

A message from your Board...

Lakeridge Falls Amenities Renovation permits have been obtained from Manatee County and the demolition phase has begun. For the past 18 months, we have been moving through the Vision planning with workshops, architectural and interior stages with workshops, financing stages with workshop, and currently the moving and storage stages. This project has involved many volunteers and hours of committee meetings and negotiations and extra support from our community assistants. The current Clubhouse was officially closed on September 17 to the residents and public. Oded Neeman, Community Association Manager and Paula Murray, Community Association Assistant have moved into the "Portable Office" which is parked in front of the Clubhouse.

Transparency is defined in a business or governance as honesty and openness with the obligation to share information with our residents and remain accountable to them. Throughout the Amenities Project, the Board has made every effort to



share the many steps we have taken to provide key information. We have held monthly Board Meetings, Workshops, provided updates including videos on the Lakeridge Falls website, calendars, Weekly Reports/Reminders, posted information on the Bulletin Board, provided minutes of Committee meetings and an opportunity to read minutes of all meetings. Your Board of Directors takes their responsibility very seriously and all live and pay into the property fees of Lakeridge Falls. We want our Association to provide a beautiful haven for all residents to be proud of, which is affordable, and maintains high property values.

Board Elections for 2019 are coming soon. We have two Board positions open. You can help Shape the Future by considering to run for a position! You may be nominated to run or nominate yourself. Mark your calendar for October and get prepared to make a decision for service to you community.

Social Media has become a reality of today's society. **Think before you post.** The same standards apply online as they do in real life. Social media is a powerful tool and can provide positive opportunities for learning, engaging, connecting and col-

LRF ASSOCIATION BOARD OF DIRECTORS

President, Mary Cochran: President@lakeridgefalls.org
Vice President, Dick Dorn: VicePresident@lakeridgefalls.org
Treasurer, John Sullivan: Treasurer@lakeridgefalls.org
Secretary, David Putnam: Secretary@lakeridgefalls.org
Director, Bob Kirkpatrick: BoardMember@lakeridgefalls.org

Committees

Architectural Review Board (ARB)

Mary Cochran, Board Liaison
David Putnam, Co-Board Liaison
(Chairperson...Lanny Weintraub)
Meetings: 2nd Thursday of the month at 10:00 am

Budget Committee

John Sullivan, Board Liaison
Dave Putnam, Co-Board Liaison
(Co-Chairpersons...Chuck Tierney & Mitch Matte)
Meetings as needed

Buildings Committee

Dick Dorn, Board Liaison
(Chairperson...Lori Klein)
Meetings: 3rd Monday of the month at 2:00 pm

Community Relations Committee (CRC)

Bob Kirkpatrick, Board Liaison
(Chairperson...Dan DeRoner)
Meetings: 2nd Thursday of the month at 2:00pm

Landscape Committee

Mary Cochran & Bob Kirkpatrick, Co-Board Liaisons
(Chairperson...Nancy Blair)
Meetings: 2nd Wednesday of the month at 10:00 am

Roads and Grounds Committee

Dave Putnam, Board Liaison
(Chairperson...Tony Scacifero)
Meetings as needed

Pool Committee

John Sullivan, Board Liaison
(Chairperson...Maggie Gat)
Meetings: 3rd Wednesday of the month at 10:00am

Security Committee

Dick Dorn, Board Liaison.
(Co-Chairpersons...Carl Stover and Jim DuGranrut)
Meetings as needed

Long Range Landscape Plan Working Group

Mary Cochran & Bob Kirkpatrick, Co-Board Liaisons
Chairpersons...Barbara Weintraub
Meetings as needed

Long Range Ponds Working Group

Dick Dorn & Dave Putnam, Co-Board Liaisons
Chairpersons...Chuck Tierney
Meetings as needed

Social Committee

(Co-Chairpersons...Alice Dorn and Jane Kintz)
Meetings: 1st Monday of the month at 10:00 am

