

# THE POINTER



## MEMORIAL DAY

REMEMBER AND HONOR  
MAY 27TH 2024



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: [kingspointsuncitycenter.com/newsletter-sign-up/](http://kingspointsuncitycenter.com/newsletter-sign-up/)

**THE POINTER**

Send submissions to:  
jvonlueders@vestapropertyservices.com

**May 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**

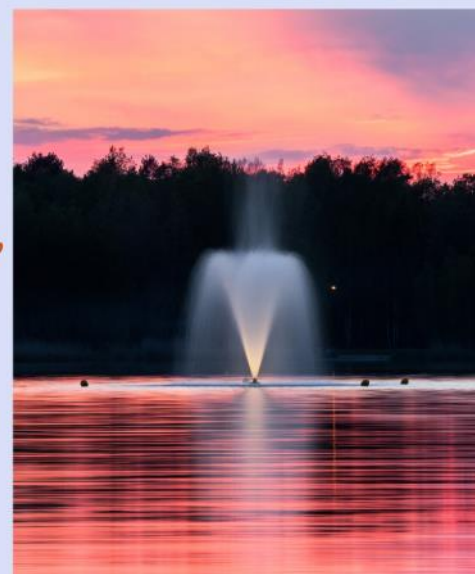
**813.787.9200**

[www.helpinghandsflorida.net](http://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



# EXPERIENCE THE WARMTH OF FRIENDLY SUN CITY SENIOR LIVING

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# KINGS POINT

## NEWCOMERS ORIENTATION MONDAY MAY 6TH

**10 AM IN THE BANQUET ROOM**

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



Up to  
**\$1,000**  
off your  
1<sup>st</sup> month!

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*"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, May 17th, 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**

### Do you own a home?

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With special guest speaker

**Dr. Dychko**

Of Healthy Home Primary Care

May 15, 2024 at 1:00 PM  
2020 North



## Clean eating: Ditch the processed food

Clean eating is a nutrition concept that emphasizes healthy, whole, unprocessed foods. It may help you make healthy food choices and limit the amount of processed food in your diet. Join us to learn more about how processed food is affecting your health and ways to avoid it!

With special guest speakers

**Dr. Nash**

Of Sunstate Doctors

May 30, 2024 at 10:00 AM  
West Social Room



**Space is limited, RSVP IS REQUIRED TO ATTEND**

**813-497-4747**

## Produce Market in Kings Point

FRESH PRODUCE

9AM - 3:30PM

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# HEALTH & WELLNESS SPEAKER SERIES

Join us for a transformative 4-week series, where leading experts converge to delve into the intricate balance between mental and physical well-being. Each week unveils a curated selection of topics interwoven with stories from expert speakers. Whether you're seeking to increase resilience, navigate complex family dynamics or inspire personal transformation this series offers a comprehensive roadmap to harmonize your body and mind for a healthier, happier You! Our speakers will weave the following topics through personal storytelling and professional expertise:

## **WEEK 1 – TUESDAY, JUNE 4TH: Hospice 101**

A breakdown of the myths behind hospice of old and the new definition of hospice care in 2024.

## **WEEK 2 – TUESDAY, JUNE 11TH: Care for the Caregiver**

This presentation discusses the impact of caregiving and identifies ways to facilitate healthy caregiving and care giver resources.

## **WEEK 3 – TUESDAY, JUNE 18TH: Comfort & Care at the Time of Dying**

A straight forward look at the process of dying, common timeline indicators of end of life, and management of pain and symptoms at the end of life. The topics discussed are the management of increased secretions, anxiety, restlessness, and pain in the last few weeks to hours of life.

## **WEEK 4 – TUESDAY, JUNE 25TH: The Sandwich Generation**

A fascinating glance at addressing the large population that are caring for both children and older parents.

