

THE POINTER

Vesta Property Services Presents



APRIL
2

SIMPLY CLAPTON

MIKE IMBASCIANI - 2023 WINTER SERIES

THE FABULONS
OLDIES ROCK - 2023 SUMMER SERIES

APRIL
4



TWO SHOW PACKAGE \$50
INDIVIDUAL SHOW TICKETS \$30

*TAX INCLUSIVE

DOORS OPEN 7:00PM | SHOWS START 7:30PM

**TICKETS NOW AVAILABLE FOR PURCHASE AT KPCH BOX OFFICE
OR BY CALLING (813) 387-3447**

The information in this newsletter is current as of the date of publication. Please note events and activities are subject to change and/or cancellation. For the latest information, please sign up for Vesta's Kings Point updates and Focal Points at: kingspointuncitycenter.com/newsletter-sign-up/

THE POINTER

Send submissions to:
jvonlueders@vestapropertyservices.com

April 2024

Published by
Vesta

Editor: Jennifer Von Lueders
JVonlueders@vestapropertyservices.com

Contact Information:

Main Clubhouse

Box Office	387-3447
Business Office	387-3439
Security	387-3471
Security Cell	918-1311
Transportation	387-3470

2020 Centre

Concierge	387-3458
Fitness	387-3476
Serenity Spa and Salon	387-3475

Cyber Space

Cyber Space 540-5450

South Clubhouse

Business Office	387-3449
Palm Court Café	387-3463
Lost and Found	387-3483
Security	918-0907

Gates

Front Gate	634-2063
South Gate	645-9355

Visitor Access:

kpscvisitor@vestapropertyservices.com

Community Services:

COA Office	633-1710
KPW	633-0061
Federation Offices	633-2083
First Service/Pest Control	642-8990
Master Association	812-7559

The Pointer Mission:

Our Mission is to publicize the scheduled activities for the Kings Point community; and to act as a central resource for meeting and event notices, learning opportunities, and upcoming attractions in and about the community.



Helping Hands

Reach Out Today, Find Comfort In Tomorrow



Are you thinking about looking into Assisted Living? Contact us first for *Free* information on local community pricing, amenities, state inspections and more.

Contact us if you notice any of the following from your loved one:

- Confusion/Wandering
- Frequent Medication Mistakes
- Frequent Falls
- Frequent Hospital Visits
- Signs of Depression
- Unsafe/Unclean Home Environment

Helping Hands is your FREE personalized Independent Living, Assisted Living, and Memory Care Referral Service

813.787.9200

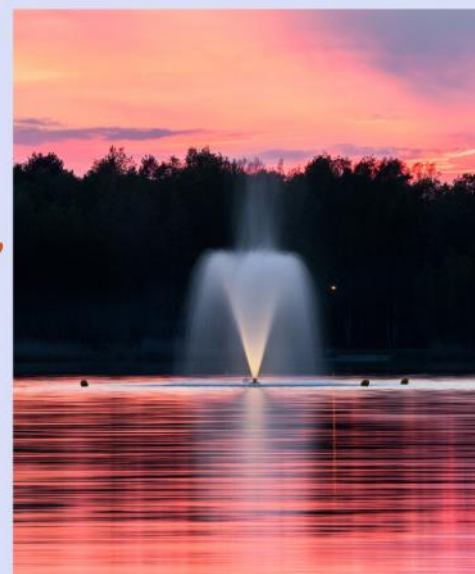
www.helpinghandsflorida.net

Come have your *BREAKFAST* at the *PALM COURT CAFE.*

Best View in town!

Omelettes, French Toast, Pancakes, Eggs Benedict, Breakfast Burrito Avocado Toast and Much More!

Breakfast available 8-11am Thursday-Sunday Kings Point South Club



Security Corner

Friendly Reminder:

There has been an influx of resident dumping and dropping off unwanted items at and beside the Main Clubhouse and South Club dumpsters.

Those dumpsters are for the sole use of the Main Clubhouse and South Club, including the events and functions held therein.

If you need to throw out large, bulky or electronic items, please visit the local Wimauma Hillsborough County Solid Waste website at this link: <https://www.hillsboroughcounty.org/en/locations/wimauma-solid-waste-facility> or call them at (813) 272-5680 for more information such as location, hours of operation and a list of acceptable items.

Please note and share... The dumpster area is under video surveillance and violators will be identified and fined.

Transportation

*Kings Point Tram services
available to every resident!*

Masks are optional on trams.

REMINDER!

We are now allowing guests.

If using the tram from the clubhouse, transportation office **MUST** be notified before quarter-past the hour and you must be present in the foyer by 25 minutes past the hour.

Passengers must be waiting in front of their homes ready to board the tram upon arrival.

Drivers are prohibited from assisting passengers when boarding and exiting the vehicle. If a resident has difficulty boarding or exiting the vehicle, a Kings Point resident or lessee escort must accompany and assist the resident. Drivers are not permitted to assist passengers with groceries, shopping bags or other packages ***Two Bag Maximum*** and walkers.

Internal Tram Service:

Monday-Friday on the half-hour

Shuttles residents, and lessees to ALL locations within Kings Point.

If you want to attend an event at the North Clubhouse, South Clubhouse, 2020 Centre, Community Pools or you simply want to visit a friend, call **387-3470**.

Emergency Phone Number

In order to better serve the community, the Transportation Department has set up a special emergency phone number, available in the event the office phone is not functional and residents are unable to leave messages for tram drivers: **918-0246**.

Hours:

Monday—Friday 8:00am—5:00pm.

Aldi's 9:30am on Tuesdays

Publix 9:30am on Thursdays

Walmart 10:30am on Tuesdays and Thursdays

Saturday Lunch Bunch 11:30am—2pm

Sunday Church 8:45am—12:30pm

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Learn More



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3855 Upper Creek Drive
Sun City Center, FL 33573
SeniorLivingSunCity.com
LIC #AL7290

SUN CITY
SENIOR LIVING
— AURA

APRIL Monthly Line Dance

APRIL 7, 2024

BLACK n WHITE

Veterans Theater ~ 7:00pm to 9:00pm

DOORS OPEN: 6:30pm

and SALES at DOOR

\$ 6.00 PP

You can also purchase ticket

IN THE CLASSES LISTED BELOW

THURSDAYS: 2020 Bldg ~ 1:30pm to 2:00pm

FRIDAYS: 2020 Bldg ~ 1:30pm to 2:00pm

BLACK and WHITE colors

Dance to ALL levels of Line Dances

Instructor & Caller

Darlene

813.633.7173



DID YOU KNOW?

DINNER, BEER AND WINE WILL BE AVAILABLE FOR PURCHASE PRIOR TO EACH WINTER SERIES SHOW! THIS MAKES FOR A CONVENIENT AND FUN OPTION FOR THOSE ATTENDING. NO NEED TO COOK!



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Some Reviews

"They came to my hospital bed to fill out the majority of my paperwork. Great customer service!" - Eric V.

"Love the service I received from TrustMasters! They were efficient, thorough and much less than paying a lawyer." - Bobbie H.

"High value at a great price. A no brainer." - Michael S.

"I shopped around. They were almost the cheapest, but definitely the best!" - Susan R.

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DON'T LEAVE EARTH WITHOUT ONE!

