

July 2024

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Forest Park Newsletter

Forest Park, N. Ft. Myers, FL

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www.forestparkonline.com



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LAWN MOWING HOURS



7:00 AM to 11:00 PM

June 1 - August 31st

8:00 AM to 10 PM

September 1st - May 31st

FROM THE PRESIDENT

Ken Parsels



This month's letter is from board member Barry Simes. Barry is coordinating our swimming pool refurbishment.

The project is moving along as planned at this point. The pool committee gained board approval on the major contracts and deposits have been made to officially kick off the project. We continue to remain under budget and have contingency built in should there be any unforeseen circumstances.

We held a meeting with the pool company, paver contractor and fence contractor to iron out the details of the paver design and agree on a sequence of steps to make this process go as smoothly as possible. The pavers will cover the deck plus extend to the restrooms and sauna areas outside the activities building plus extend past the other two gates for a more seamless look. The deck stabilization work is scheduled for completion on June 25, 2024 to provide a solid foundation for the pavers over the life of the pool.

Our maintenance team is planning and preparing for the work we are responsible for. This includes moving the chairs and tables off the deck, installing a safety fence around the pool while the fence is down, building a new mounting post for the chemical control system and repairing the pool equipment box. Communication will

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be forthcoming on the period of time the pool will be shut down as material lead times are confirmed during the month of June.

This is an exciting project that will result in a major improvement in the park for years to come.

Thank you for your cooperation as we go through the construction stage.

Barry Simes

RESIDENTS NEED TO REMEMBER:

• **Speeding** – The park has many walkers and bike riders, please obey the speed limits. The speeding near the Pool, Pickle Ball and Clubhouse area has truly become a danger! Members pull in and out of the area regularly on golf carts and bicycles, they will have no protections against a speeding vehicle. **Throughout the Park our Posted Speed Limit is 15 MPH.**

• **Rolling through Stop Signs** – Each intersection is clearly marked; our park is no different than a regular road. The only difference is you could be hurting your neighbor or their family members. Take it easy and obey the Stop Signs.



• **Unattended Guests in the Pools** – Guests should have a **GREEN WRISTBAND** when using the pool, they should know your address when asked. Please be vigilant.

• **Unsightly Property** – Be proud of your home. Be courteous to your neighbors. Be safe with unexpected storms.

• **Forest Park Green Car Stickers** -Even though we are out of season, we still have night patrol in place to keep you and your property under a watchful eye. Cars on property without a green Forest Park Sticker on the back of the vehicle will be noted by the team and sent to the office. Stickers are available for FREE in the office. Using the identifiers helps us know if we have strangers in the park. Visitors are required to have a sticker. If you don't want it stuck on your back window, tape it up on the inside. I see many vehicles without these stickers.



continued on page 5

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FLORIDA ANCHOR AND BARRIER COMPANY

Late Trash Set Outs – All trash needs to be set out before 7am on Tuesday. Second rounds of trash pickup for late set outs are costly and really overworks our Maintenance Team if it gets too hot. Your trash can be put out the evening before if in a trash can.

Improper Use of Dumpsters – Dumpsters are **CLEARLY** marked. It's dangerous for the Maintenance Team to climb into the dumpster to retrieve improperly dumped items. **Contractors working on your home are also required to take the debris with them off site.**



Due to the continued abuse and total disregard for the rules concerning the disposal of household trash, horticulture, construction materials, and bulk items, by a few residents, the board authorized the purchase of signs to better indicate the proper disposal of refuse items from the Park. If the gate is locked, PLEASE lock the gate when you leave, to keep unauthorized people out of the R/V Park!! If you notice a vehicle in the R/V area, with out a green tree sticker, PLEASE notify the office or if after hours call a board member or the sheriffs office. These people are trespassing, leaving unauthorized refuse, and costing everyone in the park more money!!!



Late HOA Fees – Please do your best to send your HOA fee in by the 1st of the month. It's also important to make your check payable for the **exact amount** of your HOA Fee rounding up or down adds additional work for our accounting team.

• **Quiet Time/Lawn Mowing** – Our rules for **In Season Quiet Time is 11PM to 8AM. Please be respectful of your neighbors!**

BOARD OF DIRECTOR & GENERAL MEETING DATES *from the office*

October 17, 2024 Board Meeting 9 AM

October 24, 2024 Membership Meeting 7 PM

• **General Membership Meetings** - We

are a membership community. Monthly General Membership meetings are an important part of keeping our park a great place to live. Please make an effort to attend in person to help us meet our quorums for voting on issues large and small. If you can't make it in person, please join us by Zoom so your voice can be heard and so you have a full understanding of any issues. Zoom can be done on your Smartphone, computer, or tablet, it's very



user friendly and it allows you to hear firsthand the strides made and challenges ahead to keep Forest Park a great place to live.

