



L.A. TIMES

Lake Ashton Community Newsletter
December 2018

*Season's
Greetings!*

Simply the Best!

Get into the Spirit of the Season with
Dinners, Dances & Shows, a Holiday
Parade, Opportunities to
Spread Cheer,
and more!



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

863.324.6032
863.324.5457
www.ashtonliving.net

The O'Reilly Team

Keller Williams Realty Winter Haven



Merry Christmas and Happy Holidays to All!

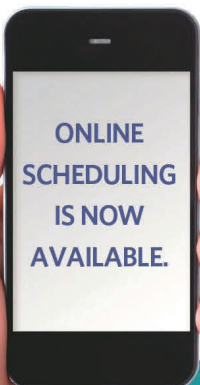
The O'Reilly Team is finally retiring -
"again." We are in the midst of
planning a New and Exciting
Adventure. We want to thank **ALL** of
you from the bottoms of our hearts
for your support and business
throughout the years.

Schedule your doctor appointment online, anytime!



We can make your appointment available fast.

When you need to see a doctor, just give us a call or go online to schedule an appointment. Whether it's for a regular primary care checkup or something that requires a specialist, you can count on Lake Wales Medical Group to provide you and your family with personalized care.



No need to wait! Online scheduling is now available with select physicians at **LakeWalesMedicalGroup.com**. Or, call **1-844-634-DOCS (3627)** for an appointment.

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LakeWalesMedicalGroup.com

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On-Site Mobile Dermatology Services

Mobile Office Visit

Friday, December 21

Every 3rd Friday of the month | 9am-1pm



Jared Simmons

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Primary Care
Nurse Practitioner,
Board Certified



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The holiday season is in full swing! The community entrance and Clubhouse are decked out with lights and holiday décor to add to the festivity of the season. There are several activities scheduled such as a Christmas Sock Hop Show with Johnny Wild, Holiday parade and a New Year's Eve Black and White Cocktail Party in the Ballroom. Some of the most rewarding

community traditions involve volunteering and giving to those in need. While it is the traditional season for celebrating, some in the community are in emotional pain and struggling to get through the month. Grieving friends and neighbors can use some extra care during the holidays. Those who have recently lost loved ones can be helped by others being supportive and inclusive. Suggestions from hospice professionals: invite a neighbor along to a community celebration, ask if they are interested in volunteering, offer to help with decorating or baking, send a special holiday card, or be willing to listen. Lake Ashton is known for being a caring community and there is no better time of year for caring for thy neighbor.

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Lake Ashton Community Development Board of Supervisors met November 19 and recognized Supervisors Carol Pontious and Brenda Van Sickle for eight years of dedicated service to the Lake Ashton Community as this was their last meeting as Supervisors. The board discussed and approved a quote to repair a stormwater pipe at the intersection of Birkdale and Dunmore. Residents will be informed of any changes in traffic patterns as a result of construction. The second phase of Bocce Ball Court refurbishment was approved and residents will notice new carpeting and scoring systems soon. The board also approved an upgrade to the Clubhouse Wi-Fi system including new access points being installed and an additional access point installed in the hallway near the Bowling Alley, Craft and Card Rooms. A treatment plan for the medjool date palms on Lake Ashton Blvd. was also approved. This will help to prevent a potentially fatal disease from damaging the costly palms. There will be a joint CDD meeting on Tuesday, December 4 at 10 a.m. in the HFC Community Center to discuss developments regarding the golf course and any other items requested by either Board. Please trust that Supervisors have the best interests of residents in the forefront and are willing to listen to all resident comments regarding subjects that affect the entire community. Prior to the joint CDD meeting, new and returning supervisors for LACDD will be sworn in at 9:30 a.m. followed by new and returning supervisors for LAICDD being sworn in at 9:45 a.m. Residents are encouraged to attend to gain first hand information and get any questions answered.

NEWSLETTER STAFF

Christine Wells – Editor

cwells@lakeashtoncdd.com – 863.324.5457

Valerie McCutcheon – Advertising Sales, Layout & Design

valerie@lakeashtoncdd.com – 863.324.6032

January Issue Deadline: December 12**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

WITH THANKS

My heartfelt gratitude and sincere thanks to all my friends at Lake Ashton who saw me through a very difficult time. Losing my fiancé Barry Martin was a real blow, however having the support and compassion of my Lake Ashton friends has made the pain tolerable. Although there are times ahead that will be a struggle, I am at ease knowing the treasure trove of friends I have to call upon if needed. To all of those "saints in street clothes" who helped tend to Barry, whether it was going with him on an outing, coming to visit, or checking in by other means, I can tell you it meant the world to him and he would often say, "I really love our friends".

-Valerie Metzner

COMMUNITY NEWS

Lake Ashton II (Winter Haven) CDD News

By Mary Bosman, LAII CDD
Community Director

Happy Holidays, Happy Hanukah, Merry Christmas

from the staff at the Health and Fitness Center and Securitas Security staff. Staff also wants to wish you all a happy, healthy 2019 New Year filled with many interesting, memory-making, and fun events to look forward to.

The new LA II Board and staff members continue to provide optimum functioning amenities and programming. The HFC building was completed in December 2007, so planning is being done to anticipate replacement of normal capital expense items without causing financial burdens to residents. The Reserve Fund is often referred to at Board meetings and would be used prudently for such replacement on an as-needed basis, voted on by the Board.

Looking ahead to 2019, the HFC will be hosting more parties, entertainment and seminars than ever before. Activities Assistant Louise Crespin is doing a great job at bringing new, interesting experts to Lake Ashton for seminars, and events. Office Manager Karen VanKirk is planning a bigger, better Health Expo for January 18. Maintenance Supervisor James Margetson and Maintenance Technician Chuck Yeager continue to save residents hundreds of dollars with in-house quality repairs and maintenance. All staff members remain dedicated to providing quality services to Lake Ashton residents.

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.

Family In Town? Friendly Reminders for a Safe and Happy Holiday Season

By Christine Wells, LACDD Community Director

December is a traditional time for family and friends to escape the cold up north and come to visit those lucky enough to live at Lake Ashton. Remember that visiting

grandchildren are guests of your neighbors, so please extend every courtesy possible, and be tolerant of extra activity at the pool and other amenities. Those hosting family should remind them to be considerate of residents in this 55 and older community. It is helpful if residents accompany their guests at any of the amenities.

Golf carts should be driven only by those 14 years and older. It is helpful if residents accompany young people driving golf carts. Adults should not place young children on their laps between them and the steering wheel as this creates a hazardous condition for the children in the case of a panic stop or accidents. All vehicles, including golf carts, 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 shortest day of the year, the Winter Solstice, is December 21. When walking or bicycling, especially at night, remember to "Be Safe and Be Seen: Make Yourself Visible to Drivers."

Florida Fish and Wildlife Conservation Commission (FWC) reminds residents to be cautious when having fun in and around water. The FWC recommends keeping pets 10' away from the water. For residents who have concerns with an alligator that poses a threat to humans, pets or property, call the FWC's Nuisance Alligator Hotline at 866-FWC-GATOR (392-4286). Remember, it is illegal to feed or harass alligators.

Golf Cart Parking

By Christine Wells, LACDD Community Director

When driving your golf cart to the Clubhouse or HFC, please park in designated areas only. Be sure both front tires are pulled up to the curb, and keep the area between columns free of golf carts. The parking lot spaces are sized for fitting two carts in one space, so please park on only one half of a parking space in the parking lot to allow for better use of the area.

