

Events and Happenings

Experience the Vienna Square Lifestyle

Newsletter September 2010

Wellness at Vienna Square

Aqua Fitness Classes Mondays

at 10 a.m. Aqua classes are a good way to stay cool in the summer! The low impact workout

includes cardiovascular and resistance training led by a professional instructor. All residents – men and women can benefit from this exercise class. Meet in the pool at 10 a.m. on Mondays.

Coming October 7 from 9 to noon: Vienna Square Health Fair This special activity will feature local medical facilities, physicians, health care specialists, interactive health screenings, free gifts, free medical supplies and much, much more. Mark the date – this

is one event you will not want to miss!

Living Your Best Life- Healthy Living Series with Dr. Bernice Williams.

Coming Saturdays at 10 am -- October 23, 30, November 6 & 13.

Session 1 Healthy Lifestyles Overview --The basics of a healthy lifestyle from how much water a person should drink daily to how often you should exercise. Dr. Bernice will share, straight from Scripture, what God says about our health and how we care for “our temple”

Session 2 Healthy Thoughts and Positive Affirmations – Gain insight on what God says about our thoughts and how they directly affect our actions and the outcome of each day. Determine if your thoughts are helping you live a healthy life and if you are strong or weak in thought.

Session 3 Exercise – Believe it or not, the Bible does teach us about exercise! Understand this underappreciated word . . . from a Biblical perspective.

Session 4 What Would Jesus Eat? A brief overview of how the body works and what you can eat to make it function better by living according to God’s plan.

Social Activities & Special Events at Vienna Square

Ladies Coffee Wednesday, August 4 at 10 a.m. Coffee, tea and refreshments will be served. Meet and greet your neighbors! Please sign up in the Clubhouse Lobby so there are plenty of refreshments.

Horseshoe Tournament

September 8 at 9 a.m. Congratulations to August horseshoe winners Randy Sollenberger & Ed Wilkening. Ed & Elaine Wilkening are putting together another horseshoe tournament. Men and women are encouraged to sign up (Clubhouse Lobby) for this friendly competition!

Dinner and a Movie Thursday, September 9 at 4:30 p.m.

Hosted by Ruth & Bob Tattersall -- on the menu for September: hamburgers, hot dogs, chili, potato salad, chips and ice cream. The cost is \$5 per person. Contact Will Parker (863.875.3403) for tickets and sign up in the Clubhouse.

Ladies Luncheon September 15

Every lady is invited to carpool to nearby Ruby Tuesdays in Winter Haven. Please meet in the Clubhouse by 11:30 a.m. to carpool for a noon luncheon. Please sign up in the Clubhouse and indicate if you are willing to drive.

Potluck Dinner September 23

Join others in the Clubhouse at 6 p.m. – please sign up in advance and indicate what specific dish you will be bringing. Call Chuck Bendersky with any questions at 863.268.8032

Book Club

September 24 at 3 p.m.

Tricia Adams will facilitate a lively discussion about one of the best books published in recent years – The Guernsey Literary and Potato Peel Pie Society. A limited quantity of paperback books is available from Tricia Adams for \$5. Please contact Tricia at 863.324.6032 or tadams@lakeashton.com if you would like to buy a book from her. The book is also available at the local library and bookstores. Avid readers, men and women, history buffs and others will enjoy reading this worthwhile book about a small group of people and how their lives changed during and after World War II. Please sign up in the lobby if you are able to attend this brand new activity.

Save the Date! Holiday Events

October 31 Costume Dance Party

November 25 Thanksgiving Potluck (Sociables)

December 10 A Christmas Carol Dinner Party

December 31 New Year's Eve Party (Sociables)

Group Travel

November 28, 2010 - Emerald Princess - 10 Day Southern Caribbean Voyager -

Rates from \$849 pp \$100 Shipboard Credit per Stateroom.

January 16, 2011 – Ruby Princess - Eastern Caribbean -

Rates from \$789 pp - \$75 per Stateroom Shipboard Credit.

