

## ACTIVITIES & COMMITTEES

### **BASH - Sponsored by HomeTown America – Seasonal - Name badges MUST be worn.**

Gatherings are held in the Bash area (behind the pool) for all residents or guests with a visitor's badge. Music, beer, various wines, water and soda are provided. Management will heat up the large grill behind the pool area for you to grill your own food. Info will be found in the monthly newsletter, on [TWRtimes.com](http://TWRtimes.com) and at Monday Coffee.

### **BEAN BAG BASEBALL – DIVERSIONS (TMAC) - Semi-Seasonal**

Bob Larocque, Wed night, 863-202-0788 - John Zeiger, Thurs night, 267 - 968-7354

Wednesday and Thursday evenings. This is bean bag with a twist and is an outstanding way to meet new friends. There is organized league play and there is open play. Either way you are welcome and encouraged to come meet your neighbors. **Watch for announcements.**

### **BILLARDS - Year Round**

Located in the Activity building. Get door code from Activity Director Billie in the Clubhouse.

Guests are to be accompanied by residents and **no unattended children are allowed to use equipment.**

### **BINGO COMMITTEE (TMAC) - \$ - Seasonal - Must wear name badge.**

Richard Balduff - 863-471-6438.

Played every Monday in the Clubhouse from September through May. Buy your Bingo cards before 6:15 pm, starts at 6:30 pm and runs until about 9 pm. Bring snacks and beverages and join the fun. Overnight guests must have a visitor's pass to win money.

### **BLIND DRAW (TMAC)**

Bob Larocque - 863-202-0788 - \$ - Twice yearly...Spring & Winter.

Days to be announced. 6:00 pm in the Clubhouse. Easy! Sit at tables of six for this random draw card game. Prizes & ice cream.

### **BOWLING - \$**

Patti Weidner - 419-304-0291, Sue Bryant - 863-414-7075.

Friday Morning. Sign up before Friday each week in the Bowling Book located on the credenza in the Clubhouse. Meet at Bowl of Fun Lanes in Wauchula every Friday at 8:45 am; bowl at 9 am.

### **BROADWAY LIGHTS - Year Round**

Donna Scorse - 863-273-6989

Theater production company. - Offers murder mysteries, musicals, jazz nights, etc. To join call or email Donna.

[donna@updeveloper.com](mailto:donna@updeveloper.com) Always looking for more participants.

**CARDS** - Various cards and table games...*See Table Games.*

### **CARDS - Bridge** Year Round

Pat Reich 863-471-1072

Tuesday, 1 pm, Card & Conference Room. You must call before Monday of each week to be given a table assignment. Everyone is welcome. New residents or established residents.

### **CARDS - Dealers Choice Poker - \$ - Year Round**

Dave Beauman - 603-957-1694

Play Thursday from 1 pm–4 pm in Activities Building. \$5.00 buy in. Everyone is welcome.

### **CARDS - Omaha Hold'em - \$ - Year Round**

Howie Palmer - 401-787-7339. Tuesday at 6 pm in Community Room. Friday at 6 pm in Card & Conference Room. Everyone is welcome, male or female.

### **CARDS - Texas Hold'em - \$ - Year Round**

Gary Sewell - 616-485-1467.

Play Sunday & Wednesday, 6 pm in Card Conference Room. \$5.00 buy in; high hand buy in \$1.00.

### **CHRISTMAS CARD DISTRIBUTION**

Every December wooden boxes are placed in the clubhouse where you can "mail" your Christmas cards to your friends here in Tanglewood. These boxes are divided alphabetically. Please place the name (s) of who the cards are to go to in the upper right-hand corner of the envelope so that it can be seen easily. Last name first. Check with Billie for the location of the boxes.

### **CHRISTMAS DAY MEAL IN CLUBHOUSE - Sponsored by HOMETOWN AMERICA**

Dec 25 at 2:00 pm. Residents sign up ahead of time on the sign-up sheet on the credenza in the Clubhouse if they want to participate. Twelve seats per table are allotted with one person volunteering to act as hostess for that table. Hostess cooks the ham provided by Hometown America; everyone else signs up to bring a dish to share. Residents are told what time they can come to the hall to decorate their table if desired. New residents are encouraged to come; just sign up at one of the tables and come meet your neighbors and have fun. Your table hostess will contact you. Watch for info given during December's Monday Morning Coffee and in the December Newsletter.