Volunteer – We need your help, please consider volunteering for the Board, a committee or just to lend a helping hand. It's the skills that people bring that make us a great place to be! Your expertise could be exactly what we need to turn a needed project into something great!!!

SHUFFLEBOARD *By Bill Madill*

Did you know? Shuffleboard has intriguing origins that trace back to 15th-century England. Initially known as "shovelboard," it involved sliding weighted discs using long, shovel-like sticks. Over time, shuffleboard gained popularity among European nobility and eventually spread across the Atlantic to the United States, where it evolved into the game we know today. We do need more Park participation next season in the fun sport of shuffleboard. Just try it ! See you next season (God willing), thanks again Bill Madill!



Line Dance Classes

By Ellen Heigham



We will start up again in October! I'll have some new dances to try out! Line Dancing is a fun way to get exercise, stay healthy, and even lose a couple of pounds. No experience is required!

Ellen

HELPING HANDS

By Ellen Heigham

Even though I'm not physically in Forest Park, I have names and phone numbers with me so don't hesitate to call. I apologize to some of the new people who have offered to help and I never reached out to you. I will have a meeting of interested helpers in the fall. We can create new lists and update the old. Until then, keep caring! God Bless!

Ellen. 617 448 1748

Forest Park Craft Club

By Valerie Trapp



We are having a fun-filled crafty summer. Lots of activities: printing on t- towels, glass painting, wreath making, and painting with balloons and baggies!



Lots of fun and creative crafts planned for July and the months ahead. We have a Wish List for the 24-25 craft club season so be checking out thrift stores, yard sales, closets, drawers..... you get the picture!

Shells, beads(glass, large pretty plastic, from old jewelry), glassware (candlesticks, vases, bowls, plates, platters, cups, saucers), 1 pound and larger tin cans, clay pots, buttons, doilies, knobs, glass globes, tall bottles of all shapes (the more unique- the better), and any size or kinds of tiles. Thank you for your donations of treasures. Ok, back to searching for ideas and then making samples!

Happy July!

Valerie Trapp

CONSTRUCTION UPDATE

BY: Monte Johnson

I am happy to announce that our drainage project is completed. The project required the replacement of the old cinder block inlet boxes, grates, and rusted out 12", 15", and 24" galvanized pipe. These were replaced with new, precast 37"x 24"x36" inlet boxes, grates, and same sized, double walled, HDPC plastic corrugated pipe. We started this project back in 2019 by replacing the drainpipe from Hollyberry Pond to the inlet box on Hollyberry Ct. In 2020 the recycle truck fell through Forest Palm Ct. and Sand Lake Court. Both these streets required new inlet boxes and 18" pipe. The project continued in 2021 by completing the same replacements on Twig Ct. North and Shrub Lane North with 18" pipe. In 2023, the B.O.D. decided to complete the remaining storm sewer drains on the streets that required upgrading. This was completed in two phases. The first phase included Shrub Lane S., Pine Grove Ct., Jacaramba Ct., Timberlane N., and Pine Tree Ct. Phase two consisted of Twig Ct. S., Timberlane S., and Hollyberry Ct. The total cost of these projects was \$366,000.00. There was 3,000 feet of pipe replaced and 4 lift pumps were eliminated. Forest Park Drive and the drain pipe from Timberlane South, going East to the Powell Creek Canal will require monitoring.



The bank on the West side of Hollyberry Pond has been eroding since the Park was built. This erosion became problematic after Ian. A Banyan tree was uprooted and blown over into the pond causing further erosion. Pritchard Construction was contracted to move all the disposed of rock, bricks, and concrete from the R/V Park and start to rebuild the bank in the Northwest corner. This material was only enough to start behind 801 Hollyberry. Since we needed considerably more RipRap material, I asked Leslie Pritchard if he would contact PMI Construction who was replacing the sidewalk on Hart Road. RipRap is \$60 per ton delivered and it required approximately 63 tons. We were able to save \$3,780.00 by acquiring the needed broken up sidewalk for no charge. The cost to rebuild the remainder of the West bank was \$11,900.00.

continued on page 8

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The North and West banks of Hollyberry Pond are in need of rebuilding as well. The turtles have dug holes up under the bank causing the bank to erode and making it unsafe to walk near the bank edge. The West bank was partially completed and the South bank was completed some years ago. The North portion of the West Bank is 205 feet which needs rebuilding soon at an estimate of \$25,625. The South Portion of the West bank has 60 feet that needs rebuilding in a couple years at an estimate of \$7,500. The North end is approximately 50 feet that will need rebuilding in a few years. At today's cost of \$6,250.

