



L.A.

# TIMES

Lake Ashton Community Newsletter  
February 2018

*Simply the Best!*

## CASINO NIGHT

*Benefit  
for Area  
Elementary  
Schools  
FEB. 24  
See p. 12*



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# RESIDENT SPOTLIGHT *to the ends of the earth*



*Carl and Linda Boast on their trip to Antarctica*

Lake Ashton residents Carl and Linda Boast voyaged to Antarctica in December 2017 so Carl could set foot on his seventh continent for his seventieth birthday.

When their original flight was cancelled due to weather, they rebooked and traveled by ship from Argentina through the Drake Passage, and landed on Barrientos Island (in the Shelton Chain of islands) on December 22 (just 10 days after his actual birthday).

## Resident Photo Exhibit

*Florida Cracker by Dennis Krupinski*

Dennis Krupinski is pictured below giving an exhibit talk (complete with props!) at the new Clubhouse gallery. His exhibit, entitled *Florida Cracker*, beautifully portrays cowboys conducting an annual cattle round-up in Myakka, Florida. The exhibit will be on display in the hallway across from the bowling alley until February 15.



Accomplishing this feat had never been an early personal goal for Carl. It was more of a lightbulb moment that occurred on a post-retirement trip to Australia. Having visited Europe, Asia, and South America for work conferences, and taken an African safari vacation in 1985, he realized he was only one continent away from seeing the entire world. Dates lined up to have him there for his 70th birthday, and coincidentally, their stateroom number on the ship happened to be 7000. Talk about lucky sevens! Carl and Linda will never forget this trip of a lifetime.



*Above: Carl and Linda holding the flag at Base Esperanza, an Argentine base*

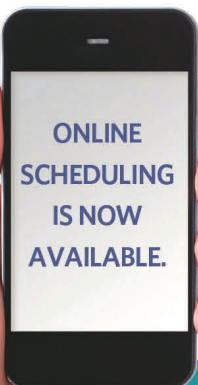
*Below: Carl wearing his custom made shirt and holding a copy of the December LA Times on the southernmost continent*

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**Lake Ashton (LW) CDD News**

*By Christine Wells, Interim Community Director*

Lake Ashton (Lake Wales) CDD Supervisors met January 12 and approved the proposal for replacing the Pavilion roof damaged by Hurricane Irma. Construction will begin when the Clubhouse roofing project is complete. The Board also authorized staff to move forward with replacement of all fluorescent bulbs in the Clubhouse with LED bulbs. The installation of LED light bulbs in all Clubhouse fixtures will save on electricity costs and an application for TECO rebates was approved which will allow for even more cost savings for the District. Residents will notice a heightened LWPD presence at Lake Ashton. Be sure to follow all posted road signs. All vehicles must obey all stop signs and the 20 mph speed limit throughout Lake Ashton. Drivers, please keep an eye out for pedestrians at all times. Obeying posted speed limit and traffic signs can help avert a potential tragedy.

The RFP for bidding out Amenity Management Services is being finalized and will be discussed further during the February 9 Board of Supervisor’s Meeting, held at 9 a.m. in the Clubhouse Ballroom. All residents are encouraged to attend. A joint meeting with LACDD and LAICDD Supervisors will be held Friday, February 9 at 11 a.m. in the Clubhouse Ballroom. The LAICDD Board of Supervisors will meet at 1:30 p.m. in the HFC Community Center.

Through the beginning of February, workers will be on-site at the Lake Ashton Clubhouse for roof construction. Be alert to workers, equipment, and dumpsters. At certain times, some parking areas or building access may be unavailable. Be respectful of safety cones and caution tape in construction zones. Keep an eye out for loose roofing materials and nails when parking in the vicinity. Contact Christine Wells at 863.324.5457 ext. 106 or cwells@lakeashtoncdd.com with any questions or concerns.

**F E B R U A R Y 2 0 1 8**

**Closed for President’s Day February 19**

The Clubhouse Offices will be closed Monday, February 19 for President’s Day. There will be no Monday Coffee but there will be Duplicate Bridge and Bingo as usual in the Ballroom. Offices will re-open Tuesday, February 20.

**With Thanks**

The family of Paul Pontious would like to thank the GMS staff and the Lake Ashton residents for their prayers and support along with the many acts of kindness and sympathy expressed to our family. It has been our pleasure to call this community home for the past 13 years; there is no better place.

- Carol Pontious

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**February Issue Deadline: February 14**

**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

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

*By Mary Bosman, LAICDD Community Director*

2018 has already brought in many residents to the Health and Fitness Center (HFC) for Fitness Equipment Orientation, Circuit Training, Massages, and therapy — speech, occupational, and physical. The fitness classes are in full on mode with lots of energy to spare! The excellent participation in these activities is appreciated and we hope it continues throughout the entire year. The window project is nearly finished at the HFC with new window plates for drainage being installed. The French door project in the Community Center should be completed soon and with it, the ability to move easily between the Community Center and the Rose Garden. The LAVA Memorial Wall is nearly complete and an open house will be held very soon celebrating the Lake Ashton residents who have served this country. An open invitation will go out to all Lake Ashton residents. The painting of most of the rooms at the HFC is complete, so we're now sporting a clean, refreshed look throughout the HFC. The Annual Lake Ashton Health and Fitness Expo was held in January with over 325 persons attending. Vendors had an abundance of opportunities to offer the widely represented services available to our residents. May all of you have a pleasant Valentine's Day ... spring is just around the corner for Florida!

**Help Keep Lake Ashton Secure**

*By Christine Wells, Interim Community Director*

Anyone using amenities at the Clubhouse or HFC should have a Lake Ashton Resident Identification card 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. View 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.

**Directory Information Update Request**

*By Christine Wells, Interim Community Director*

The Lake Ashton Resident Directory is available at the Activities Desk (updated in December). The cost is \$2 and they can be purchased Monday through Friday from 9 a.m. to 5 p.m. With many residents getting new telephone and internet service providers, phone numbers and email addresses may have changed. Please take a moment to look at the printed directory or go to ashtonliving.net, click on the "Stay Connected" tab, and go to the resident directory to verify the information for your listing is correct. If any discrepancies are found please complete the directory update sheet located at the Activities Desk or send an email with the correct contact information to admin@lakeashtoncdd.com.

One important feature of the online resident directory is the opportunity to list emergency contact information. If you know that your emergency contact(s) have gotten a new phone number, please update their information on your listing. Having regularly updated contact information will help in case of a health emergency, accident, or other residential incident. See staff at the Clubhouse for additional help logging in or for help resetting your login information.

**New Resident Orientation at the Clubhouse**

*By Christine Wells, Interim Community Director*

New residents of Lake Ashton can sign up at the Clubhouse Activities Desk for a formal New Resident Orientation held February 28 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 Community Director's office Monday through Friday between 9 a.m. and 5 p.m. for an informal introduction to Lake Ashton, sign up for community-wide emails, and more.

**Important Parking Information**

*By Christine Wells, Interim Community Director*

Parking can become scarce during high attendance events at Lake Ashton. Please consider carpooling (or cartpooling) to Monday Coffee, Bingo, shows, and other popular activities. When driving a golf cart to the amenities, please save spaces

by parking at least two carts in parking spaces designed for cars. When parking along the curb in front of the Clubhouse or Health and Fitness Center, please pull up with both front tires to the curb to maximize designated golf cart parking.

The sales office parking lot is not owned by LACDD but the building/parking lot owner makes the lot available for parking for LACDD residents and guests. However, there needs to be enough space for customers and employees to park. The owner is designating the east row as parking for employees and guests during regular business hours. Residents will be subject to being towed if they park in the wrong area during business hours. For after hours (evenings) it is okay for residents and guests to use both sides of the parking lot.

