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		.shashany711@	hotmail.co	m
Director:	. Mark Dehaven	Msdehaven57	@gmail.con	n

****Reserving Community Space: Kris Mohn (727-483-5576) is the person in the office to contact regarding requests for the Club House and/or library. Whether the event is a Club activity or a private event, be sure to have Kris verify the availability before applying for use of the space. And, remember to leave the areas clean and as neat as you found them to have the deposit fully refunded.

Community Staffing at Park Royale

General Community Manager: Joanne Davis, 727-547-1676 Maintenance Manager - Mike Milleman, 727-600-2370 Office Coordinator: Kris Mohn, 727-483-5576

Office Hours: Monday - Friday, 9 a.m. to 5 p.m. Emergency Phone Number - 877-786-6048

> News Editor Janet Burns 508-380-3588 66267 Oxford drive. janetburns644@gmail.com



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A Message from Joanne Davis

Happy February!!!

1. The birthstone of February is Amethyst.

Zodiac signs for February are Aquarius (Jan 20-Feb. 18) and Pisces (Feb.19-March 20)
The February birth flowers are the violet and the primrose.

February Flower: The Violet. The violet signifies watchfulness, loyalty, and faithfulness. Give a violet to someone to let them know you'll always be there for them.

The Primrose, lets someone know you can't live without them.

Town Hall Meeting: February 15, 2019

<u>Time - 5:30 pm - 6:30 pm</u>

Where: Clubhouse

Come meet Park Royale's Regional Vice President Andrew Morales.

Please come chat with Andrew. Ask questions, concerns or compliments about the park. There will be coffee and snacks.

<u>**Palm Tree stickers**</u> Did you recently get a new car? Move to the park? Or just want a new sticker. Please visit the office. All owners are required to have a Palm Tree sticker attached to their vehicle.

<u>TRASH COMPACTOR</u> – PLEASE Do Not leave anything by the compactor for someone to take. Throw it away or give it to the Salvation Army or Goodwill. ⁽²⁾

<u>Street Parking</u> – For the most part everyone is doing pretty good with not parking longer than 2-4 hours. However, I have noticed on weekends people tend to park in the streets more.

<u>Friendly Pet Reminder</u> –Please remember when walking to only let your dog in a yard who has paw stickers.

Amazing Facts

- The ancient Romans were the first to celebrate January 1st as New Year's Day. When? In 153 B>C>
- There was no year 0.
- Luckily, there can never be more than three Friday the 13ths in one year.
- What's the only month that's also a verb? March!
- Brazilians consider August an unlucky month Do you know the origin of the deck of cards? It was thought and designed this way: 52 cards for 52 weeks in a year 4 colors for each season 13 cards in each color for 13 weeks in each of the seasons And if you add up the face number for each card in the deck, together they add up to 364 (days in a year) One on the jokers they used to add a day when it wasn't a leap year. I guess the other joker was counted as the one who is reading this amazing fact! Have a nice day!

**You are invited to share ideas, suggestions, or observations with others in the Park. We would love to hear from you! Please submit your articles to janetburns644@gmail.com or drop it off @ 267 Oxford.

Birthdays

February 1st- Sandra Messer February 2nd- Sam Bass, Sue Kuhn, and Vicki Miller February 3rd – Joe Mercurio, Mervin Thompson, Marlene Whittaker, Annette Woodcock February 4th – Carlotta Linck and Mike Maringer February 5th – Frank Kwiatt February 6th- Sue Simms February 9th- Joyce Coakley and Eloise Mitchell February 10th- Jeanette Paquin February 13th- Richard Rich February 16th – Gary Linck February 17th- Irv Keif February 21st- Bob Oke February 28th – Norm St. Germain and Douglas Bastian

Let these special people know you are thinking of them by wishing them 'Happy Birthday'! Everyone has a special day and we want to acknowledge it!

Reminder: There is a sign-up sheet in the hall between the gym and the kitchen where you can provide your birthdate, so it will appear in the media. If you are not sure your birthday is recorded in the Master list –place your birthdate on the sheet anyway!!

Coffee and Donuts



n the second Thursday of the month come to the Clubhouse to hear speakers, Park Royale updates or just visit with friends from 9:00 AM to 9:30 AM. The required signup sheet is located on the board in the Clubhouse. This ensures enough donuts will be available for everyone! Bring your suggestions, questions and comments. This month we had the pleasure of learning about "Understanding Diabetes" from a nutritional viewpoint. Presented by Dr. Apurva Shah and NP Jill Coots. They were very informative about what to eat to try to keep your blood sugars in the correct range. The next coffee and donuts will be Thursday, February 14th at 9:00 AM. A representative from Humana will here to discuss what is new. **Don't forget your coffee cup.**

Royalites Monthly Meeting

The Royalites monthly meeting will follow Joann's coffee & donuts meeting. Please stay to hear updates on upcoming activates and events. This is scheduled for Thursday, February 14th @ 9:30 AM. Janet provided an update of all the scheduled activities. I can't wait-it sounds like so much fun!



PARK ROYALE POST FEBRUARY, 2019 C



Health and Wellness

Vicki Miller has volunteered to send wellness cards to residents who are ill, in the hospital, rehab or with other arrangements until they are feeling better and able to return to Park Royale. The "Get well wishes" will brighten their day. If you would like to have Vicki send out a card, call her at 727-483-4528.

Glasses

Please note there is a box near the board to collect **Eye Glasses** for the Lions club. Please donate your old glasses for a great cause.



HOA Meeting

The next meeting is scheduled for February 11th @ 7pm in the Clubhouse. Come join the HOA and meet the new Board members!! If you have any suggestions, concerns or questions, please feel free to contact any member on the board. Now, more than ever, we need your support! The Park needs you and your opinions.

Ladies Luncheon

E ach month a Ladies Luncheon is scheduled on the second Tuesday of the month. The Ladies Luncheons are one of the most enjoyable activities of Park Royale. On the second Tuesday of the month, many ladies of the Park will gather at the Club House at 11:00 AM to car pool to a local restaurant that has been selected by the Luncheon committee. If you know of a different kind of restaurant that is about 7 or 8 miles away with moderate prices, let us know. There will be a signup sheet on the main bulletin board. Thank you for your suggestions and participation.

