

# JANUARY 2026



**The Waters**  
A COVE COMMUNITY

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**facebook**

TheWatersMelbourneBeach

**instagram**

TheWatersOnTheBeach



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



### 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**

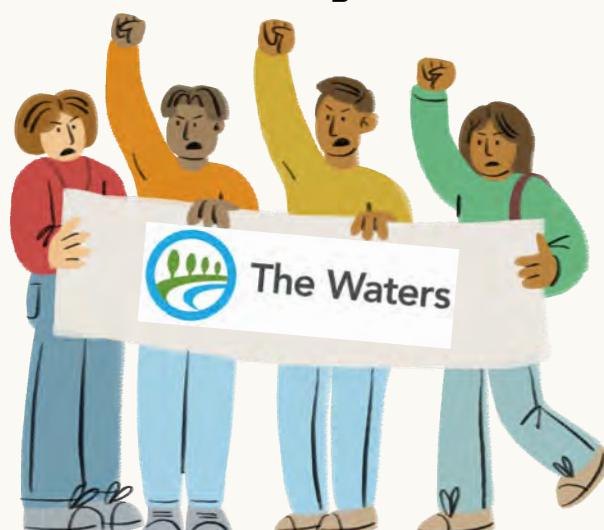
**Saturdays @ 10 AM**



## LADIES' GOLF

**Spessard Holland Golf Course**

**Mondays @ 1 PM**



# January Birthdays

Peter Litman - 4th  
Anita Niedenthal - 5th  
Gayle Schoep - 5th  
Patricia Praga - 5th  
Debbie Manzella - 8th  
Jayne Lawaich - 14th  
Ronald Wolfe - 15th  
Gaylin Kircher - 15th

Albert Nutz - 16th  
Rebecca Miller - 17th  
Linda Padden - 20th  
Valerie Salerno - 22nd  
Kimberly Sanguedolce - 24th  
Denese Davis - 26th  
Kathleen Every - 28th  
Lee Shelley - 30th



# January 2026



**Steve Mayhew & Toni Altieri**

**298 Norwich Lane**



**The Waters**  
A COVE COMMUNITY

**HOME OF  
THE MONTH**

# January HIGHLIGHTS

- Jan 1 - Polar Plunge and coffee
- Jan 2 - Bingo
- Jan 7 - Wine Wednesday
- Jan 16 - White Night
- Jan 20 - Magic Show
- Jan 23 - Marathon Thrift Store Shopping Trip
- Jan 30 - Bingo



# RESIDENT THROWBACK PHOTO



ROGER PLONEIS, JAMES IBAUGH,  
MITCH SMITH & DON MITCHELL  
JULY 26, 2014

## RESIDENT THROWBACK PHOTO



**STEVE MAYHEW, JENNIFER NATARELLI, MARILYN  
PERSICKETTI, PETE STUCKEY, DON MITCHELL, KAREN  
STUCKEY, TONI ALTIERI, & JEAN SMITH**

**MAY 5, 2014**

**OTHER PERSONS IN PHOTOS ARE UNKNOWN TO STAFF  
BUT WE THOUGHT SOME OF YOU WOULD ENJOY**

## RESIDENT PHOTO OF THE MONTH



**WES PENEWELL**

## RESIDENT PHOTO OF THE MONTH



KATHY SEAMAN

The Waters, A Cove Community

Jack Sullivan (314 Norwich Lane) was inducted into the Melbourne Rotary Club at their annual Christmas dinner on December 4th. Jack retired from Florida Land Partners in 2020 and was a member of Kiwanis in the past. He has been looking for a way to get involved and give back to our local community in Brevard, and it looks like he has found his place to serve in Rotary. Congratulations, Jack! For more information about Rotary, visit <https://www.rotary.org> (<https://www.rotary.org/>)



Congrats!

Rotary  
Melbourne, FL



# New Year, New Resolution

## Achievable New Year's Resolutions

### Start a gratitude journal.

This may just be the easiest new year's resolution, and also one of the ones that can really help you feel better. In fact, research has shown that recognizing the things in your life that you can be grateful for is good for your mental and physical wellness. "It literally breathes new life into us. It recharges, and it rejuvenates," Robert Emmons, Ph.D., a professor of psychology at the University of California, Davis and founder of a research lab that studies the effects of grateful living, told ABC News. The best part? It takes only a few minutes every day to write in a gratitude journal.