Ashtonliving.net Email Blasts

By Valerie McCutcheon, Communications Specialist

If you were receiving the weekly email blasts at one time but are no longer, you may have inadvertently opted out by marking a message from messenger@associationvoice.com as spam. If you have checked your spam and junk mail folders and the emails are not in there, please send an email to valerie@lakeashtoncdd.com and request to be resubscribed to the mailing list. It may take a few days for your name to be added back on. If you have any questions about blast emails, signing onto the ashtonliving.net website, or changing your contact info online, please contact Valerie at the above email address.



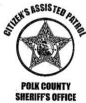
Neighborhood Watch – Holiday Shopping Tips

By Fay Wood, NW Chief

You can play a key role in preventing crime during the very busy shopping month!

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

Enjoy your shopping, but be smart, be aware and be safe! Have a happy New Year!



Citizens Assisted Patrol (CAP)

By Stan Baron

HAPPY HOLIDAYS. The season is here. It's time to shop, party, and travel. During patrols of the area drivers are still seen talking on the phone while driving, rolling through the stop signs, and speeding. Please be alert and defensive while walking and driving. For all the bikers, be aware that walkers can't hear you coming and be especially cautious at the stop signs and turning onto a road.

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 residing 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 both Activities Desks or in the patrol cars.

LA (LW) HOA Corner

By Pat Howe, LA (LW) Director and Treasurer

As noted last month, the Lake Wales HOA Assessments are mailed to residents in December. The HOA approved the preliminary 2019 budget recommending the annual assessment remain at \$50. Please remember that payment is due upon receipt to avoid a late fee charge. Wishing all residents of Lake Ashton, a Merry Christmas, a Happy Chanukah, Happy Kwanzaa, and a healthy and happy New Year.

GOOD TO KNOW...

CLUBHOUSE ACTIVITIES DESK & CLUB OFFICE HOURS:

Monday – Friday: 9 a.m. to 5 p.m.

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

Monday – Friday 8 a.m. to 4 p.m.

- The Clubhouse Offices and Activities Desk will be closed **December 24 at noon and December 25 all day**. There is no Monday Coffee December 24 or December 31.
- HFC Offices and Activities Desk will be closed **December 24 and 25**.
- NiNi's at Lake Ashton will be closed on **December 25**.
- Lake Wales trash and recycling will be picked up on Saturday, December 29 instead. Please do not put your containers out to the curb before 5 pm on Friday.
- The Clubhouse Offices and Activities Desk will be closed **December 31 at noon and January 1, 2019 all day**. The January LA Times Distribution will be held in the Ballroom at 9 a.m. HFC offices and Activities Desk will be closed **January 1**.

Anyone using Lake Ashton amenities should have a 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 to 11:30 a.m., 3 to 5 p.m.

Wednesdays: 3 to 5 p.m.

Thursdays: 3 to 5 p.m.

NEW RESIDENT ORIENTATION AT THE CLUBHOUSE:

Wednesday, December 19 at 3 p.m.

POLK COUNTY LIBRARY COOPERATIVE BOOKMOBILE

2nd & 4th Wednesday at the Clubhouse West Parking Lot from 9:30 a.m. to 4:30 p.m. (closed for lunch from 12:30 to 1:15 p.m.)

COMMUNITY NEWS

HOA Nominating Committee

By Nancy Baker

The Lake Ashton (LW) Homeowners Association Nominating Committee is seeking a few good men and women willing to serve on the HOA Board of Directors. Four seats will come available in the annual election for directors in 2019: two for a three-year term and two for a one-year term. If you would be willing and able to serve your community as a director, please let the HOA or a member of the nominating committee (Gary Hunt, Noreen Guy, Rosemary Stoner, Mike Holden and Nancy Baker, Board Liaison) know. Election of directors takes place at the annual meeting in February, but there will be no nominations accepted at the annual meeting. Members who wish to run must be nominated at the December Board of Directors meeting. That nominating meeting date will be announced to all members. Any member may nominate any other member of the Lake Ashton (LW) HOA or may nominate himself or herself. Nominees must accept the nomination and agree to run for the office of director. You should note that if there are no more nominees that positions available on the board, according to Florida Statute, there need not be an election. There will be an election only if there are more nominees than positions available. It's not too early to be thinking about your service as a member of the Board by emailing the HOA office at office@lakeashtonHOA.org.

RESIDENT PHOTOGRAPHY EXHIBIT



The rotating exhibit featuring Lake Ashton artists and photographers will return to the hallway near the Bowling Alley on December 3, and will feature nature photographs taken by Carl Boast. An internationally recognized Behavioral Neuroscientist by profession, Carl has a passion for nature photography that goes back five decades. It blossomed upon retirement to the Blue Ridge Mountains of Virginia. Fortunate to have traveled extensively, he has had the opportunity to take photos on all seven continents! Always, he has also maintained an interest in whatever locale he lived in and Lake Ashton has certainly been a delightful and productive venue. A few awards from Fine Arts & Photography Shows have helped with motivation. He enjoys opportunities to share his photos and very much looks forward to this one. Meet and greet the photographer on December 12 (coincidentally, his birthday!) at 2 p.m. when Carl will introduce his work and himself during a casual exhibit talk at the gallery. His exhibit will be on display until December 31.

Residential Yard Waste

By Howard Goodhand

The "claw truck" services Lake Ashton on Thursdays. Call the 863.665.1489 if your pile is larger than the bed of a pickup truck. Items such as tree limbs, tree trunks, palm fronds, etc. shall be cut in lengths no greater than four foot long, if the item's diameter is less than six inches: and shall be cut in lengths no greater than two foot long if the item's diameter is six inches or greater.



Professional tree service companies are responsible for disposing of the residents debris. Grass cuttings, weeds, leaves, and other yard material must be placed in containers, bags, or bundles. No single item shall exceed fifty (50) pounds in weight.

Residents with a lawn service coming on Friday, Saturday, Sunday, Monday, or Tuesday have two choices to dispose of yard waste. The lawn service either removes the yard waste at the time of service, or the lawn service places the yard waste in the residents' side yard toward the rear of the property; the resident must then place the yard waste at the curb on Wednesday or Thursday. If your lawn service is unable to perform either job, the resident should consider a new lawn service. The Lake Ashton HOA Rules are very specific: **no yard waste at curbside more than 48 hours before Friday pickup.**

Safeguard Storm Drains

By Christine Wells, LACDD Community Director

Residents who have lawn and landscaping trimming should never place loose vegetation on top of storm drains. Loose vegetation can fall or blow into the storm drain and clog the stormwater system. Please secure all vegetation away from storm drains. Please contact the LACDD Community Director at 863.324.5457 or cwells@lakeashtonncdd with any questions. See above for an example of how loose vegetation can threaten the stormwater system.



Caring Tree

By Larry & Joanne Hillock

Collection and delivery of gifts to the Care Center began the second week of November. For the benefit for new residents, the Caring Tree located by the Clubhouse Activities Desk is hung with suggestions for gifts for children birth to 18 years. All families who request assistance are

vett ed and are asked to participate by doing community volunteer work and attend life skills classes. Last year the Lake Wales Care Center was able to assist 538 families and 401 children received gifts. The Caring Tree is a longtime tradition at Lake Ashton. Gifts should be new and unwrapped. The tags on the tree are suggestions: games, books, sporting goods, clothing personal care items, gift cards for restaurants and movies are welcomed. If you are shopping and see something not on a tag, but think a child would love it, they probably will. To ensure there is time for gift distribution, December 14 is the last day to bring in your gift to the Clubhouse. Thank you for helping the children in need in the area and making their holiday brighter.

