



# L.A. TIMES

Lake Ashton Community Newsletter  
December 2017

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# Scene About Town



## *New Kitchen Manager at Fire at Lake Ashton*

Ricardo Santiago, age 33, is originally from the Bronx, and grew up "literally in the fire" of the restaurant industry as his family owned and operated a 5-star restaurant in Newport, Rhode Island. He earned a culinary certificate from Johnson & Wales University in Rhode Island. He currently lives with his wife Natasha, son Julious, and daughters Nyla and Analeigh. Natasha is also pregnant with their fourth child! Ricardo enjoys the beautiful atmosphere of Lake Ashton and the scenic dining experience that Fire at Lake Ashton provides, along with the experience of working for well-trained, polite, and knowledgeable managers. He is looking forward to building a nice culture and positive dining experience here at Lake Ashton. He enjoys showing his personality by creating weekly specials, and wants very much to be in tune with the customer base. He'd love to hear from you ... feedback is encouraged and appreciated. As he says with a smile, "we cater to you!" Don't miss out ... stop by and try some of his new specials, enjoy live entertainment, and an extended happy hour (see page 27 for details)!

## *Resident Patty Wallner's Art Exhibit*

View the beautiful watercolor work of Lake Ashton artist Patty Wallner in a rotating exhibit in the hallway near the Bowling Alley until January 2. Her exhibit at Lake Ashton showcases her favorite happy place – the beach! Meet and greet the artist Friday, December 1 at 2 p.m. as Patty introduces her work and herself during a casual exhibit talk at the gallery.



## *New at the HFC ...*

Maintenance Supervisor, James Margeson and Chuck Yeager stand in front of a custom window seat they built for the HFC Media Center.



## *Sassy Cassies*

Lunch was hosted November 8 by Phyllis Gabler and Nancy Robinson at L'Incontro. The fall theme was carried out with candy corn in a ball jar topped off with a pretty fall flower. The time you took to gift us with traditional fall candy was appreciated.



November birthdays were honored. Vice Queen Toni Sawmiller filled everyone in on the traditional festive December luncheon in Lakeland at The Terrace Hotel. Queen Rita Miller was cruising!



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**Lake Ashton (LW) CDD News**

*By Tricia L. Adams, LACDD Community Director*

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The holiday season is in full swing with an abundance of food and drinks, seasonal decorations, social events and special occasions! Happy Hanukkah, Merry Christmas, and Happy New Year to one and all. Staff hopes to see many residents at the Holiday Show, Holiday Parade, New Year’s Eve Snow Ball and other events intended to make the holidays merry. The Clubhouse is decked out to add to the celebratory spirit. Holiday lighting at the Clubhouse and Thompson Nursery Road Gate House will soon be installed. This year, due to the installation of a new roof (which will take several weeks in December) as a result of hurricane damages, the roofline will not be lit up but no one should let that dim holiday spirits! During roof construction, the restaurant patio awning will also be temporarily removed.



The Lake Ashton Community Development District Board of Supervisors met November 10 and recognized Community Emergency Response Team (CERT) Hurricane Irma responders with a certificate of appreciation (pictured). The Board also reviewed staff reports and discussed possible upcoming joint Board of Supervisors meetings with Lake Ashton II (Winter Haven) Community Development District.

Those who live in LACDD/Lake Wales and have double fixture street lights will see those light fixtures changed out to new LED single fixture street lights which provides a better quality light and brings cost savings to the District. All residents are welcome to attend the upcoming LACDD Board of Supervisors meeting at 9 a.m. in the Ballroom December 8. LAICDD Board meets later that same day at 1:30 p.m. in the HFC Community Center.

**D E C E M B E R 2 0 1 7**

**WITH THANKS**

I cannot begin to express the love and gratitude I have for all my friends, neighbors and staff here in Lake Ashton during my husband Bob's illness and passing. From driving me around, to feeding me, to holding my hand and letting me cry. I will always have you all in my heart.

Thank you,  
Barbara Cruz

Thank you Lake Ashton friends and neighbors for your kindness and compassion during John's illness and passing. The support, cards, meals, and hugs are a great comfort. Sincerely,  
Emily Anderson

Newsletter Staff

**Tricia L. Adams — Editor**

**tadams@lakeashtoncdd.com - 863.324.5457**

**Valerie McCutcheon — Advertising Sales, Layout & Design**

**valerie@lakeashtoncdd.com - 863.324.6032**

**January Issue Deadline: December 13**

**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.



**Holiday Office Closures**

**Christmas/Hanukkah:** The Clubhouse Offices will be closed Monday, December 25. The Pro Shop will close at noon on Sunday, December 24 and will be closed Monday, December 25. Fire at Lake Ashton will be closed on Sunday, December 24 and Monday, December 25. The HFC will be closed Monday, December 25 and Tuesday, December 26. There will be no fitness classes those days.

**New Year's Day:** The Clubhouse offices will be closed on Monday, January 1. The Pro Shop will close at noon on Sunday, December 31 and will be closed on Monday, January 1. The HFC will be closed Monday, January 1. There will be no fitness classes held this day.

**Lake Ashton II (WH) CDD News**

*By Mary Bosman, LAICDD Community Director*

The LAICDD Board of Supervisors held a special meeting on Friday, October 27. The new pickleball courts and parking lot paving were discussed. Significant savings were realized by doing both at the same time. Bids to repair the hurricane damaged HFC roof and windows were also discussed and approved.

The HFC served as the training site for Certified Pool Operators November 16 and 17. As a benefit of being the training site, both of the HFC maintenance staff's training was comped in lieu of tuition fees. This is a onetime certification issued to staff to be in compliance with state regulations for monitoring public pools. The alternative is a significant monthly fee paid for outside vendor service to provide the same service.

Please remember to renew your recurring activities the first week in December! Wishing Happy Holidays to all and a happy, healthy New Year from the LAICDD Board of Supervisors, HFC Staff, Volunteers, and Securitas Staff!

**Message for New Residents**

*By Mary Bosman, LAICDD Community Director*

All new residents to Lake Ashton are invited to stop in at the HFC or call 863.595.1562 to receive a packet of very helpful information to make your transition to Lake Ashton living an easier one! Also, be sure to sign up for the next New Resident Social on January 26, 2018, at 2 p.m.

**Help Keep Lake Ashton Secure**

*By Tricia L. Adams, LACDD Community Director*

Anyone using amenities at the Clubhouse or HFC should have a Lake Ashton Resident Identification or a facilities Guest Pass. This identification policy helps staff and security officers ensure that the amenities are safeguarded and being used as intended. With many new residents moving to the expanding neighborhood, a Lake Ashton photo ID assists staff and security officers with learning names and faces. Keep in mind, if staff or security ask for an identification, it is not to harass residents, but rather intended to keep the neighborhood secure. Those who have not yet received an identification can check with Clubhouse staff for an application and the times when the camera and equipment is set up. Lake Ashton identification qualifies residents to participate in a discount program where over 55 local business, restaurants, and services offer a Lake Ashton Resident Discount. Please see a detailed list on ashtonliving.net on the Lake Ashton Resident Identification Discount Program page under the Resident Services tab, or at the Clubhouse Activities Desk.

