October 2024

www.forestparkonline.com

Forest Park Newsletter

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www.forestparkonline.com



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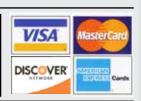
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SOCIAL CLUB OFFICERS

President – OPEN

1st Vice President – Dotti Frender

2nd Vice President - Ellen Heigham

Co-Secretary - OPEN

Co-Secretary - OPEN

Treasurer - Mary Kuucz

LAWN MOWING HOURS
8:00 AM to 10 PM
September 1st. - May 31st.
June 1st. - August 31st.
7:00 AM to 11:00 PM
September 1st - May 31st

BINGO

By Anton Kothe

Bingo will be in need of a VOLUNTEER BINGO CALLER beginning in Mid October. If you are interested, please contact Anton Kothe at 804-240-0317 or Paula Chapin at 774-452-3813.

FROM THE PRESIDENT

Ken Parsels

To Forest Park Residents:

I have several people come to me and want to know what we can do about this or that? Today's society has changed for many people.

Instead of all the back and forth on social media, I have a suggestion. When people move into Forest Park, you receive a booklet that has our Rules & Regulations, Bylaws, and requirements for your property to be properly maintained. My suggestion is everyone needs to get it out and read these requirements.

Forest Park was established in the early 1970's. Many improvements to the Park were accomplished with volunteers. We didn't have social media then, lest all the controversy and negative comments between residents. This is a 55 and over homeowners association where

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most of our residents are retired.

It is true, many things have changed since the 1970's. A few things that never should have changed is respect for one another, being courteous, and helping your neighbors.

Maybe our stop signs aren't legal, and maybe we can't enforce our 15 mph speed limit, but if we all used some courtesy and respect for each other Forest Park may be somewhat safer.

We also have guidelines for our property, which we all agreed to, by our signature. If everyone followed these guidelines, imagine how nice our Park would appear? People visiting and looking to purchase or rent would be really impressed. It's not about "what can I get away with," it is about making Forest Park the nicest park in Lee County for everyone to enjoy!!

If you have any questions about these topics, please feel free to contact a board member, or come to the office and have the office personnel ask us.

We all live here because it was a beautiful park. It's up to all of us to make our park look like a five star resort again.

KENNY

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,

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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. 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.
- Late Trash Set Outs All trash needs to be set out <u>before 7am</u> 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.

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!!!

Notice the RED BUTTON on the controller. This is for emergencies only. DO NOT TOUCH THE RED BUTTON!!

BOARD OF DIRECTOR & GENERAL MEETING DATES

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

Watch for news in the November newsletter



shuffle starting in December and the league will start the 1st week of January open to all! New players are welcome!

Bill Madill 519-634-5619



Line Dance Classes By Ellen Heigham

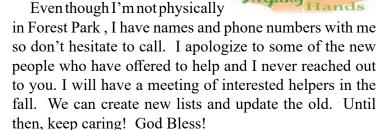
We will start up again on Tuesday, October 22, at 1 p.m.! I'll have some



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



Ellen, 617-448-1748

Forest Park Craft Club By Valerie Trapp



Craft Club News.

It was a fun August creating with shells, sea glass, rocks, and stones plus a lunch date.



In September we started our Meals on Wheels project for 2025 and members created their own "stuffed" fabric pumpkins. So cute! October plans are creating pumpkin centerpieces for the Annual Thanksgiving dinner (all materials were gratefully donated! •).

In October we will also create a butterfly using a whisk, wire, and beads.

We are searching for a new president for Craft Club. Tony and I moved out of the park for family reasons. I will drop by and teach classes from time to time as we only moved about 15 minutes away. The 24-25 craft season has been mostly planned, materials purchased, and pictures of the ideas. I have tried to make the transition for a new President organized and easy to step into the position. I will sure miss my 'girlies' in craft club!

Dog laws

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?

Pool Refurbishment Project – October Update

By: Barry Simes

The pool is starting to look better already! The pool refurbishment project is on schedule and within budget.



The project milestones completed at this point have been successful with results that meet or exceed the expectations of the pool committee and project scope.

However, during the deck refurbishment phase, we experienced historic record high rainfall and had water come in the South side of the clubhouse while the deck was under construction. Once the deck was completed, we met with the contractors and developed solutions to prevent this from happening again. We then tested our solutions by flooding the deck with a high-volume water pump to validate the flow of water off the finished deck and were satisfied with the results.

