



ARBOR TRACE

The Arbor Trace Revue

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



TOWER POINTE
AT ARBOR TRACE



Voting in Collier County and Florida:

Voting laws across the United States vary greatly. Most of us have moved from other areas of the country so may not know about:

***Closed Primaries:** What are they? How can I vote in the local elections if one party is dominant? ***Voting Registration:** How do I register? If I register as an "Independent" can I vote in the Primaries? ***Mail-in-Ballots:** Who can request and how do I go about it? How do I find out if my ballot request is up-to-date? Can I track my ballot? ***Early Voting:** When and Where? ***Who's Running:** How can I find out about candidates in the upcoming Primary?

Two excellent sources of information:

*Sandy Parker will conduct a class in the Tower Gathering Place, Tuesday, June 18, 10 a.m., and will highlight state and local office candidates....and answer questions about voting in our area. She is an advocate for voting and has a very informative website: Sparkers-Soapbox.com

*Supervisor of Elections website: colliervotes.org is a goldmine of information and quite easy to navigate. Learn if your voting information is current, including status of mail-in-ballot requests. Or call the Supervisor of Elections office: 239-252-8683.

Father's Day Buffet Sunday, June 16th

Treat Dad to a Feast Fit for a King this Father's Day!

Join us for a Special Father's Day Buffet Extravaganza!

Indulge in: Prime Rib, Sea Bass, Honey BBQ Chicken Wings, Seafood Bar and made to order Omelets.

Date: Sunday, June 16th Time: 12:00 PM - 2:00 PM

Reserve your table now and make this Father's Day truly unforgettable!

Call 239-438-4668 or visit www.arbortrace.com for reservations.

Celebrate Dad in Style!



Club Table

Are you new to Arbor Trace looking to make new friends? Would you like to come to dinner but do not have anyone to come with? Don't let that stop you! We invite you and anyone who would like the opportunity to dine with others to sign up for the "Club Table" on the 2nd and 4th Thursday of the month. This "open table" will be a great place for anyone looking for new friends to join in and meet people. Simply call 438-4668 and let them know you would like to sit at the Club Table and there will be a place for you!

Notes from the Director:

June 1st marks the official beginning of the 2024 Atlantic hurricane season. The Collier County Bureau of Emergency Management will be here June 4th at 3 p.m. in the Gathering Place. Please join us for this informative session. You can also watch the replay on channel 99 starting June 10th. Anyone dependent upon an oxygen concentrator or other medical devices that requires electricity should absolutely have a plan for what you will do in the event a hurricane is headed our way. Even with a minimal hurricane or tropical storm, electrical power may be disrupted, possibly for days. The emergency generators in our community only power the elevators, emergency lighting and a few hallway receptacles. The villas in Arbor Trace have no generators at all.



Any resident of Arbor Trace or Tower Pointe, that considers Arbor Glen as part of their back-up plan, should be aware that Arbor Glen can only provide care for up to 32 residents. Please remember the fact that we close Arbor Glen to new admissions 72 hours before any projected landfall of a hurricane in our immediate vicinity. At that point we are busy making sure we have ample medications, food, water and staffing to safely meet the needs of those residents already in our care.

Something else to consider for those living in independent living, who plan to stay in the community in the event of a hurricane know that we may need to evacuate Arbor Glen residents to another facility if the threat is severe enough to warrant an evacuation. If this is the case, there will be no nursing personnel on hand to respond to your medical emergencies should one arise, as they must go with the Arbor Glen residents to whatever site we evacuate to. Even if we do not wind up evacuating Arbor Glen, you need to realize that in the event of even tropical storm force winds we cannot dispatch nurses to your residence, if it puts them in harm's way. This also holds true for County Emergency Medical personnel, as they may not be able to respond to medical emergencies if sustained winds make it unsafe for them to be on the road.

Although your plan may change as Hurricane season progresses, returning your completed hurricane form is very important. I would like to stress again how important it is that you take personal responsibility for your safety and welfare and have a plan.

