

STRAWBERRY RIDGE VILLAGE

TOPPINGS

March 2025



**Strawberry Shortcake
Social**

Saturday, March 1st

**3:00 at
Activity Center**

\$5.00 at the Door

StrawBerry Ridge Village 3402 Activities Lane, Valrico FL 33594

(813) 689-9423

www.covecommunities.com

SRV Storytelling

Sunday, March 2nd

3:00 pm at the Activity Center

THEME: You're here, but from where and when?

Come & share your story on how you ended up living in Strawberry Ridge, listen to the stories of others, or judge the best story.

Could be a very enlightening afternoon learning about your neighbors!

Bring your own drinks and snacks!

****FREE EVENT sponsored by the HOA***



One of our residents is participating in the Finale. Please go and support **Frank Beams** as he performs for a chance to win the \$2500 grand prize.

Tickets: \$5 (includes lunch) – Must be purchased in advance.

This year, all proceeds from ticket sales will go directly to Disabled American Veterans (DAV), continuing our mission to give back to those who served.

Where: Cypress Lakes Village, Lakeland, Florida

When: March 26, 2025, at 1:00 PM

The Village



will be open for business on

Saturday, March 8th

6:00-9:00

at the Activity Center

Food and Mixers Provided

Entertainment by Skip Frye

Only 60 tickets available for this event - \$15. They will be sold on Tuesday, February 18th 1-3, AC Card Room

Tickets will also be available from Bev Byer (419-345-1113) after the 18th if not sold out.

An HOA Sponsored Event

LUNCH N LEARN*

with **MRS Insurance**



Friday, March 21st @ 11:30am
Strawberry Ridge Activity Center

"Saying **GOODBYE** to the Donut Hole!"



Come join me, Sherry Gillard, from MRS Insurance, and learn all about the BIG changes for Medicare in 2025!

- BIG Medicare Reset
- NO MORE Donut Hole
- Drug Plan Changes
- How to Save Money

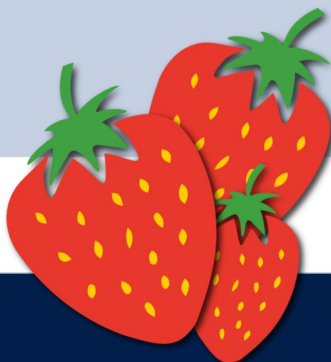
*(*Please sign up at the Clubhouse or Activities Center.)*

Also joining us,
Dr. David Thiele, MD



VERIMED
HEALTH GROUP

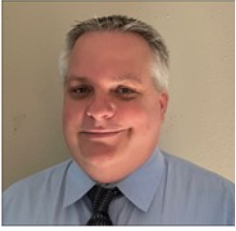
**Protecting Your Health,
Wealth & Family**
(813) 553-3822



StrawBerry Ridge Village
A COVE COMMUNITY

www.mrs-insurance.com

News from Strawberry Ridge Village Office



Matthew Clark
Community Manager

Hello Residents of Strawberry Ridge,

Spring is here and soon we will be getting more rain. Please make sure that yards are maintained and any items from the hurricane are repaired shortly. We have replaced the water heater in the shower of the indoor pool area. We also replaced the heater in the pool as well. We ran a camera down the storm drain in the north phase of the community to find the breaks in the system. An engineer has provided a recommendation to fix Lake Tahoe and the drainage on Mulrennan Road. The gates have been repaired, broke again, and been repaired. By the time this is printed, I'm not sure what the current state of the gates will be.

I wanted to touch on a safety reminder. Please lock your vehicle doors and house doors when you exit them. I have heard stories of outside people trying to open doors to see if they are unlocked. If you feel unsafe, call the police and report it. As always, keep your dogs on a leash and pick up after them.

I hope you all have a great month of March.

Matthew



Jennifer Singh
Bookkeeper

Hello Strawberry Ridge Village, we are now in March; named for the Roman god of war, Mars. The beginning of Spring and the Full Worm Moon and the return of Daylight-Saving Time. Some events for the month:

- March 4- Mardi Gras/ National Snack Day
- March 5- Ash Wednesday/ National Cheese Doodle Day
- March 8- International Women's Day/ National Peanut Cluster Day
- March 9- Daylight Saving Time/ National Meatball Day
- March 14- Full Worm Moon/ National Pi Day/ National Potato Chip Day
- March 17- St Patrick's Day/ National Corned Beef and Cabbage Day
- March 20- Spring Equinox/ International Day of Happiness
- March's birth flower- daffodil- signifies regard or unrequited love!
- March's birthstone- aquamarine

Hope you go outside and enjoy the weather before it gets too hot, plant some flowers/ vegetables.

Thanks for reading- Jennifer

THE EMERGENCY PHONE NUMBER 332-200-4671

This is for after 5pm. We have office staff here on Saturday 9am - 5pm and Sunday Noon - 5pm.

Maintenance is here Sunday 9am - 3pm & we will have coverage on Saturday soon.

Strawberry Ridge HOA News, Nuggets and Notes

March already, the first 2 months of the year seem to take forever to go by then the time starts to fly. Another busy month of events on its way and lots of educational programs as well.

