

AUGUST 2025



The Waters
A COVE COMMUNITY



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TheWatersMelbourneBeach

instagram

TheWatersOnTheBeach



AUGUST



WRITTEN BY BEA KOCH, LIFESTYLE COORDINATOR



IMPORTANT PHONE NUMBERS

Office Telephone	(321) 723-4139
Community Manager - Nichole Kenney	(321) 514-5888
LifeStyle Coordinator - Bea Koch	(407) 718-3636
Maintenance - Troy Sheffer	(321) 376-1468
After Hours Emergency Number	(321) 514-5888

LAW ENFORCEMENT

Emergency 911

Brevard County Sheriff's Office (non-emergency)	(321) 952-6371
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NEIGHBORHOOD WATCH

Coordinator, Marily Nye	(315) 243-2423
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UTILITIES

Florida Power & Light	(321) 723-7795
Spectrum	(833) 697-7328
City of Melbourne Utilities Office	(321) 608-7100
Waste Management	(321) 636-6894

OFFICE HOURS

Monday – Friday 9:00 AM to 4:00 PM

CLUBHOUSE HOURS

Daily 8 AM to 10 PM

Subject to Change



DAILY ACTIVITIES

WATER AEROBICS

The Pool

Monday/Wednesday/Friday @ 11 AM

HAPPY HOUR

D'Jon's/Chart House

Alternating Mondays @ 4 PM

OPEN BIBLE STUDY Q&A

The Clubhouse

Mondays @ 7 PM

CRAFTS

The Clubhouse

Tuesdays @ 1 PM

CARD GAME 31

The Clubhouse

Tuesdays @ 7 PM

LADIES' COFFEE

The Clubhouse

Wednesdays @ 9:30 AM

MAH JONG

The CLUBHOUSE

Wednesdays @ 1 PM

YOGA

The Clubhouse

Thursdays @ 6 PM

Saturdays @ 10 AM

LADIES' GOLF

Spessard Holland Golf Course

Mondays @ 1 PM



August Birthdays

Carol Pescatore - 2nd
John Schmidt - 2nd
Bill Holzman - 2nd
Rita Clark - 4th
Ed Plummer - 4th
Joan Lombardi - 5th
Luanne Memmott - 7th
Bob Coronella - 8th
James Fouts - 9th
Jennifer Natarelli - 13th
Sallie Walker - 18th
Helen Domske - 18th
Kate Kunert - 19th
Marie Krause - 22nd
Pam Gardner - 23rd
Diane Jordan - 24th
John Foster - 26th
Jim Lawaich - 28th
Donise Chrisman - 30th
Onna Pillow-Williams - 30th
Kay McCarthy - 30th



Welcome to The Waters!

Joan Lombardi

516 Norwich Lane

Debra Schroeder

346 Norwich Lane



The Waters

The Waters
Home of the Month!
August 2025



Roy & Kim Gunzelman
603 Angelo Lane



The Waters
A COVE COMMUNITY



The sole reason Gen-X
will live until 100



It was a shi**y cruise, rained a lot.
But they had a great buffet, I had
two of everything.



A CHARCUTERIE BOARD IS
BASICALLY AN ADULT LUNCHABLE
WHERE YOU SWAP
THE CAPRI SUN FOR WINE.



On average rabbits live 8 years
and dogs live 15 years.
Turtles live for 150 years.
Lesson learned.
Live at the beach.



Weekend vibes from Islamorada Sandbar,
Florida Keys! 🌊☀️🌊



Only 1% of humans can do this



If you think is easy, re-check
where the pinky is

When you're over 50 and they say put a band aid on where it hurts... 😊😂



LIFE HACK: If you eat a hard taco over a small tortilla you get a second taco



Most People Can't Spot The Difference Between These, But It's Really Important



Please don't use
A calculator
Use your brain:

$$50+50-25\times0+2+2=$$

See All of Florida's Finest Attractions

The map shows the following attractions and their locations:

- SILVER SPRINGS**
- PRINCE OF PEACE** Silver Springs
- CARRIAGE CAVALCADE** Silver Springs
- BARTLETT'S DEER RANCH** Silver Springs
- ROSS ALLEN** Silver Springs
- CASPER'S Ostrich & Alligator Farm** St. Augustine
- FOUNTAIN OF YOUTH** St. Augustine
- OLDEST HOUSE** St. Augustine
- RIPLEY'S Believe it or Not** St. Augustine
- St. Augustine ALLIGATOR FARM** Hwy. A-1-A
- LIGHTNER Museum of Hobbies** St. Augustine
- MARINE STUDIOS** Fla. Hwy. A-1-A at Marineland
- PONCE DE LEON SPRINGS** Deland
- McKEE JUNGLE GARDENS** Vero Beach
- MELTON'S AUTORAMA** Hypoluxo
- BIANCA'S BIRDS** Boynton Beach
- AFRICA U.S.A.** Boca Raton
- STORYLAND** Pompano
- CHIMPANZEE FARM** Dania
- AQUAFAIR** N. Miami Beach
- ANIRAMA** N. Miami Beach
- SPANISH MONASTERY** N. Miami Beach
- NIKKO Sightseeing Boats** Miami
- MUSA ISLE Seminole Village** Miami
- TROPICAL HOBBYLAND** Miami
- VISCAYA** Miami
- ORCHID JUNGLE** 25 Mi. So. of Miami
- CORAL CASTLE** 27 Mi. So. of Miami
- MONKEY JUNGLE** 22 Mi. So. of Miami
- MIAMI SERPENTARIUM** 12 Mi. So. of Miami
- PARROT JUNGLE** Miami
- CARIBBEAN GARDENS** Naples
- SUNSHINE Springs & Gardens** Sarasota
- EDISON WINTER HOME** Ft. Myers
- CARS OF YESTERDAY** Sarasota
- GREAT MASTERPIECE** Lake Wales
- SINGING TOWER** Lake Wales
- EVERGLADES Wonder Gardens** Bonita Springs
- JUNGLE GARDENS** Sarasota
- RINGLING MUSEUM** Sarasota
- CYPRESS GARDENS** Winter Haven
- SUNKEN GARDENS** St. Petersburg
- CITRUS TOWER** Clemont
- WEEKI WACHEE SPRING** U.S. 19 at Fla. 50
- NATURE'S GIANT FISH BOWL** Homasassa Springs
- RAINBOW SPRINGS** Dunellon
- GULFORIUM** Walton Beach



CINNAMON ROLL HONEYBUN CHEESECAKE

Ingredients

For the Crust

1. 2 cups graham cracker crumbs
2. 1/2 cup unsalted butter, melted
3. 1/4 cup granulated sugar
4. 1 teaspoon ground cinnamon



For the Cheesecake Filling

1. 16 oz (450g) cream cheese, softened
2. 1/2 cup granulated sugar
3. 4 large eggs, separated
4. 1 teaspoon vanilla extract
5. 1 cup sour cream

For the Cinnamon Roll Swirl

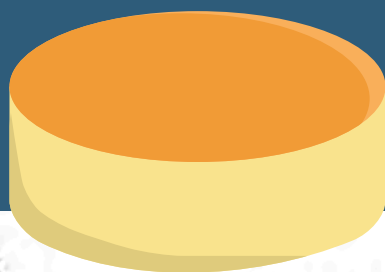
1. 1/2 cup granulated sugar
2. 2 tablespoons ground cinnamon
3. 1/4 cup unsalted butter, melted

For the Honeybun Topping

1. 1 cup powdered sugar
2. 2 tablespoons honey
3. 1/4 cup chopped pecans or walnuts (optional)

Instructions

1. Preheat oven to 325°F (165°C).
2. Prepare the crust: Mix crumbs, sugar, cinnamon, and melted butter. Press into a 9-inch springform pan.
3. Prepare the cheesecake filling: Beat cream cheese, sugar, eggs, and vanilla. Stir in sour cream.
4. Pour cheesecake batter into the crust.
5. Create the cinnamon roll swirl: Mix sugar and cinnamon. Drizzle melted butter and swirl into the cheesecake batter.
6. Bake for 55-60 minutes or until set.
7. Prepare the honeybun topping: Mix powdered sugar and honey. Drizzle over cooled cheesecake.
8. Top with chopped nuts (if using).



Tips

1. Use a water bath to prevent cracking.
2. Let the cheesecake cool completely before refrigerating.
3. Chill for at least 4 hours or overnight.

Enjoy your Cinnamon Roll Honeybun Cheesecake!

RESIDENT PHOTO OF THE MONTH THROWBACK 2018



MARILYN NYE, BARBARA KNIGHT, ANITA NIEDENTHAL, & DEBBIE CHILDERS
PLAYING MAHJONG

HAPPY
BIRTHDAY
80
LOU MANZELLA!







LOU MANZELLA'S FAMILY



HAPPY BIRTHDAY!



LOU MANZELLA
WITH HIS CHILDREN

LifeStyle Corner



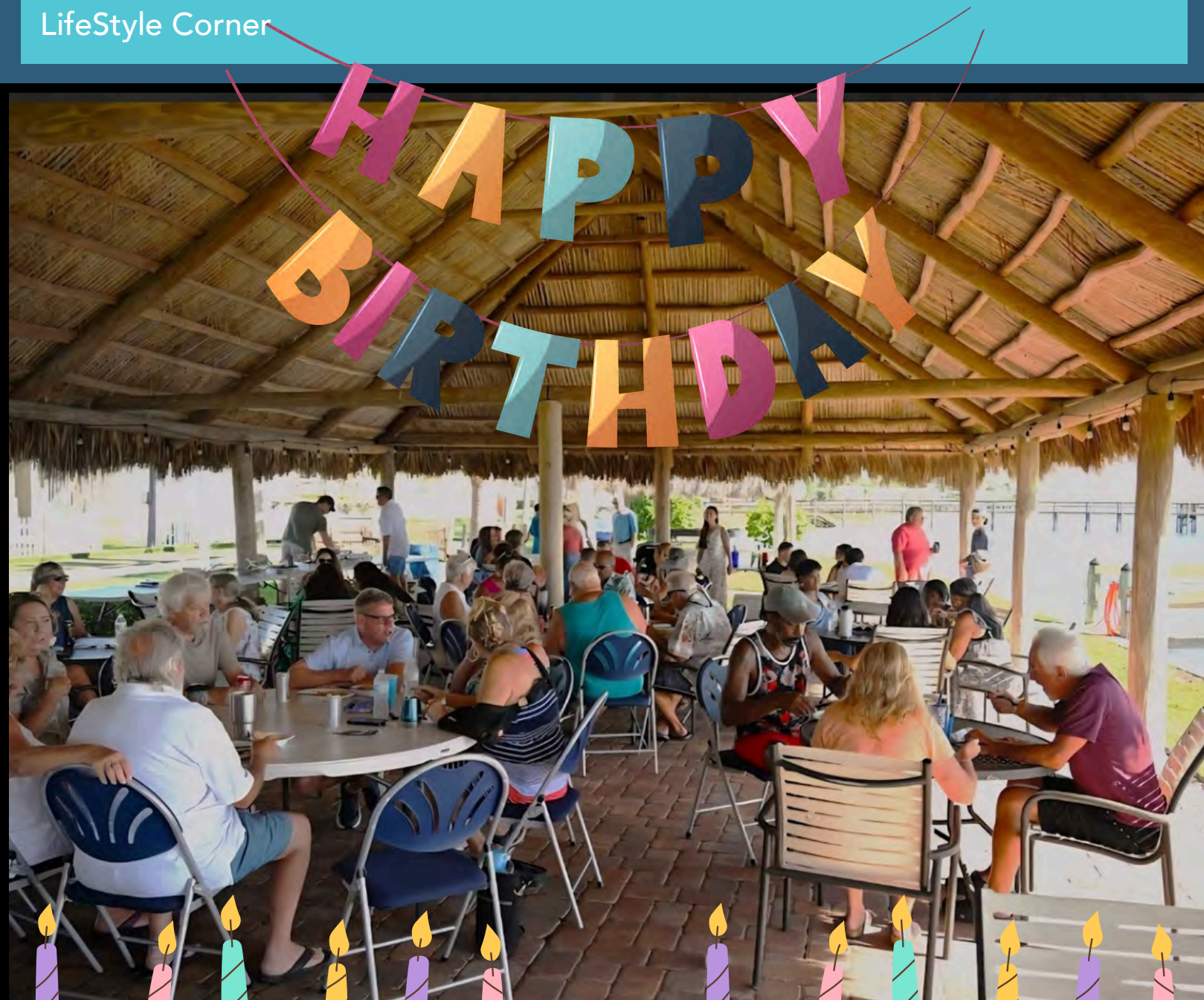
LOU MANZELLA WITH HIS GRANDCHILDREN

The Waters, A Cove Community

Happy
Birthday



LOU MANZELLA WITH HIS GREAT GRANDCHILDREN



HAPPY BIRTHDAY, LOU!

