative tour to beautiful Tampa starts at the ever popular Museum of Science and Industry. This museum boasts 400,000 square feet of exhibits and interactive experiences including weather calamities, Bioworks butterfly garden, and much, much more! On the way home, stop at Trader Joe's where staff will have samples of their famous cookie butter! Shop specialty foods from all over the world! Cost is \$79/person which includes lunch at the popular CDB's Italian Restaurant.

First Friday Trivia

By Mary Bosman, LAICDD Community Director

Spring was the topic for First Friday Trivia with the winning team being Ralph and Ann Ludwick. Congratulations to them for their win! Ann's a true scholar so she does her "homework" when the group decides on a topic for the next FFT. Next month's topic is "things that begin with M" so good luck to all on studying, or not! May 5 at 2 p.m. at the HFC will be the last FFT until resuming again in October. Future topics may NOT be shared going into next season's competition. Everyone is welcome at First Friday Trivia!

The Love Boat - Talent Showcase

By Cass Caudill



Wow! What a fabulous show! Did you ever think that you would see the bow of a ship in the Ballroom? The Lake Ashton Performing Arts Committee's (LAPAC) 11th Annual Talent Showcase "The Love Boat" was a resounding success! Congratulations to each member of the incredibly talented cast and crew for a job more-than-well done. Participation in the Talent Showcase takes time, effort, and dedication, and the results you achieved have raised the bar even higher. A special Thank You to the spouses and significant others of the cast and crew for your patience and support! To all who attended, thank you so much for your enthusiasm. You were a fantastic audience!

The dates for the 2018 Talent Showcase performances are Friday, April 13 and Saturday, April 14. Please take a minute and save those dates ... you'll be glad you did!

Polk County Library Cooperative Bookmobile

By Gail Spence, Clubhouse Activities Assistant

The Polk County Library Cooperative Bookmobile will now visit Lake Ashton twice a month with extended hours. It will be parked at the Clubhouse west parking lot every second and fourth Wednesday of each month from 9:30 a.m. to 4:30 p.m. (closed for lunch from 12:30 to 1:15).

New library membership is available to anyone owning or long-term renting in Lake Ashton, with photo identification and proof of address. New members are limited to borrowing four items the first checkout. For more information, call the Polk County Library Cooperative at 863.678.4004.

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Cinco de Mayo

By Gail Spence, Clubhouse Activities Assistant

Take a lot of margaritas, and add salt and lime. A Lake Ashton Cinco de Mayo celebration is bound to be a good time! Come to the Clubhouse Ballroom at 4 p.m. on Friday, May 5 for merengue and salsa dance lessons, and then enjoy festive music and a “Make Your Own Tacos” buffet from 5 to 8 p.m. A cash bar will also be available with specials on *margaritas y cervezas*. Tickets are \$16.50 and can be purchased at the Clubhouse Activities Desk with Visa, MasterCard, or checks payable to LACDD.

Calling All Lake Ashton Ladies

By Gail Spence, Clubhouse Activities Assistant

To honor all Lake Ashton ladies — and especially those celebrating Mother’s Day — there is a special event planned Saturday, May 13 that includes a pop-up shopping boutique at Fire at Lake Ashton and short documentary screening in the Cinema. Fire at Lake Ashton will have their regular menu as well as specials available. Lunch reservations suggested, but not required. Call 863.324.5810. Everyone is welcome to come and shop.

At 3 p.m., a screening of *Beneath the Crown*, a short documentary film about the unconventional woman who was Miss Universe in 1967 will be shown in the Cinema. The film touches on her art, her athleticism, her marriage to an inventor, and how her life has touched others as she bravely faces her own cancer diagnosis. Sylvia Hitchcock Carson’s humorous outlook and musical laugh will make you smile as she describes what it was like to win the world’s biggest beauty pageant and how it all started with a borrowed bridesmaid’s dress! After winning Miss Universe, Sylvia left behind a glamorous New York modeling career and raised a family in Lake Wales, Florida. The message of the film is that true beauty never fades; it lives on in the way we touch others. A guest of the production studio will be on hand for Q&A following the documentary. Please sign up at the Clubhouse Activities Desk as the capacity in the Cinema is limited to 55.