Spreading Holiday and Christmas Cheer

by Louise Crespin, HFC Activities Assistant

The Lake Ashton HFC is spreading Holiday & Christmas cheer by being a drop off point for Toys for Tots (sponsored by the Marine Corp Reserve of Polk County), and is accepting donations for a Food Drive, benefitting The Mission in Winter Haven. There is also a Giving Tree in support of "Home Instead Senior Care" (Winter Haven) in the HFC lobby, enabling Lake Ashton residents to select a senior and fulfill his or her wish list as well as ensure food is made available for Winter Haven's homeless and families and children in need. Come by and give back to the communities.

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MOVIE SHOWINGS

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

Sunday, December 2 – Thursday, December 6 at 7 p.m.

MAMMA MIA! HERE WE GO AGAIN

(2018) PG-13 114 minutes

Romantic comedy/musical with some suggestive material. In this sun-soaked sequel, a pregnant Sophie (Donna's daughter) is now running the family villa on Kalokairi and worried about facing motherhood minus her mom's guidance. But Donna's best friends reassure Sophie with tales about Donna's experiences.

Tuesday, December 4 – Thursday, December 6 at 11 a.m. & 3 p.m.

Sunday, December 9 – Thursday, December 13 at 7 p.m.

SAMSON (2018) PG-13 110 minutes

Action drama with some suggestive material. After losing the love of his life to a cruel Philistine prince, a young Hebrew with supernatural strength defends his people, sacrificing everything to avenge his love, his people, and his God.

Tuesday, December 11 – Thursday, December 13 at 11 a.m. & 3 p.m.

Sunday, December 16 – Thursday, December 20 at 7 p.m.

ADRIFT (2018) PG-13 96 minutes

Action/adventure/biography with some injury images, peril, language, brief drug use, partial nudity and thematic elements. A true story of survival, as a young couple's (Shailene Woodley and Sam Claflin) chance encounter leads them first to love, and then on the adventure of a lifetime as they face one of the most catastrophic hurricanes in recorded history.

Tuesday, December 18 – Thursday, December 20 at 11 a.m. & 3 p.m.

Sunday, December 23 – Thursday, December 27 at 7 p.m.

No Movies December 25

JURASSIC WORLD: FALLEN KINGDOM (2018) PG-13 129 minutes

Action/adventure with intense sequences of science-fiction violence and peril. Three years since the destruction of Jurassic World, Isla Nublar now sits abandoned by humans while the surviving dinosaurs fend for themselves in the jungles. When the island's dormant volcano begins roaring to life, Owen (Chris Pratt) and Claire (Bryce Dallas Howard) mount a campaign to rescue the remaining dinosaurs from this extinction-level event.

Wednesday, December 26 & Thursday, December 27 at 11 a.m. & 3 p.m.

Sunday, December 30 through Thursday, January 3 at 7 p.m.

No Movies December 25 or December 31

SOLO: A STAR WARS STORY (2018) PG-13 135 minutes

Action/adventure/fantasy with sequences of sci-fi action/violence. Board the Millennium Falcon and journey to a galaxy far, far away in this all-new adventure with the most beloved scoundrel in the galaxy. Through a series of daring escapades deep within a dark and dangerous criminal underworld, young Han Solo (Alden Ehrenreich) meets his mighty future copilot Chewbacca and encounters the notorious gambler Lando Calrissian (Donald Glover), in a journey that will set the course of one of the Star Wars saga's most unlikely heroes.

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

December 7 – LIFE IS BEAUTIFUL

(1997) PG-13 114 minutes

In this WWII tragicomedy, famed Italian funnyman Roberto Benigni portrays Guido, who is imprisoned in a concentration camp, with his wife and son. Guido goes to elaborate lengths to keep his son from understanding the truth of their situation. He tells the boy that they are competing with others to win an armored tank – so everything from food shortages to tattoos is explained as necessary for participation in the contest.

December 14 – HOLIDAY INN

(1941) NR 100 minutes

At an inn only open on holidays, a crooner and a hoofer vie for the affections of a beautiful up-and-coming performer. Music by Irving Berlin, songs by Bing Crosby and dancing by Fred Astaire all add up to a really delightful musical that also just happened to launch the hit 'White Christmas'.

December 21 – THE FAMILY STONE

(2005) PG-13 103 minutes

A man (Dermot Mulroney) brings his ice-queen girlfriend (Sarah Jessica Parker) home for Christmas to meet his eccentric family. Overwhelmed by the hostile reception, the girlfriend begs her sister (Claire Danes) to join her for emotional support, only to trigger more problems.

December 28 – WHITE CHRISTMAS

(1954) G 120 minutes

This Christmas classic starring Bing Crosby, Danny Kaye, Rosemary Clooney, and Vera Ellen, is a romantic tale that takes place in a Vermont lodge – where it is almost always, a "White Christmas." A successful song-and-dance team become romantically involved with a sister act and team up to save the failing Vermont inn of their former commanding general.

KEEP INFORMED - ATTEND MONDAY COFFEE!

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

December 3

- Birthday & Anniversary Celebrations
- Health Care Advocates
- Family Elder Law – *How to End the Year Prepared for Life's Curveballs*

December 10

- Chain of Lakes Elementary Holiday Celebration
- Bite Me Monday
- Blood Pressure and Glucose Screenings with Lake Wales Medical Center
- Matt Simpson - Edward Jones

December 17

- Brian Haas, State Attorney – *Avoiding Economic Fraud Scams*
- Peanut Butter Monday
- Blast from the Past with David Harrison
- MASA

December 24 & 31 No Monday Coffee

Upcoming Meetings

Joint LACDD & LAICDD Board Meeting
Tuesday, December 4 at 10 a.m.
HFC Community Center

LAICDD Board Meeting
Friday, December 14 at 1:30 p.m.
HFC Community Center

LACDD Board Meeting
Monday, December 17 at 10:30 a.m.
Clubhouse Ballroom

Lake Wales City Commission Regular Meetings	Winter Haven City Commission Regular Meetings
1st & 3rd Tuesdays at 6 p.m. in Commission Chambers, Municipal Administration Bldg, 201 W. Central Avenue, Lake Wales	2nd & 4th Monday at 6:30 p.m. in the John Fuller Auditorium in City Hall, 451 Third Street NW, Winter Haven

Day Trips and Group Travel

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. Bus trips are open to residents of Lake Ashton only. Residents wishing to bring a non-resident guest on any bus trip can sign up on a waiting list to be drawn from if space permits.

Blue Springs Manatee Tour - January 15, 2019 – sold out but inquire at the Clubhouse Activities Desk about a waiting list or possible second bus.

Marina Jack Lunch Cruise - February 20, 2019

Travel to beautiful Sarasota for a scenic lunch cruise on the Marina Jack. Enjoy a narrative journey along the inter-costal waterway and the Gulf of Mexico, lunch, and a day of shopping on St. Armand's Circle. This enchanting circle of fine shops and gourmet restaurants is a highly valued market place with a continental flavor. Mobility Activity Level 2. Tickets are \$78 per person. The motor coach leaves at 9 a.m. and returns at approximately 5:30 p.m.

Tarpon Springs - March 19, 2019

Enjoy a day exploring Florida's Gulf Coast city of Tarpon Springs. Stop at the sponge factory and museum, then take a delightful sightseeing cruise down the Anclote River, followed by a Greek cuisine lunch at Yiannis Restaurant. After, wander through the wonderful boutiques and gift shops of the downtown area. Mobility Activity Level 2. Tickets are \$82 per person. The motor coach leaves at 7:30 a.m. and returns at approximately 5:30 p.m.