### Make time for family.

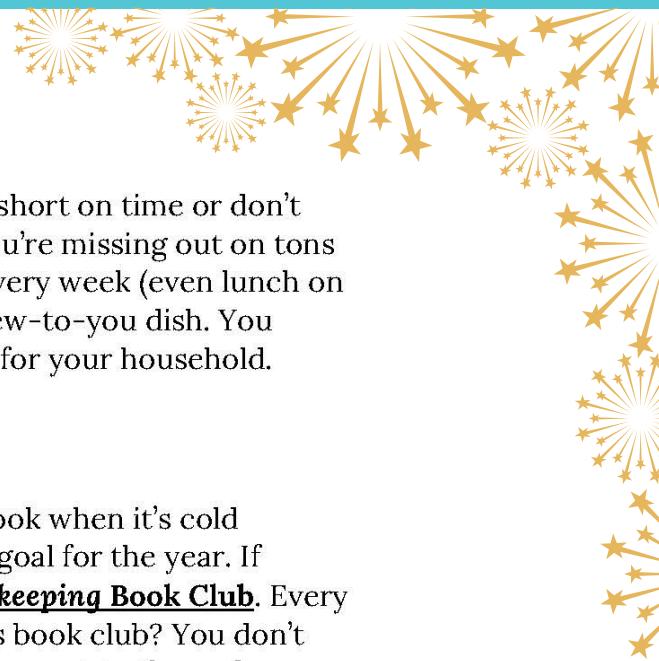
It sounds cheesy, but if you have healthy family relationships, do everything you can to maintain them. Family members can help you get through tough times and celebrate the great times. This year, try to carve out one-on-one time with loved ones (close friends can be family too!), whether it's via monthly family dinners or weekly FaceTimes.

### Create a budget you can stick to.

Budgeting doesn't mean you can't spend money. Budgeting is just the process of sitting down to think about what your priorities are — what you would like to spend money on and what you want to avoid spending money on — within your income limits. Like any new habit, it might be best to ease into new spending behaviors so you're able to commit to long-term changes. Budgeting apps can help you do this as painlessly as possible. You can also get creative with cash-back programs to save money on purchases you're already planning to make.

### Be more mindful.

Contrary to popular belief, mindfulness doesn't require hours of weekly meditation or any special training. In fact, practicing mindfulness is just doing everything you can to be grateful for what you have in the moment, where you are in life and who you are *right now*, says Sabrina Romanoff, Psy.D., a clinical psychologist in New York City and Yeshiva University professor. Romanoff and other mental health professionals say committing to mindfulness can help you become a better person in less than a year.



### Cook new foods.

We all have our go-to meals, and they serve us well when we're short on time or don't have the energy to plan for something novel. But chances are you're missing out on tons of foods that are both yummy and healthy. Set aside one meal every week (even lunch on a weekend!) to try cooking with a new ingredient or making a new-to-you dish. You might be pleasantly surprised to find another dinnertime staple for your household.

### Read more books.

There's nothing quite like getting cozy on the sofa with a new book when it's cold outside. That makes right now the perfect time to set a reading goal for the year. If you're not sure what book to pick up, check out the [\*\*Good Housekeeping Book Club\*\*](#). Every month we suggest a feel-good page-turner. The best part of this book club? You don't have to leave your house or make small talk over cookies when you get to the end.

### Cleaning tasks to your calendar.

Are you the type of person that puts off vacuuming until the pet hair is too obvious to ignore? Try scheduling cleaning time into your weekly calendar so that things never get so messy that it's intimidating to start. Need a little guidance? Carolyn Forté, executive director of the Good Housekeeping Institute's Home Appliances & Cleaning Products Lab, [\*\*created a printable checklist\*\*](#) that outlines exactly how often you should aim to do every household chore. Plus, crossing things off a to-do list always feels great.

### Cut back on alcohol.

There's a reason dry January and sober October are popular today. Actually, there are many reasons! Not only is drinking alcohol associated with a wide range of health risks, it also costs a lot of money. This year, consider joining the [\*\*sober curious movement\*\*](#) by cutting back on how much you drink. In the process, you might improve your mood, sleep, skin as well as your immune system.



### Make Dinner Easier

Weeknight meals don't need to be a stressful end-of-the-day scramble. With a bit of planning, you can use your oven, [\*\*Instant Pot\*\*](#) or [\*\*slow cooker\*\*](#) to put delicious food on the table in half the time. These handy recipes and quick-thinking culinary ideas developed by the Good Housekeeping Test Kitchen are designed to make your kitchen routine way easier. Yes, it might require a little prep work, but think of how much happier and calmer your evenings will be.