### **COMPUTER CLUB (TMAC) - \$ - Year Round**

Jeff Laurion - 703-477-5809, Heather Paine - 508-274-4113. \$15.00 to join, \$5.00 a year thereafter.

Monthly meeting held 4<sup>th</sup> Friday every month in the Community Room at 2:00 pm.

Computer lab is available for members. Club router available for secure Internet access.

Information about computer classes held periodically can be found in the "Computer Club Book" located in a pigeon hole in the Credenza in the Clubhouse.

### **COMPUTER CLUB – MAINTENANCE**

John McKinney - 863-385-2260, Nancy Foley - 863-446-2456.

### **COUNTRY BREAKFAST COMMITTEE (TMAC) - \$ - Year-Round - BRING YOUR OWN CUP.**

Steve Sykes - 440-487-6603, Polly Grant - 919-333-4740.

Breakfast is held once a month in the Clubhouse, 3<sup>rd</sup> Saturday of each month. Presold tickets are required. Tickets may be purchased at the breakfast for the next month or may be purchased at Monday Coffee. **Breakfast is served at 8:30 am.** Plates and eating utensils are provided.

### **CRAFT & HOBBY FAIR (PART OF DIVERSIONS) (TMAC) - \$**

Shirley Kabet - 863-385-6972.

One major craft fair is generally held on the 2nd Saturday in November. The fair is advertised to the general public and the front gate is open during the sale. Reserve a table at Monday Morning Coffee starting the first Monday in March.

### **DANCE COMMITTEE (TMAC) - \$ - Year Round**

Drew Gilbert - 734-318-0147, Deb Gitro - 863-991-3993.

Meets 1<sup>st</sup> Thursday of month, Community Room at 3:30 pm.

Dances are held monthly. Bring your own snacks and drinks (alcoholic OK). Ice will be provided.

To purchase your ticket at the "resident rate", name badges must be worn. New Year's Eve dance each year.

#### **DECORATING COMMITTEE - INDOOR (TMAC) - Year Round**

Gail Woolley - 401-533-2190, - Sheryl Lamotte - 906-322-6553.

Meets the 1<sup>st</sup> Wednesday of the month at 11 am in the Card/Conference Room.

Indoor decorating committee decorates the Foyer in the Clubhouse and helps other committees that need assistance decorating for their activities.

#### **DECORATING COMMITTEE - OUTDOOR - Seasonal**

Jan Carbaugh - 616 -901-4268.

Meetings called as needed. This committee maintains the flags found on the poles at the entrances to Tanglewood and around the circle. They are responsible for the outdoor Christmas lights and displays. Their fund-raising efforts fall under the Tanglewood Friends committee.

#### **DENIM & MORE – Seasonal, Oct - April**

Barb Butcher - **585-629-3312**. Thursdays 9:00-11:00 am in the Craft Room. Sew items for different charities.

#### **DIVERSIONS COMMITTEE (TMAC) - Year Round**

Bill Rulli - 863-414-5807, Shirley Kabet - 863-385-6972.

Meet 1<sup>st</sup> Thursday, Community room at 1:00 pm.

This committee has different activities throughout the year such as the garage sale, craft sale, talent show, golf cart poker plus other games and activities. All events are posted in the monthly newsletter.

#### **DOG OBEDIENCE & ACTIVITY TRAINING - \$ - Seasonal - Nov-May**

Carol Breton - 860-463-3894.

Dog Training classes: basic obedience (AKC Canine Good Citizen level) advanced obedience and agility are available. Call Carol for schedule.

#### **EXERCISE CLASS - Year Round**

Pilates/Yoga, Tues–Fri from 7am –8am. Done to tapes. Clubhouse.

Walking Exercise, Tues –Sat from 8am–9am Done to tapes. Clubhouse.