On Peace Lake, the East bank has eroded away making it unsafe to walk near the bank. There are 125 feet of bank that needs rebuilding next year. These projects will require budgeting for 2025 if funds are available. The estimate for this is \$16,000.

HAZARDOUS WASTE

Lee County has very strict regulations regarding hazardous material disposal. The Board voted to approve the initiative to have all residents place paint, pesticides, chemicals, fluorescent bulbs and gas bottles at curbside. Park employees will pick up these materials on regular trash pickup days and log them in. These articles will be stored and disposed of in the appropriate manner by staff members.



NORTHEASTERN STATES CLUB

By Nancy Cooper

Plans are in the works for another great season next year. Be sure to read about it in the monthly Newsletter and be on the lookout for ticket sales next November.



Library News

By Maureen Hesketh



Hello, I am the new librarian for the Park. If there are any books you would like to donate to the Park, please contact me. The Park formerly had a book club that met to discuss a book that everyone had read. If anyone would like to head up a book club in the Park, please contact the Newsletter Editor at fpsocialnews@gmail.com or Nancy Cooper at 207-632-7544.

Maureen 508 962 5979

NIGHT PATROL

By Valerie Trapp



Neighborhood Watch 🐶 .

Our watchful patrol team has been busy keeping an eye on things here in the park. It really makes a difference too.

Seems the rabbits 🐰 like hopping and dancing in the middle of the night while the frogs and toads enjoy partying in the evening around the pool. 🐸

If you would like to volunteer, pick up the form and info in the Activity Bldg and join our team. We could use some extra “eyes” during our summer months. Thank you to those that help patrol. It is greatly appreciated.

A few reminders:

- * be sure your home is hurricane/ storm ready- your outside items are put away and secure
- * be sure you have given emergency contact information to the office
- * have the little red pouch hanging on your refrigerator in case of an emergency (contact info, meds, and any other info needed — you can pick one of the pouches in the Activity Bldg. This really helps emergency personnel!
- * be sure your house numbers are visible from the street
- * Remember your Green Tree sticker on the car/ truck 🌲
- * keep an eye out for your neighbors and keep the office informed of any changes.
- * when in doubt- ask! Don't be afraid to contact Lee County Sheriff's department if you witness a crime or unusual and suspicious person or happenings. 239-477-1000

Enjoy your summer,
Valerie Trapp

MARQUEE

Happy Summer 🌻

Cathy Holle is the Marquee lady ☀️ If you need a notice placed on the marquee, please get in touch with her. It has been a wonderful, busy season and the marquee has been busy keeping up with the activities. Check out the marquee regularly to know “what’s happening” around here!

Enjoy your Summer.

Cathy Holle: 317-403-0137.



RV STORAGE PARK

BY TONY TRAPP

RV and Storage Park

Remember to keep your RV, Travel Trailer, boat, and Utility trailers licensed, tagged, and insured. I have noticed several trailers with **expired licenses and flat tires**. This is against the R/V Park rules. The Park has the authority to have these trailers towed away at your, (the owner's) expense. IF by chance you are working on your items, place an orange cone or yellow tape, so those coming and going will know to keep an eye out as they drive in the storage park. Also, not everything stored there is free or for public use. Before taking items please ask. As I continually update the list, your help staying in touch is greatly appreciated. If you need a space or NO longer need your space, let me know ASAP.

Happy July!

Tony Trapp 859-620-0519



Notes of Cheer

By Robyn Johnson



If you're new here, Heather Flavin is the cheer person for Forest Park. Heather will send out cards to residents that have been ill, had surgery or have lost a loved one

The Social Club provides the stamps, and they rely on residents to donate sympathy and get-well cards so if you have any to donate please let Heather know. Also, if you know of any resident needing Cheer, please reach out to Heather or myself so she can send a card. Including the person's address is appreciated.