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 Monday through Friday from 9 a.m. to 5 p.m., or with the seasonal Pool Security Officer at the Clubhouse Pool Saturdays and Sundays from 11 a.m. to 4 p.m. (weather permitting) and renters must have a copy of their rental agreement. Registration cannot be completed in advance.

**New Resident Orientation at the Clubhouse**

*By Christine Wells, Club Office Manager*

New residents of Lake Ashton can sign up at the Clubhouse Activities Desk for a formal New Resident Orientation held December 13 in the Clubhouse Ballroom at 3 p.m. This is an opportunity to meet community leaders and other new residents, and get information about the community. You can also stop by the Club Office Monday through Friday between 9 a.m. and 5 p.m. and get an informal introduction to Lake Ashton, sign up for community-wide emails, and more.



**Scheduling at the HFC**

*By Mary Bosman, LAIICDD Community Director*

The HFC will be processing renewal reservations the first week of December for recurring activities for 2018. If you are the Chairperson of a recurring event, please stop in and get your event on the schedule. Only chairpersons, or their designee please. If you're wondering why this takes place in December as opposed to during the summer, it's because the overall philosophy for LAII is to provide optimum opportunities for every resident. For example, if a couple were to be celebrating their 50th wedding anniversary in 2018 and wanted to reserve a room at the HFC, they would have had the previous year's 11 months to get that reservation in without being told that a recurring event already has the room. The same pertains to special events such as holiday parties, family reunions, etc. Onetime and annual events are special and can be made at any time. Many factors can change the dynamics of an activity, so events cannot be made in perpetuity.

**LA (LW) HOA News — A Lesson in Latin**

*By Murray Zacharia*

Etymology is defined as the "origin and historical development of a word." The word *common*, defined as "belonging equally to all," is from Latin *communis*. *Commit*, from Latin *committere* (to entrust), is generally defined to mean "to do, perform, or perpetuate." *Community*, from Latin *communitas*, means "a group of people living in the same locality and under the same governance and rules." From Latin *communicare* comes *communicate* — "to make known; impart." And *commensurable*, defined as "able to be measured by a common standard," comes from the Latin *commensurabilis*.

Your Association, through its Board of Directors, is **committed** to apply **commensurable** standards throughout this **community** for the **common** good and to **communicate** effectively and continuously. Ashtonliving.net, weekly email blasts, monthly general membership meetings, twice monthly Architectural Review Committee meetings, less routine ad hoc Committee meetings, and the February Annual meeting all provide excellent opportunities for you to stay involved in making Lake Ashton the best community that it can be.

**LA (WH) ARC Reminders**

*By Debb Holmes*

Now that the MX lawsuit has been resolved, please be aware that should a homeowner opt for the Dish Communications Network or Direct TV, prior ARC approval must be obtained

before any equipment is placed onto the roof of the home. With many neighbors returning to Lake Ashton, residents are reminded to inspect their flowerbeds to see if re-mulching is necessary. The ARC has noticed many flowerbeds that require mulch. Rules and Guidelines state mulch replenishment must be done as needed, or at least annually.

**Neighborhood Watch - Holiday Shopping Tips**

*By Fay Wood, NW Chief*

You can play a key role in preventing crime during the very busy shopping month with these tips:

- Shop with family or friends. There is safety in numbers!
- If shopping while dark, park in a well-lit area. Avoid poorly lighted sections of parking lots.
- Lock your packages in the trunk and consider taking a quick trip home to unload periodically.
- Keep vehicle doors locked and windows closed.
- Avoid carrying large amounts of cash. Pay for purchases with check, debit or credit card.
- Try to avoid ATM machines if possible. If you must use cover while using your passcodes.
- Don't try to carry too many packages to your vehicle. If needed, make multiple trips to avoid being overburdened and caught off guard and vulnerable.
- Be aware of surroundings. If you see something suspicious, call 9-1-1 immediately!
- Shopping with grandchildren? Take their picture on your phone just before leaving the house so you have the most updated photo including clothing description in case you get separated.



Enjoy your shopping, but be smart, be aware, and be safe!

**Hosting Family for the Holidays?**

*By Ron Hevener, Site Security Supervisor*

December is a traditional time for family and friends to escape the cold up north and come to visit those lucky enough to live at Lake Ashton. Please remember that visiting grandchildren are guests of your neighbors, so please extend every courtesy possible, and be tolerant of extra activity at the pool and other amenities. Those hosting family should remind them to be considerate of residents in this community. It is helpful if residents accompany their guests at any of the amenities. Golf carts should be driven only by those 14 years and older. All drivers (car and golf carts) must observe the stop signs and 20 mph speed limit. It is helpful if residents accompany young people driving golf carts. Adults should not place young children on their laps between them and the steering wheel as this creates a hazardous condition for the children in the case of a panic stop or accidents.



# M O V I E S C H E D U L E

PLEASE NOTE NEW MOVIE SCHEDULE FOR THE CLUBHOUSE CINEMA BELOW.  
TUESDAY SCREENINGS ARE CLOSED CAPTIONED.

**Tuesday, December 5 through Thursday, December 7 at 11 a.m. & 3 p.m.**

**Sunday, December 10 through Thursday, December 14 at 7 p.m.**

**THE SPACE BETWEEN US** (2017) PG-13 120 minutes

*Imaginative, exciting and romantic adventure starring Gary Oldman and Asa Butterfield. As the first Mars-bred human, 16-year-old Gardner Elliot is now ready to venture toward Earth to pursue an online romance. As he plots his journey, he uncovers more about his mom, who died in childbirth, and his dad, who's never been identified.*

**Tuesday, December 12 through Thursday, December 14 at 11 a.m. & 3 p.m.**

**Sunday, December 17 through Thursday, December 21 at 7 p.m.**

**RUNNING WILD** (2017) PG 99 minutes

*Inspiring, emotional western drama starring Sharon Stone and Tommy Flanagan. Stella Davis, a widow, saves her ranch by working with convicts to rehabilitate a herd of wild horses that wandered on to her property. She must fight prejudice, greed, bureaucracy and vanity to finally understand that there is no better remedy to misfortune than helping another living creature.*

**Tuesday, December 19 through Thursday, December 21 at 11 a.m. & 3 p.m.**

**Tuesday, December 26 through Thursday, December 28 at 7 p.m.**

**NO MOVIES DECEMBER 24 OR 25**

**THE CASE FOR CHRIST** (2017) PG 114 minutes

*Inspiring, heartfelt and emotional religious drama starring Mike Vogel, Erika Christensen and Faye Dunaway. Intent on convincing his wife that she's made a mistake in becoming a Christian, investigative reporter Lee Strobel, a confirmed atheist, sets out to refute the claims of Christianity. But his findings lead to unexpected results.*

**Tuesday, December 26 through Thursday, December 28 at 11 a.m. & 3 p.m.**

**Tuesday, January 2 through Thursday, January 4 at 7 p.m.**

**NO MOVIES DECEMBER 31 OR JANUARY 1**

**BEAUTY AND THE BEAST** (2017) PG 129 minutes

*Imaginative and romantic fantasy starring Emma Watson, Kevin Kline, Ewan McGregor and Stanley Tucci. In this live action version of the Disney adapted animated feature, young Belle yearns to escape her ordinary existence, and her village's boorish suitors, until she becomes imprisoned in the castle of a monstrous prince.*



There will be a special screening of *Beneath the Crown*, a short documentary film about the unconventional woman who was Miss Universe in 1967, on Sunday, January 7 at 3 p.m. 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 film will be presented by Lake Wales resident and veteran SAG actor/producer/writer Susan Gallagher (pictured). Please sign up at the Clubhouse Activities Desk - limit 50 attendees.