Sincerely,

Jennifer Whitten
Executive Director



Special Thank you to all our Models!

We had such fun capturing your wonderful lifestyle on April 13th. Thank you for everyone involved. Check out Facebook Arbor Trace Senior Living FL and our website to see where your picture or video will be featured!

- Jennifer Whitten

Colonnade Room Etiquette

- Memorial Day to Labor Day jackets are not required for any dining room seatings. Please wear appropriate elegant casual attire in the Colonnade Room. No shorts or gym wear are permitted for dinner or brunch.
- Reservations **MUST** be made for **ALL** Dining Room seatings. To make your reservation call 438-4668
- HOLIDAYS & COCKTAIL PARTIES: Reservations must be finalized 2 days prior to event to ensure accommodations. Failure to make a reservation will result in delayed service or possible non-admittance.
- Daily standing reservations do not apply for parties or holidays.

June Calendar Notes

Exercise Opportunities

- *Tai Chi on Saturdays at 9:30 a.m. & 10:15 a.m.
- *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. Aquacise 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 1:00 p.m. in the Clubhouse Conference Room the first and third Tuesday. Any resident is welcome to join in.

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 events this month! We kick the month off with our annual Hurricane Preparedness Seminar on Tuesday, June 4th at 3:00 p.m. in the Gathering Place. All residents are encouraged to come and freshen up on preparations.

The gym at the Tower has recently had a refresh! Stop by at 2:00 p.m. on Wednesday, June 5th as Sandy walks everyone through how to use the gym equipment properly.

We are taking a dolphin/wildlife pontoon boat tour followed by lunch on Friday, June 7th. Please make reservations in the Clubhouse.

Do you like to play poker? Sign up at the Clubhouse and join us Wednesday, June 15th at 7:00 p.m. in the Activity Room.

ROMEO (retired old men eating out) enjoys lunch out on Friday, June 21st. Sign up with Fe at the Clubhouse!

All residents are invited to come to the "Rock Around the Block" Management Party on Wednesday, June 12th at 5:30 p.m. in the Colonnade. You won't want to miss this!

Have you ever seen Arbor Glen, our Assisted Living? Sign up to tour with Colleen, our Director of Nursing, on Wednesday, June 26th at 10:30 a.m.

The new summer session of Lifelong Learning starts this month. Check the insert for a detailed description for each class and instructor. There is something for everyone! With the summer heat, these classes are a great way to stay engaged and active this summer! Grab a friend and head to the Gathering Place for these great classes.

Celebrate Father's Day Brunch on Sunday, June 16th at noon. Advanced reservations are required with the Dining Room.

The Book Club meets at the Top of the Pointe, at 1:00 p.m. on Friday, June 21st, so come join the group to discuss "Lessons in Chemistry"!

Monday, June 24th, we will start the morning with Catholic Mass at 10:00 a.m. in the Clubhouse Activity Room for anyone who would like to participate.

We will celebrate all residents with a June birthday at 5:30 p.m. in the Colonnade on Thursday, June 6th. 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 not meet in June. The Tower Pointe Condo Association will not meet in June.

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BIRTHDAY HAPPENINGS:

1st-Babs Brock
 3rd-Fritz Friday
 4th-Sara Nonken
 4th-Joe Scott
 7th-Marjory Keeler
 8th-Fred Gridley

8th-Richard Lechtner
 9th-Belle Agronin
 15th-Barbara Bongard
 15th-Pat Classen
 18th-James Goff
 18th-Nancy Sullivan

19th-Nick Hansen
 19th-Bill Kennelly
 22nd-John Keller
 23rd-Norma Lotz
 26th-Bernard Baer
 26th-Deb Lyon

26th-Dot Munch
 27th-Mardelle Berman
 27th-Elaine Harnett
 28th-Garrick Holmes
 28th-Gerry Humphry
 28th-Lynn White