### GET SLEEP

It's time to stop shrugging off issues like insomnia and sleep apnea and make a solid effort toward high-quality shuteye. A lack of sleep can lead to an array of problems, from memory problems to immune system challenges. Fortunately, there are many different ways to improve your sleep routine beyond **going to bed earlier**. A few **ideas for better sleep**: Tweak your bedtime routine, pay attention to your caffeine intake, exercise more and **master these 10 to-dos** as the year progresses.

### Join a club.

Starting a new hobby is one thing, but joining a club will help you meet new people in the process. Sites like Meetup can help you find a group of people with similar interests, and you can work on creating meetups with new friends in the process. Creative clubs can also be a boon in helping you stick to mastering a new craft.

### Quit smoking.

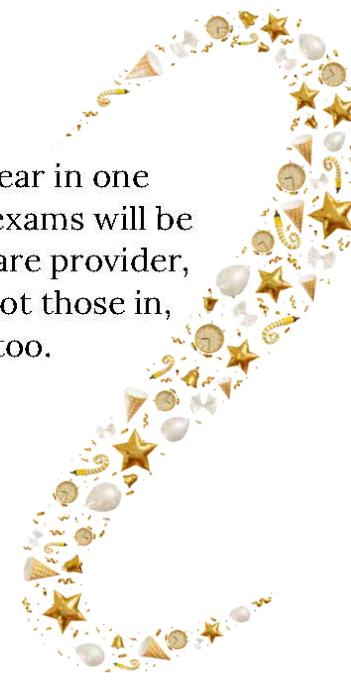
Cigarettes are extremely harmful for your health, particularly your lungs – but tobacco products in general (**including vapes!**) pose a serious threat. There are so many resources to help you get a jumpstart on ditching tobacco: Many are touted by officials at the **Centers for Disease Control and Prevention**. If you've tried before but need a bit more help, experts at **the American Cancer Society outline** a few tools that you can turn to this year.

### Schedule annual health screenings.

Open your calendar app (**or planner!**) and make your appointments for the year in one sitting – not only will you get the anxiety-inducing nuisance over with, but exams will be less likely to get squeezed out as life gets bonkers. Start with your primary care provider, and ask which screenings (e.g., mammogram, colonoscopy) you're due for. Slot those in, then move on to the dentist's office and head over to your ophthalmologist, too.



# New Year



# Common New Year's Resolutions

- **Health and wellness:**
  - Exercise more
  - Lose weight
  - Eat healthier
  - Quit smoking or drinking alcohol
  - Improve sleep quality
  - Practice mindfulness or meditation
- **Personal development:**
  - Learn a new skill or hobby
  - Read more books
  - Be more organized
  - Spend more time with family and friends
  - Reduce screen time
- **Finance:**
  - Save more money
  - Get out of debt
- **Lifestyle and community:**
  - Travel more
  - Spend time in nature
  - Volunteer or give back
  - Live more sustainably



### Tips for success

- **Be specific:**

Instead of a vague goal like "exercise more," try "exercise for 30 minutes three times a week."

- **Start small:**

Break large goals into smaller, more manageable steps to build momentum.

- **Write it down:**

Writing down your goals can make you more likely to remember them and increase your commitment.

- **Create a plan:**

Outline the specific actions you need to take to achieve your goal, such as planning meals or scheduling workouts.

- **Find accountability:**

Share your goals with a friend or family member, or make a public commitment, to help you stay on track, says Harvard Health.

- **Celebrate progress:**

Acknowledge and reward yourself for reaching small milestones to stay motivated, notes Harvard Health.



# MARTIN LUTHER KING JR



Martin Luther King Jr. Day honors the civil rights leader's fight for equality through nonviolence, with its history stemming from a push for a federal holiday after his 1968 assassination, signed into law by Reagan in 1983, first observed in 1986, and finally recognized by all 50 states by 2000, making it a national day of service to volunteer and improve communities.

## The Push for a Holiday

- **Immediate Call:** Legislation for a King holiday was introduced just days after King's assassination on April 4, 1968, by Representative John Conyers.
- **Years of Activism:** It took 15 years of persistent campaigning by civil rights activists and King's widow, Coretta Scott King, to get the bill passed.
- **Opposition:** The effort faced significant opposition, including a filibuster by Senator Jesse Helms, who presented a file accusing King of communist ties.

## Becoming Law

- **Signed:** President Ronald Reagan signed the King Holiday Bill into law on November 2, 1983, designating the third Monday in January as a federal holiday.
- **First Observed:** The first official federal observance was in 1986, nearly two decades after King's death.
- **State Recognition:** While federal, some states resisted; Arizona, for example, only recognized it after a public referendum in 1992.

