



L.A. TIMES

Lake Ashton Community Newsletter
June 2019

Simply the Best!

**HURRICANE
SEASON BEGINS
JUNE 1 – BE
PREPARED!**

p. 7

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

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863.324.5457
www.ashtonliving.net

MAKE NO MISTAKE, WE ARE THE BEST AT WHAT WE DO!



- Lake Ashton Resales was involved in **59 home closings** in 2018, representing **71% of all closings**.
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- The team is led by Terri Mattocks, Broker, one of the initial residents who has called **Lake Ashton home for over 15 years**

*Back Row: (L to R): Brad Kirwan, Lori Raath
Front Row: (L to R): Terri Mattocks, Sarah Lord*



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SUBMISSION GUIDELINES

July Issue Deadline: June 14

- Articles can be submitted on behalf of Lake Ashton clubs/groups/organizations to promote lifestyle enhancing, opportunities, and must be approved by the group leader prior to publication
- 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

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.

THE LAKE ASHTON COMMUNITY DEVELOPMENT DISTRICT DOES NOT ENDORSE OR SUPPORT ANY PARTICULAR POLITICAL CANDIDATE, PARTY, MEASURE OR ISSUE, OR ANY PRODUCT OR SERVICE.

JUNE 2019

Lake Ashton employees are at your service.

We want your experiences in the Clubhouse, Golf Course and HFC to be as pleasant and memorable as possible. Don't forget to visit the official website for the Lake Ashton Community Development Districts and Lake Ashton Homeowners Associations, ashtonliving.net.

Lake Ashton Clubhouse

4141 Ashton Club Drive

Lake Wales, FL 33859

Phone: 863.324.5457

Fax: 863.324.5829

LACDD Community Director:

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cwells@lakeashtoncdd.com

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863.324.6032

clane@lakeashtoncdd.com

Clubhouse Office Manager:

Sheila Moreland

863.324.5457

smoreland@lakeashtoncdd.com

Clubhouse Operations Manager:

Matt Fisher

863.956.6207

mfisher@lakeashtoncdd.com

Lake Ashton Health & Fitness Center (HFC)

6052 Pebble Beach Boulevard

Winter Haven, FL 33884

Phone: 863.595.1562

Fax: 863.595.1567

LAIICDD Community Director:

Mary Bosman

mbosman@lakeashton2cdd.com

HFC Activities Desk:

Louise Crespin

863.595.1562

lcrespin@lakeashton2cdd.com

HFC Activities Office Manager:

Karen Van Kirk

863.595.1562

NiNi's at Lake Ashton	863.324.5810	
HOA Office (LW)	863.325.0065	office@lakeashtonhoa.org
RV & Storage Center - Debbie Holmes	863.326.1304	dholmes@lakeashtongolf.com
Golf Club - Paul Sisemore, Golf Pro	863.326.1032	psisemore@lakeashtongolf.com
Eagle's Nest	863.326.1085	
Sales Office	863.324.8664	
Resales Office	863.318.9542	

Gate Houses & Security Officers:

Thompson Nursery Rd (LW):

863.324.7290

CR 653 (WH):

863.318.0237

Police Non-Emergency:

Lake Wales: 863.678.4223

Winter Haven: 863.291.5858

Polk County Sheriff: 863.298.6200

MEETINGS

Keep Informed – Attend Monday Coffee at 9 am in the Clubhouse Ballroom for updates on activities, clubs and groups, facility maintenance, and other community news.

June 3 - Birthdays & Anniversaries



Birthdays and anniversaries will be recognized and a treat provided by HealthCare Advocates

Featured speaker: CERT Tornado Drill
Knife Sharpening - Lake Ashton Woodworkers

June 10 - Bite Me Monday

Bring your pet food/item donations for the Humane Society of Polk County

Featured speaker: "Lifestyle For a Healthier You" presented by Family and Consumer Services — UF/IFAS Extension of Polk County

Vendors: Matt Simpson with Edward Jones



Blood Pressure and Glucose Screenings — Lake Wales Medical Center

The Bloodmobile will be parked in the Clubhouse West Parking Lot from 8:30 to 11:30 a.m.

June 17 - Peanut Butter Monday



Bring donations of non-perishable food items for a local food pantry

Featured speaker: Hurricane Preparedness Presentation with Polk County Emergency Services

Vendors: The Oasis Spa

June 24 – Blast from the Past

Featured speaker: Barbara Ann Comer presents "Birds of Lake Ashton"

Vendors: Matthew Grubb with Morgan Stanley

Blast from the Past with David Harrison

FRESH PRODUCE IS BACK!

Clubhouse Parking Lot Wednesdays from 1 to 3 pm

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BOARD OF SUPERVISORS MEETINGS

Lake Ashton (LW) CDD

June 17, 2019 at 10:30 am

Clubhouse Ballroom

Lake Ashton II (WH) CDD

August 9, 2019 at 1:30 pm

HFC Community Center

CITY COMMISSION MEETINGS

Lake Wales

1st & 3rd Tuesdays at 6 pm

in Commission Chambers,

Municipal Administration

Bldg., 201 W. Central Ave.,

Lake Wales

Winter Haven

2nd & 4th Monday at 6:30

pm in the John Fuller

Auditorium in City Hall,

451 Third Street NW,

Winter Haven

NEW TO LAKE ASHTON?

**New Resident Orientation
in the Clubhouse
Ballroom**

June 12 at 3 pm

**New Resident Social
at the HFC**

July 19 at 2 pm

**Get Your Resident Photo
Identification Cards Made
at the Clubhouse
Activities Desk**

Tuesdays: 10 am - 1 pm

Wednesdays: 3 - 5 pm

Thursdays: 10 am - 1 pm

*Bring a state issued drivers
license and warranty deed.*

HAVE VISITORS?

**Anyone using amenities
at the Clubhouse or HFC
must have a Lake Ashton
Resident ID Card or
Facilities Guest Pass.**

**Register guests at the
Clubhouse Activities Desk
during business hours.**

**Residents must bring at
least one adult guest.**

**Renters must have a copy
of their rental agreement.**

REMINDERS

Resident Feedback

Please take a minute to let staff know how they are doing. A Resident Feedback form can be found at ashtonliving.net under the "Stay Connected" tab or at the Clubhouse Activities Desk. Please be sure to complete the contact information if follow-up is necessary. A Repair Request Form is also located in a rounder at the Clubhouse Activities Desk. If you notice any of the Clubhouse or surrounding amenities in need of repair or freshening up please complete this form and turn into the Club Office during office hours. Residents can also complete a resident feedback form to suggest upcoming Monday Coffee topics.

Seasonal Residents and Summer Travelers

If you will be away for the summer, please stop by the Clubhouse Activities Desk to put your LA Times delivery on hold, or sign up and pay for a seasonal subscription (\$3/month domestic; \$4/month international). The newsletter and calendars are also published on ashtonliving.net. A Summer Checklist is also posted online (under Community Resources in the Resource Center) or hard copies are available at the Clubhouse Activities Desk. If you are the leader of a group going on Summer Hiatus, please let staff at the Activities Desks know.

Designated Employee Service Areas

According to the Amenity Policy, only District employees or employees of the Amenity Manager are allowed in the service areas of the Amenity Facilities, including the Clubhouse dumpster area, Restaurant kitchen, staff work areas, attic, Restaurant ice machine area, behind the Bowling Lanes and any other designated service area. For safety reasons, the dumpster area in the East parking lot should not be accessed by residents at any time. Lake Wales residents have trash, yard debris, and recycle pick up on Fridays, and Winter Haven residents have trash, yard debris, and recycle pick up on Mondays. The current Amenity Policy is posted on ashtonliving.net for reference. Direct any questions on these policies to Christine Wells: cwells@lakeashtoncdd.com or 863.324.5457.