#### **FIRE RING - Sponsored by Hometown America - Seasonal - You MUST wear your badge.**

Held in the Outback Area near the comfort station. Management provides a bonfire and fires up the various grills in the area. One large hot dog and bun is provided to all residents and overnight guests to cook (bring your own cooking forks or something to turn hot dogs on grill) and your own condiments. Beer, various wines, soda and water will also be provided. Music is also provided. Bring your own side dishes, dinnerware and tablecloths if desired.

#### **FITNESS CENTER**

Is the smaller building on the circle located in the back of the big Clubhouse? Has state of the art exercise equipment and free weights for your use. A door code is needed to access the area. Get code from Billie, Activities Director.

All guests are to be accompanied and **children should not be in the area** at all.

#### **GARAGE SALES – DIVERSIONS (TMAC) - \$**

Two garage sales are typically run each year, one in Feb/March and one in mid-Nov. Tables may be obtained at Monday Coffee. Details will be provided at Monday Coffee, in the newsletter and in [TWRtimes.com](http://TWRtimes.com). A nominal fee is charged for a table. **No garage sales are permitted from anyone's home in Tanglewood.**

#### **GENEALOGY CLUB (TMAC) - \$ - Seasonal - Nov – April**

Marianne Jones - 630-870-2250, - Lynda Palmer - 863-385-1804.

Meets 1<sup>st</sup> Wed, 10 am in the Community room. Presentations and webinars each month by Genealogists from all over the United States. Maintains a small library of “How to” Genealogy books for members. Members share info and inspire each other in the quest for family history.

**GLASS SHOP (TMAC) - \$ - Seasonal - Aug – May - A key card needed to enter the shop.**

Peggy Colton - 847-546-2014, Pam Frohwitter 863-451-5915.

Meets 4<sup>th</sup> Tuesday of the month, 10 am, Wood and Glass Shop.

You must be a member to use the glass shop which is **open all year round** 24 hours a day.

Sign up on any Monday at Coffee or at meetings or contact Deeter or Nancy.

**GOLF - See Tanglewood Golf Association (TGA)**

**HEALTH FAIR**

Kathy Flyte - 815-302-8774.

January. Health related vendors attend and have pertinent information on topics such as health care, safety issues, living wills, etc. Almost any kind of health care issue will have a representative.

**HELPING HANDS VOLUNTEER GROUP**

Paula Novak - 219-365-3364, Selena Freeland - 614-653-4511.

Volunteer group serving Hands for Homeless in Avon Park a meal on the 2nd Saturday each month. They also partner with “A Heart Like His Foundation” to obtain food and cash donations for the Friday Kids Pack Program which provides 117 high risk children with food for the weekend.

**HORSE SHOES - Seasonal - October - April**

No specific person in charge. 9:00 am, Mon – Sat.

Played in Outback RV section near the comfort station. Just come anytime and play. No sign ups.

**HOME OWNERS ASSOCIATION (HOA) - \$25 annual fee - Seasonal**

Don Toth, President - 863-385-8630.

Meets 3<sup>rd</sup> Wednesday of month, 7:00 pm in Bingo area of Clubhouse. Your voice for communication with HomeTown America.

**ICE CREAM SOCIAL - Sponsored by Hometown America - Seasonal - You MUST have your name badge**

Come to the Clubhouse, get your bowl of ice cream and then build your own sundae. Ice cream and music is provided by Hometown America. Overnight guests need a visitor badge. Watch for announcements.

**LIBRARY (TMAC) - Open Year Round**

Charlotte Darling - 863-382-2128, Sandy Radawiec - 231- 884-1321.

Meetings 2<sup>nd</sup> Tues in Mirror Room at 2:00 pm from Sept–May.

Open for all Tanglewood residents at no charge. Books of all genres, large print books, DVDs, and audio CD’s. The library accepts donations of magazines limited to the two most current months only. Items are taken on the honor system, read and returned so they can be read by other residents. Please **make sure that the DVD is inside the case when returned**. If you have a large number of items to be donated, please contact Charlotte so she can be at the library when the items are delivered.

