

August 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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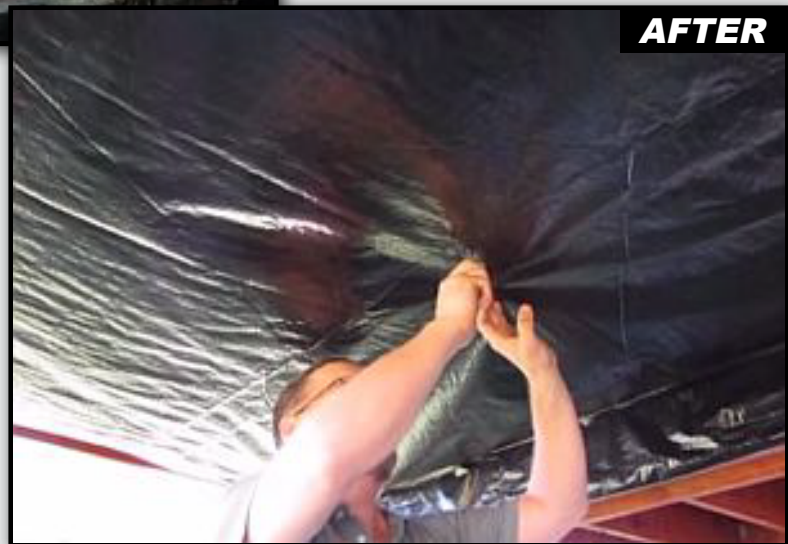
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June 1 - August 31st

8:00 AM to 10 PM

September 1st - May 31st

FROM THE PRESIDENT

Ken Parsels

I hope everyone has had a great summer so far this year. Everyone is able to enjoy their time, either here at Forest Park, or your home away from here. This letter is a reminder of what Forest Park was, when it initially started back in the 70's. It has always been a great place to retire to enjoy your golden years. Everyone knew what was expected of them, and were glad to **volunteer**, or do it for the benefit of making Forest Park the best park in Southwest Florida.

We have the Articles of Incorporation, Bylaws, Rules and Regulations to go by. In order for the Park to keep its beauty and reputation, we need to continue doing what is expected now, as well as what was expected then.

On September 28, 2022 we had the biggest hurricane to ever hit our area. The Board voted to give our residents some extra time to get their property back in order. It is now that time that we get back to where we should be. House repairs should be completed by now. Portable sheds (plastic and canvas) should be gone. They have never before, or are not now allowed in the Park. According to the Rules and Regs., that have been in effect for years, this is a violation that will be enforced. Your houses need to be in good repair, washed or painted as needed. Carports, Florida rooms, and front porches should be repaired or replaced if they are damaged. Carports and lawns are not storage areas. They need to have items removed that do

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not belong there. Remember, high winds can blow items around. I'm sure you wouldn't be happy if a neighbor's stuff blew into your house causing damage. Likewise, they do not want your stuff damaging their property.

Read your manual you received when you purchased or go online to verify if you are in compliance. If you are scheduled to have repairs completed, please notify the office with a copy of your scheduled appointment so we know you are working on it.

When you purchased in the Park, you made the choice because of your first impressions of Forest Park. When selling or renting your property, remember how nice it was when you arrived? Let's try to leave it to the next generation just as nice, or better, than how we received it.

On a more positive note for everyone, we have now replaced almost all of the storm drains. We have a brand new trash compactor, a new roof on the Activities Building, and in October we will have a completely refurbished swimming pool. The Board is making progress on updating all our infrastructure. We appreciate everyone's volunteering, understanding, help, and support.

Thank you!!

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.

continued on page 5

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● **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. This is to protect all of us.** 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.



The following rules still apply, **only household trash is allowed in the compactor, all cardboard should be set out on Friday for recycle, no horticulture, construction materials, or bulk items. The dumpsters are clearly marked. 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 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.

● **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 Summer Quiet Time** are 11PM to 7AM.

Please be respectful of your neighbors!

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.

I am happy to announce that the new Aces Compactor arrived at the end of June and was installed for less than \$34K. This new compactor was manufactured in Wisconsin with U.S. steel. It is 34 cu. yd.'s, same as the 1998 Marathon that it replaces. A new Marathon compactor is over \$52k and uses Chinese steel.