WITH GRATITUDE

On behalf of my entire family, I would like to thank each & everyone who has reached out to us in our time of sorrow with the passing of our mother, Mae Kalus. Your kind words are very much appreciated and comforting. Thank you to all of my friends for the unconditional support you have shown me at one of the most difficult times. You are truly a blessing to have in my life!

- Carolyn Neuberger

REMINDERS

Mailbox Access Restricted To Postage Paid Us Mail

Recently, staff has received reports of people placing non-mail items that did not bear US postage in local mailboxes. Though many may be unaware, it is important to know that this type of activity is against federal law. It may seem to be an easy way to "drop something off," but only US Mail delivered by authorized personnel may be placed in mailboxes.



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Dogs at the Clubhouse

Per the Lake Ashton CDD Amenity Policy, dogs and all other pets (with the exception of service dogs) are not permitted at the Amenity Facilities. This includes the Restaurant Patio and other outdoor amenities. If you are planning on coming to the Clubhouse for any reason please keep this policy in mind. If a service dog is in the Clubhouse without a vest on, Security or Staff will assume it is a pet and will inform you of this policy, so please be patient as they are simply following protocol. The Amenity Policy also states that patrons are responsible for picking up after all pets and disposing of any waste in a designated pet waste receptacle or an outdoor trash bin as a courtesy to residents. Please keep this in mind when walking your dog around the Clubhouse amenities. Doggy bags and a throw-away station are located on the pathway on the West side of the Clubhouse Tennis Courts.

Lost and Found

If you have lost anything at the Clubhouse or surrounding area, please stop by the Club Office Monday through Friday, 9 a.m. to 5 p.m., to see if it has been turned in to the Clubhouse Lost and Found. Items in the Lost and Found will periodically be displayed at Monday Coffee, and if they have not been claimed after a certain period of time, they may be donated to the Lake Wales Care Center. If you have any questions, call Sheila at 863.324.5457 or stop by the Club Office during the hours listed above.

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Sales Tax Holiday for Hurricane Preparedness

Hurricane preparedness products such as batteries, fuel tanks, tie-down kits, food storage coolers, portable generators, self-powered light sources, radios, ice packs, and tarps will be exempt from Florida sales and use tax from 12:01 a.m. on May 31, 2019, through 11:59 p.m. on June 6, 2019.

STORM SEASON

2019 Hurricane Season Begins June 1

All residents who will be spending the summer months in Florida should prepare for severe weather. A detailed list of storm tips can be found at ashtonliving.net and at the Clubhouse Activities Desk. A Hurricane Preparation Seminar will be presented by Polk County Emergency Services at Monday Coffee June 17 (9 a.m. in the Clubhouse Ballroom). All residents are encouraged to attend. The Lake Ashton CERT team will also be at Monday Coffee on June 3 to present information on the tornado drill that will be taking place on June 5.

Lake Ashton residents can now opt-in to receive telephone and/or text message alerts at certain times throughout the year and when there are time-sensitive or important alerts that need to be disseminated, such as

hurricane watches or warnings. To opt in, click on My Profile in the upper right-hand corner of ashtonliving.net. Go to Manage My Subscriptions, and scroll down until you see Text/SMS Alerts and

Voice Alerts. You must agree to the terms and conditions in order to complete your registration. For assistance, call 863.324.5457. You can also sign up to receive time-critical notifications from Polk County to your home phone, cell phone or email address at alertpolk.com.



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LACDD NEWS

By Christine Wells, LACDD Community Director

The LACDD Board of Supervisors met May 20 and approved a quote to remedy the Bowling Alley water intrusion issue and replace some water damaged drywall, carpeting and wood structures. A quote was also approved to repair the gutters at the Clubhouse as well as a portion of the southwest entryway sidewalk into the Clubhouse dressing room. Residents will see new

CAN RECYCLING

For over a decade residents at Lake Ashton have been collecting aluminum cans separately from curbside recycling, and the proceeds have been donated to the Lake Wales Literacy Council. In view of the changing requirements of acceptable materials for the county recycling, you can be assured that your cans are wanted. In the Clubhouse, there are specifically labeled receptacles, separate from regular recycling, exclusively for aluminum. Volunteers regularly transfer these to the gated area behind the Clubhouse. Periodically the cans are delivered to Viking Recycling, and the money received is turned into the office and donated to the Literacy Council. At present there is no general recycling at the HFC, but there is a container specifically for aluminum cans ONLY. Volunteers transfer these to the area behind the Clubhouse with the rest. At both locations, please REED AND HEED the labels on the containers! It is important that no glass, paper, plastic, etc. be mixed in, as volunteers must remove all such items before transferring the cans. All cans must be empty! You may also take your cans directly to the area behind the Clubhouse, especially if you have collected a sizable trash bag full. Lake Ashton residents are so generous in supporting worthy non-profits. Please participate in this project. Please see Christine at the Clubhouse with questions.

furnishings in that foyer soon, as a face lift for the area was also approved. Thank you to the residents that assisted with this project. Replacement bottle brush trees will be installed behind Aberdeen on the Thompson Nursery Road side. Windows in the Fitness Center were recently replaced and the window sills and drywall repairs will be facilitated soon. Residents should be on the lookout for a mailed notice outlining a proposed \$250 per unit increase for the upcoming tax year. The hearing to discuss this increase and adopt the fiscal year 2020 budget will be July 22 at 10:30 a.m. (in place of the regular July meeting). Please note the proposed increase is the proposed ceiling of the potential change (approved amount will be \$250 or less). Residents will also notice the installation of perennials around the Clubhouse and entrance soon. Thank you to Mary Bosman for her help with this project. Please see staff if you are interested in volunteering on planting day. The District is saving \$12,000/year by planting perennials in place of the annuals previously changed out quarterly. The Resident Feedback Survey report outlining the results will be ready soon and posted on ashtonliving.net. Both CDDs thank residents for taking time to submit feedback that is crucial to the budgeting process. Summer time is a great time to try new things at the Clubhouse. Come to NiNi's on Wednesdays for a night of karaoke, cool beverages, and great food on the patio while enjoying one of the best views in Lake Ashton. Don't forget to try something new, like one of their signature cocktails! See the back cover for details on the "Two for the Fourth of July" activities occurring July 3 and 4 at both the Clubhouse and HFC to celebrate the holiday. This is sure to be a great kickoff to a wonderful summer at Lake Ashton!



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LAIICDD NEWS

By Mary Bosman, LAIICDD Community Director

New blinds have arrived and are up, replacing the old, worn bamboo shades. Residents will find them much more "user friendly" than the old ones. The LAIICDD Board of Supervisors approved the replacement of these blinds at their February meeting. Two new treadmills and a Physio Step machine have also been approved and ordered. Quotes have been requested for an ADA compliant door opener for the front doors at the HFC. The pool deck will be resurfaced also as soon as quotes get in for approval. These purchases/services are coming from this year's budgeted allotments.

The budget for October 2019 - September 2020 has been discussed at a Board workshop and at Board meetings. It will be finalized at the August Board meeting. The Board continues to have a transparent approach to all purchases and reports.

The Perennial Plant Project was approved, substituting the quarterly annual plant change-outs formerly done at a cost of \$10,000 year for LA II CDD. The changes will provide colorful, sustainable perennial plants in lieu of the annuals. Savings the first year will occur and even more so in subsequent years. Photos of the proposed and approved plans are available for viewing at the HFC office. This project is in the planning detail stage now and work will begin in the next few weeks. Volunteers will be needed for planting day(s) for handing out water and paper towels to workers and also for planting, so please contact the HFC if you are interested in being a part of this community-wide project. The LAIICDD and LACDD staff will be working closely together make Lake Ashton landscaping aesthetically cohesive throughout. Two new park benches are already in place out in front of the HFC building as part of this project.