**Pool and Spa Lifts**

*By Christine Wells, Interim Community Director*

Those with mobility concerns or hosting a friend or family with a handicap can benefit from the Pool and Spa Lifts installed at the Clubhouse and HFC. The lifts allow for safe entrance and exit into the Pool or Spas. For instruction on how to operate the lift at the Clubhouse Pool and/or Clubhouse Spa, please contact Matt Fisher at 863.324.5457 or mfisher@lakeashtonccd.com to make an appointment for instruction and demonstration of the proper use of the lifts.



**Neighborhood Watch - What to Watch For When Suspecting a Crime**

*By Fay Wood, NW Chief*

Anything can happen in the blink of an eye and sometimes what a witness or victim sees and remembers can be crucial in helping law enforcement solve the crime. When you call 9-1-1, you will be asked various questions. If you saw someone commit a crime, do you think you could accurately describe what they looked like or what they were driving?

**Important Description Information:**

- Gender, ethnicity, approximate age, height, weight, build, hair style and color, eye color, facial hair, jewelry, tattoos, glasses or anything else that would assist in identifying the person.
- Type and colors of clothing — any hat, shirt, jacket, pants, shorts, dress, belt, and shoes?

**Describing a Vehicle:**

- License plate, bumper stickers or damage, colors, year (or year range), or people in vehicle.
- Jotting this information down ASAP (in your phone or on paper) will help refresh your memory as needed to assist law enforcement.

**Homeless Graduating Seniors of Polk County**

*By Doris Reisinger and Marcia Blasko*

Many here have grandchildren who are graduating from high school this year, which can be quite an exciting time for them. However, it is not quite as happy a time for young people who may be homeless through no fault of their own. As you may know, Lake Ashton residents have been supporting the homeless graduating seniors for a few years by collecting money and gift cards. Last year well over \$1,000 in gift cards and money was raised to help these young people. Your donation is tax deductible. Please consider making a donation to help out. You can write a check to the Polk County Schools for whatever amount you feel comfortable with giving, or you may purchase food gift cards in \$5, \$10, or \$15 denominations. If you prefer to give cash, please see Doris at a Monday Coffee, or give her a call at 217.652.6636.

A representative will be at a Monday Coffee in March to talk more about other items that will be useful. The Staff at the HFC and the Clubhouse Activity desks will gladly accept any checks or donations for delivery to the School Board in Bartow.

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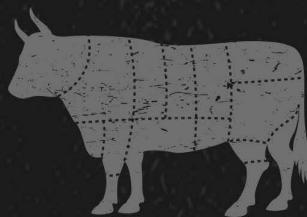


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From Left to Right: Lori Raath, Realtor  
 Brad Kirwan, Realtor, and Broker Assistant  
 Terri Mattocks, Broker

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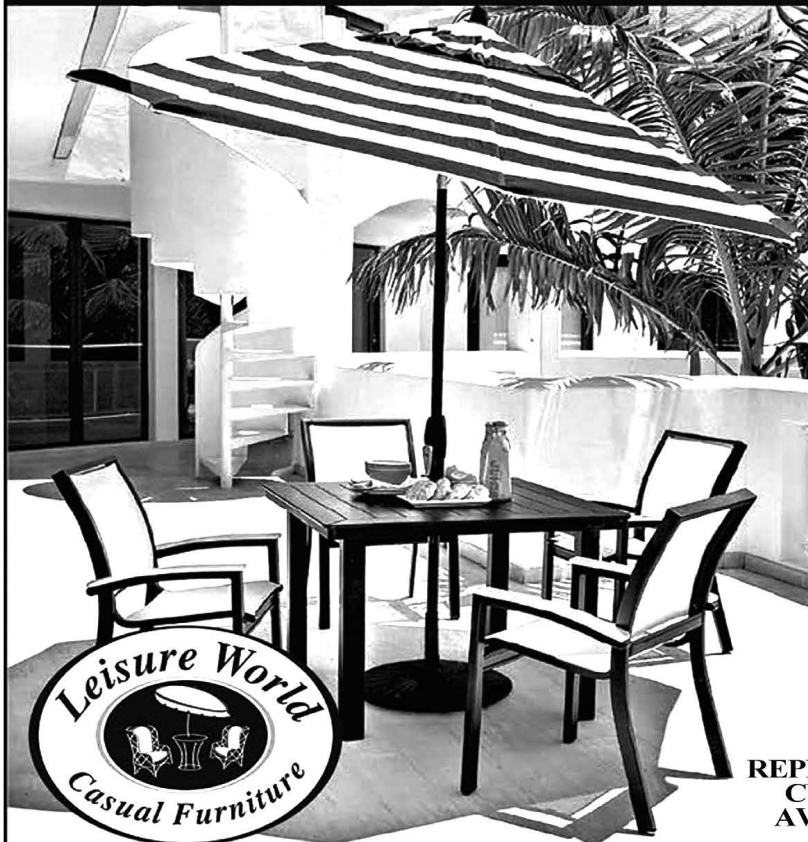
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# M O V I E S C H E D U L E

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

**Thursday, February 1 at 11 a.m. & 3 p.m.**

**THE MUMMY (2017) PG-13 110 minutes**

*Exciting, imaginative and violent action adventure starring Tom Cruise and Russell Crowe. A tale that never gets old is transported to modern times when an ancient princess whose destiny was stolen from her millennia ago awakens from her tomb eager to take revenge – unleashing a torrent of terror in London’s underground labyrinths.*

**Tuesday, February 6 through Thursday, February 8 at 11 a.m. & 3 p.m.**

**Sunday, February 11 through Thursday, February 15 at 7 p.m.**

**THE MOUNTAIN BETWEEN US (2017) PG-13 112 minutes**

*Suspenseful, inspiring, romantic and emotional drama starring Kate Winslet, Idris Elba, Beau Bridges and Dermot Mulroney. After bad weather halts their commercial flight, surgeon Ben Payne and writer Ashley Knox hop a charter plane. But it crashes, leaving the strangers injured and alone atop a snow-covered mountain, forcing them to embark on a long journey for help.*

**Tuesday, February 13 through Thursday, February 15 at 11 a.m. & 3 p.m.**

**Sunday, February 18 through Thursday, February 22 at 7 p.m.**

**LBJ (2017) R 98 minutes**

*Cerebral, political drama based on real life starring Woody Harrelson, Michael Stahl-David, and Bill Pullman. After taking the reins of state in the wake of President Kennedy’s 1963 assassination, Lyndon Baines Johnson assumes leadership at one of the most tumultuous times in U.S. history. This engrossing biopic looks at the man behind the political mask.*

**Tuesday, February 20 through Thursday, February 22 at 11 a.m. & 3 p.m.**

**Sunday, February 25 through Thursday, March 1 at 7 p.m.**

**VICTORIA & ABDUL (2017) PG-13 111 minutes**

*Cerebral, inspiring and quirky drama based on the book starring Judi Dench and Ali Fazal. In this historical drama, young Indian clerk Abdul Karim journeys to Britain to participate in the celebration of Queen Victoria’s 50th year on the throne. In the process, he unexpectedly forms a deep friendship with the monarch.*

**Tuesday, February 27 through Thursday, March 1 at 11 a.m. & 3 p.m.**

**BABY DRIVER (2017) R 113 minutes**

*Gritty, violent and exciting crime action thriller starring Ansel Elgort, Kevin Spacey, Jon Hamm and Jamie Foxx. Hired as the getaway driver for a series of bank heists, angel-faced Baby finds himself in deep trouble when a botched robbery sends him on the run, hunted by the cops and his criminal cohorts.*

