



L.A. TIMES

Lake Ashton Community Newsletter
October 2018

Simply the Best!

USO DANCE

October 13

Master your
support
for the
Lake
Ashton
Veterans
Association!
see p. 10



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The O'Reilly Team

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MARKET ALERT!

The O'Reilly Team has met yet another Milestone! Thanks to our friends in Lake Ashton and the business that you have given us, you have put us in a position to be able to give back to you, the seller. Therefore...

THE O'REILLY TEAM WILL LIST ALL LAKE ASHTON PROPERTIES AT A TOTAL COMMISSION OF 5%.

THE SAVINGS GO TO YOU!! For example: if your home sells for \$250,000, your savings will be \$2,500, if it sells for \$350,000, your savings will be \$3,500, and if it sells for \$450,000, your savings will be \$4,500. **Put your savings toward your moving costs, closing costs, or just tuck it away for a rainy day. It's your money to do what you wish.**

The O'Reilly Team will continue to provide you the same high-quality service as we always have. Keller Williams will continue to market your property on over 350 of the most popular real estate websites.

We will continue to include professional drone photos or drone videos on all listings.

We sincerely thank all of you from the bottoms of our hearts for helping us achieve this important milestone. Because of you, we are able to give back!

TONY ORLANDO

LIVE ON THE CLUBHOUSE BALLROOM STAGE

JANUARY 9, 2019

This year's headliner for the Lake Ashton Live Entertainment Series, Tony Orlando brings the warmth and exhilarating energy that electrifies an audience. From million-selling records, a popular television variety series, movies, and Broadway, Tony has conquered every facet of show business. He has been a recipient of three American Music Awards and a People's Choice Award. His five number one hits include "Tie A Yellow Ribbon 'Round The Ole Oak Tree," "Knock Three Times," "Candida," "My Sweet Gypsy Rose," and "He Don't Love You (Like I Love You)."

"NO
ENTERTAINER
CAN MOVE AND
EXCITE AN
AUDIENCE LIKE
TONY
ORLANDO!"

SEASON TICKETS

PREMIUM

5 PM: \$125

8 PM: \$150

REGULAR

5 PM: \$100

8 PM: \$125

RENEWALS

OCTOBER 3 31

UPGRADE/ EXCHANGE

NOVEMBER 7 9

NEW SEASON TICKETS

NOVEMBER 14

DECEMBER 14

See other side for complete series details.



FEBRUARY 15

PHIL DIRT & THE DOZERS

Recapture those wonderful days as Phil Dirt & The Dozers transport you to another time and place ... namely, the 50s, 60s, and 70s of Rock & Roll, with their musical talent, high energy and contagious sense of humor.



A multi-talented singer, songwriter, musician, dancer and actor, Earl Turner is a true superstar!. His show features songs that people can relate to covering all genres of music. He works hard and likes music that's fun. Earl has appeared at major casinos and show rooms across the country and was voted "Male Vocalist of the Year" by the Las Vegas Review Journal.

MARCH 8
EARL
TURNER

MARCH 15
TRAVIS TURPIN
& TROY
THIRDGILL

Known for his unique impersonations, versatile repertoire, instrumental talents and stellar vocals, Travis Turpin has shared the stage with Broadway stars and country music icons. He truly loves to entertain and his energy on the stage is contagious. His musical variety, energy, comedy and personality keep all types of audiences entertained.

With a high energetic style (pure comedic jazz) and a unique rhythm, Troy Thirdgill is one of the most touring acts working today. It's his clean (but not corny) intelligent material and insanely real characters that evoke deep laughs because it's from a perspective unlike so many others.



The USA's #1 full time 70s and 80s Elton John Tribute sets the standard for world-class entertainment. The show is an exact re-enactment of an early Elton John concert, featuring gorgeous, exact replica costumes, 100% live instrumentation, faster tempos, 4 part harmonies, and a faux grand piano. It is an intense, sincere, and magical musical journey.

APRIL 5
THE
ROCKET
MAN SHOW

IMPORTANT TICKET SALES & SERIES SPONSOR INFORMATION:

Season tickets are sold only to Lake Ashton residents, limit one ticket per resident. Please have a Lake Ashton photo identification on hand to purchase tickets with Visa, MasterCard, or check payable to LACDD. Those who renew their season tickets can exchange for a different show time or seat selection based

on availability, on a first-come, first-served basis, beginning at 9 am November 7 through 5 pm November 9. Upgrades/exchanges can be made over the phone with a credit card after 11 am on November 7. Tickets can only be exchanged by the named season ticket holder.



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Welcome back to all residents returning from summer vacation. It is great seeing your smiling faces eager to take part in entertainment shows, fitness classes, club meetings, movies, games, and more. Clubhouse staff and NiNi's at Lake Ashton are starting a new initiative on October 19: Dinner Shows! If successful, these will be a regular occurrence in

the Clubhouse Ballroom. See page 10 for more details on the show. Also, be sure to find the insert listing the Featured Shows for 2019. Staff is excited about the multitude of shows available to residents this season.

CONTENTS

News	5
Movies	8
Meetings	9
Events	10
Golf	14
Games	15
Dinners	16
Clubs	25
Wellness	29
Lifelong Learning	30
Directorv	32

With the increase in returning residents, extra caution is needed on the roads. Please be mindful of the 20 mph speed limit and obey all stop signs when traveling by bike, golf cart or vehicle. Also, be sure to wear reflective clothing when walking or biking during hours when light is limited and always walk facing traffic.

On Friday, September 14 the LA (LW) CDD Board of Supervisors met to take care of items for the upcoming fiscal year. Contracts for pool maintenance, landscaping and aquatic management were extended through September 30, 2019. Supervisors also approved new rates for Rules Chapter III and a quote to replace the Restaurant patio awning. The removal and replacement of two dead palm trees on Lake Ashton Blvd. due to lightning damage was also approved. They will be replaced with triple roebellini palms. Electronic media will announce any potential road closures to complete this project. The LACDD Board of Supervisors will meet on a new day and time starting this month. From now on, meetings will be held on the third Monday of each month at 10:30 a.m. in the Clubhouse Ballroom.

A joint LACDD and LAICDD meeting will be held Friday, October 5 at 9 a.m. in the HFC Community Center. Be sure to attend these meetings to get first hand information on issues relevant to the Lake Ashton community.

A joint resident feedback survey will be administered electronically this month. Be on the lookout for media announcing its release. Paper copies will be available at either Activities Desk for those who do not have access to Internet. Staff truly appreciates all feedback from residents. If you have concerns in the meantime, please be sure to stop by the Clubhouse and complete a resident feedback form, located at the Clubhouse Activities Desk.

NEWSLETTER STAFF

Christine Wells – Editor

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Valerie McCutcheon – Advertising Sales, Layout & Design

valerie@lakeashtoncdd.com – 863.324.6032

November Issue Deadline: October 15**Guidelines for Submission:**

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

Photo Specifications:

- All photos must be high-res digital images in "jpeg" format and submitted via email or CD/flash drive
- 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

PLEASE NOTE

If you are having trouble receiving blast emails that are sent out multiple times per week, try checking your spam or junk folders, and adding the email address messenger@associationvoice.com to your safe senders list.

There is a section entitled Online Safety under the Resident Services tab on ashtonliving.net that has instructions on how to add email addresses to your safe senders list, as well as tips for staying safe and avoiding scams and phishing tactics online.

If you have questions about emails or the website, contact Valerie McCutcheon at valerie@lakeashtoncdd.com.

COMMUNITY NEWS

Lake Ashton II (Winter Haven) CDD News

By Mary Bosman, LAIICDD
Community Director

Fall is approaching and everyone is looking forward to the return of neighbors who ventured away from Lake Ashton for the summer! Traffic will be increasing, so extra care and time is needed when driving. New Activities Assistant Louise Crespin has been busy planning new activities, so be watching for new seminars, classes and other entertaining activities coming up at the HFC for the season and beyond. The new Pickleball Courts and the new parking lot are nearing completion. The North Parking Lot will be used only for times when extra parking is needed. Securitas staff will be turning on lights for those times to better guide residents into and out of the HFC. The new Pickleball Courts have lights that can be turned on as needed by the users of the courts.