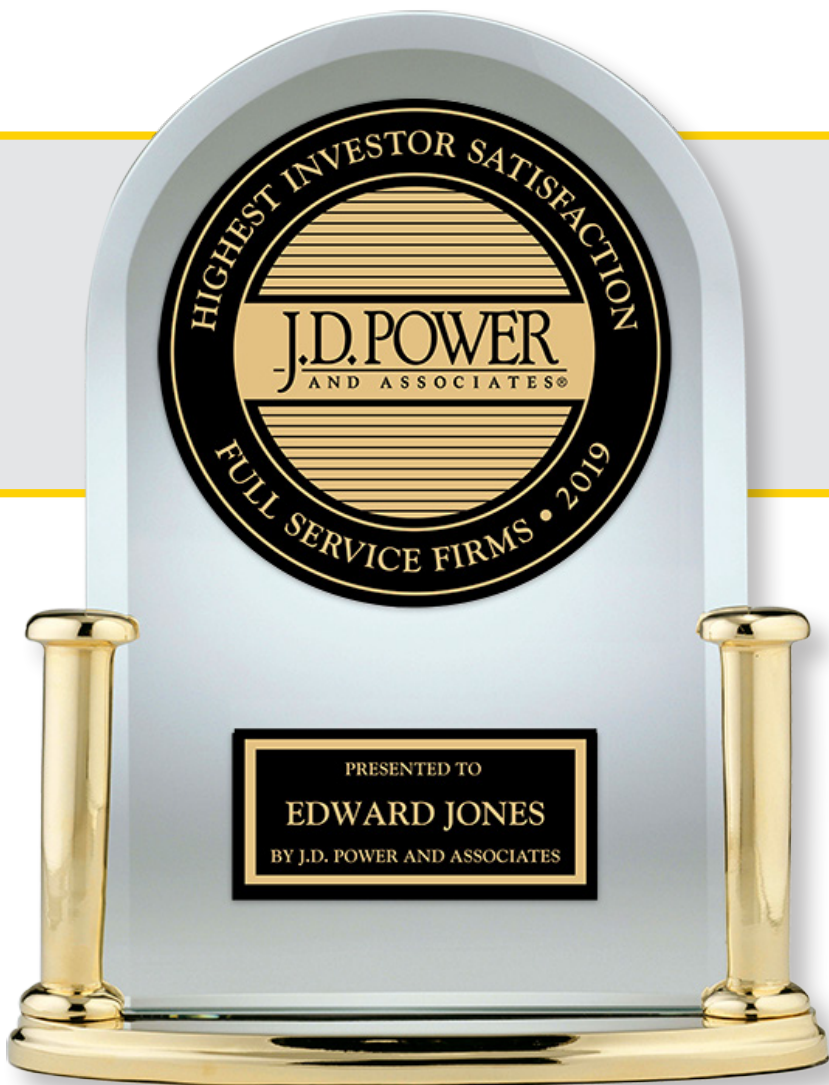
A fun-packed, two-day Fourth of July Celebration is planned in tandem with LACDD staff, so mark your calendars and check out the back cover for more information on these fun events!

WELCOME COMMITTEE

By Cynthia Halde

Lake Ashton prides itself on being a place of "welcome." The newly re-established LA Welcome Committee seeks to enhance this identity and reality. This committee does not take the place of the New Resident Orientations or Socials, but hopefully will support the welcome emphasis by offering such things as area maps, community information, restaurant discounts and answers to questions you might have.

A member of the Welcome Committee is willing to meet and greet 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. Welcome Committee members are excited about extending hospitality, so all new residents may find Lake Ashton to be a place of friendliness and welcome.



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Citizens Assisted Patrol By Stan Baron



Thank you to all the LA residents who submitted applications to join the CAP program. It takes about 2 months to process and once you finish the class you can begin to patrol and keep Lake Ashton the safe and beautiful community everyone knows and loves. There are still openings — applications are available at the Clubhouse or HFC, or just stop a patrol and ask for a form. NOTE: Now that the snow birds have left or are leaving life has slowed down a bit, but you still have to be aware. Please walk facing traffic, especially if you are wearing headphones or in a group with others and dogs. For more information, contact Mike Weissberg (863.324.3541) or Stan Baron (863.229.5269).

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!



Neighborhood Watch

By Fay Wood, NW Chief

Summer is right around the corner and with it, many will be “on the road” visiting favorite places or seeing family and friends. Your neighborhood Watch team would like to remind you to be prepared both at home and when traveling. One of the first things you should do is review the security of your home and make sure all those parts of the protective system are in place. Please let your Neighborhood Watch Coordinators or Block Captains know you will be out of town so they can give your residence a little extra surveillance. There are numerous

things you should do such as: setting your alarm system when you leave, making sure all your locks are in working order, stopping mail and newspaper delivery, securing outside furniture (remember hurricane season is coming) and belongings, etc. You may perform a simple “security survey” of your house (a checklist will be available at both HFC and Clubhouse desks) to make sure you have covered all the bases. These simple precautions will give you the “peace of mind” to have during your trip and focus on the fun aspect of it! If you will be traveling, please make sure you make a mental checklist for crime prevention tips to keep you safe on the road or at your destination. Again, somethings you may consider are: making extra copies of your passport (leaving with a trusted family member), review the Transportation Security Administration or US Customs requirements, be aware of any travel warnings given for locations and keeping a good “security situational awareness” when you are in unfamiliar environments. We will have a travel security flier available at the HFC and Clubhouse as well. Your Neighborhood Watch Team wishes everyone an enjoyable summer.

Alligator Alert

Alligator mating season means an increase in activity, including aggressive and territorial behavior. 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. Residents who have concerns with an alligator that poses a threat to humans, pets or property can call the FWC's Nuisance Alligator Hotline at 866.FWC.GATOR (392.4286). Visit myfwc.com/wildlifehabitats/wildlife/alligator/snap/ for more information on the Nuisance Alligator Program. The removal process can be intense, so being educated on when to call and what is involved with the removal process is important. It is illegal to feed or harass alligators. For a brochure on coexisting with alligators, visit ashtonliving.net or the Clubhouse Activities Desk.



by the following appearance patterns:

- ★ Diamonds – Rattlesnake
- ★ Blotches – Pigmy Rattler
- ★ Bands – Water Moccasin & Coral (Corals have BLACK noses)
- ★ Solid Color – Cotton Mouth

Remember – If the strips on a snake run from nose to tail along the length of the snake – It is NOT venomous!

If you are bitten by a venomous snake, call 9-1-1

immediately and remove rings, bracelets, shoes, and watches (as the hand or foot that is bitten may swell). Be sure to describe the snake when you call because anti-venom may have to be sent from Miami to treat the bite of certain snakes. For example, the anti-venom for a coral snake bite is different from that for a bite from a rattlesnake. Time is of the essence. For more information on this topic you can visit the US/IFAS County Extension Office BLOG site at: <https://blogs.ifas.ufl.edu/polkco/2018/04/26/commonly-confused-snakes-in-central-florida/> or Google "Commonly Confused Snakes of Polk County."


Commonly Confused Snakes in Central Florida: A Safety Information Bulletin From Your LA CERT

By Ernie Harben

On March 9, 2019, the Lake Ashton Community Emergency Response Team (LA CERT) hosted a County Extension Agent with the University of Florida, Institute of Food and Agricultural Sciences (UF/IFAS) who spoke to residents on the topic of Commonly Confused Shakes in the area. Here are just a few of the fascinating and very useful information points shared:

- ★ Snakes can strike up to 1.5 times their length. So, don't go after a 4-foot snake with a 5-foot shovel!
- ★ Snakes will move away from you if given the chance but, will strike when cornered.
- ★ The best way to protect yourself from poisonous snakes are:
 - Stay on marked trails.
 - Wear hiking boots and long pants.
 - Wear gloves when gardening.
 - Call a professional wildlife trapper to deal with venomous snakes.