**LINE DANCE LESSONS - \$ - Year Round**

Dianne Franklin - 863-202-6179

Held each Monday in the Clubhouse. Absolutely new beginners, 11 am. Beginners, 12 noon. Intermediate 1:00pm. Advanced 2:00pm. Periodic line dances are held in the Clubhouse on various occasions.

**MEDITATION** - \$ - Year Round

Gail Mattulina - 617-763-6117

Meet on Thursday at 4:00 pm in Mirror Room

**MODEL YACHT CLUB (TMAC)** - \$ - Year Round

Dick Hale 863-660-7396

Meets 1<sup>st</sup> Thursday of month, at 3 pm in the Community Room. Nov-April.

Sail radio-controlled sail boats on the Regatta Pond (across the street from Activities Bldg.)

Winter: Tues & Thurs at 10am and 2 pm

Summer: Tues & Thurs at 10 am

**MONDAY COFFEE COMMITTEE (TMAC)** – Year Round - **Wear your badge and bring a coffee cup.**

Polly Grant - 919-333-4740, Irene Sykes - 440-487-6604.

Monday Coffee committee serves coffee/tea and donuts in the Clubhouse from about 8 am until 8:30 am.

If there is not a sponsor for the morning, donuts and coffee are \$0.50 each.

Monday Coffee is a time to hear outside speakers representing various businesses in the Community, to learn of upcoming activities and pertinent announcements. New residents are introduced. An excellent source for information.

**MOTORCYCLE CLUB** - Year Round

Randy Bottieri - 863-414-3004

For riders of motorcycle/trike/motor scooter 250cc or larger.

Meet at the north parking lot by Petanque Courts on Monday and Thursday at 10 am. Ride to lunch destination (\$)

Summer time may be earlier. Check with Randy.

**NEEDLEWORK CLUB - “Needlers & Hookers”** - Year round - Sept-June

Jan Noline - 863-658-1789

Meets on Tuesday at 9 am in the Craft room. Make lap-size Afghan’s for wheel-chair bound in nursing homes as well as red, white and blue for veterans. Join us if you want to visit or learn to knit or crochet.

**NEIGHBORHOOD WATCH** - Year Round

Ambrose Brooker - 863-273-6891

The Tanglewood Neighborhood Watch Program operated under the supervision of the Highlands County Sheriff’s Office (HCSO). They are NOT a security force but patrol the Community and record and report anything that does not look right (to the Sheriff’s office). Info about this program may be found in the binder located in the credenza in the Clubhouse.

**NEWSLETTERS** - Year Round

Newsletters are published every month all year. From Oct-March a large group of volunteers deliver them to your home. From April-Sept you can pick up your newsletter on the credenza in the Clubhouse or at the office. The

**Newsletter is your go-to source for upcoming activities.** Newsletters are available around the first of each month.

**PARTY DANCE CREW** - Year Round

Debra Gitro - 863-991-3993

Dances and event happenings where all proceeds go to Feed the Children of Highlands County Organizations.

**PETANQUE (TMAC)** - Year Round

Gary Braun - 651-503-4113, Ron Richman - 317-829-4560.

Winter: play at 1:30 pm; Summer play: 9:30 am & 1:30 pm.

Game is simple, relaxing and lots of fun. Easy to learn and help is available from other players. Balls are available at the courts for new players to use. Tournaments (\$) are played year round on the 1<sup>st</sup> Saturday of each month.

Participation in these tournaments is optional.

### **PICKLEBALL (TMAC) - \$ - Year Round**

Jay Bowers - 603-219-4959

Meets 2<sup>nd</sup> Thurs, 10 am, screen room in Activity building.

Men's/Women's/Mixed league play. Travel team too. Opportunities for tournament play for players of all abilities. Skills tournament the Tanglewood Winter Classic in Feb and Heartland Senior Games in March. Daily schedule posted on the board at the courts. Dues entitle a player the use of balls and parties throughout the winter season.