Table Tennis

PARK ROYALE TABLE TENNIS GROUP SCHEDULE

Join us for table tennis at the Clubhouse Mondays, Thursdays, and Fridays from 1:00 to 3:00 p.m. Other times may be available when interested people make their times known. Our schedules are flexible, and we welcome all skill levels. If you have never played and would like to learn, join us! We have fun, laugh a lot, and its great exercise. You don't need to sign up, just show up and play. We provide the table, rackets, and balls. Questions? Call Leurene Hildenbrand at 330-607-4335 or Rick Pightling at 727-641-5489. C'mon, let's have fun together!



Movie Night

Movie Night is the second Friday of the month. There is a movie request form on the bulletin board in the Clubhouse, so you can let Gloria know of the movies that you would like to see on Movie Nights! Bring some popcorn, a drink and join us for the February movie. it will be: **Spark of Insanity**, Jeff Dunham ventriloquist. Combining his amazing talent and his unorthodox sense of humor, Jeff Dunham returns, yet again, with a hilarious ventriloquist performance. Starting off with the infamously known Walter, scrutinizing every bit of today's American society. Followed by two new characters, Achmed the Dead Terrorist, who continuously threatens the crowd with Silence and Death, and Melvin the Superhero, who can stop a speeding bullet! ... only once... He wraps up the show with the adorable Peanut and an uncanny debate between him and Jose Jallapinio (on a Stick). Brilliantly written with an Outstanding performance.

The Royalites

Author: Cathy Maringer

Ur annual Christmas dinner was a full house. The dinner was delicious, and thanks to all of those who helped. We had beautiful Christmas trees decorating our tables, that were made by our Card Making Ladies. We also drew names from those in attendance for gift cards, and then we had a drawing to share the wealth.

Helping Our Environment

"Bring your own tableware" for all gatherings. This small change will have a large impact on our environment! Not only that, it will also help shorten the clean-up time, so all may enjoy our after dinner/lunch socializing.

For everyone's convenience, our monthly Royalites meeting will be held right after Joann's coffee and donuts meeting which is the second Thursday of the month. The Royalites board member are:

Director: Janet Hazen, 722-209-1838, jmh0353@yahoo.com Assistant Director: Cathy Maringer, 608-385-2858, cmaringer@acegroup.cc Secretary: Rosemary Tregaskis, 570-871-5240, rstregaskis@icloud.com Treasurer: Susan Seibert, 610-780-6637, crazygmama@gmail.com

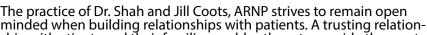
Suggestions

Ve value your thoughts and opinions would like you to share new ideas for clubs, activities, games and events etc. You can email, call or reach out to any of the officers to contribute your suggestions. Your participation is valued.

Apurva Shah, M.D., M.P.H. **Board Certified in Internal Medicine**

Dr. Shah is a board-certified MD in Internal Medicine and has been in practice for twelve years. He received internal medicine training from New York Medical College and also holds a Master's in public health from the University of South Florida.

Dr. Shah specializes in geriatric care. With his training and experience, he has been very successful in managing and treating high blood pressure, diabetes, back pain, heart problems, respiratory problems, and obesity.



ship with atients and their families enables them to provide the most comprehensive and compassionate care. Emphasis is placed on preventive medicine, screening tests, timely interventions, and follow-up care. Dr. Shah and Jill have been successful with managing acute and chronic medical problems, reducing hospitalization and emergency room visits, and helping patients maintain a healthy and productive lifestyle.

We strongly believe patients are the biggest asset of our practice and customer service is the main motto of our practice. Patient feedback is extremely valuable and has helped us over the years to provide high quality and compassionate care. Dr. Shah does make personal rounds for his hospitalized patients and believes in continuity of care.

Services Offered: Routine Physicals

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HEALTH CARE PHYSICIANS

Jill Coots, ARNP

Jill Coots, ARNP has been with the practice since 2015. She has been a great addition to the team and is a valuable resource for our patients. Jill is board certified in family practice and is a member of the American Academy of Nurse Practitioners and American Diabetic Association. Prior to joining Access Health Care, Jill worked at the VA Hospital in Tampa for six years in acute care and oncology. Jill, in pursuit of her passion and interests, is on track to be a certfied diabetic educator in the near future.



Suite 11

PARK ROYALE POST FEBRUARY, 2019 C











Something Smells Good!

RECIPES OF THE MONTH

<u>Cannoli Dip</u>

Ingredients:

- 1 cup ricotta
- 1 tsp. vanilla extract
- 8 oz. cream cheese (room temperature)
- 2/3c mini chocolate chips
- 1 cup powdered sugar

Instructions:

- 1. Using a stand mixer (or a hand mixer & large bowl) add in ricotta, cream cheese, and powdered sugar on medium-high speed until smooth, about 3-5 minutes. Add in vanilla extract and whip for another 30 seconds.
- 2. Taste test the dip-if you'd like it sweeter, add more powdered sugar, about 2 tablespoons at a time. You can safely add up to another ½ cup of powdered sugar (8 tablespoons) without negatively impacting consistency
- 3. Fold in mini chocolate chips, reserving some to sprinkle on top for decoration if desired. Serve with broken sugar cones. We also like to fill sugar cones with the dip like ice cream

An envelope is posted on the board in the Clubhouse for your convenience to share your favorite recipe in the Media. We have some great cooks in the Park as witnessed by our many food events. Favorites are salads, cookies and casserole dishes.

Balance and Stretching Activity

The Balance and Stretching Exercise Program is on Monday, Wednesday and/or Friday at 9:00 AM for 40 minutes of low impact stretching all year long. Come and observe or call Debbie at 216-835-7303. The number of participants continues to increase. Keep on exercising as it will strengthen your body and increase your level of daily activity.

The Welcoming Lady

The Welcoming Lady is Gloria Evans at 66252 Oxford (215-378-1627). If you have not been contacted, please contact Gloria. This is the time when you can submit your address and phone number to Carlotta Linck (727-346-3455) for the Park Royale directory.