### MLK Day Today

- **National Day of Service:** In 1994, Congress established it as a national day of service, encouraging Americans to volunteer and work to improve their communities.
- **Commemorates Legacy:** The holiday celebrates King's legacy of nonviolent civil disobedience, his "I Have a Dream" speech, and his efforts to combat racism, poverty, and injustice.
- **Martin Luther King Jr. Day - North Penn School District**  
A Little History On November 2, 1983, President Ronald Reagan signed the King Holiday Bill into law, designating the third Monday ...
- **Martin Luther King Jr. Day - African American Museum**  
About MLK Jr. Day. Celebrated on the third Monday of January every year, the national Martin Luther King, Jr. Holiday was signed i...



On November 2, 1983, President Ronald Reagan signed the King Holiday Bill into law, designating the third Monday in January a federal holiday in observance of civil rights leader Dr. Martin Luther King Jr. The legislation to recognize Martin Luther King Jr. Day was first introduced just four days after his assassination on April 4, 1968. Still, it would take 15 years of persistence by civil rights activists for the holiday to be approved by the federal government and an additional 17 years for it to be recognized in all 50 states. Today, it is the only federal holiday designated as a national day of service to encourage all Americans to volunteer and improve their communities.

King Day rituals began in Atlanta, with commemorative services held on January 15 at Ebenezer Baptist Church, which both Coretta Scott King and Ralph Abernathy attended. These events served as a template for federal holiday ceremonies. The day began with Martin Luther King III placing a wreath at his father's grave, followed by notable speakers. The congregation sang "We Shall Overcome," people drove cars with headlights on, and a Black state senator introduced a King holiday bill for Georgia. Many of these activities became rituals on subsequent commemorations in Atlanta.

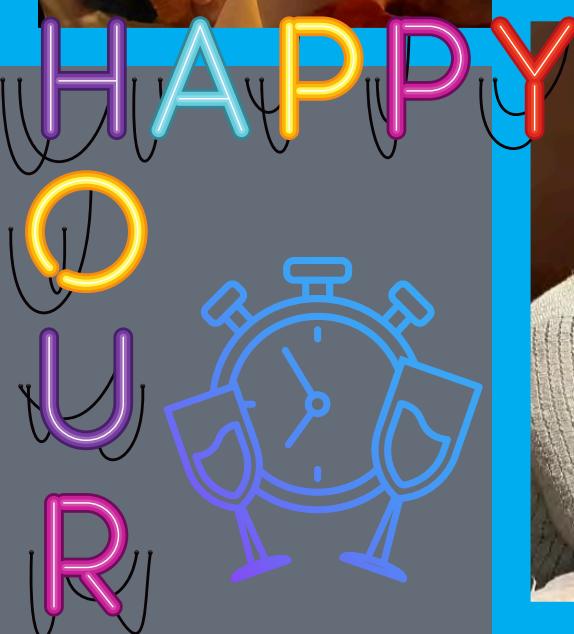
Despite the national fervor inspired by King's death, the bill to create a holiday in his honor languished for years with limited congressional support. However, Democratic Michigan Congressman John Conyers, who first proposed the bill on April 8, 1968 after receiving approval from Coretta Scott King, was not deterred. He continued to reintroduce the legislation every year with the support of the Congressional Black Caucus, which Conyers found helpful.

*To me, [King] is the outstanding international leader of the 20th century without ever holding office. What he did — I doubt anyone else could have done.* **Rep. John Conyers (D-Mich.)** January 18, 2015

In 1979, on the 50th anniversary of King's birth, the bill finally came to a vote in the House. However, even with a petition of 300,000 signatures in support, the backing of President Jimmy Carter, and testimonials from Mrs. King, the bill still was rejected by five votes in the House. Republican Missouri Congressman Gene Taylor led the opposition, which cited the costs of an additional federal holiday, and traditions that exclude private citizens from receiving recognition with public holidays named in their honor.

Even though it failed to pass in the House, public support for the bill continued to grow, in no small part due to musician Stevie Wonder. The Motown singer and songwriter's 1980 album "Hotter Than July" featured the song "Happy Birthday," which served as an ode to King's vision and a rallying cry for recognition of his achievements with a national holiday.