LAVA Memorial Day Ceremony

By Jim Mecsics, Adjutant

The Lake Ashton Veterans Association will present “Remembering and Saluting Hometown Heroes Past and Present” on Memorial Day, Monday, May 29. There will be an outdoor ceremony at 10 a.m. at the Veterans Memorial followed by an indoor ceremony at 11 in the Clubhouse

Ballroom. This year will be a special recognition of the many Lake Ashton veteran heroes (especially those who have passed) who unselfishly answered the call of their country. The ceremonies will be followed by a buffet lunch that includes a main course of hot dogs and hamburgers with two sides (macaroni and cheese and chips), and drinks (iced tea or water). Tickets for the lunch are \$13 each and can be purchased at Monday Coffee or either Activities Desk. Please join to honor and remember all the local veterans, past and present, and enjoy a great meal. Hope to see you there!

Murder is Par for the Course!

By Gail Spence, Clubhouse Activities Assistant

Try to figure out “Whodunnit” while enjoying a killer meal catered by Fire at Lake Ashton Friday, June 23 at 6 p.m. in the Clubhouse Ballroom. Laugh, play, eat, and investigate with your fellow residents at this golf-themed Murder Mystery Dinner. Seated dinner will consist of salad and rolls, choice of chicken breast or beef brisket, glazed carrots, mashed potatoes, and dessert. Iced tea will be provided and a cash bar available. Tickets go on sale May 3 at 9 a.m. at the Clubhouse Activities Desk for \$42 (tables of eight). Payment can be made with check payable to LACDD, Visa, or MasterCard only.

America the Beautiful Patriotic Show!

By Gail Spence, Clubhouse Activities Assistant

This Independence Day, let this show take you on a journey to honor all of the service men and women, past, present, and future. The Patriotic Show is sure to be a performance that will bring out the American spirit in everyone! Gather in the Clubhouse Ballroom July 4 at 7 p.m. to celebrate this great country. Tickets are \$15 and go on sale Tuesday, May 9 at 9 a.m. at the Clubhouse Activities Desk. Maximum eight tickets per customer. Payment can be made with MasterCard, Visa or check payable to LACDD only.

Save the Date - Christmas Dinner Dance

By Jackie Ellis

This is just a friendly reminder before everyone leaves for the summer: please mark your calendars for the Winter Wonderland Christmas Dinner Dance on December 2. It will be a great holiday get-together with good food and great music. Look for more news to come during the summer months. Have a great summer!

Lake Aston Men's Golf Association (LAMGA)

By Gary Pagel

As another great season at Lake Ashton comes to a close and before everyone say goodbye to the seasonal members, the LAMGA Board would like to thank all who made this an outstanding year. From the LAMGA members who helped get sponsors for the Member/Guest tournament and helped at other tournaments, to members' spouses for their help and understanding, to Paul Sisemore and his staff and last, but not at all least, Vicky and the staff at The Eagle's Nest.

Just because this season is coming to a close, the "Frogs" should not be sad. There will be plenty of events to keep busy in the coming months. And don't forget, the Ashton Cup will be played later this year with the qualifying rounds to be scheduled around early October. If you are new to Lake Ashton or are already settled in and would like to join the group on Wednesday mornings, stop in at the Pro Shop or contact one of the board members for an application to join the Lake Ashton Men's Golf Association. Don't forget, a great shot is one where you can find the ball and hit it again.

LA Niners

By Carol Gillespie

The L.A. Niners gathered for this group photo before teeing off for their annual member-member tournament. The tournament was played on two mornings and was in a two-golfer "ringer" format, which means that each team had the opportunity to improve its score from the first day by substituting its score from each hole on which it did better the second day. The winners in the first flight were Pam Kinel and Betty McDonnell with a best net score of 22, and in the second flight the winners were Candy Gamble and Vicky Olesen with a best net score of 21. Since the tournament was played shortly after St. Patrick's Day, the theme of "50 Shades of Green" was carried out by the

members wearing a wide variety of green clothing. The Niners ended their 2016-17 season with a luncheon at the Eagle's Nest on April 11, at which prizes were awarded for accomplishments during the season and new officers were elected for the 2017-18 season. The league will continue its regular play throughout the summer, and they welcome any women who are golf club members and would like to play nine holes of golf on Tuesday morning.