Watch out for Lunch and Learns during the year that may not be on this calendar, we had a lot of interest from vendors at our Resource Fair and dates may be set up after publication of the Toppings.

- **Our Annual Meeting has been moved to March 8th**, this is to allow for the required number of days to notify you of the date. There are amendments to the bylaws that need your vote. If you care about your community, it is important that you attend this meeting as we need 54 people to physically attend that can vote to get the bylaws passed.
- All applications for board membership were received by the Nominating Committee. Mazie McMahon re-applied for a board seat and Bob Byer was a new applicant. We will welcome them to the Board at the March meeting. **AS THERE ARE MORE SEATS AVAILABLE ON THE BOARD THAN APPLICANTS, THERE IS NO REQUIREMENT FOR AN ELECTION OF BOARD MEMBERS. THEY WILL BE APPROVED BY ACCLAMATION.**
- Please remember that you will need to be a paid member of the HOA to vote on the Bylaws amendments at the March Annual Meeting.
- Membership renewals will begin again on April 1st. Membership is \$6 a year or \$15 for 3 years. Forms are available at the Activity Center or contact the Chair of the committee, Jodi Hamel, at 813-728-0110. If you are already a member you will be contacted to remind you of your renewal.

February was a quieter month after all the festivities of December and January. Valentine’s Dance was well attended and we all danced the night away with the 5th Gear Band. A great lunch and learn with Hemness Law Group helped many of us out with our wills and estate planning. Keep your eyes open for more new events and entertainment throughout the year.

DATE	EVENT	LOCATION	TIME	DESCRIPTION
Mar 1	Strawberry Short-cake	Activity Center	3:00pm	Strawberry Shortcake pay at the door \$5, water available for \$1
Mar 2	Storytelling	Activity Center	3:00pm-4:30pm	Free event, listen or share your story. The theme is “you’re here, but from where and when”
Mar 7	Lunch and Learn	Activity Center	Lunchtime to be announced	Lunch and learn with IMA, more details to follow
Mar 8	HOA Annual General Membership Meeting	Clubhouse	9:00am	9:00am for coffee and donuts and the meeting starts promptly at 9:30am. Come and listen to what has been happening in the community.
Mar 8	Pub night	Activity Center	6:00PM-9:00PM	Spend the evening with Skip Frye as entertainment. Appetizers and mixers provided. Tickets \$15, sales dates to be announced.
Mar 12	Bingo	Clubhouse	5:30pm-9pm	Card sales are from 5:30pm to 6:30pm, early bird at 6:45pm. Regular bingo starts at 7pm.
Mar 14	Lunch and Learn	Activity Center	12:00pm	Lunch and learn with Clear Medica, learn about the changes in healthcare
Mar 17	HOA Agenda Meeting	Activity Center	6:30pm	Join the HOA board as we prepare for the March membership meeting

DATE	EVENT	LOCATION	TIME	DESCRIPTION
Mar 21	Lunch and Learn	Activity Center	11:30am	Lunch and Learn with Mrs. Insurance, learn about Medicare changes, no more donut hole and more
Mar 21	Trivia	Activity Center	7pm-9pm	FREE - Monthly fun competition that keeps your brain active.
Mar 26	Bingo	Clubhouse	5:30pm-9pm	Card sales are from 5:30pm to 6:30pm, early bird at 6:45pm. Regular bingo starts at 7pm.
Mar 28	Karaoke	Activity Center	6:30pm-9pm	FREE – Karaoke come and sing along

If you have any difficulty buying tickets for the events or cannot make any of the sale times, please contact Bev Byer at (419) 345-1113, who will be happy to help.

If you want us to post something please email me, Liz Fields, President. pressrhoafl@gmail.com.

Matthew and Park Maintenance continue to work on everyday issues and repairs. Thank you to them all for their continued hard work. If you have any issues, remember that there is a member of the Board handling this. Your board member contact for such issues is:

Mazie McMahon who can be reached by email at mam.dirsrhoafl@gmail.com or by phone at 813-373-0319.

For copies of the past board minutes visit the blog <https://blogstrawberryridge.blogspot> and under Strawberry Ridge Pages and Blogs, select Homeowners Association.

- Your HOA Board Members

ANNUAL MEETING OF THE HOA

MARCH 8, 2025, at 9:30am

VOTE REQUIRED FOR BY-LAW AMENDMENTS

The March HOA meeting is March 8th at 9.30am, donuts and coffee before the meeting. This is our Annual meeting and we need you to attend in order for us to approve the updated bylaws that the committee has been working on for a year. Most of the amendments are to bring our current bylaws of 2021, in line with the Florida Statute 723, which is our governing body.

