



ARBOR TRACE

The Arbor Trace Revue

March 2024 Edition- 1000 Arbor Lake Dr. Naples, FL 34110 (239) 598-2929



TOWER POINTE
AT ARBOR TRACE



Easter Reminder:

Easter Brunch will be held Sunday, March 31st. There will be two seatings to choose from: 11:30 a.m. or 2:00 p.m. Please call 239-438-4668 for reservations. This is a two seating event and the guest maximum is 8 per unit.



Special Outing Opportunities This Month

Please sign up with Fe at the Clubhouse for any of these outings as advanced reservations are required.

1. St. Matthew's House Tour and Lunch, Friday, March 1st
2. Forest Bathing Outing and Lunch, Friday, March 8th
3. Artis Naples Masterworks Concert, Friday, March 15th
4. Paradise Coastmen Spring Concert, Saturday, March 16th
5. Artis Naples Pops Concert, Friday, March 29th
6. Carol King at Broadway Palm Dinner Theatre, Friday, April 5th



Pickleball Social

Why play pickleball? It's a great way to have fun, make new friends, get exercise and you can learn the game in 5 minutes! Come give it a try and watch the staff play the residents on Wednesday, March 6th at 9:00 a.m.

Healthcare Event

Transitional Healthcare As We Age: Avow Cares Services.

This presentation discusses the many benefits of choosing hospice or palliative care to focus on comfort and quality of life for when the time comes, and to help dispel the myths that are associated with hospice care.



Join us Wednesday, March 13th at 10:00 a.m. in the Colonnade Room
Outsiders Welcome!

Notes from the Director:

I would like to remind all residents that the Tower Trace LLC Annual Meeting will be held on Wednesday, March 27th at 10:00 a.m. in the Gathering Place. This meeting would be especially informative to those residents who are new to the community. Most everyone is aware that the Tower Pointe and Arbor Trace Condominium Associations collectively own Tower Trace LLC, but not many understand how this relates to the operation and management of our community. We encourage all residents to attend this Annual Meeting to hear from each of the Boards; Tower Trace LLC, Arbor Pointe Management LLC, Tower Trace Realty LLC, and Arbor Pointe Foundation Inc. Looking forward to see you all there.



From time to time one or a few of our residents talk about scam calls they recently received. Of course, since we are in the middle of tax season, some have received telephone calls from the IRS saying they are issuing a warrant for your arrest for back taxes. They tell you to pay up or you could go directly to jail. I think by now, most everyone knows that the IRS does not make such phone calls. The person calling is “phishing” for personal information or worse yet, trying to convince you to wire money to one of their accounts. If you receive such a call, simply hang up. Another scam that has been around a while, but is making a comeback is a call from your grandchild, who says they are in some sort of trouble and need you to wire funds immediately to bail them out. “Please don’t tell mom or dad, I know I can count on you grandma (grandpa).” They usually call late at night and talk very fast so you can’t hear the name clearly. When you reply, is that you “Bill”? They quickly say, yes grandma of course it’s me, don’t you recognize my voice? You would be surprised how many times this one works. On a personal note, I would recommend not to answer any calls if you do not recognize the number on your caller ID. Scammers are also getting very good at sending convincing emails, please be careful and watch the sender’s email address for your first clue that it may not be legitimate.

Best,

Jennifer Whitten
Executive Director



In Remembrance:

Naren Chevli

March Calendar Notes

Exercise Opportunities

- *Tai Chi Tuesdays at 9:30 a.m. (balance focus) and 10:15 a.m. Clubhouse Activity Room
- *Sandy's Exercise/Chair Yoga on Channel 99
- *M/W/F at 10:30 a.m. Top of the Pointe Chair Yoga
- *Tuesday/Thursday 9:30 a.m. & 10:15 a.m. Aquasize at the Swimming Pool
- *Pickleball Tuesdays/Thursdays/Saturdays at 8:00 a.m.
- *The Blue Zones Walking Group meets every Wednesday at 8:30 a.m. in front of the Clubhouse for an enjoyable walk
- *The gym at Tower Pointe is open to all residents and their guests

Men are welcome to join the weekly 9:00 a.m. Monday morning for coffee in the Gathering Place. Ladies, join us at 9:00 a.m. and each Wednesday morning for a time of coffee, tea, and conversation in the Gathering Place. Come meet new friends!