Sun

Mon

Tue

Wed

Calendar Key

(AR) Clubhouse Activity Room
 (CL) Clubhouse
 (GP) Gathering Place, Tower Pointe
 (TP) Top of the Pointe Club

2

10:00 Naples United Church of Christ Livestreaming (AR)
12:00-2:00 Sunday Brunch
 1:30 Bridge, Rummikub & Assorted Games (CL)
 2:00 Mah Jongg (TP)

3

9:00 Men's Coffee (GP)
 10:00 Grocery Shopping
 10:30 Chair Yoga (TP)
 1:30 Walmart Shopping
 2:00 Arm Chair Travel (AR)
 7:30 Movie (GP)

4

9:30 & 10:15 Aquacise
 10:00 Life Long Learning (GP)
 12:45 Mah Jongg (CL)
 1:00 Care Support (AR)
 3:00 Hurricane Seminar (GP)
 7:15 Bingo (AR)

5

8:30 Blue Zones Walking Group
 9:00 Putting on the Green
 9:00 Ladies Coffee (GP)
 10:00 Episcopalian Service (AR)
 10:30 Chair Yoga (TP)
 1:30 Open Art (GP)
 2:00 Gym Walk Through (GYM)

9

10:00 Naples United Church of Christ Livestreaming (AR)
12:00-2:00 Sunday Brunch
 1:30 Bridge (CL)
 2:00 Mah Jongg (TP)
 4:30 Democratic Social Group (TP)

10

9:00 Men's Coffee (GP)
 10:00 Grocery Shopping
 10:30 Chair Yoga (TP)
 1:30 Burlington Shopping
 2:00 Arm Chair Travel (AR)
 7:30 Movie (GP)

11

9:30 & 10:15 Aquacise
 10:00 Life Long Learning (GP)
 12:45 Mah Jongg (CL)
 3:00 Wii Bowling (AR)
 7:15 Bingo (AR)

12

8:30 Blue Zones Walking Group
 9:00 Putting on the Green
 9:00 Ladies Coffee (GP)
 10:30 Chair Yoga (TP)
 1:30 Open Art (GP)
5:30 June Management Party (CL)

16 Father's Day

10:00 Naples United Church of Christ Livestreaming (AR)
12:00-2:00 Sunday Brunch
 1:30 Bridge, Rummikub & Assorted Games (CL)
 2:00 Mah Jongg (TP)

17

9:00 Men's Coffee (GP)
 10:00 Grocery Shopping
 10:00 Catholic Mass (AR)
 10:30 Chair Yoga (TP)
 1:30 Walmart Shopping
 2:00 Arm Chair Travel (AR)
 7:30 Movie (GP)

18

9:30 & 10:15 Aquacise
 10:00 Life Long Learning (GP)
 12:45 Mah Jongg (CL)
 1:00 Care Support (AR)
 3:00 Wii Bowling (AR)
 7:15 Bingo (AR)

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8:30 Blue Zones Walking Group
 9:00 Putting on the Green
 9:00 Ladies Coffee (GP)
 10:30 Chair Yoga (TP)
 1:30 Open Art (GP)
7:00 Poker (AR)

23

10:00 Naples United Church of Christ Livestreaming (AR)
12:00-2:00 Sunday Brunch
 1:30 Bridge, Rummikub & Assorted Games (CL)
 2:00 Mah Jongg (TP)

24

9:00 Men's Coffee (GP)
 10:00 Grocery Shopping
 10:00 Catholic Mass (AR)
 10:30 Chair Yoga (TP)
 1:30 Aldi Shopping
 2:00 Arm Chair Travel (AR)
 7:30 Movie (GP)

25

9:30 & 10:15 Aquacise
 10:00 Life Long Learning (GP)
 12:45 Mah Jongg (CL)
 3:00 Wii Bowling (AR)
 7:15 Bingo (AR)

26

8:30 Blue Zones Walking Group
 9:00 Putting on the Green
 9:00 Ladies Coffee (GP)
 10:30 Chair Yoga (TP)
10:30 Arbor Glen Tour (CL)
 1:30 Open Art (GP)