**Waterside Room  
KP Main Clubhouse**



**Time  
9:00am - 12:00pm**

*Refreshments provided  
between sessions!*



**Christene Gerardi, EdM**  
Mental Wellness Coach



**LIFEPATH**  
H O S P I C E



**\*\*SEATING IS LIMITED\*\*  
TO ATTEND, SCAN QR CODE TO  
RESERVE YOUR SPOT!**

**Michelle Sprow**  
BSW, MPH, Account Development Liason

**Dani Wilkins**  
RN, Clinical Nurse Educator



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# Clubs & Organizations

**May 4: Michigan Club of KP-** will host a Kentucky Derby Party in the Veteran's Theatre. Tickets are \$22 for members and non-members. Doors open 3:30 pm. Bubbaques BBQ will be serving smoked pulled pork, smoked turkey, Texas toast, mac n' cheese, baked beans, green beans, Unsweetened tea, Sweetened Tea and Lemonade. Tickets will be sold 9-noon on Tuesdays, April 23 and 30th in the North Clubhouse Lobby. This will be the 150th running of the Kentucky Derby and we don't know if the colors are always the same for the Derby but this year the official colors are red and gold - so if you feel festive! Post time is between 6-7pm. BYOE -- including corn bread if you are so inclined for your table! (Bubba's doesn't make it.) As usual ice and water will be available. Be sure to check out the horses and jockeys before you come so you can pick a winning horse! Guests are encouraged to wear their favorite Derby Hat and there will be a gal and gent winner!

**May 7: New York Club -** The New York Club will be having a Cinco De Mayo dinner dance. Music by Gene Cannon. Food by Banquet Masters. You do not have to be from New York to attend this event. For further information, please contact Frank Gatto at 813 633 8942. Members only \$25.00 guests \$28.50.

**May 11: Come Dance With Us-** Come celebrate MOTHER'S DAY! 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. Waltz, 2-step, Rock n Roll, Rumba, Cha-cha, Swing, Fox Trot, Line Dancing and More! 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.

**May 14: KP Italian Club -** Invites you to a Sadie Hawkins Day Dance. Veterans Theater, doors open at 4:30pm. Food provided by Banquet Masters. BYOB. Music by Tommy Batch. Members \$30pp, guests \$35. Please see page 31 for additional information.

**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 kpcacclub@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](http://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/SCC Dating Singles Group:** Welcomes all KP and SCC residents to mingle and form friendships. Each month we hold one organizational meeting and one social event. Join the group to find friendships or perhaps romance. For info contact Ed 813-785-9322 or Kay 501-463-1250.

**KP Dog Lovers Club:** Visit [dlckp.org](http://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](http://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](mailto: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](mailto: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](mailto: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 n 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](http://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](mailto:jbwohlrab@gmail.com)

**Friends of History Discussion Group.** For information regarding club activities email Naomi Hauser [friendsofhistorygroup27@gmail.com](mailto: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](mailto: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](mailto: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

**Metaphysical Discussion Group:** Meets the first Thursday of each month. 1:00 - 3:00. Free. We discuss and share information, knowledge, and our experiences with one another. A different topic is discussed each month. Call Carol Ann Liaros (Cappuzzo) at 813-634-6534. To be added to the monthly email list for upcoming topics: caliaros@msn.com

**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](http://www.pelicanplayersccc.org) or email [pelicanplayers.rep@gmail.com](mailto:pelicanplayers.rep@gmail.com)

**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](mailto:KingsPointPhotoClub@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 [Kingspointpbball@gmail.com](mailto:Kingspointpbball@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

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

**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](http://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. "Jafari" 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 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.

**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](mailto:Pottstownpaul@msn.com) write ukulele group in subject line.

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

**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.

*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 [jvonlueders@vestapropertyservices.com](mailto:jvonlueders@vestapropertyservices.com)*



# The Queens Luncheon

PRESENTS

## THE BOYS IN THE BOAT



**SYNOPSIS**  
 THIS INSPIRATIONAL TRUE STORY FOLLOWS A GROUP OF UNDERDOGS AT THE HEIGHT OF THE GREAT DEPRESSION AS THEY ARE THRUST INTO THE SPOTLIGHT AND TAKE ON ELITE RIVALS FROM AROUND THE WORLD.