WHEN

Friday, April 19th, 2024

12:00PM-1:30PM (LUNCH INCLUDED)

WHERE

2020 Building-North Forum Room

2020 Clubhouse Dr, Sun City Center, FL 33573

RSVP: (813) 970-7372 (Call or Text)
info@trustmasters.com

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Meagan Kroop of Senior Healthcare Solutions presents

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Your health insurance experts



Boost Your Digestion

Your digestive system is extremely important to your overall health. When it isn't working properly, your mind and body will not be functioning at their best. This educational seminar will help you understand the importance of gut health, and give you simple tips to improve yours!

With special guest speaker

Dr. Dychko

Of Healthy Home Primary Care

April 10, 2024 at 1:00 PM
Ripple Room



Battling Dangerous Belly Fat

As we get older, we often see an expanding waistline as being an unwanted—but avoidable effect. But belly fat doesn't just make your clothes fit tighter; it can have serious health impacts. This educational seminar will help you understand what belly fat is caused by, and how it can affect your overall health.

With special guest speakers

Dr. Dhaliwal & Dr. Nash

Of Sunstate Doctors

April 25, 2024 at 10:00 AM
East Social Room



Space is limited, RSVP required at
813-497-4747

Produce Market in Kings Point

FRESH PRODUCE
9AM - 3:30PM

EVERY THURSDAY
OPEN TO THE PUBLIC
IN THE FIELD BY THE KPCH
PICKLEBALL COURTS



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Clubs & Organizations

April 1: New York Club - The New York Club will be having their Spring Fling Monday, April 1st at 5:00 in the Kings Point Veterans theater. Food by Banquet Masters and music by Kevin Brooks. All are welcome. Members only \$25.00 and guests \$28.50. For further information please contact Frank Gatto at 813 633 8942.

April 3: Write Your Life: Creating Your Memoir. See page 9 for details.

April 4th: KP Baby Boomers - Please join us for a Fashion Show Charity Event to benefit the Critter Adoption & Rescue Effort. Lunch & Fashion Show 11am, Shop The Looks from 10:30am-2pm. Advance tickets are \$25pp. Tickets available at the KPCH Box Office. For more info call 813-387-3447.

April 10: KP Dance Club- Presents "Black and White" Dance at the KPCH Veterans Theater. Doors open 6:30 pm. Dancing from 7:00 to 9:00 pm. Ballroom Music by: Dan Fugazzotto. All KP, SCC, Singles and guests welcome. Dress Code, Dressy Casual, no shorts. BYOB. Members FREE, Guests \$5.00 pp. Questions call Eileen 813-296-4038

April 12: Michigan Club of KP - Tickets for the Friday, April 12th "Spring Fling" dance will be sold on Tuesdays, March 19, 26, April 2 and 9th from 9am-12pm. Be sure to wear your spring colors! Entertainment provided by SoulRcoaster. BYO Everything. Ice and water provided. Members \$10, Non-members \$12. Doors open 5:30pm, music starts at six. Our charity for the care/share is Hope for Children that operates in Wimauma. Tickets are 8 for \$5--please be generous. Currently not a member of the Club but want to be? Email miclubkp@gmail.com and request a Membership Form be emailed to you. They will go out the third week of March.

April 13: Come Dance With Us— Spring is Here! KPCH Veterans Theater. Doors open at 5:30pm with dancing from 6:30pm-9:00pm. Music by LB and Chloe with a variety of genres. Line dancing during intermission. Charge is \$5pp at the door with ice and water provided. BYOB! All are welcome. Questions? Call Ken 513-582-8449 or Rosemary 513-258-8238.

April 15: Kings Point Chorus- SPRING CONCERT TICKETS ON SALE NOW for the Kings Point Chorus Spring Concert, "Seasons of Love," Monday, April 15th, 6:00 p.m. in Veterans Theatre, Kings Point North Clubhouse. Tickets \$12 at the Kings Point Box Office. Any questions: kbrady610@gmail.com.

April 16: KP Italian Club - Invites you to an Italian Wedding Party. Veterans Theater, doors open at 4:30pm. Food provided by Banquet Masters. BYOB. Music by Sal Prado. Members \$30pp, guests \$35. Please see page 21 for additional information.

May 5: Michigan Club of KP- Kentucky Derby Party, Veterans Theatre. Tickets will be on sale Tuesdays, April 9, 16, 23 and 30 from 9-12 at the NC Lobby. Tickets are \$22 for members and non-members. Buffet dinner. BYOE. Ice and water provided. Post time is between 6-7 pm and will be viewed on the movie screen. Hope your horse wins! Doors open 3:30 p.m. Prizes for best Guys and Gals Kentucky Derby Hats. Questions? Contact miclubkp@gmail.com. If you would like to join our club -- new fiscal year starts 6/1, email us and we will email a membership form to you.

Thursday BINGO Doors open 11am. Game starts 12pm. First come, first serve basis. Papers will be sold in single (\$9) double (\$17) and triple (\$25) packets. Each participant must have their own placemats and daubers!

Saturday Night BINGO Doors at 4:30 pm. Game from 5:45pm-8:45pm.

Sunday BINGO Doors open 1:00 pm. Game starts 2:00pm. First come, first serve basis. Papers will be sold in single (\$9) double (\$17) and triple (\$25) packets. Each participant must have their own placemats and daubers!

Bunco Every 2nd and 4th Friday KPCH Ripple Rm 1:00 p.m. Come play bunco. Tell or bring a friend.

Acrylic Painting Workshop Group meets Tuesdays in the KPCH Art Room from 1-4pm. Learn new skills and techniques, fun class for anyone who wants to explore their creative side. Bring a canvas. Paints, brushes available. 20 people max. For info contact Jane at 715-923-2393

Art Club Kings Point Art League welcomes you. A blending of all mediums, culminating in our annual art show. Check out our classes.

Kings Point Amateur Radio Club meets the second Monday of every month at 1 pm in the Meeting Place Room.

Apple Club Come join us in our journey of the exploration of all things Apple. Meetings second Wed. of each month in the Veterans Theater from 1pm-3pm. (no meetings in June, July or August) Annual dues \$25 per household and \$15 per individual. KP residents only. Help sessions every Mon. and Thurs. from 9am-11am at the 2020 in the culinary room. Info: Gary Brian 502-544-6057.

Kings Point Archery Club meets the third Wednesday of the month at 4:30 p.m. Room TBD. Archery Range is open for members from dawn until dusk every day. Call Steve at 610-216-9153

The Billiard Club is open daily 8 am-8 pm for pool-playing enjoyment. Three different tournaments are held monthly, October-May.

Bocce Ball Group: Meet at 10am every Saturday to play on the Bocce court. Call Bill at 603-520-3918.

KP Canadian Club: A social club with a few events planned to bring Canadians together from December to April (e.g., pot luck, meet and mingle, golf tournament, dinner/dance). Please contact kpeclub@gmail.com to be added to the mailing list..

Ceramics Club of KP: Join us at the Ceramics Room any Thursday from 9am-3pm! Call Lonnie Eaker 813-395-2412 for details.

Chicago Bridge: Cancelled for the Season

Chinese Hong Kong Style Mahjong Wednesday nights. join us if you know how to play or would like to learn. meet new people and play a fun game. For info call Yingmay: (413) 218-1182 please leave a message.