Art League

(President...Jackie Hathaway) - *Meetings as needed*

Office

Property Manager: Oded Neeman

Phone: 360-1046 Line #101

email: PropertyManager@lakeridgefalls.org

After hours Emergency Only - 941-951-4034

Community Assistant/ LRF Falls Forum: Paula Murray

Phone: 360-1046 Line #103 Hours: M-W-F 12:00pm -4:00pm

email: Paula@lakeridgefalls.org

Guardhouse: 355-1328 / Security@lakeridgefalls.org

www.lakeridgefalls.org

laborating - *when used responsibly*. We have seen some posts that reflect false information and negative ideas about our association. Remember, this really doesn't reflect in our best interest and negates property sales and values. You have a right to your opinion and what you post can remain public for a long time, even if you delete it. Remember, content can be replicated and shared beyond the original intended audience and sent to people you never expected to see it, or who may view it out of context. Many of these sites will use your information to solicit you for items and information that may be used against you. Be sure you know your audience. Perhaps you ought to directly send the intended group or person an email versus using social media sites.

Hurricane Preparedness! Our heart and prayers go out to all those who have suffered in the path of Hurricane Florence. Lakeridge Falls Association posted a Volunteer Sign Up sheet for those who

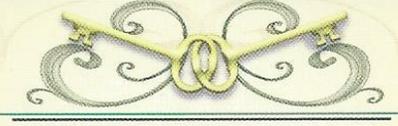
would help to prepare the Pool and Clubhouse area in the event of a pending severe storm. This involves securing all furniture and other "loose" items around the Pool and Clubhouse. We only have seven people signed up. Please consider giving a small amount of your time and energy to help if the need arises. See Paula Murray at her "Temporary Office" to sign up.

We will continue to keep you posted on the timelines and steps of construction on a consistent basis. Please make sure we have your current emails and contact addresses.

I repeat: "Great things are not done by one person. They're done by a TEAM OF PEOPLE! --- Steve Jobs

On behalf of the LRF Board of Directors,
Mary Cochran, President

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Property Managers Report

by *Oded Neeman*

Water Heater – one of LakeRidge Falls’ long time residents shared with us a very important piece of information we felt can be very useful for all LakeRidge Falls’ residents. The resident brought to our attention that TECO, the gas company which services the community, offers a rebate program in which consumers can enjoy significant rebates from TECO when purchasing gas appliances, such as a new gas water heater.

We, of course, picked up on this lead and discovered on their website that TECO has a program called Conservation Rebates in which “you may be eligible for cash-back allowances, designed to help you start saving right away.” Based on TECO website, consumers can enjoy rebates ranging from \$65 all the way to \$725 when purchasing, for example, a new gas tank water heater, tankless water heater, cooking stove, and/or clothes dryer. For a complete list of appliances and rebates offers please visit TECO’s Conservation Rebates website page.

Back to the hot water heater, the resident who shared her personal story with us also advised that TECO has a “group of “Certified Plumbers” that they have contracted with to replace hot water heaters.” “They come in,” she continued, “take away the old one, install the new one, and the REBATE is turned over to the plumber. “BUT the convenience is,” she concluded, “TECO increases your bill \$10 per month for 5 years until the new hot water heater is paid off.” We can all agree that 600 dollars for a brand new gas hot water is not a bad deal. We wish to thank those residents who share these great opportunities with us for the benefit of all. Thank You.

Continued on Page 5

This same resident also raised the question if she should contract with a professional and licensed plumbing company to flush her new water heater on a regular basis. Indeed, a great question. If you Google “Why Does a Water Heater Need Flushing?” you will find endless articles by professionals advising readers to do just that. Reading through these articles, it seems there is one main reason why one should flush a water heater on a regular basis: sediment. Most professionals say that over time water will leave sediment at the bottom of the water tank the same way it builds up at the bottom of a coffee kettle.

As the sediment builds up, they explain, it will take more and more space in the tank. As a result, they continue, the water heater will work harder causing it to overheat the water. Therefore, they conclude, homeowners will experience two main issues. First, the tank will start making popping noises. The popping noises are caused by overheated water which is pushing the sediment at the bottom of the tank. The second issue is that once the water is overheated it expands. Expansion creates more pressure in less room and therefore the pressure relief valve will start leaking.

As a Denver based plumbing company puts it in its online article “want to avoid all these hot water problems? Make sure you have your water heater professionally flushed on a regular basis.”