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

**February 2 - NO MOVIE**

**February 9**

**BOYNTON BEACH CLUB**

**(1990) R 101 minutes**

*Romantic comedy starring Dylan Cannon and Joseph Bologna. Who says sex after 60 isn’t sexy anymore? The resident of the Boynton Beach Club, an active retirement community, don’t think so. Upon joining a bereavement support group, the lives of six individuals cross paths, opening the doors to dating again.*

**February 16**

**THE BEST LITTLE WHOREHOUSE IN TEXAS**

**(1982) R 114 minutes**

*Funny, romantic, musical starring Burt Reynolds, Dolly Parton and Dom DeLuise. A sheriff and a whorehouse madam team up to battle publicity-seeking politicians and the Moral Majority to protect their town’s most popular business, the “Chicken Ranch,” a notorious Texas whorehouse, from the threat of closure.*

**February 23 - NO MOVIE**

**DO YOU HAVE A MOVIE SUGGESTION? LET US KNOW!**

Fill out a form at the lockbox at the Clubhouse Activities Desk or on the Movies page online at [ashtonliving.net](http://ashtonliving.net)

## 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**

### February 5

- Birthday & Anniversary Celebrations
- LA RV Benefit Association Grant Winners (Hillcrest Elementary Steel Drums)
- Polk Senior Games
- HealthCare Advocates
- Lake Ashton Woodworkers Knife Sharpening

### February 12

- Family Elder Law
- MASA
- Bite Me Monday
- Edward Jones
- Bloodmobile
- Blood Pressure & Glucose Screening — Lake Wales Medical Center
- Blast from the Past

### February 19 - No Monday Coffee

### February 26

- Polk County Roads
- Performance Plus Carts
- Southwood Garage Doors and Screens
- Peanut Butter Monday

## Board of Supervisors Meetings:

### LACDD

Friday, February 9 at 9 a.m.  
Clubhouse Ballroom

### LACDD & LAICDD Joint Meeting

Friday, February 9 at 11 a.m.  
Clubhouse Ballroom

### LAICDD

Friday, February 9 at 1:30 p.m.  
HFC Community Center

## Polk County Library Cooperative Bookmobile

*By Gail Spence, Clubhouse Activities Assistant*

The Polk County Library Cooperative Bookmobile will continue to 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 9:30am to 4:30pm. (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 863.678.4004.

## Polk Senior Games

*By Christine Wells, Interim Community Director*

Those interested in friendly completion can consider participating in Polk Senior Games February 24 through March 12. Come to Monday Coffee, 9 a.m. in the Clubhouse Ballroom, February 5 to learn more about varied events such as golf, pickleball, senior smarts, and more! Residents competing in 2018 can make an announcement at Monday Coffee. More information can be found at polkseniorgames.org. All residents are invited to watch the Polk Senior Games Square Dance Competition held in the Clubhouse Ballroom on Monday, February 26 at 1:30 p.m. Warmup begins at 1 p.m.

## Bingo Activities Include Girl Scout Cookie Sales

*By Christine Wells, Interim Community Director*

Girl Scout Cookies will be on sale at Lake Ashton Bingo February 19, 26, and March 5. Troop #5120 will be in the Clubhouse Lobby from 4:30 to 6 p.m.

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Plus tax. Prices include gas  
\$50 deposit to reserve date  
Seats 8-10 people



### KAYAK RENTALS

<b>SINGLE</b>	<b>TANDEM</b>
2 HRS = \$25	2 HRS = \$35
4 HRS = \$40	4 HRS = \$50
8 HRS = \$65	8 HRS = \$85

Plus tax. Prices include gas  
\$50 deposit to reserve date  
Seats 8-10 people



### BASS BOAT RENTAL

1/2 DAY = \$150  
FULL DAY = \$200  
Plus tax. Prices include gas  
\$50 deposit to reserve date  
Seats 8-10 people



**Call For Reservations!**

**863-293-1156**

## **First Friday Trivia**

*By Mary Bosman, LAICDD Community Director*

Olympic Games was the January topic for the first First Friday Trivia of 2018. Three tables of contenders competed, and the winners took it by only two questions. Dom DiBattista, Johanna Straight, David Cline and Ralph and Anne Ludwick were this month's winners. Join the group at the HFC on Friday, February 2 at 2 p.m. for the next competition. Everyone has fun, consumes the brain food, and teams are made up just before the start, so no need to bring a team, unless you want to!

## **Think & Drink: Putting the "Community" Back in "Community Theatre" with Theatre Winter Haven**

*By Christine Wells, Interim 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-provoking topics, and an optional glass of wine are all part of the agenda! It's been said that three things can change a life: Art, Education, and Religion. Theatre Winter Haven is working hard on the first two and, according to Executive Director Dan Chesnicka, the third one often shows up. Join Dan at 6:30 p.m. on February 7 in the Clubhouse Ballroom as he shares the vision of building a community with art at its center. Theatre Winter Haven is widely regarded as one of the best community theatres in the nation. The mission for a community theatre goes far beyond providing quality entertainment, however. From their educational programs for youngsters to their budding theatre program for veterans, and a responsibility to increase tourism and home purchases in Winter Haven, and driving over \$7 million in economic impact within the community, the theatre is involved in dozens of initiatives that most know nothing about. Learn how Theatre Winter Haven is tackling big issues, with art at the center of it all. Grab a drink from the bar at Fire at Lake Ashton and join others in the Ballroom for a stimulating presentation and thoughtful discussion! Sign up at the Clubhouse Activities Desk. Save the date for March 7 for the next topic.

## **Quilting & Needle Arts Show**

*By Pat Howe*

Creative Stitchers have been busy getting ready for the February 21 Quilting & Needle Arts Show. The show will run from 1 to 4 p.m. in the Clubhouse Ballroom and admission is free. Contact Pat Howe at 954.249.9718 or matabby29@gmail.com or JoAnn Malcolm at 863-326.6341 or rjmalcolm4409@aol.com.

## **Victory Casino Cruise**

*By Gail Spence, Activities Assistant*

Enjoy round trip transportation from Lake Ashton to Port Canaveral for a Victory Casino Cruise on Tuesday, February 20. Victory Casino Cruise is the most authentic Las Vegas-style casino experience in Florida, cruising along the Space Coast. Not a gambler? No problem! Relax on the deck while taking in fresh ocean air, dining, Bingo, and special entertainment.

Cost of \$43 per person includes transportation from Lake Ashton, buffet dining, port boarding fee, \$20 in free qualifying slot play, free drinks while gaming, and entertainment. Sign up and pay at the Clubhouse Activities Desk with a check only, payable to Victory Casino Cruise.

## **Casino Night - A Benefit for Area Elementary Schools**

*By LouJean Steenberg*

Mark your calendar for February 24 — the 14th Annual Casino Night will be held in the Clubhouse Ballroom. Doors open at 6:30 p.m. and tables open at 7. Come learn and enjoy games of chance — Blackjack, Texas Hold'em, Craps, and Horse Race betting. Tickets are \$25 and include \$5,000 in play money, door prize ticket, and ticket for basket raffle. Beside the door prizes there is a silent auction, basket raffle, and a gift card tree raffle. Food and beverages are available for purchase. This event is brought to you by the Lake Ashton RV Community Association and volunteers from the Lake Ashton community. It benefits the elementary schools in Lake Wales and Winter Haven. All net profits and cash donations raised at this event are granted to the schools through grant applications submitted to the Lake Ashton RV Community Association. Over the past 13 years, the Association has raised over \$352,000, which has aided local elementary schools by enabling them to create new programs and purchase equipment for students. An example of this will be presented at Monday Coffee on February 5 when Hillcrest Elementary Steel Band will entertain.