Welcome New Residents

<u>Highlights of Events for February</u>				
February 3rd	*NFL Championship Party – Clubhouse @ 6:00 PM			
February 9th	*Valentine's Dinner Dance. 10 pp			
-	Social Time $5:30 - 6:00$ Dinner at 6			
	Dancing 7 till 10. BYOB and dinnerware			
February 12th	*Ladies Valentine Lunch at the Clubhouse			
-	11:30 Bring either a salad or dessert to share.			
	BYOB and dinnerware.			
February 15th	Town Hall Meeting at the Clubhouse 7:00 PM			
j j	Startup times are accurate so please arrive early!			
March 12th	*Ladies Lunch at Slicers at Madeira Beach			
March 14th	*Dali Museum			

Please note that activities with the * require a sign-up in advance!

Sign-up sheets are posted on the main easel (aka the board) in the entrance of the Clubhouse. Be sure to sign up for your favorite activities. We don't want you to miss out on any of the social events! The Clubhouse can only accommodate a certain number of residents at a time; and we want everyone to enjoy the events. Be sure to check the outside bulletin board regularly for additions or corrections to any of the activities as some changes are unavoidable. Thank you for your understanding!

Best Friends Pet Club

The Officers are as follows:

Director:	Ralph Heusinger - tiger1763@aol.com	727-256-8574
Assistant Director:	Annette Woodcock – Awood2357@aol.com	203-215-5185
Treasurer:	Penny Calkin - Penny218@Gmail.com	727-310-7959
Secretary:	Donna Spurgeon - Spurg46@msn.com	727-656-0608
Event Coordinator:	Carol Molter - gmkool438@AOL.com	727-545-5430
Volunteer Coordinator:	Karen Fairfield - klbfair2019@yahoo.com	727-440-9075

Billiards

Park Royale has two new pool tables and Dan Hogan coordinates these games on Monday & Thursday afternoons at 1:00. This is for your enjoyment, no cost and everyone is welcome! Stop by the Club and try it out.

Contact: Dan Hogan for further information.

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· · · J · ·
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Property Damage\$100,000 Each Occur.
Uninsured Motorist\$100,000 Each Pers./ \$300,000 Ea. Occur.
Pers. Injury Prot\$10,000 Ea. Person, Wage Loss Excluded
Medical Payments\$5,000 Each Person
ComprehensiveACV - \$500 Deductible Collision ACV - \$500 Deductible
CollisionACV - \$500 Deductible
Road Trouble Serv\$50 Each Occurrence
Additional Exp\$30 Per Day / \$900 Each Occurance
Annual Paid In Full Premium \$994.55*
Duote Details: -67 married male, vehicle driven for pleasure use, superior credit, 5 year

Quote Details: -67 married male, vehicle driven for pleasure use, superior credit, 5 year clean driving record on all licensed household operators -2012 Chevy Impala LT, garaged in Pinellas County zip code 33771, equipped with AirBags, ABS and Anti-Theft device

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Block General

Author: Linda Fogle

The Block General is responsible for organizing the Media distribution. The Block Captains duty is to deliver the Monthly Media to each resident on their street. Park mail boxes should be placed at the end of your car port by your USPS mailbox. Park Mail cannot be put in the postal service box.

The Office is now notifying residents of any water turn off issues or other updates. Be sure that the Office has your current email address and phone numbers. We also suggest that you keep a jug of water under each sink for emergencies.

Gloria Evans takes care of the park mail boxes. If you are new to the Park, you can ask her for one of your own. Her phone number is 215-378-1627. Carlotta Link oversees the Park Royale directory. Please contact her if you need to make changes in the Directory. Her number is 727-346-3455. The Directory comes out once a year and is free to HOA members and \$10 for non-members.

Block General: Linda Fogle 727-547-8618

Block Captains:

Elliot Cameron	Baker
Sue Simms	Cambridge
Sue Brown	Eaton
Marsha Fellows	Essex
Annette Woodcock	London
Bonnie Pijanowski	Milton
Pat Post	Oxford
Bonnie Pijanowski	Stratford
Steve Miller	Thames
Al Seibert	Tudor
Janet Hazen	Windsor

Bocce

B occe is a fun out door ball game. The recent renovations to the court have greatly improved the game. Six teams will be selected but alternates are always welcomed or/needed. Please arrive well before 9:30 as the games begin sharply at 9:30 AM each Tuesday. Rosaire LeBlanc coordinates this activity each year and Janet Oke is the assistant.

Card Bingo

This event occurs on the fourth Friday of every month @ 7PM. So come and join the fun.

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Cards @ Park Royale

The Women's Card Group has been in existence for almost as long as Park Royale has been here in Pinellas Park. The card players have maintained an informal schedule of card playing two times a week. During these times together, some very close friendships have been established and have been valued by each of the players for many years.

Card games are on Tuesday afternoons from 1:00 PM to 3:00 PM and Thursday evenings from 6:30 to 8:30. Everyone is invited to join in (yes, even men). We are always willing to help or/learn new games.

Card Making

ard making is usually takes place on Monday and Wednesdays from 11:00 AM to 3:00 PM. Come see the beautiful cards that are made by our residents. The card makers are very dedicated to this art form and the results are stunning. Visit the club house to see what I am talking about.

Crafts

There are several opportunities in the Clubhouse during the week to learn new crafts, share ideas and/or just work on favorite projects with friends. Some examples of craft activities are card making, knitting, quilting and open craft night. This is available Monday 7:00 to 9:00 and throughout the week.

Euchre

Luchre has been the card game played on Wednesday evenings at 6:30 PM in the Clubhouse from mid-October to mid-April. October 24th. Everyone is welcome; however, it is important to learn the game before joining in on Wednesday evenings.

Line Dancing

Author: Ruth Sloan

John and Pat Koning are back teaching line dancing. It will now be on Thursdays from 10 a.m. to 11:30 starting Thursday, Nov. 29, Dec. 6, 13, 20. The cost is the same at \$2.00 a lesson. This is also a great way to exercise and to keep moving!

