

# Happy New Year!



## The Lakes Life

Volume 2, Issue 1

A Newsletter Covering Life In The Lakes

January, 2024



Editor's  
Note

### What New Adventures Await You In The New Year?

By Elise Ross

2024 presents each of us with 366 fresh new days (2024 is a leap year)! The question is: how are we going to get the most out of every single day, as time seems to be moving faster and faster. I am someone who needs to have something to look forward to whether it's my Thursday night Mah Jongg game or something entirely different.

I have several new excursions already in the planning stages for the first quarter of 2024. They include a visit to the Brevard Zoo, a wildlife boat tour of the Indian River Lagoon, and attending my very first Riverside Theatre performance. I always go to see the PSL high school plays and "Footloose", I expect, will be very energizing.

Of course, throughout the year I'll be reading many new books selected by one of the three book clubs I belong to. We all have opportunities for a little "novelty" in our lives. My New Year's hope for you is that you have some new "adventures" soon.

Please forward any ideas you may have for interesting articles that can possibly enhance your or your neighbors lives either here in The Lakes or within St. Lucie County to:  
[newseditorlathoa@gmail.com](mailto:newseditorlathoa@gmail.com)



### Facilities Committee Has Been Busy In 2023

By Greg Snider

Your Facilities Committee was very busy during 2023 with many projects that were completed successfully to make our community even better.

The largest project was to replace the costly-to-maintain Metal Halide light fixtures in the various ball courts over to a more cost-effective LED light source, which also increased the amount of light over all the court surfaces. New LED lighting was also installed to improve lighting in the parking lots.

Wi-Fi coverage was improved to also cover all outdoor areas around the Clubhouse. A shade table and benches were added to the Children's Playground to provide more comfort to those using it.

We've undergone a replacement of Gym equipment by removing nine machines and replacing them with six dual purpose machines. This will eliminate issues with hard-to-find replacement parts and free up space for adding different purpose machines in the future.

The Bocce Court area was improved with replacement of sideboards and pavers to the approach areas to increase seating. A seldom used Shuffleboard court was resurfaced and pavers added to provide seating area for a now popular activity.

Thanks to our committee members for these achievements: Gene Wesnofske, Stan Briggs, Roy Perconte, Rich Mancinelli, guidance from Tom Klein and our Board Liaison, Ken Perlman.



## Resident Spotlight

By Carolyn Hammer

Sally Greco  
(Artist)

Sally Greco was raised in Montclair, NJ, an affluent suburb with stunning views of the NY skyline, by a single mother who was funny and creative. She gave her daughter every chance to develop creatively, too, and Sally attended elocution lessons, book club group, as well as piano, singing, dancing and painting lessons.

Drawing and painting were the things that spoke to Sally, and by the time she was in 2nd grade, she was enrolled in regular art lessons. She attended Montclair University as an Art major, and her first job was as an Art teacher in Glen Rock, NJ.

Sally married and stayed at home until her son and daughter entered the school system. Then, she took a job in NYC as the assistant to the President of a software firm. She spent a decade there, helping the company grow from 5 staff members to a Fortune 500 firm with offices in NY, NJ and Ohio.

During the next 25 years, Sally worked as a realtor, but she continued to paint and draw in her spare time, and that continues today. She works in acrylics, oils and watercolors, and produces about 4 paintings each month. Sally's home is filled with beautiful art - her own as well the art of others. Her subjects vary from landscapes and abstracts, to still life and portraits.



In 2011, Sally and her partner, Joe, moved to The Lakes at Tradition and they love it here! Sally's been very involved, having led the Social Committee for 5 years, but now enjoys Bocce, Shuffleboard, Bridge, Trivia and Musical Bingo. She and Joe love to travel, and one of their recent destinations was Cinque Terre in Italy. The painting in the picture above depicts a scene from that trip. If you see Sally in the Clubhouse, stop by and say hello. You can't miss her sparkling blue eyes, big smile, and Fairy Hair!