You may email Heather at tokentrespasser@gmail.com or myself at drjohns85@gmail.com

SOCIAL CLUB UPDATE

By Nancy Cooper



Social Club **President Position Still Open**

Hello, As I mentioned in the June issue, Denise Brewer has stepped down as Social Club President. **You are now without a President.** Please text me or contact another club officer if you are interested in helping. We have a great group of ladies to work with, but need some gentlemen to step up.

Looking for Team Members / Volunteers - Remember, **everyone is a member of Our Forest Park Social Club.** When you purchase in Forest Park, you automatically become a member of the Social Club. Our Executive Committee plans the monthly entertainment, ice cream socials, Veterans day program and lunch for our veterans, along with other activities. We are strictly volunteers who live in the Park that want to have some fun things to do while we are here in paradise. We need a President to lead our Club, more people to step up and become involved, the more volunteers we have, the more fun we will have.

Social club will also be starting a **volunteer sign-up sheet** available during Box Office hours in the fall for anyone interested in helping out before any event (simple food prep, ticket sales, table setting, decorating etc.--during event ticket collection, sales at the door) and after events (light clean-up). If you would like to help at any one/or all please let us know by signing up or letting us know if you would be happy to help in any way.

NEWSLETTER ARTICLES

by Monte Johnson



All articles, news or photographs should be submitted to this email fpsocialnews@gmail.com **and are normally due by the 12th of each month** for the following month's newsletter.

Remember, newsletters are printed year-round for all residents and always available for snowbirds online. Printed Newsletters usually arrive by the end of the month and are available in the Clubhouse or in the Activities building. They are always available online a few days later.

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EDITOR THOUGHTS



As the calendar turns to July, we realize that 2024 is already half over. Time sure flies as you get older. The hot summer months are upon us, as well as hurricane season here in Florida. Are you prepared?

If you have gone back “up North” did you put your hurricane shutters down, put everything away so it doesn’t blow away, have a neighbor checking on your house while you are gone? Is someone making sure your lawn and gardens are being attended to? How did you leave your house? Was it dirty on the outside, was there mold and mildew growing on the siding? Have you had all the repairs completed from Hurricane Ian?

If you are a “year rounder”, do you have a supply of bottled water, extra gasoline for your generator, and an evacuation plan with a destination already determined? Is your property cleaned up? Is there any mold or mildew growing on your siding? Is everything secured, tied down, and safe?

I still notice that there are homes here in the Park that have not had the fascia trim, siding, or carports repaired or replaced. In three months will be the second anniversary of Ian, and whether you are here, or up North, these repairs should have been completed by now. If you are answering **no** to any of these questions, then you are in violation of the bylaws, rules, and regulations of the Park that you agreed to when you purchased here in paradise. We all want to see Forest Park back the way it was when the park was receiving the “Best Retirement Park in North Fort Myers” award annually. Are you doing your part to make this possible?

FOREST PARK WEBSITE

www.forestparkonline.com

By: Jan Provence, Webmaster

All residents that have a Member Share in our park may access the **Member’s Only Pages** on our website. On these pages, you will find the latest information with the FPPOA board and member minutes, and many other documents that you will need to keep updated on our community. To receive a username and password, contact the FPPOA office. (fpपोainc@gmail.com) If you need further information, contact me at webmaster@forestparkonline.com.

KARAOKE



Karaoke with Chris Tybor is held on the 1st and 3rd Mondays of the month, from 7-9 pm, BYOB and snacks. We need more talented people to come out and enjoy an evening of free entertainment with your friends in the park. A few years ago, there was a hot dog, hamburger, chips, and baked beans available prior to the karaoke entertainment. Is there a group looking for a way to raise funds that would like to bring this back?

Come join in or just sit back and enjoy the songs....

We will resume Karaoke in October. All are welcome!.

Birthdays for July

Dana Prittinen 02
Judith Collar 2
Brita Mulholland 03
Theresa Snyder 06
Dana Kyes Haskell 6
Glenda Alfano 07
Mary Neidhart 07
Bernie Waltz 12
Rodney Christenson 12
Jeanette Flood 12
David Layne 12
Joyce Parsels 14
Reese Evans 14
Dee DesBois 14
Timothy Waltz 16

Mary Siegel 16
Michael Jacobsen 18
Theresa Hall 18
Rick Foote 19
John Hill 20
Milton Herrick 21
Pam Crain 21
Darlene Kurucz 21
Monte Johnson 22
Carol Geppert 24
David Schepers 24
Shelley Hillman 25
Linda Meyer 26
Caroline DeShaw 28
Edward Fisher 31