If you are interested in helping with this event, please attend the weekly Committee Meeting on Tuesdays at 3 p.m. in the Clubhouse Ballroom starting January 9 through February 20. If you have questions or wish to volunteer, please contact Chairperson Bob Howardson at 863.398.0824 or Treasurer Ann Boogher at btboogher@aol.com. Tickets can be purchased starting February 5 at Monday Coffee and at Bingo (cash or check), and also at the Clubhouse Activities Desk (checks only, payable to LA RV Benefit).

# E V E N T S

## 2018 Fine Arts & Photography Show

By Larry and Joanne Hillock

The 11th Annual Lake Ashton Fine Arts & Photography show will be held in the Clubhouse Ballroom on Saturday, March 3 from 12:30 to 4 p.m. There is no application fee and admission to the show is free. This event gives residents the opportunity to display their artistic and photographic skills. Pick up your applications either at the Clubhouse Activities Desk or online to get all of the details, but don't delay — the applications are due February 2. This is a judged show. Ribbons will be awarded in each category. Participation in the judging is optional. Looking forward to seeing you at the show — you will be amazed at the creative talents of your friends and neighbors!

## Trash to Treasure - BOLLA Fundraiser

By Pat Neaves

Although spring officially begins on March 20, Lake Ashton residents enjoy spring-like weather earlier than family and friends up north. If spring cleaning is on your agenda, please consider donating your gently used items to BOLLA's Trash To Treasure Fundraiser to be held on March 10. For Lake Ashton residents only, there will be a wine and cheese party and the opportunity to buy treasures on March 9 from 5 to 7 p.m. Tickets are \$5 (cash or check made out to BOLLA) and will go on sale Monday, February 5 at the Clubhouse Activities Desk until sold out.

BOLLA will collect items at 4160 Limerick Drive every Tuesday and Thursday from 10 a.m. to noon beginning February 15 through March 1. Items will be collected every day from Monday, March 5 through Wednesday, March 7. Large items such as furniture will be picked up on Tuesdays only. BOLLA requests that residents do not drop items off other than designated dates and times. Clothing, TVs, phones, computers, or printers cannot be collected for this event. Any items not sold are donated to the Lake Wales Care Center. Your support allows BOLLA to purchase material to make comforting blankets for children in crisis in Polk County. If you have any questions or need large items picked up, call Pat Neaves at 863.318.9126.

## DIVAS at the HFC!

By Mary Bosman, LAICDD Community Director

"DIVAS plus More" Cabaret will be held on Thursday, March 22 at 7:30 p.m. at the HFC. You won't want to miss this performance! Come to be entertained with a familiar repertoire of music ... sung and recorded by both male and female singers of years past. The local talent will surprise

you with their amazing vocal abilities. BYOB and snacks! The proceeds will benefit the Lake Ashton Pickleball Association. Tickets go on sale at 8 a.m. prior to the Monday Coffee on February 5 at the Clubhouse - \$10/person.

## LAPAC 2018 Talent Showcase

By Mary Ann Goodhand

The LA Performing Arts Committee is proud to have a new resident Director for the April 2018 Talent Showcase. Barbara Sims of Stone Creek Loop has graciously accepted the Directorship of the program. Barbara brings a wealth of experience from her position as Vice President, Worldwide Marketing for Warner Bros. Consumer Products. The showcase will feature entertainment from the era of Saloons to the more current era of Casinos. She has already hit the ground running and the cast is quickly keeping pace with the new direction.

This year's Talent Showcase will be on stage April 13 and 14. There are three performances: Friday and Saturday evenings at 7:30 p.m., and a Saturday matinee at 1:30. Tickets will go on sale in the Clubhouse Ballroom at 8 a.m. on Tuesday, March 13. Cost is \$10. Ticket purchase will be limited to eight tickets at a time. This is your opportunity to witness the many talents of friends and neighbors, so mark your calendars now!

## Upcoming Entertainment in February

By Gail Spence, Clubhouse Activities Assistant

Tickets are on sale at the Clubhouse Activities Desk for Darrel Joyce & John Charles, performing in the Clubhouse Ballroom on February 2. 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 explosive! Premium tickets are \$18 and regular seats

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# E V E N T S

\$15, check payable to LACDD, Visa, or MasterCard only. Tickets for nostalgia act The Vogues on February 17 are on sale at the Clubhouse Activities Desk for \$18. 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.

## Lake Ashton Day Trips

By Gail Spence, Clubhouse Activities Assistant

Day trips and group travel are designed to experience the best of Florida. Anyone wanting to see more of this diverse state should plan to attend one or more of the many trips listed below. All trips are hosted by staff 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 for any of the below trips at the Clubhouse Activities Desk with a check payable to Small World Tours.

Upcoming Trips:

- February 8 — Giraffe Ranch (limited seats left)
- March 26 — Three Casino Tour (Dania Beach — overnight)
- March 28 — Calypso Queen & Tarpon Springs (this second bus has limited seats left)

- April 19 — Clearwater Sugar Sand Festival
- May 16 — Space Coast By Land and Sea Tour
- June 20 — Barbara Lee Riverboat Luncheon Cruise
- September 19 through 23 — Key West Sunsets (4 nights)
- October 27 — Mt. Dora Craft Fair
- November 13 — Yacht Starship Luncheon Cruise
- December 4 — Christmas Memories Henry B. Plant Victorian Stroll

## LAPA Fundraiser Wrap-ups

By Lynne Judd

The Carpenters tribute show, featuring Diana Lynn as Karen Carpenter, was a huge success. Nearly 300 Lake Ashton residents attended the concert, held at the HFC on January 6, and all came away from the performance wishing for more. Diana Lynn was a convincing Karen Carpenter and not only sang all the favorites, but gave a very interesting history of the Carpenters. See photos on page 24. The Lake Ashton Pickleball Association thanks all those who attended.

The LAPA Annual Meeting, held on January 16 at the HFC, was well attended. Doug Robertson reported on the progress towards the two new pickleball courts, and indicated that all the contracts have been signed and that now just waiting for an opening in Varsity Construction's schedule. LAPA has already turned over the money for the courts to LAICDD and has enough in the account to also pay for the lights. Other fundraisers (spaghetti dinner and DIVAS show — see page 13) will pay for wind screens, benches and possibly some shade for the new courts. Elections for new officers were held and the slate remains the same: Co-Presidents: Ralph Rickard and John O'Reilly, Vice President: Larry Judd, Secretary: Valerie Metzner, and Treasurer: Duff Hill. Valerie will be creating a Facebook page for pickleball activities and tying it into ashtonliving.net and lakeashtonliving.com. After the annual meeting, the potluck was held and lots of great food was enjoyed! See photo on page 24.

## LA Purple Stars Benefit Piano Concert A Success!

By Carolyn Neuberger

Warner University Assistant Professor of Music Dr. Jonathan Reed held a benefit concert on Friday, January 19, in the Clubhouse Ballroom, with all proceeds going to the American Cancer Society. There were 200 people who attended this amazing concert by a wonderful, dedicated and talented musician. Many residents have asked when Dr. Reed will be coming to perform at Lake Ashton again! The LA Purple Stars raised \$2,400 through the concert. See photo on page 24.