### A Reminder

The Lakes Holiday Card Exchange will close on January 3rd. Be sure to check to see if there are any cards waiting to be picked up by YOU before that time. Thanks.



Jack Parker  
President



Well, the holiday season has come and gone. I hope everyone enjoyed and shared the holiday celebrations with their families and friends. The New Year is now upon us and most of our seasonal residents have returned. I would like to extend a warm welcome to them.

The annual Budget Meeting was held November 28th. The 2024 budget was presented to homeowners and approved unanimously by the Board. The Board takes its fiduciary responsibility very seriously in managing the finances of the Association.

*An important note:* The Reserve Study was last done in 2017 so the Board took the necessary action to make sure a new and current reserve study was done this year. It's very important to have reserve studies which provide a current estimate of the costs of repairing and replacing major common area components (such as roofs or pavements) over the long term. Ideally, all major repair or replacement costs will be covered by funds set aside by the Association as reserves so that funds are available when needed. As everyone knows the cost of living has gone up, especially in dealing with insurance. Most Homeowners Associations had to increase their monthly and/or quarterly assessments (some up to 20%). Fortunately, we've not had to do this. The Board is proud to announce that our *quarterly* assessment has only been increased by approximately 1.4% in 2024 (Capris - \$11, Oakmonts - \$12 and Carlyles - \$14.

As the new year has begun, we have still many things to look forward to and many things to take into consideration to improve our beautiful community. As always, we've listened to suggestions from homeowners and have responded to them. But, it's up to you as a member of this Association to attend meetings, voice your opinions and participate in the exchange of ideas with the Board. In community associations, each Board member is considered a fiduciary and is duty-bound to act in the best interests of all residents. We encourage your participation. Perhaps you would consider volunteering and/or attending committee meetings.

I wish *all* our homeowners a very Happy, Healthy and Prosperous New Year.



# Pet Profile

By Elise Ross

Dragon & Tokyo

## YES YOU ARE!


Yes, you are seeing double when Whippets *Dragon & Tokyo* walk either their mom or dad (Cathleen or Seth) on Tradition Lakes Blvd. as many as eight times a day. Slim and trim, these dogs each stand at a little over 18". Tokyo weighs in at about 25 lbs. and Dragon is a "hefty" 32 lbs. Both are former show dogs and share a grandfather in their bloodline.

Cathleen first became acquainted with the breed in 1998 while staying for an extended period of time with her sister who owned a Whippet named "Joker." She fell in love with the breed almost immediately and became determined to adopt one. Since then, Seth and Cathleen have rescued/adopted 8 of them over the years. All that they've adopted were re-named and adapted quickly to their new home.



Dragon & Tokyo are their most recent additions. Dragon, now age 9, became part of the family three years ago and Tokyo, age 6, arrived a year ago. The two bonded immediately. These friendly, curly tailed companions can spend hours being couch potatoes in a comfortable sunny spot, lounging in their favorite chair, or just cuddling in a lap. Easy to groom, their dense, short coat keeps shedding to a minimum. Just like their parents, it is important to brush their teeth twice daily to avoid dental issues.

When running, Whippets can reach a speed of 35mph. Such is the case with Dragon who loves to run. Tokyo, on the other hand, prefers to simply watch Dragon race around the dog park. Both dogs have similar temperaments with a few minor differences. Dragon can be stubborn and will bark his demands whereas Tokyo is more easy going. Dragon is a toy hog and Tokyo is very willing to share. Tokyo listens and effortlessly obeys and Dragon tries to get his own way. Both dogs seem determined to get the squeakers out of their toys and are relentless in their quest. Just as humans do, they occasionally "fight" over toys with Dragon piling them up in his special spot in their bedroom.

They love people and immediately welcome anyone entering their home. Surrounded by pet loving neighbors, Tokyo & Dragon love life in the Lakes. 


# Contractor Holiday Luncheon

By Carolyn Snider

Once again, on behalf of your LC committee, I'd like to thank everyone who donated to this year's drive to show appreciation to all our hardworking contractors.