Victoria Falls Roadway – During a recent inspection of the roads throughout the community, a few sections were identified along Victoria Falls Circle. As a result, the Board of Directors asked that these areas be inspected by an independent road maintenance company in order to get a professional opinion. Following this directive, Asphalt Maintenance, a company the Association has used in the past to perform road work in the community, inspected these areas. Following the inspection, Mr. Dave Kamps, President of Asphalt Maintenance, recommended the Association perform repairs on two sections: one area where roots of a nearby Royal Poinciana tree grew out of the road and one depression area near a sanitary sewer manhole. Regarding the other sections,

he suggested the Association wait until it will take on the re-pavement project .

Regarding the depression area, Mr. Kamps suggested the Association contact Manatee County first in order to inspect the sewer lines. Mr. Kamps advised that this step is necessary in order to ensure there are no leaks along the sewer line which may cause the depression. After all, he concluded, fixing the road without eliminating the potential cause would be pointless. Following his suggestion, we placed a service order with Manatee County. Today, two Manatee County crews were on site to inspect the sewer lines using a robotic vehicle with a camera on it. To our relief, no leaks were found. The crew manager then concluded the depression is most likely the result of poor compaction or shift of water tables.

During its meeting today, the Board of Directors reviewed and approved a \$1,400 proposal by Asphalt Maintenance to repair the two areas mentioned above. We hope this work will take place in the next couple of weeks, which really depends on the vendor’s availability. Regardless and in the meantime, we please ask that you drive safely while driving along Victoria Falls Circle. We thank you in advance for your cooperation and understanding on this matter.

Backflows – Arctic Air Services/ Plumbing Department finalized last week the certification process of all backflows in the Association. They informed us that 72 backflow preventers, out of 399, did NOT pass the certification process. Therefore, we sent and emailed 72 notices to all those members whose backflows failed and therefore needed attention. If you are one of those who received a notice, please make sure to correct the matter. Please note that you can use Arctic Air Services by contacting Jennifer Bedard at 941-747-8800 or JENNIFER@arcticair4me.com), or any other certified tester plumbing company you wish to correct the problem. Manatee County advised us that residents whose backflows failed the certification test will have until October

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1st to correct the matter. If they fail to take action by then, we were advised, the County will send its own licensed and insured plumbing company to correct the problem. We were also advised that the County will then charge the homeowner through the utility bill, a charge that may be significant higher than if the homeowner hires a licensed and insured plumbing company directly. Therefore, please take action on this matter as time is of the essence.

Backflows – Some residents received a Final Notice letter in the mail from Manatee County warning them that they must certify their backflow otherwise the County will charge them 40 dollars to perform this task for them. As we learned from past experiences, Manatee County computerized reporting system is not one of the easiest systems to work with. Regardless, Arctic Air Services/ Plumbing Department is working as we speak to solve this matter. If you are not one of the 72 homeowners who was notified their backflow had failed, please ignore this letter.

If you are one of the 72 homeowners whose backflow failed, you should have received an email and/ or a letter from the Association advising you on this matter by now. Please note that you can use Arctic Air Services by contacting Jennifer Bedard at 941-747-8800 or JENNIFER@arcticair4me.com), or any other certified tester plumbing company you wish to correct the problem. If you fail to act, as this week taught us, the County will take actions to correct this matter while passing the cost to you. Therefore, please take action on this matter as time is of the essence.

Resident's Action – Every now and then, residents will approach us with concerns that fall under the responsibility of Manatee County. In these cases, we ask residents to take their concern directly with the County, as demonstrated last week in my weekly report when the Board of Directors encouraged residents to participate in a public hearing regarding the rezoning of neighbored development. This is not done because the Association refuses to help with residents' concerns, but simply because the Association has no power over areas that falls under the jurisdiction of Manatee County.

Why we are mentioning it? Because of Mrs. Barbara Weintraub, a long time resident of the community. Recently, Mrs. Weintraub brought to our attention that each time she attempts to turn into the back gate, her view of the upcoming traffic from north to south on Lockwood Ridge Rd is obstructed by unkempt landscape on the median. Following our advice, Mrs. Weintraub, contacted Manatee County. To her surprise, she later reported to us, the County took care of the matter within days so the sight of one of the lines of oncoming traffic on Lockwood Ridge for those who are waiting to turn into the back entrance gate is clear again. The Board of Directors thanked Mrs. Weintraub for her initiative, which benefits all members of the community who use this gate, and encourages more residents to act once they feel there is an issue that must be addressed with Manatee County.