Coquina Beach Group: If you like the beach but don't want to go alone. Saturday Women's group call or text Trish 3366935278.

Kings Point Cribbage Club meets Mon. and Thurs. 6-8 pm in the KPCH East Social Room. Open to KP and SCC. Everything supplied.

KP Cornhole Club: Join us today! We play at the North Court Complex adjacent to the Lawn Bowling Courts on Monday, Wednesday, and Friday. Summer hours -May 01 -Sept 30, 9am-12pm, start time 9:45am / Winter hours - Oct 01 - April 30.2pm-6pm, start time 3:45pm, Visit kpcornhole.com for more info or call Penny at 423-453-9769

KP Dance Club: Our Dances are from October to April at the Veterans theater. If you have questions call Eileen 813-296-4038

KP Dog Lovers Club: Visit dlckp.org for info on meetings & events

Discussion Group: Meets Tuesdays at 10:30am in the KPCH West Social Rm: We talk about any topic you can think of: Including religion, current events, psychology, politics, etc. We want opinionated people who are willing to speak up. For info call Chris Leavitt at 585-334-6393.

Kings Point Duplicate Bridge Association holds sanctioned bridge games every Tues & Wed. at 1pm in the KPCH Card Rm. Newcomers welcome. For more info, call Tom Richard: 813-431-0823.

Eagle Audubon Society: We seek to increase interest & involvement in our local/state environment, it's history, wildlife, preservation, & restoration. Visit eagleaudubonflorida.org.

Euchre Club: KPCH Card Room Tuesdays at 6:30pm . No partners are necessary we rotate tables and players. Cost \$1.00 per player Contact Carl Wink 605-593-1383 or Tom Jones 614-214-1499 for more info.

Kings Point Glass Arts Club will be having Monitor (help) sessions Mon., Wed., & Fri. mornings from 9:00 till 11:00. Studio is open during open clubhouse hours but must show membership badge to security. Email Sandy Ford for more info kingspointglassarts@gmail.com

Economic Information Club meets the 2nd and 4th Weds. of each month at 3:30pm in the KPCH Atrium. Dan Cannistra, 941-730-9093

Feline Folks meet the first Thursday of every month in the 2020 Centre Culinary Room at 3:30 pm. Everyone is welcome to attend. For information, email info@felinefolks.us.

Kings Point Florida Friendly Plant Club—Fl Native and Florida-friendly plants! We enjoy learning and helping each other improve our flower beds with the right plant in the right place. Please contact kpffplantclub@gmail.com for meeting information.

Kings Point Glass Art—Come see the creations you can make whether your interested in creating stain or fusing glass creation? Signing up for classes is easy. Monitor's are available to assist in the summer; Mon., Wed., and Fri., from 9:00 to Noon. Be a part of the fun! Located in the South Club House

Happy Tappers meet every Tuesday from 1:30-2:30 in the KPCH Dance Studio. There is also a session before class for review/beginning tappers from 1-1:30 each Tuesday. These classes are meant for beginning to intermediate tappers. New members are always welcome. Please call Gayle Hendrich at 765-720-4911.

Healthy Lifestyles Meetup — Zoom details on HealthyMeetup.ORG

Heartland Social Club—A social club serving as a welcome mat to all Sun City residents and snowbirds, especially those with ties to Minnesota, Illinois, Indiana, Iowa, Missouri, Kansas, and Nebraska. For more information to join or learn about our non-dance events, please call: Bev Wohlrab (Membership Chair) at: (309) 525-2871, or email jbwohlrab@gmail.com

Friends of History Discussion Group. For information regarding club activities email Naomi Hauser friendsofhistorygroup27@gmail.com

Kindred Spirits Hey Ladies! As life changes, we find ourselves missing a companion to be active with. Are you tired of going to restaurants, movies, and events alone or maybe not going at all? We have the solution. It's the Kindred Spirits Club! Come meet other women to enjoy life with and build friendships. We meet the first Wednesday of every month, 3:30 p.m. at KPCH Meeting Room. If you are needing a gate pass no problem, let us know, Mmason@seniorsinservice.org

Kings Point Hula Honey's Modern and Traditional hula for all levels. KPCH dance center every Wednesday at 11:00am. Call Kathy Hammond 813 368-9636 or Teresa Drake 970 215-1167 ALOHA

Kings Point Italian Club A social club where you don't have to be Italian to join and have fun, dance and dine. For more information contact Frank Oleskewicz 813-300-4010 or email fandkolesk4@yahoo.com

Kings Point Krafter's Club meets Wednesdays from 9-12pm in the KPCH Fiber Arts Room. Crafts include knit, crochet, and canvas. No membership dues. For more info: Catherine Yevoli 922-4217.

Lapidary Club: Various aspects of jewelry making and gem cutting. The fall classes have begun. Stop by Room #22 for a new schedule. Annual dues are \$15 with an additional fee of \$30 if machinery use is required. New members are welcome anytime.

Kings Point Lawn Bowling Club will give 3 free lessons to anyone interested in learning the game. We bowl Mon., Wed., & Fri. mornings. Tues., Thurs., & Sat. afternoons. Interested please call Joe at 302-766-1668

Monday Bunco Ripple Rm, Please be there by 12:30pm cost is \$2.00

Mahjong Mavens: Meets weekly on Friday at 12:30pm in the KPCH Bingo Room. Come Join the Fun!! All Welcome, for more info contact Barbara Sarner 631—741-2177

Mah Jongg Sullivan: Meets weekly on Thursdays in the KPCH Atrium from 12:30pm-3:30pm. Please contact Kathy Sullivan for more info at 813-331-3176

Mexican Train: Meets weekly on Wednesdays in the KPCH Fiber Arts Rooms from 12:30pm - 4pm. No food but personal drinks are permitted. Masks can be removed once seated. Bring own game. Contact Claudette at 813-938-3182 for more info.

Kings Point Michigan Club -All are welcome. Do not have to live in KP or be from Michigan! Contact miclubkp@gmail.com if you are not currently a member and want to be put on email list to receive notification regarding membership for 2024-25 year.

Minnesota Club 2nd Tuesday September—May 3pm-5pm meet with fellow Minnesotans. Meeting date and time will vary depending on monthly social event. All members will be notified of any changes in advance. Please contact Arlene Gasper 763-777-1726 or agasper1@hotmail.com or Patty Hulting 763-360-0627 or pathulting@hotmail.com

Kings Point Mixed Bowling League Bowl at The Alley starting in September. Call Pete DeRupo 813-337-8238, leave message.

Kings Point Mixed Chorus Do you love to sing with others? Then come join the Kings Point Mixed Chorus! For more information, email Kathleen Brady at kbrady610@gmail.com.

Kings Point Model Railroad Club: Welcomes Visitors every Mon., Tues., Thurs., & Fri. from 1pm-3pm in KPCH. Accepting New Members. Bring in the grandkids to help us run the trains!

Kings Point Music Makers Club: looking for new members. We meet in the KPCH Ripple rm on Saturdays from 9-1pm. Bring an instrument or just your voice and sing and play with us. Or just come to sit and listen. We are all about making music and all from Kings Point and SCC are welcome. Contact Greg, David or Dan at kpmusicmakers@gmail.com.

New York Empire State Club For further information please contact Frank Gatto at 813 633 8942.