Notice the RED BUTTON on the controller. This is for emergencies only. DONOT TOUCH THE RED BUTTON!!

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? In Tudor-era England, shuffleboard gained immense popularity in the lively atmosphere of English taverns as a table game. It became a beloved pastime among sailors and pub-goers, providing endless hours of entertainment and friendly competition. Tavern owners recognized the appeal of this engaging game and began installing shuffleboard tables to enhance the overall experience for patrons.

The shuffleboard tables in Tudor-era taverns were a gathering place for both locals and visitors. Sailors, who often frequented these establishments, brought tales of their voyages and adventures, further fueling the allure of shuffleboard. As word spread about the game's excitement and skill involved, taverns across the country embraced shuffleboard and made it a mainstay in the social fabric of the time.

The shuffleboard tables themselves were a reflection of the rustic charm of English taverns. Crafted with sturdy wood and adorned with intricate designs, they added a touch of elegance to the tavern's ambiance. Players would slide their pucks along the smooth surface, aiming for the highest score, as onlookers cheered and placed bets on the outcome. The lively atmosphere and friendly competition surrounding shuffleboard made it a favorite pastime for all who visited these Tudor-era taverns.

Shuffleboard in Tudor-era taverns was more than just a game; it was a social experience that brought together people from all walks of life. The clatter of pucks, the laughter, and the friendly banter filled the air, creating memories that would last a lifetime.

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. 617 448 1748

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*



I have to say, we sure do have loads of fun in Craft Club each Wednesday morning at 9:00 am. You should join us! .

In July we created beautiful beaded garden stakes, made our own concrete stepping stones, tie dye with a guest crafter, and watercolor/ ink drawing.

Some of us also organized our craft cabinets and found some unexpected treasures. Our dinners and centerpieces are planned for the Season - Christmas, Italian Night, Valentines, and a spring Luau - so stay tuned!

Keep collecting treasures: buttons, dishes and glassware, doilies, unique tall glass bottles, and tiles.

It is with regret that I will be stepping down as President of the Craft Club. Due to a family commitment, we will be leaving the Park. Happy crafting, art making, and summer



Valerie Trapp

Forest Park does not have a **Dog Walk, Run, or Park**. Florida law states that your dog must be on no longer than a six foot leash at all times. This is for the protection of our residents and other pets in the Park. Many of you have **"adopted" feral cats**. Have you had them neutered? While on night patrol I see many cats just running free in the Park.



People who do not clean up after their dog, or are letting their cats roam free in the Park, are affecting the health of us and other pets. Who wants to step in dog or cat feces?

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Pool Refurbishment Project – August Update

By: *Barry Siems*

The Pool Project is Officially Kicked Off!!

The pool committee met with the pool contractor (Into H2O Pools) to firm up the schedule and details of the project. We have agreed on a project plan that we both can commit to. This plan is posted in the club house and on our website and will be updated periodically.

The deck stabilization work was completed on June

25, 2024. This was done to fill any voids under the existing concrete deck to prevent future settling and provide a solid foundation for the pavers over the life of the pool. The entire deck will be covered with pavers for a more modern look as a part of the refurbishment. Paver samples and a picture of a finished pool deck as an example is in the club house.

The pool is scheduled to shut down from July 23 through October 13, 2024. During this time, demo work will be completed, pool will be emptied, deck will be refurbished, coping refurbished, new pool finish, new pool heater and new chemical control system installed.

While the deck is being refurbished, the fence will be taken down and a temporary fence installed. After the deck is completed, the existing fence will be reinstalled on the new deck surface.

During the project, the pool area will be restricted access and closed to the residents of the park for your safety. Materials will be stored on the west side of the pool in the parking lot during this time.

The pool is scheduled to open up on October 14, 2024 with a Grand Opening Celebration. This date could change if we experience any unexpected delays. Otherwise, we will be taking advantage of expediting the project through each phase to finish early.

Thanks to Nanette Gray, Barb Passos, Toni Foote, Mary Neidhart, Bob Charles, and Monte Johnson, for volunteering, and you for your cooperation as we execute this improvement to Forest Park.