LALGA

By Patty Wallner



A String Shamble opened our Closing Day event, followed by a delicious lunch thanks to the hard work of Marie Clauser and her committee. The black/white "My Fairway Lady" theme was a big hit! The closing meeting

elected Deborah Foulke, Vice President and Tassy DeAngelo, Treasurer. We are very grateful to Statistician Char Walters who (for more than eight years) spends countless hours tracking and pulling numbers together for our yearly awards. Congratulations to all the winners! Thank you to the Pro Shop team (Paul, Matt and Audra, pictured above), who provide tremendous support of our weekly events. Finally, through the coordination efforts of Sandi Christenson and Sue Bloedorn of the "We Care For Kids" program, LALGA donated over 200 pounds in non-perishable food items to community food shelves; 160 Toys and \$80 to the Lake Wales Care Center Caring Tree; and 172 Hygiene Kits were assembled and delivered to local schools in Lake Wales and Winter Haven and Polk County for Graduating Seniors. Another great season in the books... best wishes for a safe and enjoyable summer!



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Clubhouse Activities Desk Requests Room Reservation & Leadership Contact Updates

By Gail Spence, Clubhouse Activities Assistant

Activity leaders are asked to please notify the Clubhouse Activities Desk if you would like your Clubhouse room reservation extended or renewed through 2018. Book your dates as soon as possible to reserve the same day, time and location. This is also a good time for activity leaders to review their web page, posters and cable channel announcements. Contact the Clubhouse Activities Desk by calling 863.324.6032 or at gspence@lakeashtoncdd.com.

Lake Ashton Amateur Radio Club (First in a Series)

By Claude Brown

They have been in your neighborhood for over 100 years. Most have never known of their existence until an emergency arises that requires communication assistance beyond the capacity of ordinary telephone or "911" services. Called "hams" or "amateur radio operators," they are dedicated, trained, and practiced wireless communicators who stand ready and willing to serve and assist the community and all professional responders when messages need to be passed. These messages include reports of injury, property damage, weather conditions, immediate needs, and other priorities in critical situations. Nationally, over 750,000 hams are licensed by the FCC. Most have the ability to communicate when all typical ways are limited or non-existent. Within Lake Ashton, there are at least 23 licensed hams today. Learn more in the next LA Times or join us the next Lake Ashton Amateur Radio Club meeting, held monthly on the second Thursday at 1 p.m. in the Clubhouse Craft Room.

LAVA - Bricks of Honor

By Don Neaves

The Lake Ashton community has the opportunity to purchase Bricks of Honor to pay tribute to veterans of the Armed Forces of the United States. Each brick may contain the veteran's name, rank, service and years of service engraved on a 6" x 9" red brick paver. The bricks are placed around the walkway of the Lake Ashton Veterans Association Memorial. In honor of Memorial Day 2017, the fee has been reduced to \$25 per brick which includes installation at the Memorial in the location of your choice. Forms are available at the Clubhouse Activities Desk or call Don at 863.326.9530. Visit the Memorial adjacent to the Clubhouse west parking lot for examples of bricks.

LA Belles

By Missy Prescott

Enjoy the day in Lakeland with your Lake Ashton Belles friends on Wednesday, May 31. Meet for lunch at Il Forno Italian Restaurant & Pizzeria at 11:30 a.m. Il Forno is family owned and focuses on authentic regional cuisine using centuries-old recipes and quality ingredients. A fixed price menu to include an appetizer, choice of salad and entrée, beverage, tax and tip is offered at \$18/person. Choose your salad and entrée and make checks payable to LA Belles when you sign up at the Clubhouse Activities Desk.

Sign up is required by May 15 and limited to 25 participants, so sign up early! Wear your walking shoes because there will be plenty of good shopping after lunch!

Il Forno is located at 3615 S. Florida Ave., Lakeland, FL 33803. Directions to the restaurant are available at the Activities Desk. Indicate whether you need a ride or can provide one when signing up at the Activities Desk. Hostesses are Loretta Hieronimus (863.662.4200), Merisa Velebir (919.539.6411), and Missy Prescott (304.561.5811).





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Bird and Nature Club

By Barbara Ann Comer



The Bird and Nature Club visited Circle B Bar Reserve Saturday March 25. Eight participants enjoyed satisfying looks at 31 species. Highlights of the trip included a Barred Owl, nesting Great Blue Herons, nesting Bald Eagles and a large alligator crossing the trail. The next field trip will be later in the summer; either August or September for butterflies at Bok Tower. Contact Barbara Ann to purchase a Golf Cart Guide to the Birds of Lake Ashton or with field trip questions (863.324.2552 or bird_butterfly_lady@tampabay.rr.com).