If you are unable to make the meeting, you can give your proxy to the Secretary of the HOA. The bylaws are posted under the files portion of the HOA Facebook page for your review. A new addition this year is the Operations Manual. This contains processes and procedures and items that are relevant to the day-to-day operation of the HOA and may need to change more often than the bylaws. The committee has put together a great set of bylaws that moving forward should only need changing if there is a change to the Florida Statute 723. If you wish to be sent a proxy, please email me, Liz Fields, President of the HOA at pressrhoafl@gmail.com

We need to have 72 members for a quorum and 48 physical members in the room to be able to vote for this. Remember there is only one vote per household. Tell your friends and neighbors to come to this meeting, it is very important that we get your vote. Thanks

MEET YOUR NEIGHBOR

Let me introduce you to a very interesting couple that live here in the Village, Bob and Nancy Brigden. Bob and Nancy have lived here in the park for almost 5 years. They originally lived in the Ohio area, going to college, getting married and raising their son, Jeffrey. Their son is now married and has blessed them with a beautiful granddaughter, and is still living in Ohio.

When they decided to retire early, they set about finding some adventure. They sold their house and bought a 43-foot RV bus. They spent the next 18 years (yes, I said YEARS) traveling extensively, quite often coming back to Florida for the winter months. I asked Nancy and Bob to share just a small sample of their adventures with us.

They have been to every state in the US except for Hawaii. They traveled to all of the national parks in the US, and most of the Presidential libraries. They also spent a lot of time traveling through Canada, Mexico and Europe. Some of the areas they especially enjoyed were Jackson Hole, Wyoming and the Napa Valley, CA area. When they came to the Tampa area, they would stay at the Lazydays RV park near here. One place they did not care to go to was the Death Valley area. The name itself tends to be a little off-putting! They said every state was different, and each one had its own distinct interests. They especially enjoyed camping in Cabo San Lucas, Mexico, where sitting in one spot they could enjoy the sunrise and the sunset in the same spot!

Their son once noted, while other parents sometimes didn't know where their teens were, he had the opposite problem, as quite often he didn't know exactly where his parents were!

Their lives have calmed down some now, and they thoroughly enjoy living in Strawberry Ridge. Nancy enjoys the water exercise class, and Bob spends some time on occasion shooting pool with some friends down at the game room.

Their suggestion for newly retired people is to enjoy life, and don't wait to do the adventures you want. Do those now! And above all else, don't sweat the small stuff.



LENDING CLOSET

Before you purchase any necessary Durable Medical Equipment:

Check with the Strawberry Ridge Village Lending Closet, located at the Clubhouse, which provides medical equipment to our residents upon request. Call us and one of our volunteers will be happy to assist you by providing many of your needs on an available basis. This service is at no cost to our residents, is a great cost-saving measure, and the loan of the equipment has no time limit. You may keep the equipment if it is necessary.

We have wheelchairs, transfer chairs, crutches, canes, walkers, bed rails, potty chairs, and shower chairs. These items are available for all our residents to borrow. Donations of the mentioned items are also accepted. There are limits on the type of supplies we can accept. We cannot accept respiratory items, diapers, walking boots, medications, stability belts or other disposable items. All that we ask is that when returning borrowed items or donating items please ensure that all items have been cleaned and are fully operational. The volunteer staff does not have the ability to clean or repair any items. Presently, the Lending Closet is in short supply of Rollator Walkers. Any donation of or return of one no longer needed would be appreciated.

If you have any questions or need any of these items, please contact one of the people listed below. If you are donating items, please call any of the numbers so we may secure them for future use.

Sharon Hurley (518) 423-9510

Patty Jackson (276) 525-2855

Mary Kendall (508) 221-5153

Peg Thomas (727) 494-5426

 **St. Patrick's Day** 
Word Search

P	O	T	O	F	G	O	L	D	B	E	E	T	S	L
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 CLOVER IRELAND PARADE
COINS IRISH PATRICK
CORNED BEEF LEPRECHAUN POT OF GOLD
TRADITION LUCK RAINBOW
GREEN MARCH SHAMROCK