Dollar-wise, we just about matched last year's total donations. We had 26.92% of homeowners donate, with an average of \$25 per. About 30 neighbors gave \$50 or more.

Our percentage of those who donated might not seem significant, however during these somewhat tough times, with prices rising on just about everything we buy, I think we did very well this year. Each worker was able to receive a cash gift of \$50 as well as plenty of food provided by Publix. We received many thank you's...and smiles! Committee members came together to make this a successful event and we have enough \$\$\$ left over to provide a pizza lunch for our contractors periodically throughout this year.


Once again, thank you to all who participated. We couldn't have done it without you. 



**Be Kind to Our Sandhill Cranes**

Please be kind to our Sandhill Cranes by **NEVER** attempting to feed them.

Human food has zero nutritional value to them and they will also gradually lose their natural ability to fend for themselves, which is why Florida has made it *illegal* to feed them.



**Thought For The Day** "Someone's sitting in the shade today because someone else planted a tree some time ago" - Warren Buffett

# - Sports -

## Men's Autumn Bocce

By Tom Kinirons

The Men's Bocce 8-team league completed a 14-game Autumn schedule on December 6th with Team Boccegalloups again taking first place this year with 11 wins and only 3 losses.

There was a triple tie for second place with the Hartwicks, G-B-U and The Rockers each with 8 wins and 6 losses. The men's Winter Bocce schedule will begin January 17th playing a 28 game schedule with playoffs to take place May 1st and a Bar-B-Que immediately following the playoffs.



I'd like to take a moment to give a big "shoutout" to Mark McNall to thank him for taking on the task of grooming the Bocce courts for us every week.

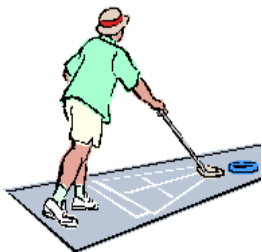
If you'd like to join the Men's Bocce league this winter, please contact Tom Kinirons at: [tcksr@hotmail.com](mailto:tcksr@hotmail.com)



## Mixed Shuffleboard League

By Lucille Wesnofske

The second season of the Mixed Shuffleboard League came together very nicely. Skill levels improved, competition became elevated and the fun and bantering reached new highs.



Going into the final playoff games, three teams were tied for first place. Congratulations to team 2, Sally, Joe, Lu, and Jack for winning the championship games and taking first place.

Now that everyone has achieved the finesse of the game, we will be introducing some of the harder rules when we begin the Spring Season on January 19th.

If you're interested in joining the Mixed Shuffleboard group contact:

[shuffleboardlat@gmail.com](mailto:shuffleboardlat@gmail.com)



## Lakes Pickleball Club

Open Play Schedule:

**Daytime** - Mon, Wed, Fri, Sat. from 9am till noon  
**Evening** - Tues, Thurs, Sun. from 6pm till 8pm

Want to Join? Email Chris Donaghy: [pickleballclublat@gmail.com](mailto:pickleballclublat@gmail.com)



## Mixed Casual Bocce

A casual group of mixed players join up & play Bocce every Monday at 4:00pm. Want to try it? Beginners are welcome. Just show up at the Bocce courts behind the Clubhouse.



## Women's Fall Bocce League

By Lucille Wesnofske

The 2023 Fall Season has come to an end. The league would like to throw out a special thanks to Mark McNall for keeping the Bocce Courts in top-notch condition. Mark constantly checks on the courts and maintains them for everyone's enjoyment.

The season ended by crowning Team 1 - Carolyn Snider, Connie Perconte, Judy Gibson and Toni Cunningham as the First Place Champions. Second Place was awarded to Team 4 - Dee Morris, Helen Jackman, Marie Wagenknecht and Marty Maguire.



Our continued success as a league could not be possible without our dedicated substitute players. Thank you, Carolyn Hammer, Suzanne Lieurance, Michelle Goyette, Carol Weite, Millie Pavia, Kim Poignant and Lorraine Crocitto.

