

JULY 2025



**The Meadows**  
A COVE COMMUNITY

- Important Numbers
- Manager's Corner
- Lifestyles Corner
- Special Events
- Special Articles
- Getting Fit/Games



The Fourth of July—also known as Independence Day or July 4th—has been a federal holiday in the United States since 1941, but the tradition of Independence Day celebrations goes back to the 18th century and the American Revolution. On July 2nd, 1776, the Continental Congress voted in favor of independence, and two days later delegates from the 13 colonies adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 to the present day, July 4th has been celebrated as the birth of American independence, with festivities ranging from fireworks, parades and concerts to more casual family gatherings and barbecues. The Fourth of July 2025 is on Friday, July 4.

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## Resident Fun





## ANCLOTE ISLAND BOAT TRIP



## DANCE FITNESS



## BUNCO FUN

We play every 2nd and 4th Wednesday of each month @ 6p.m. in the clubhouse. Danice Leal and Nancy Titus are your hosts. We can play with up to 16.  
Bring \$5 to play.

## THE MEADOWS' BOOK CLUB

The Meadows' Book Club is scheduled to meet every 2nd and 4th Tuesday of the month, at Carol Krishbaum's home at 446 Cary Lane. Everyone is invited to attend and bring a snack. We will be discussing our latest book.

The first meeting of each month is just a get together with some sweet treats and tea or coffee. At the second meeting of the month, we discuss our current book.

New members are always welcome!





# **SURPRISE AND DELIGHT**

## **CONGRATULATIONS TO KATHY LLOYD**



We interviewed Kathy to get a better idea of why she decided to teach the various exercise classes to our residents.

Kathy grew up in West Chester Pennsylvania, and went to Thomas Jefferson University for nursing where she got her Master's degree, she also was involved as a environmentalist where she was able to get Palmetto Citizens for Clean Environment and the CDC inspector did a study which resulted in a cleanup. When she married, they moved to the Pocono area where she had 3 sons and worked as a OBGYN in the labor and the NICU wards. In 2015 she started to visit Florida where she would be close to beaches, palm trees and no snow. She moved into the Meadows in 2017. Kathy enjoyed the exercise classes that were being taught here but when they were discontinued because of a change in lifestyle coordinators, she decided because she has such a good understanding of the body and how it works decided to start teaching the classes of balance, cardio, stretching and even water aerobics. the residents here appreciate everything that Kathy does to keep them healthy.

# YARD-OF-THE-MONTH

## Congratulations

**The house of the month goes to Russell & Donna Wilkins, 427 Joseph. They have recently redone their front with plants and decorations, a job well done.**





## **Keep Your Data Safe**

### **HAS YOUR EMAIL ADDRESS BEEN COMPROMISED?**



**Have you been pwned? PWNED!! What's that mean? It is used to imply that someone (the victim) has been controlled or compromised.**

**Over the last several decades, data breaches have become common day events. So many people don't appreciate the scale or how frequent these breaches happen.**

**To date, there has been way over billions email accounts pwned and close to 884 websites pwned too. To date the count is, 14,953,859,802 pwned accounts.**

**You can have been pwned without ever knowing it. You may have a few questions.**

**How do I know if I've been pwned or not?  
What information of mine was compromised?  
What about my passwords that I use?**

**If you would like to see if your email address has been pwned, go to [www.haveibeenpwnd.com](http://www.haveibeenpwnd.com) Type in the email address that you want to check and get the results in a few moments.**

**It's important that you find out if you've been compromised so you can correct it as soon as possible.**

**"It's not a matter of "will it happen to me." It's more of "when it will happen to you."**



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### TO YOUR HEALTH

During the last few decades, as I've observed my body aging and starting to have aches here and there, I became aware of the need to learn how to help the body feel better. I read advices from various sources and found it confusing. On and off, over the years I did several cleanses including colonics and fasting. I believe a lot of it helped me to feel better over time, but none of them were things I wanted to continue to do.