Bubbles and Broadway - April 7, 2019

Visit the Mission Inn in Howey-in-the-Hills to enjoy a champagne brunch with fresh-baked pastries & breads, an international selection of cheeses, fresh fruits & salads, made-to-order omelets, chef-carved meats and hot entrees, and decadent desserts. After brunch, journey to Mount Dora's Sonnetag Icehouse Theatre to enjoy Cole Porter's score in "Kiss Me Kate." Mobility Activity Level 1. Tickets are \$98 per person. The motor coach leaves at 10:30 a.m. and returns at approximately 5:45 p.m.



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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

Christmas Dinner Dance Nearly Sold Out

By Jackie Ellis

The Christmas Dinner Dance will be held Friday, December 7 in the

Clubhouse Ballroom. Music will be provided by Lake Ashton's own great Perfect Pitch Band. Menu by Cam's Catering includes 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 are \$30 per person, cash or check, with tables of eight and limited tables of ten, available at the Clubhouse Activities Desk (check only). Nearly sold out! Please provide the names of each person. Looking forward to a festive, decked-out crowd and a wonderful, fun time!

HFC Holiday Celebration

By Louise Crespín, HFC Activities Assistant

There will be a Holiday Celebration Saturday, December 15 from 7 to 10 p.m. at the HFC with the Rusty Trumpet Band entertaining residents to mark the start of the holiday season. Reserve your table for \$10 and purchase your tickets at the door for \$10 a person. The Eagle's Nest will be serving Swedish Meatballs, Chicken Wings and Cheese & Crackers for \$8.00 a person. BYOB - party attire optional.

2018 Lake Ashton Holiday Parade

By Jim Mecsics

Happy Holidays! The 2018 Lake Ashton Holiday Parade will take place December 21. Parade cast members (participants) will form in the HFC parking lot at 5:30 p.m. with the parade stepping off at 6:30. The parade will conclude at the Clubhouse where a holiday reception for participants and families will take place. The parade is open to any type of conveyance (carts, cars, bicycles, etc.) as well as any cast participants with special talents (twirling, dancing, singing, etc.). Sign up at both Activities Desks.



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Happy "Re-New Year" Dance

By Louise Crespín, HFC Activities Assistant

Double Density, a popular band that has played in the Winter Haven area, will perform at the Re-New Year Dance January 5, 2019 from 7 to 10 p.m. at the HFC Community Center. Tickets are on sale at the HFC and include party favors and a complimentary glass of champagne.

Dueling Pianos Coming to Lake Ashton!

By Cheryl Winchester

Mark January 12, 2019 on your calendar – a Dueling Pianos event will take place from 7 to 10 p.m. at the HFC to benefit Kids2Kids, Inc., a 501(c)(3), tax-exempt Florida nonprofit corporation through which high school students volunteer to raise money for children in need. All annual profits will be used to fulfill a specific need for a deserving child. Tickets: \$15 – call Cheryl Winchester at 305.725.4946. Fun for ALL while giving to charity.

Neil Diamond Tribute

By Larry Judd and Dianne Macko

Tickets for "A Neil Diamond Tribute" presented by the Lake Ashton Pickleball Association go on sale December 3 at 8 a.m. before Monday Coffee in the Ballroom. The show will be held in the Clubhouse Ballroom on January 18, 2019 at 3 p.m. and 7 p.m. and stars Diamond lookalike (and soundalike) Keith Allyn. If you love romance, magical surprises, comedy and Neil Diamond music, you will love A Neil Diamond Tribute. Tickets also available at the Clubhouse Activities Desk and with checks made out to LAPA. Questions? Call Larry Judd at 631.987.7535.

Save the Date for Cabaret!

By Kay Prusiecki

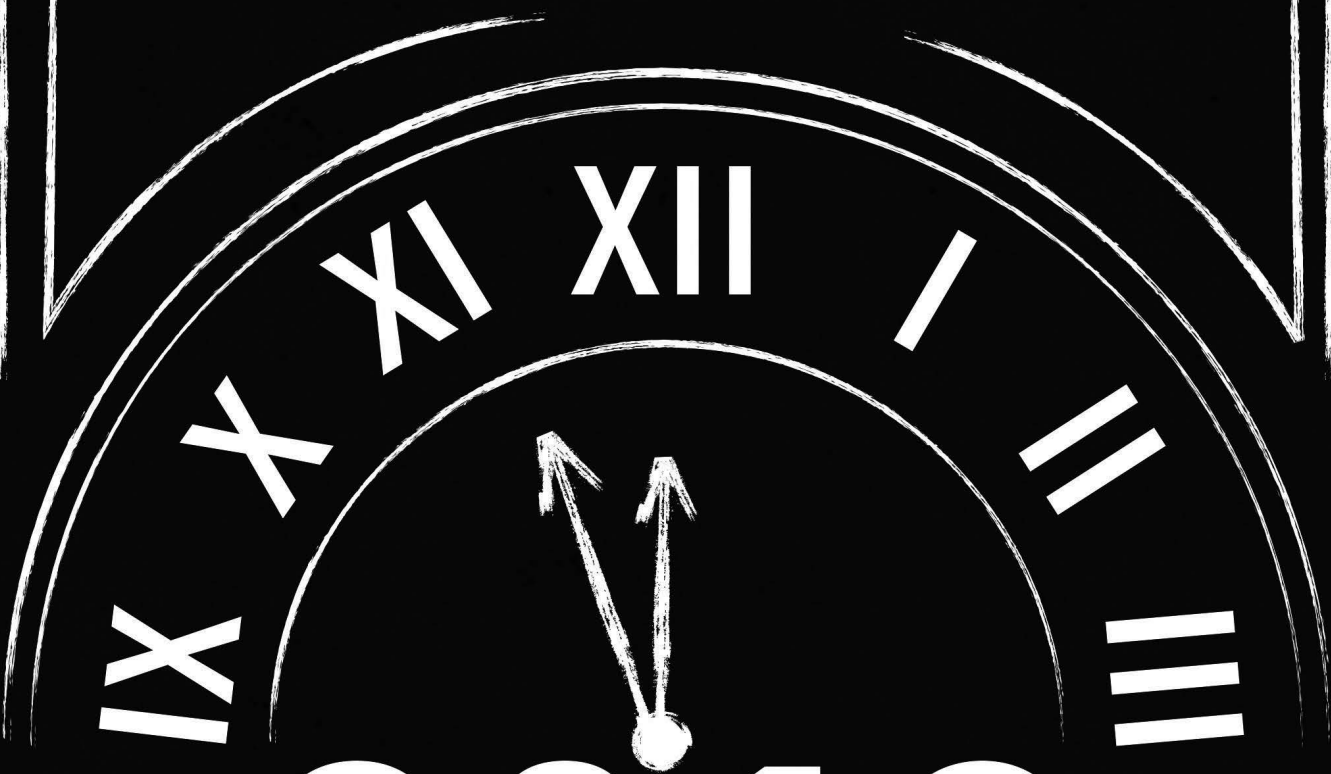
The Sensational 60s Cabaret will be performed at the HFC February 21 and 22. \$10 tickets will go on sale, January 28. More info to come next month. Stay tuned to media.

Save the Date - Fine Arts & Photography Show

By Larry & Joanne Hillock

The 12th Annual LA Fine Arts & Photography Show will be held March 2, 2019. Applications will be available in early January. Participation is open to all Lake Ashton residents. There is no fee for applications or admittance to the show. Now is the time for you to decide what your entries will be. Due to the size of our display panels, please note the maximum size of entries, including frame, should not exceed 36" x 24". Minimum print size for photography is 8" x 10". Participants will be allowed to display up to three pieces. Only two dimensional art will be accepted. This is a judged show; ribbons will be awarded.