CLASSIC AND SPECIAL INTEREST FILMS WILL BE SHOWN IN THE CINEMA AT 1 P.M. ON SELECT FRIDAYS.

**December 1**

**THE PRODUCERS**

(1968) PG 90 minutes

*Cynical, witty classic musical starring Zero Mostel and Gene Wilder and directed by Mel Brooks. Rapacious but loveable producer hasn't had a hit in years when, quite by accident, he and his meek, neurotic accountant come up with a plot to oversell shares in a surefire flop and make off with the profits. The catch is that their cash cow, *Springtime for Hitler*, is the worst show ever written.*

**December 8 — NO MOVIE**

**December 15**

**THE CHRISTMAS CANDLE**

(1988) R 133 minutes

*Inspiring, family-friendly spiritual drama starring Hans Matheson and Samantha Barks. In the village of Gladbury, it's believed that every 25 years an angel comes on Christmas Eve bearing a miracle for one of the residents. But the arrival of a new minister with fresh ideas threatens to extinguish the age-old tradition.*

**December 22**

**THE NATIVITY STORY**

(2006) PG 101 minutes

*Sentimental, inspiring spiritual drama starring Keisha Castle-Hughes. Mary and Joseph make the hard journey to Bethlehem for a blessed event in this meticulously researched and visually lush adaptation of the biblical tale of the Nativity.*

**December 29**

**FIDDLER ON THE ROOF**

(1971) G 180 minutes

*Classic musical starring Topol, Norma Crane, and Leonard Frey. In pre-Revolutionary Russia, a Jewish peasant contends with marrying off three of his daughters while growing anti-Semitic sentiment threatens his village.*

# M E E T I N G S

## KEEP INFORMED - ATTEND MONDAY COFFEE!

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

### December 4

- LA RV Benefit Association Grant Winners
- Birthday & Anniversary Celebrations
- HealthCare Advocates
- Select Rehab

### December 11

- Supervisor of Elections Lori Edwards
- Lake Wales Medical Center Blood Pressure & Glucose Screening
- One Billion Rising
- Bite Me Monday (donations for Humane Society)
- Edward Jones
- Frontier Communications

### December 18

- Anchor House
- Performance Plus Golf Carts
- Allen and Company
- Peanut Butter Monday (donations for local food pantry)
- Blast from the Past

NO MONDAY COFFEE  
DECEMBER 25 OR JANUARY 1

### Next Board of Supervisors Meeting:

LACDD

Friday, December 8  
9 a.m.

Clubhouse Ballroom  
LAIICDD

Friday, December 8  
1:30 p.m.

HFC Community Center

## Polk County Library Cooperative Bookmobile

The Polk County Library Cooperative Bookmobile now visits Lake Ashton twice a month. 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). For more information, call the Polk County Library Cooperative at 863.678.4004.

## Polk Supervisor of Elections at Monday Coffee December 11

Polk Supervisor of Elections will present information about privacy protection for voters and other election news at Monday Coffee 9 a.m. in the Ballroom December 11. Lori Edwards was elected Supervisor of Elections in Polk County in 2000 and is active in the leadership of Florida State Association of Supervisors of Elections, currently serving as past president.



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<p><b>KAYAK RENTALS</b></p> <table style="margin: auto;"> <tr> <td><b>SINGLE</b></td> <td><b>TANDEM</b></td> </tr> <tr> <td>2 HRS = \$25</td> <td>2 HRS = \$35</td> </tr> <tr> <td>4 HRS = \$40</td> <td>4 HRS = \$50</td> </tr> <tr> <td>8 HRS = \$65</td> <td>8 HRS = \$85</td> </tr> </table> <p><small>Plus tax. Prices include gas \$50 deposit to reserve date Seats 8-10 people</small></p> 	<b>SINGLE</b>	<b>TANDEM</b>	2 HRS = \$25	2 HRS = \$35	4 HRS = \$40	4 HRS = \$50	8 HRS = \$65	8 HRS = \$85	<p><b>BASS BOAT RENTAL</b></p> <p>1/2 DAY = \$150 FULL DAY = \$200</p> <p><small>Plus tax. Prices include gas \$50 deposit to reserve date Seats 8-10 people</small></p> 
<b>SINGLE</b>	<b>TANDEM</b>								
2 HRS = \$25	2 HRS = \$35								
4 HRS = \$40	4 HRS = \$50								
8 HRS = \$65	8 HRS = \$85								

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## 863-293-1156



# E V E N T S

## First Friday Trivia

By Mary Bosman, LAICDD Community Director

November's First Friday Trivia topics included veterans and Thanksgiving questions, such as who was the Captain of the Mayflower, and what major weapon of war was used for the first time in 1916? The team of Karen & Ron Nelson and Ralph & Ann Ludwick took home the honors for the day. Congratulations go out to all for being good sports and having a good afternoon of fun together. Everyone is invited to the next Lake Ashton First Friday Trivia at the HFC Friday, December 1 at 2 p.m. Brain food is served and teams are made prior to play, so bring a team, or come in for the fun!

## Adopt-a-Road Cleanup

By Bob Hourigan

It's time to clean up Thompson Nursery Road again. Things are looking a bit "trashy" out there. So, if an energetic group of volunteers will gather to help pick up litter, the road to Lake Ashton will once again be an asset to the community. Meet at the Clubhouse at 8 a.m. Saturday, December 9. Choose your pick up area, grab a safety vest, gloves, and water, and proceed to your assigned area. The whole process will take less than two hours. Many hands make for light work, so please sign up at either Activities Desk. Call Bob or Mary Hourigan with any questions (863.949.4277).

## Lake Ashton Holiday Parade

By Jim Meccics

The 2017 Lake Ashton Holiday Parade will take place Thursday, December 14. Participants meet in the HFC parking lot at 5:30 p.m. with the parade stepping off at 6:30. The parade will conclude at the Clubhouse where a holiday reception for participants and families will take place. The parade is open to any type of conveyance. Sign up at either Activities Desk to participate.