RUNTIME: 123 MIN  
 RATING: PG-13

### MENU

GARDEN SALAD WITH DRESSING

CHICKEN FAJITA BOWL WITH RICE, PEPPERS & ONIONS, SHREDDED CHEESE WITH A SIDE OF CHIPS & SALSA

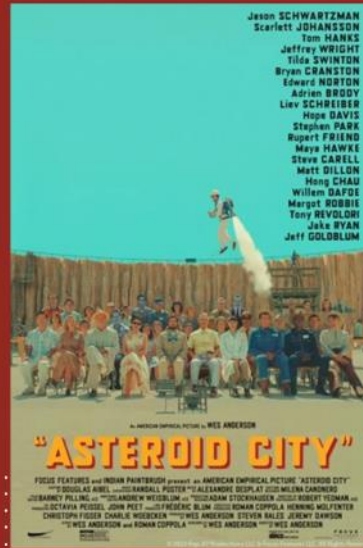
CHOCOLATE CAKE

**FRIDAY, MAY 3RD**  
 12:00 PM  
 VETERANS THEATRE  
 \$15 AT KPCH BOX OFFICE

## MONTHLY MOVIE

VETERANS THEATRE  
 May 20th - 1:30PM & 6:00PM  
 Tickets \$2 at the KPCH Box Office

## ASTEROID CITY



In an American desert town in the mid-fifties, the Junior Stargazer Convention attracts stargazers of different ages. A group of students and their parents visit the town to attend the event. What follows is an unexpected exchange of ideas and experiences that lead to eye-opening revelations.

**RATED: PG-13**

**RUNTIME: 105 MINUTES**

## MAY MONTHLY DINNER BUFFET

CAESAR SALAD  
 GARLIC BREADSTICK

SHRIMP SCAMPI  
 W/ LINGUINE  
 STEAMED BROCCOLI

LEMON ITALIAN CREAM CAKE

MONDAY, MAY 20TH  
 4:45PM  
 BANQUET ROOM  
 TICKETS \$21 AT THE  
 KPCH BOX OFFICE

## Joe LaLuna performing Sinatra Sunsets

*Come enjoy the South Club Pool at Sunset while enjoying performer Joe LaLuna singing your favorites. Sunday, May 19, 2024 6-8pm Drink Specials and more!*

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



KINGS POINT SOUTH CLUB



# MEMORIAL Day

MONDAY, MAY 27

**LIVE MUSIC!  
FOOD AND DRINK  
SPECIALS!**

SPECIAL PERFORMANCE BY  
**SIX RIVER BAND**

POOLSIDE, SOUTH CLUB 1-4PM

FAMILY FUN EVENT

KINGS POINT SOUTH CLUB PRESENTS

# LOFT DINNER

*1st Course*  
**Roasted Wild Mushroom Salad**  
Mixed field greens, roasted wild mushrooms, shaved red onion, blistered tomatoes & goat cheese. Sherry vinaigrette.

*2nd Course*  
**Black & Blue Steak & Shrimp**  
Cajun seasoned filet mignon topped with broiled blue cheese, balsamic glaze and grilled shrimp. Served with sautéed vegetable medley and garlic whipped potatoes.

*3rd Course*  
**Lemon Panna Cotta**

**FRIDAY, MAY 10, 2024, 6 PM.  
LOFT LOUNGE, SOUTH CLUB  
\$39 INCLUSIVE PRICING  
TICKETS AT THE BOX OFFICE. CASH BAR AVAILABLE**