A lot is happening between the time of writing and the time of publishing this article. The coping and beam rebuild, deck with pavers, new heater, new chemical control system, fence reinstall, new pool rules sign, new

umbrellas are all expected to be completed. The inside pool finish will be the last step of refurbishment. After that, we will fill the pool and stabilize the chemical



balance in preparation for final county inspections and Board of Health approval.

We will have a beautiful refurbished pool to celebrate and that celebration is tentatively set for October 14, 2024 pending all final inspections. We will keep you all posted on the final timing and your first splash in our new pool!

Barry Simes

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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 the curb. 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



Neighborhood Watch Volunteers *By Valerie Trapp*

Please consider **VOLUNTEERING** for Neighborhood Watch/Night Patrol. It's only one night a month. If you are new to the park, or an 'old timer', feel free to pick up information and a **volunteer** form at the office, keeping a watchful eye on our park residents and residences.



Info you will need:

Sheriff # 239-477-1000

- Patrol Hours Suggested patrol hours 11:00 pm-1:00 am. But....to deter anyone, you may vary your hours. If you are a night owl, feel free to take a ride at any time during your assigned evening. You get to drive up and down each street, check the clubhouse and activity/ office doors, and surrounding outdoor areas.
- Sit at the entrance for about 15 or so minutes. Your presence makes a lot of difference to those driving, walking, and riding bikes on Hart Road. Our presence with that flashing light makes all of us feel safer.
- CHECK Doors at clubhouse, activity building, and pool restrooms. They automatically lock around 11:00 pm.
- BE SURE YOU PICK UP THE BACKPACK IN THE ACTIVITY BUILDING AND RETURN IT BY NOON THE NEXT DAY. INSIDE YOU WILL FIND A FLASHING LIGHT , NOTEBOOK, FLASHLIGHT, AND MAGNETIC SIGNS FOR YOU VEHICLE, PLUS SOME INFO AND PARK DIRECTORY
- If you find doors unlocked, lights on, try to turn them off and lock doors. Sometimes the restroom doors are not locked. Go inside and lock the interior door. NOTIFY THE OFFICE THE NEXT MORNING OF ANY ISSUES.
- If any of the street lights are out, get the number on the pole, street, and closest house number and report this to the office.
- NEVER CONFRONT ANY INTRUDER OR TRESPASSER... CALL THE SHERIFF

The new Night Patrol Coordinator for the Park is Gloria Restko. Gloria has been a full time resident of the Park for many years. You may see Gloria and Mr. Bill in her white golf cart out and about in the park.

THANK YOU FOR VOLUNTEERING

Gloria Restko 813-841-9920

MARQUEE

Happy Autumn!

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 Autumn!

Cathy Holle: 317-403-0137.

RV STORAGE PARK BY MONTE JOHNSON

The R/V Park needs someone to **volunteer** to oversee the storage area, keep the spots properly assigned, maintain the signage, inspect the trailers/campers and motorhomes for road worthiness, and up to date tags. Remember to keep your info up to date and your item tagged, insured, and in working order. If you no longer need your spot, please let the office know. If you need a spot to store your RV, trailer, boat, etc let the office know so you can be put on the list. IF YOU HAVE A BOAT, CAMPER, OR TRAILER IN YOUR DRIVEWAY OR

YARD FOR OVER 24 HOURS; THIS IS A VIOLATION OF THE RULES & REGULATIONS THAT YOU AGREED TO WHEN PURCHASING IN FOREST PARK! PLEASE INQUIRE OF A SPACE IN OUR R/V PARK OR FIND A COMMERCIAL STORAGE AREA TO RENT.



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

Heather Flavin 508-612-6386 or Robyn Johnson 651-341-8346

SOCIAL CLUB UPDATE

By Nancy Cooper



Social Club President Position Still Open

Hello, As I mentioned in the September issue, Denise Brewer has stepped down as Social Club President. You have been without a President for 6 months. We are also without a secretary. Debbie Rooney has left the Park. 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 also 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, 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.