The Care Support Group meets twice a month at 1 p.m. in the Clubhouse Conference Room the first and third Tuesday. Any resident is welcome to join in, especially if you have recently lost someone or could use some emotional support for changes you are going through.

If you are new or looking to meet new friends, sign up in the Dining Room to join The Club Table in the Colonnade on the 2nd and 4th Thursdays at 5:30 p.m.

Join us for a few special outings this month. We will go to St. Matthew's House on Monday, March 1st at 10:00 a.m. Sign up at the Clubhouse to get a tour of this important fixture in Naples helping residents! Afterwards we will enjoy lunch at Lulu's Kitchen. Please wear comfortable shoes. On Friday, March 8th join us for the Forest Bathing Trip, followed by lunch at Bonita Brunch. Sign up at the Clubhouse if you would like to go. On Friday, March 22nd, we will leave at 4:30 p.m. for the Broadway Palm Dinner Theatre to see "Carol King." Saturday, March 16th, we will provide transportation to see the Paradise Coastmen Spring Concert at St. John's. Sign up at the Clubhouse for tickets and transportation to the afternoon show. The bus will depart at 1:30 p.m.

We are hosting a special guest speaker on Wednesday, March 13th to discuss Transitional Health Care. Join us in the Colonnade at 10:00 a.m. to learn more about this important topic.

The winter semester of Lifelong Learning is in full swing! Pick some classes to attend. All are open to our residents and their guests and are located on the ground floor of the Tower in the Gathering Place. Keep learning new things to expand your mind!

Men, the ROMEO lunch meets at 12:00 p.m. on Thursday, March 21st so make sure to sign up at the Clubhouse for a fun men's lunch in the Colonnade!

The Book Club meets in the Gathering Place, at 1pm on Friday, March 15th, so come join the group! We will be celebrating St. Patrick's Day starting at 5:30 p.m. in the Colonnade. Put on your lucky green and make reservations with the Colonnade to join in the fun.

Monday, March 25th, we will start the morning with Catholic Mass at 10 a.m. in the Clubhouse Activity Room for anyone who would like to participate.

Thursday, March 28th we will be playing Bunco in the Clubhouse Activity Room at 1:00 p.m. so sign up with Fe to reserve your spot for this fun dice game. We will celebrate all residents with a March birthday at 5:30 p.m. in the Colonnade. RSVP to Fe at the Clubhouse, we hope to see you there to celebrate you! The resident birthday meal is complimentary!

The Arbor Trace Condo Association will meet on Wednesday, March 20th at 3:00 p.m. in the Clubhouse Activity Room for the monthly meeting and the Tower Pointe Condo Association will meet on Thursday, March 28th at 10 a.m. in the Tower Gathering Place for the monthly meeting.

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BIRTHDAY HAPPENINGS:

1st-Marilyn Heigl
 1st-Shirley Schwindt
 3rd-Bob Goldberg
 4th-Bob Boyden
 6th-Peter McLaughlin
 6th-Jeanne Randazzo

7th-Rob Wilde
 8th-Carol Boyden
 9th-Bill Foote
 10th-Jo Hawes
 10th-Kathleen Morrow
 12th-Ruth Curran

13th-Richard Kuralt
 19th-Annette Goldenberg
 23rd-Harry Baxter
 23rd-Anne Coscia
 23rd-Charlotte Gregory
 24th-Virginia Govoni