Barry Simes



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*

The National Geographic is always an interesting magazine to discover what lies beyond our Florida Borders. Stop in the library to check out the articles. You might learn something new!

It is never too late to plant some flowers to spruce up your yard. We have some books that may be of interest for you gardeners out there.

We also have some children's books for you to check out when the grandchildren are visiting. They may become bored after swimming, playing Shuffleboard, Minigolf, or Bocce Ball. The Park formerly had a book club that met to discuss a book that everyone had read. If anyone would like to **volunteer** 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 ●● .

I hope everyone is enjoying your summer. The neighborhood watch team is out and about each evening, keeping a watchful eye on our park.



More Volunteers are always needed for this job, get in contact with the office or me to be added to the calendar. I will begin working on the September schedule soon. In the Activity Building there are volunteer forms and info for you to complete.

September will be my last month to do the schedule. With some other volunteer positions and family commitments, I need to give up this job. If you would like to volunteer to coordinate and make the monthly schedule, let me know and I will pass along the information. It has been an honor to work with great volunteers these past two years. Stay safe and keep a watchful eye on each other. Remember, when in doubt, contact the Lee County Sheriff's department - 239-477-1000

Valerie Trapp

in contact with me, or the office to add your name to the list. If by chance you previously were using a reserved spot and no longer need that spot, please call me or the office, so those residents on the waiting list can reserve a spot. As always, remember to place an orange cone or yellow tape near or around your item when working on it. So, if you need a space or NO longer need your space, let me, or the office know ASAP and keep enjoying this wonderful summer.

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

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

If you are new to the community, Welcome to Forest Park. A perk here is free RV, travel trailer, utility trailer, and boat storage. You need to make sure your item is licensed, insured, and tagged. This is also a reminder for those using the storage area now. If your tires are flat, your tags are expired, or your motor home doesn't run, the Park has the right to have your trailer or motorhome towed at your expense.



Residents are waiting for a space that is limited, so get

SOCIAL CLUB UPDATE

By Nancy Cooper



Social Club President Position Still Open

Hello, As I mentioned in the July 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 **volunteering**. We have a great group of ladies to work with, but need some gentlemen to step up and **volunteer!**

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,

continued on page 10

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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 **volunteer** 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 volunteer 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.

LET'S DO IT AGAIN

From Robyn Johnson and Heather Flavin

We had such a nice turnout for the June potluck dinner that we decided to do it again!

Everyone is welcome to come.

WHEN- August 24th, 5 p.m. @ the Clubhouse.

Chris Tybor has volunteered his time again to play some music from the 60's and 70's.

Please bring a dish to share, your own table setting, and beverage of choice. Any questions you may contact Heather Flavin or Robyn Johnson

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.

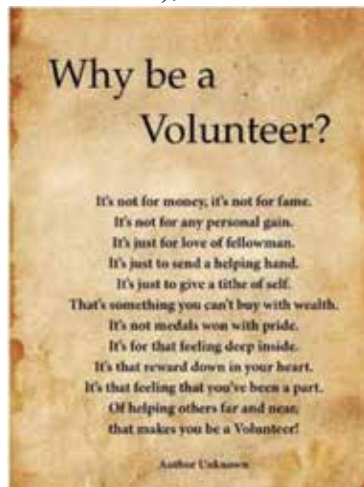


EDITOR THOUGHTS



As the dog days of summer and hurricane season are upon us, have you ever thought about all the opportunities that exist here in Forest Park? Take a look at the names of the people at the end of the various articles and announcements. Do you see a pattern?

Many of the names are represented multiple times. Do you also see that many of the organizations and groups in the Park are asking for **volunteers**? Did you know that a few years ago Forest Park had the Northeastern States Club, (which we still enjoy), the 3 III Club, (Iowa, Illinois, and Indiana), Canadian Club, (not to be confused with



the whiskey), Ohio and Michigan Club? What has happened to **volunteerism**? I understand we all came here to enjoy our "Golden Years" but what is happening?!