The most common venomous snakes for the area can be readily identified



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



Christine Graves
Lake Ashton Resident
(863) 514-5368

LA LOOKS

Lake Ashton (LW) ARC

By Susan Bloedorn



Mailbox Maintenance — As properties in Lake Ashton age and your home requires maintenance, so does your mailbox! Have you noticed raw metal showing as paint flakes away or just wears off? The Lake Wales Architectural Rules/

Regulations, Section 19 reads: *"Lot owners are responsible for the maintenance and appearance of their mailboxes. If a mailbox is damaged in any way or must be replaced, it shall only be replaced with the same design, color and materials originally used."* Your mailbox may require your attention to restore that "Lake Ashton Look!" to the community. New mailboxes/pole may be purchased through the Lake Ashton Construction Company located off Dunmore Drive.

As summer and the rainy season are quickly approaching, it's time to do a little updating. You can easily improve the appearance of your "tired" mailbox. A light scrub with a wet brush or rag will remove any mold or dirt. Once dry, follow up with a few brush strokes of black paint or a few passes from an aerosol spray paint. It's up to you to put that freshly maintained look back and to enhance the curb appeal of your home! Thank you in advance for your help, and happy painting!

Cost of Mailbox Rejuvenation (*prices from Lowes*)
Rust-oleum (black) spray can = \$5.98 or Paint,
pint = \$4.88, quart = \$8.98
Replacement Flag Kit = \$3.98
2" gold stick-on numbers = \$2.58
Good quality 2" paint brush = \$2.98
Make the mailbox like new for as little as \$12.54!

The ARC Committee is proud to announce the appointment (by HOA President Bob Sosinski) of Antonia Williams as an ARC Representative to the

Committee. Antonia will be working in Area 3 with Howard Goodhand and the team is very happy to have her assistance.

Lake Ashton (LW) HOA Corner

By Bob Sosinski

The Lake Ashton Homeowners Board of Directors (BOD) has hired Gail Spence as full-time Community Association Manager (CAM). Gail brings a wealth of experience and the continuity the HOA has lacked the past four or five years. The BOD made the decision to hire a CAM directly after investigating hiring a management company. The cost of a management company versus Gail's availability and willingness to become a certified CAM and return to Lake Ashton made this an easy decision. Stop by the HOA office during office hours and say hello to Gail.

Last month the Board accepted the resignations of Directors Jim Sullivan and Warren Turner. Since the HOA Bylaws specify that the BOD be made up of an odd number of directors between three and seven, the BOD decided to become a five member Board.

The BOD and Architectural Review Committee (ARC) are considering several changes to the Covenants, Conditions and Restrictions (CC&Rs) and Architectural Guidelines. The more controversial of these are allowing "for sale" signs and ornamental fences. If you want your opinion heard attend a Board or ARC meeting.

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GOOD NEWS

10th Annual Golf for the Cure for Parkinson's

By Bob Harmon

On April 6, 2019, the 10th Annual Golf for the Cure was held in Lake Ashton with more than 200 golfers on the two golf courses. In ten years, the Golf for the Cure for Parkinson's and the Lake Ashton community have raised just under **\$450,000** for the Michael J. Fox Foundation. This year, \$51,000 was raised, with 100% of proceeds going toward research for the cure. It would not have been possible without the entire community and sponsors, listed below:

Manny's Original Chophouse, Southeastern Commercial Finance, CenterState Bank, Art's Golf Cars, Snowbird Heating and Cooling Inc., All About Aging, Family Elder Law, Lake Ashton Bingo, Harry's 2's Day Group, Willson and Susan Craigie, Florida Tire Supply, Inc., Citrosuco NA, Bargain Carts, Trinity Medical Group, Lake Wales Medical Center, Harborside Restaurant, Fore Street Best in the West, Pat's Friday and Saturday Group, Looplanders, Bill and Marie Clauser, Frank & Denise LaCaprucia, Ken & Debi Daniels, Working Progress, Arabellas Ristorante, Neurology and Neurosurgery Associates, Chili's, Lake Wales Highway 27, Red Hoagland Hyundai, Forni Dental, Cart Zone, Giorgios, Patton Tire, Thurston Comprehensive Dental Center, Florida Pest Control, Paul's Catfish Country, Weikert Ford, Britt's Landclearing & Services, Central Florida Fleet Service, Inc., Dr Steve Wang & Kians Dental, Phil Regelin Painting, Edward Jones/ Mike Kennedy, Brewer Sales and Service, Lake Wales Family Restaurant, The Bottom Line Tax Service, Communities Reaching Out, Larry and Gail Jones, Not So Far Back Tee Boys, Akers' Monday Golf Group, Bill and Tim Littlefield, Clauser's Sunday Group, LAMGA, LALGA, LA Niners, Stan Schenffen, Rick Jones Family, Mike & Linda Reardon, Bonnie and Don Hayes, Jim & Maureen Blackwell, Dr. &

Mrs. David Misch, Kate & Emily Harmon and Matthew Davis, Sam Giardina and Trudy Roth, Roger Casey & Diane Guarnieri, Fay Wood and Ed Maxwell, Scout, Guys Golf Friday Group, Joann and John DeWinkler, Jack & Des Foard, Caren & John Belbey, Pepsico, Bernie Little Budweiser, Sysco Food Service, Eagle's Nest Staff, LAVA, LA Pro Shop, Ovation, Longhorn Steakhouse, Cuttin Up Salon, Eaglebrooke, Southern Dunes, Oakwood, Laurel Oaks Golf Club, Mountain Lake, Zinda Massage, Carrabbas, Shack's BBQ, Lone Palm County Club, Reunion, Cleveland Heights, Lake Wales Country Club, Vickie Andrew, JP Foks, Attitudes, Polished Hair Boutique, Golden Nails, Elvin Velez, Kelly Bailey, LaDia Paulk, Beef O' Brady, Highlands Ridge, Sun N Lake, River Green, Family & Cosmetic Dentistry, Paulette Edmonds, Auto Zone, Havana Café, Edwin Watts, Water's Edge Dermatology, Stanforth Family, Ping, The Varasse Family, Select Physical Therapy and Kristie Renardson.

Lake Ashton Benefit Association

By Ann Boogher



Grant checks were presented to Lake Wales and Winter Haven school principals at Monday Coffee, and everyone is looking forward to hearing how the funds helped the students when next year's 16th Annual Benefit kicks off in the fall. Plan to join the Benefit Association's fund raising efforts and a huge thanks to all the Lake Ashton residents who have supported this over the years and to the many sponsors and donors who have made it all possible.

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MOVIES

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June 2 - 6 at 7 pm

THE FAVOURITE

2018 | R | 119 minutes

Period drama rated for strong sexual content, nudity and language. In early 18th century England, a frail Queen Anne (Olivia Coleman) occupies the throne and her close friend Lady Sarah (Rachel Weisz) governs the country in her stead. When a new servant, Abigail (Emma Stone), arrives, her charm

endears her to Sarah. As the politics of war become quite time consuming for Sarah, Abigail steps into the breach to fill in as the Queen's companion.

June 4 - 6 at 11 am & 3 pm

June 9 - 13 at 7 pm

FIRST MAN

2018 | PG-13 | 2h 21min

Biography/drama/history rated for some thematic content involving peril, and brief strong language. A look at the life of the astronaut, Neil Armstrong (Ryan Gosling), and the legendary space mission that led him to become the first man to walk on the Moon on July 20, 1969.