June 2024



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Thu	Fri	Sat
		<p>1</p> <p>9:30 Balance Tai Chi (AR) 10:15 Tai Chi (AR) 1:00 Exercise with Sandy on 99 1:30 Wii Bowling (AR)</p>
<p>6</p> <p>7:30 Pickleball 9:30 & 10:15 Aquacise <u>12:00 Thursday Lunch (Colonnade)</u> <u>5:30 June Birthday Dinner (Colonnade)</u></p>	<p>7</p> <p>9:00 No Grocery Shopping <u>9:45 Dolphin Cruise & Lunch Tour</u> 10:00 Bible Study (GP) 10:30 Chair Yoga (TP) 10:30 Sailboat Regatta</p>	<p>8</p> <p>9:30 Balance Tai Chi (AR) 10:15 Tai Chi (AR) 1:00 Exercise with Sandy on 99 1:30 Wii Bowling (AR)</p>
<p>13</p> <p>7:30 Pickleball 9:30 & 10:15 Aquacise <u>12:00 Thursday Lunch (Colonnade)</u> 1:00 Life Long Learning (GP) <u>1:30 Club Table (Colonnade)</u></p>	<p>14 Flag Day</p> <p>9:00 Grocery Shopping 10:00 Bible Study (GP) 10:30 Chair Yoga (TP) 10:30 Sailboat Regatta <u>TBD Movie Outing</u></p>	<p>15</p> <p>9:30 Balance Tai Chi (AR) 10:15 Tai Chi (AR) 1:00 Exercise with Sandy on 99 1:30 Wii Bowling (AR)</p>
<p>20 First Day of Summer</p> <p>7:30 Pickleball 9:30 & 10:15 Aquacise <u>12:00 Thursday Lunch (Colonnade)</u> 1:00 Life Long Learning (GP)</p>	<p>21</p> <p>9:00 Grocery Shopping 10:00 Bible Study (GP) 10:30 Chair Yoga (TP) 10:30 Sailboat Regatta <u>12:30 ROMEO</u> 1:00 Book Club (TP)</p>	<p>22</p> <p>9:30 Balance Tai Chi (AR) 10:15 Tai Chi (AR) 1:00 Exercise with Sandy on 99 1:30 Wii Bowling (AR)</p>
<p>27</p> <p>7:30 Pickleball 9:30 & 10:15 Aquacise <u>12:00 Thursday Lunch (Colonnade)</u> 1:00 Life Long Learning (GP) <u>1:30 Club Table (Colonnade)</u></p>	<p>28</p> <p>9:00 Grocery Shopping 10:00 Bible Study (GP) <u>10:45 Penny Pinchers</u> 10:30 Chair Yoga (TP) 10:30 Sailboat Regatta</p>	 <p>Transportation to Tower Pointe activities is available from the Clubhouse.</p>

Life Long Learning Program

- Tuesday, June 4th 10:00 a.m.
“Vincent Van Gogh”
- Friday, June 7th 9:45 a.m.
“Boat Tour & Lunch”
- Tuesday, June 11th 10:00 a.m.
“The Coen Brothers”
- Thursday, June 13th 2:00 p.m.
“East 81st-Stories about New York”
- Tuesday, June 18th 10:00 a.m.
“Get Ready to Vote in the August Primaries”
- Thursday, June 20th 2:00 p.m.
“Toulouse-Lautrec, the Story”
- Tuesday, June 25th 10:00 a.m.
“Breathing for Health, Happiness & Harmony”
- Thursday, June 27th 2:00 p.m.
“Diving the Antarctica”

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

- 6/3-Footloose (Musical)
- 6/10-Places in the Heart (Drama)
- 6/17-David Foster, Off the Record (Documentary/Music)
- 6/24-Good Sam (Drama)

Arbor Trace Board Meeting
No Meeting this Month

Tower Pointe Board Meeting
No Meeting this Month



Spring Fling

A great time was had by all for our Spring Fling at the Tower on May 17th. A big thank you to the Tower Pointe Activity committee and all the volunteers who helped make the event a success!