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Services Directory

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Air Masters of Pinellas, Inc.	.727-586-6969
Barron's Air Conditioning	.727-784-1603
Modern A/C Service Co.	727-541-5541
APPLIANCE REPAIR	
Appliance Specialty, Inc.	727-520-6002
Rick's Appliance Repair	727-637-4789
AWNINGS	.121 001 4100
Bay Area Aluminum Services, Inc	727-585-1112
Century Awnings Co.	727 550 8811
BATHROOM REMODELING	. 121-339-0011
BathMasters BLINDS & DRAPERIES	121-333-1991
	707 004 0504
Rod Runners	. 727-394-9534
CARPET CLEANING	
Bill the Carpet Guy	. 727-521-4163
Doll Brothers Carpet/Upholstery Clnrs	. 727-596-2249
COMPUTER SERVICES	
Discount Computer Repair	. 727-320-2965
Largo Tech Services, LLC	. 727-474-4285
DENTIST	
Dental Walk-In Clinic	. 727-533-9199
DERMATOLOGIST	
Florida Dermatology & Skin Cancer	.727-548-9196
DOCTOR - INTERNAL MEDICINE	
Apurva Shah, M.D., M.P.H.	727-533-2242
Suncoast Family Medical Assoc.	
DRIVEWAY COATING	.121 000 0012
Concrete Wizard, Inc.	727-780-5444
DUCT / VENT CLEANING	. 121-103-3444
E & E Gliddon, Inc.	707 546 4949
E & E Gliudoli, IIIC	707 754 7056
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ELECTRICAL CONTRACTOR Imperial Electrical Service	
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	. 727-535-0708
Palm Harbor & Dunedin Electric	.727-535-0708 .727-773-1622
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Palm Harbor & Dunedin Electric FLOOR COVERINGS/RETAIL At Home Floors - Carpets + Tile Floors to Windows	. 727-773-1622 . 727-584-3711
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Southeast Mobile Home Supplies	727-522-2090
MOBILE HOME WASH/WAX	
Heller's Mobile Home Washing	727-733-1166
Royal Enterprises	727-394-7351
Wyngarden Mobile Home Wash	707 507 0076
vyngaluen wobie nome wasn	121-561-0610
MOBILE HOME WINDOW FILM	
Royal Enterprises	727-394-7351
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Payless Painting Services	707 470 5076
Payless Painting Services	121-410-3610
Sherman's Painting	/2/-458-6923
Socia's Painting & Waterproofing	727-345-6856
PEST CONTROL	
	707 505 0000
Buggin Out Termite & Pest Control	/2/-535-2629
Modern Pest Control, Inc.	727-410-1466
Nature's Resource Pest Control	727-785-2552
PLUMBING SERVICE	
	707 500 4004
Denny's Plumbing, Inc.	727-530-1391
Jones & Sons Plumbing, Inc	727-799-0287
Largo Plumbing Co.	727-596-0525
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Golden Bear	/2/-586-5131
Sunrise Family Restaurant	727-535-4445
ROOF COATING	
Community Roofing of FL, Inc	727 526 0000
Community Rooming of FL, Inc	121-536-9999
Socia's Painting & Waterproofing	121-345-6856
ROOF REPLACEMENT	
All Weather Roofing	1-800-297-3758
AMS Advanced MH Systems	707 474 0000
AIMS Advanced IMH Systems	/ 2/-4/ 1-0820
ASC Aluminum Specialty Contr	727-547-8300
ROOM ADDITIONS	
Bay Area Aluminum Services, Inc	727-585-4442
TIE DOWNS/MOBILE HOMES	121 000 4142
Florida Anchor & Barrier Co	/2/-330-/821
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WINDOW REPLACEMENT	
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ASC Aluminum Specialty Contr	121-541-8300





FEBRUARY•2019

Sunday	Monday]
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3 8:30 AM Pickle ball 10:00 AM Shuffleboard 11:00 Table Tennis NFL Championship Party 5:30 PM BYOB*	4 8:30 AM Pickle ball 9:00 AM Exercising 11:00 AM Card making 1:00 PM Billiards 1:00 PM Table Tennis 7:00 PM Crafts	8:30 AM 1:00 PM Cards 6:00 PM
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Park Royale

Tuesday	Wednesday	Thursday	Friday	Saturday
ve early!	accurate so please ctivities with the * in advance!		1 8:30 AM Pickle ball 9:00 AM Exercise	2 8:30 AM Pickle ball 10:00 AM Shuffleboard 11:00 Table Tennis Groundhog Day
5 I Pickle ball I Women's I Men's cards	6 8:30 AM Pickle ball 9:00 AM Exercise 11:00 AM Card making 6:30 PM Euchre	7 8:30 AM Pickle ball 11:00 AM Table Tennis 6:00 PM Men's cards 6:30 PM Women's cards	8 8:30 AM Pickle ball 9:00 AM Exercise Movie Night 7 PM*	9 8:30 AM Pickle ball 10:00 AM Shuffleboard 11:00 Table Tennis Valentine Dinner Dance*
12 I Pickle ball Valentine Salad on 11:30 AM* I Women's I Men's cards oln's Birthday	13 8:30 AM Pickle ball 9:00 AM Exercise 11:00 AM Card making 6:30 PM Euchre	8:30 AM Pickle ball 14 Coffee and Donuts 9:00 AM* Royalites Meeting 9:30 AM 11:00 AM Table Tennis 6:00 PM Men's cards 6:30 PM Women's cards Valentine's Day	15 8:30 AM Pickle ball 9:00 AM Exercise Best Friends Pet Club 6 PM Town Hall meeting 7 PM	16 8:30 AM Pickle ball 10:00 AM Shuffleboard 11:00 Table Tennis
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26 I Pickle ball I Women's I Men's cards	27 8:30 AM Pickle ball 9:00 AM Exercise 11:00 AM Card making 6:30 PM Euchre	28 8:30 AM Pickle ball 11:00 AM Table Tennis 6:00 PM Men's cards 6:30 PM Women's cards		





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PARK ROYALE POST FEBRUARY, 2019 C



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Men's Cards

n Tuesday and Thursday afternoons (6:00 PM until the last man leaves) in the clubhouse, there are several Park Royale men who enjoy the game, Texas Hold 'Em. For more information, contact Rosaire LeBlanc at 727-544-0566.