25th-George Nekoroski
 26th-Bill Rediske
 31st-Judith Baer




Sun	Mon	Tue	Wed
<p>Calendar Key</p> <p>(AR) Clubhouse Activity Room (CL) Clubhouse (GP) Gathering Place, Tower Pointe (TP) Top of the Pointe Club</p>			
3	4	5	6
10:30 Naples United Church of Christ Livestreaming (AR) <u>12:00-2:00 Sunday Brunch</u> 1:30 Bridge, Rummikub & Assorted Games (CL) 2:00 Mah Jongg (TP)	9:00 Men's Coffee (GP) 10:00 Grocery Shopping 10:30 Chair Yoga (TP) 12:30 Chorus Practice (TP) 1:30 Beall's Shopping 2:00 Arm Chair Travel (AR) 7:30 Movie (GP)	9:30 & 10:15 Aquasize 9:30 & 10:15 Tai Chi (AR) 10:00 Lifelong Learning Class (GP) 12:45 Mah Jongg (CL) 1:00 Care Support (AR) <u>1:00 Dr. Teitelbaum (Salon)</u> 2:30 Great Decisions (GP) 7:15 Bingo (AR)	8:30 Blue Zones Walking Group 9:00 Pickleball Social (Courts) 9:00 Putting on the Green 9:00 Ladies Coffee (GP) <u>10:00 Coffee with Vets (GP)</u> 10:30 Chair Yoga (TP) 2:00 Ladies Gym Tutorial (Gym)
10 Daylight Savings	11	12	13
10:30 Naples United Church of Christ Livestreaming (AR) <u>12:00-2:00 Sunday Brunch</u> 1:30 Bridge, Rummikub & Assorted Games (CL) 2:00 Mah Jongg (TP)	9:00 Men's Coffee (GP) 10:00 Grocery Shopping 10:30 Chair Yoga (TP) 12:30 Chorus Practice (TP) 1:30 WalMart Shopping 7:30 Movie (GP)	9:30 & 10:15 Aquasize 9:30 & 10:15 Tai Chi (AR) 10:00 Lifelong Learning Class (GP) 12:45 Mah Jongg (CL) 2:30 Great Decisions (GP) 3:00 Wii Bowling (AR) 7:15 Bingo (AR)	8:30 Blue Zones Walking Group 9:00 Putting on the Green 9:00 Ladies Coffee (GP) 10:00 Transitional Health Care Presentation (CL) 10:30 Chair Yoga (TP)
17 St. Patrick's Day	18	19 First Day of Spring	20
10:30 Naples United Church of Christ Livestreaming (AR) <u>12:00-2:00 Sunday Brunch</u> 1:30 Bridge, Rummikub & Assorted Games (CL) 2:00 Mah Jongg (TP)	9:00 Men's Coffee (GP) 10:00 Grocery Shopping 10:30 Chair Yoga (TP) 12:30 Chorus Practice (TP) 1:30 Aldi's Shopping 7:30 Movie (GP)	9:30 & 10:15 Aquasize 9:30 & 10:15 Tai Chi (AR) 10:00 Lifelong Learning Class (GP) 12:45 Mah Jongg (CL) 1:00 Care Support (AR) 2:30 Great Decisions (GP) 3:00 Wii Bowling (AR) 7:15 Bingo (AR)	8:30 Blue Zones Walking Group 9:00 Putting on the Green 9:00 Ladies Coffee (GP) 10:30 Chair Yoga (TP) 1:00 Exercise with Sandy on 99 3:00 ATC Board Meeting (AR)
24/31 Easter	25	26	27
10:30 Naples United Church of Christ Livestreaming (AR) <u>12:00-2:00 Sunday Brunch (24th)</u> <u>11:30 Easter Brunch (31st)</u> <u>2:00 Easter Brunch (31st)</u> 1:30 Bridge, Rummikub & Assorted Games (CL) 2:00 Mah Jongg (TP)	9:00 Men's Coffee (GP) 10:00 Grocery Shopping 10:00 Catholic Mass (AR) 12:30 Chorus Practice (TP) 1:30 Walmart Shopping 7:30 Movie (GP)	9:30 & 10:15 Aquasize 9:30 & 10:15 Tai Chi (AR) 10:00 Lifelong Learning Class (GP) 12:45 Mah Jongg (CL) 2:30 Great Decisions (GP) 3:00 Wii Bowling (AR) 7:15 Bingo (AR)	8:30 Blue Zones Walking Group 9:00 Putting on the Green 9:00 Ladies Coffee (GP) 10:00 Tower Trace Annual Meeting for all residents (GP) 10:30 Chair Yoga (TP)