June 11 - 13 at 11 am & 3 pm

June 16 - 20 at 7 pm

CAN YOU EVER FORGIVE ME

2018 | R | 1h 46min

Crime comedy/biography rated for language including some sexual references, and brief drug use. Starring Melissa McCarthy as Lee Israel, the best-selling celebrity biographer (and cat lover) who made her living in the 1970s and 80s profiling the likes of Katharine Hepburn, Tallulah Bankhead, Estée Lauder and journalist Dorothy Kilgallen. When Lee found herself unable to get published because she had fallen out of step with the marketplace, she turned her art form to deception, abetted by her loyal friend Jack (Richard E. Grant).

June 18 - 20 at 11 am & 3 pm

June 23 - 27 at 7 pm

MARY QUEEN OF SCOTS

2018 | R | 2h 4min

Biographical/historical drama rated for some violence and sexuality. Mary Stuart's (Saoirse Ronan) attempt to overthrow her cousin Elizabeth I (Margot Robbie), Queen of England, finds her condemned to years of imprisonment before facing execution.

June 25 - 27 at 11 am & 3 pm

THE LEISURE SEEKER

2018 | R | 1h 52min

Action/adventure drama/romance rated for some sexual material. Helen Mirren and Donald Sutherland play a runaway couple going on an unforgettable journey from Boston to the Ernest Hemingway House in Key West in their faithful RV they call The Leisure Seeker. They recapture their passion for life and their love for each other on a road trip that provides revelation and surprise right up to the very end.

FEATURE FILM FRIDAYS: CLASSIC AND SPECIAL INTEREST MOVIES ARE SHOWN AT 1 PM.

June 7 - THE RIGHT STUFF

1983 | PG | 3h 13min

Biographical drama. Covering some 15 years, this film recounts the formation of America's space program, concentrating on the original Mercury astronauts. The film relates the dangers and frustrations facing the astronauts, the various personal crises involving their families, and the schism between their squeaky-clean public image and their sometimes raunchy, earthbound shenanigans,

June 14 - FIELD OF DREAMS

1989 | PG | 1h 47min

Family drama. "If you build it, he will come." An Iowa corn farmer (Kevin Costner), hearing voices, interprets them as a command to build a baseball diamond in his fields; he does, and the 1919 Chicago White Sox come.

June 21 - CATCH ME IF YOU CAN

2002 | PG-13 | 2h 21min

Drama rated for some sexual content and brief language. A seasoned FBI agent (Tom Hanks) pursues Frank Abagnale, Jr. (Leonardo DiCaprio) who, before his 19th birthday, successfully forged millions of dollars' worth of checks while posing as a Pan Am pilot, a doctor, and a legal prosecutor.

June 28 - HEAT

1995 | R | 2h 50min

Crime drama/thriller rated for adult situations/ language, sex, violence. A group of professional bank robbers start to feel the heat from police when they unknowingly leave a clue at their latest heist. All-star cast includes Robert De Niro, Al Pacino, Amy Brenneman, Val Kilmer, Ashley Judd, Jon Voight, Hank Azaria, and Henry Rollins.

TO VIEW THE MOVIES IN CALENDAR FORMAT, CHECK THE MOVIES SECTION ON ASHTONLIVING.NET OR PICK UP A PRINTED COPY AT THE CLUBHOUSE ACTIVITIES DESK.



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EVENTS

MARK YOUR CALENDARS!

Cheesecake Bake

Celebrate the upcoming holiday of Shavuot with an afternoon of cheesecake making on June 5 at 1 pm in the Clubhouse Ballroom, and learn why dairy is eaten on this holiday. Refreshments will be served. Non-dairy option by special request. These will be plain cheesecakes that you prepare in the Ballroom and bake at home. Please sign up at the Clubhouse Activities Desk. Cost: \$20, payable on the day of the class.



Adopt-a-Road Cleanup

By Rita Sebastian

The next Lake Ashton litter cleanup event for Thompson Nursery Road to State Route 27 will take place on June 22

at 8 am. Meet the Clubhouse lobby to pick up assignments, safety vests, trash bags, gloves and water. A sign-up sheet is available at the Clubhouse Activities Desk. Contact Rita Sebastian with questions at ritasebastian5@yahoo.com.

Rusty Trumpet Band at the HFC

By Karen VanKirk, HFC Office Manager

A fantastic band is coming to Lake Ashton! Come join in the fun for the first "summer dance" on June 29 at 7 pm at the HFC Community Center. Rusty Trumpet is a family band that has been performing since 1998. Admission is \$10 per person. The Eagle's Nest will be selling two tacos, nachos and cheese for \$7. Beer and wine will also be sold. All are welcome. Table reservations are also available at \$10 a table.

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Lake Ashton's Christmas Dinner
Dance 2019
By Jackie Ellis

A great time was had at the Christmas Dinner Dance 2018. And, how about those beautiful centerpieces that the committee, Sheri and Bill Smits, put together. Thank you both so much! So now everyone is looking forward to the same for 2019 with new decorations and surprises.

This is a friendly reminder to Save the Date of Saturday, December 7, 2019. There will be more information to follow over the summer months in the LA Times. Anyone wanting to join in to help out is asked to please contact Jackie Ellis over the summer at 508.237.0941.



Disco Dance Party
June 21
7 pm
10

A snack bar in the Ballroom will feature hamburgers, hot dogs, nachos, soft pretzels, french fries (with optional chili and cheese toppers), sodas, and cash bar. Tickets are on sale at the Clubhouse Activities Desk (check payable to LACDD, Visa, or MasterCard).

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June 11: Tampa Craft Brewery Tour

July 16: Sleuth's Mystery Dinner Show

August 13: Anna Maria Island

September 8 — 13: Smoky Mountain Magnificence

October 26: Mt. Dora Craft Fair

November 13: Military Heritage Museum & Fisherman's Village

December 10 — 11:

St. Augustine Holiday Jubilee



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Dr. Michael D'Angelo

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GAMES

Monday Duplicate Bridge

April 1

North/South: Pat Foster & Sonny Robinson, Barb Cassidy & Robert Whorf, Connie & Ken Ross

East/West: Nancy Till & Jo Fuller, Mary Beth Ranheim & Bob Wendin, Pauline Pare & Nelda Sedlacek

April 8

North/South: Mary Lois Teyssier & Nancy Martins, Jim Ford & Don Fuller, Ken & Connie Ross

East/West: Pat & John Sammons, Jo Fuller & Nancy Till, Bob Wendin & Mary Beth Ranheim

April 15

North/South: Sue Agre & Connie Strassburg, John & Pat Sammons, Connie & Ken Ross

East/West: Sonny Robinson & Pat Foster, Sue Maher & Mary Lois Teyssier, Judy Marine & Pauline Pare

April 22

North/South: Pat Foster & Barb Cassidy, Margot & Keith Stevens, Jim Ford & Don Fuller, Ken & Connie Ross

East/West: Cindy Holden & Linda Ford, George Rogers & Pauline Pare, Nancy Till & Jo Fuller

April 29

North/South: Nelda Sedlacek & Pauline Pare, Karen Brady & Dana Cunningham, Pat Foster & Sonny Robinson

East/West: Mary Beth Ranheim & Bob Wendin, Judy & Doug Robertson, Nancy Martins & Mary Lois Teyssier

Tuesday Bridge

April 16: Carl Boast, Pauline Pare, Ken Ross, Geri Duffy

April 23: George Rogers, Linda Boast, Sil Wells, Jim Mark

April 30: Dick Dole, Sil Wells, Nancy Martins, Pauline Pare

May 7: Faye Cooke, Ken Ross, George Rogers, Jim Mark

Friday Bridge

April 5: Pauline Pare, Marge Kniat, Nelda Sedlacek, Lois Dole

April 12: Connie Ross, Pauline Pare, Keith Stevens, Sheri Merritt

Slam Bonus: Doris Reisinger/Connie Ross, Pauline Pare/Keith Stevens, Judy Marine/Mary Beth Ranheim

April 19: Marion Nelson, Pauline Pare, Connie Strassberg

Slam Bonus: Geri Duffy/Pauline Pare

April 26: Slam Bonus: Lois Dole/Dale Griffiths, Carol Zalesky/Judy Marine

Men's Poker Game

The men's poker game (very friendly) is looking for players on Wednesday nights from 6:30 to 9:30 pm at the HFC. Call Ralph at 516.885.4710 for more information. If no answer, leave a message.