Therefore, I decided to make my life simpler by attempting to eat as well as I could without stressing over it. I thought I'd share with you some simple ways to improve and maintain your health as time goes by. These are just suggestions you can take to heart, or not.

According to a nutritionist's advice, there are ways to unclog arteries naturally. These include the following:

**Exercise.** The Meadows community offers exercise classes six days a week, including yoga, water aerobics, tai chi, strength training, and cardio. A number of these can be done sitting in a chair. There's also pickleball and dance fitness. It is important to get the body moving. Another enjoyable way to exercise is to walk or ride a bicycle.

**Nutrition** is also a way to unclog your arteries. Following is a list of foods that help the body to that effect:

Berries, walnuts, citrus fruits, beans, avocados and vegies, including broccoli and spinach. Foods high in omega 3 fatty acids, such as seafood—salmon, mackerel, tuna, herring and sardines are recommended as well.

The advice also includes plant oils—olive oil, flax seed oil, soybean oil and canola oil.

I don't know about you, but I often get hungry in the evening. Here's a list of bedtime snacks which aren't supposed to keep you awake: cottage cheese with fresh fruit, bananas with nut butter, Greek yogurt with cucumber, popcorn with parmesan cheese and roasted or baked sweet potatoes with herbs. My favorite bedtime snack is plain yogurt from Seven Stars Farm available at Whole Foods Market in Countryside Mall, just a little bit, quick and easy.





# Meadows Veterans Club



## Memorial Day 2025 – Ceremony



Memorial Day 2025 at 10am, members of the Meadows Veterans Club along with members of the Meadows Community gathered at our Veterans Park to **“Remember and Honor”** those American Service Men and Women who GAVE THEIR ALL in service of our country. Chaplin Mike Baty provided the Invocation and Prayer for those who are no longer with us. Rick Harrison reminded us that the day was not just the “first day of summer” but a day of remembrance. Dan Parris led our Brick Ceremony as we install 11 new bricks to our “Walk of Honor”. We also honored Veterans Club members that we have lost - with a special tribute to Ted Stinson who we lost this last year.

The ceremony closed with “Taps” and the lowering of the flag.







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## Veterans Club News

New flagpoles have been installed and flags are flying again.

Please join your friends and neighbors to support our Veterans Club!



Long May She Wave

**LAND OF THE FREE BECAUSE OF THE BRAVE!**

### May 26th Memorial Day Salute at Veterans Park

#### MEMORIAL BRICKS

The forms are available in the office. Please fill it out and include a check for \$30 for each brick. Then return it back to the office.

The club meets every Tuesday at 9:30 a.m.. They are currently meeting at the clubhouse game room, and at the American Legion on the second Tuesday.



**All gave some; some gave all.**



The Veterans Club has asked that dogs be kept out the Veterans Park. This is a special place for them and they don't want it to be used as a pets' bathroom.

The memorial bricks are not intended to be driven on. Please do not park there or use it to turn around or throw cigarette butts on the bricks.

If you see someone abusing the park, let management know.  
Thank you!

**Thank You Meadows Residents!**

## From The Main Office

Matt Simanteris..... Manager  
Alexis Molnar.....Sales  
Ray Bonello.....Co-Lifestyle Coordinator  
Deb Huettner.....Co-Lifestyle Coordinator  
Frank Wedgeworth.....Maintenance  
Henry Weller.....Maintenance  
Mary Ann Bonello.....Maintenance



### IMPORTANT PHONE NUMBERS

Office.....727-940-2927  
Tarpon Springs Fire & Police Emergency.....911  
Tarpon Springs Police (non-emergency)...727-938-2849  
Tarpon Springs Chamber of Commerce...727-937-6109  
Pinellas County Information Center.....727-464-4333  
Florida Department of Health.....727-824-6900

Duke Energy...1-800-700-8744  
Spectrum...833-697-7328

OFFICE HOURS - Monday - Friday 8:30am - 4:30pm

CLUBHOUSE HOURS - Everyday - 7:00 - 10:00pm

### TRASH COMPACTOR

We have had to lock the trash and recycling area because of non-resident dumping. The code is available from the office. Remember, only residents are allowed to use it and only for household trash, please!