The Spring Season will start Tuesday, January 16th. To join women's Bocce, please contact Lucille Wesnofske at: [lwesnofske@yahoo.com](mailto:lwesnofske@yahoo.com)






**Editor:** ..... Elise Ross  
**Layout and Design:** ..... Thomas Klein  
**Staff Writers:** Carolyn Hammer, Kim Stapf

# Community Events

## Need A Ride? Presentation By ART Is January 23rd

By Carolyn Hammer

Did you know that St. Lucie county offers FREE transportation for residents in 5 different ways? Did you know that you can get a door-to-door ride to a local store, library, doctor's appointment or other destination? Did you know that you don't have to be disabled to qualify?

Cathi Petagno, from the SLC Transit department is coming to our Lakes Clubhouse on January 23rd at 7pm to explain just how easy it is to get around our county and how you can reserve, in advance, a door-to-door FREE ride.



Please don't miss this informative meeting. Light refreshments will be served. We'll be providing a sign-up sheet in the Clubhouse Mail Room, as we want to be sure to provide enough refreshments for all, and also because the Transit department wants to bring enough goodies to hand out. See you there!



## Ethnic Night Is January 14

Come help us celebrate your heritage! Join us for the first ever "Ethnic Night" on Sunday, January 14th at 4pm in the Lakes Clubhouse. Bring a traditional favorite dish, appetizer or dessert to share (just like mama used to make).



It would be extra special, if you know a traditional dance, play an instrument or have another cultural talent you could perform and share with us during this event!

To make a reservation for this event, please email: [circleoffriendspsl@gmail.com](mailto:circleoffriendspsl@gmail.com) with the name of your dish (and your talent if applicable), your name and the number of attendees, or you can contact: Claire, Marilyn or Paulie.



## Another Exciting "Game Night"

Come join us on January 26th at 6:30pm in our Lakes Clubhouse for another exciting edition of "Game Night."



Again, Cheryl Robinson and Vickie Smith will be your emcees for the evening.

Bring a beverage and a snack to share, and share the laughs this evening is sure provide. All residents of The Lakes and their guests are welcome.



## Our Favorite Recipes

### Diane Corwin's Ricotta Cake

Preheat oven to 350 degrees and grease a 9"x13" Pyrex glass pan.

- 1 box yellow cake mix
- 2 lbs. ricotta cheese
- 4 eggs
- 3/4 cup sugar
- 1 tsp. vanilla extract

Mix cake mix as directed on box. Pour into 9"x13" pan. In a separate bowl, mix ricotta, eggs, sugar, and vanilla. Spread ricotta mixture on top of cake batter.

Bake at 350 degrees for 50 minutes. Shut off the oven and let the cake sit for 10-15 minutes. Ricotta will sink to the bottom of the pan and the cake will rise to the top around ricotta. Remove from oven & sprinkle cooled cake with powdered sugar.



### The Lakes at Tradition HOA

Managed by: FirstService Residential

HOA onsite office located on the west side of the clubhouse

Best time to visit for a vehicle decal: 11:00am to 3:00pm

Email: [Ingrid.sarmiento@fsresidential.com](mailto:Ingrid.sarmiento@fsresidential.com)

Hours: Mon. thru Fri. 9:30am-4:30pm

Phone: (772) 345-0690

Our website is: [Lathoa.org](http://Lathoa.org)



# Kim's Word Puzzle

By Kim Stapf

# Mt. Dora Bus Trip

By Tom Klein

Below is a list of Outdoor Activities in The Lakes. Find each word from the list below in the puzzle. The words can share letters as they cross over each other and can go in any direction (left to right, right to left, diagonal up, diagonal down). Answer is on page 8.

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

- Basketball Exercise Jogging Playground
- Cornhole Pickleball Shuffleboard Yoga
- Walking Swimming Biking Tennis Bocce

30 of us took the bus trip to Mount Dora December 1st to do some shopping and see the Holiday Light displays. Upon arrival around 3pm, each had dinner at one of the many Mount Dora downtown restaurants and then began our shopping for holiday gifts at the many small shops. At 5pm, streets were closed to vehicles, the holiday lighting displays were lit and live street performers began to entertain us as we continued our holiday shopping.