Pickle Ball

Pickle ball is social, easy to learn, great exercise, and there's no cost to Park Royale residents to participate. The game is played every day (weather permitting) starting at 8:30 a.m. at the Park Royale tennis/pickle ball courts. Equipment is provided free. If interested, just show up! The players would love to have more full-time participants during the summer and fall seasons. Please contact Rick Pightling at 727-641-5489 for more information. Park Royale is the only private facility with 4 private courts in Pinellas Park! We also support adjacent Rec. Centers when it is raining or too windy. Outside Pickle players may play for a fee \$3.00.

Please contact Rick, Roy, Mike or Darlene as they would love to have more full-time participants through the summer and fall seasons. Thank you to Joanne and Park Royale for supporting us as we grow our players.

Shuffle Club

We welcome new people who are interested in shuffle every year. Our season begins in January and goes through March. The next meeting will be the first Monday in January. Come to this meeting so you can hear what the plans for 2019 are all about. You can sign up for one day, two days or three days and play at your own speed. You don't have to play three days a week. If interested, contact Grant Sloan at 727-290-9352.

Table Tennis Group - Schedule

PARK ROYALE TABLE TENNIS GROUP SCHEDULE

Join us for table tennis at the Clubhouse Mondays, Thursdays, and Fridays from 1:00 to 3:00 p.m. Other times may be available when interested people make their times known. Our schedules are flexible, and we welcome all skill levels. If you have never played and would like to learn, join us! We have fun, laugh a lot, and its great exercise. You don't need to sign up, just show up and play. We provide the table, rackets, and balls. Questions? Call Leurene Hildenbrand at 330-607-4335 or Rick Pightling at 727-641-5489. C'mon, let's have fun together!

Swim Aquatics

Tot available currently at this time. She will let us know when she is back in tip-top shape





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Women's Cards

omen's card games are a lot of fun. The game 13 is scheduled for Tuesdays 1:00 PM to 3:00 PM and a myriad of other short games are played on Thursday evening at 6:30 PM to 8:30 PM. Contact Linda Fogle at 727-547-8618 for more information.

Yoga

Author: Cathy Maringer

oga will continue in the Clubhouse in February. Low impact, beginner Yoga sessions, are from You Tube videos by certified Yoga instructors and will be shown on our large screen. Bring a Yoga mat and join us. If you have any questions, please contact me at 608-385-2858.

Cork and O'Keefe ... fun art for fun people!

sip and paint night..... right here in Park Royale! <u>Tuesday, February 12, 2019 7-9 pm</u> (note date change from Park Royale Post)

This is not your average art class. It's FUN art, not fine art! Bring your friends, sip your favorite beverage, and get step by step instruction from an experienced art instructor to complete your own acrylic masterpiece. Who knows, you might discover a talent that you never knew you had!

Park Royale "Artist in Residence" Joe Kuhn will lead the class and guarantees a great time. He can be reached with your questions at 608-788-8031 or jnk121549@yahoo.com. You can also view some of his paintings at joekuhnart.com.

For the low, low price of just \$25, you get paint, canvas, instruction, and an extraordinary night of painting and socializing.

The class is limited to the first 30 people who have signed up and PAID. Payment is to Joe Kuhn by cash or check. Bring your payment to his home at 66246 Oxford Road (or catch him meandering around the park!)

NOTES

A paint shirt or some kind of coverup is a good idea as some people (: not you, but perhaps someone sitting by you :) may splatter paint.

If you want to sip and snack, you'll have to bring your own. There's fun in sharing!

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We are on the premises M-F8:00 a.m. - 5:00 p.m. and Saturdays and Sundays by appointment.

- All Listings will be posted on the Park Royale and Sun Communities Websites as well as 15 other selling sites to attract additional buyers for your home!
- Professional flyers will be printed on your home and available in the Clubhouse. We list on Zillow and Trulia

Important information and the Facts

- Outside realtors do not work for Park Royale
- We cannot show homes listed By Owner or Realtor/Brokers
- Joanne's main job is to sell homes used or new.
- I sell more homes in the park than realtors.

Please give me a call or stop in the office. I look forward to serving you! Joanne Davis, Community Manager/Sales Manager JDavis6@suncommunities.com

Park Royale 10611 66th St. N., Pinellas Park, FL 33782 (727) 547-1676 | suncommunities.com or parkroyalefl.com



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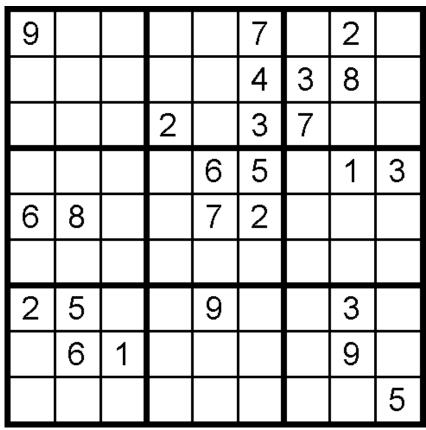


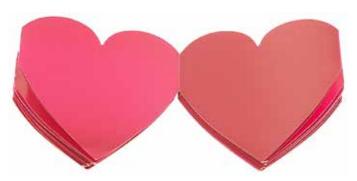






February Sudoku





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		١						
8	L	9	6	4	3	S	2	L
4	ç	6	2	Z	٢	3	8	9
ε	٢	2	G	9	8	L	6	4
		٢	3	ç	2	9	٢	8
9	8	3	4	٢	6	2	L	G
٢	2	G	L	8	9	4	ε	6

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Cave drawing of bull is earliest of its kind

rcheologists have discovered the oldest known drawing of an animal on the wall of a cave in Indonesia, according to the U.S. News & World Report website. It's some 40,000 years old, about five feet wide, and it depicts a bull-like creature in a red silhouette.

Along with similar drawings on cave walls in Borneo, the drawing sparks renewed debate about the role of art in ancient times. Similar cave paintings have been found in France and Spain, though they're just 33,500 to 37,000 years old.

Cave dwellers began sketching humans engaged in hunting activities and dancing some 14,000 years ago in both Europe and Asia. The findings raise the possibility that humans migrated from Africa to Europe and then Asia, bringing their artistic sensibilities with them.