When the trash compactor is not within the fence, please put your trash in the other trash bin - not the recycling bin.

We now have cameras watching this area so **ABSOLUTELY NO LARGE HOUSEHOLD ITEMS!**

The Meadows newsletter is published monthly. Please have all submissions in by the 10th of each month.

Managing Editor - Donna Carrier  
Editors - Ray Bonello/Deb Huettner

### ELECTRONICS PICKUP

Each month, on the first Friday, The Meadows has an Electronics Pickup for recycling your electronics or metal. Any appliance with a cord is picked up. If you have a question on whether your item qualifies, contact Matt Simentaris.

Please have your items at the end of your driveway by 9am.



### YARD WASTE RULES

Yard waste pickup is every Tuesday and Friday unless they fall on a holiday. **ONLY** organic material such as branches and plant material will be picked up but must be in plastic garbage bags or tied together in bundles and left at the curb or end of your driveway.

### POOL RULES - HOURS 9AM - DUSK

1. No cups of any kind on the wet deck.
2. No glass in the pool area.
3. No smoking.
4. Pool ropes must be returned in place after lap swimming.
5. Please do not apply lotions or oils immediately before entering the pool. Let it get absorbed into your skin before you get in.
6. No running on the pool deck.
7. No jumping or diving into the pool at any time.
8. You are not allowed to save or reserve chairs and tables around the pool. It is strictly first come; first served.



### DOG PARK RULES - HOURS 8AM - 8:30PM

1. Do not leave any toys at the dog parks. For safety's sake, they will be thrown away.

2. **PLEASE** pick up after your dog!

3. Do not let your dog dig holes.

It can be dangerous for pets and pet owners.





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# THE MEADOWS' HOA

## JULY 2025 NEWSLETTER



The HOA's June Board Meeting was held on Friday the 20th at 10 a.m. Due to publishing deadlines, no information is available. The agenda included a variety of items. Due to the audio and visual equipment now available in the clubhouse, board meetings will be held at the homes of board members. All members are still welcome to attend and speak.

**HOA WHAT'S HAPPENING COFFEE:** During the "season," the HOA will sponsor the fourth Wednesday of each month's What's Happening Coffee and bring in a speaker of general interest to the residents. We will resume this in October. If anyone has ideas for speakers, please let one of the board members know.

**RECOMMENDATION BOOKLET:** The newest booklet is available in the clubhouse. If they are out, please let Lynette Mujica know, and she'll print some more.

If our residents have any recommendations, please send them to Lynette

Mujica or Connie Ausflug to include them in our next edition. Lynette will also make copies for HOA members if needed.

**HOMESTEAD AND DOMICILE:** The Declaration of Homestead and Domicile program is ongoing. There is no time limit for completing this, but the quicker, the better. Forms remain in the clubhouse at the HOA table in the back. If there are none, call Lynette, and she'll get a set for you. You must be a Florida resident to participate in this program.

**BOARD NOTES:** Unfortunately, your board of directors has recently been experiencing some ongoing health issues. Both Eldri and Lynette have been diagnosed with cancer. However, they are still able to continue with their duties with the board as they undergo treatment with positive results.

**SHREDDING:** We will be offering another shredding event later this fall. **MEMBERSHIP:** The 2025 applications are available on the HOA table in the back of the clubhouse. You must complete an

application annually (January 1st through December 31st) and pay your \$12 dues. The blue HOA box is on the wall in the back of the clubhouse where you can drop off your application and dues.

**BOARD MEETING:** The next board meeting is scheduled for Friday, August 29th at 10 a.m. All members are invited to attend and speak on any topic on the agenda. If you want to get an item on the agenda, please let one of the board members know at least a week before the meeting.