Pelican Players Community Theater: Open membership, \$10.00 annual dues. For upcoming performances visit www.pelicanplayersccc.org or email pelicanplayers.rep@gmail.com

Kings Point Pickleball: Open Play welcome all day at both the North and South Courts. Join the club for great friendships, fun tournaments (for all levels), and wonderful social events. It's only 20 dollars a year - membership forms are available at both courts. Want to learn to play pickleball? Email us at Kingspointpbll@gmail.com. Any questions, please call Suzan Hill at (606)831-2789 or Karin Coons (914)213-7592.

Kings Point Pinochle players welcome KP & SCC Residents to play single deck pinochle on Wed. & Fri. nights from 6:15 - 9:30 P.M. in the KP card room. Contact Judy 634-5364 for info. or questions.

Monday Night Social Pinochle Club meets in the KPCH Card Room every Monday Night from 6:00 - 8:30pm. Call Bobbie at 813-215-7127

Kings Point Pottery Club: Learn how to turn clay into your own piece of art and meet wonderful people. Accepting new members. Sign up for classes in the Pottery Rm. Questions? See attendant of the Pottery Rm.

Kings Point Poker Group is looking for new members. They play every Mon. and Wed. from 6:00-9:00pm. Please call 813-633-7568 if interested.

Kings Point Quilters meet Mon., Thurs., & Fri. from 9am - 4pm in KPCH Fiber Arts Rooms 1 & 2. For information call Mary 813-938-5938 or Dottie 330-718-1484

Scrabble Join residents in a board game using lettered tiles to create words in a crossword fashion. Socialize and learn new words with a game of scrabble. Contact Sandra McCullough at 443-326-8606 for more info.

The Shuffleboard Club meets Tuesdays and Fridays 9-11 am. Contact Jim Forgione, 813-633-0975, or Sherwood Rubin, 813-451-1874.

The Sportsman's Club Meets on the third Wednesday of every month at the KPCH Theater at 3:00 p.m. Guest speakers, refreshments and door prizes at every meeting. The Club is dedicated to promoting shooting sports, including: Pistol, Rifle, Shotgun, Hunting, Fishing and Wildlife Conservation. For more info, check out our website at: kingspointssportsmansclub.com

Silver Shakers Thurs 9:30am to 10:30am KPCH Studio, FUN, low-impact, low-cardio Middle Eastern Dance ("Belly Dance"). Perfect for those who want to improve their flexibility, movement, mental acuity, and overall well-being through exercises and choreographed routines. Performance opportunities offered when possible, not required. "Jafali" 303-638-2784

Kings Point Stabilizers Machine Embroidery Group meets the 3rd Friday of the month from 9am - 3pm in the KPCH Fiber Arts Room 1. Personal embroidery machine required along with knowledge of how to use the machine. Contact Sandy Nunn at 813-642-8961.

Kings Point Photography Club Join us on the 2nd Tuesday of each month. Everyone is welcome, whether your level of photography is beginner or advanced. Email the club for more information. KingsPointPhotoClub@gmail.com

Kings Point Quilters Hand Quilters meet Fridays 9am - noon KPCH Fiber Arts Room 2. For Information call Deb Burgeson at 320-216-5438

Table Tennis Club Interested in playing table tennis? We play on Mon. and Wed. nights from 5pm – 8pm and Sat. from 2pm-5pm at the 2020 building Energy Studio. No experience necessary. For safety sake appropriate footwear must be worn. No sandals or flipflops.

Kings Point Tennis Club If you are interested in playing tennis, we offer a great opportunity to get out on the courts. No matter what, there's a place for you in our club. Social tennis play with all club members are held on Tues., Thurs., and Sat., in the am. Courts available on Mon., Wed., and Fri., for specialized groups. Occasional clinics and Tournaments. Club dues are \$10/year. For more info contact Vincent at 813-816-6487

TOPS Chapter #788 meets every Tuesday KPCH West Social Rm, meeting starts at 8:30. Contact or text 813-215-7127

TOPS #0845 meets every Thursday at South Club Jubilee I. Weigh in 8:15am-8:45am. Meeting starts at 8:45am. For more info, contact Charlene 978-930-0878. All are welcome.

Kings Point Woodchoppers Club: See us if you need something repaired or made to your specifications. Open daily in KPCH 8:30-11:30 am; some days 1:30-3 pm.

Write your Life : Creating your Memoir- Everyone has a story to tell. Join us for 12 writing workshops. Each Wednesday , starting Jan 10th, in the KPCH East Social Room 1pm-3pm. Questions or to register, please contact Bill Farr farrwilliam45@gmail.com

Kings Point Volleyball Club: Plays Mon, Wed, and Fri from 9am-11am at the South Club, November-April. For details email chipngale@aol.com.

Ukulele group of Kings Point Meets every Tuesday from 10am to 11am KPCH Atrium. Come and play your ukulele, and sing your woes away. Don't own a ukulele, let us know, we have a few extras to loan or try out. Don't know how to play? We'll teach you. See you soon. Pottstownpaul@msn.com write ukulele group in subject line.

Sat. Night Pot Luck Bunco Group: Meets 1st Sat. of month at 5pm, Oct-June in Waterside Rm. Call Mary Ann at 401-9984.

Editor's note: We reserve the right to edit for space and grammar/style. Please keep announcements brief. Due to the high amount of submissions we will be strictly enforcing this. We will shorten submissions as deemed necessary for space. If you would like any club or organization news featured please email jvontueders@vestapropertyservices.com

The Queens Luncheon

PRESENTS

THE COLOR PURPLE



SYNOPSIS

MUSICAL ADAPTATION OF ALICE WALKER'S NOVEL ABOUT THE LIFE-LONG STRUGGLES OF AN AFRICAN AMERICAN WOMAN LIVING IN THE SOUTH DURING THE EARLY 1900S.

RUNTIME: 140 MIN
RATING: PG-13

MENU

HOUSE SALAD WITH DRESSING ROLL & BUTTER
CRANBERRY TURKEY WRAP WITH SPINACH, TOMATO, ONION & CRANBERRY CREAM CHEESE SERVED WITH POTATO SALAD
KEY LIME PIE

APRIL 3RD
12:00 PM
VETERANS THEATRE
\$15 AT KPCH BOX OFFICE

Monthly Movie

VETERANS THEATRE

APRIL 29TH - 1:30PM & 6:00PM

WONKA

SYNOPSIS

THIS FANTASY MUSICAL FILM FOLLOWS THE STORY OF WILLY WONKA, THE FAMOUS BUT ECCENTRIC CHOCOLATIER BASED ON THE CHARACTER FROM ROALD DAHL'S NOVEL. IN PARTICULAR, IT EMPHASIZES HIS RISE TO THE TOP. THE NARRATIVE TRACES HIS BEGINNINGS AS A YOUNG ADULT WHO STARTED AS AN EMPLOYEE SELLING CHOCOLATE IN A STORE UNTIL HE BECAME DRIVEN TO ENTER THE CHOCOLATE INDUSTRY EVENTUALLY. THIS FILM ACTS AS A PREQUEL TO THE 1971 FILM ADAPTATION OF DAHL'S NOVEL.