KINGS POINT SOUTH CLUB

# MUSIC IN MAY

**EQ BAND**  
CINCO DE MAYO  
5/5/24  
POOLSIDE 1-4PM

**CORY PHILLIPS**  
5/15/24 PC PATIO  
5-8PM

**JOE LALUNA**  
5/19/24 POOLSIDE 5-8PM

**SIX RIVER BAND**  
MEMORIAL DAY POOLSIDE  
5/27/24 1-4PM



# Interactive Pasta BUFFET

ITALIAN SALAD  
"CREATE YOUR OWN PASTA"  
CHICKEN, SHRIMP, SAUSAGE,  
ALFREDO SAUCE, MARINARA SAUCE,  
BOLOGNESE SAUCE, PESTO SAUCE, FRESH GARLIC, FRESH BASIL, CRUSHED RED PEPPER, SAUTEED ONIONS & PEPPERS, SPINACH, MUSHROOMS, TOMATOES, PARMESAN CHEESE  
CANNOLI FOR DESSERT.  
COFFEE, ICED TEA INCLUDED.  
CASH BAR AVAILABLE.



**Friday, May 17, 2024, 6pm. \$24 Inclusive.  
Tickets available at the Box Office**



Kings Point  
South  
Club

It's Mexican Fiesta Time!

# Cinco de Mayo PARTY

MUSIC · FOOD · DRINK

5 May, 2024  
Sunday 1-4pm

Kings Point South Club Pool

The Nunes Band plays 1-4pm

THERE'S A NEW GAME  
IN TOWN!

Join us on 5/24/24 at 6:30pm,  
Jubilee Hall, South Club

# SURVEY SAYS

Think "Family Feud" with a Twist

Free to play!

# Tex Mex Buffet

GARDEN STYLE SALAD WITH  
FIESTA STYLE TOPPING & DRESSING.

STEAK FAJITAS

SHREDDED CHICKEN CARNITAS

SLOW ROASTED PORK CARNITAS

CHILI STUFFED POBLANO PEPPERS

SOUTHWESTERN SAUTÉED CORN

SAUTÉED PEPPER & ONION

SOUTHWESTERN RICE

CILANTRO LIME RICE

SHREDDED CHEESE.

WARM FLOUR TORTILLAS

TORTILLA CHIPS, SALSA

REFRIED BEANS

GUACAMOLE

LEMON LECHE CAKE

CHURROS

Friday, May 31, 2024 at 6pm, Jubilee Hall

\$25 Included tax & gratuity. Tickets sold  
at the Box Office. Cash Bar Available  
including special Margaritas



# HAPPY BIRTHDAY

## BOOGIE TOWN BIRTHDAY BASH!

Calling out all MAY 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 be playing non-stop  
dance music for you!

Saturday, May 25, 2024  
6-10pm. Jubilee Hall  
Tickets \$10.  
Cash Bar Available

\*If your Birthday is in May,  
your admission  
ticket is FREE!



YOU ARE INVITED TO

# MOTHER'S DAY BRUNCH

Celebrate Mother's Day with a delightful brunch.



**12 May** | Jubilee Hall, South Club  
2024 | \$30 includes tax & gratuity



Enjoy a lovely brunch with friends and family. Mom enjoys a free Mimosa. ❤️

Full cash bar available

GET YOUR TICKETS AT THE BOX OFFICE.

Brunch 11am-1pm



## Meet with Lisa Hast from Iron Rock Insurance



11AM - 2PM  
Every 4th Thursday  
of the month



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Broker Associate**

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**\*55+, Sun City Center, Kings Point, & The Renaissance Experts!**



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# Injuries Making It Hard to Keep Up with the Grandkids?

Whether it's on the basketball court or the playground, don't let pain stop you from enjoying time with the younger generation.

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

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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. 242196250-2234158 3/24*



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**Chris Spooner**

**813-363-3031**

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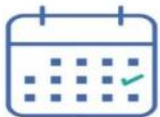


# Mobile Dermatology

Hosted by Kings Point – Sun City Center



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



**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](https://onspotdermatology.com/kingspoint)**



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# MAGIC SHOW

FEATURING NYVEK

WED. MAY 29  
1:00-3:00 PM

WATERSIDE ROOM  
FREE EVENT!

