



Lake Hammock Village
36106 US Hwy 27
Haines City, FL 33844
863-421-5764

"The Park with a Heart"



September 2023

Gator Tales



BOARD OF DIRECTORS

President: Clark Smith
(951) 965-0200

Vice President: Carmine Gioiosa
(708) 516-9584

Secretary: Matt Rice
(330) 603-9575

Treasurer: Richard Gould
(863) 422-5902

Directors:
Bill Davis (609) 364-7529
Pat Gagne (603) 340-4734
Wanda Stanley (863) 353-2690

COMMITTEE CHAIRS

- **Special Events / Activities**
Wanda Stanley, Pat Gagne
- **Welcome** – Millie Currey
(315) 854-6248
- **Sunshine** – Carol Gould
(863) 422-5902
- **Memorials / Wreaths**
Dona Rawson (863) 547-9326

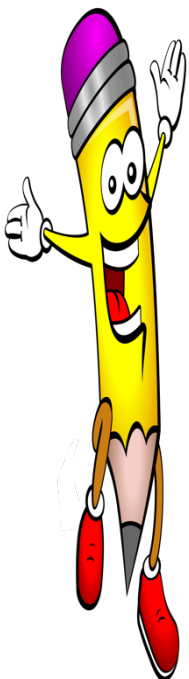
GATOR TALES STAFF

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David Graham, Helen Hurr

"Gator Tales" is available online at:
[http://floridacommunities.com](http://floridacommunities.com/lake-hammock-newsletter)
/lake-hammock-newsletter





Message From the President.....

As we enter the last month of Summer, it's time for us to begin looking towards the Fall and Winter seasons. This is the time of year when Lake Hammock Village is humming with a flurry of activities and social events. September brings the return of our monthly HOA BOD's and General Membership Meetings. As a reminder, the BOD's Meeting will be held on Tuesday, September 5th, at 7:00 PM and the first Tuesday of every month thereafter. The General Membership Meeting will be held on Tuesday, September 12th, at 7:00 PM and the second Tuesday of every month thereafter, with the exception of the Annual Meeting in January which will be held on the third Tuesday.

It's also that time of year when we start thinking about who we would like to see on our Board of Directors, as elections will be held at the Annual Meeting in January. This year, we will be having three openings as Director Bill Davis, Treasurer Richard Gould and yours truly will all have completed their terms. I encourage anyone who would like to be a part of the planning and direction of our community to please consider running. As a reminder, you need not be a full time resident to be on the Board as "Snow Birds" are more than welcome to run.

Beginning in September, we will also begin making plans for all of the big events such as Halloween, Thanksgiving, Christmas and New Years Eve, as well as, the Yard Sale, Veteran's Day and others. I encourage everyone to consider volunteering and helping where you can. Please, also plan on attending the "Activities Committee", held the first Tuesday of every month, at 11:00 AM to share your ideas, and to find out how you can help.

In the meantime, enjoy this final month of Summer and I'll see you in September!

ACTIVITIES CHAIRS

Birthdays/Anniversaries- Dona Rawson (863)547-9326 - Sharyl Graham (603)915-1757
Audrey Gioiosa (708)516-9584

Activities/Entertainment: Pat Gagne
(603)340-4734

Ladies' Lunches: Marie Combs 438-6643

Memorial: Dona Rawson – 863-547-9326(Wreaths)

NEWSLETTER

All newsletters can be viewed in color on the website @ www.floridacommunities.com (click on Lake Hammock @ bottom of page).

Just a reminder, any information for Gator Tales needs to be submitted to me by the 20th of each month. There is a blue box outside my door, you can drop your stuff, or you can send it to the email below. All emails **MUST BE in WORD DOCUMENT. DO NOT SEND AS PDF, it will not be added to the paper.** If you have any questions about the Gator Tales, please contact Shelly Shaffer at 910-624-8925 or (shelly.shaffer81@yahoo.com). We are always looking for new ideas and way to improve our community paper.

Gator Tales Staff
Shelly Shaffer, Editor
64 Sargent St.
shelly.shaffer81@yahoo.com

Joyce Middleton, Asst. Editor
50 Sargent St.
Middletonj33844@gmail.com

Andy & Nancy Belski
Richard & Marion Spiegel

BINGO

NEW HOURS

Start 6:00 pm
Stop Selling: 5:45 pm
Doors Open: 4:30 pm

Hotdogs, Specialty Sandwiches, and homemade desserts.

Don't cook on Monday night, let **us do the cooking for you.**

LIBRARY

We want to thank everyone for the books for our library.

Would like to ask that when you bring a book back, please leave it in the material basket. We would like to put them away.