CRAYONSANDCRAVINGS.COM

For Sale

CONTACT: THOMAS BERIOU

3516 ENGINEER DRIVE

813-460-2281



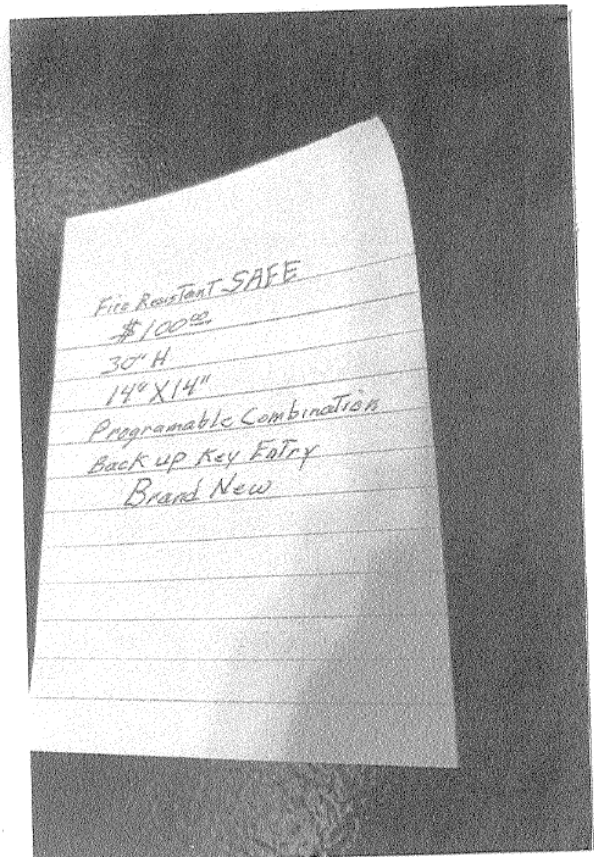
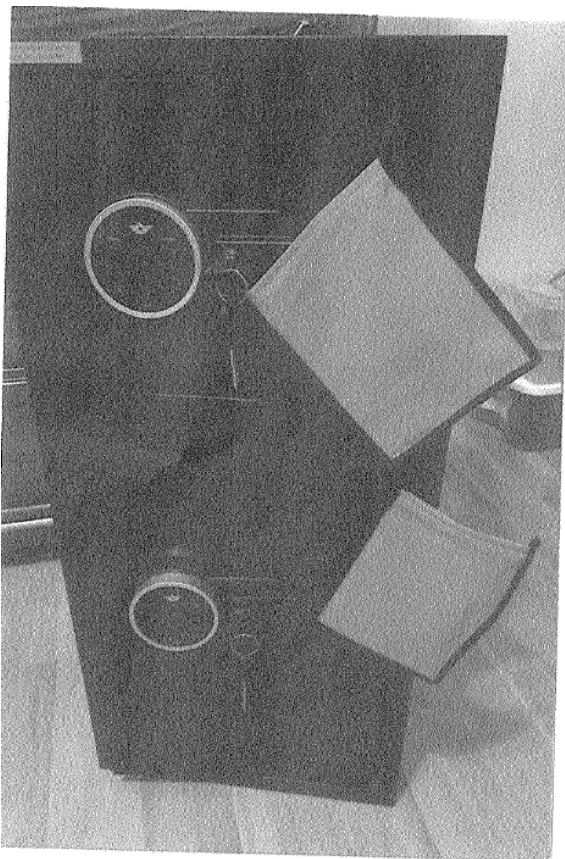
Thomas Beriou
3516 Engineer Dr
Valrico, FL 33594

Pool Stix Bag

Holds 5 Stix

Red & Black

Call for price



THE GOLDEN GUILD

More Strategies for a Stress-Free Life at Strawberry Ridge Village

Basic Power Outage Preparedness: We must accept the fact that power outages will occur and it's up to us to be prepared and not rely on the Cove office or Government Agency. It's also a reality that during the non-hurricane season power outages may be short but will be long enough to be a definite inconvenience, but if you are ready for One then you'll be prepared for anything that comes your way! So, in any power outage, you need to focus on your basic needs AND have a proactive action plan:

Lights: Place battery operated lights in every room in a known location so they can be easily obtained in the dark.

Water: Have 10-15 gallons of drinking water and the same amount of water for flushing and handwashing.

Food: To be best prepared you should have 3-5 days' worth of food ready to go in emergencies. In general, you should focus on having non-perishable foods like canned vegetables, soups, nuts, and meats. A Small propane stove to heat canned goods could be helpful if you think you can manage one.

AC: If you don't have a generator then small battery-operated fans will help a lot. Lights and fans powered by a small generator, if you have one, will greatly reduce the stress of a power outage as well.

First aid: If something is going to happen the most likely time is when you least expect it like during a power outage. So, a first aid kit can be important in an outage in case there is an injury.

Cold Storage: Make sure your freezer is full and it'll stay frozen for many hours but even so only open your freezer/refrigerator only if you have to.

Personal: Call your friends or family to let them know you are ok.

Safety: Try to avoid using candles as they are a great fire hazard. If you do have to use them, make sure to keep them well away from flammable items.

Note: These ideas aren't everything you can or need to do to prepare, but they should get you started. If you have any questions, you can contact John Jones @ The Golden Guild, FloydK2525@gmail.com

C.E.R.T.

Mary Phillips 813-654-7955

Grant Johnson 813-388-1276

Rose Panella 813-662-9862

We will be meeting again on Thursday, March 13th at the Activity Center at 6:30 PM. At that time, we will start the CERT Basic Training book, therefore, we will need all our members and all that are interested in joining CERT to be there.

If you are a current member and for whatever reason you cannot continue to be a member, please advise us.

BENEVOLENT FUND

Jeannie O'Dell, (205) 688-6525, Lisa Beckmeyer, (813) 610-9696 or Willie Clark (931) 212-5940.

The Strawberry Ridge Benevolent Fund Inc. (Fund) has been in operation for a number of years and was recently incorporated as a 501(c)(3) organization to provide food and household supplies in Strawberry Ridge Village. There are families in our community who struggle to pay for the necessary expenses of food, transportation, medical costs, and utilities. The Fund provides monthly food bank distributions as well as arranging for limited household maintenance, such as pressure washing and gutter cleaning. The Fund is operated by the monetary and food donations of the residents and welcomes any donations (monetary donations are tax deductible). If you know of anyone or are yourself in need of food, please contact one of the individuals listed above.

Strawberry Ridge Community Fellowship Sunday Services in the Activity Center each Sunday @ 10am.