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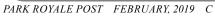
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Many Americans still worried about their finances

The stock market may be up, but many Americans are still struggling with financial security, according to a story on the USA Today website. A September 2018 Bankrate. com survey found that among people earning less than \$30,000 a year, 78 percent said that their financial situation has failed to improve over the past two years, and many said it had gotten worse. On the other hand, people earning \$75,000 a year or more reported feeling better about their money.

The survey found other divides as well. People 65 and older reported the least financial improvement, and millennials ages 28–37 felt the most improvement. In addition, men reported doing better in earlier years than women did.

Coffee still in demand

e sure like our coffee. The U.S. National Coffee Association's 2018 National Coffee Drinking Trends report says that the number of Americans who drank coffee in the past day is the highest it's been in six years.

According to the report, based on a study of more than 2,700 adults 18 or older, 64 percent said they drank coffee within the past day, the highest amount since 2012. This is higher than the growth from 57 percent in 2016 to 62 percent in 2017. The study also found that past-day consumption traditional coffee, defined as "regular coffee" brewed from "gourmet quality" beans, held steady over the previous years, at 16 percent. Similarly, consumption of espresso-based drinks held steady from 2017, at 24 percent.

Try these tips for healthy eating habits

f you've already slipped off your New Year's diet, it's not too late to get back on track. Just follow these tips for healthy weight loss from the Harvard Health Publishing website:

• Make a list. Keep track of what you eat and drink for at least three days. Include what you consume, where, how much, and so forth.

• Set a goal. Be specific—do you want to lose a certain number of pounds, lower your blood pressure, or something else? Identify strategies for reaching your goal in a reasonable amount of time.

• Anticipate obstacles. What might prevent you from hitting your goal? If a busy schedule might keep you from working out, plan to get up a little earlier. If an empty pantry tempts you to order take-out, spend some time looking up healthy recipes, then go to the grocery store for ingredients and make enough for a few nights of leftovers.



••••••••••••

Start on the path to better heart health

aking control of your heart health is one of the best ways to lead a long life. It's not that hard, especially if you follow this basic advice from the Time magazine website:

• Eat more plants. Fruits and vegetables contain fiber, antioxidants, and lots of vitamins and minerals.

• Limit animal fat. Butter and other forms of fat from animals have been linked to higher cholesterol and increased risk of heart disease. Stick to monounsaturated fats found in olive oil, avocados, and many nuts, along with polyunsaturated fats from fish like wild salmon and sardines.

• Watch your sugar intake. Many foods add sugar, which can add calories and weight. The American Heart Association recommends that women have no more than six teaspoons' worth of added sugar a day and men stick to nine—although the average intake for all Americans is roughly 22 teaspoons per day. Check the labels on everything you buy.

• Exercise often. You don't have to run for five miles every day. The American Heart Association advises about 150 minutes of moderate exercise a week, or 30–60 minutes every day.

• Stand up. Sitting for hours at a time has a negative impact on your heart. Even if you work at a desk job, make a point of getting up and moving around regularly for five to 10 minutes every hour.

• Watch your stress. Stress can heighten your heart disease risk at a rate similar to smoking and diabetes. Practice meditation and yoga to keep yourself calm and reduce your heart's workload.

The foundation of success in life is good health. That is the substratum fortune; it is also the basis of happiness. A person cannot accumulate a fortune very well when he is sick.

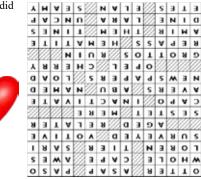
—*Р. Т. Вагнит*





ACROSS

- 1. Aquatic carnivorous mammal
- 6. Right away
- 10. El ____ Texas
- 14. Entirety
- 15. Worn loose from the shoulders
- 16. Inspires reverence
- 17. Actress Sophia
- 18. Level
- 19. Indian dress
- 20. Measured and recorded land
- boundaries
- 22. Fulfillment of a vow
- 24. Matured
- 25. Narrator
- 26. A poem or stanza of 6 lines
- 29. Small lake or pond
- 30. Crime syndicate boss
- 31. Taken out of service
- 37. Affirms
- 39. Capital of the United Arab
- Emirates, Dhabi
- 40. Identified
- 41. Daily information publications
- 44. Burden
- 45. German car company
- 46. Red fruit
- 48. Caverns
- 52. Total destruction
- 53. Overtake again
- 54. Chief ore of iron
- 58. Chieftain
- 59. Not us
- 61. Prongs
- 62. Eat
- 63. Poem by Byron
- 64. Remove a container cover
- 65. French for "Summers"
- 66. Style
- 67. Sordid



1. "Wise" birds

2. You (archaic)

4. Lifts

3. Unit of pressure

6. Played the part

7. Indicated

9. Corrupt

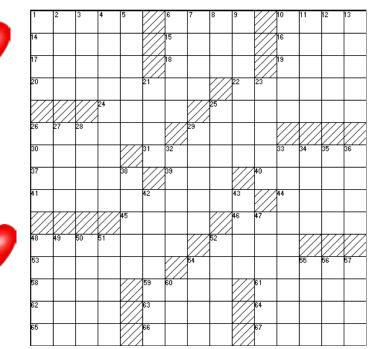
11. Expect

12. Wait on

10. Italian dish

5. Fail to meet a commitment

8. Gorilla or chimpanzee



DOWN

- 13. A type of willow
- 21. Abominable snowman
- 23. Naturally occuring
- glyceride of oleic acid
- 25. Happen again
- 26. Scrutinize
- 27. Projecting overhang
- 28. Expel
- 29. Name that means "My fair
- maid"
- 32. Backs of necks
- 33. Sweetheart
- 34. God of love (Roman
- mythology)
- 35. Weep
- 36. Counter-current
- 38. Stains

- 42. Disciple of Christ
- 43. Grime
- 47. Gap or break
- 48. Level at school
- 49. Make payment
- 50. State one's opinion
- 51. Empty weights
- 52. Staff again
- 54. Consort of Zeus (Greek mythology)
- 55. Central American native
- 56. Collective
- 57. See
- 60. Computer in "2001: A Space Odyssey"