RATED: PG-13
RUNTIME: 135 MINUTES
TICKETS \$2 AT THE KPCH BOX OFFICE



April
MONTHLY DINNER BUFFET

STARTER
House salad w/ Ranch or Balsamic Roll and Butter

ENTREES
Chicken Marsala
Mashed Potatoes
Chef's Vegetable

DESSERT
Lemon Italian Cream Cake

Monday, April 29th
4:45 PM
Banquet Room
Tickets \$21 at the KPCH Box Office

B
BRANDON BALLETT PRESENTS

DON QUIXOTE

SATURDAY, APRIL 6, 2024
KP VETERANS THEATER

\$18

TICKETS ON SALE NOW!
KPCH BOX OFFICE
(813) 387-3447

813-684-4282 brandonballet.org/events @brandon_ballet

*Ticket prices are subject to change in an event to event basis, due to cost of entertainment and catering.

HAPPY BIRTHDAY
BOOGIE TOWN BIRTHDAY BASH!

NEW EVENT!

Calling out all April Birthday folks!!
 *Grab your friends and get your tickets at the Box Office!

Party Favors
 Birthday Cake
 Champagne Toast

DJ David Kaminski, your Club Style DJ, will get you dancing and keep you there!

Saturday, April 27, 2024
 6-10pm Jubilee Hall South Club
 Tickets \$10. Cash Bar Available
 *If your Birthday is in April, your admission ticket is FREE!



Loft Dinner



Blue Cheese Walnut Salad
 Mixed spring greens topped with candied walnuts, blue cheese, mandarin oranges and grape tomatoes. Raspberry vinaigrette.

Filet Oscar with Crab
 Grilled filet mignon topped with warm crab meat, asparagus, hollandaise sauce. Served with potatoes au gratin

Brownie & Cheesecake with Chocolate Ganache

Friday, April 12, 2024 6pm. Loft Lounge, South Club
 \$39 includes tax and gratuity. Tickets sold at the Box Office.
 Cash Bar available.

**April Music Events
 South Club**

Wade Williams
 Saturday, April 13, 2024, 1-4. Poolside

EQ Band
 Sunday, April 21, 2024,
 1-4. Poolside

DJ David Kaminski
 Saturday, April 27, 2024, 6-10pm
 Jubilee Hall. April's Boogie Town Birthday Bash! Get your tickets at the Box Office.

Hello April

Want a fresh look for spring?
Take \$5 off your next wash cut and style!

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Of Manasota**



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- Deep Clean the Back of the Dryer
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Medical Cannabis 101

We invite you to join our experts at Curaleaf to learn more about the wellness benefits of medical cannabis, sign up for a medical card, get swag and much more.

Date: Wednesday, April 3rd

Time: 10am-12pm

Location: Main Clubhouse Ripple Room

Visit us and mention this ad from "Kings Point" for a free product!

curaleaf.com @curaleaf.florida

*Valid for one transaction per patient per month. Only valid at Curaleaf Florida locations. Expires 8/1/2024. Medical Marijuana is not available to individuals under the age of 18 unless by a registered caregiver.

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Window World



For a free estimate, scan the code, call (813) 448-3145, or visit our website, GetWindows.com.

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*With approved credit. Offer expires 04/30/24. Minimum purchase of \$7,500. Certain restrictions may apply. FL Contractor's ID: SCC131151663

STOP THE BLEED AT KINGS POINT

Presented by:
Manatee Memorial Hospital

Date: Friday, March 22

Time: 9:00am - 11:00am

Location: The Ripple Room

Covering STOP THE BLEED with basic items like gauze and wraps, along with a CPR demonstration. Refreshments provided.

Accidents Can Happen Anywhere

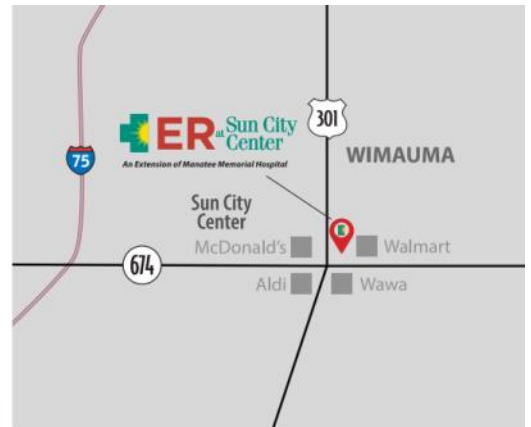
Whether you are traveling to your local farmer's market or your favorite restaurant, accidents can occur at any time.

ER at Sun City Center, an extension of Manatee Memorial Hospital, is a full-service emergency department that provides care to those in need 24 hours a day, seven days a week.

We are located at 16504 S. U.S. 301 in Wimauma, adjacent to Walmart®.

ER at Sun City Center features:

- Full-service laboratory and imaging services (X-ray, CT and ultrasound) (A physician order is required.)
- Care for all ages
- Access 24/7
- On-site physician 24/7
- Ten treatment areas, including seven exam rooms and three rapid medical exam spaces
- 10,884 square feet



An Extension of Manatee Memorial Hospital

16504 U.S. 301, Wimauma, FL 33598

813-642-1000



This emergency department is part of Manatee Memorial Hospital. This is not an urgent care center. Its services and care are billed at hospital emergency department rates. Physicians are on the medical staff of Manatee Memorial Hospital, but, with limited exceptions, are independent practitioners who are not employees or agents of Manatee Memorial Hospital. The hospital shall not be liable for actions or treatments provided by physicians. For language assistance, disability accommodations and the nondiscrimination notice, visit our website. 242196250-2234077 2/24





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- Consistently do over 50 sales a year by myself
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- Always taking classes, so far I have been in 245 extra hours of training since 2011.



Chris Spooner

813-363-3031

c.spooner@aol.com



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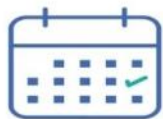


Mobile Dermatology

Hosted by Kings Point – Sun City Center



Did You Know? 1 in 5 Americans develop skin cancer by age 70.



**April 3rd
& May 3rd**



7:30AM - 3:30PM



**Main Clubhouse
Parking Lot**

FAQS

- Skin cancer exams, lesion removal, acne & eczema treatment, and much more!
 - Most insurance providers accepted. Please call to verify coverage.
 - 15 minute appointments
 - The #1 rated dermatology practice in Florida
- *according to Google Reviews

A 15-Minute Skin Cancer Exam Could Save Your Life!



Easily book an appointment by calling **(941) 444-0011** or by visiting **onspotdermatology.com/kingspoint**

FREE LIVE PLASTIC SURGERY SEMINAR

LIVE DEMONSTRATION



Wednesday, March 27TH

Banquet Room 2PM-4PM

Kings Point Main Clubhouse

1900 Clubhouse Drive

Sun City Center, FL 33573

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Time to Travel!

**Guest Speaker
Join Us!**

April 9th, 2024 • 10 a.m. • Please RSVP!

Ripple Room in Main Clubhouse!

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Gayle Fortin



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KP Lawn Bowling Fund Raiser Golf Cart Wash

April 6, 2024

10 AM – 3 PM

Open to the Public



Falcon Watch Bldg.
1000 Kings Blvd.
Sun City Center

Enter Kings Point through the front gates and follow the signs on Kings Blvd.