March 2024



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Thu	Fri	Sat
 Transportation to Tower Pointe activities is available from the Clubhouse.	1 <u>10:00 St. Matthew's House Tour & Lunch</u> 10:00 Bible Study (GP) 10:30 Chair Yoga (TP) 10:30 Sailboat Regatta <u>7:15 Artis Pops</u>	2 1:00 Exercise with Sandy on 99 1:30 Wii Bowling (AR)
7 8:00 Pickleball 9:30 & 10:15 Aquasize <u>12:00 Thursday Lunch (Colonnade)</u> 1:00 Exercise with Sandy on 99 1:30 Open Art (GP)	8 <u>9-2 Forest Bathing Field Trip</u> 10:00 Bible Study (GP) 10:30 Chair Yoga (TP) 10:30 Sailboat Regatta 1:00 Exercise with Sandy on 99	9 1:00 Exercise with Sandy on 99 1:30 Wii Bowling (AR)
14 8:00 Pickleball 9:30 & 10:15 Aquasize <u>12:00 Thursday Lunch (Colonnade)</u> 1:00 Exercise with Sandy on 99 1:30 Open Art (GP) 2:00 Lifelong Learning Class (GP) <u>5:30 Club Table (Colonnade)</u>	15 9:00 Grocery Shopping 10:00 Bible Study (GP) 10:30 Chair Yoga (TP) 1:00 Book Club (GP) 1:00 Exercise with Sandy on 99 <u>5:30 St. Patrick's Day Management Party (Colonnade)</u> <u>7:15 Artis Classics</u>	16 1:00 Exercise with Sandy on 99 1:30 Wii Bowling (AR) <u>1:30 Paradise Coastman Barbershop Performance at St. John's</u>
21 8:00 Pickleball 9:30 & 10:15 Aquasize 10:00 Tower Pointe Board Mtg (GP) <u>12:00 Thursday Lunch (Colonnade)</u> <u>12:30 ROMEO (Colonnade)</u> 1:30 Open Art (GP) 2:00 Lifelong Learning Class (GP)	22 9:00 Grocery Shopping 10:00 Bible Study (GP) 10:30 Chair Yoga (TP) 10:30 Sailboat Regatta 1:00 Exercise with Sandy on 99	23 1:00 Exercise with Sandy on 99 1:30 Wii Bowling (AR)
28 8:00 Pickleball 9:30 & 10:15 Aquasize 10:00 Tower Pointe Board Mtg (GP) <u>1:00 Bunco (AR)</u> 2:00 Lifelong Learning Class (GP) <u>5:30 March Birthday Dinner</u> <u>6:30 Club Table (Colonnade)</u>	29 Good Friday 9:00 Grocery Shopping 10:00 Bible Study (GP) 10:30 Chair Yoga (TP) 10:30 Sailboat Regatta <u>10:45 Penny Pinchers</u> <u>7:15 Artis Pops</u>	30 1:00 Exercise with Sandy on 99 1:30 Wii Bowling (AR)

Life Long Learning Program

Tuesday, March 5th 10 a.m.
"Improve Your Quality of Life Via Breath"

Tuesday, March 12th 10 a.m.
"Best Songs from the 60's, 70's & 80's"

Thursday, March 14th 2 p.m.
"Remember the Ladies"

Tuesday, March 19th 10 a.m.
"Artificially Intelligent or Intrusively Artificial?"

Thursday, March 21st 2 p.m.
"All that Jazz!"

Tuesday, March 26th 10 a.m.
"Be the Amateur"

Thursday, March 28th 2 p.m.
"Wine Tasting & Food Pairing, a Wine Tasting Event" **Please sign up at the Clubhouse**

Arbor Trace Board Meeting
 Wednesday, March 20th
 3:00 p.m. (Activity Room)

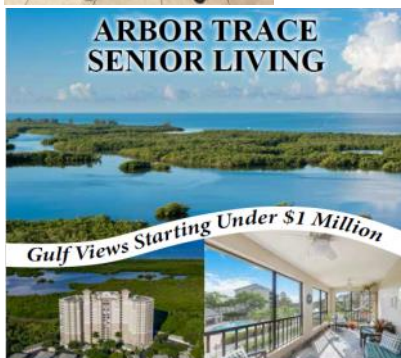
Tower Pointe Board Meeting
 Thursday, March 28th
 10:00 a.m. (Gathering Place)