It's time to say farewell to the palms on Ashton Boulevard, as final quotes are coming in for their removal and replacement plantings. The Board is taking this action to eliminate the spread of the incurable Texas Phoenix Palm Decline plaguing many of Florida's palm trees. The replacement trees cannot be palms to prevent the spread from even the residual soil of the diseased palms.

A modest fund has been approved by the Board of Supervisors to improve the functionality of the HFC's Catering Kitchen. Another microwave has been donated, which will also add to the usage and convenience. A convection oven and a few other changes will be added in the very near future.

There are many rumors still floating around about the purchase/non-purchase of the Golf Course(s). Please get the facts directly from your Board of Supervisor's delegated persons to get the sale/non-sale details. Do not spread rumors, which can cause alarm for some and anger for others. Thank you.

Scheduling at the HFC

By Karen Van Kirk, HFC Activities Office Manager

The HFC will be renewing ongoing reservations for 2019, from December 3 through December 7. If you are the chairperson for a recurring event, please stop in during this week and get your event for 2019 on the schedule. One-time annual events or special occasions can be scheduled at any time. If a chairperson is not able to come in to the Activities Office during the designated week, an alternate chair can be designated with dates listed and both signatures to the written request. Please be aware and understand that if there is a conflict with the scheduling the Board of Supervisors will make the final decision.

Updated Resident Directories

By Sheila Moreland, Clubhouse Office Manager

The updated quarterly Lake Ashton Resident Directory is available at the Clubhouse Activities Desk for \$2 each. You must have a Resident ID to purchase. Please go to ashtonliving.net, click on the resident directory under the "Stay Connected" tab, and verify your information is correct. If any discrepancies are found, please complete the directory update sheet located at the Activities Desk.

LA Welcome Committee

By Cynthia Halde

A new Welcome Committee is being formed to greet our newest residents to Lake Ashton. This committee does not take the place of the New Resident Orientations or Socials, but hopefully will enhance an extended welcome by offering such things as area maps, community information and restaurant discounts. A member of the Welcome Committee will meet those new residents who so choose at their home or place of convenience in the community. For more information or to schedule a visit, contact Cynthia Halde at 231.343.1847 or at haldehaven@gmail.com. The new Welcome Committee members are excited to begin this new greeting experience to make your move to this beautiful place of Lake Ashton more helpful and friendly.

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* Annual Percentage Yield (APY) effective 09/11/2018. CDs offered by Edward Jones are bank-issued and FDIC-insured up to \$250,000 (principal and interest accrued but not yet paid) per depositor, per insured depository institution, for each account ownership category. Please visit: www.fdic.gov or contact your financial advisor for additional information. Subject to availability and price change. CD values are subject to interest rate risk such that when interest rates rise, the prices of CDs can decrease. If CDs are sold prior to maturity, the investor can lose principal value. FDIC insurance does not cover losses in market value. Early withdrawal may not be permitted. Yields quoted are net of all commissions. CDs require the distribution of interest and do not allow interest to compound. CDs offered through Edward Jones are issued by banks and thrifts nationwide. All CDs sold by Edward Jones are registered with the Depository Trust Corp. (DTC).



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Neighborhood Watch

By Fay Wood, NW Chief

Tips to Protect Your Personal Info, Courtesy of Consumer Affairs

Everywhere students of all ages will be walking to and waiting at bus stops, walking to school or traveling our roads in private transportation. Drivers are urged to pay extra attention during their travels and exercise caution. Be aware of school zones and reduce your speed accordingly, obey school crossing guards, stop for school buses as they loading and unload students, slow down near school bus stops and leave a little earlier so you are not rushing. The Florida Statute requires drivers traveling in both directions to stop unless traveling in the opposite direction and the roadway is divided by a barrier such as a raised median or guard rail. The fine for passing a stopped school bus is \$269.00. Additionally, traffic fines for speeding in a school zone range from \$154.00 to \$604.00 and may even result in a mandatory court appearance.

Citizens Assisted Patrol (CAP)

By Stan Baron



This past August, Lake Ashton's Citizen's Assisted Patrol hosted the Coordinators meeting for over 70 CAP communities in Polk County. CAP is a program started by the Sheriff's Office to assist law enforcement officers throughout the county. CAP volunteers patrol Lake Ashton using specially marked golf carts and patrol cars acting as extra eyes and ears for law enforcement.

CAP and Neighborhood Watch are the eyes and ears of Lake Ashton. They are not law enforcement but observe and report only. They do not carry a gun or taser; they use a cell phone if they see something suspicious or help is needed. CAP is made up of men and women volunteers who reside in Lake Ashton, year round or seasonally. Last year CAP had over 3,500 patrol hours. If you can find the time and would like to join, your help is always needed! For more information, contact Mike Weissberg (863.324.3541) or Stan Baron (863.229.5269). Applications are available at the HFC and Clubhouse Activities Desks or in the patrol cars.

Polk County Library Cooperative Bookmobile

By Christine Wells, LACDD Community Director

The Polk County Library Cooperative Bookmobile is 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).

GOOD TO KNOW ...

CLUBHOUSE ACTIVITIES DESK & CLUB OFFICE HOURS:

Monday – Friday: 9 a.m. to 5 p.m.

Saturday: 9 a.m. to 1 p.m.

HEALTH & FITNESS CENTER (HFC) ACTIVITIES DESK & OFFICE HOURS:

Monday – Friday 8 a.m. to 4 p.m.

Anyone using Lake Ashton amenities should have a valid Lake Ashton Resident Photo Identification card or facilities Guest Pass. Residents must bring at least one adult guest to the Clubhouse Activities Desk to register, and renters must have a copy of their rental agreement.

RESIDENT ID CARDS PRINTED AT CLUBHOUSE ACTIVITIES DESK:

Tuesdays: 9:30 – 11:30 a.m., and 3 – 5 p.m.

Wednesdays: 3 – 5 p.m.

Thursdays: 3 – 5 p.m.

New residents to Lake Ashton are invited to visit the Clubhouse or HFC Activities Desks for an informal introduction to Lake Ashton and sign up for the next New Resident Orientation and New Resident Social. You can also get an informal introduction to Lake Ashton and lots of helpful information to make your transition an easier one!

NEW RESIDENT ORIENTATION AT THE CLUBHOUSE:

Wednesday, October 17 at 3 p.m.

NEW RESIDENT SOCIAL AT THE HFC:

Friday, November 16 at 2 p.m.

Please see the Employee Directory on page 32 for more contact information.

MOVIE SHOWINGS

MOVIE SCHEDULE FOR THE CLUBHOUSE CINEMA. TUESDAY SCREENINGS ARE ALL CLOSED CAPTIONED.

Tuesday, October 2 – Thursday, October 4 at 11 a.m. & 3 p.m.

Sunday, October 7 – Thursday, October 11 at 7 p.m.

CHAPPAQUIDDICK (2018) PG-13 101 minutes

Suspense drama with thematic material, disturbing images, some strong language, and historical smoking. The scandal and mysterious events surrounding the tragic drowning of a young woman (Kate Mara), as Ted Kennedy (Jason Clarke) drove his car off the infamous bridge, are revealed in this new movie.

Tuesday, October 9 – Thursday, October 11 at 11 a.m. & 3 p.m.

Sunday, October 14 – Thursday, October 18 at 7 p.m.

FOREVER MY GIRL (2018) PG 104 minutes

Musical/drama with thematic elements including drinking and language. Country music super-star Liam Page (Alex Roe) leaves his bride Josie (Jessica Rothe) at the altar, choosing fame and fortune instead. However, Liam never got over his Josie, his one true love, nor forget about his Southern roots in the small community where he was born and raised. When he returns unexpectedly to his hometown for the funeral of his high school best friend, Liam is suddenly faced with the consequences of all he left behind.