By Popular Demand





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KPCH LOBBY
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1st Tuesday
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Sun City Center, FL 33573

We do not offer every plan available in your area. Currently we represent 9 organizations which offer 83 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) to get information on all of your options. Megan Knoop is a licensed and certified representative of Medicare Advantage organizations and stand-alone prescription drug plans. Each of the organizations they represent has a Medicare contract. Enrollment in any plan depends on contract renewal. Not affiliated with or endorsed by any government agency.



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The next Let's Talk Travel at Kings Point in the 2020 Forum
We will see you on April 11 (new date!) & May 7 @ 10AM,
and March 21 at Kings Point Spring Expo

sunstate

DOCTORS



Dr. Khushi Dhaliwal, MD



Jami Martinez, ARNP



Dr. Amy Kwok, MD



Dr. Barry Nash, MD

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Kings Point Calendar

Monday, April 1st

- ◆ Newcomers, 10am in the KPCH Veterans Theater
- ◆ KPSC NAME THAT TUNE! Trivia, Jubilee Hall 6:30pm-8pm

Tuesday, April 2nd

- ◆ Karaoke Night, 5pm-9pm, KPSC Jubilee Hall
- ◆ Encore Concert Series– Simply Clapton, 7:30pm Veterans Theater. Tickets on sale at the KPCH Box Office.

Wednesday, April 3rd

- ◆ Queens Luncheon 12pm in the KPCH Veterans Theater showing “The Color Purple” See lunch menu on page 10. Tickets \$15 at the KPCH Box Office.
- ◆ KPSC Trivia, Jubilee Hall 6:30pm-8pm

Thursday, April 4th

- ◆ Fresh Produce Market 9am-3:30pm in the field by the KPCH Pickleball Court.
- ◆ Rock’n Rendezvous, 5pm-9pm, KPSC Jubilee Hall
- ◆ Encore Concert Series– The Fabulons, 7:30pm Veterans Theater. Tickets on sale at the KPCH Box Office.

Friday, April 5th

- ◆ Federation Board Meeting, KPCH Card Room 9:30am

Saturday, April 6th

- ◆ Brandon Ballet– Don Quixote, 7pm, Veterans Theater. Tickets are available at the KPCH Box Office- Tickets \$18

Monday, April 8th

- ◆ KPSC NAME THAT TUNE! Trivia, Jubilee Hall 6:30pm-8pm

Tuesday, April 9th

- ◆ Karaoke Night, 5pm-9pm, KPSC Jubilee Hall

Wednesday, April 10th

- ◆ KPSC Trivia, Jubilee Hall 6:30pm-8pm

Thursday, April 11th

- ◆ Fresh Produce Market 9am-3:30pm in the field by the KPCH Pickleball Court.
- ◆ Rock’n Rendezvous, 5pm-9pm, KPSC Jubilee Hall

Friday, April 12th

- ◆ Loft Diner, KCSC, 6pm, Tickets \$39, on sale at the KPCH Box Office. Menu on Page 11

Saturday, April 13th

- ◆ Wade Williams performing poolside at the South Club from 1pm-4pm

Monday, April 15th

- ◆ KPSC NAME THAT TUNE! Trivia, Jubilee Hall 6:30pm-8pm

Tuesday, April 16th

- ◆ Karaoke Night, 5-9pm, KPSC Jubilee Hall

Wednesday, April 17th

- ◆ RFEC, KPCH Card Room 8:30am
- ◆ KPSC Trivia, Jubilee Hall 6:30pm-8pm

Thursday, April 18th

- ◆ Fresh Produce Market 9am-3:30pm in the field by the KPCH Pickleball Court.
- ◆ Rock’n Rendezvous, 5pm-9pm, KPSC Jubilee Hall

Friday, April 19th

- ◆ Federation Membership Meeting, KPCH Veterans Theater 9:30am

Sunday, April 21st

- ◆ EQ Band performing poolside at the South Club from 1pm-4pm

Monday, April 22nd

- ◆ KPSC NAME THAT TUNE! Trivia, Jubilee Hall 6:30pm-8pm

Tuesday, April 23rd

- ◆ Karaoke Night, 5pm-9pm, KPSC Jubilee Hall

Wednesday, April 24th

- ◆ KPSC Trivia, Jubilee Hall 6:30pm-8pm

Thursday, April 25th

- ◆ Fresh Produce Market 9am-3:30pm in the field by the KPCH Pickleball Court.
- ◆ Rock’n Rendezvous, 5pm-9pm, KPSC Jubilee Hall

Saturday, April 27th

- ◆ April Boogie Town Birthday Bash at the South Club. See page 11 for details.
- ◆ DJ David Kaminski performing at the April Boogie Town Birthday Bash from 6pm-10pm, KPSC Jubilee Hall. Tickets available at the KPCH Box Office.

Monday, April 29th

- ◆ Monthly Movie Showing “Wonka” KPCH Veterans Theater, 1:30pm & 6:00pm. Tickets available at the KPCH Box Office- \$2 Each.
- ◆ Monthly Dinner KPCH Banquet Room 4:45pm. Tickets \$21 at the KPCH Box Office. See Menu on Page 10.
- ◆ KPSC NAME THAT TUNE! Trivia, Jubilee Hall 6:30pm-8pm

Tuesday, April 30th

- ◆ Karaoke Night, 5pm-9pm, KPSC Jubilee Hall



KINGS POINT ITALIAN CLUB

Invites you to an
Italian Wedding Party



Tuesday April 16, 2024 KP Veterans Theater
Doors open at 4:30 PM
Food provided by Banquet Masters
Buffet Menu: Carved Turkey with Dressing, Gravy & Cranberries
Onion Crusted Salmon Filet
Spinach & Mushroom Lasagna - Vegetarian
Salad Bar, rolls and butter
Chefs selected desserts
We supply coffee, tea, soda
BYOB
Music by: **Sal Prado**
Members \$30.00 pp - Guest \$35.00
Please make checks payable to Kings Point Italian Club
Tickets on sale April 9th & April 10th 9:00 AM to Noon
North Clubhouse Lobby
Tickets can only be purchased on the above dates
Contact: Jack Meyer ccmeyer16@yahoo.com
Please visit our website at www.kpitalianclub.com

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KINGS POINT



KP Spring

ARTS N CRAFTS FAIR

**SATURDAY,
MARCH 30TH**

**9AM - 2PM
KINGS POINT
NORTH CLUBHOUSE**

**VENDOR TABLES WILL BE AVAILABLE
FEB 20TH AT THE KPCH BOX OFFICE.
KINGS POINT RESIDENTS ONLY.**

\$15

**NEWCOMERS ORIENTATION
MONDAY APRIL 1ST**

10 AM IN THE VETERANS THEATER

Come have a cup of coffee as we explore all that your new home and community has to offer.



flamingo

BY: LUIGI CREATORE

COURT

Performed with special permission from Concord Theatricals
James Williams, Director & Ruth Lake, Assistant Director



This three part "slice of life" takes place in three different Florida condos and has audiences laughing at the truth they see in what might be their own neighbors - only zanier.

www.pelicanplayersscc.org

FRIDAY, APRIL 26 @ 6:30PM
SATURDAY, APRIL 27 @ 1:30PM
SATURDAY, APRIL 27 @ 6:30PM
SUNDAY, APRIL 28 @ 2:00PM

Doors open: 30 minutes prior
Tickets: \$16/\$13 Matinee
Tickets also available at the door

Kings Point Veterans Theater
1900 Clubhouse Drive
Sun City Center, FL
Kings Point Box Office Hours
Monday-Friday 9:00 am - 4:00 pm



PALM COURT BREAKFAST



Every Thursday - Sunday 8:00AM-11:00AM

CLASSICS

Add bacon, sausage or ham for \$1.99

CROISSANT FRENCH TOAST 6.99

Served with syrup.