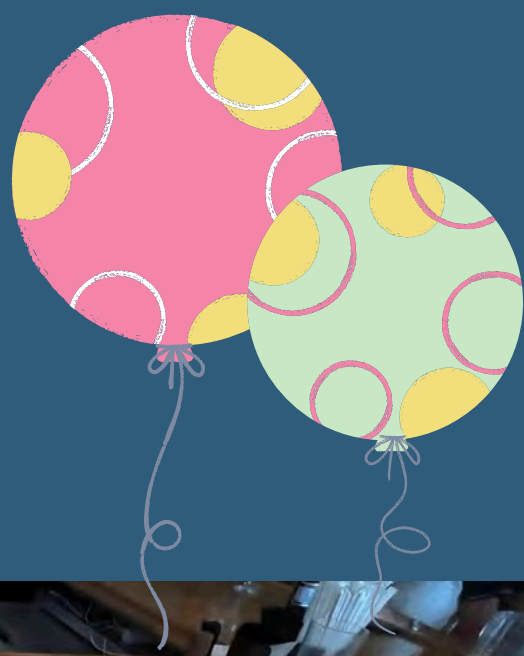
Happy Birthday! 80th



DORIS LECHNER



HAPPY
BIRTHDAY



DORIS'S DAUGHTERS

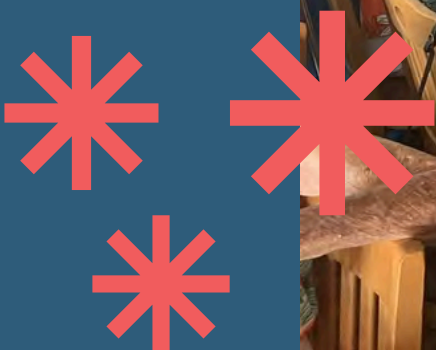






Happy
Birthday









COMMUNITY PHOTOS CAPTURED BY RESIDENTS OF THE WATERS



Healthy Aging Tips for the Older Adults in Your Life

If you have older family members or loved ones, you may worry about their health as they age. Aging increases the risk of chronic diseases such as heart disease, type 2 diabetes, arthritis, cancer, and dementia. The good news is that adopting and maintaining a few key behaviors can help older adults live longer, healthier lives. As a family member, it's important to encourage healthy lifestyle behaviors in your loved ones — it's never too late to start!



Read and share this infographic and spread the word about ways that may help foster healthy aging.

Healthy behavior changes can help older adults live more independently later in life. That's important both for their quality of life and for yours. If a family member loses independence — whether it's due to disability or chronic disease — you may find yourself in a caregiving role earlier than expected, which can affect family dynamics as well as finances.

So, what can you do to help the older adults in your life manage their health, live as independently as possible, and maintain quality of life as they age? Read on to learn about four ways to help support and promote healthy habits in your older loved ones' lives.

Prevent social isolation and loneliness

As people age, they often find themselves spending more time alone. Poor health, the death of a partner, caring for a loved one, and other situations that are more likely as people age can all lead to being socially isolated or feeling lonely.

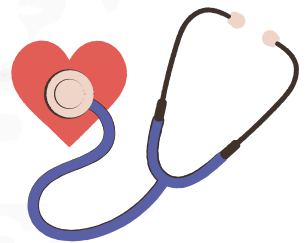


Although they sound similar, social isolation and loneliness are different. Loneliness is the distressing feeling of being alone or separated, while social isolation is the lack of social contacts and having few people to interact with regularly. Increased social isolation and loneliness are associated with higher risks for health problems, such as depression; heart disease; and cognitive decline, which is a decrease in the ability to think, learn, and remember.

As a family member, you can play an important role in helping the older adults in your life to stay socially connected. Here are some ways you can help:

- Schedule daily, weekly, or biweekly phone calls or video chats.
- Encourage them to seek out others with shared interests, such as through a garden club, volunteer organization, or walking group.
- Search the Eldercare Locator or call 800-677-1116. The Eldercare Locator is a nationwide service that connects older adults and their caregivers with trustworthy local support resources.

Find additional tips to help your loved one stay socially connected.



Promote physical activity

There are lots of reasons to make physical activity a part of daily life. Exercise can help reduce levels of stress and anxiety, improve balance and lower risk of falls, enhance sleep, and decrease feelings of depression. Most importantly, people who exercise regularly not only live longer, but also may live better lives, meaning they enjoy more years of life with less pain or disability. On the other hand, lack of physical activity can lead to increased visits to the doctor, more hospitalizations, and an increased risk of certain chronic conditions.

Encouraging the older adults in your life to exercise may not be easy — it can be difficult to get someone to start a new activity — but the rewards are worth the effort. The following are some suggestions to help encourage exercise or other daily movement:

- Help your loved ones aim for a mix of activities, including aerobics, strength training, balance, and flexibility. This could include walking around the neighborhood, lifting weights, gardening, or stretching.



- Discuss how much activity is recommended and brainstorm ways to work it into their daily lives. Experts recommend at least 150 minutes per week of moderate-intensity aerobic exercise, and muscle-strengthening activities at least two days each week.
- Help them shop for appropriate clothing and equipment for their exercise activities. Remember, many activities don't require expensive equipment. For example, they can use filled water bottles as weights for strength training or walk outside or at a mall rather than on a treadmill.
- Share your favorite activities that get you moving. Are there any you could do together? If so, that's a bonus because you're not only helping promote physical activity but also helping to prevent loneliness and social isolation.

Learn more about the different types of exercises and find examples to help get started.



Encourage healthy eating

Healthy eating is an important part of healthy aging. As with exercise, eating well is not just about weight. Having a healthy diet can help support muscles and strengthen bones, which can help with balance and independence. A nutritious diet involving a variety of fresh fruits and vegetables, whole grains, healthy fats, and lean proteins also can help boost immunity and lower the risk of certain health problems such as heart disease, high blood pressure, obesity, type 2 diabetes, stroke, and some cancers.





While it can be meaningful to share meals based on traditional family recipes, in some cases, those favorite dishes can be loaded with unhealthy fats and sugars. Changing long-held habits can be tough, but before you know it, there may be some new favorite foods on the table! Consider these tips to help incorporate a healthy diet in your loved ones' routines:

- Take them on a trip to the grocery store and pick out healthy options.
- Discuss their favorite traditional recipes and talk about whether you can make them healthier; for example, by substituting olive oil for butter, or yogurt for sour cream.
- Visit them once a week and make a healthy meal together. Consider cooking extra and packaging leftovers so they have individual servings to enjoy later in the week.
- Look inside their fridge and pantry when you visit. You can check for healthy options, and also ensure they aren't eating expired food or drinks.
- Encourage them to talk with their doctor or pharmacist about their diet and any vitamin and mineral supplements they may need.

Learn more about healthy eating patterns and ways to create a nutritious meal plan.

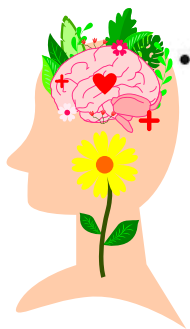
Schedule regular check-ups with a doctor

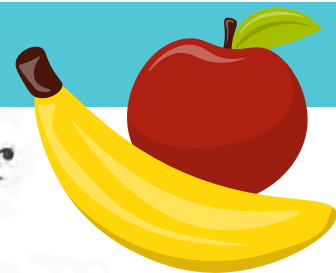


It's important for your older loved ones to have regular health exams and medical screenings. Visit MedlinePlus to learn about health screenings for women and men. Checking in with doctors annually, and possibly more often, depending on overall health, may help reduce risk factors for disease such as high blood pressure and cholesterol levels. Regular check-ups can also help catch concerns early and improve the chances for effective treatment.

Some people visit their doctors routinely, while others avoid these types of appointments at all costs. Here are some ways to support your family members' visits with health care providers:

- Encourage them to reach out to their doctor immediately if they're experiencing pain or any new symptoms.
- Ask about their upcoming visits to doctors, including any specialists. Do they have the appropriate appointments scheduled and marked on a calendar? Do they need any help scheduling appointments?
- Offer to drive them to the appointment or even go with them and take notes.
- Ask about communication with their health care providers. Are the doctors responsive to their questions?
- Help them manage medications if needed. Make sure they maintain a current list of their medications, including both prescription and over-the-counter medications and any supplements, and are sharing this list with their health care providers.
- Ask your older family member if they'd feel comfortable allowing you or another family member access to their medical records and permission to talk with their doctors. This could help them stay on top of their appointments and medications.



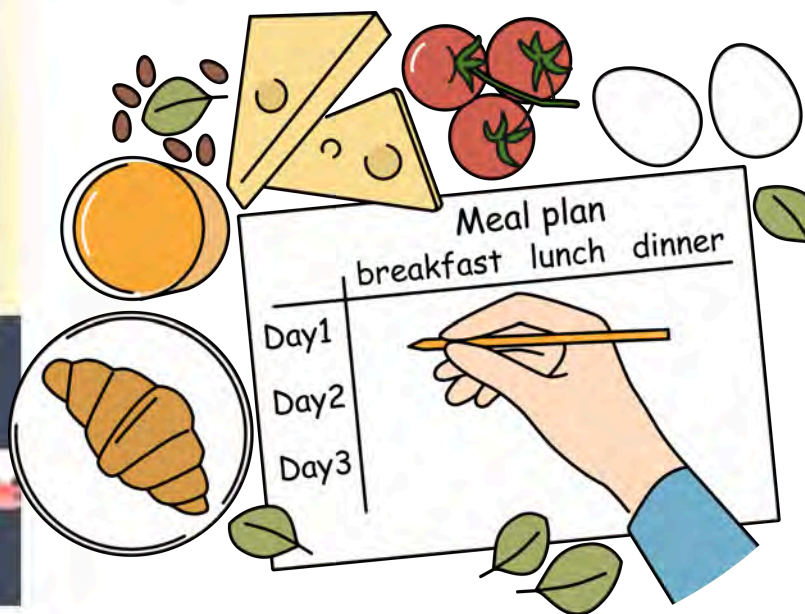


Healthy Meal Planning: Tips for Older Adults

Eating healthfully and having an active lifestyle can support healthy aging. Use the resources below to learn about different patterns of healthy eating and ways to create a nutritious meal plan.

Older adults' unique nutrition needs

Simple adjustments can go a long way toward building a healthier eating pattern. Follow these tips to get the most out of foods and beverages while meeting your nutrient needs and reducing the risk of disease:



- Enjoy a variety of foods from each food group to help reduce the risk of developing diseases such as high blood pressure, diabetes, and heart disease. Choose foods with little to no added sugar, saturated fats, and sodium.

- To get enough protein throughout the day and maintain muscle, try adding seafood, dairy, or fortified soy products along with beans, peas, and lentils to your meals. Learn more about [protein and other important nutrients](#).
- Add sliced or chopped fruits and vegetables to meals and snacks. Look for pre-cut varieties if slicing and chopping are a challenge for you.
- Try foods fortified with vitamin B12, such as some cereals, or talk to your doctor about taking a B12 supplement. Learn more about [key vitamins and minerals](#).
- Reduce sodium intake by seasoning foods with herbs and citrus such as lemon juice.
- Drink plenty of water throughout the day to help [stay hydrated](#) and aid in the digestion of food and absorption of nutrients. Avoid sugary drinks.

It can be hard for some people to follow through on smart food choices. Read about [common roadblocks and how to overcome them](#) and check out the [USDA's tips for older adults](#).

USDA Food Patterns

Eating habits can change as we grow older. The **USDA has developed Food Patterns** to help people understand different ways they can eat healthy. The food patterns include:

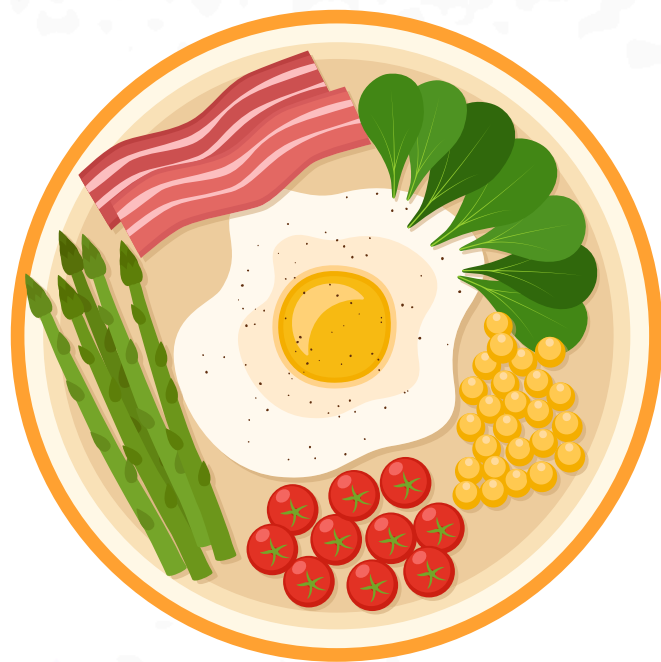
- **Healthy U.S.-Style Eating Pattern:** This is based on the types of foods Americans typically consume. The main types of food in this eating pattern include a variety of vegetables, fruits, whole grains, fat-free or



low-fat dairy, seafood, poultry, and meat, as well as eggs, nuts, seeds, and soy products.