The Forever Young Sisters

Though both Jan Stowell and Barbara Swidler are over 90, they are still known to friends and family as the Young sisters. During their busy lives they played golf, boated, skied, played musical instruments, traveled, volunteered for worthy causes, and always found time to play bridge.

They grew up in Freeport, IL, a small town, west of Chicago, with Jan six years older than Barbara. Jan played the flute and piccolo in the high school band and orchestra, the piano, and was Valedictorian of her class. Barbara played the clarinet in her high school band, sang in the church choir and was active in behind-the-scenes theater. Their love of music came from their family. "When we went to grandma's we were expected to play an instrument and sing." Dad sang in church and other choirs. Their mom played the violin.

Jan graduated from Oberlin College majoring in Economics where she met her sweetheart, Edward Stowell in class. Edward went to Law School and when Jan finished college they married. They had three children, six grandchildren and eight great grands. Jan volunteered with hospitals and she and Barbara were active in the League of Women Voters, AAUW and Children's Theater. Barbara is a graduate of Dennison College and received her Masters from the University of Wisconsin majoring in Sociology. She was hired by IBM and worked for eight years as a systems service representative. As a computer specialist, she worked with hospitals and school districts. Three years out of college she married Jack Swidler and they adopted three children and have three grandchildren.

The sisters reminisced about their summer vacations in Door County, WI and about their sail boats, a Lightning and an Endeavor. Calling themselves "the rolling stones out of the Midwest" they would travel often with their favorite trips back to Wisconsin. After their husbands died Jan and Barbara learned of Arbor Trace and "it's location, home equity and wonderful amenities." Jan moved here first and then Barbara to Building two. Jan is now at Arbor Glen but they get together often and enjoy the symphony at Artis Naples.

A family story is of their paternal grandfather, Frederick Young, who came to Freeport, IL at 14 on the Orphan Train. He worked as an indentured servant farming for seven years. As a free man and railroader, his run was from Freeport to Chicago. Perhaps their ancestor's traveling ways are reflected in the "rolling stones" sisters.

By Shirley Woolaway



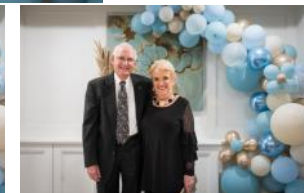
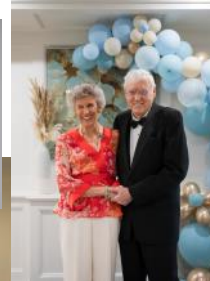
2nd Annual Arbor Pointe Foundation Gala

Since its inception, the Arbor Pointe Foundation has been instrumental in providing 75 employees with scholarships for educational pursuits and aid during challenging times, totaling an impressive \$297,000 in financial support. This commitment to the well-being and advancement of their staff members underscores Arbor Trace's dedication to fostering a supportive and inclusive environment.

At the Gala, attendees were treated to heartfelt testimonials from individuals whose lives have been profoundly impacted by the Foundation's generosity.

The evening was filled with joyous celebration, featuring music, dancing, and a silent auction to further support the Foundation's mission. With over 160 attendees, the Gala was not only a festive affair but also a resounding success in raising awareness and over \$30,000 to continue the invaluable work of the Arbor Pointe Foundation.

As Arbor Trace continues to uphold its commitment to enhancing the lives of both residents and employees, the Arbor Pointe Foundation stands as a shining example of the profound impact that generosity and compassion can have on a community. Through their unwavering dedication to paying it forward, Arbor Pointe Foundation ensures that the spirit of support and empowerment continues to thrive, enriching the lives of all who call Arbor Trace home. On behalf of the Foundation board thank you for your continued support!



THE BOOK CORNER:

* **News from the Clubhouse Library:** This is a beautiful library....and you have an opportunity to be involved: Peggy Cushman really needs a couple volunteers to shelve books. It's light work and an easy way to be involved and support our library.