BUTTERMILK PANCAKES 6.99

Served with syrup.

QUAKER OATMEAL 5.99

Served with milk, brown sugar, sweet sundried raisins.

SIDES

For when you can't decide - or want one of everything!

ONE EGG 1.50

HASH BROWN POTATOES 2.49

BACON, SAUSAGE OR HAM 1.99

ENGLISH MUFFIN, CROISSANT 1.99

OR CUBAN TOAST

BAGEL & CREAM CHEESE 2.00

THIRSTY?

COFFEE

SOFT DRINK

JUICE

ICED TEA

HOT TEA

EGG-CITE

QUICHE OF THE DAY 6.99

Freshly made quiche made by your Chef!

YOUR FAVORITE OMELET 8.99

Made with your choice of 4: Bacon, Sausage, Ham, Onions, Peppers, Mushrooms, Tomatoes, American, Cheddar, Swiss, Mozzarella Cheese with hash browns & toast.

DOUBLE EGG BREAKFAST 8.49

Two eggs cooked to your liking served with a side of bacon (2), sausage or ham, with hash browns and choice of toast.

EGGS BENEDICT 9.99

Toasted English muffin, poached eggs, grilled ham and house made hollandaise sauce and hash browns.

SANDWICHES

Your choice of bagel, English muffin, croissant or Cuban bread.

EGG SANDWICH 4.00

Add vegetables for \$1.00

Add cheese for \$.75

Add Bacon, Sausage or Ham for \$1.00

EGG WHITE SANDWICH 4.99

BREAKFAST BURRITO WRAP 6.99

Two egg with any combination of 4:

Bacon, Sausage, Ham, Onions, Peppers, Mushrooms, Tomatoes, American, Cheddar, Swiss, Mozzarella Cheese.

Egg Whites add \$1.00

AVOCADO TOAST 3.25

Healthy avocado toast makes the perfect addition to any breakfast or snack

CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS COULD INCREASE YOUR RISK OF FOOD BORNE ILLNESSES. 03.02.21

2024-2025 Veterans Theater, Banquet Room & Waterside Reservation Form

The intent of this form is for the reservation of the Veterans Theater, Banquet Room and Waterside Room for a special event during the 2024-2025 “season.” The date requested should be for an event that requires special planning and advanced booking for caterers/entertainment. These special requests do not pertain to any regular club meetings or gatherings booked on an ongoing basis through the Business Office.

In an effort to simplify the process of booking the Veterans Theater, Banquet Room and Waterside Room for the remainder of 2024 thru May of 2025, we are requesting you fill out and return the form below to the KPCH Business Office by **Wed., May 15th**. Additional dates may be requested after June 15th.

Clubs/Groups/Organizations-Please designate **one person** to request a date for your event. Only one request per club/group/organization will be accepted.

Vesta will review each request and **IF** there are conflicts, all parties will be contacted by the KPCH Business Office.

To be eligible to request an upcoming date, completed club yearly check lists must be submitted to the business office including a current membership list for 2024.

Name: _____

Club/Group: _____

Contact number: _____

Email: _____

Date of Event: _____ Alternate Date: _____

Room: _____

Purpose: _____

Approximate time of event: _____

Set up time needed before event start time: _____

Cholesterol tests typically don't include this.

- ✓ HDL
- ✓ LDL
- ✓ Triglycerides
- X Lp(a)



The last time your cholesterol levels were tested, a lesser-known cholesterol called Lp(a) might not have been included. Lp(a) is often not part of regular cholesterol testing [panels, checks] as it's typically not covered by insurance.

Care Access is offering a no-cost Lp(a) test in your community [area] as individuals with elevated Lp(a) levels, primarily based on genetics, might be at risk of heart attack or stroke. Those that participate will have early access to research study participation options.

Schedule your test today.

139 S Pebble Beach Blvd
Suite 100
Sun City Center, FL 33573



[KnowMyLpa.com](https://www.knowmylpa.com)





**TICKETS ARE STILL AVAILABLE
ALL OTHER SHOWS HAVE SOLD OUT**

March 30, 2024

2ND SHOW DATE

"4NR2" - Foreigner Tribute

FOREIGNER EXPERIENCE brings back the best lineup of the multi-platinum band Foreigner live in their prime! The band is led by a very dynamic front man with all of the range and power and presence of a young Lou Gramm!

INDIVIDUAL TICKETS

AVAILABLE

**KINGS POINT VETERANS THEATER
1900 CLUBHOUSE DRIVE - SUN CITY CENTER**



*Seating is Limited. Don't Delay!
Secure Yours TODAY!*

INDIVIDUAL TICKETS ONLY

\$30 per show

For more information
Visit the Kings Point Box Office or
Call (813) 387-3447

*No refunds or exchanges.
Shows listed may be substituted with shows of equal
value without prior notice.*

April 2024 Water Group Exercise Classes

Monday	Tuesday	Wednesday	Thursday	Friday	**All classes are held outdoors unless inclement weather.
Aqua Resistance 9:00 AM KPCH	Water Walking 9:00 AM KPCH	Double Noodle 9:00 AM KPCH	Aqua in Motion 9:00 AM KPCH	Deep Water 9:00 AM KPCH	
Stretch & Flow <u>11:15 AM</u> KPSC	Aqua Bata 10:00 AM KPSC	Wet Workout 10:00 AM KPCH	Aqua Bata 10:00 AM KPSC	Aquanautics 10:15 AM KPCH	*SCHEDULE SUBJECT TO CHANGE.*

Class Descriptions:

AQUA BATA: full body workout using time intervals and various types of equipment.

AQUA IN MOTION: A moderate water workout using a loop band and then gentle exercises to improve strength, endurance, and flexibility.

AQUANAUTICS: A total body water workout using various types of exercises.

AQUA RESISTANCE: Focuses on upper and lower body strength and endurance by using the water, wall, noodle and water weights as resistance.

DEEP WATER: An intense workout where feet are off the bottom of the pool in any depth of water that one is comfortable with.

DOUBLE NOODLE: Vigorous workout for the entire body using two noodles and no weights.

STRETCH & FLOW WATER: A thorough stretch from neck to toe.

WATER WALKING: Resistance bands for the upper body while moving using various types of walking and at different intensities. Also includes stretching.

WET WORKOUT: A foundational, no-equipment, total body workout of cardio, strength and mobility.