# HAPPY HOURS - DECEMBER 2025



# BREAKFAST CLUB





## LifeStyle Corner



## LifeStyle Corner



The Waters, A Cove Community

## LifeStyle Corner



The Waters, A Cove Community

## LifeStyle Corner

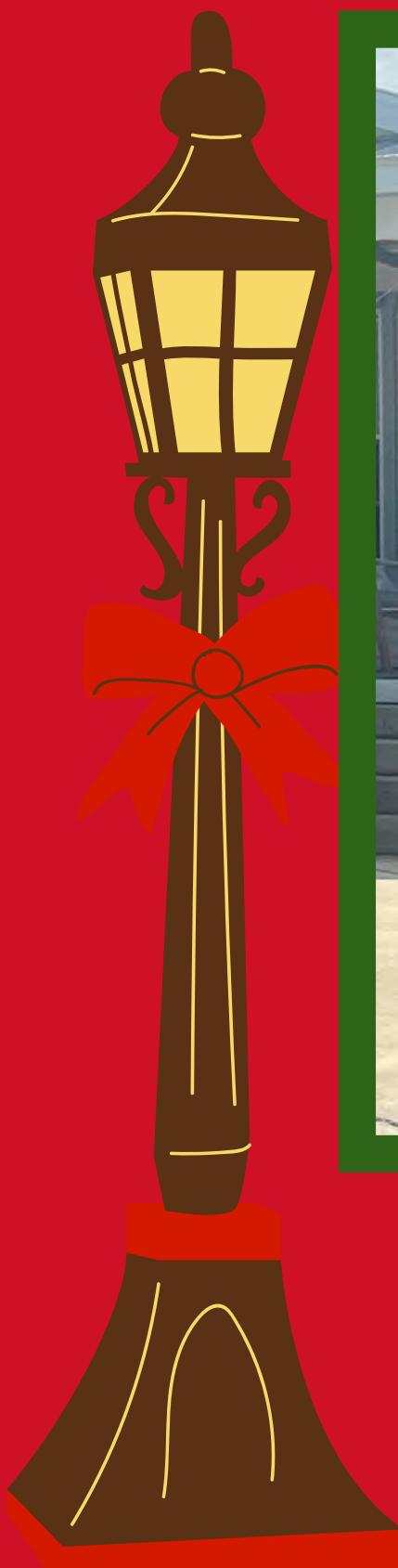


The Waters, A Cove Community

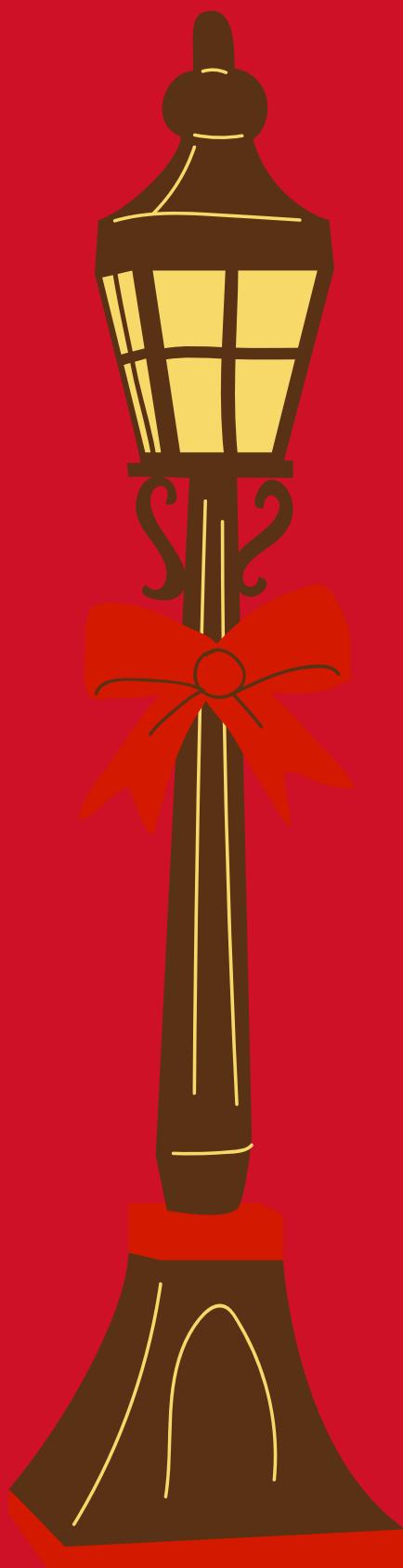
## LifeStyle Corner



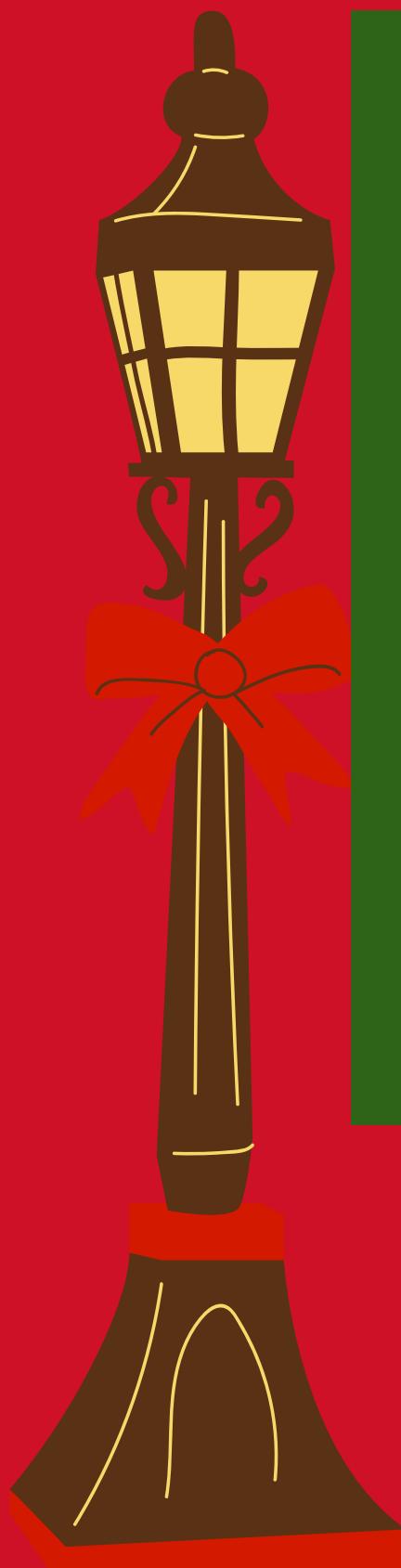
The Waters, A Cove Community



# LAMP POST DECORATING



# LAMP POST DECORATING



# LAMP POST DECORATING



# WELCOME BACK BINGO



*Welcome Back*  
**BINGO**





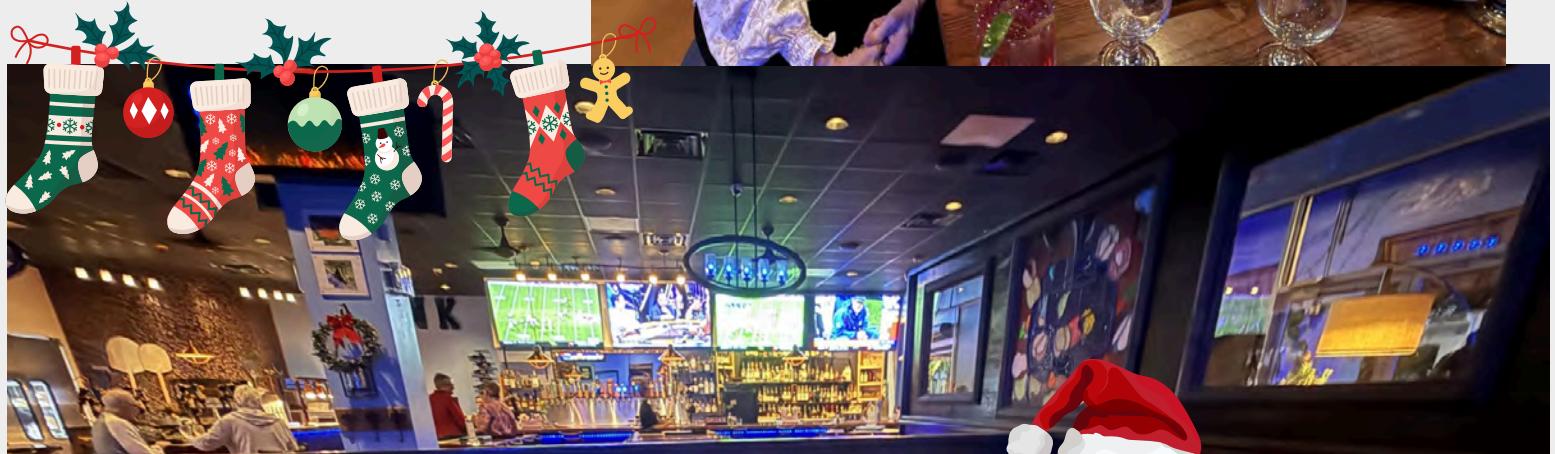
## LifeStyle Corner





Christmas Party

It's Party time