How much enjoyment would there be if the remaining Social Club officers decided to fold the Club? There would be no dances, comedians,

Veterans Day festivities, parades, Ice Cream Socials, Thanksgiving Dinners, Christmas parties, the list goes on. The Social Club has been without a President, as well as a co-secretary, for several months now. We need someone to step up and **VOLUNTEER** for these positions!!

The Park has a person that coordinates the **Night Patrol** calendar/**volunteers** and a Public Safety person. Valerie Trapp is stepping down from coordinating the Night Patrol and we have not had a Public Safety person since Lou Smith left the Park. These **volunteers** strive to keep Forest Park as safe and crime free as possible. If you are a former public safety official, **PLEASE VOLUNTEER!!!**

Paul and Peggy Baker have left the Park this summer. Paul was our Architectural Review person. Most HOA's have an A. R. Committee. This is another position that needs filling. If you have construction, or permitting experience, **PLEASE VOLUNTEER!!**

Since Ian, many of our older residents have left the Park. We have many new residents in the Park that bring new ideas and experiences. Please consider **VOLUNTEERING** for a committee, the board of directors, or one of the aforementioned positions. Many hands make for light work, and besides, the more the merrier.

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. (fppoainc@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. **Karaoke will return in October.**



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 were hot dogs, hamburgers, 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. All are welcome!

Birthdays for August

Mary Anne Durden 1	Laurene Armstrong 15
Faye Shockey 2	Bob Carson 16
Julie Fuschino 4	Carol Prasko 16
Sandy Carter 4	Jeff Forsyth 17
Michael Fotta 4	Lucinda King 17
Patricia Schuren 7	Duke Johnson 18
Dean Goldsboro 7	Melodye Gilbert 18
Carolyn England 7	Jim Crain 18
Peter Tighe 7	Linda Wolff 26
Carlo Luberti 9	Debra Wood 27
Ann Teal 10	Delorus Burgett 27
Lisa Day 12	Frank Morris 27
Chantal Boisvert 13	Ron Rizas 29
Maureen Hesketh 13	James Courtney 29



August Anniversaries

Kerry (Coach) and Jane Cullin August 1, 1981
Mike and Linda Neises August 3, 1968
Andy and Julie Fuschino August 9, 1998
Philip and Diana Power August 11, 1968
Harry and Sandra DeMeester August 12, 1966
Al and Ann Bressan August 16, 1980
Brian and Sandy Corrigan August 23, 1980
Gregory and Yvonne Murray August 26, 1978
Harold and Jeanette Flood August 26, 1972
Linda and Robert Chapman August 30, 2003
Kenneth and Stephanie Calvert August 31, 1985



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by Renee



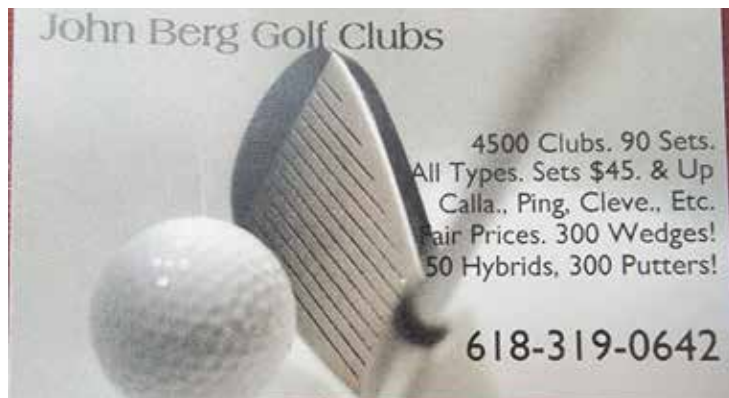
The Quilt Club has now gone to summer mode and most of the members have left Forest Park for the season. There are some members who are Year round and will be here to distribute our Friendship Quilts to folks who are struggling with new health issues and could use a hug from a beautiful quilt. If you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

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? Yes, of course, 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

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**



A yoga ball, also known as a stability ball or exercise ball, offers a wide range of benefits for both fitness and overall well-being. Let's explore its advantages:

● **Core Strength and Balance:**

- Yoga balls engage your core muscles effectively.
- When you sit or perform exercises on the ball, you activate the deep muscles in your abdomen, pelvis, and back.
- This constant engagement helps improve balance and stability.