May 7, 2011 -"New" Carnival Dream - 7 Day Eastern Caribbean -

Rates from - \$789 pp.

These rates include all port charges, government fees,taxes and transportation from Vienna Square. Further information is available at cruiselinktravelinc.com or 863.318.8340. Jacki Rothfelder (863.875.5050) is a resident coordinating group travel opportunities; she welcomes question and suggestions.

Community Affairs

New Directories: Please pick up newly updated resident directories in the Sales Office. After you pick up the directory, please make sure your telephone and e-mail address are correct. Advise the sales staff of any corrections or updates for the directory.

September 8 Sociables Meeting at 3:30 p.m. Open to all residents, these meetings are to plan future events for residents only (guests and relatives are included). Call Chuck Bendersky with any questions at 863.268.8032.

Emergency Service- Remember to give the entrance code to the gate when calling for emergency service in the evening and night time hours.

Community Information

Meeting with Public Safety Information Officer Rosa Driggs Thursday, September 23 at 3:30 p.m.

Older adults are twice as likely to be killed or injured by fires or falls than their younger peers. Polk County Fire Rescue offers an important fall and fire prevention program using themes and stories relevant to older adults – it is a safety message that incorporates nostalgia. Joe Hunter will be on site to provide information concerning facility maintenance, ARC guidelines, common-area landscaping and/or other community affairs. Residents who are representing various activities will be introduced and have an opportunity to share with their neighbors. Please note this meeting will be over by 4:30 pm in order to allow time for Potluck set up.

Vienna Square CERT Group to Form.

Vienna Square residents can be proactive to minimize damage before, during or after a local disaster – such as severe storm or fire – by forming a Community Emergency Response Team. A course can be offered on site at Vienna Square in the fall or winter. The courses include disaster preparedness, fire safety, first

aid, light search and rescue, hazardous materials and team organization. Please indicate your interest in this program by signing up in the Clubhouse Lobby. Contact Lt. Nancy Guittieraz at 863.534.2378 for more information about CERT and training.

Movies

Bring your own popcorn and drinks! Enjoy the show!

September 2 Earth– at 7 p.m.. The nature documentary provides a sweeping 99-minute tour of our home planet's biosphere -- spanning every level of gaze, from the epic (crystal-clear shots of the Earth hovering in space) to the hyperspecific (a mother polar bear and her cubs waking from a lengthy period of hibernation). Rated G; 90 minutes.

September 9 The Losers– at 6:30 .m. A team of mercenaries wage war on the CIA after they're double-crossed in the field and left to die. Rated PG-13; 97 minutes.

September 16 – Ghost Writer- at 7 p.m.. Convinced by his agent that he's been granted an once-in-a-lifetime opportunity, talented British screenwriter "The Ghost" agrees to aid the British prime minister in completing his memoirs. Starring Ewan McGregor. Rated PG-13; 128 minutes.

September 23 – Dear John- at 7 p.m.. A young soldier falls for an idealistic college girl. Starring Amanda Seyfreid. Rated PG- 13; 108 minutes.

September 30 – TBA- at 7 p.m. A

movie will be announced at a later time.

Weekly Activities

Line Dancing - Thursdays Have fun while keeping your feet moving from 10 am to noon; a weekly fee applies. Contact Ruth Tattersall with any questions at 863.294.8084.

Funtime Bowlers - Fridays Join Will and Ann Parker (863.875.3403) for bowling every Friday at 10 a.m.

Couples Bridge Fridays at 1:30 p.m. Party Bridge for any residents. Please contact Lois Lins with any questions at 863.293.1216.

Dominoes Mondays at 7 p.m. A fun social game that anyone can play! Please contact Susan Hardy at 863.401.9833 with any questions.

Poker Night Tuesdays at 7 p.m. Everyone is welcome to come to Poker Night. Call Chuck Bendersky with any questions at 863.268.8032