Tuesday, October 16 – Thursday, October 18 at 11 a.m. & 3 p.m.

Sunday, October 21 – Thursday, October 25 at 7 p.m.

RAMPAGE (2018) PG-13 107 minutes

Science fiction action/adventure drama with sequences of violence, action, and destruction, brief language, and crude gestures. Primatologist David Okoye (Dwayne Johnson), a man who keeps people at a distance, shares an unshakable bond with George, an extraordinarily intelligent silverback gorilla in his care since birth. A rogue genetic experiment gone awry mutates this gentle ape into a raging creature of enormous size.

Tuesday, October 23 – Thursday, October 25 at 11 a.m. & 3 p.m.

Sunday, October 28 - Thursday, November 1 at 7 p.m.

WON'T YOU BE MY NEIGHBOR (2018) PG-13 127 minutes

Documentary with some thematic elements and language. An intimate look at America's favorite neighbor: Mister Fred Rogers. This emotional and moving film goes beyond the zip-up cardigans and the land of make-believe, into the heart of a creative genius who inspired generations of children with compassion and limitless imagination.

Tuesday, October 30 – Thursday, November 1 at 11 a.m. & 3 p.m.

TULLY (2018) R 94 minutes

Comedy with language and some sexuality/nudity. Charlize Theron, a mother of three, including a newborn, is gifted a night nanny by her brother (Mark Duplass). Hesitant to the extravagance at first, Marlo comes to form a unique bond with the thoughtful, surprising, and sometimes challenging young nanny named Tully (Mackenzie Davis).

CLASSIC AND SPECIAL INTEREST FILMS
FRIDAYS AT 1 P.M.

October 5 - ON THE WATERFRONT

(1954) NR 108 minutes

This classic story of Mob informers was based on a number of true stories and filmed on location in and around the docks of New York and New Jersey. Mob-connected union boss Johnny Friendly (Lee J. Cobb) rules the waterfront with an iron fist.

October 12 - THELMA & LOUISE

(1991) R 130 minutes

Geena Davis and Susan Sarandon play two working-class friends who together have planned a weekend getaway from the men in their lives. Thelma's husband Darryl (Chris McDonald) is an overbearing oaf, and Louise's boyfriend Jimmy (Michael Madsen), simply will not commit. Though the road trip starts out as a good time, the pair eventually decides that they have no choice but to go on the run after Louise shoots Thelma's would-be rapist dead.

October 19 - ARSENIC & OLD LACE

(1944) NR 118 minutes

Director Frank Capra puts a spin on the classic Joseph Kesselring stage comedy, which concerns the sweet old Brewster sisters (Josephine Hull, Jean Adair), beloved in their genteel Brooklyn neighborhood for their many charitable acts. One charity (unadvertised) is their ongoing effort to permit lonely bachelors to die with smiles on their faces by serving them elderberry wine spiked with arsenic. When their drama-critic nephew Mortimer (Cary Grant) stumbles onto their secret, he is understandably put out.

October 26 - YOUNG FRANKENSTEIN

(1974) PG 108 minutes

In this spoof of Mary Shelley's gothic tale, the grandson of Victor Frankenstein, a neurosurgeon, has spent his life living down the legend of his grandfather, even changing the pronunciation of his name. When he discovers his grandfather's diary, he begins to feel differently, and returns to the family castle to satisfy his curiosity by replicating his ancestor's experiments. In the process, he creates one very unique monster.

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.

October 1

- Birthday & Anniversary Celebrations
- Health Care Advocates

October 8

- Winter Haven Hospital Community Blood Center Guest Speaker
- Bite Me Monday
- Edward Jones - Matt Simpson
- Blood Pressure and Glucose Screenings with LWRC

October 15

- Lakeland Magic
- VITAS
- SERVPRO of Bartow
- Peanut Butter Monday
- Bloodmobile Blood Drive

October 22

- Chain of Lakes Elementary
- Blast from the Past
- Frontier
- Southwood Garage Doors

October 29

- Natural Encounters
- Window World
- Flu shots facilitated by Walgreens

Board of Supervisors Meetings

Joint LACDD & LAICDD Meeting

Friday, October 5 at 9 a.m.

HFC Community Center

LAICDD Meeting

Friday, October 5 at 11:30 a.m.

HFC Community Center

LACDD Meeting

Monday, October 15 at 10:30 a.m.

Clubhouse Ballroom

2019 Live Entertainment Series Volunteer Opportunities

Entertainment series shows are scheduled for January 9, February 15, March 8, March 15 and April 5 in the Clubhouse Ballroom. This year's headliner will be Tony Orlando! (see insert in this issue for more information). Want to be an integral part of the 2018 Entertainment Series? All residents of Lake Ashton have the opportunity to apply for volunteer positions for the exciting 2019 season. All volunteers must be available for all five shows

Entertainment Ushers and Spotlight Operator

- Must be able to arrive 60 minutes prior to doors opening (spotlight operator 30 minutes prior)
- Must be able to stand for up to two (2) hours at a time (ushers only)
- Spotlight operator needs prior experience or willingness to be trained

5 p.m. show volunteers will be responsible for numbering of rows/chairs, and general straightening and clean up after the show. **8 p.m.** show volunteers will be responsible for general straightening and clean up after the 5 p.m. show, and general clean up after the show.

Clean Up Crew - 8 p.m. Show Only

- General clean up, including lifting and stacking Ballroom chairs
- Must be able to lift up to 15 pounds (Ballroom chairs and/or trash bags)

Master of Ceremonies

The primary duty of a Master of Ceremonies is to introduce the various entertainers for the evening in such a way that it is made easier for the entertainer to do his/her best, by putting the audience at ease.

- Have the ability to represent Lake Ashton in a professional manner
- Excellent customer service skills
- Successful track record of public speaking skills
- Be available for both the 5pm and 8pm shows

Applications are available at the Clubhouse Activities Desk, and must be returned by 10 a.m. on Friday, October 12. One application per volunteer is required.



HEALTH INSURANCE FOR SENIORS

MAJOR CARRIERS OFFERED

- MEDICARE ADVANTAGE PLANS ("PART C")
- PDP (PART D STAND ALONE PLANS)
- MEDICARE SUPPLEMENTS

PLANS TO FIT YOUR NEEDS!

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



Christine Graves

Lake Ashton Resident

(863) 514-5368

EVENTS

LAVA USO Dance

By Jim Meccics, LAVA Adjutant

ATTENTION IN THE CAMP...
ATTENTION IN THE CAMP!
All Lake Ashton residents are requested to "muster" at the



Clubhouse Ballroom on 13 October 2018 at 1900 hrs (that's 7 p.m. in civilian time) for an evening of excellent music, dancing, snacks and a chance to mingle with your Lake Ashton community neighbors for a great time. Music will be provided by Perfect Pitch. Complimentary snacks provided, and a cash bar will be available. Tickets go on sale 21 September and can be purchased at either Monday Coffee or the Clubhouse Activities Desk (checks only). Tickets are \$10, with the proceeds going to support the Lake Ashton Veterans Association programs. You do not need to be a veteran to attend as everyone is welcome to enjoy a nostalgic trip to the USO Dance Days.

Center for the Great Apes Tours Are Returning

By Linda Ross

Two dates have been set aside for Lake Ashton residents to tour the Center for the Great Apes in Wauchula: Tuesdays, October 16 and 23. LA residents will be able to visit the chimpanzee and orangutans at the center. The number of apes has grown now to 55. The carpool will leave Lake Ashton at 10 a.m. The cost is \$25/person and the tour will last approximately one and a half hours. Information and signups are in the Clubhouse Activities Desk. If you cannot make either date, there is a tour on October 24 at 1 p.m. with Lauren but you must make your own reservation by calling 863.767,8903 ext. 224.

Do not forget that if you have old sheet or blankets, empty cereal or cracker boxes, they will use them for the apes. For more information call Linda Ross 863.326.6242.