Reminders About Cold Weather Policies For Water Classes:

If the current temperature of the air at the pool is **73** degrees or lower up to 15 minutes before the class is scheduled to start then the class may utilize the indoor pool. If the temperature is close to the designated temperature but the wind is above 10mph the class may utilize the indoor pool. ***The instructor will be responsible for making the final judgement call for classes to move inside or remain outdoors.**

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April 2024 Land Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Total Body Express 8:00 AM & 9:00 AM Energy Studio	Zumba 9:30 AM Energy Studio	Total Body Express 9:00 AM Energy Studio	Zumba 9:30 AM Energy Studio	Total Body Express 9:00 AM Energy Studio
Total Body 10:00 AM Energy Studio	Flex & Flow 8:30 AM & 10:30 AM Energy Studio	Total Body 10:00 AM Energy Studio	Flex & Flow 8:30 AM & 10:30 AM Energy Studio	Total Body 10:00 AM Energy Studio
Beginning Yoga 8:45 AM & 10:00 AM Balance Studio	Sit & Get Fit 11:30 AM & 12:30 PM Energy Studio	Beginning Yoga 8:45 AM & 10:00 AM Balance Studio	Pilates 9:30 AM Balance Studio	Yoga Flow 8:45 AM & 10:00 AM Balance Studio
Lift 11:30 AM Energy Studio	Improver Line Dance 2:00 PM Energy Studio	Strong Body 11:30 AM Energy Studio	Sit & Get Fit 11:30 AM & 12:30 PM Energy Studio	First Steppers Line Dance 2:00 PM Energy Studio
Chair Yoga 1:00 PM Energy Studio	Intermediate Line Dance 3:00 PM Energy Studio	Chair Yoga 1:00 PM Energy Studio	Improver Line Dance 2:00 PM Energy Studio	*Schedule is subject to change.*

Did you know we also offer additional classes on our Pop Up schedule? See posted signs in the 2020 Centre for the monthly land Pop Up schedule and class descriptions.

How to Sign Up For Classes Online Using SignUp Genius

- > Go to website www.kingspointsuncitycenter.com.
- > Click on the "Fitness" tab near the top of the page.
- > Click "Fitness Class SignUp".
- > Across the top of the page, click the tab representing the day of the class you wish to sign up for.
- > Scroll down until you see the class you wish to sign up for and click the green "Sign Up" box.
- > Click "Save & Continue".
- > Fill in all boxes of your contact information then click "Sign Up Now"
- *Reminder, class sign ups close the day of at 5:00AM. You can sign up for a class up to 5 days in advance.
- > Guests are not permitted to classes that have reached capacity by residents.

Class Descriptions

BEGINNING YOGA: this class is for those new to yoga or those wanting to fine tune their practice. We will use the breath and body awareness to build strength and increase flexibility.

CHAIR YOGA: Class designed to include breath work, strength, flexibility and balance but does not involve getting up and down from the floor. Great for ALL fitness levels!

FIRST STEPPERS LINE DANCE: No knowledge of line dancing or steps names.

FIT MIX: A fast-paced strength class incorporating a mix of standing and floor exercises using a variety of weights and resistance bands.

FLEX & FLOW: A combination of tai chi, yoga & Pilates style movements set to a variety of music to work your core, challenge your range of motion, strength and balance without floor work.

IMPROVER LINE DANCE: Student knows basic line dance steps and will learn additional steps. Constant instruction.

INTERMEDIATE LINE DANCE: Some knowledge of line dance steps. Continuous instruction of more difficult steps.

PILATES: Pilates is a low impact mat class that focuses on toning and strengthening the abdominals, back, and legs. Suitable for all levels, does involve floorwork.

SIT & GET FIT: Train the entire body using various pieces of equipment while remaining seated. Great class for beginners and those with ailments!

STRONG BODY: Strength-based class using barbells, dumbbells, and body weight exercises designed to increase and maintain muscle endurance and strength.

TOTAL BODY: A full body strengthening class that utilizes hand weights and other equipment.

TOTAL BODY EXPRESS: Full body strength workout without floor work.

YOGA FLOW: Suitable for all levels that have some previous yoga experience. Low impact, relaxing, mindful yoga emphasizing flexibility and light strength. Breathing and stress management techniques incorporated.

ZUMBA: A Latin inspired cardio class filled with fun dance moves that guarantee a good time and a great workout.

Mats will not be provided for any class.

Reminder: A more extensive group exercise schedule of classes is available to view 24/7 online at www.kingspointsuncitycenter.com>Fitness>At Home Fitness Videos

You can also watch pre-recorded versions of your favorite classes played **daily** in your home on Spectrum Channel 732.

7:00AM	Pilates	11:00AM	Zumba
8:00AM	Total Body Express	12:00PM	Flex & Flow
9:00AM	Chair Yoga	1:00PM	Sit & Get Fit
10:00AM	Total Body		



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April 23rd, 2024 | 1 - 3 PM | Ripple Room



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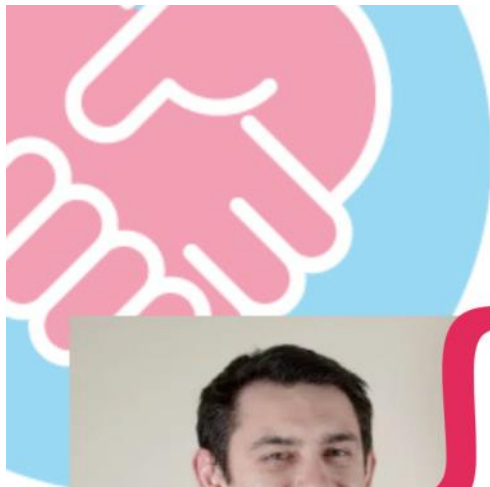
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Natalie Pellerin	813-545-4914
Sheila Sanford	813-629-7589
Nancy Stanton	813-785-9525
Jack Stevens	813-417-1554

	Price	Beds	Baths		Price	Beds	Baths
405 FULHAM CT #B	\$175,000	2	2	308 FAIRCROSS CIR #308	\$269,900	2	2
2510 LANCASTER DR	\$250,000	2	2	303 CLUB MANOR DR	\$283,000	2	2
2150 ACADIA GREENS DR	\$285,000	2	2	809 BLUEWATER DR	\$289,900	2	2
1325 FAIRWAY GREENS DR	\$287,900	3	2	414 S PEBBLE BEACH BLVD	\$299,900	2	2
2250 BROOKFIELD GREENS CIR	\$297,000	2	2	806 BLUEWATER DR	\$299,999	2	2
845 MANCHESTER WOODS DR	\$298,800	2	2	826 LA JOLLA AVE	\$300,000	2	2
2023 GRANTHAM GREENS DR	\$309,990	2	2	1741 COUNCIL DR	\$329,000	3	2
1202 CORINTH GREENS DR	\$315,000	2	2	501 LIVELY DR	\$345,000	2	2
1247 CORINTH GREENS DR	\$329,000	2	2	386 CLUB MANOR DR	\$345,000	2	2
1318 LELAND DR	\$329,900	2	2	106 SILVERBELL CT	\$349,500	2	2
2494 KENSINGTON GREENS DR	\$349,900	3	2	604 FOX HILLS DR	\$359,000	3	2.5
2468 KENSINGTON GREENS DR	\$359,000	3	2	611 CHIPPER DR	\$409,900	2	2
2444 KENSINGTON GREENS DR	\$379,900	3	2	1406 JACOBSON CIR	\$439,900	2	2.5
1212 N PEBBLE BEACH BLVD	\$210,000	2	2	1436 EMERALD DUNES DR	\$475,000	3	2
1205 HARKNESS WAY	\$244,900	2	1.5	1848 PACIFIC DUNES DR	\$479,900	2	2
1407 N PEBBLE BEACH BLVD	\$269,000	2	2				



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