The many holiday lighting displays just amazed us. And decorated Christmas trees were everywhere, some artificial, some live and some "alive." This potted Christmas tree would startle passersby when it began talking to them as they passed, wishing them a 'Merry Christmas' (it's really a man dressed in a Christmas tree suit).



## Family & Friends CPR Training

By Elise Ross



Learn how to save a life in an interactive, engaging and fun skills training class to be held on Saturday February 3rd in the Lakes Clubhouse. This class will include signs and symptoms of cardiac conditions, skills practice with CPR manikins, and utilization of our Gym's AED (Automated External Defibrillator).

Cost is \$20 per person. You must email your enrollment request by January 21, 2024 to: [latcpr24@gmail.com](mailto:latcpr24@gmail.com) Enrollment is limited to the first 30 responders. If interest exceeds 30 individuals, additional classes will be scheduled at an additional later date.



All protective gear will be provided and each student will receive a course completion certificate. This Family and Friends CPR course is ideal for anyone interested in learning CPR: new parents, grandparents, babysitters and students age 14 and over.



### Lakes at Tradition Financial Accounts Info

Rene & Associates, PA, CPA  
 550 Heritage Drive, Suite 180  
 Jupiter, FL 33458  
 (561) 626-8876

Email: [lathoafee@gmail.com](mailto:lathoafee@gmail.com)  
[www.renecpa.com](http://www.renecpa.com)





## TRADITION EVENTS

**Food Trucks & Tribute** - Make your way to Tradition Square Friday, January 5th, 5-9pm for this extraordinary edition of Food Truck Friday. Bring your chairs and be enthralled by “*Homegrown*” - with their tribute to the Zac Brown Band. This is an evening that promises to be etched in your memory!

**New Year New Me 5K** - Run into the New Year on Sunday, January 7th at 7am in Tradition Square. Chip timing will be provided. All participants will receive a performance t-shirt and a swag bag. Pre-registration needed. Go to [traditionfl.com](http://traditionfl.com), click on ‘Events’; on January calendar, click on ‘New Year 5K’.

**Breakfast In The Square** - Join Tueste Coffee on Friday, January 12th and 26th from 9am till 11am in Tradition Square and have breakfast with friends or just grab a cup before or after your morning walk.

**World of Travel Expo** - On Tuesday, January 13th from 11am till 2pm at Tradition’s Town Hall. Free admission and complementary refreshments.

**Tradition’s World Fair** - Step into a world of flavors and cultures on Saturday, January 27th from 4pm till 9pm for an unforgettable street party at Tradition Square! Experience delicious food from around the globe with vendors dressed in their culture’s typical attire. Dancers and musicians representing different parts of the world will fill the air with music and dance throughout Tradition Square!

**Sunday Sunset Concert Series** - On Sunday, January 28th from 5pm till 7pm, bring your chair to the Tradition Gazebo and enjoy a monthly celebration of live music and breathtaking sunsets. This month features the Sudden Rush Band, delivering a mix of classic and soft rock hits!



Hey Musical Bingo fans,  
it’s back!

### Musical Bingo In the Lakes Clubhouse

Friday, January 12th 6:30pm  
Doors open 6:00pm - \$10.00 for 6 games  
BYOB, a Table Snack and Get Ready to Rock!



## Lakes Mah Jongg Players Celebrate!

By Elise Ross

Once again, Lakes neighbors gathered together to enjoy homemade specialties ranging from Chinese coleslaw, potato latkes, baked ziti, roast beef sliders and so much more! Homemade cookies, cheesecake, apple pie, and more provided sweet treats. The optional gift exchange presents were displayed with Sally Greco’s original artwork stating: “It’s not what is inside the box that matters. It is what resides in our hearts.”

The evening continued with Mah Jongg games played at nine full tables and the chance to try one of the six fun Holiday MJ hands which were created with a nod to Hanukkah, Christmas and Kwanzaa. Winners of the special holiday hands were eligible for the door prize drawing of a box of chocolates...and the winner was: Suzanne Killeen!