Doug Oliver, Treasurer  
Eldri Zahn, President  
Deborah Wallace, Director  
Lynette Mujica, Secretary 920-606-6652  
Barbara Grano, Director  
eldrigz@netscape.net



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**The Meadows of Tarpon Springs Homeowners' Association Incorporated**  
**505 Anclote Boulevard**  
**PO Box 1898**  
**Tarpon Springs, FL 34689**

**2025 Membership Application**

The HOA annual membership year runs from January 1<sup>st</sup> through December 31<sup>st</sup> of the same year.

Annual HOA dues are \$12.00 per household per membership year. Dues are not prorated except in the fourth quarter when payment is also made for the next year.

Membership may be paid in cash or by check (check is preferred) and made out to The Meadows HOA.

[ ] Check # \_\_\_\_\_ [ ] Cash

You can give your completed application to any HOA Director

OR mail it to PO Box 1898, Tarpon Springs, FL 34688-1898

**OR drop it off in the HOA box outside of 503 Barbara Way.**

You must be listed on the home's registration to belong to the HOA and enjoy voting rights.

**PLEASE PRINT CLEARLY**

Name: \_\_\_\_\_

Spouse/Companion/Roommate: \_\_\_\_\_

Meadows Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

I/we, the undersigned, being a registered mobile homeowner of a home at The Meadows of Tarpon Springs, Pinellas County, Florida, hereby consent to become members(s) of The Meadows of Tarpon Springs Homeowners Association Incorporated in accordance with Section 723.075 and 723.078, Florida Statutes. I/we further indicate that I/we waive the right to receive written notice of the Annual Meeting by mail, hand delivery, or email (per FS 723.078).

Applicant's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

What is your alternative address if you do not live at The Meadows year-round?

Address: \_\_\_\_\_

\_\_\_\_\_

Months you are not in residence at The Meadows: \_\_\_\_\_



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## FIFTY IS NIFTY CLUB

Have you been married for 50+ years to the same person? If so, you're welcome to join us. The club meets once a month for a nice meal.

### Meet Our Nifty Fifty Members

If you've been married for over fifty years, you probably have a pretty good story. In the next issues of our newsletter, we will ask each couple to tell us how they met and were married.

## Birthday Luncheon Tarpon Turtle Hosted by Danice Leal



July Birthday Lunch @ 1 PM  
Thursday July 10th  
Duff's Buffet  
26111 US Hwy 19 N  
Clearwater, FL





## Getting Fit and Having Fun at The Meadows

### WATER AEROBICS/SENIOR FITNESS

Water Aerobic classes are offered five times a week subject to weather conditions and pool availability at The Meadows.



Classes are held every Tuesday and Friday at 11am with Kathy Llyod. Kathy also teaches Senior Fitness Monday, Tuesday, Thursday, Friday and Saturday at 10:00am.

### DANCE FITNESS



Join our certified Zumba instructor, Tammy Grant, for a fun evening of dance instructions. Learn all the dances so you can cut a rug at our next community dance. Or, just come to get a good, solid

cardio workout. The class is every Tuesday at 6pm. Wear comfortable clothes and put on your dancin' shoes!

### LEFT-RIGHT-CENTER

Left-Right-Center is scheduled for the first and third Mondays of the month at 7pm. Come early and pick your lucky seat.

### YOGA

Yoga has returned on Thursdays at 11:00 am with our certified Yoga instructor, Olivia, in the clubhouse

### EUCHRE

Join us every 2<sup>nd</sup> and 4<sup>th</sup> Monday in the game room at 1:00 to learn and play the game of euchre and join in on our tournaments

### PICKLEBALL

Every Wednesday at 4:30pm, and every Saturday starting at 9am. We have open pickleball here at The Meadows, paddles are stored outside the pickleball court.



### CORNHOLE



Are you looking for a fun, and easy-to-learn sport? Cornhole may just fit the bill. Each Sunday and Wednesday (new day) at 6:30pm, a group of men

get together and play. Teams are picked and if needed, they will rotate new people in.

### CRAFTING

Our popular craft classes are in full swing. Classes fill quickly, so sign up early. The crafters are handling sign-up and payment individually.

All crafters have easy step by step instructions. They won't leave you behind. You'll never know how good you are unless you try it.