July Anniversaries

David & Kelly Carr July 2, 2008
Anton & Patti Kothe July 3, 1966
Brian & Kathy Revels July 8, 1978
Jeffrey Pierce & Nancy Wilder-Pierce July 11, 2020
John & Glenda Alfano July 15, 1972
Brian Hafer & Wendy Henderson July 22, 2019
Ann & Dick Teal July 30th, 1960
Edward & Marga Eads July 31, 1957



IN MEMORIAM

Wallace Frank (Pete) Lawrence
JULY 29, 1936 – MAY 14, 2024

Wallace Frank Lawrence, age 87, of Raeford, North Carolina passed away on Tuesday, May 14, 2024.

Lovingly known to park residents as “PETE”

**Wallace Frank Lawrence, age 87, of Raeford, North Carolina passed away on Tuesday, May 14, 2024.*



Pete and his wife Nancy were active members of our community for many years. They lived here in the park on Knotty Pine Circle. Pete served as a submariner in the Navy.

Whenever he got a chance to participate in a shuffleboard game or tournament Pete was there!

Pete served faithfully for many years on our board of directors.

WELCOME

Farhoud Golestani
410 Timber Lane N
CA

Gregory & Sharon Pike
605 Sand Lake Ct
FL

John and Elizabeth “Beth” Schlectic
642 Jacaramba Ct
SC



QUILT CLUB

by Renee



The Quilt Club has now gone to summer mode and most of the members have left Forest Park for the season. There are some members who are Year round and will be here to distribute our Friendship Quilts to folks who are struggling with new health issues and could use a hug from a beautiful quilt. If you know of someone please inform the office because we have some members who will be delighted to deliver a special quilt to them.

Did You Know? Quilting in the United States has a rich and fascinating history that reflects both practical necessity and artistic expression. Let’s delve into this captivating tradition:

1. Early American and Colonial Quilts:
 - **Origins:** The history of quilts predates European settlers’ arrival in the New World. People worldwide used padded fabrics for clothing, bedding, and even armor.
 - **Colonial Quilts:** Early American settlers, especially English and Dutch, brought quilting to North America. These quilts were utilitarian, born out of necessity to provide warm covers for beds.
 - **Resourcefulness:** During difficult times, when money was scarce and imported textiles limited, Colonial women creatively used available materials. Worn blankets were patched, combined, or used as filler between other blankets.
 - **Functional Art:** Only later, as fabrics became more affordable, did quilting evolve into an artistic endeavor. Elaborate quilts, pieced and patched over years, became cherished heirlooms and a glimpse into American history.
2. Civil War Quilts and Beyond:
 - **Patriotic Quilting:** During the Civil War, quilting gained even more significance. The U.S. government encouraged citizens to “Make Quilts – Save the Blankets for our Boys over There.”
 - **Community Building:** Quilting bees and gatherings allowed women to socialize, share patterns, and collaborate on quilts. Quilting became a communal activity, fostering bonds among women.
 - **Twentieth Century and Modern Quilting:** As the 20th century unfolded, quilting continued to evolve. Traditional patterns persisted, but new designs emerged. Quilting became an art form, with quilters experimenting, innovating, and expressing their creativity.
 - **Contemporary Quilting:** Today, quilting thrives as a blend of tradition and innovation. Modern quilters

explore abstract designs, bold colors, and unconventional materials. Quilt shows, guilds, and online communities celebrate this enduring craft.

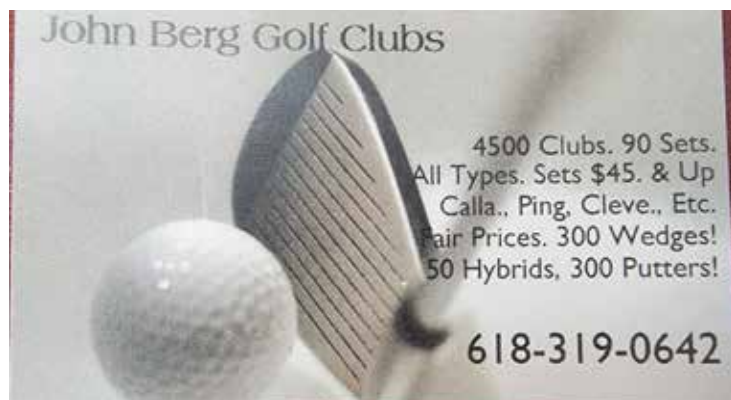
In summary, quilting in the U.S. intertwines practicality, resourcefulness, and artistic expression. From early settlers' functional blankets to intricate masterpieces, quilts tell stories of warmth, creativity, and community across generations.