## Holiday Soiree Was “Dress To Impress”

By Ken Perlman

On December 16 the Lakes Circle of Friends held their second annual “Holiday Soiree.” The evening began with a holiday toast by all the attendees. The evening flowed seamlessly with participants enjoying the friendship and camaraderie of fellow residents.



“Dress to impress” was in vogue and the ambience of the evening was supported by music of the Richmond Fabien Trio. The desserts were delicious and abundant. The evening ended with a gift exchange. A fun time was had by all.



# Hiking In St. Lucie County

By Marjorie Flory

Our county Preserves have provided me with wonderful hiking experiences since my arrival here in 2015. I have hiked many of the 26 Preserves located here in St. Lucie County and have quite a few favorites including Oxbow, Ancient Oaks and Ten Mile Creek.

I will hike alone and/or with friends but I prefer to participate in the Guided Nature Programs or the Guided Kayak Tours sponsored by St. Lucie County's Environmental Resources Department (ERD). These tours are led by skilled hiking guides who are enthusiastic and knowledgeable. Each program features a unique topic such as native plants, restoration projects, invasive species, wildflowers, birds, etc. I enjoy night hikes where we watch the sunset, moon rises, owls, and other nocturnals. Their programs run from October to June. To sign up go to: [slchikes.org](http://slchikes.org) It's a great way to get into nature; *plus...*the hikes are FREE!!!

# Big Turnout At Holiday Party

By Mollie Adams

There was a big turnout at the Holiday Party held in the Clubhouse on December 9th. Sparkling drinks were poured for each table and everyone "Toasted the Holidays" and the New Year.

After everyone enjoyed the delicious hot and cold appetizers provided by Social Committee members, it was time for the gift exchange (emceed by "DJ Bob" Hopkins) where after choosing and opening a gift from the table, if you didn't like what you chose, you could exchange it for what someone else previously chose instead. Everyone had such a great time!

A big thank you to the Social Committee team and other volunteers who through their talents and efforts made our Annual Holiday Party a lovely evening. It truly takes a "village" to have an event like this come to fruition.

My New Year's wish is for health, happiness, and peace to *all* for 2024.



The ERD manages over 11,000 acres of protected land with 26 Preserves that are open to the public. Their Significant Lands Program began in 1994 with the passage of a \$20 million local bond program with the mission to preserve, protect and restore ecosystems in their natural state while providing compatible public usage.

Monies in the bond program have more than tripled because ERD continues to receive grants. Lands are acquired with the assistance of Florida Communities Trust (FCT), South Florida Water Management District, Save Our Rivers and Conservation And Recreational Lands (CARL). The bond will expire in 2024. Hopefully, there will be another bond of some sort going on the ballot in November of 2024 to replace it, so ERD can continue to acquire more land for conservation and can continue to protect our natural resources. Hoping to see you on the trail!