LIMITED SEATING  
SCAN TO SIGN UP





# GRAND OPENING

## Beef & Sea

NEW ENGLAND STYLE ROAST BEEF & SEAFOOD



HADDOCK



ROAST BEEF

MAY 4TH ★ ★ ★ ★ ★ ★ ★ 12 - 4PM

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James Williams, Director & Ruth Lake, Assistant Director

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 9am - 4pm



[www.pelicanplayersscc.org](http://www.pelicanplayersscc.org)



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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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We will see you on **May 7 @ 10AM!**

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# Kings Point Calendar

## Wednesday, May 1st

- ◆ Disaster Preparedness Symposium KPCH Veterans Theater 9am
- ◆ KPSC Trivia, Jubilee Hall 6:30pm-8pm

## Thursday, May 2nd

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

## Friday, May 3rd

- ◆ Queens Luncheon 12pm in the KPCH Veterans Theater showing "The Boys in the Boat" See lunch menu on page 12. Tickets \$15 at the KPCH Box Office.
- ◆ Federation Board Meeting, KPCH Card Room 9:30am

## Sunday, May 5th

- ◆ Mexican Fiesta Cinco de Mayo Party at the South Club 1pm-4pm
- ◆ EQ Band performing poolside at the South Club from 1pm-4pm

## Monday, May 6th

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

## Tuesday, May 7th

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

## Wednesday, May 8th

- ◆ Master Association Town Hall 9:30am
- ◆ KPSC Trivia, Jubilee Hall 6:30pm-8pm

## Thursday, May 9th

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

## Friday, May 10th

- ◆ Loft Diner, KCSC, 6pm, Tickets \$39, on sale at the KPCH Box Office. Menu on Page 13

## Sunday, May 12th

- ◆ Mother's Day Brunch, KPSC Jubilee Hall, Tickets \$30, on sale at the KPCH Box Office. More info on page 15.

## Monday, May 13th

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

## Tuesday, May 14th

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

## Wednesday, May 15th

- ◆ RFEC, KPCH Card Room 8:30am
- ◆ KPSC Trivia, Jubilee Hall 6:30pm-8pm
- ◆ Cory Phillips performing at the KPSC PC Patio 5pm-8pm

## Thursday, May 16th

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

## Friday, May 17th

- ◆ Federation Membership Meeting, KPCH Veterans Theater 9:30am
- ◆ Interactive Pasta Buffet, KPSC Jubilee Hall 6pm. Tickets are \$24 at the KPCH Box Office. Full menu on page 13.

## Sunday, May 19th

- ◆ Joe Laluna performing Sinatra Sunsets, KPSC Poolside 5pm-8pm

## Monday, May 20th

- ◆ Monthly Movie Showing "Asteroid City" 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 12.
- ◆ KPSC NAME THAT TUNE! Trivia, Jubilee Hall 6:30pm-8pm

## Tuesday, May 21st

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

## Wednesday, May 22nd

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

## Thursday, May 23rd

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

## Friday, May 24th

- ◆ Game Time at KPSC Jubilee Hall! Join us for "Survey Says" at 6:30pm. Free to play.

## Saturday, May 25th

- ◆ Happy Birthday! May Boogie Town Birthday Bash at the South Club Jubilee Hall from 6pm-10pm. Live music, cake and fun. Cash Bar available. See page 14 for additional information.
- ◆ DJ David Kaminski performing at the May Boogie Town Birthday Bash from 6pm-10pm, KPSC Jubilee Hall. Tickets available at the KPCH Box Office. See page 14 for additional information.

## Monday, May 27th

- ◆ KPSC NAME THAT TUNE! Trivia, Jubilee Hall 6:30pm-8pm
- ◆ Memorial Day Celebration, KPCH Veterans Theater 8pm. More info to come. Stay Tuned!
- ◆ Memorial Day Party at KPSC featuring Six River Band Poolside 1pm-4pm. Live Music, food and drink specials.