Automated External Defibrillator

(AED) – As some may know, the Association has two AED devices: one is located in the Clubhouse hallway and the other one in the Fitness Center. For those who do not know, the AED is a portable electronic device which is used in the case of an emergency to automatically diagnose and treat potentially life threatening situations of cardiac arrhythmias. These automated external defibrillators require pretty much no training as they will guide its users what to do. As explained in the past, it is very important to know to please not open any one of the cabinets in which the AEDs are located unless it is truly a case of an emergency. When opened, an alarm will sound and an EMS vehicle will be dispatched.



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Mi Pueblo Gate – Back in July, we reported that a direct lightning strike damaged a Bright House/Spectrum modem and a gate operation motherboard, both of which are essential to the operation of the gate. We also reported that Bright House/Spectrum and Sunstate Gate, LakeRidge Falls’ gate maintenance company, made sure to replace all defective and broken components and made sure the gate is operational. Well, this week we came to learn that the old saying lightning never strikes the same place twice is false. This week residents reported the Mi Pueblo gate was not operational. Therefore, a Sunstate Gate tech was here yesterday to inspect the gate. To his account, the area suffered another direct hit as both the modem and motherboard were “fried.” Sunstate Gate tech replaced the defective motherboard and we placed a service call with Bright House/Spectrum to replace the defective modem. Bright House/Spectrum is scheduled to be here tomorrow. Until all equipment has been replaced and tested, we left the gate unlocked so residents can use it. We hope the gate will be up and running again no later than early next week.

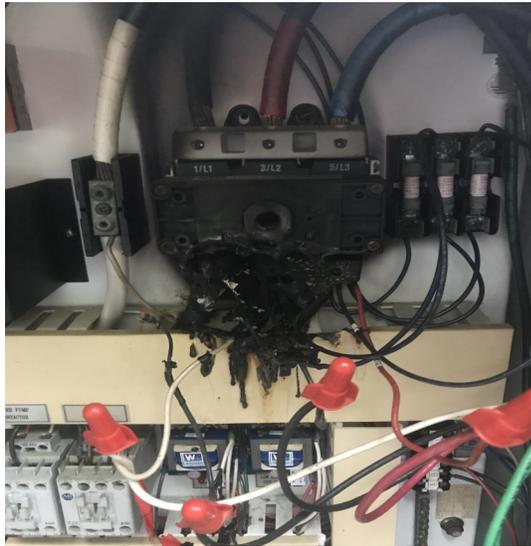
Fitness Center Alternative - During its last meeting, the Buildings Committee considered alternative outlets for residents to go to during the time the Fitness Center is closed. One of the options considered was Crunch Fitness, a fitness club located at the WalMart shopping plaza. Thanks to Ms. Lori Klein’s efforts, the Buildings Committee Chairperson, the Buildings Committee was able to reach an attractive rate for LakeRidge Falls’ residents. The following is the information provided to us by the Buildings Committee:

1. LakeRidge Falls’ residents can enjoy a corporate rate while enrollment fees are waived.
2. There is a 90-day minimum enrollment, \$19.99 (peak plus) or \$23.99 (peak results) a month plus annual fee.

3. In order to enjoy this deal, the Buildings Committee needs at least five people signed up initially and then anyone in the community can take advantage.
4. If you have signed up since September 16th, 2018, you can switch to this corporate rate if you want, which will be counted towards the 5 needed.
5. 1-day guest passes also available.
6. If you are interested in joining Crunch Fitness, please contact Ms. Lori Klein (information is available in the Community Directory).

Waterfall – As some may notice, the waterfall is out of commission at the moment. The electric system that operates the entire waterfall suffered a direct hit by lightning. As a result, major electrical components were literally fried by the heat as can be seen in the picture below. ProPump & Controls, Inc, which also maintains the waterfall major pumps and electrical system, examined the electrical panel and provided the Association with a proposal for repairing the damage the lightning caused. Ironically enough, we were going to announce this week that the entire waterfall operation will be shut off starting next week until the completion of the resurfacing project, which is scheduled for October. Here is why. As we came to learn, the condition of the waterfall’s basin is rapidly deteriorating. As a result, leaks are being spotted on a regular basis. The Board of Directors decided, therefore, that the cost of the temporary repairs and more importantly the constant loss of precious water does not justify keeping the waterfall operational at this time. This is true especially when considering the resurfacing of the waterfall’s basin is just around the corner. Therefore, please note that the waterfall will remain off until the end of October or the beginning of November. We appreciate your understanding on this matter.