Nancy Cooper 207-632-7544



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Appointments Available

Fall Potluck Dinner

Saturday October 26th

We will be having another Potluck Dinner on Saturday October 26th @ 5 p.m. in the Clubhouse.

Everyone is welcome to come, and we're hoping to see some returning snowbirds attend.

Bring a dish to share, your own table setting and your beverage of choice.

Chris Tybor will be providing a variety of music for our listening pleasure. (Thanks Chris)

Any questions please contact Heather Flavin 508-612-6386 or Robyn Johnson 651-341-8346

THANKSGIVING PLANS ARE UNDERWAY

Not too early to get started for Thanksgiving!

Looking for donations towards Thanksgiving dinner. The more we collect the less we will have to charge per person. If enough has been received then we could have another free meal.

Donations can be dropped off at 732 Knotty Pine Circle. If that doesn't work for you then give me a call 774-452-3813 and I'll go pick it up.

Thanks so much, Paula Chapin

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.

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. Some months the Newsletter has more articles submitted, which may cause a favorite puzzle or Sudoku to be omitted for that month. These are fillers that the publisher supplies.

KARAOKE

Karaoke with Chris Tybor is held on the 1st and 3rd Mondays of the month, October-May from 6-9 p.m. BYOB and snacks. **Karaoke will return on October 7th.** We need more



talented people to come out and enjoy an evening of free entertainment with your friends in the park. Bring your singing voices and a list of songs that you would like to sing, or just sit back and listen. Forest Park has many good singers.

Hope to see you there.

EARLY DETECTION SAVES LIVES Our Get else to

EDITOR THOUGHTS

by Monte Johnson

October means postseason baseball, football, Halloween, and our friends from "up North" will be returning to Forest Park. I have a few different things that I want to highlight this month.



First is this Newsletter that I have been editing since May. I think I've gotten the hang of it and hope you are enjoying reading it every month. I must confess that I forgot all about the calendar for September, but luckily, the publisher caught it and covered it for me. I want to bring your attention to our online calendar. The website to view it is https://www.keepandshare.com/calendar/show. php?i=1750758. Please put this site in your favorites and I will explain the reason why. The calendar for each season is set up during the month of September, for the entire season. This is to have the venue reserved for an event in advance. As entertainment is booked, or dinners are planned, they are added throughout the year. The KEEP AND SHARE calendar is an "up to the minute calendar" that may be updated and ready to view immediately. For all the clubs, groups, classes, or anything else that is scheduled, that you need to change or reschedule an event, a quick text, phone call or email to GLORIA RESTKO or MONTE JOHNSON will get the change made. The calendar in the Newsletter is sent to the publisher in the middle of the previous month. If changes occur for a scheduled event, it is too late to change. For up to the minute calendar events, please refer to the https://www. keepandshare.com/calendar/show.php?i=1750758.

The second anniversary of Hurricane Ian was on September 28, 2022. There are still houses in Forest Park that need carports reconstructed, siding replaced, or fascia trim reinstalled. These are all items that are required by our Bylaws or Rules & Regulations. As a homeowner, and member of our HOA, you agreed to follow all the requirements to be a member in good standing by your signature. The Board of Directors, by being elected to lead our park, have the authority to restrict your access to our amenities until you have made the necessary repairs. This includes any and all violations of our C.C.R's. In the next couple weeks we will celebrate the grand opening of our refurbished swimming pool. If you are a guilty party, the BOD may choose to limit your access to the swimming pool or any other amenities that we enjoy as members.

It is a Florida Law that all grass clippings must be swept or blown from the street. Please refer to our Rules & Regulations Article XIII., Line J. With the tropical rains we've been receiving, many residents' carports and lanais are flooding because the storm sewer intake grates are plugged up with grass clippings. It is your responsibility, as the owner, to ensure that your grass clippings are not plugging up the intakes. If you see the intakes plugged up with grass clippings in front of your house, please remove them. Let's get the park back to the way it was ten years ago, when Forest Park won the "BEST OF AWARD".