Peaceful days my friends,
Renee Huck

DID YOU KNOW ??

GOLF CLUB COLLECTION

We have a golf club connoisseur here in the park. If you want to check out John Berg's golf club collection, just give the Golf Club Man a call 618-319-0642.



TAI CHI CLASS by Lenann Crisci



My Tai Chi class will continue next season, when I return to paradise in the fall. I am happy to answer any questions you may have. My cell phone is #207-705-7475. Can anyone do it? Certainly!



LEARN THE ANCIENT ART OF Tai Chi Chuan

Tai Chi Chaun is a safe, easy to follow ancient Chinese practice, and offers a multitude of physical and mental benefits. Here are some key advantages:

1. Stress Reduction:

- Tai Chi's slow movements, deep breaths, and meditation components help reduce stress and anxiety.

- It provides a gentle, accessible way to manage daily stressors.

2. Improved Mood:

- Regular practice may alleviate symptoms of depression and anxiety.

- Mindful breaths and deliberate movements positively impact mood-regulating hormones.

3. Better Sleep:

- Tai Chi enhances sleep quality by promoting relaxation and reducing anxiety.

- Both young adults and older adults experience improved sleep patterns.

4. Weight Loss:

- Consistent practice can lead to gradual weight loss.

- Even without lifestyle changes, tai chi participants lost weight over 12 weeks.

5. Enhanced Cognition:

- Tai Chi benefits cognitive function, especially in older adults.

- It combines physical activity, mindfulness, and coordination, stimulating brain health.

In summary, Tai Chi's gentle movements, accessibility, and holistic approach contribute to overall well-being. Whether you're seeking stress relief, better sleep, or improved mood, Tai Chi offers a harmonious path to health.

CONTACT: LENANN CRISCI
207-705-2256



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FOREST PARK VISITORS WRISTBANDS



Remember - Visitors unaccompanied by Forest Park residents must wear wristbands when using park recreational facilities (pool, mini-golf, etc.). If you see something, say something, let's all be vigilant.

The wristbands are available in the park office (2 per family and additional bands may be requested). The bands stretch but if they are not large enough you may pin them to clothing, attach them to a key chain or just bring them along. Please remember that all owners are responsible for their visitors who must comply with all Forest Park Rules and Regulations.

TRASH PICKUP



Please note that our maintenance workers are now scheduled to work 6:00 am-2:00 pm rather than 7:00 am-3:00 pm. Trash pickup will be on **TUESDAY only throughout the summer.** Given that, please have your garbage ready for pick-up **before 6:00 am** to assure that it does not get missed. You can put it out after 6:00 pm the night before as long as it is in a barrel.

And, once again, please ensure that your garbage bags are not more than 30 pounds. Dumping kitty litter into a plastic grocery bag will not work. The bags break and leave the kitty litter on the street. Please use a **Hefty** enough bag so it doesn't break. If too heavy, the bags will be left. Be mindful that all the garbage that is picked up must be thrown into the compactor and the weight of the bags when too heavy creates a risk of injury. If you have any broken glass please **DO NOT** put it in a plastic garbage bag. Our workers have been punctured when picking up the bag. Put the glass in a **clearly marked cardboard box** and set it out.



BULK PICKUP – WEDNESDAY only

For large furniture items or appliances, please call the office on Tuesday between 9:00 am and 12:00 pm so the maintenance workers can plan on picking it up.

RECYCLING BLUE BIN

WASTE PRO - FRIDAY is Recycle Day!!

The blue bin is used for all other types of recycling such as paper, metal, plastic, **CARDBOARD**, etc. This is a separate program from our regular trash that is picked up on **Tuesday's**. Recycling saves the park money from Waste-Pro.



ALUMINUM CAN RECYCLE - Monday

By the Social Club



REMINDER Aluminum Cans are still being collected on **Monday evenings only.**

Please **DO NOT** use the can as an ashtray. Beer Drinkers, please rinse out the can and turn it over to dry out. Please remember to put your aluminum cans in a bag and place **UNDER YOUR MAILBOX by 5:00 P.M. MONDAY EVENING** for pick up. **They will NO LONGER be picked up on Tuesday morning.** Please make sure your cans are rinsed **CLEAN** and **DRY**.