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Capital Improvement - If you recall, the Board of Directors investigated the issue of capital improvement in recent months and its merit. Considering a significant amount of reserve funds are going to be used towards the renovation project, the Board concluded it would be only fair to ask potential/new homeowners to participate in these efforts. Therefore, the Board voted during its July meeting to obtain an approval of the membership, i.e. LakeRidge Falls' homeowners, to amend LakeRidge Falls' governing documents. As a result, a mailing was sent to all members of the Association in early August asking for a vote on this matter. We are happy to announce that the participation was pretty impressive with over 300 homeowners casting their votes. During its latest meeting, Mrs. Mary Cochran, LakeRidge Falls' President, announced that the vote count was overwhelmingly supportive of the amendment, 276 homeowners voted Yes while 37 homeowners voted No. Following the announcement of the results, the Board of Directors approved the certificate of amendment to the declaration of covenants, conditions, and restrictions for LakeRidge Falls. After this document was notarized it was sent to the Association Attorney. We were informed by the Associations legal counsel that this amendment was recorded with the Clerk Circuit Court of Manatee County on September 18th and therefore it is now an official section of LakeRidge Falls' governing documents. As a final notice, please remember that this capital improvement fee will NOT be implemented on transfers between a) family trust, b) children of the owner(s), c) or between spouses.

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Performance **January 27, 2019**
Purchase tickets before **October 31, 2018**



See website for details:
www.lakeridgefalls.org



The **Sociable**
Stitchers continue to meet on Friday mornings from 10:00 a.m. un-

til noon; we're meeting in a home while the Clubhouse is closed. If you'd like to join us for some therapeutic needlework (crochet, knit, needlepoint, etc.), contact Barbara Remmer to find out where and come join us with your project.

Buildings Committee



by Lori Klein, Chair

By the time you read this, our Clubhouse and the now “old” fitness center will have been closed for a few weeks, and hopefully construction (or destruction first) will be underway. Despite the closure, Association business continues to go in the temporary office onsite and with meetings in the education building at Northminster Presbyterian Church. In addition, many of the smaller groups are continuing their regular activities, meeting in homes or in other locations.

First, I'd like to thank the many, many volunteers who helped with decision-making, taking things down, packing things up, and in some cases even taking things home. This includes not only members of the Buildings Committee, but also Oded and Paula, Mary and many other members of our Board of Directors, members of the Social Committee and the Art League and Maggie Gat. Working together, we handled in about two weeks what took over a decade to accumulate!

Second, I'd like to assure all those that use the buildings facilities that you will have input close to or more likely shortly after the reopening. Initially we will be bringing back our current tables and chairs, and fitness equipment. The Design Group, your Board of Directors, and the Buildings Committee all agree that your input is wanted and needed so that furniture and equipment recommended to the Board for purchase best meets the most needs.

Finally, please check the signboards by the front and back gates for notices of meetings, read the weekly emails and reminders that come out, and check out other information on the website (<http://www.lakeridgefalls.org/>) to keep up with what is happening in the community and with the renovations.

Art League News



by Jackie Hathaway

Tickets Now on Sale...

A tour of the new James Museum in St. Petersburg has been scheduled for Thursday, Nov. 15th. This new facility features nearly 500 artworks from the vast collection of Tom & Mary James. These dedicated patrons of the arts have collected western art by contemporary emerging artists, as well as legends including Remington and Russell. Tribal traditional art, wildlife, and Native American crafters including jewelry artists are all part of the James collection. Following our museum tour, enjoy a pre-selected lunch of Fish tacos, Roasted Chicken Ciabatta, Veggie Wrap, or a wonderful Hamburger plus dessert at the Hangar Restaurant. After lunch, sit back, relax and enjoy the downtown St. Petersburg Mural tour by a knowledgeable step-on guide who will join us on the coach.