Thank You,
The Librarians

S.W.I.M. Club

Swim Club Meeting: **CANCELED UNTIL FURTHER NOTICE**

Jeanne Blicher 203-915-1357

Grandma's Attic:

Chuck Presby 38 Sargent St with Penny Rosseter and their pet Sassy.
Phone # 386-402-2409.

All donated and returned medical devices are to be left with Chuck at 38 Sargent St.
Thank you for all your donations over the years.
Remember to return them Clean

Welcome Committee

All new residents are invited to attend the new "Welcome New Residents Meeting", to be held the second Thursday of every month at 2 p.m. in the clubhouse (check your calendar). All your questions regarding your new community will be answered. Upcoming events, recurring activities, how to get involved, familiarization with your HOA and many other questions you might be concerned with, will be answered.

Hope to see you there! For additional information, please contact **Millie Curry (315) 854-6248**

Happy Birthday

SEPTEMBER BIRTHDAY'S

2 nd	Gail Urland
3 rd	Deborah Fierge
4 th	Julie Ackerman
5 th	Nancy Henna
8 th	Brian Lund
12 th	Shirley Hinds Tim MacCartney Dulce Santana
13 th	John Brock Lyndle Herring
15 th	Merrill Davis
16 th	Anna Cruz Gloria Lupo
18 th	Yolonda Cruz
19 th	Linda Bialy Vita DeStefano
21 st	Wilma Soto
22 nd	Andy Belski
24 th	Ellen Davis Eileen LeMay
25 th	Karen Patelunas
26 th	Barbara Stauffer
28 th	Terri Cruz
29 th	Debbie Evilsizer
30 th	Grace Croft



SEPTEMBER ANNIVERSARY

2 nd	John & Carol Lodge
5 th	Richard & Marion Spiegel
9 th	Dale & Deborah Fierge Bill & Karen Patelunes
14 th	Frank & Gloria Lupo
15 th	Steve & Laura Miller
17 th	Terry & Pat Keller
23 rd	Walter & Lisa Allen
30 th	Ron & Carol Radden

(If you are a new resident, please feel free to contact Dona Rawson with your birthdays and anniversaries so she can put you on her list and if any of the above information is incorrect, please let **Dona Rawson now 863-547-9326**)

FOOD BANK

"There are people in the world so hungry, that God cannot appear to them except in the form of bread."

Mahatma Ghandi

A House Blest Ministries will be transitioning the food bank to its new location at New Horizon Church in Haines City on September 15th. Their collection days will be Tuesday, Wednesday, and Thursday. We will be delivering on Wednesday, September 13th and then begin twice a month in October on the 4th and 18th.

Please leave non-perishable food items and toiletries in the club house. Thank you for your continued support.

Sharyl and Dave Graham
603-915-1757

Birthday and Anniversary Celebration

C & D Bus Tours for 2023

Informational brochures are available in the clubhouse where the sign-up sheets are.

Diabetes Support Group:

DIABETES SUPPORT GROUP WILL RESUME ON THE FIRST WED IN SEPT. -the 6th- 7pm at the clubhouse. Thank you so much everyone for helping each other. We always welcome new members throughout the year. Our topic calendar will be in the August Gator Tales.

The goal of our meetings is to reduce our A.1.C. Our meetings are open to residents with diabetes and their spouses. Come to one or come to all!! We share ideas in a structured group setting. After our topic discussion, we share problems or questions confidentially in any subject. Meetings last approximately one hour.

For more info. -

Please call Maureen Hatfield at 617-874-7755, 147 Glen Este.

Thanks to all who sent cards, stopped by, left goodies, and checked on me during my confinement.

Marilyn Smith



Joice Smith – Hospital – Home

Bruce Hatfield – Hospital

Pete Howerton – Hospital

Marilyn Smith – Car Accident – Home

David Kelly - Hospital



Please call if you know of a resident that has been ill or hospitalized so that Carol can send cards.

This is the only way she knows who to send them to.

Carol Gould

863-422-5902



Our

Beloved Pets: Over the Rainbow Bridge

Bill & Karen Patelunas lost Tully

Rich & Debbie Bialecki lost Gracie



Preparing for Hurricane Season 2023:

SEPTEMBER - MONTH FOUR

Peak Hurricane Season Is Here:

Time to Get Serious about Hurricane Planning

by

The HOA Emergency Preparedness Team / September 2023 Gator Tales

As we enter **Month Four** of hurricane season and move into **Peak Season**, it is time to take whatever steps are necessary to protect yourself from the near certainty that we will see some bad storms coming our way soon.

Everyone has received the information the Team has provided. Now is the time to look this over and think about what choices you should make when a hurricane threatens us. Unlike minor decisions which we make every day, our decisions regarding hurricane preparation affect our health and safety. So, it is important to take a close look at this and plan accordingly. In 2022 the Team listed recommendations in its monthly article. These are worth repeating below.