We are a non-denominational fellowship, led by Rev. Neal Miller and Rev. Mary Barlow, residents of Strawberry Ridge Village. We just celebrated our 3rd Anniversary.

Our messages are straight from God's Word. We sing old familiar hymns, some not so contemporary songs and those that the Lord leads us to sing.

Won't you join some of your neighbors at a service on a Sunday morning to see if you enjoy the fellowship and service? We are not asking anyone to leave their home church because that is where God has sent you, Praise the Lord. Just know that we are here for you as well, should you need us.

On March 16th we will be holding a **Community Potluck Dinner and Hymn Sing**. Bring a dish to pass and your singing voice. Dinner is at 5pm and we sing after we eat and clear the tables. We hope to see you then.

Sign up sheets will be on the Clubhouse Bulletin Board and in the Activity Center on March 1, 2025.

If you need a ride, let us know, so we can make arrangements for you.

Pastor Mary Barlow 813-668-7156.

Strawberry Ridge Community Fellowship Small Group Study

We will finish our current study on March 26. Those attending are finding it to be very helpful in understanding "*What Happens Next*". We may do this study again this year so others have the opportunity to learn what the current attendees enjoyed discussing together.

Our next Small Group Study will begin on April 2nd

We will begin a new study by Max Lucado Study - "*How Happiness Happens*". Find Lasting Joy in a world of comparison, disappointment, and unmet expectations. Come join us if you want to know more about life altering, uplifting, heart stabilizing peace producing joy.

We will continue to hold the afternoon and evening sessions schedule. You will **attend either** the afternoon or evening sessions, the one that works best for you.

Meeting Schedule - All meetings will be held in the Puzzle Room in the Activity Center.

Afternoons:

Meeting twice a month, 1st and 3rd Wed 1:30-3pm – Beginning April 2nd

Evenings:

Meeting twice a month 2nd and 4th Wed 6:30-8:00pm – Beginning April 9th

Please call if you have any questions: Pastor Mary Barlow 813-668-7156.

PENNY BINGO

Mary Phillips 813-654-7955

Every Monday @ Clubhouse from 1PM - 3PM (come early to set up & pay)

We are a FUN group of village residents. We play from 1 pm to 3 pm.

We have lots of laughs just for a penny a card! We also play some specials so bring a couple of dollars (change is good) extra besides your pennies. Please come and join a great group of your friends and neighbors for a fun afternoon.

BOOK CLUB

Karen Myers 813-431-2748

The Strawberry Ridge Book Club meets on the second Monday of each month at 1:30 PM in the Activity Center.

We had a lively discussion regarding our February selection "Agatha Raisin and the Case of the Curious Curate". Everyone enjoyed this fast and light read. We had some good laughs discussing the events in the book. We also discussed a few other titles that were either read by some attending or were recommended to them. We had a bit of a conversation about the pros and cons of banning books.

The majority of those in attendance decided to go back to having (2) books selected for the month and have the choice to read one of them, both of them or neither! But a discussion on both is more than likely to occur at our next gathering. Our selections include "Small Great Things" by Jodi Picoult and "The Shack" by William T Young.

We were excited to have another "newbie" at our extended table this month. We are always delighted to see new faces so please come join us for our delightful conversations.

RED HAT MAMMAS

Barbara Duckworth 850-371-2616 Beverly Pletsch 708-490-6307

We meet at the activity center at 11:00 and then leave at 11:30. We will also be drawing for 50/50. We invite all ladies who may have wondered about the Red Hat Mammamas to join us and give it a try. A good group of ladies who enjoy laughing and lunching and meeting new people. Hope to see you soon.

TEXAS HOLD-EM TOURNAMENT

George Lopata 412-609-4106

This is a NEW activity and will be held MONTHLY.

When: Last Friday of every month @ 6:00pm (March 28th)

Where: Card Room at the Activity Center

****Contact George to register or obtain additional information****

THE YARNERS

Audrianna Reimert 813-297-3950 theyarnersclub@gmail.com

Hello fellow yarners come down to the Clubhouse Mondays between 6pm-8pm. And crochet and knit together.

And I have a few ideas in the works for the group.

People who would love to learn to knit or crochet come on down as well.

BUNCO

Mark your calendars!! CO-ED BUNCO nights will be held at the Activity Center (outdoor pool building) the THIRD Saturday of every month. Next date: March 15th

Bunco is an easy, social dice game involving 100% luck and zero skill! Just roll and count!! It's a lively, fun and sometimes **loud** game!

Doors will open at 5:30 and games will begin at 6. Entry fee of \$5 per person, these funds will be used to pay out cash prizes at the end of the evening. More players, bigger winnings!!! This is also a great way to meet your neighbors as the tables change after every game!

Feel free to bring snacks and beverage of choice!!
Contact Leslie: 352-232-8132 or Laurie 407-948-6176

NICKEL BINGO

Mary Phillips 813-654-7955

We have lots of fun playing Nickle Bingo. Each card is \$.05 per card for 14 games and \$.10 per card played for two speed ball games. Come and join us on Fridays at 1:00 pm at the Clubhouse.