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## Lake Ashton Ladies Golf Association (LALGA)

By Patty Wallner



What a wonderful day the Pink Ribbon Day Tournament turned out to be! The 18-hole and the Niner's leagues joined together to play for this great cause, raising over \$2,200 for the Watson Clinic Foundation. Beautiful weather prevailed, spirited attire created a sea of pink, great camaraderie was shared, a delicious lunch was enjoyed at The Eagle's Nest (thanks to Vicki and her staff), and some great golf was played as all winning teams were neck and neck. Thanks to the Committee who did a great job of organizing and creating a fun environment, and thanks to all who came out to participate. Pictured are Joan Swialski and Janet Mutz, whose creative pink attire brought many smiles.

Monthly board meetings are held on the first Monday and are open to the membership. Please note, however, the February board meeting has been changed to the February 12 in the Clubhouse Conference Room.

## LA Niners

By Carol Gillespie

The Lake Ashton Ladies Nine-Hole Golf Association reached out to other leagues for two special events in January. At the start of the month they played a scramble with members of the LALGA eighteen-hole group, followed by lunch at the Eagle's Nest. Teams were made up of players from both ladies' golf associations, and all players used the green tees and played eighteen holes. Money collected for bows, raffle tickets and tickets for mulligans was donated to the Watson Clinic for Breast Cancer Research.

The following week the Niners played a two-day scramble/ringer tournament together with members of the Blue Man Group, and again the teams consisted of players from both groups. The winning team, pictured here, was Darrell Saxton, John Withey, Karen Pfeiller and Janice Harrison. After golf, the players enjoyed a friendly luncheon at the Eagle's Nest. Members of the Niners will participate in several upcoming club tournaments, and a special luncheon is planned for Valentine's Day.



The league welcomes women who are golf club members and would like to play nine holes of golf at 9:30 on Tuesday mornings. A weekly sign-up sheet is posted on the Niners' bulletin board located outside the ladies room in the Pro Shop.

## 9th Annual Golf for a Cure for Parkinson's

By Bob Harmon

Save the Date: April 7! Sign-up at the Pro Shop begins March 1 for Lake Ashton Golf Members and March 15 for non-golf members. Form your own team (men, women, or couples). Format is a four-person Scramble. The entry fee is \$40 per golf member and \$65 for non members, which includes golf, prizes, buffet lunch at the HFC, and beverage cart. Shotgun start at 10 a.m. Chipping and putting contest begins at 9 a.m. Registration begins at 8:30 a.m. The field will be limited to 220 golfers and will use both golf courses, so sign up early. Entry fees should be made payable to PCRFB. For more information or to make additional donations, contact Bob Harmon at 863.325.0323 or bobharmon49@gmail.com. Proceeds go to the Michael J. Fox Foundation to help find a cure for Parkinson's disease.

## LAMGA

By Gary Pagel

Don't let this latest snap of cold weather fool you. In a few short weeks it will be time for the Member/Guest Tournament. Enrollment is limited to 54 teams this year and the spots are filling up fast. Get your registration now! If you are not a LAMGA Member, just contact one of the board members or pick up an application in the Pro Shop.

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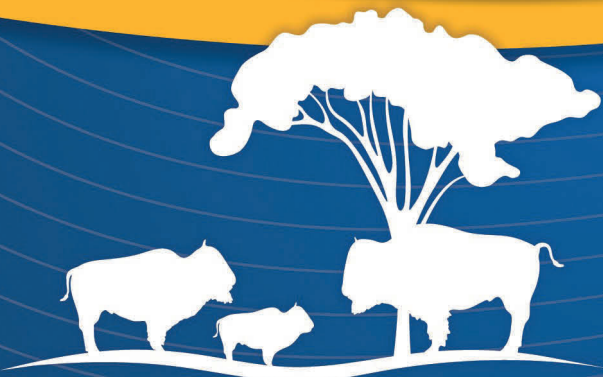
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# Events Spotlight

## LA Pickleball Association

By Lynne Judd



Lake Ashton Pickleball Annual Meeting 2018

Above: Lake Ashton Pickleball Association Members pictured at their annual meeting in January. See page 14 for more information on LAPA and their fundraisers.

Below: Diana Lynn as Karen Carpenter at a benefit show held in January: The Carpenters Once More. Her costume changes were at lightning speed, with little to no interruption in the flow of the music! See page 14 for more.



## LA Purple Stars

By Carolyn Neuberger

Dr. Jonathan Reed (pictured below right with Carolyn Neuberger) performed at a piano benefit concert in January, and the LA Purple Stars (pictured below left) collected \$2,400 for the American Cancer Society. See page 14 for more.



- ◆ "Fabulous piano playing!" — Alex
- ◆ "An excellent concert!" — James
- ◆ "I really enjoyed this concert." — Collette
- ◆ "We enjoyed how he personalized each piece before he played it. He has an unbelievable gift." — Chris

## Looplander Ladies Annual Holiday Luncheon

By Geri Duffy



The 2017 CLLEO's Annual Holiday Luncheon was held at the Sun 'n' Lake Country Club, hosted by Joy Lloyd and Geri Duffy. The Looplander ladies and their guests enjoyed a wonderful lunch and conversation. The private lakeside dining room was beautifully decorated for the holidays with white magnolia

and birch centerpieces and Christmas trees. The ladies chose the Senior Orphans of Polk County as their charity for 2017. \$600 was raised and donated to this local charity that provides necessities for the elderly who live in Polk County with an income of \$600/month or less.



# D I N N E R S

## Eastside Winers and Diners

By Don Cook

The next social and dinner for the Eastside LA Winers and Diners will be held Wednesday, February 21 at 5:30 p.m. at the Eagle's Nest. The menu is all-you-can-eat tacos (chicken or meat). Social time will start at 5 p.m. and dinner will follow at 5:30. 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 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.

## Community Potluck

By Kerry Giebler

All residents are invited to the next Community Potluck dinner on Sunday, February 11 at 5 p.m. in the Clubhouse Ballroom. Sign up at the Clubhouse Activities Desk or online at ashtonliving.net. Bring a dish to serve eight and cost is \$2/person, payable at the potluck. A fun game of Bingo with candy bar prizes was enjoyed at the January potluck — come out and celebrate an early Valentine's Day dinner with your friends and neighbors in February!

## Pet Co-op

By Don Cook

The Pet Co-op Social/Dinner/Raffle will take place Monday, February 12 at 5:30 p.m. at the Eagle's Nest. The menu is all the pasta, salad, and garlic bread you can eat. Payment for the meal will be paid directly at the Nest that evening. Reservations are \$2/person and can be purchased at the Clubhouse Activities Desk. This fee will also give you a raffle ticket. There is no program afterwards. On February 8, many members will be attending the Giraffe Ranch Day Trip. Tickets are nearly sold out so sign up at the Clubhouse Activities Desk if you want to join. Call Don Cook at 863.875.8570 for more information.

## Lake Ashton Canadian Club

By Heather & Ken Miyauchi and Janet & Ed Wills

The final dinner for 2018 will be held at the HFC on Thursday, March 8 at 5:30 p.m. There will be a three-course dinner including salad, two entrees, chicken marsala and once again the always enjoyed roast beef carving station, vegetables, roasted potatoes, French rolls and dessert. Sweet tea is provided, otherwise bring your

own beverage. Plates, utensils, napkins are also provided. The cost of the three-course meal is \$18.50 including tax and gratuity. Sign up sheet will be at HFC Activities Desk from February 1 to February 28. Please make US fund cheque payable to Ed Wills. Unfortunately, due to caterer's deadline, signups will not be accepted after February 28. Looking forward to another great dinner, time to enjoy each other before some trek to the north and the end of another Lake Ashton season for Canadian Club members. Come and enjoy.