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**Tickets on sale December 4 at 9 am
\$35 each, check payable to LACDD, Visa, or MasterCard**

GOLF

Lake Ashton Men's Golf Association (LAMGA)

By Gary Pagel

The Lake Ashton Men's League 2019 opening day is here. Don't miss all the festivities. Get reacquainted with returning members, play some golf, (some good, some bad), have a nice lunch, and install the new board members. Watch for the sign-up sheet on the LAMGA bulletin board. If you would like to join in on the fun pick up an application form at the Pro Shop and fill it out along with a check for the dues and you are in.

Your Lake Ashton Men's League Board Members would like to extend a safe and joyful holiday to all members and their families, and to all men and women in uniform, a heartfelt "Thank You."

LA Niners

By Janet Wagner



REALLY?! Rules should state that ball hanging over hole is IN! The Lake Ashton Niners continue to enjoy golf and fellowship. The group is happy to have the snowbirds back as well as several new members. Welcome home! The Christmas Luncheon will be held December 4, along with a Ringer game planned in December. The membership has adopted the

"Senior Orphans" again this year. Members bring in gifts and goodies to be distributed to the Senior Home for Christmas. If you would like information about the LA Niners and how to participate, call Vice President Sheri Merritt at 863.949.4109. Sheri will be happy to answer your questions and welcome you into a fun group with great gals. Looking forward to making new friends.

Lake Ashton Ladies Golf Association (LALGA)

By Linda Zacharia

It's official! The 2018-2019 golf season for LALGA golfers has begun. "Under the Sea" was the theme for this season's Opening Day Luncheon. Kudos to Marie Clauser and her Opening Day Luncheon Committee for a swimmingly fantastic event.

The ladies of LALGA are well prepared and ready for the USGA-sanctioned new golf rules that go into effect January 2019. Rules Clinics were conducted by the Pro Shop to help facilitate a smooth transition to becoming knowledgeable of the new rules. Let that little white

dimpled ball soar. The holidays are here and with it comes that frenzied feeling of so much to do and so little time to do it. Please take the opportunity to reflect upon how fortunate everyone is to live in a community such as Lake Ashton, surrounded by wonderful friends and a plethora of activities. LALGA wishes everyone a Happy Holiday Season. May you enjoy the warmth of family and friends now and always.

Pink Ribbon Day

By Linda Zacharia

On January 22, 2019, the Lake Ashton Ladies Golf Association (LALGA) and the LA Niners will be playing in the Third Annual Pink Ribbon Day Golf Tournament in support of breast cancer awareness. In conjunction with this event, pink bows will be sold throughout the community to be displayed on mailboxes, golf carts, trees, etc.

Bows may be purchased for \$3 each before Monday Coffee, Monday night Bingo, weekly golf league play, as well as at the Pro Shop. You may also contact Linda Zacharia at 863.326.5860 about purchasing bows. Please show your support by displaying your purchased bow. All proceeds will be donated to The Watson Clinic Foundation for breast cancer research. Help in finding a cure – GO PINK!

Blue Man Group

By Murray Zacharia

The Lake Ashton Golf Club's Blue Man Group (BMG) plays from the two courses' blue tees, averaging about 350 yards shorter for eighteen holes compared to the more commonly used white markers.

BMG schedules mostly team (and occasional individual) events each Wednesday morning. Pick either 9- or 18-holes of play for any week depending on your personal schedule. Golfers who have chased a ball around the course for years but have lost their ability to consistently drive the ball over 200 yards and/or straight (and aren't afraid to admit it) have found BMG to offer friendly and competitive weekly games played with golfers with similar game challenging abilities.

For December, the schedule includes a "Las Vegas Scramble," where the roll of a single die is used to determine which of four drives must be used by the team. "Individual low net," "team best 3 of 4 nets," and "best 2 of 4 net" scores fill out the weekly formats.

Speak with Pro Shop staff to see if BMG is a good fit for you and your game. There are no annual dues, but you must be a member of the LAGC to play.

GAMES

Bocce Games for your Schedule

By Marge Kniat

Place on your calendar that Bocce games are every Monday and Friday at 3 p.m.

Don't know how to play? Ask for Orlando Martins at the courts (by the Clubhouse pool) and he will explain the game. You will be playing within five minutes accompanied by a lot of fun and laughter. Don't miss out. Join the group when you can for a good time!

Euchre Winners

October 27

Nancy Martins, Norma Haring, Mike Kidder

November 10

Frank Duffy, Joe Wagner, Beth Wagner

Monday Duplicate Bridge

October 1

North/South: Judy Robertson & Sue Agre, Dana Cunningham & Karen Brady, Connie & Ken Ross
East/West: Pat & Jim Mark, Margot & Keith Stevens, Sil Wells & Dana Griffiths

October 8

North/South: Pat Foster & Sonny Robinson, Sue Agre & Judy Robertson, Ken & Connie Ross
East/West: Judy Marine & Geri Duffy, Ann Murphey & Mary Lois Teyssier, Keith & Margot Stevens

October 15

Nelda Sedlacek & Don Fuller, Sonny Robinson & Pat Foster, Jim & Pat Mark

October 22

Karen Brady & Dana Cunningham, Pat Foster & Sonny Robinson, Bob Wendin & Mary Beth Ranheim

October 29

North/South: Linda & Jim Ford, Nelda Sedlacek & Don Fuller, Nancy Martins & Mary Lois Teyssier
East/West: Pat Foster & Sonny Robinson, Mary Beth Ranheim & Bob Wendin, Marge Kniat & Dana Griffiths

Men & Ladies Tuesday Bridge

October 23: Pat Mark, Connie Ross, Marge Kniat, Carl Boast

October 30: Carl Boast & Marge Kniat (tie), Connie Ross, George Rogers

November 6: Dick Dole, Marge Kniat, Faye Cooke, Linda Boast

November 13: Dana Griffin, Carl Boast, Faye Cooke

Friday Intermediate Bridge

October 5: Pat Mark, Bob Wendin, Jim Mark

October 12: Geri Duffy, Pat Mark, Jim Mark

October 19: Mary Beth Ranheim, Geri Duffy, Jim Mark

October 26: Margot Stevens & Nelda Sedlacek, Sheri Merritt

November 2: Nelda Sedlacek, Marge Kniat, Bob Wendin

HFC Offers New Game of Reminiscing

By Karen VanKirk, HFC Activities Office Manager

It's not your normal game of trivia as individual points are awarded based upon:

- being at the event,
- correct answers provided by your team,
- whether you are on the winning team or not
- the "luck of the draw" card offering 1-5 points either added or subtracted to your score depending on the card you draw.

Individual scorecards are kept and as you can see above, "Reminiscing" offers multiple opportunities for individuals to get points. An abundance of chocolate, both sugared and sugar-free, are offered throughout the event – considered by some as brain food. The three top scoring residents will be given prizes at the end of April 2019. Come join the fun of this new twist of the traditional Trivia game the first Friday of each month at 2 p.m. at the HFC.

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DINNERS

Turnberry Lane Potluck

By Steve Kelly

The Turnberry Lane Potluck will be held December 4 at 5 p.m. at the Pavilion. BYOB, plates, utensils, your own

entrée (grill available) and a dish to share with 8 to 10 people. All Turnberry Lane residents are welcome!