Camera Club

By Larry Hillock

Last month guest speaker Robert Chaplin gave a very interesting talk on night photography. The group received helpful hints on how to photograph stars, northern lights, time lapse and stacking. This month's meeting will be on

Monday, May 8 in the Cinema at 10:30 a.m. after the Monday Coffee. Bring a few of your photos on a memory stick to share with everyone. This will be the last meeting of the season, resuming on October 9. Have a great and safe summer and begin gathering your candidates for the 2018 Lake Ashton Fine Arts and Photography show. Please stay in touch and share some of your photos on the Camera Club website.

Creative Stitchers

By Pat Howe

Once again it's that time of the year when many stitchers begin their trek north for the summer. The Tuesday get-together is getting smaller but still as creative and lively as ever. It's nice to know that even though many leave Lake Ashton for the summer, everyone continues to create stitching treasures for family, friends, and of course, to show off at the Lake Ashton Quilting and Needle Art Show set for February 21, 2018. If you stitch, embroider, quilt, knit, or sew come see the fun you may be missing on Tuesdays in the HFC Craft Room from 1 to 4 p.m. All are welcome. Happy Stitching!

Lake Ashton Cats & Canines: Time to Walk Your Dog!

By Patricia Landskron



One in five people never walk their dog. A regular walking routine with your dog can result in a happy, healthy, confident and calm dog who is much less likely to exhibit behavior problems and much easier to train. A dog who is not walked often could become anxious, bored, nervous, or destructive, or could exhibit any number of behavior problems in an effort to fulfill his basic instinctual needs. The walk is an important exercise that helps drain your dog's excess energy and provides mental stimulation. It's also the best way to bond with your dog. Walking should be the first step in solving any behavior problem. For help with a cat or dog rescue please call David Landskron at 863.206.1776 or 813.482.2090.

Democratic Club of Lake Ashton

By Annie Lutz

The Lake Ashton Democratic Club will hold its next meeting on Sunday, May 21 in the Clubhouse Ballroom at 3 p.m. All meetings will be held on the third Sunday of the month in the Clubhouse Ballroom at 3 p.m. Please RSVP to lakeashtondemocraticclub@gmail.com. Everyone is invited to attend the meetings but to become a club member you must bring your Democratic voter registration card.

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Magic Years Club

By Becky Faughander

The Magic Years Club will meet Tuesday, May 2 at 7 p.m. and Tuesday, June 6 at 7 p.m. in the HFC Craft Room. Plan to come to talk and sign up for upcoming luncheons and trips, and make plans for events in the fall. The Club will be on summer sabbatical until the first Tuesday in September. There will be no meetings in July or August.

There is a dinner reservation Wednesday, May 10 at Trail's End Restaurant/Buffer located in the Ft. Wilderness Campground. No pass is necessary for this event. Contact Joan Enslen at 302.562.0436 or via email at joanenslen@gmail.com if interested in attending. Meet for lunch Tuesday, June 20 at 11:30 a.m. Mat Paddlefish (formerly Fulton's) at Disney Springs. Contact Rose and Lou Crognale at rosecrognale@gmail.com or 863.324.5785 if interested in attending. Bring \$10 to reserve your space when signing up. No pass is required for this event. There is a possibility of a reservation at the Polynesian on Tuesday, July 4.

The Magic Years Club usually meets on the first Tuesday of the month in the HFC Craft Room at 7 p.m., unless

otherwise specified. The Magic Years Club is open to all Lake Ashton residents who enjoy learning about and going to Walt Disney World for luncheons and special events. Please be sure to sign up to receive club emails by editing your directory information on ashtonliving.net and checking the box by Magic Years Club under Communication Preferences. If you have signed up for and have not received any updates/emails recently, please check with Valerie and staff at the Clubhouse.

Motor Coach to Magic Kingdom

By Kerry Giebler and Michele Louapre-Brooks

Paid reservations (\$17 per person) are now being accepted at the Clubhouse Activities Desk (credit card or check payable to LACDD). The motor coach departs Lake Ashton at 9 am Wednesday, May 10 and will return at about 5 pm (departing Magic Kingdom at 4pm). Travel in comfort and style with no worries about traffic or parking! Paid reservations must be made by May 2. Please note admission to theme parks is not included in motor coach transportation fees. Those who do not have park tickets should note there are many activities such as shopping, dining, monorail, and boat rides with no tickets required.