## Tuesday, May 28th

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

## Wednesday, May 29th

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

## Thursday, May 30th

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

## Friday, May 31st

- ◆ Tex Mex Buffet, KPSC Jubilee Hall, 6pm, Tickets \$25, on sale at the KPCH Box Office. More info on page 14.





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**“A MEOWSICAL”**

**Favorite Broadway Hits Performed Live !!**

**May 10, 2024**

**5:30-9:00 PM**

**Veterans Theater Kings Point**

**Tickets \$18.00 KP Box Office**

**Entertainment-Show-Dancing!!!**

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***Funds to benefit local animal  
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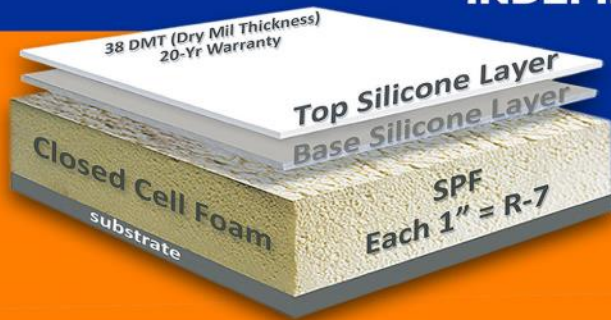
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# **KINGS POINT BUSINESS SPRING EXPO**



Thank you to all our **DIAMOND VENDORS** for participating in the Spring Business EXPO and being excellent resources for our residents!

**Mark your calendars for our next Fall Expo on September 12th!**

## **DIAMOND VENDORS**

**Bassin Center for Plastic Surgery**

**Dental Experts of Florida**

**Freedom Plaza**

**Excel Pain and Spine**

**Bon Secours Home Health**

**Trustco Bank**

**Sun Towers**

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**Sunstate Doctors**

**Trustmasters**





## Are You a Stressed Out Caregiver? Help Is On The Way!

**Monday, May 13th | 2020 North Forum | 1:00-2:30PM**

Join us for a monthly series designed especially for you, the stressed-out caregiver on the fast lane to burnout.

Experiencing caregiver burnout is not uncommon for family caregivers, especially when caring for a spouse. Here are some signs that you may be experiencing caregiver burnout:

- Feelings of sadness, depression, or hopelessness.
- Chronic exhaustion and changes in sleep patterns.
- Withdrawing from activities you once enjoyed.
- Feelings of loneliness and isolation.
- Neglecting your own health and needs.
- Feeling overwhelmed by the responsibilities of caregiving.

***SEATING IS LIMITED  
SCAN CODE TO REGISTER:***



The monthly Stressed Out Caregiver Series includes a mix of Caregiver Support Group sessions and seminars led by experts in the field of caregiver management to help you achieve balance in your life while providing care for a loved one.

**Janice Bayruns**  
**Owner**





Did you know?

There is a type of *cholesterol* most physicians *aren't testing*.

Along with LDL, HDL, and triglycerides, there is one more that isn't usually included in cholesterol panels called **Lp(a)**. Most people who get tested for this little-known cholesterol had an elevated Lp(a) level. Elevated Lp(a) can indicate an increased risk of heart attack up to 3x more than those with lower levels.



Care Access is offering a no cost Lp(a) test in your area [community]. Those that participate will have early access to research study participation options.

Schedule your test today.

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**DR. DAVID REGAL**

**WEDNESDAY, MAY 15  
9:00 AM - 12:00 PM  
KPCH RIPPLE ROOM**

**PLEASE CALL TO SCHEDULE  
YOUR APPOINTMENT  
813-634-7600**

### KINGS POINT ITALIAN CLUB

## Invites you to a Sadie Hawkins Day Party



**Tuesday May 14, 2024 KP Veterans Theater**  
Doors open at 4:30 PM

**Food provided by Banquet Masters**

**Menu:** Italian Sausage, Peppers & Onions  
Butter Crumb Baked Cod

Stuffed Shells Pomodoro with extra Marinara Sauce on the side  
Salad Bar, rolls and butter