- **Healthy Mediterranean-Style Eating Pattern:** This one contains more fruits and seafood and less dairy than the Healthy U.S.-Style Eating Pattern.
- **Healthy Vegetarian Eating Pattern:** This pattern contains no meat, poultry, or seafood, but does contain fat-free or low-fat dairy. Compared with the Healthy U.S.-Style Eating Pattern, it contains more soy products, eggs, beans and peas, nuts and seeds, and whole grains.

Meal planning



[Read and share this infographic](#) to learn about making healthier food choices as you age.

Answering the question “what should I eat?” doesn’t need to leave you feeling baffled and frustrated. In fact, when you have the right information and motivation, you can feel good about making healthy choices. Use these tips to plan healthy and delicious meals:



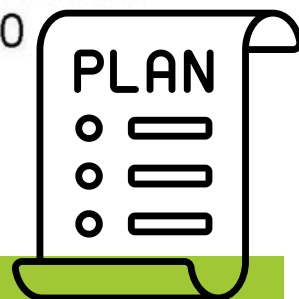
- **Plan in advance.** Meal planning takes the guesswork out of eating and can help ensure you eat a variety of nutritious foods throughout the day.
- **Find budget-friendly foods.** Create a shopping list in advance to help stick to a budget and follow these SNAP-friendly recipes.
- **Consider preparation time.** Some meals can be made in as little as five minutes. If you love cooking, or if you're preparing a meal with or for friends or family, you may want to try something a little more challenging.
- **Keep calories in mind.** The number of calories people need each day varies by individual. Always discuss your weight and fitness goals with your health care provider before making big changes. Read about calorie goals and healthy food swaps.

Find recipes

When planning meals, looking for recipes that sound delicious to you can be a good place to start. The USDA features the **MyPlate Kitchen**, a resource that helps you find healthy **recipes** that fit your nutrition needs and create a shopping list. The **MyPlate Plan** tool will create a customized food plan for you based on your age, height, weight, and physical activity level.

Some of the recipes available at MyPlate Kitchen include:

- **20-Minute Chicken Creole**: This Creole-inspired dish uses chili sauce and cayenne pepper. It can be cooked on the stovetop or with an electric skillet in just 20 minutes.



Meal
prep

- **Five A Day Salad**: This nutrient-packed salad uses 10 different vegetables, and each serving is equal to five cups of vegetables.
- **Apple Carrot Soup**: Ginger and orange peel are the secret ingredients to this pork, apple, and carrot soup.

When you create your shopping list, don't forget nutritious basics such as fresh fruits and vegetables and whole-grain bread.



Sample menus

Here are some meal options for breakfast, lunch, dinner, and snacks, including links to recipes as well as simpler choices that can be put together without a recipe.

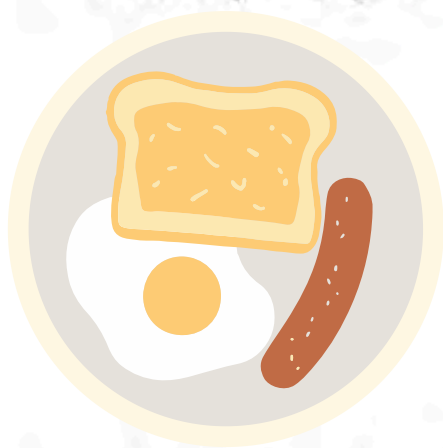
Sample Menu

Breakfast	Lunch
<ul style="list-style-type: none"> • Smoothie with spinach, fruit, and yogurt • Vegetable omelet with whole-grain toast • Avocado breakfast bruschetta • Banana split oatmeal • Eggs over kale and sweet potato grits 	<ul style="list-style-type: none"> • Chicken, tomato, avocado sandwich on whole-grain bread • Quinoa with stir-fried vegetables • Apple coleslaw • Black bean and sweet potato quesadillas • Sanchico tuna salad
Dinner	Snack
<ul style="list-style-type: none"> • Chicken breast, roasted vegetables, hummus • Roasted salmon, zucchini, and sweet potato • Whole-wheat pasta, ground turkey, and tomato sauce • Argentinean grilled steak with salsa criolla • Eve's tasty turkey tetrazzini • Fish with spinach 	<ul style="list-style-type: none"> • Baby carrots and hummus • Celery with natural peanut butter • Fruit and yogurt • Banana cocoa yogurt pops • Chili popcorn • Yummy bean dip



What Is The Best Breakfast For Seniors?

The best breakfast for seniors often includes a combination of protein, fiber, and healthy fats to provide sustained energy and support overall health. Oatmeal with berries and nuts, avocado toast with an egg, or Greek yogurt with fruit and granola are excellent options. These choices are generally easy to prepare, rich in essential nutrients, and can help seniors stay full and satisfied, which can be particularly beneficial for those with digestive issues or who may have trouble maintaining a healthy weight.



What are 5 foods that seniors should eat every day?

What to eat

- fruit and vegetables.
- potatoes, bread, rice, pasta and other starchy foods.
- dairy and alternatives.
- beans, pulses, fish, eggs and other proteins.
- oils and spreads.



What Is The One Fruit All Seniors Should Eat?

While there isn't one single "best" fruit for all seniors, blueberries are often recommended as a top choice due to their numerous health benefits. They are rich in antioxidants, particularly flavonoids, which can help improve memory and slow down cognitive aging. Blueberries also offer vitamin C, which supports brain health and immune function.

Here's why blueberries are a great choice for seniors:

Brain Health:

Blueberries are known as "brain berries" for their ability to improve memory and cognitive function.

Antioxidants:

They are packed with antioxidants, including flavonoids, which protect against cell damage and reduce the risk of age-related diseases.

Heart Health:

Some studies suggest that blueberries can help reduce the risk of heart disease and improve cardiovascular health.

Vitamin C:

This vitamin is essential for overall health and supports immune function.

Fiber:

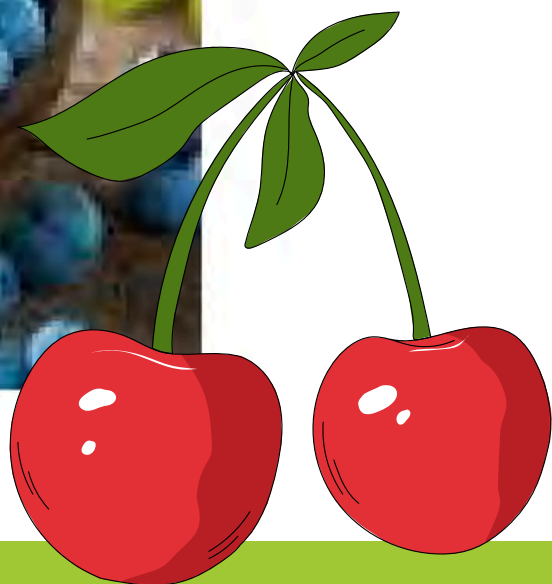
Blueberries contain fiber, which is important for digestive health and can help regulate blood sugar levels.



Other beneficial fruits for seniors include:

Berries (strawberries, raspberries, etc.): Similar to blueberries, other berries are also rich in antioxidants and can offer memory-boosting and other anti-aging benefits.

- **Bananas:** A good source of potassium, which helps regulate blood pressure and muscle function.
- **Avocados:** Rich in healthy fats, vitamins, and fiber, potentially aiding in heart health and reducing cholesterol levels.
- **Papaya:** Contains carotenoids that may help reduce the risk of cancer and cardiovascular disease.
- **Kiwis:** A good source of vitamins C and E, which can boost the immune system.
- **Pears:** A good source of fiber and can be a healthy snack.





Using our Brains as Seniors

Using the Brain to Its Full Potential as a Senior

As people age, the brain undergoes natural changes, which may include shifts in memory and cognitive function. However, cognitive decline isn't inevitable. Research suggests that seniors can maintain and improve mental agility by embracing lifelong learning, staying active physically and socially, and adopting healthy habits.

Embrace New Experiences and Lifelong Learning

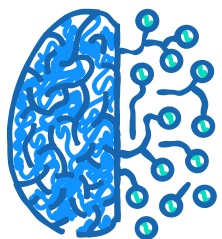
Learning can promote brain development at any age, including during the senior years. Engaging in mentally stimulating activities, like learning a new language or hobby, can improve memory and thinking abilities. Studies in the Journals of Gerontology found that seniors who took three courses simultaneously in a college-like environment showed significant improvements in thinking and memory skills, performing similarly to middle-aged adults after six weeks.

Ways to incorporate new experiences and learning into your routine:

- Learn a new skill: Pick up an instrument, learn a new language, or try a new art form like painting or knitting.
- Explore new hobbies: Engage in activities that challenge your brain, such as solving puzzles, playing chess, or gardening.
- Take a class or course: Consider adult education or online classes to explore new subjects.
- Read and discuss: Regularly reading books, articles, and other materials, and then discussing them with others, can stimulate the brain and strengthen memory pathways.

Prioritize Social and Physical Activity

Research highlights the importance of an active lifestyle—both socially and physically—for preserving cognitive function and slowing brain aging.



Stay Physically Active

- Engage in regular exercise: Physical activity, especially aerobic exercise, can increase blood flow to the brain, delivering vital oxygen and nutrients, and potentially reducing the risk of cognitive decline. The U.S. Department of Health and Human Services recommends at least 150 minutes of aerobic exercise per week.

Try new activities: Explore options like walking, cycling, dancing, swimming, or tai chi, and consider strength training and balance exercises for added benefits.



Nurture Social Connections

- Connect with friends and family: Social interaction stimulates the brain and can reduce feelings of isolation and loneliness.
- Join clubs or groups: Seek opportunities to connect with people who share interests, whether it's a book club, a volunteering group, or a dance class.
- Attend community events: Participate in local events, lectures, or workshops that offer social interaction and mental stimulation.

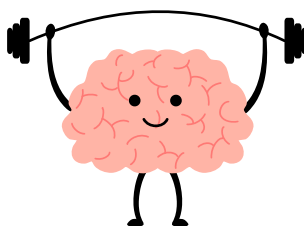
Manage Health and Lifestyle Factors

Certain health conditions and lifestyle choices can affect brain health as people age. Taking proactive steps in these areas can support cognitive function:

- Manage chronic conditions: Work with a doctor to control conditions like high blood pressure, diabetes, and high cholesterol, as they can impact both heart and brain health.
- Prioritize sleep: Aim for 7–9 hours of quality sleep per night, as sleep is crucial for memory consolidation and overall brain health.
- Eat a healthy diet: Focus on a diet rich in fruits, vegetables, whole grains, and healthy fats, such as the Mediterranean or MIND diets.
- Limit alcohol and avoid smoking: These habits can negatively affect brain function and increase the risk of cognitive decline.
- Reduce stress: Practice stress-reduction techniques like mindfulness, meditation, or spending time in nature, as chronic stress can harm brain cells.

The Brain's Ability to Adapt and Grow

While some cognitive changes are a natural part of aging, the brain can adapt and rewire itself throughout life, a process called neuroplasticity. By making intentional lifestyle choices, seniors can use this neuroplasticity to maintain mental sharpness, learn new skills, and potentially reduce the risk of cognitive decline. It's never too late to start investing in brain health. Challenging and engaging the mind will help it remain resilient and functional in later years.



You are extremely brilliant

If you can find 20 words!