## New Year's Eve Snow Ball

By Gail Spence, Activities Assistant

Come to the Lake Ashton Clubhouse Ballroom on December 31 at 7 p.m. for a wintery night of celebration with the Dream Class Band. Dinner choice of chicken Marsala or grilled salmon and a cash bar will be available, plus dessert and a champagne toast. Tickets are \$49 and are on sale at the Clubhouse Activities Desk with Visa, MasterCard or check payable to LACDD. Sponsored by Frontier Communications.

## Think & Drink: What is Your Body Trying to Tell You?

By Tricia L. Adams, LACDD Community Director

Think and Drink is a brand new initiative designed to stimulate thought and open-minded conversations among residents of Lake Ashton. Engaging speakers, thought-

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- provides **2 FREE** Virtual Tours of your home.
- has its own websites [www.homesinlakeashton.com](http://www.homesinlakeashton.com), [www.resalesinlakeashton.com](http://www.resalesinlakeashton.com)
- provides professional quality photographs and virtual tours
- has a VARIABLE commission fee structure.
- uses electronic lock box for your home's security
- guarantees the lowest commission structure available
- does **NOT** charge any up front fees.
- does **NOT** charge any "Administration Fees"
- Commission is only paid if home sells.

A Full Service Real Estate Company

Trust the marketing of your home to an EXPERIENCED Realtor who has listed and sold homes in Lake Ashton Since 2004! From just 2013 through 2015 Michael Krigelski has been involved in the sale of 69 Lake Ashton Homes. Experience, specializing in only Lake Ashton and actually owning a home in Lake Ashton since 2003 sets Michael Krigelski and A+ Realty LLC apart from all others.

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# E V E N T S

provoking topics, and an optional glass of wine are all part of the agenda! On January 3 at 6:30 p.m. in the Ballroom, therapist Gail Grismore will share how past trauma can manifest in unexpected physical ways. Well-known expressions such as "pain in the neck" and "weight of the world on your shoulders" can ring true and may even be how somebody is expressing unresolved trauma. This topic will explore how trauma affects the body and how brains can be re-wired to heal and move forward positively. Please sign up at the Clubhouse Activities Desk. Save the date for upcoming programs February 7 and March 7, 2018.

## Benefit Piano Concert

By Carolyn Neuberger

The LA Purple Stars are sponsoring a Benefit Concert by pianist Jonathan Reed to help support and find a cure for cancer Friday, January 19, 2018 at 7:30 p.m. in the Clubhouse Ballroom. Tickets are on sale at the Clubhouse Activities Desk. Minimum contribution for open seating is \$5; \$10 minimum for reserved seating. Make checks payable to the LA Purple Stars. Two purple bears are also being raffled off as a fundraiser for the American Cancer Society — purchase one ticket for \$1 or six tickets for \$5 at the Clubhouse Activities Desk. Winners picked January 19.

## 2018 Fine Arts & Photography Show

By Larry and Joanne Hillock

The 11th annual Lake Ashton Fine Arts & Photography Show will be held March 3, 2018 in the Clubhouse Ballroom. Participation is open to all Lake Ashton residents. There is no fee for applications or show admittance. Last year's show was a great success with over 100 pieces on display. Decide now what your entries will be! Applications and more information will be ready in January. Due to the size of the display panels, the maximum size of entries, including frame, should not exceed 36" x 24". Participants can display up to three pieces. Come share your talents with your neighbors!



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**2018 Talent Showcase**

*By Mark Graham*

The Lake Ashton Performing Arts Committee (LAPAC) is looking for members of the community who are willing to assist in the production of the annual Lake Ashton Talent Showcase. If you are interested and/or have previous experience in choreography, costumes, set design, show management, etc., please consider joining. Also, hidden talent within the community is always sought ... if you sing, dance, or play an instrument, come showcase your talents! Be part of a Lake Ashton 12 year tradition. Join this group of fun-loving friends and neighbors putting on a show for the pleasure of self and community. Please contact MaryAnn Goodhand at 863.324.1626 or Mark Graham at 863.949.0011. Looking forward to hearing from you.

**Exciting Day Trips and Group Travel for 2018**

*By Gail Spence, Clubhouse Activities Assistant*

Day trips and group travel are designed to experience the best of Florida. All trips are hosted by Activities Assistant Gail Spence and include reserved round trip transportation in deluxe motorcoaches from the Clubhouse. No worries about traffic, parking, or having a few drinks when aboard the Lake Ashton bus! Sign up at the Clubhouse Activities Desk.

**Kennedy Space Center - January 23, 2018**

Travel to the Kennedy Space Center in Cape Canaveral and explore the NASA Kennedy Space Center launch headquarters, including the LC-39 observation gantry, Apollo/Saturn V Center, the International Space Station Center, Science On a Sphere at the Astronaut Hall of Fame, the rocket garden, the Space shuttle plaza, astronaut memorial, and IMAX theater. You will get the unique chance to tour NASA's launch and landing facilities, experience interactive simulators, enjoy live shows and have jaw-dropping encounters with massive rockets. Sign up now as you won't want to miss this special day out! Cost is \$98/person — must sign up by January 2, 2018.

**A Day at Giraffe Ranch - February 8, 2018**

Start your tour with lunch at "Lunch on Limoges" located in downtown Dade City, before heading off on an adventure at Giraffe Ranch for spectacular close-up encounters with ostrich, bongo antelope, Grant's zebra, blackbuck antelope, axis deer, warthog, red river hog, pygmy hippopotamus, Indian rhinoceros, scimitar horned oryx and more unique and endangered species in large herds! Take part in real hands-on interactions with many species that feed from the vehicle. See the beautiful giraffes and feed them by hand in this unique tour! There will be opportunities to ride a camel, or feed a lemur or otter (offered separately, bring cash). Cost is \$98.

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**Blue Man Group**

*By Murray Zacharia*

With summer and fall seasons behind us, the winter months' schedule includes a 1-2-3 best net (BN) team game (18 holes optional) on December 6, a one and two BN of four on December 13, an individual low net with the highest one hole score discarded on December 20, and a 2 of 4 BN net team shamble (18 holes optional) on December 27. January's weekly Wednesday games (January 3, 10, 24 and 31) are all team events with three special events thrown in as the Lake Ashton Golf Club begins its tournament season. The LAGC Member-Member, a 2-man net best ball, will be played on Friday and Saturday, January 5 and 6. The annual "LA Blues Scramble Ringer Tournament" on Tuesday and Wednesday, January 16 and 17, features two Blue Man Group and two LA Niners golfers on each team, looking to replace last year's winning team of Pam Kinel, Cheryl Winchester, Cal DenBesten, and John Holmes. On Friday and Saturday, January 26 and 27, the LAGC's annual individual Ringer Tournament will include an 18-hole Blue Division in the two-day flighted event. Check your calendars and pencil in the days. Register for all these events and you're playing 54 holes (the equivalent of three 18-hole rounds) of competitive golf in December, and 135 holes (7.5 rounds) in the first month of the new year.