**Winter:** Paddles are available to lend to beginners. Lessons on Mon & Thurs. 3 pm – 5 pm

Paddle rotation and challenge court play takes place each day from 8 am – 11 am.

**Summer:** Only play is at 8:00 am

### **POTLUCK (TMAC) - Year Round - Bring your own complete table service and beverage.**

Gayle Homoly - 440-488-6974, Jerry Israel - 419-410-4669.

A potluck dinner is held the 2<sup>nd</sup> Tuesday of each month in the Clubhouse at 5:30 pm.

Sign up in the Potluck Book at the Credenza in the Clubhouse (by Friday before the dinner by 12 noon) to bring your choice of meat, potatoes, vegetables, salad or dessert to **serve 12 people**.

### **RED HOT BABES - Year Round**

Traci Mammarelli - 484-542-0286 - \$ - Year Round,

Meet 1<sup>st</sup> Mon, Craft Room, 1 am. Activities each month. Great group of women and lots of fun.

### **RESIDENT APPRECIATION DAYS - Sponsored by Hometown America.**

Held in the month of March. Activities may vary and may include the following: tournaments, entertainment, special shows, evening dance, and a catered meal with beverages and entertainment. This is a fun and widely popular time in Tanglewood. Don't miss it.

### **SEVENS - DIVERSIONS (TMAC) - \$**

Mitzi Case - 863-402-1974

2<sup>nd</sup> Monday of the month at 1:00 pm in the Community room. A card and dice game that is exceptionally easy to learn.

A great opportunity to meet your neighbors. We'll set you up to play in groups of 7.

### **SHUFFLEBOARD (TMAC) (Daytime) - Year Round**

Pat Parks - 863-382-0603

Play Mon. – Fri. **Winter:** 10 am, play 3 games; **Summer:** 9:30 am, play 2 games.

Tanglewood group has optional tournaments with other parks throughout the winter season.

Everyone is welcome to play; equipment is supplied.

### **SINGLES GROUP - Year Round**

Gerry Dewing - 863-385-4605

Men and women singles gather for lunches/dinners out, board games, cards, and fun group activities.

### **SPECIAL EVENTS (TMAC) - \$ - Seasonal**

Donna Scorse - 863-273-6983, - John Lemek - 863-471-1562.

Responsible for the musical and comedy entertainment acts throughout the winter season. Season tickets for residents are available at a discount. Single show tickets are sold at Monday coffee or at the Activities Directors office year round.

A snack bar usually serves hamburgers, cheeseburgers, hot dogs, popcorn, soda, water and various other snacks. Dates and shows are announced at Monday Coffee, on [TWRtimes.com](http://TWRtimes.com) and in the monthly newsletter.

### **SPECIAL MEALS (TMAC) - \$ - Semi-Seasonal**

Nola Bernstein - 270-724-0013, Arlene Cowmeadow - 724-927-2396

Sit down meals are served Jan–April and Oct–Nov. Usually the 3<sup>rd</sup> Tues. of the month. Meals include an appetizer or snack, soup or salad, meat, potato, vegetable, beverage and dessert. Adult beverages may be brought in if desired. We also have a 50<sup>th</sup> Anniversary Celebration Dinner in February where all people who are celebrating their 50<sup>th</sup> anniversary are honored. Tickets may be purchased at Monday Morning Coffee or at the Activities Director's office.

### **STATES PARTIES**

Most states have a party once a year. Watch for announcements. There is a sign-up book on the Credenza.

### **STREET DANCES - Sponsored by Hometown America. Name tags are a MUST.**

Generally, two are held a year. It's a traveling music wagon with singing, beer, various wines, sodas and water and LOTS OF FUN!! A particular route is followed with stops at various locations within Tanglewood.

### **TABLE GAMES (TMAC) - Year Round**

Paula Dascola - 863-452-7884

See the Tanglewood Daily & Weekly Activities schedule available at the business office or at the Activity Director's Office for various games, times and locations.

### **TABLE TENNIS - Year Round**

Jerry Israel - 919-410-4669

Play in the Activity Building after Monday coffee from about 9:30 am-11:30 am.