Euchre Winners

April 27: Frank Duffy, Geri Duffy, Don Cook and Larry Larsen

May 11: Vivian Harmon, Bob Kane and Pam Totten
Games in June will be held on June 8 and June 22 in the Clubhouse Card Room at 7 pm.

Intermediate Bridge

All are welcome to join Tuesdays from 3 to 5 pm and Thursdays from 10 am to 12 pm in the HFC Billiards Room. For more information, contact Liz Leigh at leigh.elizabeth@gmail.com or 813.288.0809.

Chess Club

The chess club is looking for players of all levels to join. They meet at 2:15 pm in the HFC Conference Room every Thursday. For more information, contact Gina at gjakrall@yahoo.com.

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GOLF

LALGA

By Linda Zacharia

It's official! The Lake Ashton Ladies Golf Association's 2019-2020 season begins June 1, 2019 and runs through May 31, 2020, with the annual membership fee set at \$30. Membership forms are available at the Pro Shop. With so many new residents in Lake Ashton, LALGA hopes that many of the new lady residents will join a fantastic group of golfers on Tuesday League Day and partake of the fun. Starting June 4, the LALGA summer starting time will be 8:30 am on Tuesdays. Plan to check-in at 8. At the May Board of Directors meeting, it was decided to use the LA Niners drop zone on 8 West effective immediately. This drop zone may be used only after a golfer has struck a shot from either the Blue or Combo tee and made at least one attempt to clear the penalty area. Hopefully, this will help alleviate golfer anxiety at 8 West. Please remember, with the summer rapidly approaching and the days getting hotter, stay well hydrated out on the course, lather on that sunscreen, wear a hat, and think COOL!

For further information or questions about LALGA, feel free to contact Deb Foulke, LALGA President, at 863.777.0335 or email nanfoulke@gmail.com.

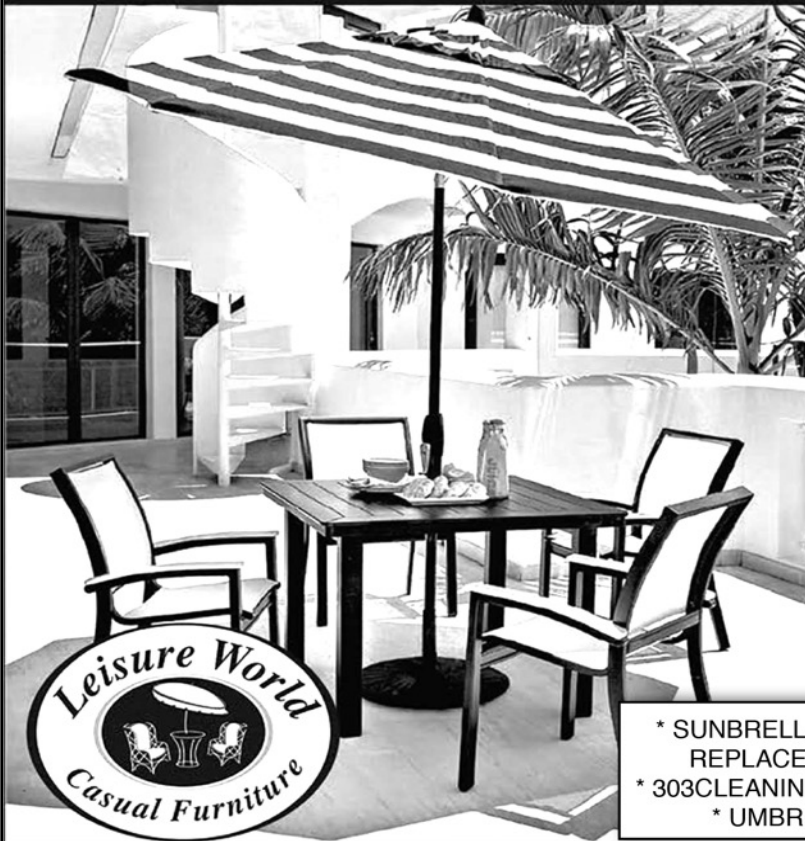
LA Niners

By Jane Poole

SPECIAL! SPECIAL! LA Niners' summer dues are just \$15.00 until October 8. If you want to try out a fun group of gals, come join the group this summer. Congratulations to the winners of the "Pick Your Score" event. Opening Day Luncheon is scheduled for October 8, so mark your calendar. Your Board has put in a lot of time and effort to schedule fun games and events for the coming year. Looking forward to meeting new members and having old ones back.

If you would like information about the LA Niners and how to participate, call Vice President Cindy Mendez at 760.384.8637. Cindy will be happy to answer your questions and welcome you into a fun group with great gals.

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DINNERS

LA ROCS Potluck

By Lori Harben

Another Fun-filled LA ROCS Potluck was held May 10 at the HFC. After a delicious variety of dishes and desserts were consumed, a "Get to Know Your Neighbors" game was played. Many interesting facts came out, for example: Rita and Jim have the most children, Eileen has traveled to the most

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countries, Jan has been in the most movies and can speak the most languages, and Tabitha has had the most pets. Thanks for playing along! It was decided to update the group's name to include the homes along Pebble Beach between the Pebble Beach Dog Park and the HFC (6016 – 6044 Pebble Beach Blvd). The group will now be called the LA ROCS and Pebbles (thanks for the idea, Ron)!

The next dinner will be held June 14 at 6 pm in the HFC Community Center. Please bring your own plates, utensils, napkins and beverages, along with a dish to share with 6-8 people. Also, a \$2 donation (per couple) for supplies will be greatly appreciated. A sign-up sheet is located in the HFC Library. Please RSVP by June 12 on the sheet, or contact Carolyn Bishop (cbbishop61@gmail.com or 919.606.8844). Volunteers are also needed and appreciated to help with set-up and clean up. Hope to see you there!

Community Potluck

By Louise Crespin

The Mother's Day Potluck brought smiles to the faces of all who attended the May potluck dinner. There was plenty to eat, and once again everyone outdid themselves. A special thank you goes out to all who donated food and special gifts as prizes, as well as those who volunteered for set up and clean up. It couldn't be done alone, so thank you once again. There were some new LA residents and their participation was sincerely appreciated.

A SPECIAL NOTE: The June Community Potluck will take place on the **third Sunday** (Father's Day - June 16) at 5pm, and is being moved from the Clubhouse to the HFC Community Center and Rose Garden. Grilled bratwurst, buns and condiments will be provided. This is a BYOB event. Please check the posters (with all the details) for sign up for this special potluck. Price is \$2 per person at the door. Join in to celebrate Father's Day and honor dads, granddads, stepdads, pet dads, and dads of all kinds. Please sign up at either the Clubhouse or HFC Activities Desks, or email leaders Diane Klikas (dianeklikas@gmail.com) or Louise Crespin (louise.crespin@yahoo.com).