Halloween Haunt

By Kay Prusiecki

A Halloween Haunt for Alzheimers will be held on Saturday, October 27 from 7 to 10 p.m. at the HFC. Rusty Trumpet Dance Band will be playing. Costumes preferred, but not required, or you can wear black and orange! BYOB. Snacks provided. Tickets will be on sale Monday, October 1 before and after Monday Coffee, then later at the HFC Activities Desk. Cash or check only.

Lake Ashton Dinner Show – Heroes of Rock 'n' Roll Starring Shawn Bryant as Buddy Holly

By Christine Wells, LACDD Community Director



Enjoy dinner and a show in the Clubhouse Ballroom on Friday, October 19. Heroes of Rock and Roll starring Shawn Bryant as Buddy Holly is a fast paced rock and roll revue featuring world class

tributes to the Everly Brothers, Jerry Lee Lewis and Buddy Holly. Dinner will be served at 5:30 p.m., and the show begins at 6:30. Menu includes choice of spaghetti and meat sauce, beef tips over rice, fried or grilled catfish, or fried or grilled mahi mahi. Please make your choice at the time of reservation. All choices are served with a cup of soup (chef's choice), salad, rolls and a non-alcoholic beverage. A cash bar will be available.

Tickets are \$27 each and go on sale October 2 at 9 a.m. at the Clubhouse Activities Desk (pay with Visa, MasterCard or check payable to LACDD). Please bring proof of residency when purchasing tickets. If purchasing tickets for multiple residents, all names must be given at time of ticket purchase. Ticket sales will be open to guests on Monday, October 15.

NINI'S HALLOWEEN PARTY & COSTUME CONTEST

WEDNESDAY, OCTOBER 31, 6 – 8 PM

Happy Halloween

SPECIAL MENU TBA

RESERVATIONS: 863.324.5810

LA Purple Stars Craft Fair

By David Harrison

The LA Purple Stars is having a "Fabulous" Craft Fair in our Ballroom on Saturday, November 3 from 9 a.m. to 4 p.m. The committee has worked for many months getting craft vendors to display their beautiful, handmade items; everything from jewelry to wreaths to wood carvings. Approximately 45 vendors will fill the room to sell their items. Because this is November 3, many items will be appropriate for Thanksgiving and Christmas.

There will also be a hot dog lunch on sale for \$5 that includes chips and a drink to raise money for the American Cancer Society. There will be raffle tickets on sale for a "purple tree" with about \$700 worth of gift cards on it. There will also be a bake sale to raise money. Please come and support this event and help the LA Purple Stars blast cancer into oblivion! Bring lots of money to spend at the vendor booths. Proceeds from the Craft Fair benefit the American Cancer Society's Relay for Life.

Happy Hour at the HFC

By Karen Van Kirk, HFC Activities Office Manager

There will be a Happy Hour at the HFC Friday, November 16 from 4 to 7 p.m. with music by Rick Arnold. Enjoy the old time rock and roll and '60s and '70s. BYOB and snacks. All are welcome! \$5 per person or \$8 a couple (at the door).

Non-Smoking Victory Casino Cruise

By Terisa Clayton, Activities Assistant

Victory Casino Cruise is the most authentic Las Vegas-style casino experience in Florida, departing from Port Canaveral and cruises along the Space Coast. Not a gambler? No problem! Relax on the deck while taking in fresh ocean air, dining, Bingo and special entertainment. On Tuesday, November 7, enjoy round trip transportation from Lake Ashton to the Port, buffet dining, port boarding fee, \$20 in FREE Qualifying Slot Play, FREE Drinks while Gaming, and Entertainment for only \$43 per person. Sign up at the Clubhouse Activities Desk with a check only, payable to Victory Casino Cruise.

Veterans Project – When the Wind Stops

By Christine Wells, LACDD Community Director

There will be a special presentation by Theatre Winter Haven on Friday, November 16 at 5 and 8 p.m. This is a new play compiled from interviews with U.S. military veterans from Polk County, Florida, and other found text collected and curated by Christopher Eubanks, Darian Henne and Katrina Ploof. Tickets go on sale October 16 at 9 a.m. at the Clubhouse Activities Desk. Check payable to Theatre Winter Haven, Visa, or MasterCard.

Premium tickets are \$18 and regular tickets are \$15. This show is sponsored by Premier Events, and they will be providing a free ticket opportunity to those who sign up for their seminar (see insert in this issue). They will also be donating \$5 per attendee to the Lake Ashton Veterans Association.

Lake Ashton Day Trips

By Christine Wells, LACDD Community Director

Day trips and group travel are designed to experience the best of Florida. All trips include reserved round trip transportation in deluxe motorcoaches from the Clubhouse. Please note that bus trips are available to residents of Lake Ashton only. Residents can sign non-resident guest(s) up on a wait list that will be drawn from just before the deadline for each trip if the trip does not sell out. Resident(s) can sign up for the trip and put their guest(s) on the wait list, or choose to be placed on the wait list with their guest. The wait list will be first come, first served.

Sign up for any of the below at the Clubhouse Activities Desk with a check payable to Small World Tours.

- November 13 – Yacht Starship Luncheon Cruise
- December 4 – Christmas Memories Henry B. Plant Victorian Stroll

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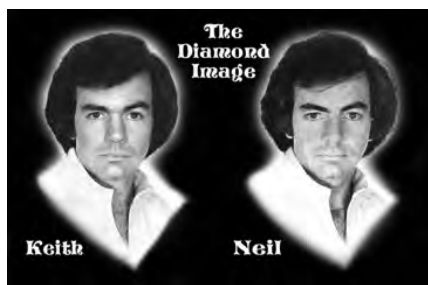
Christmas Dinner Dance

By Jackie Ellis

Hello to all at Lake Ashton and hoping everyone had a great summer! Please be sure you have marked the calendar for the beautiful Christmas Dinner Dance planned for Friday, December 7 in the Clubhouse Ballroom. Music will be provided by Lake Ashton's own great Perfect Pitch Band. The food will be provided by Cam's Catering with menu to include top round of beef carving station, salmon with lemon butter sauce, grilled chicken with sauce, garlic roasted mashed potatoes, green beans almandine, garden salad, French rolls, an assortment of desserts, coffee, iced tea, and water. Tickets will go on sale in the Clubhouse Lobby, Monday, November 5 at 8 am before Monday Coffee. They will be \$30 per person, cash or check, with tables of eight and limited tables of ten. They will also be available at the Clubhouse Activities Desk after that (check only). Please provide the names of each person. Looking forward to a festive, decked-out crowd and a wonderful, fun time!

Neil Diamond Tribute

By Larry Judd and Dianne Macko



The Lake Ashton Pickleball Association proudly presents "A Neil Diamond Tribute" in the Clubhouse Ballroom on January 18, 2019 at 3 p.m. and 7 p.m. "A Neil Diamond Tribute" stars Diamond lookalike (and

soundalike) Keith Allyn. Experience the feel of Neil as Allyn unveils the story of Diamond's life through Neil's own songs from the '60s through today, while weaving through his own comedic career change from an international top 10 Elvis, to Neil Diamond, all for the love of a woman. Come see the story unfold live along with the story of Neil Diamond's struggles and triumphs, enjoying hits like "Sweet Caroline," "Song Sung Blue," "Hello Again," "Brother Love," "America" and many more. If you love romance, magical surprises, comedy and Neil Diamond music, you will love A Neil Diamond Tribute.

Tickets will go on sale at 8 a.m. December 3 prior to Monday Coffee at the Clubhouse Ballroom and are \$15 per person for either show. Subsequently, tickets will be available at the Clubhouse Activities Desk and can be bought with checks made out to LAPA. Questions can be answered by Larry Judd at 631.987.7535.

2019 Community Showcase Casting Call

By Barbara Sims

There will be a Casting Call for the 2019 Community Showcase on November 1 from 3:30 to 5 p.m. in the Clubhouse Ballroom. See details in the orange insert of this issue of the LA Times. The Community Showcase theme for 2019 will revolve around teenagers and their music from the mid-50 to the mid-60's. The music, humor, dance and culture of this era is known and loved by people of all ages, and will lend itself to what we believe will be another great show. Mark your calendars now, tickets will go on sale in March for the April 12 and 13 shows.