## LifeStyle Corner



The Waters, A Cove Community



Merry Christmas



The Waters



# The Waters

The Waters, A Cove Community







*Oh, What a Wonderful Night!*



## LifeStyle Corner



HO  
HO  
HO



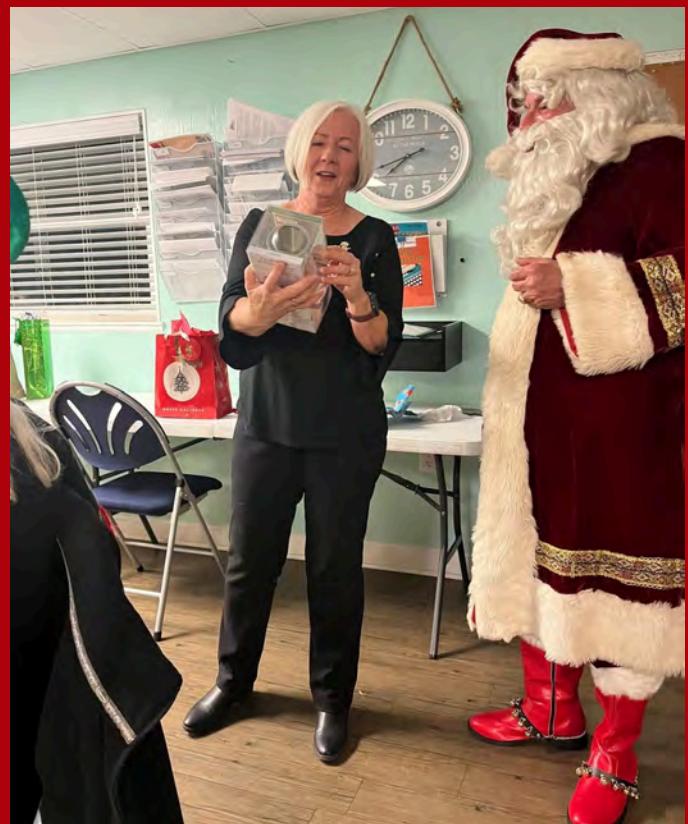








## LifeStyle Corner



The Waters, A Cove Community

## LifeStyle Corner







# POLAR PLUNGE 2026!



## LifeStyle Corner



The Waters, A Cove Community









## 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



The Waters, A Cove Community



# THE WHITE PARTY

WHITE NIGHT - WINTER WONDERLAND  
WELCOME BACK SNOWBIRDS!

JANUARY 16<sup>TH</sup>, 2026  
5:30 PM - 10:00 PM



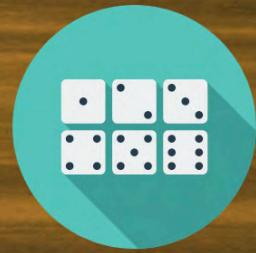
A 'FORMAL' NIGHT WHERE EVERYTHING IS  
WHITE, INCLUDING THE FOOD!  
ALL GUESTS DRESS IN WHITE ATTIRE.  
LOCATION: CLUBHOUSE/TENT



LIVE ENTERTAINMENT



The Waters



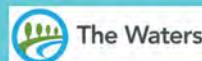
**Interested in joining a Bunco,  
Scrabble, Bridge, Poker, or  
Dominoes group  
in the Fall?**

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





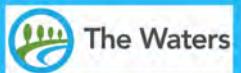
**CHART HOUSE**  
**Happy Hour**  
**Mondays at 4 P.M. Check**  
**calendar for specific**  
**Monday dates.**  
**Enjoy dinners from special**  
**happy hour menu, good**  
**conversation, good food.**