New Englanders Snowflake Dinner Dance

By Lorrie Chloros

Lake Ashton residents are arriving daily and now is the time to renew old friendships and meet new residents from New England. The first social is a "Snowflake" Dinner Dance to be held December 5 at the HFC. Doors will open at 4:30 p.m. followed by dinner at 5. BYOB and snacks. Cam's will cater a buffet of BBQ pulled pork, grilled chicken tenders, baked beans, garlic cheddar mashed potatoes, garden salad, cornbread, and assorted cookies. Invite your Lake Ashton friends and neighbors to join for this fun evening and wear your dancing shoes while Rick Arnold entertains the group from 6 to 9 p.m. Cost for the buffet/dance is only \$30 per couple. Cost of the dance is \$10 per couple or \$5 for a single. For tickets, contact Bobbi Greer (704.408.9585, capebobbi@gmail.com) or Lorrie Chloros (603.625.2717, lorriechloros@gmail.com) or purchase at Monday Coffee.

Eastside Winers and Diners

By Don Cook

There will be no dinner in December – the next social/dinner will be held January 17, 2019 at 5:30 p.m. at Ruby Tuesdays in Winter Haven. 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 December 19. Meet for dinner and social hour at NiNi's at Lake Ashton at 5:30 p.m. Order from the menu. Happy holidays to all! Purchase your reservations for \$2 each at the Clubhouse Activities Desk. Call Don Cook at 863.528.3738 with any questions.

Attention All Michiganders!

By Dawn Neigh

Hold this date: January 13, 2019, at 5 p.m., for a potluck at the HFC. Sign up at either Activities Desk to provide a dish to pass. Hope to see you there!

Mid-Atlantic Party

By David Harrison

It's time again for the fun Mid-Atlantic Party to be held on January 27 at 5 p.m. in the Clubhouse Ballroom. Anyone who has ever lived or worked in Delaware, Maryland, Virginia, West Virginia, Pennsylvania, or New Jersey is invited to join friends and neighbors and have a good time. Menu consists of fried chicken, homemade crab cake, and a soft drink all for \$10. Purchase tickets at the Clubhouse Activities Desk, Check only, payable to Mid-Atlantic Party. Choose white or dark meat chicken when you sign up. Please bring a side, salad or dessert to serve eight. Tickets will be sold until January 18 or 136 are sold. January 27 is the Sunday before Super Bowl, and there is no football. Contact David or Barbara Harrison at 863.326.6418 with questions.

Community Potluck

By Louise Crespin

Don't miss the Christmas celebratory potluck dinner on December 9 at 5 p.m. It will be a fun and surprise filled event. Sign up at either Activities Desk or online at ashtonliving.net and indicate what covered dish (to feed 8) you are bringing. Price is still \$2 per person, payable at the door. Facilitators: Louise Crespin (863.332.9222 or louise.crespin@yahoo.com), and Diane Klikas (863.280.6254 or dianeklikas@gmail.com).

For an overview and pictures from the November Thanksgiving Potluck, please see page 22.

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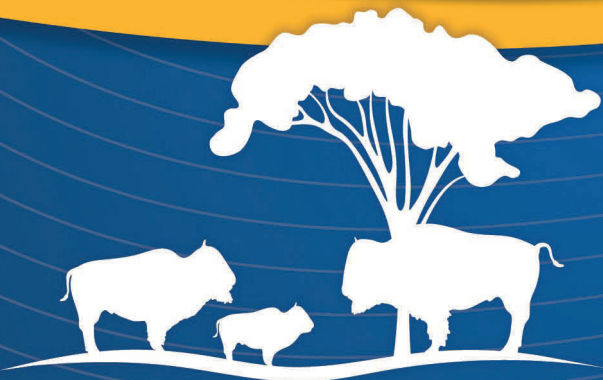
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Back Row: (L to R): Lori Raath, Brad Kirwan, MaryAnn Mathes*

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Community Potluck THANKSGIVING

by Louise Crespin

Thanksgiving never tasted better with a sell-out crowd of 254 Lake Ashton residents, family and friends enjoying fellowship and one delicious holiday dinner during the November Community Potluck. Residents outdid themselves with yummy side dishes, creative salad offerings and plenty of desserts, including everyone's favorite; pumpkin pie. Golden Corral didn't disappoint as everyone got a heaping serving of Thanksgiving fixings with many going back for seconds; just like at Grandma's house. Many volunteers helped serve and kept things flowing smoothly. Nothing was overlooked and clean up was a group effort with some going the extra mile. Please accept the sincere gratitude of the coordinators. It could not have been done without you! Check the Photo Gallery section on ashtonliving.net to see more pictures from the event!



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AVOID OVEREATING

- Have a healthy snack before parties.
- Bring healthy dishes to share.
- Eat slowly and make conscious food choices.
- Don't be afraid to enjoy treats – just do so in moderation.

STAY ACTIVE

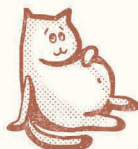
- Burn off excess calories at Lake Ashton's two fitness centers or in one of the many group fitness classes offered.
- Take advantage of the generally mild Florida weather to take a walk or bike with friends, chase the grandchildren, or exercise in one of the two Lake Ashton pools.

KEEP HYDRATED

- Not only is water beneficial to your health but can also help you avoid overeating. Try drinking a tall glass before meals, or if you feel hungry between meals.
- Limit your liquid calorie intake – sugary and/or alcoholic drinks can add up to weight gain quickly.

PREVENT INFECTIONS

- Wash your hands often, and travel with antibacterial wipes and hand sanitizers.
- Avoid close contact with ill people, and if you're feeling under the weather, rethink your RSVP!
- Be aware of food safety practices when preparing and consuming food.



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CLUBS

LA Belles

By Rose Crognale

The LA Belles Holiday luncheon will be held on December 5 at noon at Columbia restaurant located

in Celebration, hosted by the Board. Attendance will be limited to 40 people. Sign up deadline will be December 2. Everyone will make their own selections from the menu with individual billing. Sign up at the Clubhouse Activities Desk with your 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 the hostesses 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.

BOLLA

By Pat Neaves

Fall has been a busy time for the BOLLA group. Winter members have been returning and blankets are being created and delivered to children in Polk County. Members are reminded to mark their calendars for the annual social on January 14. More information will follow. Happy holidays to all!

Camera Club

By Larry Hillock

Last month's meeting featured a presentation by Robert Champlin which was well received by all in attendance. The December meeting will be on Monday, December 10, in the Cinema at 10:30. In preparation for the holiday we will be discussing holiday photography. We encourage members to bring a few photos on a USB drive to share with the group and discuss. All Lake Ashton residents who enjoy photography are welcome to attend.

Creative Stitchers

By Pat Howe

The latest road trip of the fall season to Inspire Quilting & Sewing Shop in Plant City was another fun adventure. The group was small and everyone brought home fabrics and new quilt projects. After shopping, everyone took a short walk around the town to explore many of the antique and collectibles shops, enjoy a delicious lunch, even an ice cream treat then headed back to Lake Ashton. It's great to see snowbirds starting to return for the season. Show and tell of summer projects always gets those creative juices

flowing. If you stitch, embroider, quilt, knit, or sew come see the fun you may be missing on Tuesdays in the HFC Craft Room from 1 to 4 p.m. All are welcome.

LA Democratic Club

By Lyn Rogers

The Lake Ashton Democratic Club will be meeting at 4 p.m. on December 20 in the Clubhouse Ballroom. The regular meeting along with nominations from the floor for Officers and Board Members will take place. Join the Democratic Club for breakfast at NiNi's on December 30 at 8:30 a.m. Purchase \$2 reservations at the Clubhouse Activities Desk.

Enjoyment Books

By Don Neaves

2019 Enjoyment Books are available at the Clubhouse Activities Desk. The Enjoyment Books contain many buy-one-get-one-free offers from local restaurants and service businesses. The offers are valid until November 30, 2019. The cost is \$30 per book. Proceeds from sales help LAVA fund various programs for veterans, active duty military and their families. For more information, please call Don Neaves at 863.318.9126.