BIRTHDAYS FOR OCTOBER

Cheryl Buening 1 Max Moor 2 Suzanne DelRossi 4 Leonard Neckers 5 Daniel Tesar 5 Lee Luberti 6 Delores Holmes 7 Jessop Marchbanks 8 Wayne Hampel 8 Becky Conrad 12 Mary Schreiber 12 Madaline Preston 13 Luisa Hamilton 13 Yvonne Murray 14 Christen Henning 14 Christy Robison 15 Janice Tomas 16 Kathy Carson 17 Robert Phelan 17 Frank Campanaro 21 Jack Glover 21 Patti Kothe 21 Donna Stiner 21 Carol Record 21 Becky Lodi 21 Ann Charles 21 Mike Neises 22 Mark Snyder 22

Mary Gorgan 22 Don Bargholz 23 Robert Ferrara 24

Ivan Taylor 24 Brian Revels 24

Hoyt England 24 Marilyn Guiney 28 Joan Fotta 30 Gail Hampel 31

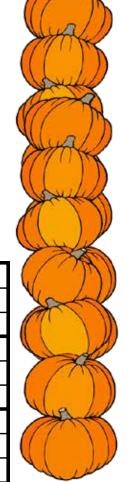


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HAPPY ANNIVERSARY

Jack & Judy Watson October 3, 1965
Thomas & Minnie Castor October 4, 1980
Jerry & Lisa Day October 11, 2012
Bob & Sandy Bagge October 14, 1972
Gerald & Melodye Gilbert October 15, 1983
John & Faye Shockey October 20, 1962
Danny & Karen Angell October 22,1971
Tony & Karen Nash October 22, 1977
Barbara & Marcos Passos October 29,1988

IN MEMORIAM

Judith E. Watson, 79, of South Grafton Dec. 1, 1944 – Aug. 15, 2024

Judith Evelyn Watson, affectionately known as Judy, left this world on August 15, 2024, at home, surrounded by the love of her family.

Born on December 1, 1944, in Quincy, MA, she was the beloved daughter of the late Pauline and James Sweeney. Judy's memory will forever remain alive in the hearts of those who loved her dearly, especially as we reflect on the beautiful life she crafted with kindness and joy.

Throughout her life, Judy exemplified warmth and generosity. She spent many dedicated years working for Verizon at the Marlborough Learning Center, where she formed lasting relationships, greeted everyone with a cheerful smile, and offered a kind word to all those around her.

Her nurturing spirit was evident not just in her work, but in her passion for family.

Sundays were sacred in Judy's world; she cherished family dinners, where love was served alongside the most delicious Yorkshire pudding she lovingly prepared to

complement the roast beef. Each celebration, big or small, was an opportunity for Judy to bring her family together, and she infused every holiday with her infectious enthusiasm.

Beyond her cooking, Judy nurtured her creative soul through sewing, crafting, and searching for seashells on the beach. She found joy in attending craft fairs, where her love for making crafts showcased her artistic flair. Every piece she created was filled with a spirit of love, reflecting the generous heart that was so quintessentially Judy.

Judy faced her diagnosis of ALS on March 18, 2024, with grace and bravery, even as the disease progressed rapidly, taking her bit by bit. Yet, through it all, her spirit remained undimmed, bringing light to the darkest moments. Her legacy is one of compassion and connection, exemplified by the family she loved so dearly.

She is survived by her loving husband, Jack Watson, her daughters Jill Watson Seddon and Jeanine Watson Sander, and their husbands, Paul Seddon and Mike Sander. Judy was a proud grandmother to Justin and

Ethan Nordquist, Kali, Jack and Lily Sander, all of whom brought immeasurable joy to her life. She is also survived by her brothers James, and Jay Sweeney and her sister Janet Pelletier. She is predeceased by her brother John Sweeney.

In grieving her passing, we also celebrate her life – a life marked by deep connections, shared laughter, and countless treasured memories. Though Judy is now at peace, her love and legacy will forever be etched in the hearts of her family and friends, as bright and enduring as the sun on a warm summer day.

In lieu of traditional mourning, Judy has requested no funeral or memorial services to be held.

We invite contributions to Compassionate Care ALS honoring Judy's Legacy. CCALS is a non-profit organization that is instrumental in providing equipment, guidance and support to individuals and their families living with ALS. CCALS is a donation only organization that goes above and beyond to meet the constantly changing and unfortunately ever declining needs of anyone who is living with this horrible disease. The family would like to acknowledge Michael Hodgkins who was always there with kind words, funny stories, endless support, a wheelchair accessible ride and always able to keep up with our changing equipment needs.