Thanks to our craft committee, Carolyn Oliver, Debbie Wallace, Sam Kitto, Theresa Weiss, and our newest member, Donna Wilkens.

If you have any ideas for crafts, please let us know. We are always looking for new ideas!

### 51 INDOOR SHUFFLEBOARD

"51" Indoor Shuffleboard tournaments have resumed on the second and fourth Tuesday of the month. A big thanks goes out to Anna Ehlinger for heading this activity.

### BINGO

Sunday Funday Bingo will be back hopefully by the first Sunday in April. Details coming soon.



*If you have an idea for an event, let Ray Bonello, and Deb Huettner Lifestyle Coordinators, know!*

## Managers' Corner

### Hurricane Season is Here!

Dear Residents,

As we enter the 2025 hurricane season, I want to remind everyone to stay vigilant in preparing yourselves and your homes for potential storms.

Here are some essential items to start accumulating:

**Water:** At least a 3-day supply; one gallon per person per day

**Food:** At least a 3-day supply of non-perishable, easy-to-prepare food

Flashlight and Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)  
Extra batteries, first aid kit, medications (7-day supply), and medical items (hearing aids with extra batteries, glasses, contact lenses, syringes, cane)

Multi-purpose tool

We will be hosting a Hurricane Information Meeting soon, featuring speakers and providing valuable information for you to take home.

As a storm approaches, please remove all small objects and yard art from your yard.  
Additionally, let us know your evacuation plans.

Reflecting on last year's storm, we are grateful that no one was hurt, and the damage was minimal compared to our neighbors closer to the water.

We are always here for your questions or concerns.

Thank you,

Matthew Simanteris

### THINGS TO REMEMBER:

- Please pick up your dogs' waste and dispose of it in a garage bag - not the road, sidewalk, drains or woods.
- Electronic recycling pick-up is the first Friday of each month.
- Our lawn care service comes every other Thursday throughout the season.
- Make sure you smoke only in the designated areas and use the cigarette disposal containers provided; not on the street yards or driveways.
- Please remember if you're away for a long period of time, have someone maintain your outside beds, plants and flowers, and pick up your mail.
- If you need help pulling weeds in your beds, contact the office.
- If the compactor is not there, use the smaller one for your garbage.
- You must be 18 and over to use our workout area in the clubhouse.
- Don't leave your "floaties" at the pool - take them home each day.
- If you need help navigating our trash area, call the office to arrange for help.

**Thank you for your cooperation!**

## Maintenance

**Q: What items do NOT belong in the Recycle Bin?**

- NO food or liquid
- NO foam cups or containers
- NO A/C filters
- NO loose plastic bags or film
- NO bagged recyclables
- NO clothing, furniture or carpet
- NO glass bottles or containers
- NO tree branches or yard waste



Mary Ann Bonello, Henry Weller, Frank Wedgeworth

The Meadows. A 55+ Community

## The Meadows



## Featured Homes



If you're looking for a new or pre-owned home in The Meadows, contact Alexis. She and her driver, Apollo the Wonder Dog, would be happy to drive you around and show you what she has to offer.



### Alexis Karvelas-Molnar

Sales Associate  
Monday-Friday 9am.-4pm. Saturdays by Appointment  
The Meadows  
505 Anclote Boulevard  
Tarpon Springs, FL 34689  
O: (727) 877-8034  
amolnar@covecommunities.com  
www.covecommunities.com/TheMeadows



The Meadows. A 55+ Community





## Danice Leal

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### Tips for Avoiding Facebook Scams

**1. Secure your Facebook account with a strong password and two-factor authentication**

Avoid including your name, phone number, email address or common words. Don't reuse your Facebook password on other services online, and never share your password with others.

**2. Don't accept friend requests from people you don't know**

Scammers may create fake accounts in an attempt to friend and manipulate people.

**3. Watch out for suspicious links and malicious software**

Be careful not to click on suspicious links, open suspicious files or install malicious apps or browser extensions—even if they appear to come from a friend or a company you know.



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