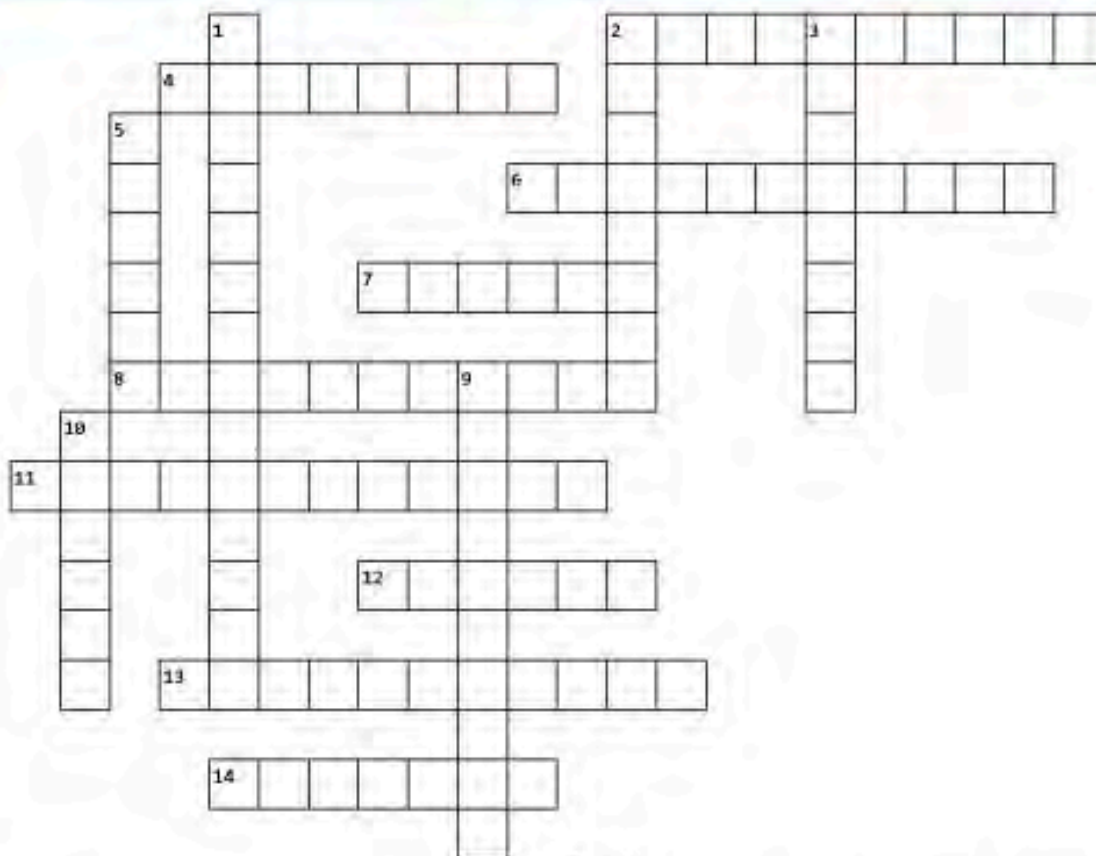
Everyday Life

Word Search

C R U L E R V T O C R O T I N A V E E I G D P W B N O R S B M
 I T A B L E A V L Q T H A G E D O R A T D L T L D B G O P O G
 N D R E S S R T Y E F C W A C O T T Y O E A T O W E L O O O A
 S O E R H C O M B U M A A M S G Y D C W R N K W I N D F O K S
 E P H O N E P L A T E R L F E C V E U N U T L O C K E N H F T
 C P H U S I C F O N T E L U R T I U E B C L N D P E N B I S R R
 T A C L O U D C O F F E E S T O R M K E Y S U R Z V E R H U E
 X R W Y P I Z O E R I D T R A I N P K L V A W A C G A Y O I E
 C K E W F T O W E L Y V T R E E Q A A Q I N Y M I T C S E T T
 L C O A I O D I A D X T S G C O K S Q E I D T A P E H T S B I
 O M X Q S D V O E E W U O L F I U T I O M D S O Y F R A W U E
 C D C N H I R H C U A M C O Q A A E A Y A L H C X B C R U S R
 K C T A M I D M M U T T K V E I R F A O G T I E A M O O R E A
 P L A N E Z C O A Y C G S E S K I R T Y S U R A F U O M Y A S
 H C J O N B C V P R H J Q B I K E C R O U T T N G R A S S P E
 G A R D E N B I G I I N O T Y H Y W S E T U P A P E R G Y P R
 B A G H Z N T E W I N D O W K N I F E D O O R E A L U X R L O
 B R E A D T E T B Y A U E C T O L C H A I R I H S H E L F E E
 S C S P H O T O G A R A G E R A D I O I F E C S F L O W E R U
 N A C T O A S T P A I N T V I L L A G E A N O L P E T M U N C
 A T G B T P U R S E T O O T H S T B F R A M E I D A N T S S O
 C G L A S S Y D E S F O R K O H R I V I D E O D W H E E L N L
 K T I C K E T F E U R I V E R E A R B O A T P E N C I L E O O
 H O O N S W I N G N E F I T N L I D S O A P B R U S H G W W R
 S C A R F O U H O U S E I N B L N G I T Y W A T E R J U I C E

APPLE	SNACK	WHEEL	TOOTH	SNOW	KNIFE	PLATE	SOCKS
COFFEE	BRUSH	GLOVE	SCARF	GARAGE	PHONE	CLOCK	WALLET
SHELF	SPOON	ERASER	BOOK	OCEAN	PASTE	SOAP	JUICE
PANTS	TOAST	BIKE	CAR	STORM	WATCH	BAG	PLANT
PEN	COMB	ROUT	VILLAGE	GARDEN	TAPE	GLASS	SHIRT
PAINT	SKIRT	MAP	KEY	SAND	BUS	RADIO	PAPER
CHAIR	PENCIL	CITY	RIVER	FLOWER	STREET	SHOES	MOVIE
BREAD	DRESS	TOWN	RAIN	SHELL	TREE	PURSE	TRAIN
TOWEL	RULER	FORK	LOCK	WIND	TOWEL	WATER	HOUSE
TABLE	COLOR	FRUIT	BEACH	PET	CAT	MUSIC	GRASS

August Crossword



Across

2. This Pickering, Ontario singer-songwriter rose to fame on Vine.
4. This heroic 18-year-old from Port Coquitlam, BC aimed to complete a cross-Canada run to raise funds for cancer after being diagnosed and having his leg amputated.
6. The cities of Pompeii and _____ were destroyed on August 24, 79 A.D., by the eruption of Mount Vesuvius.
7. National _____ Day, celebrated on August 24, commemorates the patent for this modern breakfast appliance.
8. Born on August 28, she is Canada's "queen of country pop."
11. This Cole Harbour-born hockey player was the youngest NHL captain to lead his team to a Stanley Cup victory in the modern era.
12. National _____ Day celebrates the accidental invention of this helical children's toy.
13. This holiday is observed on the first Monday in August in Alberta.
14. This lime green stone is August's primary birthstone.

Down

1. This dystopian debut novel is narrated by Wil Wheaton, who is also briefly mentioned in this well-known sci-fi book by Ernest Cline.
2. In August, the _____ moon appears in the sky and is named such because of the abundant fish that Algonquin tribes were able to catch at this time of year.
3. On August 21, 1911, this artwork was stolen, making it one of the most famous pieces in the world.
5. The reason August is referred to as the "dog days" of summer is because of this star that rose at the same time as sunrise in August during Roman times.
9. On August 28, 1963, Martin Luther King Jr. famously delivered his "I Have a Dream" speech in this city.
10. August 1, 1997, was the Canadian release date of the first movie in this popular family-friendly series featuring an athletic golden retriever.



Y Z Y A D E L F F A W O E S G
G A A Y A D M U R C I Y Y K B
Y A D A I G R O E G A S A I O
A F O A K L I P M D Y T D L W
D Y T U P D A J S A T E D Y D
R A A V O I B R D R F R A A A
A D T D D Z U N Y I B D E D Y
L Y O E P A O X A N A A M L M
L Z P A S I R Y D G L Y O L Y
O A I O L K S M L E Y G I A D
D L N D C C P S L Y A D D B C
V I N Y L R E C O R D D A Y E
D K I D S D A Y D G G P H A K
E T Y A D O C C E S O R P L D
W A T E R M E L O N D A Y P E

POTATO DAY
MEAD DAY
PLAY BALL DAY
LAZY DAY
DOG DAY
WAFFLE DAY
DOLLAR DAY

PROSECCO DAY
RUM DAY
LION DAY
VINYL RECORD DAY
BOW DAY
WATERMELON DAY
IPA DAY
OYSTER DAY

DOLL DAY
DINOSAURS DAY
CBD DAY
KIDS DAY
GEORGIA DAY
CAT DAY
GOSSIP DAY

Summer Holidays

V J B M E Y R S O J U L Y Z U R Y R M S F Q D V
P D Z E L C E O X H L S O C C E R P P G L T P Z
U P F M M O L U Y V Q P I C N I C G T T I M F T
F P A R K C A A T M P X H E A T Q V O N P O J A
S U N S E T X C X B Y S G A R D E N U K F C M N
S L M P Q Y Y S K A T E B O A R D X R N L L F H
I Q C L Q P N C S R I A N L Q Y B Z Z I O O N U
E P P A T O T U M B C S A N D A L S Y O P W D V
K N A Y A O R J H E O H I Q X O T O U T S I D E
H D A B N L A N B C H B C P K W Z F Y M W N X E
R G A A K L V H I U B M M N M X C L K D A E W O
L L F S T R E U N E S T Q X E E L I K Y T C X F
G A I E O V L M S U N S C R E E N G P C E A H V
Q X S B P I U I I Y F L O W E R S H E B R M O A
S L H A S T I D D P Y C L V I R A T E V P P L C
W E I L V E S C E U S N I F A J U N B O A T I A
I M N L S N C Z W E H R U Q Z H O M D A R M D T
M O G V V T N J C G O T H E M E P A R K K Q A I
M N I E G Q K E V X R G J A U G U S T I H S Y O
I A P C F A M I L Y T L X O T B E A C H B D S N
N D I C E D T E A R S K W A W E G A Q M I W Q T
G E R W K K A A T H A W W K I C C F N A K J V R
P M Y F G Y X J H O T R L J D G Y S A M E L V I
J O A X U V U V J U N E V X P F R I E N D S C P

WATERPARK

TANK TOPS

SKATEBOARD

PARK

HUMID

FLOWERS

BOAT

VACATION

TAN

SHORTS

OUTSIDE

HOT

FLIP FLOPS

BIKE

TRIP

SWIMMING

SANDALS

LEMONADE

HOLIDAYS

FLIGHT

BEACH

TRAVEL

SUNSET

RELAX

JUNE

HEAT

FISHING

BASEBALL

TOUR

SUNSCREEN

POOL

JULY

GARDEN

FAMILY

BARBECUE

TENT

SOCCER

PICNIC

ICED TEA

FRIENDS

CAMP

AUGUST

PUZZLE FOR AUGUST

W D C I Z Z N O X Y G E N D I S C O V E R E D G
O R D G R E A T T R A I N R O B B E R Y Z N V A
Q O D E L L I K A N A I D S S E C N I R P M I R
F F S U M I L U Y G L A D I O L U S X O D R W U
I T N R F R E U N I O N S O G J L O O P C V H Q
R L W H U S D N E R A W D L R O W D N O C E S G
S E H C E E P S G N I K R E H T U L N I T R A M
T D P N O I T A C A V O C Z Z Y M D D K W N G Y
W O S K R A P T N E M E S U M A I V R I Y N A H
O M Q F U D C B T T J X Q R R T C I S L I I D N
R G S S P Y C D Z S T E E N I O T C X F S I E O
L N Y W C N S W E X N Z E O L M Y T L G C N D X
D I D Q I X U I I F X L N U Q G R O B E V E N Y
W L Q I G M T I T J O I M L S A G R L M C E U G
A L J L M R M D O T N B H E C T M Y P S V R O J
R I U S A U T I S G U B R M I H S O Z T W C F A
S R X P L R H A N S I S V O N E S V U O X S S E
T G O B F A S L S G D Q Z N C R E E Q N Q N S P
A K S R V I V E L I J X P A I I L R D E O U O A
R I V D L N T I Z X J G Q D P N N J M A N S R R
T C S A I S H B T O R M H E J G I A T G D N C K
E W N M A S F I H S E L V O Y S A P M A D U D S
D O L I D S K D O M E O W U D X R A D T A X E L
M J L Q A Z R G T J U F U O K U S N G E M W R G

MARTIN LUTHER KING SPEECH
SECOND WORLD WAR ENDS
COLUMBUS SET SAIL
AIR CONDITIONING
GEM STONE AGATE
FESTIVALS
GRILLING
REUNIONS
GOLFING
HUMID
HOT

FIRST WORLD WAR STARTED
GREAT TRAIN ROBBERY
OXYGEN DISCOVERED
MONA LISA STOLEN
MODEL T FORD
GLADIOLUS
LEMONADE
SWIMMING
PARTIES
PARKS

PRINCESS DIANA KILLED
VICTORY OVER JAPAN
RED CROSS FOUNDED
AMUSEMENT PARKS
GATHERINGS
SUNSCREEN
RAINLESS
VACATION
PICNICS
POOL

HAPPY HOURS - JULY



HAPPY
HOUR



AT THE

pool

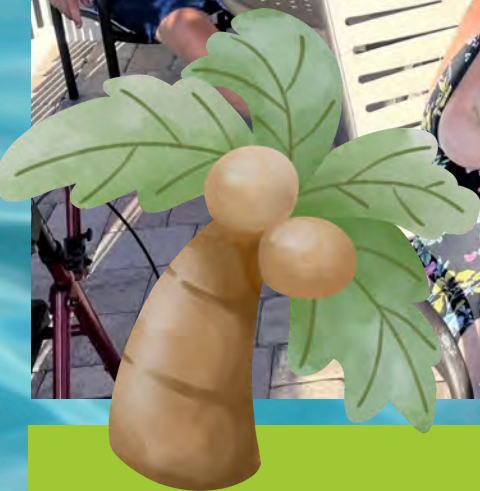




Summer
Party



LifeStyle Corner



The Waters, A Cove Community







The Waters
A COVE COMMUNITY















GOD BLESS AMERICA

4TH OF JULY



+Calendar of events subject to change



100 Days of Summer Fun!

AUGUST



August 6

Happy Hour at B B's

August 15

Thrift Store Marathon

August 18

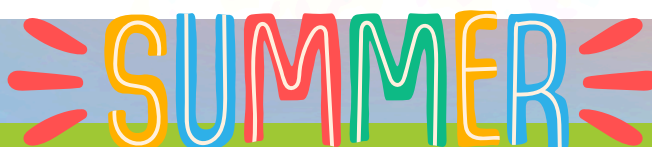
Photo Contest Begins

August 23

Cocktails in the Carport

Sept 3

Wine Wednesday



The Waters, A Cove Community

Sept. 6

Elvis and the 50's Party!