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(continued from p. 23) Many friends are away during this period giving those remaining an opportunity to make new friends. One of the easiest ways to accomplish this is to join the men of the community on Tuesday morning for breakfast at the very convenient Eagle's Nest Restaurant. Coffee is ready at 8 a.m. and the bountiful breakfast buffet is ready at 8:15 sharp due to the wizardry of Manager Vicki Moore and her staff.

Membership involves no dues or fees with the only requirement that you agree to attend at least one breakfast a month while you are in residence. In addition, a dinner with the wives is a regular feature so the wives and partners get to meet one another as well. If you need more information or would like to sign on, please contact Tony (863.318.1929, tchloros@hotmail.com) or, after May 10, John Velebir (863.662.4811, jvelebir@earthlink.net). You will be most welcome.

Sassy Lassies

By Mary Ranheim

Carrabba's Italian Grill was the destination for eighteen Sassy Lassies and their guests for the April luncheon,

hosted by Carol Begy and Sharon Makela. Everyone enjoyed their lunch selections and shared the latest happenings of busy lives! Honorary member Judy Gramme was welcomed back, and members who have been ill or recovering from surgery were wished a speedy recovery. Two members, Sharon Makela and Alice Weissman, won ribbons in painting and photography respectively, in the recent Fine Arts and Photography show at Lake Ashton. Congratulations ladies! The May gathering will be at Luigi's restaurant in Lake Alfred.

Woodcarving Group

By Doug Lake

All woodcarvers (beginners, intermediate, advanced, or Master) are welcome to join the group, which meets every Tuesday morning from 9 a.m. to 11 a.m. in the Clubhouse Craft Room. Members are currently working on ducks, bears, birds, fox, letter openers, and caricatures.

Come join the group and bring some of your carvings. If you're a beginner, more experienced members will be glad to help get you started. Call Doug at 863.875.6115 for more information, or just drop in.



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G A M E S

Monday Duplicate Bridge

By Linda Ford

March 6

North/South: Don Fuller & Jim Ford, Karen Brady & Dana Cunningham, Sonny Robinson & Pat Foster.

East/West: John O'Reilly & Marge Kniat, Pauline Pare & Nelda Sedlacek, Pat & John Sammons.

March 13

North/South: Connie & Ken Ross, Jim Ford & Don Fuller, Pat Foster & Sonny Robinson.

East/West: Nelda Sedlacek & Pauline Pare, Barb Cassidy & Dana Griffith, Judy Marine & Geri Duffy.

March 20

North/South: Don Fuller & Jim Ford, Barb Salvin & Chris Egberts, Sue Agre & Judy Robinson.

East/West: John & Pat Sammons, Edie Boles & Sue Maher, Nancy Martins & Mary Lois Teyssier.

March 27

North/South: Pat Foster & Sonny Robinson, Ken & Connie Ross, Nancy Chango & Liz Hutchins.

East/West: Marian & Roger Nelson, Pauline Pare & Nelda Sedlacek, Pat & John Sammons.

Gentlemen & Ladies Tuesday Bridge

By Marge Kniat

March 21: Jim Mark, Lois Dole, Maureen Ziegler, Connie Ross

March 28: Ken Ross, Bob Hayde, Joe Echols, Dana Griffiths

April 4: Connie Ross, Marge Kniat, Pat Mark, Walt Iffland

April 11: Faye Cooke, Bob Hayde, Ken Ross, Judy Marine

Friday Bridge

March 17: Sue Maher, Nancy Golding, Lois Dole, Sheri Merritt

March 24: Judy Marine, Lois Dole, Connie Ross, Nancy Martins

March 31: Mary Ranheim, Nancy Golding, Judy Robertson, Nelda Sedlacek

April 7: Mary Ranheim, Sandy Davis, Pauline Pare, Marge Kniat

April 14: Marion Nelson, Mary Lois Teyssier, Geri Duffy, Marge Kniat

Euchre Winners

By Mary Lois Teyssier

March 25: Frank Duffy, Don Cook, Bob Kane

April 8: Charlotte Pierce, Frank Delpiere, Neal Pierce

Sixth Annual Bocce Tournament

By Marge Kniat

Outstanding weather and players were at the courts for the tournament in March. The exciting games lasted four hours where most players were eliminated by only one point. Cheers and applause and a few barks were heard from our mascot "Friday" Bergia as the games reached a fever point. Then all met in the pavilion for a potluck where the prizes were awarded.