**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.**

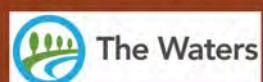


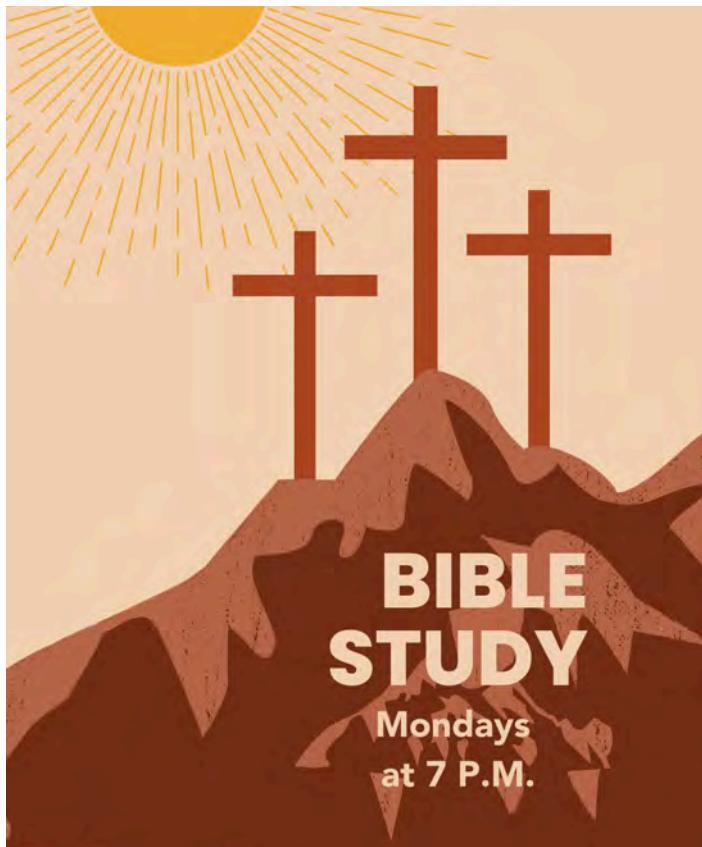
**Massages**  
**Select Thursdays in the**  
**clubhouse. See calendar.**  
**Sign up in the clubhouse.**  
**Treat yourself to a 15 minute,**  
**30, 45, min. or 1 hour session.**  
**\$15.00 per 15 minutes.**



**D'Jon's Happy Hour**

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





## 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.

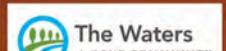
Sign up for a

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.**





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

## Maintenance Corner - Troy Sheffer



**eye on IT!**

### Important Numbers

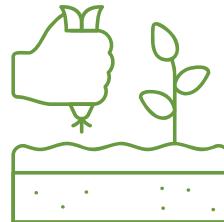
Office: 321-723-4139

Community Manager: 321-514-5888

Maintenance: 321-376-1468

(Emergency Maintenance Issues Only)

## WEEDS REMINDER:



Lawn maintenance including lawn mowing, edging, and the fertilizing of lawns is provided by Community Owner as part of the base rent. Weeding of home owners' lots is not provided by Community Owner. (Prospectus Page - 6)

### 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\*\**

### 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](mailto:NKenney@CoveCommunities.com)

### Attention:

***Before you dig.....***

***anywhere in your yard.....***

***Please call 811 DIG:***

***It is FREE!***



## The Manager's Corner - Nichole Kenney



Dear Waters Residents,

Happy New Year! I can't believe it is 2026 already! I have some exciting news for our residents! In the second week of January, we will install a community computer in the clubhouse. It will be on the little table by the back wall. This is for all residents to use. You will be able to print items as long as a staff member is in the office. There are rules that everyone will need to follow. (See on the following page.)



Nichole Kenney  
Community Manager

*Nichole Kenney*



Community Manager: Nichole Kenney  
Office: 321-723-4139  
Cell: 321-514-5888  
Office Hours: 9am-4pm M-F  
[NIKenney@CoveCommunities.com](mailto:NIKenney@CoveCommunities.com)

# The Waters Resident Computer



Password: Cobre



## PLEASE KEEP IN MIND

- The computer is available on a first-come, first-served basis.
- Documents cannot be saved on the computer's hard drive. Residents must use a portable storage device if they wish to save a document.
- Printing is available through a networked printer. Please do not print an excessive amount of pages.
- Never give any personal information to anyone you meet online. And make sure you log out of your accounts before ending your session.
- Don't fill out any "fun" questionnaires that are forwarded to you.
- There's no such thing as "private" on the Internet.
- Never share your password with anyone.

## The Waters Melbourne Beach The Waters Activities

Jan 2026 (Eastern Time - New York)						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	1	2	3
4	5	6	7	8	9	10
	4pm - Chart House Happy	11am - Water Aerobics 1pm - Writing Class 7pm - Card Game 31	9:30am - Ladies Coffee 1pm - Mah Jong 5pm - Wine Wednesday @	11am - Water Aerobics 6pm - YOGA	7pm - BINGO	10am - Yoga Class @ 444
11	12	13	14	15	16	17
18	19	20	21	22	23	24
	Office Closed MLK Day	11am - Water Aerobics 1pm - Writing Class 4pm - Happy Hour B's	9:30am - Ladies Coffee 1pm - Mah Jong 7pm - Magic Show	11am - Water Aerobics 6pm - YOGA	8:30am - Marathon Thrift	10am - Yoga Class @ 444
25	26	27	28	29	30	31