**Questions About Men's Health?**

Urology Specialist Michael D'Angelo, M.D., will be talking about a new prostate procedure as well as answering your questions about men's health. For more information, please call 863-419-2172.

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## LAKE ASHTON GOLF NEWS

### LALGA By Patty Wallner, Publicity

Opening Day couldn't have been better! Perfect weather, nice camaraderie and lunch at the Nest. A big thank you to Vicki and her staff (pictured above), who always create a festive atmosphere and delicious food! The Pro Shop sale, in the spirit of opening day, was also a big hit and appreciated!



The "We Care for Kids" committee is in full gear for holiday season food drives, hygiene kits and Christmas gifts for the Care Center recipients in Lake Wales and Winter Haven. The opening day packet included helpful lists of suggestions for all of these efforts. If you were unable to attend opening day, information can be obtained from Sue

Bloedorn or Sandi Christenson. Bring unwrapped gifts to the Holiday Luncheon December 12. Food or hygiene kit items may be placed in the bins in the Pro Shop any time. The next board meeting is December 4 at 8:30 a.m. in the Clubhouse Conference Room. All members are welcome.

What does the well-dressed golfer wear when her league day falls on Halloween? The LA Niners in this photo (Linda Ford, Carol Gillespie and Gerry Krigelski) chose to play in their spookiest Halloween shirts, in the hope of warding off bogies and other evil spirits. The league welcomed back its seasonal members to enjoy the beautiful November golfing weather, culminating in a delicious lunch with friends at the end of the month. For December, they have a full schedule, which includes a two-day ringer tournament on December 4 and 5 and a holiday luncheon on December 12. The league invites women who are golf club members and would like to play nine holes of golf at 9:30 on Tuesday mornings to join them by signing up each week on the sign-up sheets posted on the Niners' bulletin board outside the Pro Shop ladies room. League dues for the entire season are only \$30.



### LA NINERS BY CAROL GILLESPIE

### LAMGA By Gary Pagel

The Lake Ashton Men's Golf Association board would like to wish everyone a very happy holiday season, one filled with kindness, love, hope and peace.

They hope to see everyone at the annual LAMGA luncheon meeting on December 13 in the Eagle's Nest. The meeting will be held

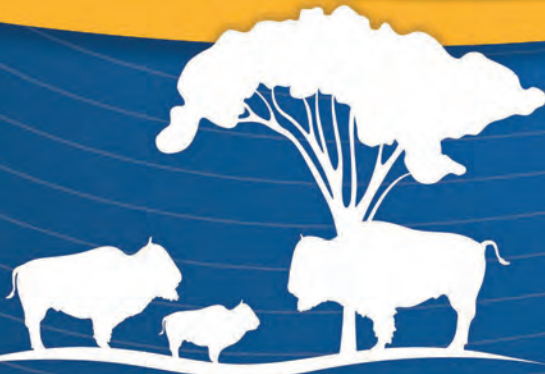
after the normal Wednesday play and is open to all members in good standing. There will also be 2018 Membership Applications there, so bring your checkbooks and be set for the new year.

2017 has been a banner year for the new board members who hit the ground running and worked hard and set the bar even higher for the coming year. Next up on

the agenda is the Member/Guest tournament. The dates are set for March 7 (practice round) with the tournament held March 8 — 10. This is the biggest undertaking of the year and it requires many hours of preparation and participation. Any and all help to the board at this time is gratefully appreciated. May all your putts be up hill and "Roger" gimmes.



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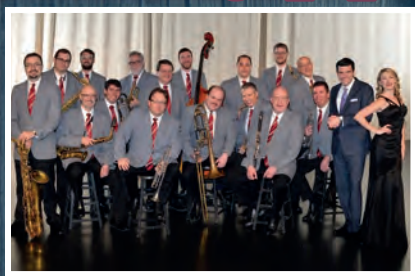
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**JANUARY 24 at 7PM**

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**Tickets on Sale December 13**

Super Premium: \$30

Premium: \$25

Regular: \$20

Limit 4 tickets per person

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## Darrel Joyce & John Charles

**FEBRUARY 2 at 7PM**

Darrel Joyce's hilarious and fast-paced style of comedy, with his quick wit and social commentary, whips audiences into a frenzy for one of the most entertaining shows in comedy today. When the magic of John Charles' music is combined with his comedy and audience interaction, the result is an explosive reaction!

**Tickets on Sale December 20**

Premium: \$18

Regular: \$15

Limit 4 tickets per person

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## The Vogues

**FEBRUARY 17 at 7PM**

Their fresh, original blend of vocal harmony left an indelible mark in the world of popular music. They remain one of the top vocal groups on the oldies scene today, over 50 years after their first hit *You're the One* was released. Their outstanding talent, stylish delivery & excellent choice of material make this group one of the world's top nostalgia acts.

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## Ethel Waters

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## 2017 Holiday Show – Tickets Still Available!

**DECEMBER 8 at 7PM**

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Tickets on sale on scheduled dates at 9 am based on a first-come, first-served line. No ticket sale sign-up sheets are produced or used by staff during ticket sales. Please have your Lake Ashton resident identification on hand.

Tickets can be purchased with checks payable to LACDD, Visa, or MasterCard. Tickets can be purchased over the phone with Visa or MasterCard after 11:30 am on first day of sale by calling the Activities Office at 863.324.6032.



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**LA Belles**

*By Sharon Thomas*

There will be a member appreciation luncheon on Wednesday, December 6 at noon at The Club at Eaglebrooke in Lakeland. Lunch choices are chicken schnitzel, vegetarian pasta, or broiled salmon filet. \$20 includes entree, house salad, rolls, coffee, water, chocolate cake, tax, and tip. Sign up and prepay at the Clubhouse Activities Desk.

**Blankets of Love at Lake Ashton (BOLLA)**

*By Pat Neaves*

Fall has been a busy time for the BOLLA group. Blankets are being created and delivered to children in Polk County. Many residents enjoyed The Fashions for BOLLA event held November 9. Members are reminded the annual social will be held in the Clubhouse Ballroom on Monday, January 8 from 11:15 a.m. to 1:30 p.m. Happy Holidays to all!

**Camera Club**

*By Larry and Joanne Hillock*

The Lake Ashton Camera Club is a great place to share your enthusiasm for photography. During meetings, photo opportunities in the area and photography techniques are discussed. Members have skill levels ranging from beginners to professional. This season, guest speakers and other educational opportunities such as workshops and training videos are planned, as well as member photo shoots. Join on the second Monday of each month at 10:30 a.m. in the Cinema. Next meeting is December 11. Don't forget to bring along a few photos on a USB memory device to share.