Please place it away from trash bags. **DO NOT** place plastic, glass or metal cans in the bag, **aluminum cans only!** All the others go in the blue recycle bins. If you are putting your aluminum cans out on Friday for the recycle truck, **PLEASE** consider putting your cans in a bag on Monday evening for pickup. Money collected from can recycling helps pay some of the costs of Social Club activities. It benefits all residents of Forest Park.

EXERCISE CLASS

By Jane Cullin



Exercise class will resume on Monday, November 4th when I return to beautiful Forest Park. In the meantime, stay in shape by walking, biking, or triking.

YOGA BALL w/Jane



Every **Saturday at 8:00 a.m. just before the 9:00 am exercise class**

Yoga ball will resume on Saturday, November 2nd when I return to Paradise.

COFFEE KLATCH

The **Men's** Coffee Klatch will return on Friday, November 8th at 8:00 am. In the clubhouse (the 2nd Friday each month)

The **Women's** Coffee Klatch will return on Friday, November 15th at 9:00 am in the clubhouse. (3rd Friday each month)



SUB-FLOOR & FLOORING EXPERTS!

COVID-19 NOTICE:

We are taking as many precautions as we can to ensure not only our workers safety but yours as well. We are checking employee temperatures daily, limiting contact between crews, and offering no customer contact if you choose. We are an "Essential Business" and here for you when you need us.

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WATER AEROBICS

Water Aerobics is held daily Monday through Friday at 10:30am !! **COME AND JOIN THE FUN!**



RED HAT LADIES

By Heather Flavin



Red Hats next activity will be on Tuesday, December 10th at the clubhouse for the annual holiday luncheon... more details to follow in the fall.

Enjoy your summer ladies... 😊

Heather Flavin 508-612-6386



			7	1			4	
		1			8			
						1	9	
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8					2			5
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	2			4	7	5	6	
		3		8				
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FOREST PARKS HOME CHURCH "THE LIGHT"

By Roberta Rizas



"The Light", would like to welcome those that have just moved into our Park within the last six months. Welcome, to what we all call, Paradise. We want to inform you about our **HOME** church located at 457 Jacaramba Ct. We meet there every Sunday, year round, at 6 p. m. (we are in our 4th year now). We would love to meet you and greet you in God's love. Our church is nondenominational, and is a small group, as that is how home churches operate. If they get too large, they will start another HOME church. We enjoy meeting every Sunday night to share with each other, our Victories of illnesses, or whatever we have overcome through prayer & Thanksgiving. We take prayer requests, sing songs, learn from the sermon Pastor Also, at this same address we have a Ladies Bible Study every Thursday morning at 10 a. m.



6	4	9	2	3	5	7	8	1
7	5	3	6	8	1	4	2	9
1	2	8	9	4	7	5	6	3
9	6	7	3	5	4	8	1	2
8	3	4	1	6	2	9	7	5
2	1	5	8	7	9	6	3	4
4	8	6	5	2	3	1	9	7
3	7	1	4	9	8	2	5	6
5	9	2	7	1	6	3	4	8



July Crossword

ACROSS

1. Like many a superhero
6. After-bath powder
10. Food thickener
14. Companionless
15. Dwarf buffalo
16. Hint
17. Sows
18. Agreement
19. Piece of identification
20. Bleeder's disease
22. Ages
23. Paddle
24. Committee
26. Recluse
30. No longer a child
32. Electronic letter
33. Unhappy facial expression
37. Pesky insects
38. Place into the soil
39. Behold, in old Rome
40. Make free from bacteria
42. Exclamation of contempt
43. Avoid
44. Busts
45. Donkey sounds
47. Mister
48. Alumnus
49. Abstainer from alcohol
56. Abominable Snowman
57. Celtic language
58. Battery terminal
59. Primary
60. Ascend
61. Hollow out
62. Dirty air
63. Exude
64. Terminated