There are many to thank for the success of this tournament: First, Orlando Martins, Al Urbanckas, and Roger Brosky for smoothing the layers and carpets of the court the day before for a clean play. Next, judges Orlando Martins and Bob Reagan, and finally, Norm Stern for the group portrait and John Kniat for the pictures of the winners. See photos on back cover. Join the group weekly on Mondays and Fridays at 3 p.m. to learn the game and be able to participate next year. It's FUN!

Gin Rummy

By Michele Louapre-Brooks

Gin Rummy will begin May 25 from 2 to 4 p.m. at the HFC Card Room. This group is currently scheduled to meet every second and fourth Thursday through December. If possible, please bring a deck of cards. For questions or more information, contact Michele at 202.441.3525.

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East and West Community Potluck Dinner

By Kerry Giebler

The April 9 potluck dinner was filled with all types of great food and fun. The table was covered with all types of delicious foods: casserole dishes, meatloaf, scalloped potatoes, coleslaw, broccoli vegetables, Salisbury steak, and the desserts were just as outstanding as the main courses! Several fun games were played, including an egg hunt, and to add to the fun one person from each table was



designated to come to the blackboard and draw their best interpretation of the Easter bunny (pictured).

The next potluck dinner will be June 11 at 5 p.m. in the Ballroom. There will be no potluck dinner in May. The cost is \$2 person and please bring a dish to serve 10. Sign up at either Activities Desk or online at ashtonliving.net. Barbara Ann Comer of the Bird & Nature Club will be the guest speaker in June and she will present a slide show of the Circle B Ranch and all the beautiful wildlife the area holds. See you then!

Eastside Winers and Diners

By Don Cook

The next dinner for the Eastside LA Winers and Diners will be Thursday, May 18, in a reserved area at Fire at Lake Ashton. This will be last one for this season, and fall dinners will resume on Thursday, October 19. Social time begins at 5 p.m. with dinner at 6. Order from the menu. Purchase your \$2/person reservation ticket at the Clubhouse Activities Desk or contact Don Cook by April 25. The reservation fee will be your entry into the Spring Raffle Drawing. All residents (and their guests) living on Ashton Club Drive (East of the Clubhouse), all of Muirfield Loop, Gullane Drive and Dornoch Drive, are invited to enjoy dinner and fun. Contact Don Cook at 863.875.8570. for more information.

Wicked Pissah New England Dinner Club (CT, MA, ME, NH, RI, VT)

By Joanne and John O'Reilly

Reminder: It's Cinco de Mayo time! Celebrate together with Latin dance lessons beginning at 4 p.m. on Friday, May 5 at the Ballroom, followed by the taco buffet dinner at 5 and

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Please join us...

Wednesday
May 10, 2017
3:00 p.m.

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dancing to follow. The club has reserved some tables to sit together – purchase your tickets (\$16.50 each) at the Clubhouse Activities Desk. If you plan to attend, RSVP to 813.340.3100 or jjoreilly@tampabay.rr.com. *Te veo allí!*

Happy Hour at the HFC

By Mary Bosman, LAICDD Community Director

Enjoy some old time rock 'n' roll (60s and 70s tunes) with Rick Arnold at a special happy hour Friday, May 19 from 4 to 7 p.m. at the HFC Community Center. BYOB and snacks, cost is \$5/person or \$8/couple.



Looplander Street Party

By Dana Rosendall

The Looplander neighborhood held its first ever Street Party on March 18. Event chairman Mike Talamini and his committee of Barbara Sims, Rita Miller, John and Joy Lloyd, and Carolyn Stone made this event come alive after months of conversation about holding a Street Party. The party was done in a St. Patrick's Day theme and Heath Land Lane was ablaze in green. Over 100 Looplanders came out to party to the sounds of DJ Wayne. There was lots of good food, dancing in the streets and the weather could not have been better.

Pebble Beach Bums

By Kathy Jusaite

The Pebble Beach Bums social will be held at the pool upper patio Sunday, May 28 at 5 p.m. Bring your friends, an appetizer or dessert, and beverage of your choice. The cost is \$1 to cover paper products and utensils. All are invited to join. Any questions, contact Kathy Jusaite at 919.609.2308.