## St. Paddy's Day Party

By David Harrison

The LA Purple Stars is hosting a St. Paddy's Day Party on Saturday, March 17 at the HFC from 7 to 10 p.m. This will be the last fundraiser of the year, so please support this wonderful event. Tickets are only \$10 and go on sale February 1 at the HFC Activities Desk. There will be assorted snacks for each table and a great DJ for your dancing pleasure. Bring your own beverage and have a fun time with your friends and neighbors. Cash or check payable to LA Purple Stars, and remember, all proceeds benefit the American Cancer Society. Questions? Contact David Harrison at 863.326.6418.

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**LA Belles**

*By Rose Crognale*

The LA Belles Board members would like to extend an invitation for all Lake Ashton women to join them for lunch at the Village Inn in Lakeland. The luncheon will be held February 28 at 11:30 a.m. Everyone will be able to make their own selections from their vast menu with individual billing. Maximum seating is limited to 35. The Board has embraced a new policy of requiring a ten dollar (\$10) deposit to hold your reservation. Please make checks payable to LA Belles. Once you have "checked in" at the venue, your check will be returned to you (for convenience, you can use this check every month to hold your reservation as long as it is NOT dated). In order to cancel your reservation, you will need to contact the hostess no later than 48 hours prior to the event to ensure that your deposit is returned. Any cancellations after that time period will forfeit the deposit unless someone from the wait list fills the vacancy. The February event will be hosted by the new board members (President Rose Crognale, Vice President Faye Cooke, Treasurer Joan DiBattista, and Secretary Judi Costello). Dues will be collected at the luncheon. Looking forward to seeing you on February 28!

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

*By Pat Neaves*

During 2017, BOLLA delivered over 1,000 blankets to give loving support to children in crisis. Blankets were given to the following groups: Sheriff's Villa, Runaway Center, Boys and Girls at risk groups in Lakeland, Winter Haven, Haines City, and Lake Wales, Project Love of Eloise, Polk County School Homeless Students, Lake Wales Charter School Homeless Students, Guardian Ad Litem, ten elementary schools, Lake Wales Care Center Caring Tree, Life Choice Pregnancy Center in Winter Haven, and Healthy Start of Lake Wales. In addition to blankets, two elementary schools needing additional help were given ponchos made by the group for children needing warm outerwear during the winter months. Blankets of Love is a 501(c) association which means 100% of the money received goes toward making blankets for children in crisis. Without your support, BOLLA would not exist. On behalf of the children in Polk County, thank you for another year helping us give comfort and smiles to children.

**Camera Club**

*By Larry and Joanne Hillock*

The Lake Ashton Camera Club will meet On Monday, February 12th at 10:30 am in the Clubhouse Cinema. This month there will be two guest speakers who will share their love for photography and a few of their techniques. All Lake Ashton residents are welcome to attend the meetings, all you need to

join is a passion for photography or a desire to learn. This is a great time of the year to get outdoors and enjoy this great weather. Grab your camera and head over to one of the area parks or just explore Lake Ashton. Bring along a few of your favorite photos on a memory stick to share with the group.



**Happy Valentine's Day from Lake Ashton  
Cats & Canines (LACC)**

*By Patricia Landskron*

The special Valentines in many residents' lives are their pets. The cats and dogs LACC has rescued are extra special Valentines. This is a wonderful time to show your love by adopting a rescue cat or dog or by donating to LACC or the Polk County Humane Society. Every animal will appreciate your love. For donation information or help with a cat or dog rescue call David Landskron at 863.206.1776 or 813.482.2090.

**Creative Stitchers**

*By Pat Howe*

The Tuesday get togethers are getting busier with lots of projects underway for the upcoming Quilting & Needle Arts Show. It's inspiring to see all the talent and creative juices flowing around the room. Remember, all stitchers are welcome to the HFC Craft Room on Tuesdays from 1 to 3:30 pm. Come and meet your neighbors, make new friends, laugh a lot, learn new skills.

**LA Democratic Club**

*By Lyn Rogers*

The Lake Ashton Democratic Club will hold its next meeting on Sunday, February 18 in the Clubhouse Ballroom at 3 p.m. Program to be announced. 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 meeting, but to become a club member you must bring your Democratic Voter Registration card.

**Lake Ashton Veterans Association Fundraisers**

*By Nancy Baker, Vice-Commander*

Join LAVA, friends and neighbors for a scrumptious breakfast that includes pancakes, sausage patties, sausage gravy and biscuits, fruit, coffee, and orange juice Saturday, February 10 from 8 a.m. to noon at the HFC. Tickets are available at the Clubhouse Activities Desk for \$10, check only. 2018 Enjoyment Books are still available for \$30 at the Clubhouse Activities Desk. Proceeds help LAVA fund various programs for veterans, active duty military and their families.



Please join us...

Thursday  
February 15, 2018  
3:00 p.m.

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**Magic Years Club**

*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. Below is the list of upcoming events. If interested in attending, contact the individual listed for each event or plan to attend the regular monthly meetings held on the first Tuesday of each month at 7 p.m.

**Tuesday, February 6 at 7 p.m.** — Regular meeting in the HFC Craft Room. Come and learn about upcoming events and luncheons. Meet new members and see what the group will be doing in the spring.

**Tuesday, February 13 at 1 p.m.** — Luncheon at Raglan Road Irish Pub in Disney Springs. Meet for a pre-Valentine luncheon and enjoy some bread pudding. Contact Lynne and Larry Judd at lynnejudd@yahoo.com. Park pass not required, just \$10 reservation fee.

**Tuesday, March 6 at 7 p.m.** — Regular meeting in the HFC Craft Room.

**Friday, March 23 at 7 p.m.** — March Movie Madness. Come out and enjoy an all-time favorite in the Cinema — *Lady and the Tramp*. Sponsored by Cal and Barb Posner.

If you want to attend dinner at the Polynesian Kona Café and a Pontoon Boat ride on the Seven Seas Lagoon for the 9 p.m.

fireworks show on July 2, payment (\$40) is now due and space is still available. Contact Becky if interested (863.662.5806 or rkfogg34@brighthouse.com). More details to follow at upcoming meetings or in email blasts.

**Lake Ashton Ping Pong**

*By Gina Krall*

The LA Ping Pong Group is growing! In order to purchase another table, a Hotdog/Chili fundraiser and Ping Pong Challenge with prizes will be held Saturday, February 3 at 5 p.m. Tickets are \$7/each and include two dogs with all the trimmings and homemade chili (either in a bowl or on the hot dogs), chips, coffee, iced tea, and dessert. If you would like something different to drink, please bring it. After dinner, try your skills at the fun Ping Pong Challenge with a chance to win a prize. Come and join this group for an enjoyable evening. Tickets will be sold at the HFC beginning January 2.

**Replace Your Mailbox Flag for Pickleball!**

*By Mike Holden*

Want to replace your aging/broken/deteriorating mailbox flag ... AND help raise money for a growing Lake Ashton sport? Members of the Lake Ashton Pickleball Association will replace your mailbox flag — including labor and materials — for a donation of \$10! All profits go to building and outfitting dedicated Pickleball Courts here at Lake Ashton. Call Mike Holden at 863.318.1548 to schedule.