Monday Night at the Movies
 Gathering Place of Tower Pointe
 7:30 pm

3/4-Roped (Comedy)
 3/11-The Vow (Romance)
 3/18-The Laundromat (Drama/Comedy)
 3/25-Victoria & Abdul (Drama)



Valentine's day Dinner



Marketing Efforts

Have you seen the new marketing efforts? The new wrapped bus is definitely a billboard for our community on outings, Florida weekly has a newly designed ad, we have some smaller brochures coming out and postcards (feel free to send some to your friends!) If you are on Facebook, please Like & Follow "Arbor Trace Senior Living Naples Fl." and "Arbor Glen Assisted Living Naples Fl." Thank you for spreading the word about our beautiful community!



Welcome New Resident:

Sonia Kahl V-602



Sonia Kahl, our newest Villa resident, spent 42 years in Rio before moving from Brazil to Buffalo, NY in 1981. Her husband was taking another position with a family owned company headquartered in Niagara Falls. Some years later he rose to become President of Carborundum* Universal I.Lt (CUMI) while Sonja spent the next 42 years enduring the cold winters. Now she says, "At last, NO MORE SNOW!"

The couple enjoyed many travels around the world. A daughter living in NYC and a son with grandchildren in Charlotte have easy non-stop flights to SWFL, so Sonia can avoid travel herself, much like others of us. Her pastimes include crocheting, reading, cooking, playing mahjong, BINGO, and doing jigsaw puzzles well into the night!

There are many interesting places to explore in the area and activities galore here at Arbor Trace where she will meet friendly happy people. Welcome to sunny warm Florida, Sonia.

*Interesting Note: Canborundum is a crystal structure like a diamond used as an abrasive for cutting, grindings, polymers, and manufacturing ceramics, machine tools, and other adhesives.

- Marty Carson

Poker

Anyone interested in joining a Poker game, please call Jack Keller at 239-238-6204. We have several people interested, and would love to see this take off.



Meet Perky Jenna

Andy McWethy is a dog lover and has had two soft coated Wheaten terriers and two miniature Schnauzers before finding salt and pepper coated Jenna at a breeder in Buffalo, NY when he lived in Manhattan. Adopted at 8 months Jenna arrived at Arbor Trace two years ago when Andy and Nordal, his wife, now deceased, became residents.

According to the American Kennel Club, miniature Schnauzers are bright, friendly, trainable companions small enough to adapt to apartment life. They were created to be an all-around farm dog, tough, muscular, and fearless without being aggressive. They make great watch dogs.

Jenna has had several trainers and will sit, stay, heel and then expects a treat from her favorite Pup Perogi snacks. She is a good eater according to Andy and does well on Hill's Science Diet that her Vet recommends. Her favorite thing, though, is being petted and she will bark if not getting enough attention. She will also often bark at other dogs and when children are present. Jenna is very accommodating as to her schedule. She goes to bed when Andy does around 11 p.m. and gets up when he does around 9 a.m. sleeping in one of her several beds in his bedroom. Named for the daughter of George and Laura Bush, Jenna had nothing to say about politics the day I visited.

By Shirley Woolaway



Art Showcase

Special thanks to all the residents who participated in this years annual Resident Art Showcase! What a joy it was to see the many talents that we have in our community. Kudos to Fredi Verdesca and the Tower Pointe social committee for all their efforts in making it a success.



"MEMORIES"

1969

Our house in New Jersey was a three story one on a quiet street, with ample space for our three children and their friends to play. The master bedroom had an alcove with a window that overlooked a (very tall) pine tree. The tree was as tall as the house, and very close to it.

One day I was in the "little room", as the alcove was named, with the vacuum, when I looked out the window to see my son (then 6!), looking back at me! He had climbed the tree! All I could think of was don't fall don't fall don't fall don't fall! Well, he didn't fall. Had my scream left my throat he might have, but I stayed calm (on the outside!).