Shangri-La

Annual

Bazaar,

EVENTS & PROGRAMS

EVENTS & PROGRAMS	Jasper St. off Missouri. Many items, too numerous to mention. Bake Sale.	8am – 11:30am in Crosswinds MHP 4125 Park St. N., St Petersburg.	
East Bay Oaks Annual Carport Sale: Saturday, February 16, 2019, 9AM to	February 16th, 8am-1:00pm.	RUMMAGE - HUGE BAKE SALE -	
2PM. 601 Starkey Rd Largo, FL 33771 Carport Sale - February 16th, Ranchero Village, Ulmerton Rd, 8am-3pm	Art in the Park: Lake Seminoile Resort 10245 110th Ave. February 17th, 1-4pm.	DUNEDIN. Saturday, February 23rd, 2019, 8:00AM-2:00PM, Lake Haven Mobile Home Park - Treasure Cove	
FLEA MARKETS & CARPORT SALES - Saturday, February 9, 8am - 1pm. Teakwood Villages East & West join forces to bring you a GIANT shopping experience! Double your fun!	Harbor Lights MHP Annual Rummage Sale, Saturday 2/16/19, 9-1:00pm, 9191 Bay Pines Blvd., 33708. Jewelry, baked goods, furniture, clothing, household items. Lunch 11-1:00pm. Low Prices!	Clubhouse. 1415 Main St. (SR580). South on Lake Haven Road, East into Treasure Cove, watch for signs. Small Appliances, Linens, Clothing, Funiture, GREAT BAKE SALE, Coffee, Soda, Water & Lunch available	
Shop for furniture, clothes, jewelry, kitchenware, collectibles, art & more, on both sides of Missouri Ave! Between Largo High School & Walmart. Flea Markets in clubhouses, carport sales throughout both parks. Refreshments	Palm Hill Counrty Club Bazaar: Sat., March 2, 9am-1pm. 1800 Seminole Blvd., South Clubhouse. Food Served, Lots of bargains. Come on over and find some Treasures! Early admission 8:30am \$1.00.	Golden Gate MHP, 8201 40th St. N. Amazing Ladies' Botiques - 8AM- 12PM. Clothes sizes 6-3X. Jewlery, Shoes, Purses, all clean, excellent condition. Reasonable.	
in Aloha Hall. ANNUAL FLEA MARKET: Four Seasons Estates MHP, Largo. Saturday, February 23, 8am-1pm. \$1.00 early bird entry at 7:30am. Furniture,	HUGE SALE: Saturday, Feb. 2nd. Eldorado Village Mobile Home Park, Community Hall 8:00am-1:00pm. 2505 East Bay Dr. Largo (East Bay & Starkey).	SALE: Saturday, February 23, 8A- 1P. Household, clothing, furniture, misc., bakery, lunch. Bag sale 12-1. Westwind I and II Clubhouses. 3301 Alt 19, Dunedin. Enter off County Rd 1 or Alt 19.	
clothes, tools, jewelry, linens, books, baked goods, snack bar, raffles and more. 13225 101st Street, Largo, off Ulmerton behind the Largo Mall and Golden Corral.	Paradise Island Annual Flea Market, March 9th, 1001 Starkey Rd., Largo, FL 33771, at the Clubhouse 9am- 1pm. 60+ vendors and a huge room of community donations. Furniture,	White Elephant and Bake Sale: Sat March 2, 8am-1pm. Appliances, small furniture, home décor, lamps, dishes, linens, jewelry, baked goods, etc. Lake	
CARPORT SALE: Clearwater Cascades MHP, 9790 66thh St. N.,	clothing, household, tools, collectibles, Treasures for sale! Canteen open for	Highlander Park, 1500 County Road 1, Dunedin, FL.	
Pinellas Park. Sat. Feb. 23rd, 8am- 12pm.	food. Early entry @ 8am \$1. Vendors Wanted! Paradise Island	ANNUAL BAZAAR - Lincolnshire Estates: 1071 Donegan Rd, Largo. Sat.,	
Colonial Village Flea Market, 2000 East Bay Dr. Sat. Feb. 23rd, 8-12 noon.	Annual Flea Market, March 9th. 60+ spaces sold each year. Tables are \$15	Feb. 2 8-noon. Breakfast and Lunch Available.	
SHADY LANE OAKS ANNUAL BAZAAR: February 9, 2019, 9:00am- 1:00pm. Shady Lane Oaks, 15777 Bolesta Rd., Clearwater. Breakfast	for wall, and \$10 for interior. Please call 727-953-3616 or email me at wte@ tampabay.rr.com for info. "FRIDAY, MARCH 1st, 9am-1pm,	La Plaza MHP Carport Sale: 6700 150th Ave. N., Clearwater. Friday- Saturday, February 22nd-23rd, 8am- 1pm.	
and Lunch available. Collectibles, household items, furniture and more.	Flea Market/Bake Sale Lake Seminole Resort MHP Clubhouse, 10245 110th		
50/50 drawing and raffles.	Ave. North, East off Seminole Blvd. Refreshments, Lunch."	Note: Emporium is 2 pages	

249 Annual Yard Sale. February 2nd 2019

MARCH AD DEADLINE - FEBRUARY 10, 2019

• Advertise BUY, SELL, TRADE ITEMS by sending copy & check to Monthly Media at 220 Bahama St, Venice, FL 34285. • Ads over 10 words must be accompanied by \$.80 per extra word or publisher will edit. • No mobile home sales, no professional products or services. SORRY: No ads accepted by phone or email. DEADLINE: 10th OF EACH MONTH. PARK ROYALE POST FEBRUARY, 2019 C 41

Emporium Continued

CARPORT SALE: Gateway MHP, Sat., Feb. 2nd, 8am-2pm. 10100 Gandy Blvd., St. Petersburg.		Curio cabinet, hummels, angels, lighthouses, cherry wood, lights up inside. 717-669-7160.
Down Yonder Ladies Auxiliary Bazaar.	ARTICLES FOR SALE	1890's antique mantel clock, excellent
Sat., Feb. 23, 8-12noon. 7001 142nd Ave. N., Largo.	Three bike rack trunk mount. Excellent condition, \$50. Bob 727-437-7286	condition, needs cleaned. 717-669-7160.
WANTED TO BUY	2008 Mercury Sable, One owner, Good shape. 83,000 K, \$4,000.00 OBO.	Bushels new pastel yarns, 6 pc new luggage set. 727-401-1076
FURNITURE, good clean, pre-owned. Top dollar paid. Joe, 224-9780	Please Call: 727-453-2539	