* **News from the Tower Pointe Library:** New large-print books available: "The Little Liar" by M. Albom; "The Ball at Versailles" by D. Steel; "The River We Remember" by W. Krueger; "The White Lady" by J. Winspear; "The Covenant of Water" by A. Verghese. Coming soon: "The Demon Of Unrest..." by E. Larson. Enjoy!

* **Book Discussion: ?????? 1:00 on June 21.** We will be discussing the "Lessons in Chemistry" by B. Garman. This highly-praised novel has gained wide popularity and promises to be an interesting discussion. Need help finding the book? Contact Sandy S. or Karen S. **Need your help...**our group is looking for books you'd recommend for next year's discussions. There will be a basket on the low table near the green chairs in the Tower library; if you have a recommendation please fill out a slip and leave it there. Thank you!

* **Newspapers:** Both libraries try to keep a supply for you to read. But, we need donations. For those who already faithfully share, our thanks!

* **Suggestions** to improve our libraries? Contact Sandy Steinbach, Peggy Cushman (Clubhouse Library) or Karen Sexton (TP Library).

Please note that both libraries are open to residents across the entire community. This means we have a larger choice of books and you have two lovely spots to visit.

Welcome new Gym Equipment

Thanks to the Tower Building and Grounds Committee, we have some excellent new gym equipment ready for your use. Stop by the gym on Wednesday, June 5th for a Walk Through of the new machines with Sandy. We will take a look at the new pieces and note how to use each piece safely. With the summer heat and humidity, it's a great to exercise in the comfort of the air conditioning.

R.O.M.E.O.

Thursday May 16th at 12:30 18 of us had lunch at Arbor Trace. We began with the Pledge of Allegiance, followed by singing God Bless America. Jerry Meyers then said grace. We did not have any first timers. While the staff was serving our beverages, we started our raffle. Dave Sullivan won the dinner for 2 donated by our R.E. department. Jack Nason won a Magnum of Brut Champagne donated by the Kitchen. John Keller donated a bottle of wine which was won by John Egenberg. While our lunch was served, the talk around the tables was inflation, the wars, & the up coming election. After lunch we had our \$\$\$ raffle, Jim Goff & Jim Brock split the pot, we then had some fine jokes by Bill Momberger & Andy McWethy.

Next Romeo is Friday June 21st, at Audubon Country Club- Bob Bortz

Memories: Just Another Day in The Backyard!

One day I was outside pulling weeds near the small pool near our lanai. When I came inside and shut the screen door, I turned around to look at the pool and saw what I thought were two big bubbles floating across the surface of the water.

Strangely, they seemed to be exactly the same distance apart and were moving precisely together. *THEN:* I noticed a striped tail following the "bubbles". I didn't have to look very hard to see that bubbles + striped tail = baby alligator!!

Neil and I were fascinated with him. He thought he had discovered alligator Heaven, with his own rocks and water, flowers, food supply, what more could an alligator want? I named him Bubbles; we bonded.

Alas it was not to be. I had to call Animal Control. They came quickly and took him away; very sad. I had so little time with him. He has gone back to the wild to be with his friends, and I'll just have to get over it.

I guess it wouldn't have taken long before he outgrew our pool, and then he wouldn't have been cute anymore!

Marge O'Kane



Humane Society Naples Donations

Once again, on behalf of our entire team here at Humane Society Naples, I would like to thank the Arbor Trace Community members for their generosity!

Today Joe and Elaine Harnett delivered yet another carload of much needed supplies donated by your community for the animals in our care. We are so inspired by the level and frequency of the support we receive from Arbor Trace!

Arbor Trace Revue—June 2024 Edition

Editor...Jennifer Whitten & Sandy Steinbach

Publisher...Jennifer Whitten

Calendar of Events...Sandy Steinbach

Contributors to this edition... Karen Sexton, Marge O'Kane, Bob Bortz, Shirley Woolaway

Please visit www.arbortrace.com