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CLUBS

LA Belles

By Rose Crognale

The LA Belles June luncheon will be held at the Eagle's Nest at noon on June 26. The group will be celebrating the Fourth of July so be sure to wear your red, white, and blue! The event will be hosted by Kathy Jusaites, Noreen Guy and Judy Mehal. Sign up early at the Clubhouse Activities Desk with your deposit check of \$10 to secure your reservation. 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. To cancel your reservation, you must contact a hostess no later than 48 hours prior to the event to ensure that your deposit is returned. Any cancellations after that time period will forfeit their deposit unless someone from the wait list fills the vacancy. Dues will be collected for if you have not yet paid.

Blankets of Love at Lake Ashton (BOLLA)

By Pat Neaves

During the month of May, many BOLLA members traveled north to spend the summer with family and friends. Blankets of Love will continue to meet in the Clubhouse Craft Room every Monday from 1 to 3 pm. Stop by any Monday to check the group out. You might find a Monday afternoon home!

Creative Stitchers

By Pat Howe

It's that time of the year when many stitchers begin their trek north for the summer. The Tuesday get-together is smaller but still as creative and lively as ever. Even though many leave Lake Ashton for the summer, Stitchers continue creating treasures for family, friends, and neighbors and of course to show off at the Lake Ashton Quilting and Needle Art Show on February 19, 2020. If you stitch, embroider, quilt, knit, or sew come see the fun you may be missing on Tuesdays from 1 to 4 pm in the HFC Craft Room. All are welcome.

Lake Ashton Gearheads

By Ralph Marino

Thank you to the following Gearheads for showing their cars during the Happy Days Are Here performance: Larry Radcliff for his Buick, Ron Horn and Gary Shern for their classic pick up trucks, Steve Burrell and Bob Engle for their corvettes and Charlie Jandik for his Gremlin. Since several members will be away for part of the summer the next cruise won't be until October. The club is still looking for some qualified cars to join. If you are interested contact Ralph at 863.604.4678 or rottenralph100@yahoo.com.

LAVA Auxiliary

By Chris Graves

The LAVA Auxiliary will meet on June 19 at 6:30 pm at the Clubhouse Ballroom near the stage. As part of the group's commitment to providing opportunities to support the troops, a "bank" (oversized looking patriotic bank in the shape of a soda bottle) will be placed at both the Clubhouse and HFC Activities Desks to benefit "Stockings for the Troops." If you have any spare change and/or bills (that's currency, not your payables!) to place in the banks, your generosity will help make sure that soldiers receive something at "mail call" this holiday season. Thank you.

Lake Ashton Pet Co-op

By Don Cook

The next social and dinner will be held June 5 at NiNi's at 5 pm. Order from the menu. There will be a pet trivia contest. Make your reservations at the Clubhouse Activities Desk — cost is \$2 cash per person, which is your door prize entry. Questions — call Don Cook, Chairman at 863.528.3738.

Lake Ashton Singles

By Hazel McCord

The Lake Ashton Singles Group will meet June 2 at 3 pm in the Clubhouse Card Room to plan events and socialize. All Lake Ashton singles are welcome to join this group.

LA Travelers March Rally

By Iris Realmuto



The March 2019 LA Travelers Rally was held in Miami at the Larry and Penny Thompson Memorial Park and Campground from March 22 - 25. A total of 23 coaches attended the event. The rally kicked off with a Happy Hour and potluck. The next day included a private bus tour of Miami, lunch at a Cuban restaurant, Cuban ice cream in Little Havana, and a boat tour of Millionaire's Row, and the night ended with s'mores. The next morning the group was treated to decadent crepes prepared by chefs and dinner at an Italian restaurant. The final day ended with a catered breakfast that included authentic Cuban coffee and toast. Thank you to everyone for making this a very fun rally to host. It would not have been possible without people bringing tables, Gary who supplied the firepit, and Carolyn who took the lovely pictures.

Fun in the Sun

By Carolyn Bishop

The LA Travelers spent a fun week in the Florida Keys in April. Fifteen coaches from Lake Ashton traveled to Marathon Key to enjoy some fun in the sun. Trips to Key West, the Turtle Hospital and



many local beaches and restaurants were a few of the excursions enjoyed by the campers. The weather was a bit windy to get out on the fishing boat but a delicious fish fry was cooked up by the Travelers very own chef, Gator Patrick, and his sous chefs Gary Fako and Bill Boyer. The famous "Gator



Tators" were also devoured by all. The LA Travelers plan rallies every month, with the exception of some summer months, so if you own a recreational vehicle

or travel trailer, come join the largest FMCA travel group in the Southeast and meet some great people while exploring a variety of locations.

LA RV Community

By Ann Boogher

The RV Community's Tuesday Social will continue through the summer. During the months of June, July and August, the group will go into the bar at NiNi's to pick up drinks and then assemble in the Clubhouse Ballroom as usual. If you are in town, please join the group between 3 and 4 pm. Please remember that all food and drink is to be purchased through NiNi's.

Pebble Beach Dog Park

By Rhonnie Thrower

Summer is near, the flowers and trees are blooming. Remember that pets have allergies too. The time they spend outside should be limited during high pollen days. Dogs also need plenty of water during the hot summer days when they are playing outside. There will be fewer dogs at the parks since many residents have gone for the summer. Now would be a good time to bring your dog to the park for a visit, especially if they haven't been before. A special thanks to Fay, Ed and Tom for putting a fresh coat of paint on a bench, chairs, and tables, and to Steve and Cherie for the new flower pot and flowers. On May 10, the officers received permission from the LAICDD Board to install a sitting area at the front entrance inside the park. It will be installed as soon as possible. Thank you to all the donors that helped make this possible. As always, if you would like to make a donation to the Pebble Beach Dog Park, you can drop it off at either Activities Desk. These are used to purchase dog waste bags and needed supplies. Pebble Beach Dog Park is where happy dogs play.

Lake Ashton Republican Club

By Brenda Bush-Sayre

The Lake Ashton Republican Club will meet on June 26 at the HFC at 4 pm but members and guests are invited to come at 3:30 PM for social time. Speaker is Dr. Rich Swier, LTC, U.S. Army (Ret).

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CLUBS

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Dr. Swier has an impressive career to include serving

as the State Editor for redcounty.com; former radio talk show host of the Dr. Rich Show; and former editor of Watchdog Wire - Florida. Questions? Contact Brenda Bush-Sayre, bbs1954@icloud.com, 813.313.9911.

Retired Old Men Eating Out (ROMEIO)

By Tony Chloros

The heat and humidity Central Florida is famous for is here, and most all but full-time residents have "flown the coop" to cooler parts of North America. Those who remain in many cases find that their neighborhood is populated by only a few and they wonder what they will do with their time during the summer months. The ROMEIO Group has a suggestion for the men; join them for breakfast at the Eagle's Nest Tuesday mornings at 8. If your pals are away, you'll find new friends and camaraderie amongst those enjoying an excellent buffet prepared by the consummate host, Vickie Moore. Dinners for members and wives, about every four weeks is an additional benefit with the distaff side also meeting new friends. There are no fees or dues, only a commitment to attend a minimum of one breakfast a month while in residence. For more information, contact summer facilitator John Velebir at 863.662.4811 or jvelebir@earthlink.net. Welcome aboard, and enjoy the experience.