Mr. Lake Ashton

By Pat Neaves and Chris Graves

The LAVA Auxiliary is looking for a few good men to compete in the "first ever" Mr. Lake Ashton Competition sponsored by the Auxiliary at the HFC on February 9 from 7 to 10 p.m. Contestants will compete in four categories (no swimsuit!) and prizes will be awarded to the top three winners. Sign-up sheets will be available at the HFC and Clubhouse Activities Desks on December 3. Tickets for the event also go on sale December 3 at the Clubhouse Activities Desk. Seating is limited to 24 tables with snacks/appetizers provided for \$10 (check only to LAVA Auxiliary). Audience judges will be randomly selected at the event. All proceeds will go towards K9s for Vets.

Lake Ashton Veterans Association Auxiliary

By Pat Neaves and Chris Graves

The December Auxiliary meeting will be held in the Clubhouse Conference Room on December 12 at 6:30 p.m. Current members and residents with former or current military relatives are encouraged to attend.

The Lake Ashton LAVA Auxiliary will hold a Community Tag Sale at the Clubhouse Ballroom from 9 a.m. to 2 p.m. on March 2. This event will be open to the public and is an opportunity for residents to earn some cash for items no longer wanted. Details will follow in the next newsletter.

CLUBS

2nd Wednesday Book Club

*By Louise Crespin, HFC
Activities Assistant*

Along with discussing your favorite book, this group will explore gifted authors and life between the pages. Join others in a lively conversation about the latest best seller or a book from the past that was thought provoking. Meet every second Wednesday of the month in the HFC Craft Room, from 7 to 8:30 p.m. For more information or to sign up, contact Louise Crespin at 863.595.1562, or email lcrespin@lakeashton2cdd.com.

Lake Ashton Singles

By Hazel McCord

The Lake Ashton Singles Group will meet December 2 at 3 p.m. in the Clubhouse Card Room to plan events and socialize. All Lake Ashton singles are welcome.

Magic Years Club

By Rose Crognale

There will not be a regular meeting December 4, but instead the December dinner will be held that day at 4 p.m. at the Celebration Town Tavern in Celebration, FL. A park ticket is NOT required to attend the dinner – free parking is available on the street and parking lot. If interested in attending, sign up at the Clubhouse Activities Desk or contact Lori Hinds at 863.875.5997. The Magic Years Club usually meets on the first Tuesday of the month in the HFC Craft Room at 7 p.m. unless otherwise specified. The Magic Years Club is open to all Lake Ashton residents who enjoy learning about and going to Disney for luncheons and special events. Many upcoming activities are being planned so be sure you have signed up with Magic Years Club as one of your preferences in the Resident Directory! Thank you to everyone who signed up to sponsor a luncheon month for 2018. Everyone is looking forward to exciting and delicious new venues for 2019. This cannot be done without your help. Please consider signing up for a month next year. If you have a particular place in mind and need some help, don't hesitate to contact Rose Crognale or Joan Enslin.

Pebble Beach Dog Park

By Rhonnie Thrower, President

Happy Howlidays! As the Holiday season begins, and since Christmas is one of the most popular times to get a pet, please remember that it takes a lot of patience when getting to know a new puppy or kitten and older pets. Follow the veterinarian's suggestions as to food, treats and toys for your pet. When introducing your new pet to the dog park, please

take the time to let your dog get accustomed to being around other dogs. Dogs react differently to being around other dogs. New dogs make a lot of adjustments when they go to their new home. As do their Owners. We want all dogs to have a happy, playful time at the dog park. To make a donation, make the check payable to the Lake Ashton Pebble Beach Dog Park. You can drop the donation off at the Clubhouse or the HFC. You can also give the check to Diana Lanning or Rhonnie Thrower. Wishing you a peaceful Holiday Season. See you at the Pebble Beach Dog Park, where happy dogs play.

Lake Ashton Republican Club

By Betty Davenport

The Lake Ashton Republican Club will salute their members with a holiday gathering at the Eagle's Nest Wednesday, December 5 from 5 to 7 p.m. The menu will be tacos and holiday desserts. Liquid beverages are half price if desired. Come and enjoy an early evening gathering with members. A friend is also welcome. This is a great way to begin the blessed holiday season. For information and reservations, please contact Brenda Bush-Sayre at 813.313.9911 or bbs1954@icloud.com. The club would like to wish everyone a very Merry Christmas and above all, please be safe.

Retired Old Men Eating Out (ROMEO)

By Tony Chloros

December (Latin *Decem*, meaning ten) was originally the tenth month of the year in the Roman calendar. Later the "powers that be" added two additional months (January and February) but December remained as the last or twelfth month of the year.

The ROMEO Group will be busy with breakfast buffets every Tuesday except Christmas Day at the Eagle's Nest and a dinner at the beautiful and historic Jacaranda Hotel and Restaurant in nearby Avon Park. The men, their wives, and the wives of deceased members are welcome at all other than Tuesday functions. Lake Ashton men are encouraged to become ROMEOs; it's not difficult, all that is asked is to commit to at least one breakfast a month when in residence.

George Lorimer said, "You've got to get up every morning with determination if you're going to bed with satisfaction." The guys get up early once a week to get to the Eagles Nest to enjoy the camaraderie of friends and neighbors. You're welcome to join. Email Tony at tchloros@hotmail.com or John Velebir at jvelebir@earthlink.net before attending your first breakfast.

On behalf of all ROMEOs in Lake Ashton, we wish you a very Merry Christmas and a very Happy Holiday season.

Lake Ashton Rick Arnold Groupies

By Lorrie Chloros



This newly formed group recently gathered at The Grille at Cypresswood Country Club for dinner and dancing to the music of the groupies' favorite entertainer, Rick Arnold. Rick's 2019 updated schedule will be available for everyone wishing to join the group for a fun evening of dancing and singing. Rick will also be performing in January, February and April for The New Englanders socials. For more information, please contact Lorrie Chloros at 603.625.2717.

Sassy Lassies

By Mary Ranheim

All nineteen Sassy Lassie friends were in a jovial mood at this month's gathering for lunch at Tavern on the Dunes at Southern Dunes Golf and Country Club in Haines City. Queen Mum Donna Ruggiero welcomed everyone and led everyone in celebrating November birthdays! All enjoyed a delicious lunch, animated conversation and a beautiful view of The Dunes golf course. In December the group will meet at L'Incontro on Highway 60, Lake Wales.

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. Dogs of all sizes are welcome to play at both parks, but they must be fully vaccinated. Please remember that you must always clean up after your dog! 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.

Widow/Widower Connection

By Mary Ellen Strange

If you are a widow or widower living in Lake Ashton, join this group for a December holiday dinner. This is a great time to meet new friends who have also experienced this life changing event. Gather for drinks and dinner at the Eagle's Nest on December 18.

Email Mary Ellen Strange at strangemes@aol.com to be added to the group email notification. You will be reminded of dinner and RSVP details about 10 days prior to the dinner. Signing up for the email notifications does not obligate you to attend. Your RSVP, however, is important for planning. Hope to see you at the next WW Connection dinner!

Lake Ashton Travelers

By Maureen Sim

The Annual Holiday Party will be December 2, and the theme is *The Polar Express*. The Lake Ashton Travelers is a chapter of the FMCA (Family Motor Coach Association) which exists to promote social, recreational and informational activities for members. Travelers members consist of Class A, B and C motor coaches as well as fifth 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 monthly rallies to various locations all around Florida and informal "rolling" rallies all around the US & Canada. House guests? Feel free to bring adult house guests to the Tuesday Socials, held weekly from 3 to 5 p.m. in the Clubhouse Ballroom. Join for some Lake Ashton Traveler fun. For more 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. House guests? Feel free to bring adult house guests to the Tuesday Socials, held weekly from 3 to 5 p.m. in the Clubhouse Ballroom.