HAND AND FOOT (CANASTA CARD GAME)

Jean Jenkins 813-571-7991

You should come and join us every Wednesday at 11:00am for this fun card game. We supply the cards and can teach you the game too. We play cards in the large room in the Activity Center

POKENO

Lynn Forziati 631-942-9784

This game is similar to Poker/Bingo games and is a simple game played with nickels. You can possibly win two of the five pots every round on your game board. Bring your nickels, a deck of playing cards and join us every Thursday at 5:00 pm in the Clubhouse.

MAHJONGG

Cheryl Harmon 717-304-3319

Mah Jongg is played in the Activity Center on Tuesday evenings at 7:00 and Thursday afternoons at 12:45.

If you are interested in learning something new in 2025, be brave and drop in during either of these times. We would love to expose you to this interesting game of tiles that asks us to think and strategize. Some of us are determined to become better at it and so we persist!!!! We would like to let everyone know Lorean had the most wins in January. You go, girl!!! She's been playing here at SRV for quite a few years so she was on top of her game this month!

GAME CLUB

Diane Miller 919-418-3865

Game Night is on Wednesday @ 7pm in the main room of the Activity Center. It is open to all residents. We play a variety of games from Uno, Triominos, Golf (card game), Yahtzee, and we are open to suggestions for more!

All in Stitches

Several new residents have expressed interest in the Strawberry Ridge quilting group.
We meet Tuesdays @ 1pm in the Clubhouse.

In the past we have donated quilts for children to Hospice, to the Strawberry Ridge Benevolent fund, the Woodshop pancake breakfast/ auction. Several of our ladies are very active making dresses and shirts for Dress A Girl which are taken to such places as Africa, and Caribbean countries. We have worked on block of the month and one project in which we all used the same background fabric, Christmas fabric of our choice, and exchanged finished signed blocks. It doesn't matter if you are an experienced quilter, or finally having time to enjoy a new hobby we would love to have you join us.

Please call Paula Somers 813-541-4902 for more information.

VILLAGE CRAFT CLUB

Gina Derby 609-287-7255

Flo Aruza 914-475-9737

NO CLASSES in February or March. Resumes **April 14th @ 6pm** in the Activity Center
Come join us for a night of fun and good company. Let's get creative together!!

TRAVEL CLUB

Sandra Allen 813-653-0555

The Travel Club will meet on Friday,
March 7th, in the Activity Center,
at 6:00 pm.

We have a lot of interesting Day & Extended Trips. Please come and hear all about them. Any questions or if you need a Newsletter please contact me, Sandra Allen at 813-653-0555.

FEBRUARY 2025

DAY TRIPS		
Calypso Queen	Sat. Feb 01, 2025	10:30am – 4:30pm
Morocco Presentation	Tue. Feb 04, 2025	10:00am – 11:00am
DIAMOND's Valentine	Fri. Feb 14, 2025	3:00pm – 11:00pm
MJ The MUSICAL	Fri. Feb 28, 2025	6:30pm – 11:30pm
BEE GEE's Tribute	Sun. Mar 02, 2025	9:45am - 4:45pm
'Sylvia' @ Early Bird	Sat. Apr 05, 2025	9:30am – 4:30pm
'Legally Blonde'	Sun. Jun 08, 2025	9:00am – 6:00pm

EXTENDED TRIPS	
Panama Canal	03/13/25 – 03/27/25
Myrtle Beach	05/05/25 – 05/09/25
Northern Legends	06/22/25 – 07/06/25
Swiss Alps -Rail	08/05/25 – 08/13/25
Majestic Morocco	10/23/25 – 11/03/25
VA Fest. Of Lights	12/07/25 – 12/12/25
Seine River Cruise	04/30/26 – 05/11/26
Smoky Mountains	09/13/26 – 09/18/26

FOLLIES Show

Mary Phillips 813-654-7955

Rose Panella 813-662-9862

Second Tuesday each month in the Clubhouse 10 am—12 pm

Do you sing, dance, play an instrument, tell jokes, lip-sync, or just want to have fun? Then this is the group to join. This year we want to have a big **Variety Show**. We will meet at the Clubhouse to continue organizing the show and pick a date for the show. We will have a couple of meetings to organize a show.

HOPE TO SEE YOU JOIN US!

The Ping pong club at Strawberry Ridge meets on Monday, Wednesday and Friday at 9:00 am to 10:30 am at the clubhouse. We also meet on Tuesday and Wednesday nights from 5:30 to 6:45. This is a special time for those who work during the day but love to play ping pong. The picture for the month of March shows our two newest members, Michael Sanchez and Dan Smith, enjoying a game of doubles. They both are outstanding players but enjoy playing against anyone. Dan and Michael are both from New York State. Michael from the City of New York and Dan from The Syracuse area in New York State. They just happened to stop by and see what we were all about and have not stopped coming. Michael loves to go on the internet and learn more about the game and then comes and tests his new skills against us older guys and gals. Dan is a retired minister of the Gospel and still does supply ministry in this area. Two really nice additions to our club and we would also like to add anyone in the Strawberry Ridge Community who would like to join us. The Strawberry Ridge ping pong players would also like to wish all our residents a happy St. Patrick's Day.