By the time I got downstairs and through the front door, he had managed to come down without incident, looking quite proud of himself. He was fine; I was a basket case – not the last time "fine" and "basket case" would be used in the same sentence as our children grew up!

--Marge O'Kane

THE BOOK CORNER:

* Two of our residents have written memoirs which have recently been published: Marty Carson's "Come With Me" and Shirley Woolaway's "Still Movin', Doin', and Havin' Fun My Life and Faith Story". They have generously donated copies to the libraries and invite you to share their stories. Our thanks—and congratulations—to both!

* **Book Discussion:** Join us in the **Tower Gathering Place on March 15, 1:00** to discuss "Lady Tan's Circle of Friends" by Lisa See. This historical novel, based on the true story of a 15th century woman physician provides a glimpse into a very different world and customs of that time. It is highly rated, both in major news outlets and among those here in our neighborhood who have read it.

* Do you enjoy the Clubhouse Library? Love books? Peggy Cushman and her committee could use some help shelving books and keeping it the beautiful and inviting destination we all enjoy. If you're interested, contact her or Sandy Steinbach.

* The Tower library has donated newspapers for you to borrow and enjoy: "Naples Daily News", "New York Times", "The Wall Street Journal" and "Florida Weekly. Donations always welcome!!

* Check out the Tower Library grey book bins located in the back near the windows.; these are extra books we cannot use here...slated to be donated. Feel free to browse through and take home whatever interests you.



R.O.M..E.O. (Retired Old Men Eating Out)

Thirteen of us boarded our new bus on Friday, February 16 heading to Stonebridge Country Club for lunch. We were greeted by Amy, the food and beverage manager who showed us to a private room for our lunch. We began by saying the Pledge of Allegiance, followed by singing God Bless America, led by Bill Momberger. Cliff Hogen then said Grace. I then introduced David Whitehurst, a first timer, who gave us his biography! While lunch was served, the talk around the tables was about the wars & the upcoming election. After lunch we had our raffle. A dinner for two gift certificate for Arbor Trace, donated by our R.E department, was won by Bill Momberger. John Keller donated a bottle of wine which was won by Rick Erickson, who donated back & was then won by Bill Foote. The \$\$\$ winners were Jack Davisson & Lou DePrisco. Momberger, Keller & Cluk-ey gave us some great jokes. The next Romeo will be at Arbor Trace on Thursday March 21st at 12:30 p.m. in the Colonnade room.
Bob Bortz

Condo Insurance Discounts: Safety Features Pay Off

Condo insurance protects your personal belongings and financial liability within your unit. Did you know that the condo association has invested in safety features for the entire building which may lead to significant savings on your premiums?

Here are three key safety features that may qualify you for condo insurance discounts:

- **Wind Mitigation:** This involves incorporating features that strengthen your condo building's resistance to wind damage, such as hurricane rated roof bracing and membranes. Discounts for wind mitigation can range up to **5%**.
- **Upgraded Fire Alarm System:** Having a modern fire alarm system with features like smoke detectors, heat sensors, and monitoring service can significantly improve fire safety and lead to discounts of up to **10%**.
- **Fire Sprinklers:** Having fire sprinklers throughout the condo building is one of the most effective ways to prevent fire damage and loss of life. Having fire sprinklers in place can qualify you for discounts of up to **15%**.

These safety features can not only improve the overall safety and security of your condo community but also potentially enjoy substantial savings on your condo insurance. Remember, these are just a few examples, and the availability and number of discounts may vary depending on your insurance provider and specific condo building features.

It's always recommended to consult with your insurance agent to discuss available discounts and explore ways to optimize your condo insurance coverage while saving money. I would be happy to provide your insurance agent with any documentation they may need to qualify you for safety features discounts.

- Mark Loewe, LCAM

HUGS of Naples

HUGS Ukelele group blew the crowd away February 2nd at the Top of the Pointe. Special thanks to Rob Wilde of bldg. 9 for introducing the group here to perform.



Arbor Trace Revue—March 2024 Edition

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Please visit www.arbortrace.com