+Calendar of events subject to change





+Calendar of events subject to change



100 Days of Summer Fun!

AUGUST



August 6

Happy Hour at B B's

August 15

Thrift Store Marathon

August 18

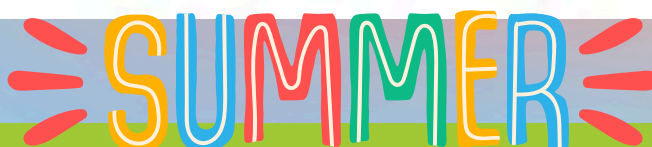
Photo Contest Begins

August 23

Cocktails in the Carport

Sept 3

Wine Wednesday



The Waters, A Cove Community

Sept. 6

Elvis and the 50's Party!



+Calendar of events subject to change





Interested in Chairing an Event or Leading an Activity?

Are you interested in chairing an event or leading an activity? If you would like to chair an event, you are very welcome to do so! Come in and let's talk about your idea. Then you would obtain an event form, complete it, and return it to me, Bea Koch, Lifestyle Coordinator. You are also welcome to attend a monthly planning meeting where we discuss upcoming events. No one controls the event and activities calendar. Ideas are shared, a consensus reached, and many successful events and activities have been the product of such meetings. A win-win! The May calendar had many new, original events thanks to residents coming forward, making the suggestion, then taking the lead in the planning.

Presently, we have 41 ambassadors, who not only plan events and activities, but also volunteer to set up, shop, and clean up from activities. That's teamwork!

If you would like to host a private gathering, there is a form for you to complete. This form can be completed and submitted for approval. Why the paperwork when in the past, residents simply gathered on their own, without the intervention of 'the landlord'? When our park consisted of 30 homes, things could be more casual. Now with 129 households, and so many improvements going on within our park, it is important for both entities to know what is going on in the way of gatherings. EX.... You have planned a casual get-together of 25 family members to be held on the new pool patio. What you didn't realize was that your 'landlord' had planned to work on an improvement that day. It's not a control issue, but rather consideration for both parties and accommodating both landlord and residents, to avoid conflicts.

I do hope that this has clarified some misconceptions about holding events, planning activities, so we might all come together for the betterment of the park and residents. So please, if you have an idea for an event, please come see me, and you can lead the event to fruition, with help from Cove and other ambassadors!

*Thank you,
BEA*



HealthFirst

Heart-to-Heart with the Experts

Free Cardiovascular Health
Lunch & Learn



Health First is holding an informative session, "Heart-to-Heart."
Free Cardiovascular Health Lunch & Learn.
August 20, from 12-1 P.M.

Health First Medical Group - Crane Creek
2222 S. Harbor City Blvd.
Melbourne, FL 32901

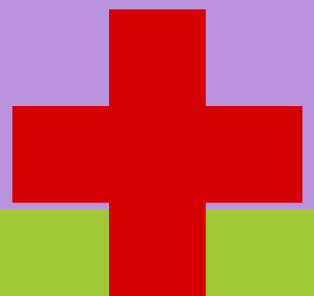
Please arrive at 11:30 to sign in.
All areas of Heart Health will be discussed.
Lunch is included at this free event.

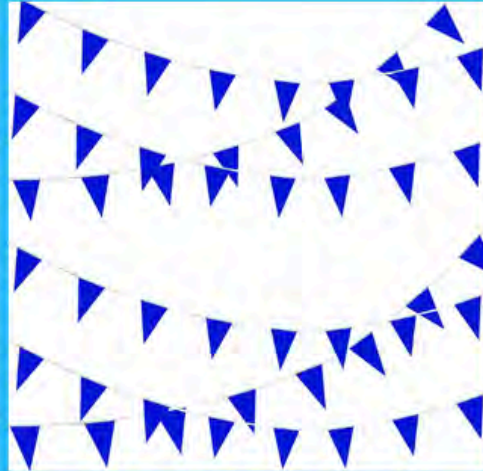
To register, visit: hf.org/heart2heart

(The Waters staff will be attending.)

**Health
is wealth**

The Waters, A Cove Community

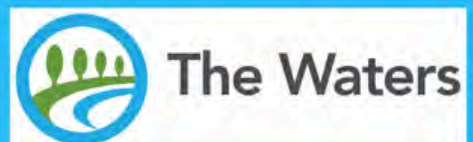




100 Days of Summer Fun! at The Waters!

**Come join in our regularly
scheduled activities along with
many Special Events added to
our days of
SUMMER!**

May 27- Sept.5



Thrift Store Marathon Shopping Trip

Friday, August 15, 8 A.M. - 6 P.M.

**Shopping at
a 1/2 dozen Thrift and
Consignment stores in West
Palm.**

**Sign up
in the clubhouse.**



The Waters
A COVE COMMUNITY

Cocktails in the Carports

**August 23, 2025
5 - 9 P.M.**

Announcement will be made closer to the event as to where we start. This is a progressive cocktail party. Come join friends and neighbors for this fun outdoor event!

Sign up in the clubhouse.



PHOTO CONTEST

**Drop your entries off at
clubhouse August 25-27.
Judging will take place by
residents September 2-4th.
Winners announced at Elvis
Show on September 6th.
see newsletter for details.**



The Waters

THE WATERS' 6th ANNUAL PHOTO CONTEST 2025

Calling all Waters' Photographers!

Time for the 6th Annual Photo Contest

Categories...

Landscapes and Waterscapes

Aquatic Life

Winged Life

Our Community

Each entry must be submitted as an 8 x 10 glossy

Titled

You assign the category.

No limit to # of entries per person.

Date of picture... must have been taken in the past year.

**If you change the size of your picture, Pixels must be 1500 x 2250
To 3600 x 5400. This is so we can get a clear pic if you are a
winner, and we need to enlarge it.**

Artist name and date taken will be noted on entry form.

No visible markings or signatures on photo.

Prizes...

1st place overall... \$75.00

2nd place overall...\$50.00

1st place for each category...\$15.00

Out-of-town residents are welcome to enter...send entries with entry form to Nichole at the clubhouse address. Out-of-town entries must arrive at clubhouse by 4 P.M., Tuesday, August 26 , 2025.

Local residents will submit their entries to

Bea Koch or Nichole Kenney

August 25th- August 27th .

Judging, by residents, will take place

From 9-12 noon, in the clubhouse,

Tuesday, September 2nd, Wed, Sept. 3rd, Thurs, Sept. 4

Winners will be announced and prizes awarded at our end of

'100 Days of Summer Fun Activity", September 6th, The Elvis Show and 50's Party.



THE WATERS' 6th ANNUAL PHOTO CONTEST 2025 ENTRY FORM

NAME _____

ADDRESS _____

PHONE NUMBER _____

ENTRY TITLE _____

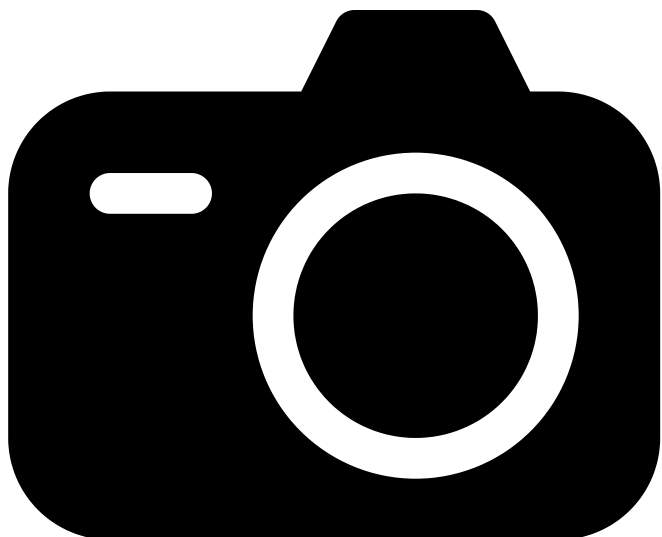
ENTRY CATEGORY _____

DATE PICTURE TAKEN _____

PLACE TAKEN or PERSON in PHOTO _____

Date received _____

Entry # _____



Wireless Device Training for Beginners

Learn how to set up and/or access email, text, and social media on your wireless device.
Bring your cell phone, tablet, or laptop.

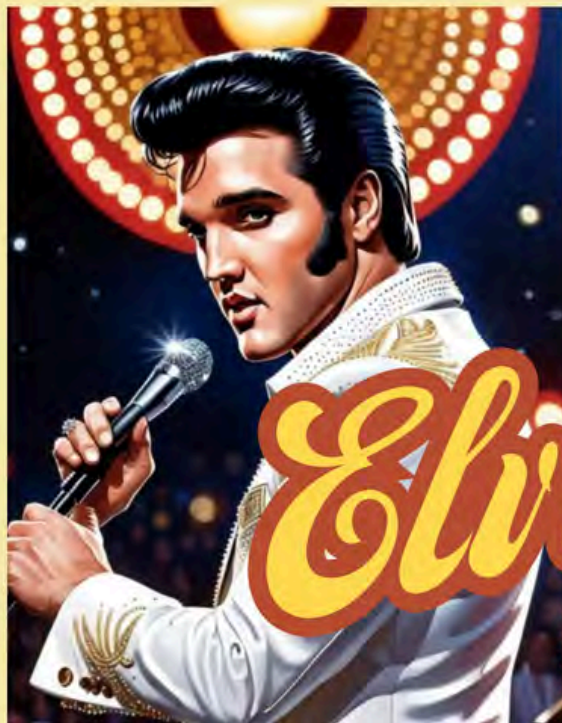


AUGUST 26TH 1 PM - CLUBHOUSE

Sign up in the clubhouse.
Space is limited.



The Waters
A COVE COMMUNITY



Elvis Show

FOLLOWED BY 1950'S DANCE Party

1950S ATTIRE ENCOURAGED

TICKETS: \$15.00

Saturday
SEPTEMBER 6TH

6 PM

TICKETS
ON SALE



The Waters
A COVE COMMUNITY



**Interested in joining a Bunco,
Scrabble, Bridge, Poker, or
Dominoes group
in the Fall?**

Talk

**to Bea and sign up in the
clubhouse. Days and times TBD
as to what is good with
participants.**



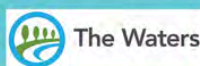


CHART HOUSE

Happy Hour

**Mondays at 4 P.M. Check
calendar for specific
Monday dates.**

**Enjoy dinners from special
happy hour menu, good
conversation, good food.**



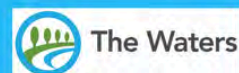
Massages

**Select Thursdays in the
clubhouse. See calendar.**

Sign up in the clubhouse.

**Treat yourself to a 15 minute,
30, 45, min. or 1 hour session.**

\$15.00 per 15 minutes.



CRAFTS

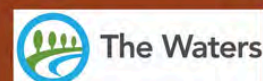
Tuesdays, at 1 P.M.

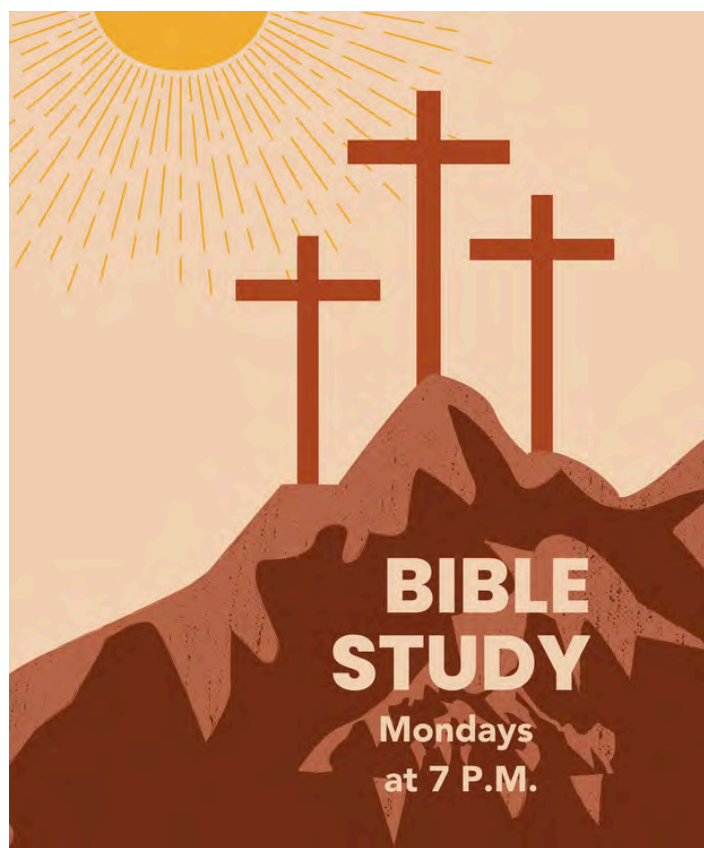
**Come join in the fun and
satisfaction of making
your own wreath,
eyeglass holder, greeting
card, or jewelry. Most
weeks, all materials are
provided.**



D'Jon's Happy Hour

**Mondays at 4 P.M. Check
calendar for specific
Monday. Enjoy special
Happy Hour menu, good
conversation, great food!**





BIBLE STUDY

Mondays
at 7 P.M.



Water Aerobics

Mon - Wed - Fri

11 A.M.

Come join in good
exercise, while having
fun, commradery.