### **TAI CHI - \$ - Seasonal - Oct - May**

Bill Garrison 863-386-0852

Classes held in Clubhouse Tues & Fri. Beginners from 9 am – 10 am. Advanced from 10 am – 11 am.

### **TANGLEWOOD ART LEAGUE - \$ - Year Round**

Kathie Mousseau - 603-498-7775

Meets on the 3<sup>rd</sup> Monday of the month at 2 pm in the Community Room.

Following the meeting a program or workshop is held. Our artwork is displayed throughout the Clubhouse. Contact Kathie for information on other activities and art events.

### **TANGLEWOOD COMMUNITY CHURCH**

Dr. William D. Burnham, Pastor - 770-354-2634 – email: [burnhamw@att.net](mailto:burnhamw@att.net)

Non-denominational Bible centered service on Sundays at 9:30 am in the Clubhouse. The Church is very active within the Community with different activities and programs:

**Ladies Bible Study** - Cheryl Burnham - 770-365-5457

**Men's Bible Study** First Friday each month at 8 am. Dr Wm Burnham, Pastor - 770-354-2634

**Choir Practice** David McCarley. Every Thursday at 11:00 am in Clubhouse

### **TANGLEWOOD GOLF ASSOCIATION (TGA) - \$ - Year Round**

Darryl Holmes - 517-230-1213

Meet 1<sup>st</sup> Wed of each month from Oct–April in the bingo area of the Clubhouse at 3:00pm.

Club provides opportunities to play organized golf at a designated course every day at reduced negotiated rates; also provides designated play for women and a couple's league. TGA members are also members of the United States Golf Association (USGA) There are monthly tournaments as well as a Masters Tournament each year. For more info, visit TGA's website: [tgagolf.net](http://tgagolf.net)

### **TANGLEWOOD GOLF – COUPLES OR LADIES**

Linda Yeric - 863-368-1903

### **TANGLEWOOD GOLF - Men & Women**

Jim Kelleher - 716-435-4824

### **TANGLEWOOD FRIENDS - \$ Seasonal**

Jan Carbaugh - 616-901-4267

A subcommittee of the Outdoor Decorating Committee. Tanglewood Friends offers four dinner/dance type events to raise money for their outdoor Christmas lights that decorate the Community.

### **TANGLEWOOD JAMMERS - Seasonal - Approximately Nov-May**

Marianne Jones - 630-870-2250

Meet on Tues from 1:00pm-3:00pm in the Activity Center.

Open jamming group. All are welcome. Group currently consists of guitars, banjo, dobro, keyboard, uke, mandolin, etc. and singers. We play folk, country, bluegrass, gospel and pop music.

### **TANGLEWOOD MINSTRELS - Seasonal**

Marianne Jones - 630-870-2250

Closed group, maximum of ten players. Occasionally put-on performances for Tanglewood.

### **TANGLETHREAD QUILTERS - Nov - May**

Sherry Sollers - 217-304-0573

Meet on Wed at 9 am in the Craft Room. Share ideas, knowledge, tips, patterns and the love of quilting. Members of all levels are encouraged to bring their sewing machines and projects to share with others.

### **TECH SUPPORT (TMAC) - Year Round**

John Lemek - 863-471-1562; Gary Friar - 407-361-7457

Meet the 4<sup>th</sup> Monday after Coffee in the Craft Room.

Responsible for operating and maintaining the audio, video and lighting equipment in the Clubhouse for all live shows. This committee supports management and all committees that require the use of the equipment.

### **TENNIS (TMAC) - \$ - Year Round**

Gerry Humphries Bentley - 863-214-1953; Herb Doggette - 863-385-7117

Meets 2<sup>nd</sup> Friday of the month, 9am at the tennis courts.

Play is scheduled M/W/F at 9:00am. All levels welcome. Rackets are available; balls are provided. A ball machine is available to committee members' practice. Lessons for beginners and intermediate play offered at your request. Sign up in the tennis book and you will be contacted.