DOWN

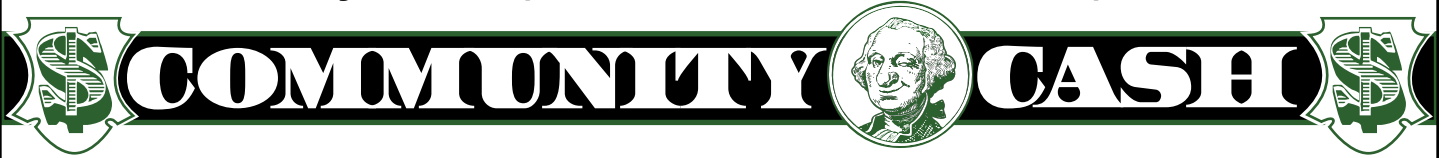
- | | | |
|--------------------------------|---------------------|------------------------------|
| 1. Money | 21. Cap | 41. Climbing vine |
| 2. Away from the wind | 25. Beer | 42. Carry a boat overland |
| 3. Verse | 26. Female chickens | 44. Life story |
| 4. Prefix meaning "Within" | 27. Broadcast | 45. European freshwater fish |
| 5. Pillage | 28. Assess | 46. Relative magnitudes |
| 6. Snouted animal | 29. Misinterpreting | 47. Precipitous |
| 7. Nitpicky to a fault | 30. Astound | 48. Workout rooms |
| 8. Hubs | 31. Banquet | 50. A Great Lake |
| 9. Siege weapon | 33. Slipped | 51. Being |
| 10. Having no diacritical mark | 34. Reflected sound | 52. Any minute |
| 11. Dirty look | 35. Cheat | 53. At a high volume |
| 12. Ear-related | 36. Stitches | 54. Border |
| 13. Communists | 38. Wall coatings | 55. Marsh plant |



Forest Park July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:00pm Forest Park Box Office 6:00pm Home Church 6:00pm Hand and Foot	8:00am Mens Pickleball 9:15 am Ladies Pickleball 9:00 am Dominos – Clubhouse 10:00am Ladies Bible Study 10:30am Pool Exercise 2:30pm Bocce Ball	8:00am Mens Pickleball 9:15am Ladies Pickleball 10:30am Pool Exercise 11:00am Forest Park Box Office Open 6:00pm Texas Holdem tournament - Activities Building 6:45pm Bingo - Clubhouse	8:00am Mens Pickleball 9:00 am Craft Club - Clubhouse 9:15am Ladies Pickleball 10:30am Pool Exercise	8:00am Mens Pickleball 9:15am Ladies Pickleball 10:30am Pool Exercise 2:30pm Bocce Ball 6:00pm Hand and Foot	8:00am Mens Pickleball 9:15am Ladies Pickleball 10:30am Pool Exercise	10:00 am Open Bocce Ball
	1	2	3	4	5	6
7	8	9	10	11	12	13
				Independence Day		
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	<div> Karaoke - 1st and 3rd Monday of the month We will resume Karaoke on October 1, 2024. No regular BOD or General Association Membership meeting </div>		

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- Checks will be mailed within 120 days of drawing date

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Pamela Weber.....	\$10 Air Masters of Pinellas
Tina Deatherage	\$10 Community Roofing
Karen Pierce.....	\$10 Battleline Termite & Pest Control
Keith Postel.....	\$10 Jones & Sons Plumbing
Linda West.....	\$10 FL Termite & Pest
Michael Arkanoff	\$10 Air Masters of Pinellas
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Patricia Toney.....	\$10 FL Termite & Pest

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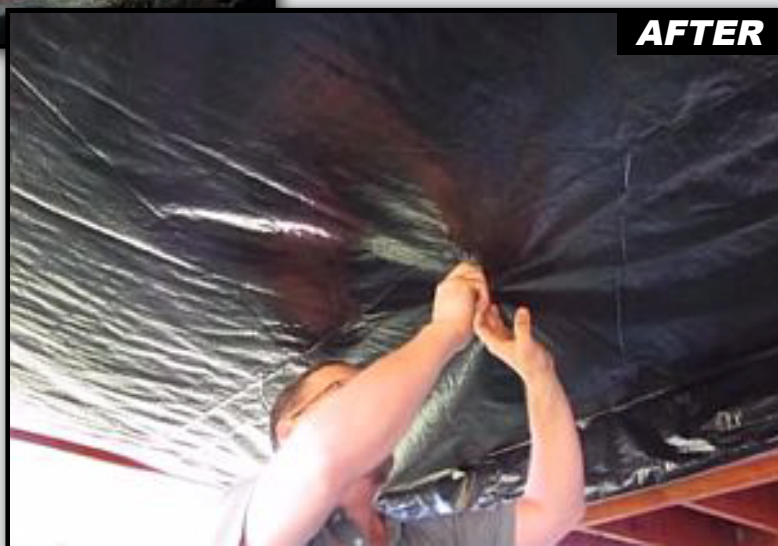
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