● **Posture Improvement:**

- Sitting on a yoga ball instead of a chair is thought to promote better posture.
- However, it's essential to maintain proper alignment even when using the ball.
- While it doesn't guarantee good posture

automatically, it encourages you to be more mindful of how you sit.

● **Back Pain Relief:**

- Some studies suggest that using a yoga ball chair may help with lower back pain.
- However, evidence is limited, and it's crucial to use the ball correctly.
- Avoid prolonged sitting on the ball, especially if it leads to slumping or poor posture.

● **Versatility in Exercise:**

- Beyond sitting, yoga balls are excellent tools for various exercises.
- They improve coordination, balance, and flexibility.
- You can use them for stretching, strengthening, and even full-body workouts.

Remember that while yoga balls offer benefits, they are not a one-size-fits-all solution.

Use them mindfully, incorporate them into your fitness routine, and enjoy the advantages they bring! ✨

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)



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



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FOREST PARKS HOME CHURCH "THE LIGHT"

By Roberta Rizas



"The Light", HOME church is 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. We take prayer requests, sing songs, learn from the sermon Pastor Carl shares with us, take Communion, and praise & worship our Lord and Savior, Jesus Christ. Much prayer is needed today for our Nation.

So, welcome and don't feel shy. Just walk right in and you will be greeted with a smile. Our church is nondenominational, and is a small group. Also, at this same address we have a Ladies Bible Study every Thursday morning at 10 a. m. which will start up again in the Fall. You will be informed through our Newsletter when we will start again.

God bless everyone & their families, have a wonderful summer and you will hear from us again in September.



AUGUST

4		6	8				
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	2				1		



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



www.ssa.gov/scam/resources.html

SCAM ALERT

HANG UP ON GIFT CARD SCAMS

- Buying a gift card to pay someone?**
- STOP. It's a scam!**
- Gift cards are for gifts.**

Do NOT use a gift card to pay: the IRS or Social Security, tech support, a family member in trouble, ransom or to avoid arrest or deportation, a member of the military, or to keep your utilities on.

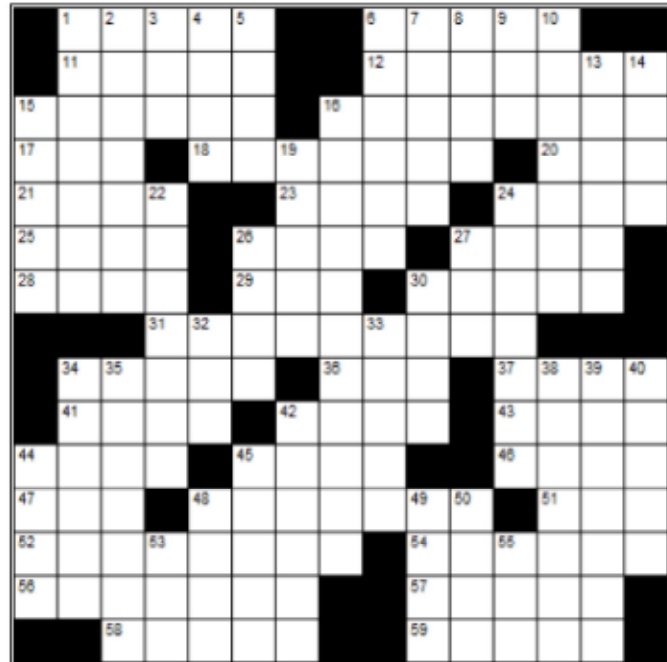
ReportFraud.ftc.gov

Report Imposter Scams Online to the Federal Trade Commission

August Crossword

ACROSS

1. Support
5. Open window problem
11. Happen again
12. Back up
15. Anagram of "Stared"
16. Realm
17. What we breathe
18. Progestin or androgen
20. Partially opened flower
21. Wingless bloodsucking insect
23. Absorbed
24. Rump
25. Custard dessert
26. Occupied
27. Rational
28. Abominable Snowman
29. Play a role
30. Took a chance
31. Rigid disciplinarians
34. Winter accessory
36. Cygnet's father
37. Female chickens
41. Healthy
42. Verruca
43. Dwarf buffalo
44. Chats
45. Kiln-dried barley
46. Rules and regulations
47. American Dental Association
48. Hotel gofer
51. Fraternity letter
52. In a dazed manner
54. Received
56. Term of endearment
57. Not upper
58. Delicacy
59. Wear away