ENTERTAINMENT SERIES TICKET SALES INFO

Due to high demand, 2019 season tickets are sold only to Lake Ashton residents. There is a limit of one ticket per person. In order to expedite season ticket sales, please have a Lake Ashton photo identification on hand to purchase tickets with Visa, MasterCard or check payable to LACDD. Contact the Clubhouse Activities Desk at 863.324.6032 with any questions about ticket sales or having a Lake Ashton ID issued.

Season ticket renewals run from October 3 to October 31. Those who renew their season tickets can exchange for a different show time or seat selection based on availability, on a first-come, first-served basis, beginning at **9 a.m. November 7 through 5 p.m. November 9.** Upgrades/exchanges can be made over the phone with a credit card after 11 am on November 7. Tickets can only be exchanged by the named season ticket holder. On November 7, the Clubhouse will be opened by security officers at 6 a.m. and any line for ticket sales should form only at the Clubhouse Lobby doors. When the front Lobby doors are opened, security officers will walk anyone waiting in line into the Ballroom to wait near the Activities Desk until ticket sales begin at 9 a.m. The line forms at the Lobby doors based on a first-come, first-served basis and there should be no deviation in order from the Lobby door to the Ballroom. No ticket sale sign up sheets are produced or used by staff during ticket sales.

New season tickets will be on sale November 14 through December 14.

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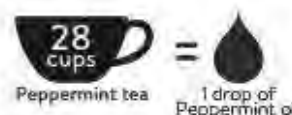
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GOLF

Lake Ashton Men's Golf Association (LAMGA)

By Gary Pagel

Welcome to the start of another great LAMGA season. Yes, it's time for all feathered friends return to their real love, Lake Ashton golf.

The Lake Ashton Men's League Board is putting together an exciting and fun schedule for the 2018/2019 year but to be eligible to play, first you must pay. It's that time of year

again. The 2019 membership dues are up for renewal again in December so watch for more information. If you are new to Lake Ashton or would like to start playing on the men's league just fill out the application with a check and turn it in at the Pro Shop, then join the group on Wednesday mornings for a great time. As always, hit 'em straight and stay dry.

Who are the LA Niners?

By Janet Wagner

Lake Ashton's Women's nine-hole golf league is planning an end of summer bash by holding a two-day ringer tournament September 24 and 25. The ringer includes a light brunch Monday morning before golf and a luncheon after golf on Tuesday.

The Niners league is busy planning the opening of the fall season, tournaments and combined golf days with the other leagues of Lake Ashton. Once a month there is "Lunch with Friends" after golf. The Niners league invites any woman golfer with a Lake Ashton Golf Club membership to join on Tuesday mornings to golf nine holes and meet many new friends.

For more information, please contact Jan Wagner at 863.268.4431.

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GAMES

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September 8: Geri Duffy & Larry Larson, Jim Hoyt

Men & Ladies Tuesday Bridge

August 21: Connie Ross, Linda Boast, Pat Mark, Jim Mark
August 28: Bob Wenden, George Rogers, Carl Boast, Pat Mark
September 4: Carl Boast, George Rogers, Ken Ross
September 11: Pat Mark, Bob Wenden, Jim Mark

Friday Intermediate Bridge

August 3: Geri Duffy, Marion Nelson, Sheri Merritt
August 10: Marion Nelson, Geri Duffy, Sheri Merritt
August 17: Geri Duffy, Jim Mark, Carol Zalesky
August 24: Cindy Holden, Jim Mark, Pat Mark
August 10: George Rogers, Geri Duffy, Carl Boast, Ken Ross
August 31: Judy Marine, Pat Mark, Carol Zalesky
September 7: Judy Marine, Connie Ross, Geri Duffy

Pinochle

A new Pinochle group will meet in the Clubhouse Card Room on Tuesdays from 9 to 11:30 a.m.

There's A New Game In Town!

By David Cline

First Friday Trivia, as it was formerly known, has been put on hiatus. In its place will be a new interactive game called "Reminiscing." While the game involves team play, scores are accumulated for each player as well. Player points are earned by attending, by getting the answers correct (like remembering trivia) and simply by being lucky with the draw of a card. An individual card must be drawn by each player at the end of each game, but a bad card could cost points instead of gaining them (this is where the luck comes in)! At the end of the season next April, monetary individual prizes will be awarded according to points accumulated.

There is no need to form teams prior to the game but you can if you choose. This is a great opportunity for new and returning residents to get involved with a fun activity that does not include sweating, talent, or skill. Come to the HFC on Friday, October 12 at 1 p.m. Hope to see you there! Contact David Cline at dmcline16@gmail.com or Mary Bosman at 863.595.1562 with any questions.

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DINNERS

Community Potluck

By Louise Crespin

Why not scare up some fall favorites for the October Community Potluck Dinner. Be it the bounty of fall's

harvest, or the likes of Oktoberfest, or even spooky Halloween, there is bound to be some delicious offerings to put on the community potluck table. There will be apple cider provided and a few Spooktacular desserts as well to go along with your covered dish plus \$2 per person (sign up at either Activities Desk or online, pay at the door). Special Note: In the spirit of Halloween, a special prize will be given to the person with the overall best Halloween mask. Need more info? Contact the coordinators: louise.crespin@yahoo.com or dianeklikas@gmail.com. Thank you to our volunteers, who are always welcome.

Eastside Winers and Diners

By Don Cook

The next social/dinner will be held Thursday, October 25 at 5:30 p.m. at NiNi's at Lake Ashton. Order from the menu. Your reservation ticket is also your individual raffle ticket and can be purchased at the Clubhouse Activities Desk for \$2/person until October 24. Call Don Cook, host, at 863.528.3738 with questions.

Pet Co-op

By Don Cook

The Pet Co-op Social/Dinner/Raffle will take place Wednesday, October 17. Meet for dinner at NiNi's at Lake Ashton at 5:30 p.m. Order from the menu. Program to follow by Natural Encounters. There will be two field trips to Natural Encounters on October 20 and October 27. Carpool will leave from the Clubhouse at 1 p.m. Reservations are required and are \$2 for each function – purchase at the Clubhouse Activities Desk. Call Don Cook at 863.528.3738 with any questions.

Turnberry Lane Potluck

By Mary Allen

The Turnberry Lane Potluck will be held October 2 at 5 p.m. at the Pavilion. BYOB (adult or otherwise), plates, utensils, your own entrée (grill available) and a dish to share with 8 to 10 people. All Turnberry Lane residents are welcome!

Pebble Beach Bums

By Kathy Jusaites

The Pebble Beach Bums social group will resume meeting on the fourth Sunday of the month on October 23 in the HFC at 5 p.m. Contact Kathy Jusaites at 919.609.2308 with any questions.



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Lake Ashton ROCS Potluck

By Carolyn Bishop

The next Lake Ashton ROCS (Riviera, Oakmont, Colonial & Sawgrass) potluck will be held on Friday, October at 6 p.m. in the HFC Community Room. Please bring your own plates, utensils, napkins and beverage, along with a dish to share with six to eight people. Donations for supplies will be greatly appreciated. A potluck sign-up sheet is located in the HFC Library. Please RSVP by October 3 on the sign-up sheet, or by contacting Carolyn at cbbishop61@gmail.com or 919.606.8844. Volunteers are also needed and appreciated for set up and clean up. Hope to see you there!