**Caring Tree**

*By Larry and Joanne Hillock*

The Caring Tree, located by the Clubhouse Activities Desk, will help the Lake Wales Care Center provide presents for the Mom's Choice Program, which allows parents to "shop" for their children in a special environment set up like a toy store. It can be easy to forget that there is a great need for such a program while surrounded by the beauty of Lake Ashton. Unfortunately, the number of families needing help has not diminished. Taking a gift tag from the Caring Tree helps give someone a brighter Christmas. The tags are suggestions, but gifts must be new and unwrapped. Children from birth to teenagers will receive gifts. Books are always welcomed for all age groups and personal care items, sports equipment, and fast food /entertainment gift cards are great choices for older recipients. Please leave gift cards and checks with Activities Desk staff. Thank you for everything that has already been brought in. Lake Ashton has always

been a great supporter of this program. The last day to bring in gifts is December 15, to allow time for distribution.

**Creative Stitchers**

*By Pat Howe*

The first road trip to Rainbow's End in Dunedin was another fun adventure. The group was small but successful as all brought home projects, fabrics, patterns, and tools from one of Florida's largest quilt shops. After shopping, everyone enjoyed a delicious lunch on the water at Bon Appetit before the trip back to Lake Ashton. It's great to see snowbirds returning for the season. Show and tell of summer projects for the annual Quilting and Needle Art Show on February 21, 2018, bolsters it will be another showcase of talent. 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 - Poisonous Holiday Plants**

*By Patricia Landskron*

Bright ornamental plants are a great way to dress up homes for the holidays. However, pet owners should be aware that some of these plants are poisonous to pets.

- Contrary to popular belief, the sap from **poinsettias** is only mildly toxic/irritating, and may cause nausea or vomiting if ingested, but generally not death.
- **Mistletoe and holly** are moderately to severely toxic; the poison control center or a veterinarian should be called immediately for specific advice.
- **Amaryllis and narcissus** are extremely toxic to cats, with severe symptoms of gastrointestinal signs, cardiac arrhythmias, kidney failure, convulsions and death.
- **Daffodils**, especially the bulbs, are toxic to cats and dogs.

Happy Holidays from LACC. During this holiday season many people are making donations to special organizations. Please keep LACC in mind — the group has rescued 58 cats and 4 dogs in the community. Checks payable to LACC can be sent to David Landskron, 5132 Winged Foot Lane, Winter Haven, FL 33884. For help with a rescue call David at 863.206.1776 or 813.482.2090.

**LA Democratic Club**

*By Richard Sutherland*

The Lake Ashton Democratic Club will meet Sunday, December 17 in the Clubhouse Ballroom at 3 p.m. Meetings are held on the third Sunday of the month. Everyone is invited to attend, but you must be a registered Democrat to become a club member. Please bring your Voter Registration Card to the meeting with you.



**Lake Ashton Veterans Auxiliary**

*By Pat Neaves*

The Auxiliary made a donation to the Lake Wales American Legion to use in the December project of giving to veterans living in local nursing home facilities. The group also made a donation to Clark House located in Lakeland which helps needy veterans throughout the year. The Auxiliary will no longer collect coupons to take to the American Legion. The group will continue to collect toiletry items for veterans. The items are collected in a bin located at the Clubhouse kitchen. There will be no Auxiliary meeting during the month of December. The group wishes everyone a Happy Holiday!

**Magic Years Club - Upcoming Events in November**

*By Becky Faughander*

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. Upcoming events:

**Tuesday, December 5 — 7 p.m.:** Regular meeting in the HFC Craft Room. Learn about grand plans for 2018 and sign up for upcoming luncheons and events like watching fireworks by pontoon boat on July 3/4. If interested, contact Becky Faughander at 863.662.5806 or rkfogg34@brighthouse.com so boats can be secured by the end of December. Cost is \$40/person. Meg and Ann Lutz will announce any information for December's luncheon at the Grand Floridian at this meeting.

**Tuesday, January 2, 2018 — 7 p.m.:** Regular meeting in the HFC Craft Room. Sign up for upcoming luncheons — bring your \$10/person reservation fee (refundable at the lunch).

**Tuesday, January 16 — 12:45 p.m.:** Lunch at 9 Dragons Restaurant in China at Epcot (pass required).

**Lake Ashton Republican Club**

*By Betty Davenport*

The Lake Ashton Republican Club will not be meeting during December, in order to put politics aside to regain the Spirit of the Holy Days ahead, and enter the New Year with hope and prayers. Meetings will begin again Wednesday, January 24, 2018. Watch the LA Times for the outstanding programs being planned. The group wishes everyone happiness during this blessed season.

**Winged Foot Lane Pet Play Park**

*By Myrna Soberman*

Friendly and fully vaccinated dogs of all sizes are welcome at the Winged Foot Lane Pet Play Park, 5140 Winged Foot Lane. Hours are sunrise to sunset, and full rules and regulations are posted outside the gate as well as online at ashtonliving.net. Donations are always welcome at any time and are purely

voluntary in amounts or frequency. Please remember that you must clean up after your pets, and do not feed the wildlife!

**ROMEOS (Retired Old Men Eating Out)**

*By Tony Chloros*

“The years go by as quickly as a wink” is all too true at this age, as the last month of 2017 is welcomed! “Enjoy yourself, it's later than you think” ends this ditty and it is exactly what the group intends to continue doing! Four breakfast buffets at the Eagle's Nest with the men and two dinners, one at the historic, beautifully decorated Jacaranda Hotel with the ladies highlight this very joyous and busy month. All men of Lake Ashton are welcome to join the ROMEOS. There are no fees or dues, only that you commit to attending at least one breakfast per month when in residence and enjoying yourself. Email tchloros@hotmail.com or call 863.318.1929 before attending your first breakfast. On behalf of the group, have a very Merry Christmas and a very Happy Holiday season.

**Lake Ashton Singles**

*By Hazel McCord*

The Lake Ashton Singles Group meets the first Sunday of the month at 3 p.m. in the Clubhouse Card Room to plan events and socialize. Next meeting is December 3. All Lake Ashton singles are welcome to attend.

**Lake Ashton Ping Pong**

*By Nancy Welch*

Save the date of Saturday, February 3, 2018 — the Lake Ashton Ping Pong group is enjoying growing pains. A hotdog/chili fundraiser is scheduled for February 3 at the HFC. Proceeds will allow the purchase of another ping pong table. More details to come in January. Meanwhile, please join in on Mondays at 12:30 p.m. at the HFC for fun and competition. All levels of play are welcome.

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  - Boost mood
  - Freshen the air



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- Drop in water, under tongue, or into a veggie capsule and swallow.