Chefs selected desserts

We supply coffee, tea, soda

**BYOB**



**Music by: Tommy Batch**

Members \$30.00 pp - Guest \$35.00

Please make checks payable to Kings Point Italian Club

Tickets on sale May 7<sup>th</sup> & May 8<sup>th</sup> 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.kptalianclub.com](http://www.kptalianclub.com)

**VisitingAngels.**  
SENIOR HOME CARE BY ANGELS



**VISIT US!  
KPCH LOBBY  
9AM-11AM  
1st Tuesday  
of every month!**

## Locally Owned & Nationally Known

Visiting Angels Hillsborough County, FL is the area's trusted referral source for independent professional caregivers. Find out more about our referrals at the Ask An Angel event.

Caregivers referred by Visiting Angels can assist you or your loved one with: Bathing, Grooming and Dressing • Toileting and Incontinence Care • Walking Assistance • Fall Prevention • Transferring and Repositioning • Meal Planning and Preparation • Companion Care • Medication Reminders • RN Available Upon Request

**813.752.0008**

**VisitingAngels.com/Hillsborough**

\*Each Visiting Angels registry is a franchise that is independently owned and operated. The Franchise, Living Assistance Services Inc., does not control or manage the day to day business operations of any Visiting Angels franchised registry. Lic NR #30211328



## May 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 11:15 AM 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.

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# May 2024 Land Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Total Body Express 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 10:30 AM Energy Studio	Total Body 10:00 AM Energy Studio	Flex & Flow 10:30 AM Energy Studio	Total Body 10:00 AM Energy Studio
Beginning Yoga 10:00 AM Balance Studio	Sit & Get Fit 11:30 AM & 12:30 PM Energy Studio	Beginning Yoga 10:00 AM Balance Studio	Sit & Get Fit 11:30 AM & 12:30 PM Energy Studio	Yoga Flow 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	Improver Line Dance 2:00 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		*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 Genuis**

- > Go to website [www.kingspointsuncitycenter.com](http://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](http://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		





## Therapy at Your Doorstep – Take Us Home

Receive quality individualized therapy & rehabilitative care with **Element Health Services** in the comfort of your own home!

### You're Invited!

We are pleased to invite you to a special event presented by Element Health Services titled: "Therapy at Your Doorstep – Take Us Home"! Meet the therapists and receive demonstrations of effective exercises that can be done in the home.

May 14th, 2024 | 1 - 3 PM | Ripple Room



### Specialized Therapy Services

- Balance & Falls Management
- Cognitive Impairment
- Pre- and Post-Surgical Therapy
- Orthopedic Management
- Pain Management
- Strength & Mobility
- Stroke & Neurological Deficits
- Activities of Daily Living
- Speech & Communication Conditions
- Memory Loss
- Swallowing Disorders
- Home Modifications & Safety

## Contact Us Today

**RSVP by May 7th**

Phone: (954)789-7527 or

Email: [Aabbiati@elementhealthservices.com](mailto:Aabbiati@elementhealthservices.com)





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Do you need help using a computer?  
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Do you need a notary?  
Do you need to print?

## Kings Point Cyber Space is available for you!

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# Dalton Wade Realty Group Agents Supporting Sun City Center and Kings Point