MARCH

FITNESS CLASS SCHEDULE

March 11th & 13th classes cancelled

**TUESDAY AND THURSDAYS*

8:30-9:30 Tai Chi Warm-ups and Qi Gong

This class will keep you flexible and stretch muscles, ligaments and tendons while you learn to breathe with discipline. It will help with COPD, and asthma. The second half of class is modified stretches with a chair.

9:30-10:00 Free Weight Training 101

Choose the weight you want to use and learn to lift properly to target the desired area you want to keep muscle. Discuss protein choices to make muscle. Beat Sarcopenia before it makes you weaker!

10:00-10:30 Lower Body Workout

Leg strengthening and balance taught to keep you from using arms to get out of a chair.

Stay independent and prevent falls by improving your balance.

10:30-11:30 Bodyfloss Chair Yoga

Relieve stress! Learn how to focus on breathing (Pranayama) Engage your thoracic cavity and utilize your diaphragm, inter-coastal muscles, transverse thoracic muscles (supports breathing by pulling downward and inward involving movements like coughing and sneezing.)

Easy chair stretches to release tightness and tension in the neck, shoulder and back.

Stretches to relieve sciatica!

Hand reflexology to relieve arthritis also

Questions? Call Dale Marie Kersch at 305 849-5962

Congratulations!

1 – Tom McMahon
 1 – Cheryl Brown
 1 – Mary Kendall
 2 – JoAnn Diana
 4- Robert Byer
 4 – Robert Jackson
 6 – Barbara Giuliano
 6 – Kenneth Rogers
 6 – Deborah Jones
 7- Lynda Miranda
 7 – Leesa Wampole
 7 – Marsha Mason
 7 - Dawn Howard
 7 – Karen Denty
 8 – Bill Dickson
 8 – Yvonne Richens
 8 – Maxine Pratte
 8 – Nancy Ramos-Young
 8 – Raynald T. Gagne
 9 - Bill Perry
 10 – Terri Zindell
 10 – Regina Derby
 11 – Dock Womble
 11 – Linda Gallun
 12 – Rick Stith
 13 - Raul E. Rodriguez
 13 – Kathy Willard

14 - Kimberly Kocak
 14 – Christine Olivieri
 14 – Judy Mason
 14 – Aileen Marrero
 15 – Marie Tischler
 16- Mary White
 16 – Barbara Tetreault
 16 – William Sivertsen
 16 – Yvette Vasquez
 20 – Mary Ann Wuerth
 20 – Dee McClanahan
 20 - Joseph Hilger
 21 – Brent Stalnaker
 22 – Johnnie Jordan
 23 – Katherine Krajewski
 24 – Dominick Pagano
 24 – Juanita Soto
 28 – Frank Panella
 28 – Jasper Locke
 29 – Sharon Sproston
 30 – Scott Taylor
 31 – Ronald Lender

WELCOME

Laura Alberta
 808 Choo Choo Lane
 Jeff & Marleen Napolitano
 315 Tahoe Circle
 Mary Ann Fowler
 3506 Casey Jones Dr
 Kirill Simonov
 Anna Simonova
 3613 Casey Jones

Linda Gallun
 3517 Activities Lane
 Myron & Christine Kexel
 Barbara Kexel
 326 Choo Choo Lane
 Christopher & Karen Connelly
 3613 Whistle Stop Lane

Happy Anniversary

03-02-1985 Frank & Mary Ellen Beams
 03-08-1980 Patrick & Gina McLaughlin
 03-09-2013 Raul & Carmen Rodriguez
 03-14-1972 Mike & Dee Cromwell
 03-14-1986 Kevin & Margaret Hanke
 03-16-2016 Bill & Michele Perryn
 03-19-2005 John & Jenny Jones
 03-20-2005 Debbie Scott & Ronald Gamber
 03-27-1992 Jeff & Marleen Napolitano

OBITUARIES

Mary Jo Blanchette 01-21-25

Sunshine Committee

In the event of one of our residents passing away, I would like to send an expression of sympathy to their family.

Flo Windle 267-980-3246

COMMUNITY ACTIVITIES

Clubs listed on this form meet every week.

CLUBHOUSE

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
<p>9:00 AM PING PONG</p> <p>1 PM PENNY BINGO</p> <p>6PM YARNERS</p>	<p>9 AM OPEN PICKLE BALL</p> <p>10 AM FOLLIES</p> <p>1:00 PM ALL IN STITCHES</p> <p>5:30 PM Ping Pong</p>	<p>9:00 AM PING PONG</p> <p>5:30PM PING PONG</p> <p>5:30PM BINGO (2ND & 4TH WED)</p>	<p>9 AM OPEN PICKLE BALL</p> <p>1:30PM WATER COLOR PAINTING</p> <p>5:00 PM POKENO</p>	<p>9:00 AM PING PONG</p> <p>1 PM NICKEL BINGO</p> <p>3:30 PM SINGERS</p>	<p>9 AM OPEN PICKLE BALL</p>