When a hurricane is threatening, consider the following:

- * You will probably have two or three days to make important decisions. This is better than a tornado which has zero notice! You will have some time. Be sure to use it well!
- * The time to **'start thinking about things'** is **now** – before the storm hits!
- * This is a good time to **stock up on supplies, such as water, batteries, peanut butter, tuna fish, and other non-perishables**. These disappear quickly from store shelves when a storm is forecasted.
- * Everyone should have a Plan for when a storm is coming – and history tells us that this will happen at some point during the season.
- * You have received a Shelter Map. Look at it! If all else fails, you can go to a public shelter.
- * To get started – try to identify what you would do. Do you plan to stay with family or friends? **Remember that family and friends are also dealing with the same hurricane situation! They may mean well, but conditions may prevent them from getting to you. Traffic on I-4, Route 27, and most Florida highways is slow, unreliable, and unpredictable.**
- * Don't rely on others! YOU ARE ULTIMATELY RESPONSIBLE FOR YOUR OWN SAFETY!
- * Have a plan! And consider a backup plan too!
- * Do you plan to 'stay and ride it out' on your own? If so, make sure you have food supplies and that all your outdoor decorations are in a safe place, etc.
- * **REMEMBER: Once you decide to stay and the hurricane hits, you will not be able to leave, and no police or others will come during the storm! So.....when you decide, be sure to understand that you will not be able to leave until the storm is over – and be prepared for this.**
- * Do you plan to leave for a more secure location, such as a hotel?
- * See the **Hurricane Evacuation Planning Guide** which was put together by **Team Member David Rawson** in this issue of Gator Tales
- * **NOW is the time to look into this! Don't procrastinate!**
- * If you have a pet, most hotels charge a **Pet Fee**, and many do not allow pets.
- * For informational purposes, the Team has put together a **Hotel List 2022** which is available (though not updated for 2023) for the asking. This is a good reference and starting point and includes information on local hotels, hotel and motel chains, information on pet friendly ones, and telephone numbers to utilize to find additional information or make reservations. **One consideration in contacting hotels is to ask if they have a generator. Many smaller hotels do not, which means you will have no electrical service during outages but may be in a very safe building. This is very important so be sure to ask this! Larger hotels and hotel chains have generators.** The Team hopes to update the listing this year. For a copy, contact a Team Member or the Team Coordinator below.

Note: Recommendations:

1. Be ready for anything that might happen.
2. Think about things in advance.
3. If you have questions, contact a Team Member

Team Notes:

- * Keep an eye on the weather. An excellent source is the National Hurricane Center at <https://www.nhc.noaa.gov>
- * The Team meets monthly or as needed when weather threatens.
- * The Team is offering the **Generator Assistance Program** again this year. **Many residents use medications which must be kept cool or refrigerated. In times of power outages this is a big problem. The Team has identified a number of very generous individuals who own generators and are willing to share them to help those in need.** They may also help to **store food during power outages, help residents to charge cell phones and other items, etc.** The Team is working to update its list for 2023. When completed, it will be distributed to all Zone Representatives. If **YOU** know you have a need or want more information, contact your Zone Representative or the Team Coordinator at the number listed at the end of this article. The Team is very proud of all the generous owners who have agreed to help fellow residents.
- * The Team welcomes anyone interested in joining. Just contact any of our Members for more information.
- * The Team thanks the HOA for its continued support.
- * Thanks to the following individuals who give freely of their time to help keep everyone safe in times of emergency! Thanks to all of you for your service to the residents of LHV!

2023 Emergency Preparedness Team Members:

If you have questions or need assistance at any time please contact one of our Members:

Matt & Margaret Rice; David & Helen Hurr; Bob & Brin McDonald; Wanda & Art Stanley; Joyce Middleton; Bob Cappell; Pamela Leland; Dona & David Rawson; Darlene & Bill Davis; Jerry Smith; Lori Johnsen & Jeff Hunt; Deb & Gary Devore; Bob Kruse; Kathy & Dan Deuel; Terri Cruz; Barbara Pund; Mary Ann Donovan; Gary & Valerie Stanley; Jerry Sibila & Shelly Shaffer; Sharyl & Dave Graham

**For information or questions, contact any
Member or e-mail, text, or call Dave Graham at
(603) 915-1368, davemg1@outlook.com**

Hurricane Evacuation Planning Guide

Prepared by:

David Rawson, Member of the LHV/HOA Emergency Preparedness Team

Items to Load for Evacuation to Shelter:

- Emergency food and water supply
- Emergency medicine supply
- Emergency power sources such as flashlights (don't forget extra batteries)
- Safety and personal items
- Important documents, including medical documents, wills, passports, and personal identification.
- A fire extinguisher
- Map to shelter