Dalton Wade Agents working for you: #1 Lising Sold and Sales to Buyers

## Sun City Center

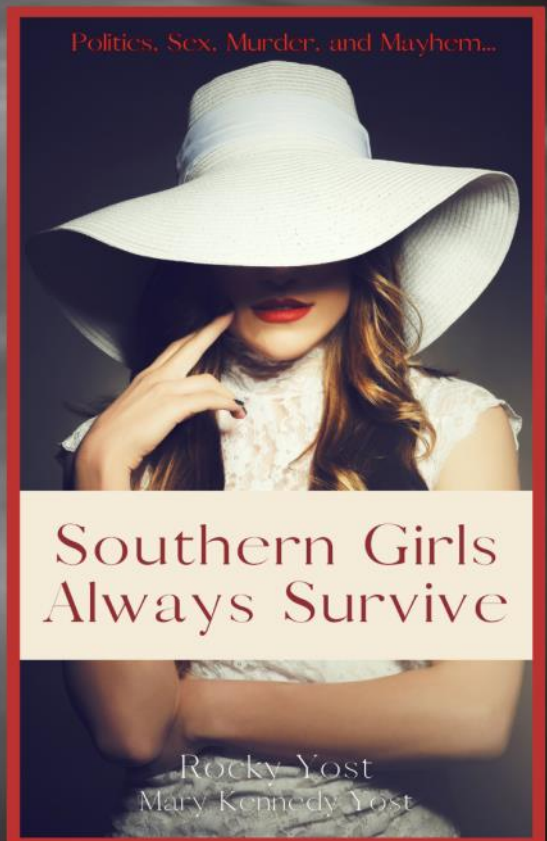
Vickie Bruni	813-892-8256
Dianne Blackwell	813-688-0603
Tammy Bushnell	813-335-0778
Susie Collins	813-416-6432
Marianne Crowe	863-255-7375
Dennis Douglas	813-352-4748
Martha Insinga	813-642-9738
Rosemary Hollis Jones	813-601-7038
Kam Johnson	262-901-5276
Serena Johnson	863-521-5171
Judie McFarland	813-230-3505
Nora Nelson	813-318-1255
Natalie Pellerin	813-545-4914
Sheila Sanford	813-629-7589
Nancy Stanton	813-785-9525
Jack Stevens	813-417-1554

	Price		Price
405 FULHAM CT #B	165,000	106 SILVERBELL CT	329,500
1908 CANTERBURY LN #18	199,900	1318 LELAND DR	329,900
1205 HARKNESS WAY	234,900	501 LIVELY DR	345,000
1758 ATRIUM DR	244,900	386 CLUB MANOR DR #0	345,000
2510 LANCASTER DR #166	250,000	2494 KENSINGTON GREENS DR	349,900
303 CLUB MANOR DR	275,000	2468 KENSINGTON GREENS DR	359,000
826 LA JOLLA AVE	285,000	604 FOX HILLS DR	359,000
2150 ACADIA GREENS DR	285,000	1606 N PEBBLE BEACH BLVD	380,000
414 S PEBBLE BEACH BLVD	289,900	611 CHIPPER DR	399,900
809 BLUEWATER DR	289,900	1406 JACOBSON CIR	419,900
806 BLUEWATER DR	297,999	1519 EMERALD DUNES DR	438,900
2023 GRANTHAM GREENS DR	299,900	1109 EMERALD DUNES DR	439,900
1202 BLUEWATER DR	305,000	1436 EMERALD DUNES DR	460,000
1741 COUNCIL DR	314,000	2219 NEW BEDFORD DR	489,900
1247 CORINTH GREENS DR	315,000	1360 EMERALD DUNES DR	495,000
1002 BRISTOL GREENS CT #16	320,000	1307 CRYSTAL GREENS DR	524,995
		676 ALLEGHENY DR	595,000

# Announcing:

**Kings Point's own Kennedy Yost has published her debut book! Cowritten with her big brother Rocky Yost**

Set against the backdrop of the transformative 1970s, **Southern Girls Always Survive** is an empowering tale of a young woman's journey to reclaim her strength and define her own destiny. Hilly Garland's dream of leaving her small Virginia town for the promise of college life is overshadowed by a harrowing encounter with a privileged peer. Yet, this Southern belle's indomitable spirit is not so easily broken. As she steps into the halls of the University of South Carolina, a sisterhood of enduring friendships awaits—the "12th Floor Girls." Together, they weave a safety net that allows Hilly to heal and grow, rediscovering the confidence and self-respect that was once shaken.



**Available in Kindle and Paperback**  
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**Don't forget to leave a review!**