Help Wanted

By Ronnie Metzler and Jackie Perez

Remember the saying "the old grey mare ain't what she used to be"? Well, Jackie (863.318.1000) and Ronnie (863.325.9027) have declared that they are there, and can no longer host the quarterly Catholic Community Potluck.

Two or three people are needed to take it over. Please pray, think about it, and call one of the above listed numbers by May 28 if you feel called to this ministry. Requirements are: enthusiastic, healthy, and organized. If no volunteers are found the potluck will have to be disbanded.



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Health for Life Club

By Dr. Ani Hawkinson

The May meeting of the Health For Life club will be Friday, May 12, at 1 p.m. in the Clubhouse Craft Room. Please come and share your ideas for events and presentations that you'd like for the club to sponsor. Everyone is welcome!

Clubhouse Fitness Center Orientation

By Gail Spence, Clubhouse Activities Assistant



A NuStep TR4 recumbent stepper has been installed at Clubhouse Fitness Center. For instructions on how to safely operate this machine and other Fitness Center equipment, Lake Wales Medical Center is facilitating a complimentary orientation May 26 at from 5 p.m. to 6 p.m. Basic gym etiquette such as wiping off equipment will also be addressed. No advance registration required.

Wellness News from the HFC

By Mary Bosman, LAICDD Community Director

Circuit Training for Lake Ashton residents is held on the first and third Mondays of each month at 3 p.m. Personalized fitness plans and fitness goals are explained and planned for attendees. Call the HFC at 863.595.1562 to sign up for the next training, as 4 persons or less in a class provides optimum training opportunities and personalized programming information.

Stop into the Fitness Center at 9:30 a.m. on the second Thursday of each month for Fitness Equipment Orientation. This class will help prepare you for the Circuit Training if you wish to go ahead with a personalized plan. There is no fee for either of these activities and they are taught by Certified Fitness Instructors. If you would like to contract a personal trainer, Laurie Heverly is a certified personal trainer in addition to her fitness instruction. Certified massage therapists Paulette Edmonds and Kasia Brunson are available by appointment at the HFC.

Thinking of Selling?

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Beading Buddies

Facilitator: Nancy Ferreira
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Clubhouse Craft Room

The Artsy Group

Facilitators: Connie Eaton (863.324.5984),
Angie Craft (863.875.6696, 321.750.1141)
Mondays, 9 a.m. to noon
Clubhouse Craft Room
Bring any art related project to work on

Bob Ross Oil Painting Class

Instructor: Kay Lenherr
Saturday, May 13, 1 to 4 p.m.
Babbling Brook



Clubhouse Craft Room
Sign up at the Clubhouse Activities Desk - \$35/person

Creative Stitchers

Facilitator: Pat Howe
Bring a stitching project to work on
Tuesdays, 1 to 4 p.m.
HFC Craft Room

Painting on Porcelain

Instructor: Helen Cork
Wednesdays from 1 to 4 p.m.
HFC Poker Room
\$20 per class

Sew What and So Much More

Facilitator: Gretchen Frantz (863.875.0195)
Crochet, knit, craft sewing and more
Thursdays, 1 to 4 p.m.
HFC Craft Room

LA Ceramics Chicks Club

Instructor: Mary Bosman,
Certified Duncan Instructor
Wednesdays, 9 a.m. to 1:30 p.m.
HFC Craft Room
\$35/year, plus paint supplies

Alzheimer's Support Group

Facilitator: Chris Wilcox
Fourth Wednesday at 11 a.m.
Clubhouse Craft Room & Conference Room

Grief Support Group

Facilitator: Good Shepherd Hospice
First Thursday, 10:30 a.m.
HFC Card Room

Caregivers Support Group

Facilitator: Donna Ruggiero (863.875.0151)
Second Friday, 11 a.m.
Clubhouse Card Room

Genealogy Club

Facilitator: Katherine Sutherland
Second Thursday, 6:30 to 8:30 p.m.
HFC Media Center

Beginner's Mah Jongg Lessons

Facilitator: Myrna Soberman
(863.969.3622 or sobe1@tampabay.rr.com)
First, second & fourth Tuesdays
7 to 9 p.m.
HFC Card Room
Contact Myrna to reserve your space (limited to 8 attendees)

Tai Chi

Tuesdays at 11:30 a.m.
HFC Sports Court
Those diagnosed with Parkinson's and caregivers are free, all others \$5

Hatha Yoga

Mentor: Gina Krall
Thursdays, 11 a.m.
HFC - all levels welcome

Yoga Share

Coordinators: Diane Yeager & Nancy Byrne
Wednesdays, 8:45 to 9:45 a.m.
Clubhouse Ballroom
Practice to DVD's, alternating programs to get variety, emphasizing stretching, postures, and relaxation. Bring a mat to this free class.