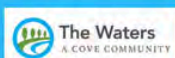
REIKI HEALING

2nd Wednesday of the
month

in the clubhouse

4:30 - 7 P.M.

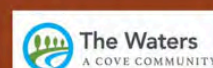
Sign up for a
10 minute session for \$10.00



Ladies' Coffee Hour

Every Wednesday, 9:30 A.M.

Come join your neighbors and
friends for great conversation,
good coffee, and grand
homemade culinary delights!
See you next Wednesday!



YOGA in the clubhouse.

**Every Thursday
at 6 P.M.
Saturdays
at 10 A.M.**





Scan the QR codes with your cell phone camera for more information!

FRIDGE FACTS



FLOODS

Why We Flood:

- Hurricanes & tropical storms
- Heavy rainfall
- Storm surge
- Overwhelmed drainage systems

Be Prepared:

- Purchase flood insurance! Regular homeowner's insurance does not cover flooding and may not cover wind-driven rain
- If flooding is imminent, turn off all utilities at the main power switch
- Do not attempt to drive through a flooded road - turn around, don't drown!

Quick Facts:

- Flooding is Brevard County's most frequent hazard
- Most flood related deaths are vehicular and occur at night
- Brevard County participates in the Community Rating System (CRS), which means you qualify for an insurance premium reduction based on the riskiness of your area
- 6 inches of moving water can knock a person down; 2 feet can wash a car away



HURRICANES AND TROPICAL STORMS

Quick Facts:

- The difference between tropical storms and hurricanes is wind speed:
 - Tropical Storms 39-73 mph
 - Hurricanes 74+ mph
- The Atlantic hurricane season runs from June 1 to November 30, the peak is between August and October
- Brevard County's causeways do not close before a storm
- Drowning is the most frequent cause of death in a hurricane

Threats from Hurricanes & Tropical Storms:

- Storm Surge
- High Winds
- Heavy Rainfall
- Coastal and Inland Flooding
- Rip Currents
- Tornadoes



Evacuate if you live:

- On a barrier island
- Along a river
- In a flood-prone area
- In a mobile or manufactured home
- Or have a dependence on power or water to survive



WILDFIRES

Stay Safe:

- If ordered to evacuate, do so immediately
- Listen to local officials for open shelters or comfort centers

Take Action:

- If you see a wildfire, call 9-1-1
- Prevent spread to your home by removing anything that will burn within 30' of the house
- Clear your roof and gutters of any vegetative debris
- Photograph all damages for insurance purposes

Quick Facts:

- The highest risk neighborhoods are those that border undeveloped wooded/vegetated areas
- Wildfires are a natural part of Brevard's ecosystem, which is why prescribed burns are managed to reduce risk
- Pine needles used for home landscaping help the spread of wildfires to your home
- Brevard County is susceptible to wildfires year round, with higher risk in the months with minimal rainfall amounts from December through May



NUCLEAR POWER PLANT INCIDENTS

Quick Facts:

- The only power plant that could impact our county is the FPL St. Lucie Nuclear Power Plant
- Residents south of Malabar Road are within the 50-mile radius of the power plant. You may be advised to take actions to protect your family, pets, farm animals and agricultural products
- Brevard County would host and shelter evacuees from the 10-mile radius around the plant

Be Aware:

- The probability of a radiological incident remains very low

Impacts:

- In the unlikely event that an incident occurs, the main impact would be to the food we eat - agricultural products from the affected area may be contaminated





TEXT BREVARDEOC TO 888777
TO SIGN UP FOR TEXT MESSAGES



Important Contact Information

For an Emergency or Life Safety Issue, Dial 9-1-1

Community Information Hotline

Brevard County Fire Rescue (Non-Emergency)

Brevard County Crime Tip Line

Brevard County Sheriff (Non-Emergency)

North Area

Central Area

South Area

Florida Information Line (Active During Disasters)

Florida Power and Light (Report an Outage)

Florida Price Gouging Hotline (To Report)

Florida City Gas

Florida Department of Environmental Protection

Florida Fish and Wildlife Conservation Commission

Federal Emergency Management Agency

Florida Highway Patrol (From Any Cell)

Dial 2-1-1

321-633-2056

800-423-8477

321-264-5100

321-633-7162

321-952-6371

800-342-3557

800-468-8243

866-966-7226

888-352-5325

850-245-2118

850-488-4676

800-621-3362

*FHP

Brevard County Special Needs Program

- Residents with specific medical needs who have no safe sheltering alternative should register with Emergency Management
- If registered residents have no means of transportation to a shelter, it can be provided for them

REGISTER HERE



Call:

(321)-637-6670

OR

Scan this code with your phone to register online

Know Your Risk

Potential Hazards in Brevard County:

- Hurricanes
- Tropical Storms
- Tornados
- Storm Surge
- Floods
- Wildfires
- Launch
- Anomalies
- Hazardous Materials
- Terrorism
- Civil Disorder
- Extreme Heat
- Extreme Cold
- Tsunamis
- Pandemic
- Nuclear
- Power Plant Incidents



KNOW YOUR RISK



There are many potential hazards to Brevard County - scan this code to research them.

Build Your Kit

- Water - 1 gallon per person, per day (at least 3 days)
- Food - 3 day supply of non-perishable food
- Prescription medication
- Flashlight and extra batteries
- First aid kit
- Identification & Insurance documents
- Cash
- Battery-powered/hand crank radio
- Supplies for your pet
 - Food, water, shot records
- Full list of supplies on our website



BUILD A KIT



Make sure your supply kit is easily portable in case you need to evacuate.

Have a Plan

What do I put in my plan?

- How your household will get emergency alerts
- How your family will communicate
- Where your family will meet if separated
- Where your family will evacuate to



Factors to Consider:

- Do you have medical needs with a dependence on power to survive?
- Are you living in a mobile or manufactured home?
- Do you have any pets?

HAVE A PLAN



The best plan is one that all members of the household know, review your plan yearly.

Get Involved

Volunteer with a local organization; here are some places to start:

- United Way
- 2-1-1 Brevard
- Salvation Army
- Aging Matters
- ASPCA
- Local churches
- Team Rubicon
- VolunteerFlorida.org



Build a volunteer team with your faith-based or community group, and join the Brevard Voluntary Organizations Active in Disaster (VOAD).

GET INVOLVED



Building a culture of preparedness is how we make Brevard a more resilient community.

Stay Informed

Have Questions Before, During, or After a Disaster?

Dial 2-1-1



Follow **BrevardEOC** on Facebook



Follow **@BrevardEOC** on Twitter



Text **BREVARDEOC** to 888777 to sign up for text messages



Subscribe to **Brevard County Emergency Management** on Nextdoor

NOAA Weather Radio

- Receives severe weather warnings from the National Weather Service
- Primary frequency: 162.550 MHz



10 Amazing Retirement Communities in Florida



The Waters

A COVE COMMUNITY



Picture this– you’ve just completed your long contribution to the American workforce and are now ready to retire. You, being the sensible and clever person that you are, decide you want to retire in good ole’ sunny Florida.

Great taste! But where do you start?

Now, before panicking, take a deep breath and kick back, we’ve got it from here. Let us tell you about 10 of the best retirement communities in Florida.



retired to enjoy downsizing to the Sunshine State. However, most retirement communities are restricted and require residents to be at least 55 years or older. Be sure to check the details as you start your Florida home search.



Pet owners should also take note. All of the locations listed below are [pet-friendly communities](#).

Deciding where you're going to hunker down and enjoy the slow life is a lot of work. There's a lot to consider, like if you want to move into a large master-planned community like The Villages or look for a smaller community focused on active adult living.

Luckily, we'll do quite a bit of it for you. Now, onto our list!

The Waters – Melbourne Beach, Florida

This is a beautiful retirement community located across the street from pristine Atlantic Ocean beaches. [The Waters](#) gives



which means you get some nice sea breezes to keep you cool during the summer months!

The Waters features single family homes and a couple of poolside rentals. Among the community amenities are a private beach, a boardwalk pier, a fishing area, a bocce ball court, and a swimming pool.

The Meadows – Tarpon Springs, Florida

This manufactured home community sits right on Florida's Gulf Coast near the Sponge District of historic Tarpon Springs. You can soak up the sun year-round in this friendly Florida retirement community.

The Meadows provides a relaxing atmosphere and great weather- plus plenty of fun things to do inside the community from social clubs to entertainment. You can't beat the vibe anywhere else.

"I compare it to going on a cruise.
There's always something to do morning,
noon, and night and they make it
accessible to you."



Sun Valley – Tarpon Springs, Florida

Located down the road from The Meadows is [Sun Valley](#).

You get all the same perks of a 55+ active adult neighborhood. It lives up to its name, considering the forecast tends to be 72 and sunny all year long! Here you're located close enough to St. Petersburg, Clearwater, and Tampa Bay but far enough away to stay relaxed and away from the bustling crowds.

Along with great weather, you can enjoy a wide range of amenities including a recreation hall, billiards, fitness center, billiards, shuffleboard, and more.

Rolling Greens Village – Ocala, Florida

Located in central Florida just on the edge of the Ocala National Forest, the community is a nature lover's paradise! On top of the beautiful landscape, [Rolling Greens Village](#) is a golf course community. Homes surround the Rolling Greens [Executive Golf Course](#) giving residents a view in every direction.

swimming in the incredible aquatic center.

Zip around in your golf cart and discover the good life here.

Meadowlea Village – DeLand, Florida

This 55+ community is in the beautiful and sunny DeLand, Florida. [Meadowlea Village](#) sits northeast of Orlando's theme park attractions like Disney World and a quick drive from Atlantic beaches.

DeLand is an easy place to discover and has loads of unique shopping and dining, award-winning eateries, and so much more to explore. Here you can enjoy several ponds, nice sized yards, and stretches of recreation space. It's the perfect place to kick your feet up!

Jamaica Bay Village – Fort Myers, Florida

Another beautiful resort community on the list is located in Fort Myers, Florida. [Jamaica Bay Village](#) is a gated community for residents who want to enjoy a fun and active lifestyle in retirement!

"We just knew in our hearts that the community aspect of Jamaica Bay, the layers of quality that existed here, don't exist everywhere."

Take it from Jeff Starweather who loved Jamaica Bay Village so much that he moved there twice in five years.

This village offers three stocked lakes, pickleball and tennis courts, shuffleboard, and endless social functions open to the whole community. After you've finished meeting with one of the many social and sports clubs, end the day in the whirlpool spa or the sauna.

Jamaica Bay offers modern manufactured homes for sale in Fort Myers minutes from the town center.



Estero Bay Village – Estero, Florida

Down the highway from Jamaica Bay Village, you'll find another gated community for retirees.



the best places to live and retire in Lee County, FL. This community offers its residents many amenities such as pickleball, bocce ball, horseshoes, a pool, and a spa (of course).

And if you're looking to take up kayaking, this is the place to do it.

Dunedin Village – Dunedin, Florida

This quaint community offers its residents a small town feel and amenities to enjoy. In [Dunedin Village](#), you have easy access to both Tampa and Orlando! Dunedin is known as a small, artsy, dog-friendly town with many unique retail shops, parks, spring training, and the annual Scottish celebrations.

Fully enjoy retirement here with your nice-sized yard and tree-lined roads.

Resort Style Amenities for Sarasota Retirees

Sarasota is a Gulf Coast haven for retirees who want to be near white sand beaches. There you'll find two bustling retirement communities.

Camelot Lakes Village & Camelot East Village – Sarasota, FL



Camelot Lakes Village

It's double the fun at [Camelot Lakes Village](#). The community boasts two amenity-filled clubhouses, two resort-style pools, tennis courts, pickle-ball, and shuffleboard courts.

Enjoy calming views of lakes and nature preserves while being close to dining, and shopping.

You can enjoy similar amenities with energetic residents, exciting activities, and an active lifestyle at [Camelot East Village](#). Residents participate in more than 30 social events yearly.

We can't forget the heated pool, spa, shuffleboard, poker room, pickle-ball, and great amenities. Even your furry family will enjoy themselves here at the dog park!

Florida is the [most popular place to retire](#) in the United States, according to WalletHub. And it's no wonder why— with amazing weather year-round and so many options to choose from, retirement just looks good here!

Ready to get started? Check out our current inventory of [homes for sale](#) and start living your best retirement life in Florida in no time.



Please contact Waste Management at 321-636-6894.

Create an account by giving them your name and address.

There is no charge to establish an account.

Waste Management requires each resident to register their name and number to receive trash and recycle bins.

(New or Replacement)

Registering will also expedite your service requests for bulk collections.

Waste Management Collection Schedule

Trash: Saturdays and Wednesdays

Recycle: Wednesday



The Waters

A COVE COMMUNITY

Frequently used forms

End of Event /Activity To-Do List

Don't forget to fill out this form at the end of your event. Please return this form to the office by the end of the day. Please don't forget to fill out this form.

Clubhouse

1. Kitchen area left clean, as found. Make sure refrigerator doors are shut tightly.
2. Floors clean. Sweep if needed.
3. Counter clean. Sink clean. Police area... trash disposed of.
4. Trash emptied to outside trash bins (labeled clubhouse) located behind clubhouse across from laundry facilities.
5. Tables and chairs taken down, returned to storage area of room.
6. The lights turned off.
7. Cove table displays, desks and work areas/property are not to be taken down or rearranged.
8. Front door locked.
9. Kitchen refrigerator doors shut tightly.