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Get Your Picture on the Cover - We select a new and interesting picture every month to be printed on the cover of your newsletter. If you or your neighbors have fun events or activities please send in a picture and we'll enter it to be selected. Please include a description of the image and a brief release allowing us to reprint the picture. Our mailing and email address are here:



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Monthly Mania: It Pays (Up to \$100) To Patronize the Advertisers in Your Newsletter

THOUSANDS manufactured home residents have won over \$146,400 since our contest began. It's simple to play ... when you patronize a current advertiser, ask for a Monthly Mania ticket (or a reasonable facsimile) and fill it out completely. Put the ticket in our Monthly Mania drop box in your community or <u>mail your paid receipt</u> to us at Monthly Media • 220 Bahama St. • Venice, FL 34285. That's all you do. At the end of the month the Publishers will pick up the tickets and hold a drawing. If your ticket is drawn, we mail you a check.

(Allow 4-6 weeks for mailing of check). This month's cash winners are:	
Karen Cook \$100 Custom Cooling & Heating Inc.	Lora Brown \$5 Appliance Specialty, Inc.
Beverly Parkinson \$10 Dental Walk in Clinic	Ron Benoit
Russell Sapia \$10Imperial Electric Service of Pinellas	Richard Fletcher \$5Battleline Termite & Pest Control, Inc.
Harriette Reimer \$10 Debbie's Salon	Verna Balcerek
Marcia Fay \$10 Jones & Sons Plumbing, Inc.	Deane Fink
Portlandf Smith	Brenda King \$5 Appliance Specialty, Inc.
John Leeh \$10 Doll Brothers Carpet Cleaners	John Wood \$5 Natures Resource Pest Control, Inc.
Lois Wysokowski \$10 Haseney Electrical Services, Inc	Lee White
Dolores Dwelis \$10 Air Masters of Pinellas, Inc.	Peggy Hedden \$5 Jones & Sons Plumbing, Inc.
Richard Proctor	Barbara Grogan \$5 Largo Tech Services, LLC
Bobbie Faulkner \$10	Tim Garsline \$5 Modern AC & Appliance Service
Anne Marshlow \$10Ron Wyngarden MH Wash, LLC	Fran Doyle
William Wilson \$10 Appliance Specialty, Inc.	Roger Smith \$5 Community Roofing of Florida, Inc.
Richard Frechette \$10 Battleline Termte & Pest Control, Inc.	Terri MacGilvray \$5Battleline Termite & Pest Control, Inc.
Lindell Miller \$5 Heller's Mobile Home Wash	Peter Lenorewoods \$5Imperial Electric Service of Pinellas
Richard Morris \$5 Natures Resource Pest Control, Inc.	Joe Stewart \$5 Jones & Sons Plumbing, Inc.
Joan Pattison \$5 Debbie's Cleaning Services	Mary Fleming \$51st Class Handyman Service, Inc.
Frank Novara \$5 Air Masters of Pinellas, Inc.	Edwin Palka \$5Buggin Out Pest Control, Inc.
Robert Lemaster \$5 Modern AC & Appliance Service	Alma Bunting \$5Heller's Mobile Home Wash
Lorraine Harwood \$5 Flanigans Porch & Windows, Inc.	B. Ledee \$5 The Plumbing Patrol, Inc.
Heinz Mletzko \$5 E & E Gliddon Air Conditioning, Inc.	Shircee Bresnahan \$5 Jones & Sons Plumbing. Inc.
Peggy Wallace \$5 Rod Runners, Inc.	Norm Mitchell \$5Palm Harbor & Dunedin Electric
Jerry Sonnenberg \$5 Dunedin Plumbing, Inc.	Michael Contant \$5 Air Masters of Pinellas, Inc.
Richard Milner \$5 Tarpon Pest Control	Terry Kaley \$5 Jones and Sons Plumbing, Inc.
. Limit of one ticket new visit. Advention mere base up to Auvin new new new the Advention much base bill noted as meret to available	

• Limit of one ticket per visit • Advertiser may have up to 4 winners per month • Advertiser must have bill paid current to qualify

• No purchase necessary • Contest void where prohibited by law •Tickets available at participating Monthly Media advertisers.

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Mystery of the mummified priest

The mummified remains of an 18th-century Austrian priest have been identified, the Fox News website reports, as well as the reason behind the mystery of why the priest's body hasn't decayed for more than 300 years.

The priest, Franz Xaver Sydler von Rosenegg, lived from 1709 to 1746 in the district of St. Thomas am Blasenstein in Upper Austria. He was a heavy smoker who died of tuberculosis and was interred in a church crypt in his lederhosen, his body stuffed with branches, wood chips, and scraps of cloth. Along with the conditions in the crypt, this prevented the body from decomposing over time, instead mummifying and preserving the body.

Examination of the skin and bones showed that the priest was well fed and probably didn't have to do much physical work. Abrasions on his teeth suggest that he smoked a pipe for many years.

In another mystery, a glass bead was discovered in the priest's lower abdomen. Some suspected a poisoning attempt, but researchers have determined that the bead was probably from a rosary and fell into the body during the stuffing process.

Ozone layer is recovering, scientists report

Some good news about the environment comes from the UPI website: Scientists say that the hole in the ozone layer above Earth's Northern Hemisphere is expected to disappear in the 2030s.

The ozone layer protects the surface of the Earth from hazardous ultraviolet rays from the sun. When the rupture was measured in the late 20th century, many nations joined the Montreal Protocol, which sought to reduce the use of chlorofluorocarbons and other ozonedepleting substances from aerosol cans, cooling and refrigeration systems, and other sources. A second measure, the Kigali Amendment, is expected to reduce even more ozone-eroding gases in refrigerators, air conditioners, and other products.

The Southern Hemisphere's ozone layer is expected to fully recover in the 2050s, followed by polar regions in the 2060s.

Treasure the love you receive above all. It will survive long after your good health has vanished. —Og Mandino