ACTIVITY CENTER

<u>SUNDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
<p>10AM COMMUNITY FELLOWSHIP</p>	<p>12:00 PM BILLIARDS</p> <p>1:30PM SHUFFLEBOARD</p> <p>6PM CERAMICS</p> <p>6PM MEN'S POKER</p> <p>7PM MAH JONGG</p>	<p>10AM WATER AEROBICS</p> <p>11:00 AM HAND & FOOT</p> <p>1:00 PM BIBLE STUDY (1ST & 3RD)</p> <p>1:30 PM SHUFFLEBOARD</p> <p>6:00 PM BIBLE STUDY (2nd & 4th)</p> <p>7:00 PM GAME NIGHT</p>	<p>12:00 BILLIARDS</p> <p>1:00 PM: CERAMICS</p> <p>1:00PM MAH JONGG</p> <p>1:30 PM SHUFFLE BOARD</p>	<p>10:00AM WATER AEROBICS</p> <p>1:30 PM SHUFFLE- BOARD</p>	<p>9AM CERAMICS</p> <p>12:00 PM BILLIARDS</p>
<p><u>MONDAY</u></p> <p>10:00AM WATER AEROBICS</p> <p>1:30 PM SHUFFLE- BOARD</p> <p>6:00 PM MIXED POKER</p>					

EMAIL for TOPPINGS: toppinginfo@covecommunities.com. If there is an error or a group/club missing from the list, please let me know.

ALL articles or changes need to be sent no later than the 15th of the month

Thank you! Tina McDonald

March 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 CH RSVD Woodshop Cook-out 10:30am (WS) Strawberry Short-cake 3pm AC
2 Story Telling 3pm AC	3	4	5	6 Woodshop Mtg 6pm AC	7 L & L 11am AC Travel Club 6pm AC	8 HOA Mtg 9am CH Pub Nite 6pm AC
9	10 Book Club 1:30pm AC	11	12 BINGO 5:30pm CH	13 CERT 6:30pm AC	14 L&L 12pm AC Psychic 6pm AC	15 Woodshop Cookout 10:30 CH RSVD BUNCO 5:30 AC
16	17 HOA Agenda Mtg 6:30pm AC	18	19	20	21 L&L 11am AC Trivia 7pm AC	22
23	24	25 Red Hats Mtg 11am AC	26 BINGO 5:30PM CH	27	28 Texas Holdem 6pm CR Karaoke 6:30pm AC	29 CH RSVD
30	31					

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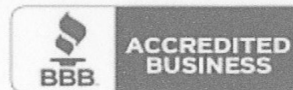


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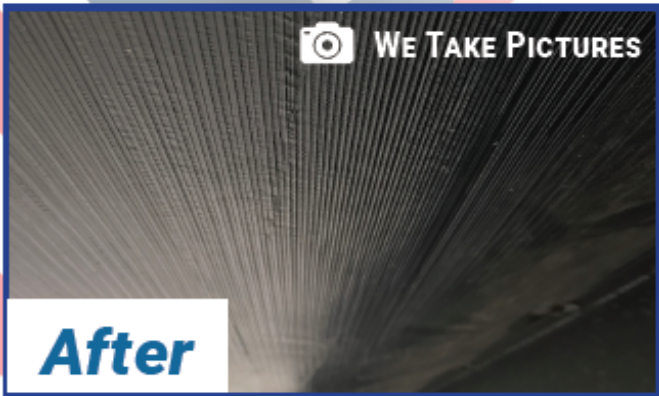


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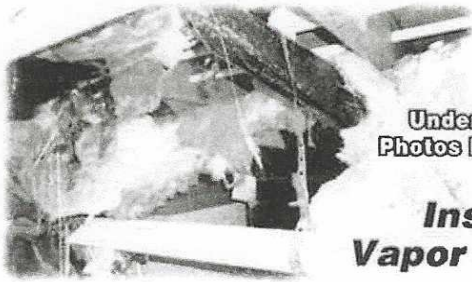


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*Wishing you good health and safety,
The Florida Anchor & Barrier Team*

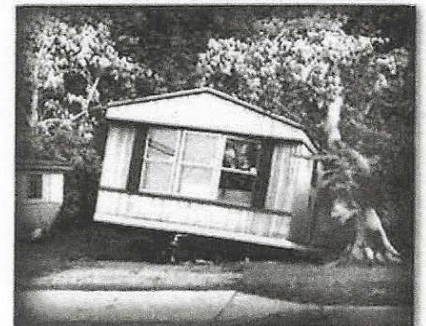


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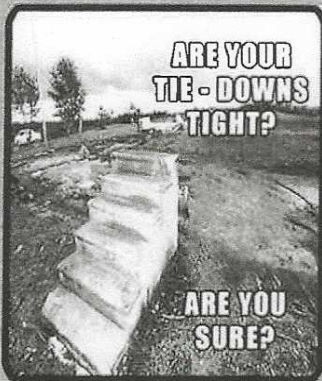
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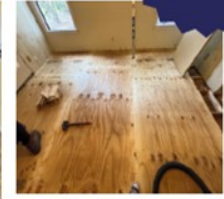


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