Pool and Patio Area

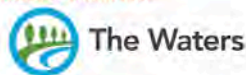
1. Umbrellas in the down position.
2. Police area...Trash picked up.
3. Trash bagged.
4. Trash emptied to outside trash bins behind the clubhouse. (Labeled Clubhouse)
5. Chairs / loungers straightened.
6. NO GLASS ALLOWED.

River Area and Chickee Huts

1. Remove trash and recycle bin items from the river area. (Including the community trash can/recycle can.) Dispose of trash in the cans located behind the clubhouse. (Labeled Clubhouse)
2. Lights disconnected.
3. The chairs straightened. Chairs/tables off grass. Blue clubhouse chairs are under cover from rain.

DO NOT EAT / DRINK ITEMS IN REFRIGERATOR/FREEZER. THANK YOU!

Resident Signature: _____
Date: _____



Lifestyle Ambassador Event/Activity Request

Event requests must be presented to the Activity Director for approval on or before the first Thursday of the month prior to the event. Newsletter Submission is required by the 8th day of the month prior to the event. Event will not be scheduled without completion of both.

Event Name:		Proposed Event Date (please choose date and time that do not conflict with other events):	
Event Theme:		Proposed Event Start Time:	
Lifestyle Ambassador Lead (this is liaison for all communication for the event):	Name: Phone: Email:	Proposed Event End Time:	
Lifestyle Ambassador Assistants:		Event Location:	<input type="checkbox"/> Beach Boardwalk <input type="checkbox"/> Clubhouse <input type="checkbox"/> Clubhouse Parking Lot <input type="checkbox"/> Pool Deck <input type="checkbox"/> River Area: Chickee 1 / 2
# of attendees expected:		Will there be food served?	
Proposed Ticket Price:		Special Equipment Needed:	
Event Purpose:			
Frequency:	<input type="checkbox"/> One-time <input type="checkbox"/> Annually <input type="checkbox"/> Quarterly <input type="checkbox"/> Monthly <input type="checkbox"/> Bi-Monthly <input type="checkbox"/> Every other week <input type="checkbox"/> Weekly <input type="checkbox"/> Daily		

Event Approved with the following changes/guidelines: _____

Social Coordinator Approval: _____ Date: _____

Community Manager Approval: _____ Date: _____

Once your event is approved please complete the Event Checklist so we can help you make your event successful and fun for you and your attendees.

Any questions you may have for management, please fill this part out & drop it in the "Resident Drop Box" located in the Clubhouse. At the next Managers Q&A, we will answer it.

What is "Managers Q&A"? A 30 minute session, where you can ask questions about the community, know about upcoming projects and other information on Operations.



2nd Friday / Monthly / 3:00 PM

Full Name _____ E-mail _____

Question _____

Comments _____

Any questions you may have for management, please fill this part out & drop it in the "Resident Drop Box" located in the Clubhouse. At the next Managers Q&A, we will answer it.

What is "Managers Q&A"? A 30 minute session, where you can ask questions about the community, know about upcoming projects and other information on Operations.

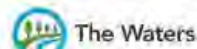


2nd Friday / Monthly / 3:00 PM

Full Name _____ E-mail _____

Question _____

Comments _____



2730 Hwy 33A South, Melbourne Beach, FL 32951

Phone: (321) 723-4139

GUEST REGISTRATION & RULES

Guests must park in resident's driveway at night. If there is no space in resident's driveway, please park at the Clubhouse parking area. A guest parking pass will be required if a guest uses the clubhouse parking. Parking passes can be obtained from the office. No street parking.

Resident must accompany his or her guest whenever they use any recreational facilities, including the clubhouse, swimming pool and bocce ball court. Residents must explain the rules and regulations to their guests, and a violation of the rules by guest(s) constitutes a violation of same by the resident host.

Residents shall be permitted to have guests of any age for up to three (3) weeks during any six (6) month period, or a maximum of six (6) weeks in any twelve (12) month period; provided that no time shall anyone (1) bedroom unit be occupied by more than four (4) individuals, nor any two (2) bedroom unit by more than six (6) individuals.

I/We, (s/he/ name), certify that the individual(s) indicated above are either family members or personal friends. I agree to be responsible for the actions and behaviors of our guest. We understand that all guests must abide by the Rules and Regulations of the Community and understand that any violation of the Rules and Regulations of the Community may result in fines, penalties, and possible removal of all persons from the Community. It is also understood that all guests visiting must be accompanied while using the amenity features of the community and are responsible for any damages incurred while being used by the guests. Fill out the information, below and drop off at the office. If it is after hours or on the weekend, please use the drop box by the office door. You may also email this form to nharp@covcommunities.com.

LOT #	RESIDENT'S NAME	GUEST'S NAME(S)	AGE	ARRIVE DATE	DEPART DATE	EMERGENCY PHONE NUMBER

NO VISITORS PETE ALLOWED WITHOUT PERMISSION **PROOF OF VACCINATION REQUIRED WITH REGISTRATION FORM**

Guest Pet(S)	PET'S NAME(S)	BREED	WEIGHT	SHOT RECORDS CURRENT?
1.				YES / NO
2.				YES / NO

Guest Vehicle Information:

Make	Model	Year	Color	License Plate #

**Guests are NOT ALLOWED to bring any pet(s)/animal while visiting the Community unless they are a certified, and verifiable and inoculated Support Animal(s). **

RESIDENT SIGNATURE: _____ DATE: _____

MANAGEMENT SIGNATURE: _____ DATE: _____

Frequently used forms



SITE IMPROVEMENT APPLICATION

The Waters
(Community Name)

This Site Improvement Application is required to be completed, in its entirety, by any person living within the Community referenced above. The undersigned, Requestor as Owner of the home or RV listed below and hereby applies for approval of property improvements including supplemental information below.

Owner: _____ and _____
(First & Last Name) (First & Last Name)
Address: _____
Contact #1: () _____ Contact #2: () _____
Email: _____ Would you like a copy of this application emailed to you? Yes No
Estimated Start Date: ____/____/____ Estimated Completion Date: ____/____/____

Architectural Plan. Required for any room additions, storage space, garage, screen room, fencing, patio, driveway, deck, steps, ramp, etc. Include a drawing or photos with measurements, colors and materials used, and architectural drawings, if applicable.

Landscaping Plan. Required for all new tree planting and removal and shrub planting and removal. Indicate below the type of tree or shrubs, and location of each. This must be submitted for all new tree or shrub planting and removal improvements. *Prior to planting or removing any trees or shrubs you must call 811 Florida Public Utilities (dig alert) and schedule them to come on site to verify it is safe to dig where you are proposing to plant or remove trees or shrubs.*

Has 811 been called? Yes No Has 811 inspected the property? Yes No

Exterior Colors. List all exterior color changes and attach color sample cards. *Please verify with management to see if there is a color board for acceptable color samples located in the office.*

Siding: _____ Trim: _____ Doors: _____ Skirting: _____

Exterior Materials. Required for building projects, roofing, and room additions:

Roof: _____ Siding: _____ Other: _____

Site & Grading Plan. Submit anticipated date of lot grade alterations.

Description of Improvement. Describe type of project and include details such as measurements, drawings, location, photos. Attach any color samples. (Include additional pages if needed)

Contractor or Handyman Information. List business name, contractor's name, license # if applicable, Insurance Carrier/Policy Number and phone number.

* NOTE: Government Municipalities will normally require a building permit for all projects to construct, enlarge, alter, repair, move, demolish, or change the occupancy of a building or structure, including decks, roof extensions, room additions and enclosures. Construction, installation, enlargement, alteration, repair, removal, or replacement of any electrical, gas, mechanical or plumbing system regulated by technical codes. Contact your local Municipality (City, County or State) for any requirements.
****PAVING CONTRACTORS ARE RESPONSIBLE FOR CAPPING IRRIGATION AND PAVING AROUND UTILITY BOXES.****

Does this project require a permit? Yes No What Municipality Requires the Permit: City County State
(If Yes, a copy of the Permit MUST be given to management prior to work commencing.)

It is expressly understood that approval of the foregoing improvements shall in no way indicate compliance with any local, state, or federal code, standard or regulation or any requirement of the Rules & Regulations or Prospectus, whichever is applicable to the Community. Such compliance is the sole responsibility of the Owner.

Page 1 of 2



AUTHORIZATION FOR DIRECT DEBIT/CREDIT (ACH Debit)

_____, (hereinafter called Resident) hereby authorizes The Waters—Venture I, LLC (hereinafter the "Community") to initiate Debit, and Credit if necessary (to make any refunds to you) entries to Resident's account indicated below on the next scheduled ACH transaction to the Depository Financial Institution named below (hereinafter the "Depository") to credit the same to such account. Resident acknowledges that the origin of ACH transactions to Resident's account must comply with provisions of U.S. and state law.

Community agrees to only initiate debit entries for such amounts due as monthly rent, utilities and other Community charges/fees as provided for in the written Rental Agreement between Resident and Community.

(Please write in full address including Home Site Number, City, State and Zip Code)

Your Email address: _____
(We may need this email address to send you notifications regarding ACH transactions)

Depository name (name of bank): _____
Branch: _____ City: _____ State: _____ Zip: _____
Routing Number: _____ Account Number: _____
Type of Account (check one): Checking Savings Effective start Month/Year: ____/____

Resident shall submit this form to Community at least two (2) weeks prior to the "Effective start" date indicated above to afford Community and Depository a reasonable opportunity to act on it. An exception will be granted for the initial Cove Communities enrollment period. Community reserves the right to reject any authorization form that is incomplete, unsigned, improperly filled out, submitted too late to act upon or from a Resident that has shown prior late and/or NSF history.

This authority is to remain in effect until Community has received written notification from resident of his/her termination at least two (2) weeks prior to the next scheduled ACH transaction to afford Community and Depository a reasonable opportunity to act on it. Otherwise this authority will automatically terminate at such time as the Resident's tenancy expires. Additionally, the Community reserves the right to terminate all future ACH entries to resident's account for any reason whatsoever, with 30 (thirty) days written notice.

If insufficient funds exist in the above account to complete the ACH transaction, then the transaction will be treated as a NSF payment under the written Rental Agreement with Resident. After two (2) such failed ACH transactions, or if the account never existed or has been closed, Community shall immediately terminate all future ACH entries to resident's account. Any amounts due to the Community will still be due and owing to the Community.

Resident name: _____ Phone: _____

Resident Signature: _____ Date: _____

*** (Only Resident(s) may authorize ACH debits. Forms signed by occupant or others shall be rejected) ***

Attach voided check if signing up the checking account. Attach deposit slip for savings accounts only

I, _____, wish to terminate payments made via ACH for monthly Lot Rent and Cable. I understand that I am still responsible for making payments via check or money order directly to The Waters.

Resident name: _____ Phone: _____

Resident Signature: _____ Date: _____

2730 South A1A, Melbourne Beach, FL 32951 | 321-723-4139

Standards: Any additional structures or alterations to an existing home or RV must have written permission of Management after submission, for recommendation and approval, before applying for a building permit. Management reserves the right to remove, at the Homeowner's expense, any changes or additions not approved by Management.

Any alterations to the site or the home must be approved in writing in advance by Management. Such approval is at Management's sole discretion; however, such approval will not be withheld unreasonably. Before any site improvements can start, the Homeowner or RV owner must provide the Community with all the required information and a copy of the current registration/title for the unit located on the site.

Please allow at least two weeks from the receipt of this form for a response. No work shall be performed prior to the Homeowner or RV owner receiving a copy of this form from the office indicating written approval by Management. Please attach a separate piece of paper with a drawing of your project and include placement, measurements, colors, and materials to be used. Depending on the scope of the project, the Homeowner or RV owner is responsible to obtain a city permit if required and attach a copy to this application. It is the responsibility of the Homeowner or RV owner to obtain a copy of this form for their records and to produce it if requested by Management.

Upon completion of the site improvements, Owner is required to make an appointment with the management to verify that the improvements were made per an approved Site Improvement Application, to verify required permits have been obtained or prove the completion of the improvements via a final inspection report or certification of completion as per an approved application.

I/We understand and will comply with this Site Improvement Application.

Owner Name (Please Print) _____ Owner Signature _____

Owner Name (Please Print) _____ Owner Signature _____

Date Application Received by Management: _____

Received by (print name & position of Team Member): _____

Approved.

Subject to: _____

Denied.