### **THANKSGIVING DINNER IN THE CLUBHOUSE - Sponsored by Hometown America.**

Residents sign up ahead of time on the sign-up sheets on the credenza. Twelve seats per table are allowed; one person volunteers to act as hostess and cooks the turkey provided by Hometown America; everyone else at that table signs up to bring a dish to share. Hostess will contact you with pertinent information when time arrives. See instructions for Christmas in the Clubhouse.

### **TRIPS & TRAVEL (TMAC) - \$ - Year Round**

Penny Irilli - 863-835-1435; Judith Miller - 412-480-3994

Meets 2<sup>nd</sup> & 4<sup>th</sup> Wednesday at 1:00pm in the Card & Conference Room all year. Sponsor overseas trips, local trips and events as well as cruises. If you are interested in traveling, check out the information at the Trips and Travel desk in the Clubhouse (next to the Community Room door) or on [TWRtimes.com](http://TWRtimes.com). To get the BEST source of information and to reserve your spots, attend Monday Morning Coffee.

### **TWRtimes.com (TMAC) - Year Round**

Shirley Kabet, Editor - 863-385-6972; Bob Larocque - 863-202-0788

Stands for TangleWoodResidentsTimes.com. Meeting held on the 3<sup>rd</sup> Wed of the month at 1:30 pm in the Community Room. TWR times is the Community's on-line newsletter, a valuable source of information for what is going on in Tanglewood for past, present and future events.

### **TW TRANSPORTERS - Year Round**

Judy Donaldson - 941-544-0572

The TW Transporters are a group of volunteers who will assist you if you are unable to drive to local medical appointments. Call Judy Donaldson to arrange a ride. She will find a volunteer who is available for you.

### **TONING & STRENGTHING CLASS - \$ - Year Round**

Gail Mattulina - 617-763 – 6117

Meets on Wed at 3:00 pm in the Activity Building

This class is for anyone who wants to tone and strengthen their muscles. There are 3 options for this class: Seated in a chair; using a chair for assistance; or using no chair at all. Resistance bands will be provided. Please bring water with you.

### **VETERANS CLUB - Year Round**

Ambrose Brooker - 863-273-5891

Meets the 1<sup>st</sup> Monday of the month after Monday Morning Coffee on the Clubhouse Veranda.

### **WATER AEROBICS - Several Groups**

**Cardio-Arthritis**, Merry Mary Fulton - 541-659-2258, Year Round, Mon- Sat at 9:00 am

Program developed by YMCA for cardio arthritic patients. Low impact. All are welcome.

**Cardio:** Pat Lynn - 863-214-8203; **Winter hours** 10 am-11 am; **Summer hours** 8 am-9 am

Air temp. must be 65 degrees or above. Check with Pat to see when schedule times change.

**Water Aerobics:** Gerry Bentley - 863-214-1953; Winter from 11:00 am-12 noon when weather permits.

### **WATER VOLLEYBALL (TMAC) - Year Round**

Nancy Kelleher - 716-440-0147; Sharon Taboada Snyder - 517-614-1954.

Play is on Sunday, Tuesday, Thursday and Friday, weather permitting, from 1:30 until 3:00. No holiday playing.

### **WELCOME COMMITTEE (TMAC) - Year Round**

Mary Lee Cipriano - 267-304-3649 ; Pam Frohwitter - 863-451-5915

Meeting held the first Thursday of the month @ 9am in the Card & Conference Room. The Welcome Team greets new residents and provides them with pertinent information regarding activities and committees within the Community. At the Welcome Table at Monday Morning Coffee, we introduce new residents to the Community at large. New resident's pictures and bios are published on twrtimes.com.

### **WOOD SHOP (TMAC) - \$ - Year Round - A key card is needed to enter the shop.**

Steve Batey - 765-860-4217; Larry Schleis - 920-629-0767.

An extensive wood shop which includes lathes, saws, work tables, a paint booth and much more. Membership required.

**YOGA** - \$ - Year Round

Gail Mattulina - 617-763 – 6117

**Aqua Yoga** - Fri at 10am in pool. Done in waist-deep water for all abilities. Bring water (to drink) and 1-2 noodles.

*Wear sunscreen.*