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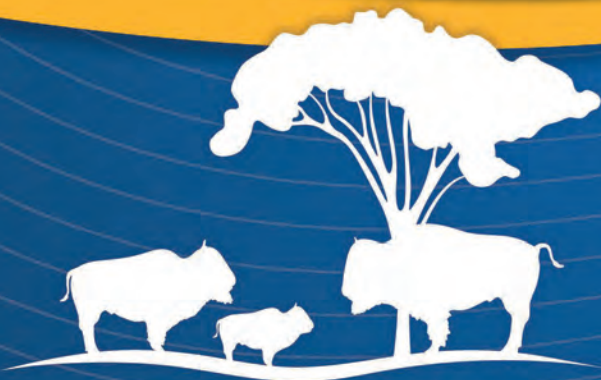
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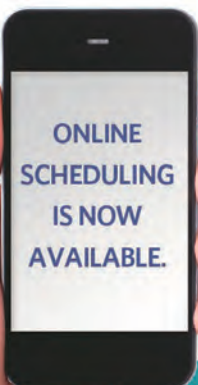
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CLUBS

LA Belles

By Marilyn Stump

The LA Belles October luncheon will be held October 31 at 11:30 a.m. at the Sizzlin' Grill, 21400

Highway 27, Lake Wales. Everyone will make their own selections from the menu with individual billing. Sign up at the Clubhouse Activities Desk by noon on October 29 with a deposit check of \$10 to secure your reservation. Please make undated checks payable to LA Belles. Your check will be returned to you when you have checked in at the luncheon. You can use your undated check to hold your reservation each month. In order to cancel your reservation, you will need to contact one of this month's hostesses (Joanie Spindler, 813.476.2364; Marilyn Stump, 615.708.5194; or Rhonnie Thrower) no later than 48 hours prior to the event to ensure that your deposit is returned. Any cancellations after that time period will forfeit their deposit unless someone from the wait list fills the vacancy.

Camera Club

By Larry Hillock

It's hard to believe that summer is over with already. The good news is that everyone gets to once again enjoy the great Florida fall and winter seasons. With the high humidity and daily thunderstorms nearly over, you can now get out the camera, charge up the batteries and start taking some photos. The first Camera Club meeting of the season will be Monday, November 12 at 10:30 a.m. in the Clubhouse Cinema. Bring along a few of your favorite summer photos to share at the meeting. The Camera Club is open to all Lake Ashton residents who share a love of photography.

Cruisin' 2 Travel Club

By Dottie Dernbach

Cruisin' 2 Travel Club presents a Special Travel Presentation by Collette Travel hosted by Andrew Baldini and Dottie & Terry Dernbach. The presentation will take place after Monday Coffee in the Cinema November 26. The California Coast tour will take place October 20 to 27, 2019. The itinerary includes stops and overnights in Fisherman's Wharf/San Francisco, Monterey (Carmel-by-the-Sea), Santa Barbara (Hearts Castle & Historic sights), and Los Angeles (Tinseltown) and San Diego (Gaslamp & Old Town). These are just a few of the highlights of this tour. For complete information call 863.324.2700 for more details and save \$150 early booking discount. There is also space still available for the January 5, 2019 eight night Caribbean cruise on the Adventure of the Seas. Call Dottie and Terry at the above number with any questions.

LA Democratic Club

By Lyn Rogers

The Lake Ashton Democratic Club is pleased to be hosting Lori Edwards, Polk County Supervisor of Elections and Karen Welzel, candidate for Polk County Commissioner. The new meeting time is Thursday, October 18 at 4 p.m. in the Clubhouse Ballroom. Everyone is welcome to attend. The Democratic Club monthly breakfast at NiNi's is at 8:30 a.m. Sunday, October 28. Purchase your \$2 reservation at the Clubhouse Activities Desk.

Lake Ashton Veterans Association Auxiliary

By Pat Neaves and Chris Graves

Please join the LAVA Auxiliary at their next meeting in the Clubhouse Ballroom by the stage on Wednesday, October 17 at 6:30 p.m. The group will be discussing future projects as well as the LAVA and LAVA Auxiliary joint USO dance in the Fall. Both groups will continue to work together to help veterans in need.

Being a member of the Auxiliary offers a way to say "thank you for serving this country." The focus is to make sure that veterans know they are not forgotten. The Lake Ashton Veterans Association (LAVA) Auxiliary is a group of residents who have either a spouse or relative who served or is currently serving in the military. The Auxiliary partners with LAVA which consists of men and women who have served in the military. Looking forward to seeing you!

Magic Years Club

By Rose Crognale

The Magic Years Club will meet on October 2 at 7 p.m. in the HFC Craft Room. The October outing is a movie in the Cinema – come and view *Coco* on October 5 at 7 p.m. Joan Enslen is the hostess for this event. Please advise Joan if you plan to attend as there are a limited number of seats (55 capacity). Her phone number is 302.562.0436. Feel free to bring your favorite snack and beverage into the Cinema.

The Magic Years Club is open to all Lake Ashton residents who enjoy learning about and going to Disney luncheons and special events. Not all activities require a park ticket. Many upcoming activities are being planned so be sure to sign up with Magic Years Club as one of your preferences in the Resident Directory on ashtonliving.net. Thank you to everyone who sponsored a luncheon/activity month for 2018. The club is looking forward to exciting and delicious new venues for 2019 and the club cannot do this without your help! Please consider signing up for a month next year. Contact Rose Crognale or Joan Enslen with questions or if you need any assistance in setting something up.

CLUBS

Second Wednesday Book Club

By Louise Crespin, HFC
Activities Assistant

The Second Wednesday Book Club will meet in the HFC Craft Room beginning October 10 from 7 to 8:30 p.m. on the second Wednesday of each month. Bring your favorite book, your favorite beverage, and join others to explore gifted authors and life between the pages. For more info and to sign up, call the HFC Activities Desk at 863.595.1562 or email lcrespin@lakeashton2cdd.com.

Lake Ashton Singles

By Hazel McCord

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

Senior Slowpitch Softball

By Bob Zelazny

There are currently 13 Lake Ashton residents who play with the Winter Haven Senior Softball Club, and they are looking

for more! Any man over the age of 55 or woman over the age of 50 years has the opportunity to play the game they loved growing up. Games are played at the DiamondPlex Complex across from Polk State College. Games are played on Tuesday and Friday mornings starting at 9 a.m. If you are interested in joining, contact Bob Zelazny at 863.325.8098 for more information. He can explain the program and get you in touch with local players for carpooling to the games.

Widow/Widower Connection

By Mary Ellen Strange

If you are a widow or widower living in Lake Ashton, join this group for a fun night. This is a great time to meet new friends who have also experienced this life changing event. Gathering for drinks and dinner at the Eagle's Nest on Tuesday, October 16, with cocktails at 5:30 followed by dinner at 6. Please email Mary Ellen Strange at strangemes@aol.com to be added to future group email notifications. You will be notified of dinner menu and RSVP details about 10 days prior to the dinner. Signing up for the email notifications does not obligate you to attend. Your RSVP for dinner, however, is important for planning. Please note that for the October 16 dinner, your RSVP must be sent to vmoore@lakeashtongolf.com or called into to the Eagle's Nest at 863.326.1085 or to Vicki's cell at 863.521.1133 by Tuesday, October 9.

Pebble Beach Dog Park

By Rhonnie Thrower, President

The Pebble Beach Dog Park President would like to address the confusion when donating to the Pet Play Parks. If you write a check to the LAPPP the money goes to the Winged Foot Park. The Dog Parks have separated. They each have their own Officers. The Winged Foot Park kept the original bank account. All proceeds from the sale of ID badges goes to the Winged Foot Park. All donations from the Pet Co-op have gone to the Winged Foot Park. The only way to make a donation to the Pebble Beach Dog Park is to write a check payable to Lake Ashton Pebble Beach Dog Park. You can drop it off at the main Clubhouse activities desk or give to Rhonnie Thrower or Diana Lanning. Hopefully, that clears up any confusion. The Pebble Beach Dog Park is a step closer to being fully accessible to residents with wheelchairs and physical disabilities. A presentation was made to the LAICDD asking them to award monies to pay for paving the entrance and parking area. The fence and gates at the entrance have been repaired and relocated. More fundraisers are coming soon. All donations are appreciated. Thank you again to those who have donated their time and money to improve the quality of our dog park. A deep, personal thanks goes to the residents that give rescue dogs and cats a new home. See you at the dog park where happy dogs play.