We would also like to extend our gratitude to VNA

Care (especially Danielle (PT), Jenn (OT) and Danielle (our amazing hospice nurse). Without your love and dedication for what you do everyday and the constant support you gave us we NEVER would have made it through this. You are all amazing and we can't express that enough.



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.

QUILT CLUB

by Renee

The Quilt Club is still in summer mode. 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**



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.



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 <u>TUESDAY only throughout the summer</u>. Given that, please have your garbage ready for pick-up <u>before 6:00 am</u> 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 <u>Hefty</u> 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 11th, 8:30 am to 9:30 am. Meanwhile 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.
- o 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 to 9:00 am. In the clubhouse. (the 2nd Friday each month)

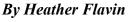
The **Women's** Coffee Klatch will return on Friday, November 15th at 9:00 am to 10:00 am in the clubhouse. (3rd Friday each month)

WATER AEROBICS

Water Aerobics is held daily Monday through Friday at 10:30am!!

COME AND JOIN THE FUN!

RED HAT LADIES



Hello Red Hatters,

Friendly reminder.....

We will have a "Yankee Swap / White Elephant" gift exchange at the holiday luncheon on Tuesday, 12/10/24 at the clubhouse...

PLEASE bring a Quality \$ 5 giftNew members are always welcome to join.

Dues will again be \$5. Dues can be paid at the box office on posted dates in November and at the holiday luncheon....

Any questions, please contact me...

See you all soon and safe travels to our snowbirds.

Heather Flavin 508-612-6386



FOREST PARKS HOME CHURCH "THE LIGHT"

By Roberta Rizas

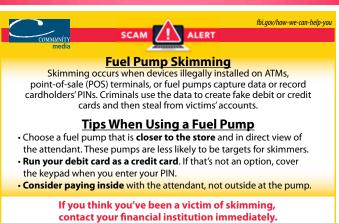
Just a reminder to everyone that, "THE LIGHT", Forest Parks Home Church, meets every Sunday at 6 pm at 457 Jacaramba Ct.

Please, just walk right in & you will be welcomed by all of us.

Would like to add last year's poem, again this year to our dear friends that will be traveling back to be with us soon. We look forward to seeing them all again.

Lord, bless those we love on this Oct. day
Be them near, or far away
Bless our good friends who mean so much
And those with whom we're out of touch.
We bring them all to you in prayer,
And ask You, keep them in Your care!
As they travel back to our Park,
keep them alert & safe in the dark.
We look forward to being with them soon,
I haven't seen many since early June.
Let's join together & have lots of fun
October has definitely now begun.





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Forest Park October 2024	Saturday	10:00 am Open Bocce Ball	4	12	19	5:00 pm Saturday, Potluck Supper Clubhouse	
	Friday	8:00 am Co-Ed Competitive Pickleball 9:15 am Co-Ed Relaxed Pickleball 10:30 am Pool Exercise	·	11	18	25	
	Thursday	8:00 am Co-Ed Competitive Pickleball 9:15 am Co-Ed Relaxed Pickleball 10:30 am Pool Exercise 2:30 pm Boxce Ball 6:00 pm Hand and Foot	e.	10	17	24	31 Halloween
	Wednesday	8:00 am Co-Ed Competitive Pickleball 9:00 am Craft Club -Clubhouse 8:00 am Co-Ed Competitive Pickleball 10:30 am Pool Exercise 6:30 pm Eucher	2	6	16	23	30
	Tuesday	8:00 am Co-Ed Competitive Pickbeall 9:15 am Co-Ed Relaxed Pickleball 10:30 am Pool Exercise 11:00 am Porest Park Box Office Open 6:00 pm Texas Holdem Tournament 6:45 pm Bingo - Clubhouse	1	∞	15	22	29
	Monday	8:00 am Co-Ed Competitive Pickleball 9:18 am Co-Ed Relaxed Pickleball 9:30 am Dominos – Clubhouse 10:00 am Ladies Bible Study 10:30 am Pool Exercise 2:30 pm Bocce Ball		Karaoke	14 Columbus Day	Z1 Karaoke	28
	Sunday	4:00 pm Forest Park Box Office 6:00 pm Home Church 6:00 pm Hand and Foot		9	13	20	27

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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