**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 February 4. All Lake Ashton singles are welcome to attend.

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**Lake Ashton Republican Club**

*By Betty Davenport*

The Lake Ashton Republican Club is honored to have Col. Mike McCalister, National Spokesperson of Citizens for Trump, speak February 28 at 4 p.m. in the HFC. Come and meet Candidates running for Polk County School Board, County Commission, and State Offices. All are welcome. Refreshments are provided. Bring a friend and join the group for an informative program. For information call Betty Davenport 863.969.4422.

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

*By Tony Chloros*

The results of last month's article in the L.A. Times were very positive as a number of new members are enjoying the camaraderie of sharing an excellent breakfast buffet at the Eagle's Nest every Tuesday. It's gratifying to greet these new members and welcome them into the group. The ROMEO Group is an excellent avenue for new Lake Ashton residents to get acquainted with others in this very active community. However, it doesn't matter whether one has recently moved here or has been a resident for a dozen years or more, all are welcome! A dinner each month is planned

for members and their mates to get involved. The next dinner will be at the Eagle's Nest on Wednesday, January 31. New members, please contact Tony (tchloros@hotmail.com, 863.318.1929, or John Velebir (jvelebir@earthlink.net, 863.662.4811) prior to attending their first breakfast in order to accommodate the good folks at the "Nest" who need to know how many to prepare for each week. The Group would like to recognize manager, Vicki, and her very capable assistant, Kasey, for their fine work every week. Thank you for keeping everything running so smoothly.

**Winged Foot Lane Pet Play Park**

*By Myrna Soberman*

The Pet Play Park is for the pets to exercise, socialize and play. Chairs have been provided for the comfort of pet owners, but pet owners must keep in mind at all times that they are at the park for the *pets*, and not themselves. Pets must be supervised at all times. Dog waste must be cleaned up immediately. This park is for all size pets at all times. Please be aware that many different dogs may be visiting at the same time. All dogs are welcome to play at any time the park is open (between sunrise and sunset). If pet owners do not pick up after their dogs, they will no longer be welcome to visit the park. Donations are always welcomed and appreciated.

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# G A M E S

## Seventh Annual Bocce Tournament

By Marge Kniat

Exciting bocce ball games will take place Saturday, March 17, followed by a potluck in the Pavilion (rain date is March 18). If you wish to play, call Marge Kniat (863.318.1754) to secure placement in the tournament. Later she will collect the entrance fee and hear your choice for the potluck.

The games are very thrilling every year, but this year, a potluck also celebrating St. Patrick's Day will add to the excitement — a two for one special! However, you cannot ask to play with the green balls for extra luck! Come join in.

## Euchre Winners

**December 23:** Rich Totten, Chuck Teyssier, Mary Hoisington  
**January 13:** Larry Barkley, Rich Totten, Frank Duffy, DuWayne Schuler, Norma Haring

## Monday Duplicate Bridge

**December 4**

North/South: Pat Foster & Ron Destefano, Mary Beth Ranheim & Ellen Horn, Don Fuller & Jim Ford  
East/West: Mary Lois Teyssier & Nancy Martins, Pauline Pare & Nelda Sedlacek, Sue Maher & Edie Boles

**December 11**

North/South: Jim Ford & Don Fuller, Dana Griffiths & Pat Foster, Lois & Dick Dole  
East/West: Nelda Sedlacek & Pauline Pare, Edie Boles & Sue Maher, Judy Marine & Geri Duffy

**December 18**

North/South: Dick & Lois Dole, Judy Robertson & Pat Foster, Don Fuller & Jim Ford  
East/West: Nancy Martins & Mary Lois Teyssier, Geri Duffy & Judy Marine, Cindy Holden & Linda Ford

## Gentlemen & Ladies Tuesday Bridge

**December 19:** George Rogers, Judy Marine, Marge Kniat  
**January 2:** Dick Dole, Judy Marine, Jim Mark, Carl Boast  
**January 7:** Carl Boast, Judy Marine, Connie Ross, Ed Powers  
**January 16:** Connie Ross, Ken Ross, Marge Kniat

## Friday Ladies Intermediate Bridge

**December 15:** Edie Boles, Margot Stevens, Marion Nelson  
**December 22:** Nelda Sedlacek, Marion Nelson, Lois Dole  
**December 29:** Norma Hall, Pat Mark, Lois Dole  
**January 5:** Pauline Pare, Connie Ross, Marge Kniat

## 500 Bid Cards

The 500 bid card club is looking for players to join the group Thursdays at 4 p.m. at the HFC. Call Kerry Giebler with questions.

## Mexican Train Dominoes

Join Mexican Train Dominoes each Sunday at 1 p.m. in the Clubhouse Billiard Room. Open to everyone — just show up. Bring dominoes if you have them — it is a lot of fun. Hope to see you there. Call Barb Deutsch with any questions at 812.453.1116.

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**Wellness News from the HFC**

*By Mary Bosman, LAICDD Community Director*

HFC staff has a scheduled Circuit Training for Lake Ashton residents the first and third Mondays of each month at 3 p.m. Personalized fitness plans and fitness goals are explained and planned for attendees. Please call ahead and get on a list for the next training, as four persons or less in a class provides optimum training opportunities and personalized programming information. Prior to attending the Circuit Training, stop in at 11 a.m. on the second Friday 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, Kasia Brunson and Norma Kenny-Maclure are available by appointment at the HFC. Call the HFC at 863.595.1562 for their contact information.

**The Benefits of Yoga for Seniors**

*By Patty Wallner*

If you've never tried yoga before, come and experience its benefits for seniors:

- Strengthened bones. Yoga for seniors can help prevent the onset of osteoporosis.
- Reduced stress. Yoga offers a relaxing way to let go of the tension you're holding in your body, especially in your shoulders and upper back, as well as reducing anxiety, lowering your heart rate, blood pressure, and helping you breathe easier.
- Improved sleeping habits. Many individuals who practice regularly report they are sleeping longer and more soundly
- Enhanced balance, flexibility, mobility and strength. The slow, measured movements involved with yoga poses can lead to better balance and movement thus preventing falls
- Alleviate aches and pains. Even if you have some physical limitations, yoga can help ease the aches and pains associated with aging by learning to breathe and relax through any chronic pain.

Join Gina Krall as she leads a yoga class at 11 a.m. on Thursdays at the HFC. All levels welcome.

**Chat & Chew Presentation - Dr. Garth Davis**

*By Christine Wells, Interim Community Director*

**February 26 from 10:15 to 11:30 a.m.in the Cinema:**

Dr. Garth Davis is a nationally recognized weight loss expert who will ask "is all this protein making us healthier and thinner?" during this video presentation and discussion. Sign up at the Clubhouse Activities Desk.

**Clubhouse Fitness Center Orientation**

*By Gail Spence, Clubhouse Activities Assistant*

Lake Wales Medical Center is facilitating a complimentary orientation to the Clubhouse Fitness Center on the fourth Friday of every month. The next date is February 23. Those interested in learning how to safely operate treadmills, recumbent bicycles, other cardiovascular equipment, Nautilus weight stations, weight benches and other equipment can meet with a fitness professional for one hour. Basic gym etiquette such as wiping off equipment will also be addressed. No advance registration required.

**Donate Blood, Save Lives**

*By Gail Spence, Clubhouse Activities Assistant*

A big thank you to all who donated on December 11. The next blood drive is scheduled for February 12. Donors may register in the Clubhouse Ballroom prior to Monday Coffee at 9 a.m. Photo IDs are required. The Bloodmobile will be located in the Clubhouse West Parking Lot.