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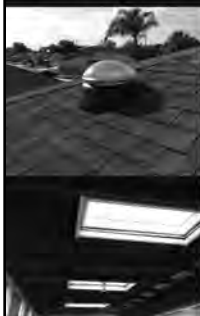
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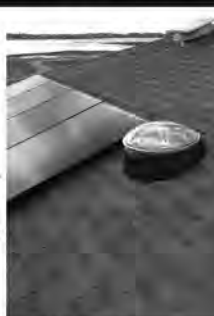
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Winged Foot Lane Pet Play Park

By Myrna Soberman

The Winged Foot Pet Play Park is located at 5140 Winged Foot Lane. Hours are also sunrise to sunset. A full list of rules and regulations can be found on the Pet Play Parks webpage under Resident Services on ashtonliving.net. Both the Winged Foot Lane Pet Play Park and the Pebble Beach Dog Park are **open to all dogs, big and small**, but they must be fully vaccinated.

Designated pet parks are places for pets to socialize and play and are not to be used as public toilets or for pet grooming activities. All pet owners are responsible for monitoring their pets' behavior and ensuring a clean environment. If you choose to visit the park, please be aware that the park is for all sized pet at all times and many different types and sizes of dogs may be visiting at the same time.

When your dog defecates at the park or anywhere in Lake Ashton other than your own yard, you are required to clean it up and remove it immediately. Not doing so can be a health hazard to people and other animals and also violates Polk County ordinance CO1-001, where fines can apply. Bags are located by the Clubhouse Tennis Courts and Pet Parks. It is recommended that owners acclimate new or visiting pets to the park when other pets are not present. Pets respond better to a new environment when they don't feel threatened or attacked. As you begin to introduce your pet to others, notify owners before entering the park so special attention is provided to ensure a smooth transition.

Donations are always welcomed for waste bags and other necessary improvements, and are always appreciated. Make checks payable to *Lake Ashton Pet Play Parks* and deliver to Clubhouse Activities Desk.

Lake Ashton Republican Club

By Betty Davenport

The Lake Ashton Republican Club will meet Wednesday, October 24 at 4 p.m. in the Health and Fitness Center. This is 12 days before the election. Candidates will be available to answer any last minute questions voters might have.

This meeting will also present nominees who will assume the leadership and carry on business and activities the next term.

There will be no business meeting in November and December due to Thanksgiving and Christmas. Watch your e-mail for information on a special holiday gathering. For more information, call Betty Davenport at 863.969.4422. Don't forget to vote!

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CLUBS

Lake Ashton Travelers

By Maureen Sim

The Lake Ashton Travelers is a chapter of the FMCA (Family Motor Coach Association) which exists to promote social, recreational and informational activities for our members. Travelers members consist of Class A, B & C motor coaches as well as 5th Wheels and Trailers. If you're a former owner of one of these units, you can still be a FMCA & LA Traveler Associate member and enjoy all the benefits. One of the benefits is the monthly rallies; the group travels to various locations all around Florida as well as informal "rolling" rallies all around the US & Canada. Fall 2017 some traveled to the Albuquerque, NM Balloon Festival & Summer 2018 saw an informal rolling rally



which included Yellowstone National Park, Cheyenne Frontier Days, and the National FMCA Rally in Gillette, WY.

The Travelers meet weekly on Tuesdays for an RV Social from 3 to 5 p.m. in the Clubhouse Ballroom. Join in and have some Lake Ashton Traveler fun. For information, contact Maureen Sim at rsimcpa@verizon.net.

LA RVers

By Maureen Sim

If you're a current or former owner of an RV – of any kind – you are invited to join the RVers at a weekly social held on Tuesdays from 3 to 5 p.m. in the Clubhouse Ballroom. Join in any Tuesday for some LA RVer fun!

Lake Ashton Community Emergency Response Team (CERT)

By Carolyn Neuberger

Your Lake Ashton CERT team continues to train so they are always prepared for any type of emergency that may occur. A Moulage class was lead on August 17 by Paula Doss.



Moulage is the art of applying mock injuries for the purpose of training emergency response teams and other medical and military personnel. It may be as simple as applying pre-made rubber or latex "wounds" to a healthy "patient's" limbs, chest, head, etc., or as complex as using makeup and theatre techniques to provide elements of realism (such as blood, open fractures, etc.) to the training simulation. Some CERT members are pictured here demonstrating the different techniques that were used.



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WELLNESS

Wellness News from the HFC

By Mary Bosman, LAIICDD
Community Director

HFC staff has scheduled a Circuit Training for Lake

Ashton residents the first and third Mondays of each month at 2 p.m. Personalized fitness plans and fitness goals are explained and planned for attendees. Please phone ahead and get on a list for the next training, as three 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 and Kasia Brunson are available by appointment at the HFC. Call the HFC at 863.595.1562 for their contact information.

Clubhouse Fitness Center Orientation

By Christine Wells, LACDD Community Director

The next complimentary orientation for the new strength equipment at the Clubhouse Fitness Center will be October 17 at 6 p.m. No advance registration required.

Flu Shots Come to Lake Ashton

By Terisa Clayton, Clubhouse Activities Assistant

Flu season is nearly here! To receive a flu shot, stop by the Clubhouse during Monday Coffee on October 29 from 8 to 10 a.m. A representative from Walgreen's Pharmacy will be here to assist residents on a first-come, first-serve basis. You'll need to fill out a form (available at the Activities Desk October 15). Bring your Medicare and prescription card. Call Walgreens directly at 863.676.7569 with any questions.

Fall Prevention Awareness

by Louise Crespin, HFC Activities Assistant

The Directors of the Polk State College Physical Therapist Assistant Program and Occupational Therapy Assistant Program, along with the programs' second-year students, will be conducting a seminar titled "Fall Prevention Awareness" on October 2 from 1:30 - 4:30 p.m. in the HFC Community Center. Educational and helpful demonstrations will take place and informative hand-outs will be given to attendees. Light refreshments will be provided. This is a free program for all Lake Ashton residents.

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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, October 13, 1 to 4 p.m.

Mermaid

Clubhouse Craft Room

Sign up at the Clubhouse Activities Desk

\$35/person, payable at class

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

Creative Stitchers

Facilitator: Pat Howe

Bring a stitching project to work on

Tuesdays, 1 to 4 p.m. – HFC Craft Room

Sew What and So Much More

Facilitator: Gretchen Frantz

Crochet, knit, craft sewing & more

Thursdays, 1 to 4 p.m. – HFC Craft Room

Alzheimer's Support Group

Facilitator: Stefanie Thompson Wardlow

Third Tuesday, 11 a.m. to noon

Clubhouse Craft 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

Low Vision Support Group

Facilitator: Carol Fako, 863.604.4284

Second and fourth Wednesdays, 11 a.m.

Clubhouse Craft Room

Men's Bible Study

Leaders: Bob Ring (734.674.7196,

bobring42297@gmail.com October – April)

Jim Brendemuehl (815.343.5727,

jcbrendem@gmail.com May – September)

Tuesdays, 10 to 11:30 a.m. in the HFC Craft Room

Bring a friend and join in for great fellowship and stimulating discussion about the living Word of God, focusing on the Gospel of Luke. Non-denominational. ALL are welcome!

Women's Bible Study

Leader: Louise Gilla (lgilla4071@yahoo.com)

Wednesdays, 9:45 to 11:30 am

HFC Community Center

All women of Lake Ashton are welcome to attend Women's Bible Study. Join for fellowship, music, and group study in the Book of Joshua (October – February) and the Book of Ruth (March – May). Workbooks for the study will be available on Wednesday, October 10, the first day of class, for \$23. Bring a friend; looking forward to greeting you!