DOWN

- | | | |
|----------------------------|------------------------------------|---------------------------------|
| 1. Tactile alphabet | 15. Goofy | 35. Floorshow |
| 2. Withdrawal | 16. In a forceful or urgent manner | 38. Decried |
| 3. Air hero | 19. Belch | 39. Not anyplace |
| 4. Junkyard dogs | 22. Beasts | 40. Antelope of India |
| 5. Once, long ago | 24. Parade V.I.P. | 42. Billfold |
| 6. Sagging | 26. Vomit | 44. Handguns |
| 7. Send, as payment | 27. Seated oneself | 45. Mass communication industry |
| 8. Ardent | 30. Amount owed | 48. Chomp |
| 9. Bog | 32. Form of "to be" | 49. Look at flirtatiously |
| 10. Champion of the people | 33. Not south | 50. Impoverished |
| 13. Drunk | 34. An unilluminated area | 53. Each |
| 14. Stops | | 55. One plus one |



Forest Park August 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:00 pm Forest Park Box Office Open in season 6:00 pm Home Church 6:00 pm Hand and Foot	8:00 am Men's Pickleball 9:15 am Ladies Pickleball 9:00 am Dominos - Clubhouse 2:30 pm Bocce Ball	8:00 am Men's Pickleball 9:15 am Ladies Pickleball 11:00 am Forest Park Box Office Open in season 6:00 pm Texas Holdem 6:45 pm Bingo - Clubhouse	8:00 am Men's Pickleball 9:00 am Craft Club - Clubhouse 9:15 am Ladies Pickleball	8:00 am Men's Pickleball 9:15 am Ladies Pickleball 10:00 am Ladies Bible Study 2:30 pm Bocce Ball 6:00 pm Hand and Foot	8:00 am Men's Pickleball 9:15 am Ladies Pickleball	10:00 am Open Bocce Ball
<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> Karaoke - 1st and 3rd Monday of the month beginning in October. 5:00 pm August 24, Potluck Dinner @ the Clubhouse </div>						
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

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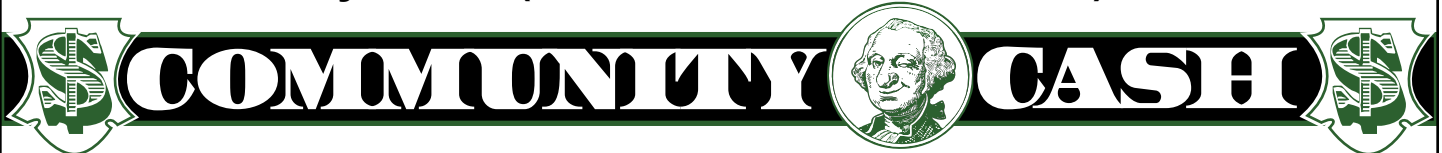
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- 3 Mail it back to us at: **Community Media**
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- 4 Every month we draw new tickets for **CASH PRIZES** and mail winners a check!



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Winner	Vendor
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Marcia Peterson..... \$10	AMS
Mike Hendrixson..... \$10	BugginOut Pest Control
Lawrence Yannotti..... \$10	Battleline Termite & Pest Control
William Smith..... \$10	The Plumbing Patrol
Cheryl Seddon-Drury..... \$10	Imperial Electrical
Linda Ritchie..... \$10	FL Termite & Pest
Richard Beaupre..... \$10	Jones & Sons Plumbing
Rena Chagnon..... \$10	Modern Air
Richard Rankin..... \$10	Royal Enterprise

Drawing Date - 7/10/2024



- Limit one ticket per advertiser's service per quarter, (3 month period)
- Customer must have paid for advertiser's service to play
- Contest void where prohibited by law
- Checks will be mailed within 120 days of drawing date