Due to: _____

Date Approval/Denial Notice Sent to Owner: _____

Notice Delivered by: (print name): _____

Notice Approval/Denial by: (signature): _____

EXTERIOR IMPROVEMENT REQUEST



Resident Name: _____		Community Name: _____	
Resident Address: _____		Date of Request: _____	
Resident Phone Number: _____		Expected Date of Completion: _____	
<p>The above-named Resident(s) requests approval to build, add-on or otherwise alter his or her manufactured home, its associated structures or site. Approval by the Community Management does not waive Resident's responsibility to secure any and all permits required by the governing municipality.</p> <p>**PAVING CONTRACTORS ARE RESPONSIBLE FOR CAPPING IRRIGATION AND PAVING AROUND UTILITY BOXES.**</p> <p>Description of Alteration: _____</p>			
Initial	If approved Resident(s) agree to obtain any and all permits necessary to construct the alteration. Brevard County Permitting Department - (321)433-2072	Initial	If Resident hires an independent Contractor, they acknowledge that it is recommended that they be licensed and insured.
Signature of Resident: _____		Signature of Resident: _____	
Use this space to SKETCH the Alterations and Location on your Home Site.			
Upon review of the above request, we find it is within our guidelines.		Upon review of the above request, we find it is NOT within our guidelines.	
Management Signature: _____		Date of Approval: _____	
FINAL INSPECTION: Management reserves the right to inspect the alterations described above upon completion.			
Management Signature: _____		Date of Inspection: _____	

Frequently used forms



Robo Call/ Call Multiplier

Homeowner Name: _____

Phone#: _____

Co-Homeowner Name: _____

Phone#: _____

Lot# _____ Address: _____

Date: _____ Signature: _____

(You will not be on The Waters Emergency Call list unless you complete and turn in this form in the office.)



Notice of Intent to Sell Mobile Home

(Community Name (the "Community"))

THIS LETTER OF INTENT (the "Notice") made as of this _____ day of _____, 20____ (the "Notice Date").

Seller(s) Name: _____ Seller(s) Name: _____

Seller(s) Address (include lot number): _____

Seller(s) Phone #: _____ Seller(s) Phone #: _____

Seller(s) Email: _____ Seller(s) Email: _____

Real Estate Co. Name: _____ Agent(s) Name: _____

Agent(s) Address (include lot number): _____

Agent(s) Phone #: _____ Agent(s) Phone #: _____

Agent(s) Email: _____ Agent(s) Email: _____

☐ Vendor Packet on file ☐ Vendor Packet NOT on File Agent - ☐ Approved ☐ Not Approved

(a) The Seller is the owner of the manufactured home, as personal property, that is available for sale within the Community at the Address outlined above.

(b) The Agent has a contractual and fiduciary responsibility to the Seller for the sale of their manufactured home.

This Notice will establish the basic terms to be used in a future real estate contract for the sale between the Seller(s), Purchaser(s) and the Agent(s) of the Seller(s) manufactured home. The terms contained in this Notice are not comprehensive and it is expected that additional terms may be added, and existing terms may be changed or deleted. The basic terms are as follows:

Non-Binding

This Notice does not create a binding agreement between the Agent(s) and the Seller(s) and will not be enforceable. This Notice discloses the basic terms to be used in a future real estate contract for the sale among the Seller(s), Purchaser(s) and Agent(s) of the Seller(s) manufactured home. The terms contained in this Notice are not comprehensive and it is expected that additional terms may be added, and existing terms may be changed or deleted; however, the terms and conditions of the Contract will supersede any terms and conditions contained in this Notice. The Agent(s) and the Seller(s) are not prevented from entering negotiations with third parties with regard to the subject matter of this Notice.

Transaction Description

The Manufactured Home (the "Property") that is the subject of this Notice of Intent to Sell is as follows:

Make	Model	Serial #	Year	# Bed(s)	# Bath(s)	Size

Sale Price

The Sale price of the manufactured home will be \$_____ with an Estimated Closing date of _____

Representations

The Seller(s) represents and warrants that any and all liens, charges, encumbrances, or right of third parties applicable to and affecting the Property will be satisfied out of the sale proceeds.

Seller(s) Signature _____

Seller(s) Signature _____

*Please complete this Notice and submit to Community Management prior to listing your Property for sale.

(v.3.2023)



Maintenance Request Form

Please Print Clearly

(Community Name)

Resident Name _____ Lot #: _____

Date: _____ Time: _____

Contact Phone #1 _____ Contact Phone #2 _____

Email Address #1 _____ Email Address #2 _____

Location of Maintenance Concern: _____

When did the Maintenance Concern Start? _____

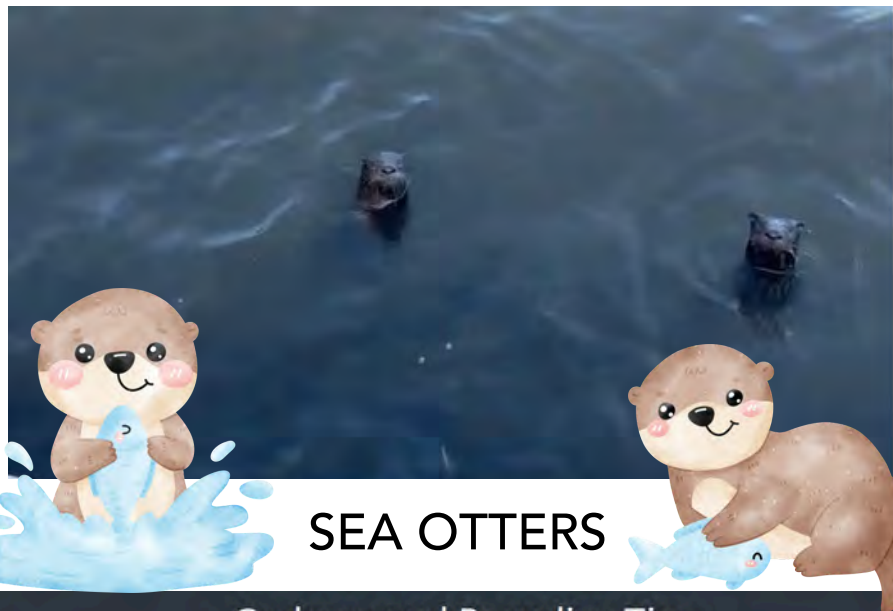
Explain the Maintenance Concern in detail: _____

Hospitality | Trustworthiness | Excellence | Stewardship | Passion | Kindness





TROY'S NEW FRIENDS AT THE RIVER



SEA OTTERS

Garbage and Recycling Tips

WASTE MANAGEMENT

TRASH DAYS: Wednesday and Saturday

RECYCLE DAY: Wednesday

YARD WASTE & BULK ITEMS: Wednesday

Waste Management Phone Number:

Phone # 321-636-6894



****Please call Waste Management for Bulk Items and give them a heads-up****

EYE ON IT!

Important Numbers

Office: 321-723-4139

Community Manager: 321-514-5888

Maintenance: 321-376-1468

(Emergency Maintenance Issues Only)

Please turn maintenance requests in by using the forms located in the clubhouse by the activities sign-up book.

You may also send maintenance requests via email to:

NKenney@CoveCommunities.com

Attention:

Before you dig.....

anywhere in your yard.....

Please call 811 DIG:

It is FREE!



The Manager's Corner - Nichole Kenney



The Waters
A COVE COMMUNITY

Dear Waters Residents,

I continue to receive complaints from residents who report that other residents are speeding and parking on the road for extended periods.

Please adhere to the 15 MPH speed limit and do not park on the street. **THANK YOU!**

Nichole Kenney
Community Manager

Nichole Kenney



COVE VALUES

HOSPITALITY

We love what we do, and it shows.

EXCELLENCE

We raise the bar.

PASSION

We make every moment count.

TRUSTWORTHINESS

We consistently do the right thing.

STEWARDSHIP

We value the world and care for it.

KINDNESS

We follow the golden rule.

"Be yourself; everyone else is already taken."

— Oscar Wilde

**SLOW
DOWN**

Community Manager: Nichole Kenney

Office: 321-723-4139

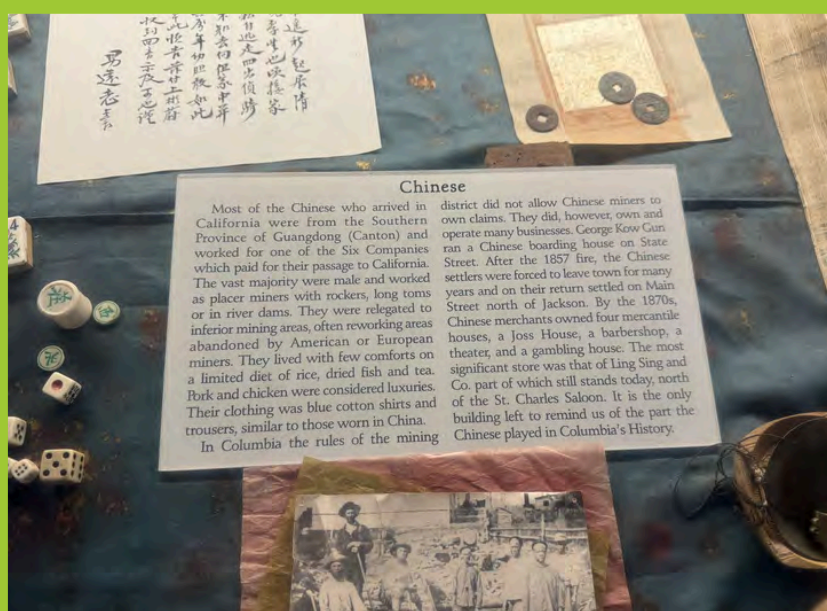
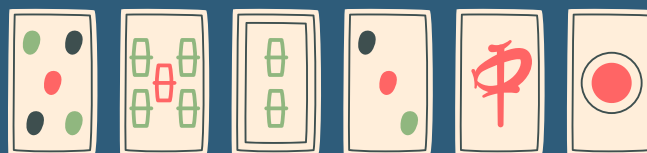
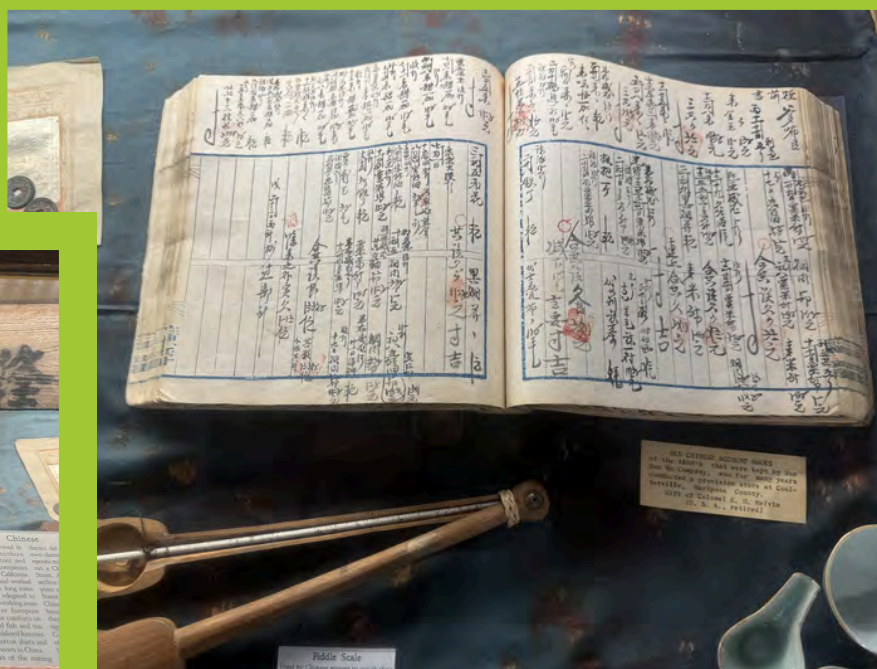
Cell: 321-514-5888

Office Hours: 9am-4pm M-F

NKenney@CoveCommunities.com



Columbia, CA - Museum From the Goldrush Era



Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	31	1 11am - Water Aerobics 4pm - POOL Party	2 10am - Yoga
3	4 11am - Water Aerobics 4pm - Boarwalk Bar and 7pm - Open Bible Study	5 7pm - Card Game 31	6 9:30am - Ladies Coffee 11am - Water Aerobics 1pm - Mah Jong 3pm - B's Happy Hour	7 6pm - YOGA	8 11am - Water Aerobics 4pm - POOL Party	9 10am - Yoga
10	11 11am - Water Aerobics 4pm - D'Jon's Happy Hour 7pm - Open Bible Study	12 1pm - SEPTEMBER 7pm - Card Game 31	13 9:30am - Ladies Coffee 11am - Water Aerobics 1pm - Mah Jong 5pm - Wine Wednesday @	14 6pm - YOGA 7pm - Prayer Group @	15 8am - THRIFT STORE 11am - Water Aerobics 4pm - POOL Party	16 10am - Yoga
17	18 11am - Water Aerobics 4pm - Village Market 7pm - Open Bible Study	19 10am - Photo contest 7pm - Card Game 31	20 9:30am - Ladies Coffee 11am - Water Aerobics 12pm - Heart-to-Heart 1pm - Mah Jong	21 6pm - YOGA	22 11am - Water Aerobics 4pm - POOL Party	23 10am - Yoga 5pm - COCKTAILS IN THE
24	25 9:30am - PHOTO CONTEST OPENS 11am - Water Aerobics 7pm - Open Bible Study	26 1pm - Wireless Device 7pm - Card Game 31	27 9:30am - Ladies Coffee 11am - Water Aerobics 1pm - Mah Jong	28 6pm - YOGA 7pm - Prayer Group @	29 11am - Water Aerobics 4pm - POOL Party	30 10am - Yoga
31	1	2	3	4	5	6