Intermediate Bridge Group Lessons

Instructor: Ken Broas, Certified American Contract Bridge League (ACBL) Instructor

Tuesday evenings from 6 to 8 p.m. beginning October 9

HFC Card Room

Textbook: *ACBL Bridge Series Volume Two – Play of the Hand in the 21st Century – The Diamond Series*

Purchase at baronbarclay.com or call 800.274.2221

To reserve your space, contact Liz Leigh at 813.288.0809, or leigh.elizabeth@gmail.com

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. in the HFC Sports Court

Diagnosed Parkinson's and caregivers free, all others \$5

Yoga Share

Coordinators: Diane Yeager & Sally Winfrey

Wednesdays, 8:45 to 9:45 a.m. in the Clubhouse Ballroom

Practice to alternating DVD programs, emphasizing stretching, postures, and relaxation. All skill levels welcome. Bring a mat. Free!

Aqua Reloaded

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

Free Square Dance Lessons

Instructor: Keith Stevens

2nd, 4th & 5th Thursdays at 7 p.m.
Clubhouse Ballroom

Tap Jammers

Facilitator: Julie Bombard

Fridays beginning September 14, 10 to 11 a.m.
HFC Sport Court

All tap levels welcome – free class!

LA Dance Classes: American Tango

Instructor: Connie Wilkinson, Certified DIVDA Dance

Instructor

Mondays, October 1, 8, 15, 22, 29 from 4:30 to 5:30 p.m.

HFC Community Center

Free! No Partner Needed

Improver Line Dancing

Instructor: Ann Ludwick

Thursdays, 1 p.m. beginning October 25

HFC Community Center

Free!

Beginners Line Dancing

Instructor: John Moore

Tuesdays 7 to 8 p.m. beginning November 6

Thursdays 9 to 10 a.m. beginning November 1

(no classes November 22)

Clubhouse Ballroom

Intermediate Line Dancing

Instructor: John Moore

Tuesdays 8:10 to 9 p.m. beginning November 6

Thursdays 10:10 to 11 a.m. beginning November 1
(excluding November 22)

Clubhouse Ballroom

Classical Stretch

Mondays at 10:50 a.m. & Thursdays at 11 a.m.

HFC Community Center.

Zumba Fitness Classes at the HFC

Join the staff to dance different Zumba DVDs

Tuesdays and Thursdays at 3 p.m. in the HFC Community Center. All are welcome! Bring a towel to the class.

Second Wednesday Book Club

Facilitator: Louise Crespin

Bring your favorite book, your favorite beverage, and join others as we explore gifted authors and life between the pages.

Second Wednesday of every month, 7 to 8:30 p.m.

HFC Craft Room

For more information or to sign up, contact Louise Crespin
863-595-1562 or lcrespin@lakeashton2cdd.com.

AARP Driver Safety Course

By Terisa Clayton, Clubhouse Activities Assistant

The AARP Driver Safety Course is especially for drivers age 50 and older. This six-hour course will be held in the Lake Ashton Ballroom on Tuesday, November 20, from 8:30 a.m. to 3 p.m.

AARP membership is not required and there is no test to pass. The course costs only \$15 for AARP members and \$20 for non-members. Bringing a bag lunch is suggested. Please sign up at the Clubhouse Activities Desk and bring with you a check payable to AARP.

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Visit the official website for the Lake Ashton Community Development Districts and Lake Ashton Homeowners Associations, **ASHTONLIVING.NET**. View community information and news, CDD and HOA documents, the resident directory, classifieds section, sign up for electronic messages, and more. Contact the Club Office at 863.324.5457 if you need help logging in.

Lake Ashton Clubhouse

4141 Ashton Club Drive

Lake Wales, FL 33859

Phone: 863.324.5457

Fax: 863.324.5829

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

LACDD 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.

LAIICDD Community Director:

Mary Bosman

mbosman@lakeashton2cdd.com

Clubhouse Activities Desk - Terisa Clayton	863.324.6032	tclayton@lakeashtoncdd.com
LA Times, Channel 732, ashtonliving.net - Valerie McCutcheon	863.324.6032	valerie@lakeashtoncdd.com
Club Office - Sheila Moreland	863.324.5457	smoreland@lakeashtoncdd.com
HFC Activities Office - Karen Van Kirk & Louise Crespín	863.595.1562	kvankirk@lakeashton2cdd.com lcrespín@lakeashton2cdd.com
NiNi's at Lake Ashton	863.324.5810	
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Lake Ashton Sales Office	863.324.8664	
Lake Ashton Resales Office	863.318.9542	

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

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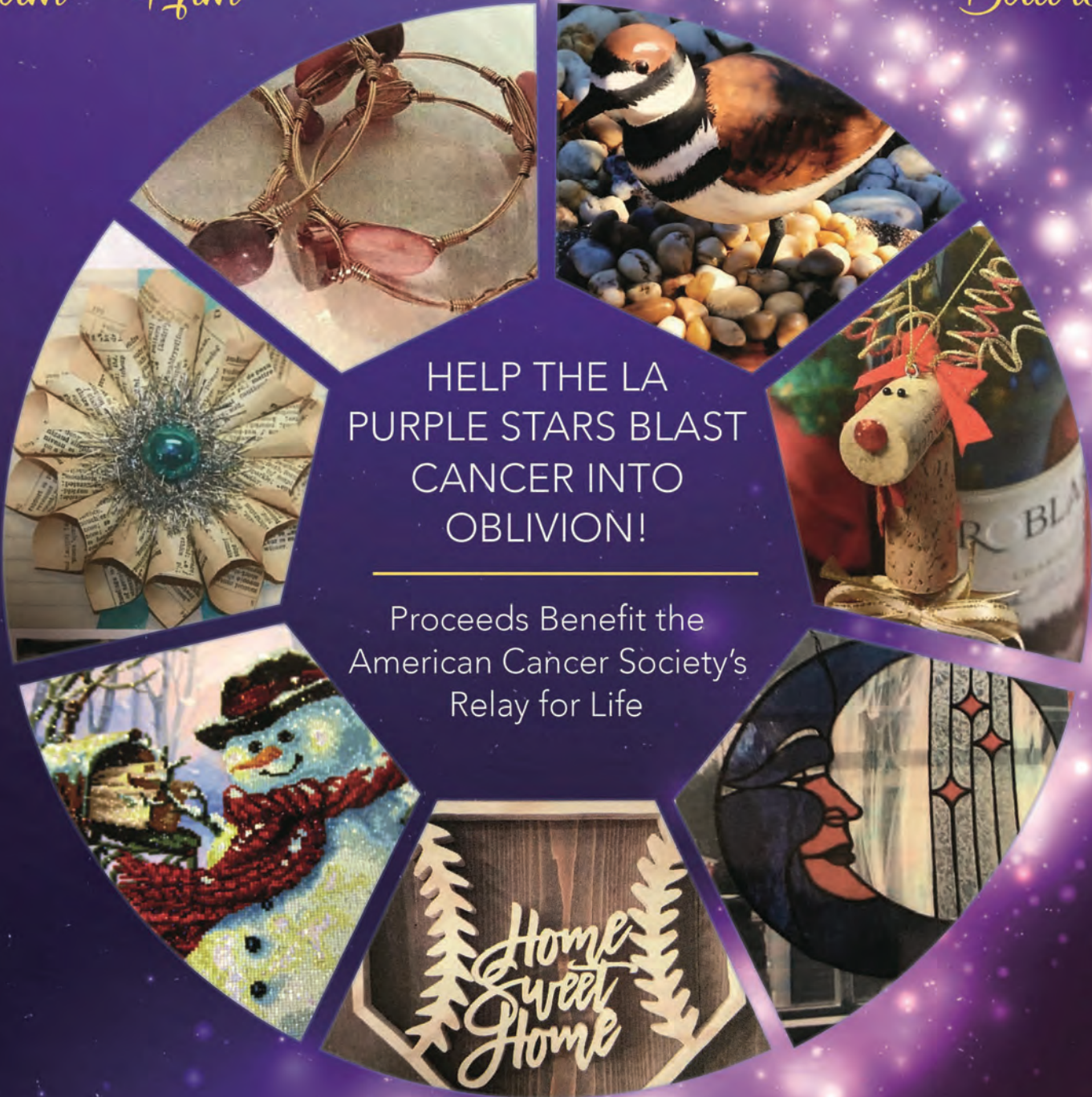
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