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WELLNESS

Wellness News from the HFC

By Mary Bosman, LAICDD
Community Director

HFC staff has scheduled a Circuit Training for 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 call to reserve your space, 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 863.595.1562 for their contact information.

Chat & Chew

By Christine Wells, LACDD Community Director

A YouTube presentation by Dr. John McDougall will be shown December 3 from 10:15 to 11:30 a.m. in the Cinema. He outlines what dairy products have going for them. They are a great source of nutrition – for getting fat and growing tumors! There will be a drawing for Dr. Greger's book "How NOT to Die." A complete list can be found on the Wellness page on ashtonliving.net.

Weight Watchers

By Kay Prusiecki

WW will begin a new Community Meeting three-month session on December 7 in the HFC Craft Room from 7:30 to 8:15 a.m. You may weigh in before or after the meeting. The "Freestyle" Program has helped so many folks here in Lake Ashton lose weight and keep it off by attending the meetings. The Program is easy to follow, because on this point system fruits, veggies, eggs, chicken breasts, turkey breasts, and most seafood are all zero points. If you want to become a healthier and better you, learn eating tips, make new friends and lose weight before the holidays, bring a check for \$156.

Pain Relief & Mobility Class

By Karen Van Kirk, HFC Activities Office Manager

A free Pain Relief & Mobility Class with Specialist Paul Bowman will be held Wednesdays from 11:30 to 12:30 p.m.

on December 5, 12, 19, 26, 2018 at HFC Sports Court. Sign up at the HFC.

Rehab Seminar

By Louise Crespin, HFC Activities Assistant

A Brain Degeneration Prevention & Rehab Seminar will be held December 7 from 12:15 to 1:15 p.m. at the HFC Community Center. There is no charge to attend this seminar, and one attendee will receive a comprehensive evaluation with prevention and rehabilitation drills tailored for them by Specialist Paul Bowman. Sign up at the HFC.

Dressed In Pink

By Karen Van Kirk, HFC Activities Office Manager

Congratulations to Linda Duquette, Margo Hanley and Lorna Ashton who received gift certificates for wearing the most pink during the month. The HFC would like to thank all the residents who wore pink in the month of October for the HFC Breast Cancer Awareness promotion.

Weight Loss Support Group

By Dottie Huven

Do you start every New Year with the decision to lose weight? Do something about it in 2019! Anything is possible if you have a team supporting you. This group can be your stepping stone to a better and thinner you! Come see what it's about on January 4, 2019, in the Clubhouse Card Room. For more information, contact Dottie Huven at 920.450.1083 or email dahuven@new.rr.com.

Donate Blood, Save Lives

By Terisa Clayton, Clubhouse Activities Assistant

A big thank you to all who donated on October 15, resulting in a donation of 17 units which can help save up to 34 lives! The next blood drive is scheduled for December 10. Donors may register in the Clubhouse Ballroom prior to the 9 a.m. Coffee Meeting. Photo IDs are required. The blood mobile will be located in the Clubhouse West Parking Lot.

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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, December 8, 1 to 4 p.m.
Christmas Bluebirds
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

This December 18 attendees will enjoy Holiday Music with Mary Ann!

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 Wednesday at 11 a.m.
Clubhouse Craft Room

Men's Bible Study

Leaders: Bob Ring (734.674.7196,
bobring42297@gmail.com)
Tuesdays, 10 to 11:30 a.m. in the HFC Craft Room
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

LA Unitarian Universalist Group to Form

Leader: Shirley Ference
Interested in joining a local UU congregation? Unitarian
Universalists welcome people from a variety of religious
and philosophical backgrounds. Come to the
organizational meeting December 9 at 3 p.m. in the
Clubhouse Craft Room to learn more. Contact Shirley
Ference at 863.949.4048.

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

Creative Rubber Stamping

Instructor: Dianne Macko
December 3, January 14, February 11, March 11, & April 8,
10 a.m to 12:30 p.m., 1 to 3:30 p.m., or 4 to 6:30 p.m. –
sign up for a time slot at the HFC Activities Desk.
\$6/class, all supplies furnished

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

Tap Jammers

Facilitator: Julie Bombard
Fridays 10 to 11 a.m.
HFC Sport Court
All tap levels welcome – free class!

Free Square Dance Lessons

Instructor: Keith Stevens
2nd, 4th & 5th Thursdays at 7 p.m.
Clubhouse Ballroom

Tai Chi

Tuesdays, 11:30 a.m. in the HFC Sports Court
Diagnosed Parkinson's and caregivers free, all others \$5

LA Dance Classes

Instructor: Connie Wilkinson, Certified DIVDA Dance Instructor
No Dance Classes in December! Dance Classes will return in January with The Nightclub Two Step on Monday January 6...4:30-5:30 at HFC. Merry Christmas and Happy New Year!

Improver Line Dancing

Instructor: Ann Ludwick
Thursdays, 1 p.m.
HFC Community Center

Beginners Line Dancing

Instructor: John Moore
Tuesdays 7 to 8 p.m.
Thursdays 9 to 10 a.m.
Clubhouse Ballroom

Intermediate Line Dancing

Instructor: John Moore
Tuesdays 8:10 to 9 p.m.
Thursdays 10:10 to 11 a.m.
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.

Aqua Reloaded

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

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!

Wine Glass Painting

By Christine Wells, LACDD Community Director



Learn the fine art of painting glass (wine glasses!) on December 13 at 3 p.m. in the Clubhouse Ballroom. Sign up at the Clubhouse Activities Desk – the \$30 fee (Visa, MasterCard, or check payable to LACDD) includes two wine glasses,

paint brushes and paint. The instructor will have holiday and non-holiday designs to choose from or you can bring your own design to fit a 20-ounce wine glass. A wine bar will be available with 2 for \$5 house wine.



Water Color Workshop

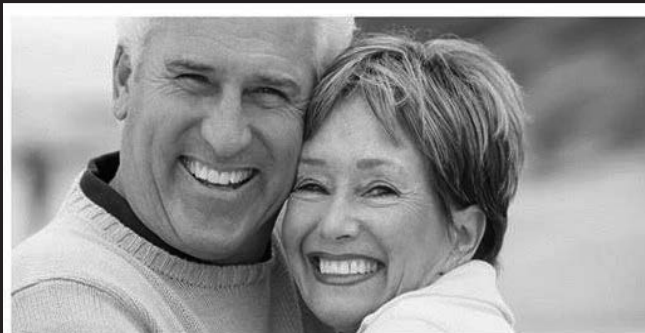
Facilitator: Jan Blankenship
First Thursday of each month, 9 a.m., HFC Media Center
\$35 includes all supplies and guaranteed finished painting on 11x14 canvas. No experience needed.
Sign up at the HFC Media Center.

Free Basic Self Defense Class

By Terisa Clayton, Clubhouse Activities Assistant

Crime can happen to anyone at any time. Be prepared to protect yourself when and if that time should come by taking this free Basic Self Defense Class in the Clubhouse Ballroom on January 29 at 10 a.m. The class is being taught by the Polk County Sheriff's Office and will consist of a lecture with common sense safety tips on how to avoid becoming a victim of a crime. Basic safety tips and techniques are also taught to enable you to escape less than desirable situations. The class is approximately one hour to an hour and a half, depending on the number of attendees. Please sign up at the Clubhouse Activities Desk.

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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	
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	
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

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

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