The all-inclusive price of this day trip – including lunch - is \$94 per person. If we have 16 or more participants the Ship & Shore Coach will pick us up here at Lakeridge Falls, approximately 8:30am, returning by 4:30pm. Checks should be made payable to the LRF Art League and given to Paula no later than Thursday, November 1st. Please contact Sandie Nuwaysir at nuwaysir@verizon.net if you have any questions about this planned trip.

The Art League is also sponsoring a visit to the new Basch Visual Arts Center at Ringling College on Wednesday, Oct. 17th at 10:00 a.m. for a docent-led tour of the Stulberg Gallery, Hot and Cold Glass Shop, Printmaking and Woodworking Studios. A buffet lunch will follow in the Ringling's Hammond Commons. The cost for this event is \$10. There will be space for only 20 participants so this will be a first-come event. Get your checks made out to "Lakeridge Falls Art League" to Paula no later than October 8th to reserve your space! We have always had wonderful tours at the Ringling. As usual, we will try to carpool. Details on this will be provided closer to the event. If you have any questions, contact Irene Cerdas.

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BOOK CLUB

LRF Book Club Selections 2018

October:

Panchinko - by *Min Jin Lee*

November:

A Piece of the World -
by *Christina Baker Kline*

December: Select 2019 books

**The LRF Book Club will meet at
the North Sarasota County
Library, 2801 Newtown Blvd
until the clubhouse
renovations are complete.
Meeting dates and times will
not change, still the
2nd Monday of the month,
11:00am - 12:00pm.**

Questions?
Contact Kathy Kendall
kathy52847@yahoo.com
941-306-5128.

Social Committee News

by Jane Kintz / Alice Dorn, Co-Chairs

There were 28 residents attending Bingo on Sept. 10. We will advise when the clubhouse reopens, and Bingo is continued. It will be so nice, having our monthly Bingo in our redecorated Grand salon! Note the monthly Falls' Forum!

In lieu of the monthly **TGIF** held at the clubhouse: for October we have arranged with Mi Pueblo to have a **TGIF** in their restaurant on Friday, Oct. 26 @ 5 p.m. When you arrive, please state that you are with Lakeridge Falls and you'll be directed to the restaurant's section reserved for our group. Arrangements have been made, for "separate checks" - some of us might order drinks/appetizers: others may order dinner. This is the 1st time we're having TGIF in an off-site facility, and we hope you will attend! It should be fun evening, we'll be set up to accommodate up to 30.

TICKETS ON SALE NOW....



Our 2018 Holiday event is scheduled for **Sunday, December 2nd**. Join your neighbors for an ALL-YOU-CAN-EAT BUFFETT at **Tara Golf & Country Club**, just a short distance from LRF, (carpooling available) followed by the matinee performance of six-time Tony Award winning musical sensation **THE MUSIC MAN** at the Asolo Theatre. This exuberant musical masterpiece will be directed by Tony nominee Jeff Calhoun and stars legendary Broadway song and dance man Noah Racey. We have secured a limited number of excellent Section "A" orchestra and mezzanine seats for this performance. Our all-inclusive ticket price for the 11:00am buffet lunch and 2:00pm matinee performance is just \$89.50 per person. This is an incredible value for the price. Please note due to a price increase the single price ticket for the Asolo Theatre is now \$85.00.

As you may know, Tara's Sunday Brunch is considered one of the best in the area with a "Create Your Own Omelet Station", Fresh Shrimp and smoked salmon, Chef Carved Country Ham, Smoked Bacon and Country Sausage Links, Eggs Benedict, Belgian Waffles, Fresh Seasonal Fruit, Chef Prepared Salads, Bourbon Pecan Bread Pudding, Chicken, Sautéed Fresh Vegetables, Assorted desserts including soft-serve ice cream with assorted toppings, fresh brewed coffee, tea, and so much more, including your choice of a Mimosa, Bloody Mary or Champagne.

Due to the renovation of the clubhouse we have extended the dates for ticket sales. Paula is selling tickets Mon. Wed. Fri. from 12 – 4 starting Monday, September 17 – Monday, November 12, or until all available tickets are sold. Checks should be made payable to the LRF Social Committee. At the time of your ticket purchase, please specify your choice of Mezzanine or Orchestra seating. We will try to accommodate everyone's seat preferences. Also, please indicate if you would like to car pool to Tara, and if you are willing to be a driver.