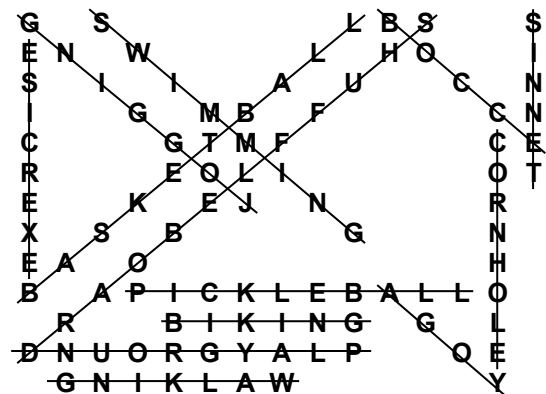






**There Is No Bingo Scheduled For January.**

## Answer To Kim's Word Puzzle







# JANUARY 2024

May The New Year Bring Both You and Yours Health and Happiness.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dec 31  <b>New Year's Eve</b>	Jan 1, 24 OFFICE CLOSED  	2 9:00am EASY STRETCH 10:00am DANCEXRCISE 12:00pm CANASTA 1:00pm CRIBBAGE	3 Cancelled 9:00am FACILITIES COMMITTEE 10:00am ACC MEETING 1:00pm MEXICAN TRAIN 1:00pm YOGA	4 1:00pm EUCHRE 6:30pm MAH JONGG	5 Cancelled 10:00am LAT BOD WORKSHOP 1:00pm MAH JONGG	6
7	8 10:00am DANCEXRCISE 1:00pm BRIDGE 1:00pm MAH JONGG	9 9:00am EASY STRETCH 10:00am DANCEXRCISE 12:00pm CANASTA 1:00pm CRIBBAGE 3:00pm LANDSCAPE COMMITTEE	10 1:00pm MEXICAN TRAIN 1:00pm YOGA 1PM-BOD Workshop	11 1:00pm EUCHRE 6:30pm MAH JONGG	12 1:00pm MAH JONGG 6:00pm MUSICAL BINGO  	13 12:00pm PRIVATE EVENT
14 4:00 ETHNIC NIGHT  	15 OFFICE CLOSED 10:00am DANCEXRCISE 1:00pm BRIDGE 1:00pm MAH JONGG 4:00pm FINANCE COMMITTEE 7:00pm BOOK CLUB  	16 9:00am EASY STRETCH 10:00am DANCEXRCISE 12:00pm CANASTA 1:00pm CRIBBAGE	17 1:00pm MEXICAN TRAIN 1:00pm YOGA 6:30pm BOARD MEETING	18 1:00pm EUCHRE 6:30pm MAH JONGG	19 1:00pm MAH JONGG	20
21	22 10:00am DANCEXRCISE 1:00pm BRIDGE 1:00pm MAH JONGG	23 9:00am EASY STRETCH 10:00am DANCEXRCISE 12:00pm CANASTA 1:00pm CRIBBAGE 7:00pm TOWNHALL TRANSIT - St Lucie County	24 1:00pm MEXICAN TRAIN 1:00pm YOGA	25 12:00pm ACCApp Deadline 1:00pm EUCHRE 6:30pm MAH JONGG	26 1:00pm MAH JONGG 6:30 GAME NIGHT  	27  
28	29 10:00am DANCEXRCISE 1:00pm BRIDGE 1:00pm MAH JONGG	30 9:00am EASY STRETCH 10:00am DANCEXRCISE 12:00pm CANASTA 1:00pm CRIBBAGE	31 1:00pm MEXICAN TRAIN 1:00pm YOGA			

## New Gym Equipment For The New Year

Hey Gym fans! New exercise equipment has been placed in our Clubhouse Gym, just in time to help you with your New Year's Resolutions to exercise more.

Five of the new dual function machines now in our Gym include: a Leg Curl And Extension machine, a Biceps Curl And Triceps Extension machine, a Dual Lat Pull Down And Row machine, a Leg Press And Calf Raise machine and a Chest Multi-Press machine.

These machines allow you to switch between two different exercises with a simple quick adjustment. Placards on each give you visual instructions showing how each machine works & what muscle it exercises.



# Community Holiday Decorations

We wanted to showcase for you just a few of the many wonderfully decorated homes located within our community. Thank you to everyone who went all out in decorating your homes this past holiday season!



# DanceXrcise

By Marilyn Findley

More than two years ago, several neighbors were looking for a good way to get aerobic exercise, which was more fun, than work. They decided to launch a program called *DanceXrcise*. It's open to all Lakes residents and meets twice weekly in the clubhouse at 10am on Mondays and Tuesdays.

The hour-long sessions consist of a warm up, then about 40 minutes of dance with You Tube pros. The music chosen crosses genres, but focus is usually on familiar sounds from the 60's, 70's, 80's and beyond. Following that is always a cool down and stretch.

All levels of fitness can be accommodated by ad-

justing the step, tempo or using modifications. So, if you're interested in getting at least 5,000 steps in, and having some fun with your Lakes neighbors, stop in to *DanceXrcise*!