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- Cool the body
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- Support healthy respiratory function\*
- Diffuse for cleansing the air

\* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



# G A M E S

## Euchre Winners

**October 14:** Carmen Koltchigin, Jim Brendenmuehl, George Rogers

**October 28:** Rich Totten, Pam Totten, Doug Ward

**November 11:** Jim Brendenmuehl, Nancy Golding, Rich Totten, Mary Lois Teyssier

## Monday Duplicate Bridge

**October 2**

*North/South:* Dana Cunningham & Karen Brady, Pat Foster & Sonny Robinson

*East/West:* Geri Duffy & Judy Marine, Sue Maher & Edie Boles

**October 9**

*North/South:* Mike Holden & Jim Ford, Pat Foster & Sonny Robinson, Judy Robertson & Sue Agre

*East/West:* Cindy Holden & Linda Ford, Barb Cassidy & Dana Griffiths, John O'Reilly & Bob Wendin

*North/South:* Jim Ford & Mike Holden, Karen Brady & Dana Cunningham, Sonny Robinson & Pat Foster

*East/West:* Linda Ford & Cindy Holden, Nancy Chango & Connie Strassberg, Cheryl Tillman & Ron Destefano

**October 23**

*North/South:* Margot & Keith Stevens, Connie & Ken Ross, Pat Foster & Sonny Robinson

*East/West:* Edie Boles & Sue Maher, Mary Beth Ranheim & Bob Wendin, Mary & Gene DeCroes

**October 30**

*North/South:* Karen Brady & Dana Cunningham, Mike Holden & Jim Ford, Judy & Doug Robertson

*East/West:* Bob Wendin & Mary Beth Ranheim, Judy Marine & Geri Duffy, Sue Maher & Edie Boles

## Gentlemen & Ladies Tuesday Bridge

**October 17:** Jim Mark, Ken Ross, Gene DeCroes, Connie Ross

**October 24:** Marge Kniat, Ken Ross, John O'Reilly

**October 31:** Judy Marine, Maureen Ziegler, Marge Kniat, Nelda Sedlacek

**November 7:** Pat Mark, Judy Marine, Carl Boast, Jim Mark

**November 14:** Carl Boast, Connie Ross, Linda Boast, Faye Cooke

## Friday Bridge

**October 20:** Judy Marine, Mary Allen, Connie Ross

**October 27:** Geri Duffy, Judy Marine, Mary Ranheim

**November 3:** Doris Reisinger, Pauline Pare, Marion Nelson

**November 10:** Pauline Pare, Dana Griffith, Nelda Sedlacek

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# D I N N E R S

## East and West Community Potluck Dinner

By Kerry Giebler



The annual Thanksgiving Potluck Dinner that was held on November 12 in the Clubhouse was a huge success thanks to all who attended and all who helped out. The food that was brought for dinner covered two very large tables and the desserts had a table all their own which was just as

large! Several of the foods were the traditional Thanksgiving day foods, and there was also a variety of non-traditional foods. Everything was exceptionally delicious! Once again, thank you to all of you who attended and who helped to make that day a success. The next dinner is December 10 in the Clubhouse at 5 p.m. Sign up at the Clubhouse Activities Desk or online at [ashtonliving.net](http://ashtonliving.net), and please bring a dish to serve eight. Cost is \$2/person at the door.

## Eastside Winers and Diners

By Don Cook

The next social and dinner for the Eastside LA Winers and Diners will be held Monday, December 11. There will be a reserved area at the Eagle's Nest. Social time will start at 5 and dinner will follow at 5:30 p.m. Enjoy all you can eat pasta and salad. Purchase your \$2/person reservation at the Clubhouse Activities Desk or contact Don Cook at 863.875.8570 — this will be your entry into the Holiday Raffle Drawing that evening. All residents (and their guests) living on Ashton Club Drive (east of the Clubhouse), all of Muirfield Loop, Gullane Drive, Dornoch Drive, condos and the Estate Area are invited to enjoy dinner and fun.

## Pet Co-op

By Don Cook

The Pet Co-op Social/Dinner will be held Wednesday, December 20 at the Eagle's Nest. Social hour begins at 5 and dinner at 5:30 p.m. Reservations are \$2 per person and can be purchased at the Clubhouse Activities Desk. The fee will give you raffle tickets for a Holiday Raffle Drawing. Call Don Cook at 863.875.8570 for any additional information.

## Pickleball Spaghetti Dinner

By Ralph Rickard

Tickets for the popular pickleball spaghetti dinner will go on sale Monday, December 4 at Monday Coffee. This has always been a sell out in the past so get your tickets early. It will be held at the HFC on Sunday, January 21, 2018 at 6

p.m. Tickets for the three-course meal will again be just \$10 (cash or checks payable to LAPA). You can bring your own adult beverages. Non-alcoholic beverages will be provided. Gluten free entrees will be available. As in the past, there will be a raffle basket auction, with prizes worth up to \$100. During the week, while supplies last, tickets will be available at the HFC from 8 a.m. to 4 p.m. (checks only).

## Mid-Atlantic Party

By David Harrison

Mark your calendar for January 28, 2018, for the great Mid-Atlantic Party at 5 p.m. in the Clubhouse Ballroom. Anyone who has ever lived or worked in Delaware, Maryland, Virginia, West Virginia, New Jersey, or Pennsylvania is invited to join friends and neighbors and have a good time. The menu consists of fried chicken, homemade crab cake, and a soft drink, all for \$10. Purchase tickets at the Clubhouse Activities Desk beginning Monday, December 4. Choose white or dark meat chicken when you sign up and please bring a side, salad or dessert to serve eight. Tickets will be sold until January 19 or 136 are sold. January 28 is the Sunday before Super Bowl, and there is no football. Call David or Barbara Harrison at 863.326.6418 with questions.

## Lake Ashton Canadian Club

By Heather & Ken Miyauchi and Janet & Ed Wills

The Lake Ashton Canadian Club welcomes back all returning snowbirds and year-round residents. Looking forward to seeing you at the first event which will be held on Thursday, January 25, 2018. Please sign up at the HFC Activities Desk starting in December, and indicate your contribution (one dish per couple) to the potluck dinner. All dishes (main course, side dish, or dessert) should serve 10.

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**HFC Classes Support Breast Cancer Awareness Month**

*By Mary Bosman, LAICDD Community Director*

The Health and Fitness Center always observes Breast Cancer Awareness Month in October by challenging attendees (both male and female) to wear either an Awareness bracelet, or other jewelry or clothing item that is pink. Lake Ashton residents are always supportive of these efforts and this year the top winners for showing support were Marilyn Stump, first place; Janice Smith, second place; and Carole Myatt. They were awarded gift certificates at various popular businesses in the area. Thanks to all who participated in showing support for this cause. Next October, the star tree of survivors will be back again and lots more hand outs — both informational and fun stuff!

**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 three persons or less in a class provides optimum

training opportunities and personalized programming information. Stop into the Fitness Center at 11 a.m. on the second Friday of each month for Fitness Equipment Orientation with Paulette Edmonds. This class will help prepare you for the Circuit Training if you wish to go ahead with a personalized plan. These free activities are taught by Certified Fitness Instructors. 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.

**Chat & Chew Movies**

*By Tricia L. Adams, LACDD Community Director*

**December 4 from 3 to 5 p.m. in the Cinema:** *The Pleasure Trap*. A wake-up call to even the most health-conscious Americans, this film boldly challenges conventional wisdom about sickness and unhappiness in today's contemporary culture, and offers groundbreaking solutions for achieving change.