Please contact co-chairs Sandie Nuwaysir or Alice Dorn if you have any questions.

We hope you will join us for a fun-filled day.

The LRF Social Committee

Meetings

<i>Date</i>	<i>Time</i>	<i>Group</i>	<i>Location</i>
<i>October 1st</i>	<i>10:00</i>	<i>Social Committee</i>	<i>Northminster Presbyterian Church</i>
<i>October 1st</i>	<i>11:00</i>	<i>Art League</i>	<i>Northminster Presbyterian Church</i>
<i>October 10th</i>	<i>10:00</i>	<i>Landscape Committee</i>	<i>Mobile Office</i>
<i>October 11th</i>	<i>10:00</i>	<i>ARB</i>	<i>Northminster Presbyterian Church</i>
<i>October 11th</i>	<i>2:00</i>	<i>CRC</i>	<i>Northminster Presbyterian Church</i>
<i>October 12th</i>	<i>2:00</i>	<i>Board Meeting</i>	<i>Northminster Presbyterian Church</i>
<i>October 15th</i>	<i>2:00</i>	<i>Buildings Committee</i>	<i>Northminster Presbyterian Church</i>

The church is located at 3131 61st Street which is directly behind Demetrio's restaurant (corner of Lockwood Ridge Road and University Parkway). From the back gate, turn right then cross University Parkway and take a right at the first light. **Committee chairs should obtain the key from Oded or the one hanging on the wall in Paula's office before heading to the church. Please return the key after your meeting.**

Women's Breakfast



October 23rd

9:30 am

First Watch

SR70

Contact Paula Murray to signup:

paula@lakeridgefalls.org or 941-360-1046 ext 103

Dining Diva's Luncheon

Giorgio's
ON HILLVIEW

October 5th

11:30am

Contact Paula Murray to signup:

paula@lakeridgefalls.org

1936 Hillview Street

941-360-1046 ext 103



Anyone interested in joining Crunch with a corporate rate for LakeRidge Falls, waiving the enrollment fee, contact Lori Klein. 90 day minimum enrollment, \$19.99 (peak plus) or \$23.99 (peak results) a month plus annual fee. We need five people signing up initially, and then anyone in our community can take advantage as long as at least 5 people enrolled under the rate. If you have signed up since September 16, 2018 you can switch to this corporate rate if you want (and count towards the 5 we need). 1-day guest passes also available from Lori.

Pool Committee

by Maggie Gat, Chair

Please Keep Exercising While the Pool is Closed

The decision to resurface our community pool has invited my reflection on many things. You see a primary reason for my decision to move to and to remain in Lakeridge Falls was our community pool. Since my first Junior High School gym class I have understood that land-based sports and exercise are not my thing. I know that exercise is an important task for aging people and so is maintaining friendships.

Checking in with community friends is probably an unsung but important part of the entire renovation project. Continuing to exercise and nurture my stiffening joints are also important tasks for fall at Lakeridge Falls. Do you have a plan?

Walking is available to most of us. Crunch is next door, if you are interested in working out or attending exercise or Yoga classes. But, if you are like me, you seek water for exercise. The Red Tide certainly discourages my consideration of ocean swimming this fall. So, I have explored alternative ways to be in the water until our pool re-opens.

You may have a friend in the community, who will invite you to come over to exercise in their pool on a regular basis. Many of us don't, so I found a few alternatives. There are YMCA pools in Manatee and Sarasota Counties. There are also public pools, which seem to me to be the best alternative, so I looked up information about them. In Manatee County there are two: The GT Bray Aquatic Center, [5502 33rd Ave Dr W, Bradenton](#) and the John H. Marble Pool, [3675 53rd Avenue East, Bradenton](#). Both have lap swimming available most days of the week. In Sarasota you will find the pool in Arlington Park. Each has a small charge and a large pool. Check them out!



WATER AEROBICS

Will continue until the pool is closed for renovations.

Monday—Friday 8:00am and Tuesday & Friday (w/Kathy) at 9:30am



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SOLOMON'S CASTLE

Tuesday, October 30th
Tickets: \$70.00pp

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www.lakeridgefalls.org

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Find more project updates at www.lakeridgefalls.org!



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