Chair Yoga & Easy Qi Gong

Certified Instructor: Joanne Miknis
Fridays at 11 a.m.
HFC Community Center
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\$5/class

Aqua Reloaded

Wednesdays and Fridays at 10 a.m.,
1st & 3rd Mondays at 1:30 p.m.
HFC Indoor Pool

LA Dance Class - Rumba

"The Dance of Love"
Instructor: Connie Wilkinson, certified DVIDA
Instructor (863.875.6728)
Mondays, May 1, 8, 15, 22
from 4:30 to 5:30 p.m.
HFC Community Room
Free - no partner needed!

Square Dance Lessons

Instructor: Keith Stevens
Thursdays, 6 to 7 p.m.
Clubhouse Ballroom

Lake Ashton Men's Bible Study

Facilitator: Bill Sage
Tuesdays, 10 to 11:30 a.m.
HFC Community Center

Ladies New Small Group Bible Study

Wednesday, May 3, 3 to 4:15 p.m.
First Place 4 Health is a Christ-centered healthy living program. It will help you create balance in the four core areas of your life — emotional, spiritual, mental and physical. *Seek God First* contains 12 weeks of daily study, Scriptures memory cards, a coordinating Scripture memory music CD, and two complete weeks of menu plans with grocery lists, recipes and detailed nutrition information. Cost: \$18 Contact: Margie Dersham, 352.359.3029, justrightacres@gmail.com, 5473 Hogan Lane

Lake Ashton Clubhouse

4141 Ashton Club Drive

Lake Wales, FL 33859

Phone: 863.324.5457

Fax: 863.324.5829

Office Hours: 9 a.m. to 5 p.m.

LA CDD Community Director:

Tricia Adams

tadams@lakeashtoncdd.com

Lake Ashton Health & Fitness Center (HFC)

6052 Pebble Beach Boulevard

Winter Haven, FL 33884

Phone: 863.595.1562

Fax: 863.595.1567

Office Hours: 8 a.m. to 4 p.m.

LA II CDD Community Director:

Mary Bosman

mbosman@lakeashton2cdd.com

www.ashtonliving.net

Lake Ashton employees are at your service. We want your experiences in the Clubhouse, Golf Course and HFC to be as pleasant and memorable as possible.

Activities Desk - Gail Spence	863.324.6032	gspence@lakeashtoncdd.com
LA Times, Channel 732, ashtonliving.net - Valerie McCutcheon	863.324.6032	valerie@lakeashtoncdd.com
Club Office Manager - Christine Wells	863.324.5457	cwells@lakeashtoncdd.com
HFC Activities Desk - Karen Van Kirk	863.595.1562	kvankirk@lakeashton2cdd.com
Fire at Lake Ashton Restaurant	863.324.5810	fire@lakeashtoncdd.com
HOA Office (LW)	863.325.0065	office@lakeashtonhoa.org
MX Communications - Diana Mefford	863.326.1304	dmefford@lakeashtongolf.com
Golf Club - Paul Sisemore, Golf Pro	863.326.1032	psisemore@lakeashtongolf.com
Eagle's Nest	863.326.1085	vmoore@lakeashtongolf.com
Lake Ashton Sales Office	863.324.8664	

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Lake Wales Police Department Non-Emergency: 863.678.4223

Winter Haven Police Department Non-Emergency: 863.291.5858

Polk County Sheriff's Office Non-Emergency: 863.298.6200 (to report identity theft or credit fraud)

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1st Place: Sue & Doug Olympia (2016 winners) present award to Nancy & Orlando Martins, 1st place winners of 2017 (top left)

2nd Place: Roger & Edna Brosky (2016 2nd place winners) present award to Doug & Sue Olympia, 2nd place winners of 2017 (top right)



3rd Place: Marge Kniat, standing in for Jackie Hendrie & Sally Mitchell (2016 3rd place winners) present award to 2017 3rd place winners Mary Ann & Ron Buran (left)