**13th Annual Lake Ashton Health Fair**

*By Gail Spence, Clubhouse Activities Assistant*

The 13th Annual Lake Ashton Health Fair, facilitated by Health Concepts, will be held March 21 from 8 to 11:30 a.m. Last year 43 vendors from a variety of health related services attended, and most will be back offering screenings including hearing, vision and glaucoma, blood pressure, bladder, grip testing and golf swing analysis (pending), blood pressure and heart rate, O2%, spine assessments, glasses adjustments, phones for the hearing impaired and more. Also represented will be health insurances, financial representatives and patient advocates! Other attendees include non-profits such as Citizens CPR, Habitat for Humanity, the Humane Society of Polk County, and more! And don't forget the free chair massage! The Health Fair focuses on prevention and the opportunity to live the quality of life within your circumstances by providing resources and empowering you with knowledge. Hope to see you there!



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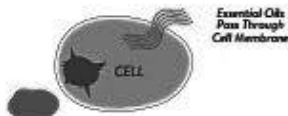
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**Beading Buddies**

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, February 10



1 to 4 p.m.  
Hawaii  
Clubhouse Craft Room  
Sign up at the Clubhouse

Activities Desk  
\$35/person payable at class

**Creative Rubber Stamping**

Facilitator: Diane Macko  
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

**China Painting**

Instructor: Helen Cork  
Wednesdays, 12:30 to 4 p.m.  
HFC Poker Room  
\$20 per class

**Exploring New Techniques in Watercolor - The Value of Color**

Instructor: Freddie Combs  
Examine the lights and darks of colors needed for successful paintings  
February 16, 9 a.m. to 3 p.m.  
HFC Craft Room  
\$40 — Sign up at the HFC Activities Desk

**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 8639693622 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 to 11:45 a.m.  
HFC - all levels welcome

**Yoga Share**

Coordinators: Diane Yeager & Sally Winfrey  
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!

**Genealogy Club**

Third Thursday, beginning January 18, 6:30 to 8:30 p.m.  
Clubhouse Ballroom  
HFC Media Center

**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

**Improver Line Dancing**

Instructor: Ann Ludwick  
Thursdays, 1 p.m.  
HFC Community Center - no cost

**Beginners Line Dancing**

Instructor: John Moore  
Thursdays, February 1, 8, 15, 22, 9 to 10 a.m.  
Tuesdays, February 6, 13, 20, 7 to 8 p.m.  
Clubhouse Ballroom

**Intermediate Line Dancing**

Instructor: John Moore  
Thursdays, February 1, 8, 15, 22, 10:10 to 11 a.m.  
Tuesdays, February 6, 13, 20, 8:10 to 9 p.m.  
Clubhouse Ballroom

**Lake Ashton Dance Classes: Night Club Two-Step and Rumba**

*Instructor: Connie Wilkinson, Certified DIVDA Dance Instructor*  
 Mondays, 4:30 to 5:30 p.m.  
 HFC Community Center  
 Free! No Partner Needed

**Line Dancing Workshop**

*By Inge Spaulding*

There will be a line dance workshop at the HFC on February 17 from 10 a.m. to 3 p.m. Bring your own lunch and snacks. Dances are taught by Lake Ashton and guest instructors. Some basic line dance experience is highly recommended. The workshop is free (but there will be a donation box). The money donated will go toward the training of service dogs for veterans in need. For more information, contact Ann at 717.858.7964, or Inge at 231.282.1488

**Ladies Bible Study**

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

**Mens Bible Study**

*Leaders: Bill Sage*  
 Tuesdays at 10 a.m. in the 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 so please sign up at the Clubhouse Activities Desk.  
 February 2, 9, 17, 23 at 10 a.m. in the Cinema

**Astronomy Night - Precession of the Equinox**

*Instructors: The Imperial Polk Astronomical Society*  
 A presentation about the precession of the Equinoxes will take place March 3 at 7 p.m. in the Cinema. Weather permitting, following the presentation, the telescopes will come out for viewing. If you own a telescope or binoculars, please bring them. Limit 55 attendees. Please 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 through February 26 (no class February 5) at 1 p.m. Please sign up at the Clubhouse Activities Desk. Limit 55 attendees.

**Technology Support**

Residents who have technology questions about Apple products (iPads or iPhones) or the ashtonliving.net website can now meet with technology expert Dick Brouillette. Please sign up for an appointment time at the Clubhouse Activities Desk. Appointments are available in 15 minute increments on Mondays from 8 to 9 a.m. and Fridays from 9 to 10 a.m. through April 27.

**Free Women's Basic Self Defense Class**

*Instructor: Polk County Sheriff's Office*  
 A basic self defense class for women will be held in the Cinema Friday, February 16 at 10 a.m. It will consist of lecture with common sense safety tips on how to avoid being a victim of a crime. Basic safety tips and techniques are also taught to enable women to escape less than desirable situations. Please sign up at the Clubhouse Activities Desk.

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Fax: 863.324.5829**

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

**LA CDD Interim Community Director:**

**Christine Wells  
cwells@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	863.324.5457	
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
RV & Storage Center	863.326.1304	dholmes@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	

**Gate House & Security Officers**

**Thompson Nursery Road (Lake Wales): 863.324.7290**

**CR 653 (Winter Haven): 863.318.0237**

**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)**

**Nuisance Alligator Hotline: 1.866.FWCGATOR (392.4286)**

**In Case of Emergency, Dial 911**

*Trust is more than skin deep*

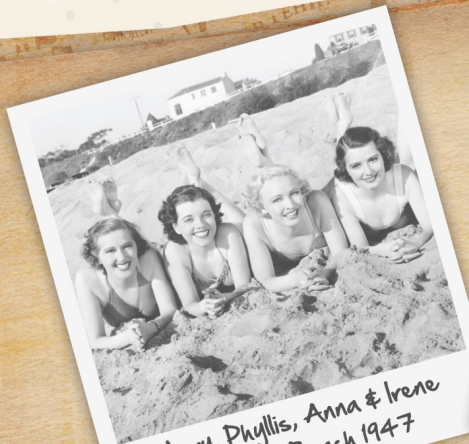
**Mobile Office Visit**

**Friday, February 16**

Every 3rd Friday of the Month  
9am-2pm

HFC - Poker Room - Sign up at the HFC

# On-Site Mobile Dermatology Services



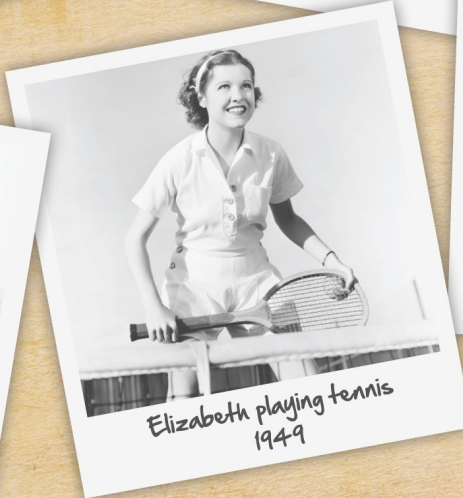
Mary, Phyllis, Anna & Irene  
Daytona Beach 1947



Rose swimming  
1948



Arthur and Doris offshore fishing  
Islamorada 1947



Elizabeth playing tennis  
1949



John on his canoe  
1950

Call to verify your insurance  
covers your visit 863.293.2147

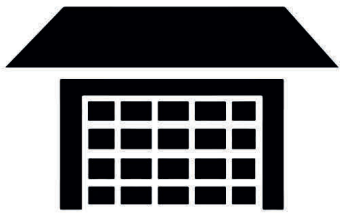
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*Quilting & Needle  
Arts Show*

February 21 from 1 to 4 p.m.  
Clubhouse Ballroom  
*see p. 12 for more information*