**January 22 from 10:15 to 11:30 a.m. in the Cinema:** *Dr. Dustin Rudolph (video and discussion)*. Dr. Rudolph is the author of "The Empty Medicine Cabinet: The Pharmacist's Guide to the Hidden Dangers of Drugs and the Healing Powers of Food." His goal is to provide reliable, high-quality, evidence-based health and wellness information. Attend to gather more information to meet your personal health goals during this taped Internet lifestream. Sign up for these at the Clubhouse Activities Desk. Limit 55.

**Weight Watchers**

*By Kay Prusiecki*

Weight Watchers will begin another three month session December 8 from 7:30 to 8:30 a.m. in the HFC. Weigh in before or after the meeting. The cost for new members is \$156 — returning members receive a 15% discount. Men and women are invited to begin to think about healthy eating prior to the holidays. Email [aptray@aol.com](mailto:aptray@aol.com) with questions.

**Safer Medical Care for You and Yours**

*By Gail Spence, Clubhouse Activities Assistant*



T. Michael (Mike) White, MD FACP, is a HealthCare Value Professional who will present an entertaining program in the Cinema Monday, January 29, 2018 at 10:30 a.m. He synthesizes his experiences as a physician and medical educator and has created tools that enable safer medical care. His book will be for sale (\$10, cash or check): *Safer Medical Care for You and Yours* contains compelling tales and explains why and how to keep organized, accurate, unique and very personal medical records at one's fingertips.

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Facilitator: Nancy Ferreira  
2nd & 4th Tuesdays  
11 a.m. to 1 p.m. and 7 to 9 p.m.  
Clubhouse Craft Room

**The Artsy Group**

Facilitators: Connie Eaton, Angie Craft  
Mondays, 9 a.m. to noon  
Clubhouse Craft Room  
Bring any art related project

**Bob Ross Oil Painting Class**

Instructor: Kay  
Lenherr  
Saturday,  
December 9  
1 to 4 p.m.  
*The Grinch*  
Clubhouse Craft  
Room  
Sign up at the  
Clubhouse



Activities Desk  
\$35/person payable at class

**Creative Rubber Stamping**

Facilitator: Diane Macko  
December 4, January 8, February 12,  
March 12, April 9  
10 a.m., 1 p.m., or 4 p.m.  
Sign up at HFC for one of the above  
class times  
\$6 includes all supplies

**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, 1 to 4 p.m.  
HFC Poker Room  
\$20 per class

**Clay Modeling**

Instructor: Rita Frese  
Mondays, 12 to 3 p.m.  
HFC Craft Room  
Kit is available for \$12 — class is free

**Sew What and So Much More**

Facilitator: Gretchen Frantz  
Crochet, knit, craft sewing & 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, 11 a.m.  
Clubhouse Craft Room  
and Clubhouse Conference Room

**Caregivers Support Group**

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

**Grief Support Group**

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

**Parkinson's Support Group**

Facilitator: Bob Harmon  
First Friday, 10 a.m.  
Clubhouse Ballroom

**Beginner's Mah Jongg Lessons**

Facilitator: Myrna Soberman  
(call 863.969.3622 to reserve your space)  
1st, 2nd & 4th Tuesdays, 7 to 9 p.m.  
HFC Card Room

**Chair Yoga & Easy Qi Gong**

Certified Instructor: Joanne Miknis  
Fridays, 11:15 a.m.  
HFC Community Center  
Gentle movements reduce stress,  
build stamina, increase vitality &  
enhance the immune system — \$5

**Tai Chi**

Tuesdays, 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

**Aqua Reload**

Mondays, 11:45 a.m.  
Wednesdays and Fridays, 10 a.m.,  
HFC Indoor Pool

**Square Dance Lessons**

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

**Yoga Share**

Coordinators: Diane Yeager  
Wednesdays, 8:45 to 9:45 a.m.  
Clubhouse Ballroom  
Practice to alternating DVD  
programs, emphasizing stretching,  
postures, and relaxation. All skill  
levels welcome. Bring a mat. Free!

**Improver Line Dancing**

Instructor: Ann Ludwick  
Date & Time: Thursdays, 1 p.m.  
beginning October 20  
HFC Community Center - no cost

**Beginners Line Dancing**

Instructor: John Moore  
Thursdays, 9 to 10 a.m.  
Tuesdays, December 5, 12, & 19,  
7 to 8 p.m.  
Clubhouse Ballroom

**Intermediate Line Dancing**

Instructor: John Moore  
Thursdays, 10:10 to 11 a.m.  
Tuesdays, December 5, 12, & 19,  
8:10 to 9 p.m.  
Clubhouse Ballroom

**LA Dance Classes**

LA Dance Classes will not be held in  
December but will return in January  
2018. Please join in January for The  
Nightclub Two Step. Hope to see  
you then!  
Connie Wilkinson, Certified DIVDA  
Dance Instructor — 863.875.6728

**Ladies Bible Study**

Leader: Louise Gilla  
Wednesdays at 10 a.m. in the HFC

**Mens Bible Study**

Leaders: Bill Sage and Mytron Lisby  
Tuesdays at 10 a.m.  
HFC Craft Room

**Eschatology Teaching**

Facilitator: Rosemary Barbieri  
Hear more about endtime prophecies in a DVD-format presentation featuring the commentary of Irvin Baxter. Handouts will be provided by the class facilitator. January 5, 12, 19 & 26 at 10 am in the Cinema  
Sign up at the Clubhouse Activities Desk

**The Art of Communication**

Instructors: Jewish Learning Institute  
In the era of social media, the value of healthy communication between family, friends, and associates is widely appreciated, even as its form now undergoes a drastic shift. How can suitable paths for effective communication be found? This course explores Judaism's insight into forging positive, effective, and fruitful interactions. Held Mondays at 1 p.m. from January through February 26 in the Cinema. Please sign up at the Clubhouse Activities Desk. Limit 55.

**Holiday Handlettering**

Instructor: Kelly Geniott of Keliza Letters



Learn how to make special tags and cards with hand-lettered messages for the holidays!

Friday, December 8  
1 to 2 p.m.  
Clubhouse Craft Room  
Cost: \$25, all supplies provided

Sign up at the Clubhouse Activities Desk - limit 15

**Astronomy Night - Meteors**

Instructors: The Imperial Polk Astronomical Society  
Attend a presentation January 6 at 7 p.m. in the Cinema on meteors to learn what meteors are, where they come from, and more. Following the presentation, the group will relocate to the Reflection Garden area. Those who attend (weather permitting) can get scopes out to see stars, star clusters, nebulae, galaxies and maybe even a meteor! If anyone owns a telescope or binoculars, please bring them. Limit 55 attendees. Please sign up at the Clubhouse Activities Desk.

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**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](http://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	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**

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I. Roerhborn, J Urology 2013 LIFT Study

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Enjoy dinner and dancing with music provided by the Dream Class Band. Dinner choice of chicken Marsala or grilled salmon. Cash bar.

Tickets: \$49 – Clubhouse Activities Desk  
*check payable to LACDD, Visa, or MasterCard*

**CLUBHOUSE  
BALLROOM**

7 p.m. till the  
clock strikes 12!

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