Winged Foot Lane Pet Play Park

By Sharon Carl, President

Thank you to those who voted in the recent dog park election. Your support and vote for myself and Karen Wackerle is just the beginning of many changes at Winged Foot. First order of business will be to select a Vice President. If you are interested, email sharonc3006@gmail.com by June 10. Please indicate why you are interested in being VP and include qualifications. The park mission will be to ensure open communications, identify park user suggestions for improvement, and establish teams of volunteers

to support changes and dog park activities. A meeting will be planned for mid-June to announce VP selection, establish various communication methods, and discuss financial issues. Date, time and location will be posted in advance at both dog parks so be sure you attend. Looking forward to leading efforts to make Winged Foot Dog Park a place for all dogs and owners to enjoy.

Widows and Widowers Connection

By Mary Ellen Strange

Widows or widowers living in Lake Ashton are invited to venture out and meet new friends who have also experienced the life changing event of losing a spouse. Gather for drinks at 5:30 pm and dinner at 6 at the Eagle's Nest. Email 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 notifications does not obligate you to attend but your RSVP is important for planning and ordering.

Magic Years Club

By Rose Crognale

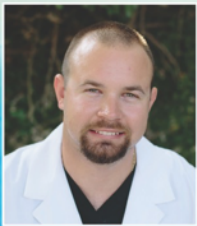
The Magic Years Club will meet June 3 at 7 pm in the HFC Craft Room. The June outing will be a lunch at the House of Blues (Disney Springs) on June 11 at 11 am, followed by a viewing of the *Aladdin* movie at the Disney Springs AMC. The first 16 people to sign up will be eligible for \$8 tickets to the movie. Please contact the hostesses Linda Ross 863.326.6242 or Rosalie Freudenberger 863.318.9117. You will need a \$10 deposit at sign up, which will be returned to you at the luncheon. 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. The club is looking forward to exciting and delicious new venues for 2019 and cannot do this without your help! Please consider signing up for a month. Contact Rose Crognale or Joan Enslin with questions or if you need any assistance in setting something up.

On-Site Mobile Dermatology Services

Mobile Office Visit

Friday, June 21st

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



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Primary Care
Nurse Practitioner,
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Most insurance accepted

MIND & BODY

Bob Ross Oil Painting

Instructor: Kay Lenherr



Morning Glories

June 8, 1 to 4 pm in the Clubhouse
Craft Room

\$35/person, sign up at the Clubhouse

Activities Desk — pay at class

LA Ceramic Chicks

Certified Duncan Instructor: Mary Bosman

Wednesdays at 9 am in the HFC Craft Room

\$25/year, plus paint supplies

Circuit Training

Instructor: Laurie Heverly, Certified Personal Trainer

First and third Mondays of each month at 2 pm

Call 863.595.1562 to reserve your space. Free!

Fitness Equipment Orientation

Instructor: Laurie Heverly, Certified Personal Trainer

Second Monday in the HFC Fitness Center at 2 pm

Yoga Share

Instructor: Sally Winfrey (316.516.2815)

Wednesdays at 8:45 am in the Clubhouse Ballroom

All levels of experience welcome. Yoga helps stretch and strengthen your body while calming the mind. Free!

Swim Improvement Classes

During the recent swim improvement program, participants heard about the Polk County Senior Games and expressed interest in starting a team. The Senior Games is for mature adults to compete in many different sport and recreation activities. It is held the last week of February or first week of March each year and serves as a qualifier for the Florida State Senior Games. Winners at the State level may qualify for the National Senior Games. The swimming is divided by 5-year age groups that go from 50 to 95 & up, and there are 14 events ranging from 50 to 500 yards in all 4 standard competitive strokes. If there is enough interest to start a team, there will be scheduled practices, probably twice a week, and encouragement to do strength training twice a

week. If you are interested or want more information, e-mail Coach Sandy White at sandyw1994@aol.com.

Astronomy Night — Space Weather — Earth Weather

When you hear weather reports, you know what to expect locally over the next few days. When you hear climate reports, you hear how man is contributing to climate change, but rarely hear how much nature itself contributes to climate change. One thing you might not hear about is how space weather affects both. So, what is space weather, and how does it affect weather, climate, and more? The president of the Imperial Polk Astronomical Society, Cleve, will be leading the discussion on July 19 at 7:30 p.m. Telescope viewing will follow the presentation, weather permitting. **The pool will close at 8:30 pm to accommodate the viewing.**

Alzheimer's Association Special Program — Healthy Living for Your Brain and Body

It's been known for centuries that the health of the brain and the body are connected. But now, science is able to provide insights into how lifestyle choices may help you keep your brain and body healthy as you age. Join an informative presentation on June 26 at 1 pm in the Clubhouse Ballroom to learn about research in diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. Sign up at the Clubhouse Activities Desk.

REMINDER FOR FITNESS CENTER USERS

Please use the antibacterial wipes for all equipment used in the Fitness Center. Other users may have a compromised immune system so using the wipes helps keep germs and viruses at bay. The wipes also clean the equipment making the environment more pleasant for all users. Please see staff with any questions about the Fitness Center or other amenities.

Check out the calendar inserts that include weekly and recurring free activities at both the Clubhouse and the HFC, or look under the Activities tab on ashtonliving.net for more!

feature so the wives and partners get to meet one another as well. For more information or if you would like to sign on, please contact Tony Chloros (863.318.1929, tchloros@hotmail.com) or, after May 20, John Velebir (863.662.4811, jvelebir@earthlink.net). You will be most welcome.

Sassy Lassies

By Jo Ann Malcolm

April showers were kept at bay on the 10th when 22 Sassy Lassies enjoyed their luncheon at Il Forno Restaurant in Lakeland. The restaurant features classic Italian fare. The event was hosted by Sue Marino, Jean Turner and Alice Weissman. Conversations were very lively and always fun. The food and service was enjoyed by all and our hostesses served homemade cupcakes for dessert decorated with jelly beans. The April birthday celebrated was for Nancy Robinson. Queen Mum Arlene Jacus asked all to keep Debby Landgrebe in their thoughts and prayers as she is recovering from double knee surgery.

Widow/Widower Connection

By Mary Ellen Strange

If you are a widow or widower living in Lake Ashton, this is a great time to meet new friends who have also experienced the life changing event of losing a spouse. The group will be gathering for drinks and dinner at the Clubhouse on May 21. Cocktails will be served in the Card Room at 5 pm followed by dinner at NiNi's at 6. Please 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!

Portraits at the Pet Co-op Picnic

Phil Hines took portraits of owners and their pets at the Pet Picnic in March. For information about Pet Co-op, contact Don Cook at 863.528.3738.

MIND & BODY

participants heard about the Polk County Senior

Bob Ross Oil Painting

Instructor: Kay Lenherr



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CELEBRATION!

**JULY
3RD**

**AT THE CLUBHOUSE
AND THE HFC**

**JULY
4TH**

10:30 am: Corn hole & horseshoes tournament at the Clubhouse Pavilion
Watermelon, fruit pops, lemonade, and bottled water served to participants and spectators

4:30 pm: Movie Trivia, followed by a showing of *A League of Their Own* at the HFC - *prizes awarded and refreshments provided*

8 am: Walk/run at the HFC - *prizes awarded and refreshments provided*

9 am: Golf Cart Parade begins at the Clubhouse - *prizes awarded and refreshments provided*

10:30 am: *Miracle* movie at the HFC
Free popcorn for moviegoers - BYOB

12:30: Hot dogs at the HFC

1:45: Movie showings of *Yankee Doodle Dandy* and *Independence Day* at the HFC

6 pm: *Red, White & Brass* show at the Clubhouse. *Tickets: \$10, on sale June 5*

**CELEBRATE THE FOURTH IN STYLE AT
LAKE ASHTON!**

REGISTRATION REQUIRED AT EITHER ACTIVITIES DESK FOR MOST EVENTS
RED, WHITE & BRASS TICKETS AVAILABLE AT CLUBHOUSE ACTIVITIES DESK