Further Recommendations:

- **Map to shelter:**
Test drive to shelter to familiarize yourself with route. If you have GPS pre-load address
- **Collect and position Emergency food and water supply:**
Locate for easy access.
- **Collect and position Emergency Medicine:**
Set in small bag for easy access.
- **Collect and position Emergency power sources (batteries & flashlights):**
Check flashlight and battery status.
- **Collect and position Safety and Personal Items:**
Toiletries and items in easy to grab bags.
- **Collect documents, including Medical, wills, passports:**
Copies and originals in waterproof envelope.
- **Collect Tools to shut off water, gas, and electricity:**
Check condition and position tools.
- **Check fire extinguisher for status:**
Check expiration dates and gauges.



Paint Classes are Returning

Join us for a fun afternoon – 1st Wednesday of every Month.



Where: LHV Clubhouse, 1:00-3:00

When: Beginning September 6th

Cost: \$20 per person – all supplies are provided, including paints, brushes and canvas boards.

Who: EVERYONE

- If you are new to the park, or you've never attended one of these painting sessions, please consider joining us for the afternoon.
- Beginners are encouraged to attend, this is strictly a fun afternoon, you do not need to be an experienced painter to attend.
- You are welcome to bring any snacks or drinks if you wish.
- Maximum attendance is limited to 15 people.
- Reservations are not required, however, it's helpful if I know how many are planning to attend to be certain the instructor has enough supplies.
- If it's a last-minute decision, come down – we'll always make room for you!

If you have any questions or just need some “encouragement” to attend, please feel free to contact me!!

Joyce Middleton

330-323-2247



Grandparents Day Spaghetti Dinner

Sunday September 10th at 4PM

Tickets are \$6 for residents and \$8 for others

Tickets available starting August 7th

Please see Bonnie at the office or Wanda Stanley to get your tickets.

Come join us for some fun and a great meal.



Medicare 101 Seminar

(And Pizza lunch)

October is the start of Medicare Open Enrollment time.

- Are you sure your plan has given you the best coverage?
- Do you know all the options available to you through the insurance options?
- Do you know the difference between a Medicare Supplemental Plan and a Medicare Advantage Plan?
- Have you been a little confused trying to sort through the whole Medicare system?

Let us help you sort through all those questions and concerns.

Come join us for lunch and a short informational session to answer all these questions and sort through your 2024 coverages – now is the time to secure the best coverage plan for you!!!!!!

WHEN: Thursday, October 5th, 2023 @ Noon

***Pizza and drinks will be provided and a sign-up sheet will be in the clubhouse for food ordering purposes. Please remember to sign up to be certain there is enough food.*

PRESENTER: David Brown, Benefit Analyst & Consultant
863-651-7784 Dbrown0115@gmail.com



**** David is not a salesman trying to sell a particular policy and he does not represent any one company. He is a benefit consultant, knowledgeable in all areas of Medicare coverages who will help us all sort through the questions pertaining to our Medicare plans. He has the whole afternoon dedicated to us, so after the short 25–30-minute information session he will stay and meet one-on-one with anybody who desires some personal help, or questions you may have regarding your previous year's policy or coverage.**

Additionally, David can make an appointment to meet with anyone at a later date of your convenience at your house. Thanks, and feel free to contact me if you have any specific questions. ***And remember to sign up for lunch!***

Joyce Middleton, 330-323-2247

Step Right Up!

The Circus is coming to town.

Lake Hammock's **Creepy** Carnival

October 28, 2023, 6pm to?

*Special Happy Hour
from 9-10 pm with
Prizes every 15
minutes.*



*Dandino and his
All knowing 3rd
eye.*

The Bearded Lady

Featuring

Thrills & Suspense with a side of music

Food & **Creepy** desserts in the cave

Best Clown costume

Best couple costume

Tickets available now!

Helen Hurr @ 207

Patty Keller @ 173

Bonnie at the Office

HOA members 8.00

Non-members 10.00

Sudoku 1

	8		5				4	3
		5	3	6				
			4	9	7		1	
						4		
5	4			7			3	
7							6	1
					1		8	
1			2					4
		2	9		5			

Sudoku 2

9	8				2			
	2			9		6		
						3		
6			7	5			8	
5	4		3					
					4		6	
7	1	2						
						7		5
	3		6		9		4	

Sudoku 3

	4	1			6	8		5
				8				1
		2			7			4
	9	3		6				
						3		8
	7		1		9			
1	8	7		4				
		9				6	4	
5				9				3

Sudoku 4

			1		8			4
	7						1	
5		8			4		3	9
8	2		7					
9		4				8		
				4	5		6	
		9			6			
2								3
7			4	5		2		

GAME NIGHT

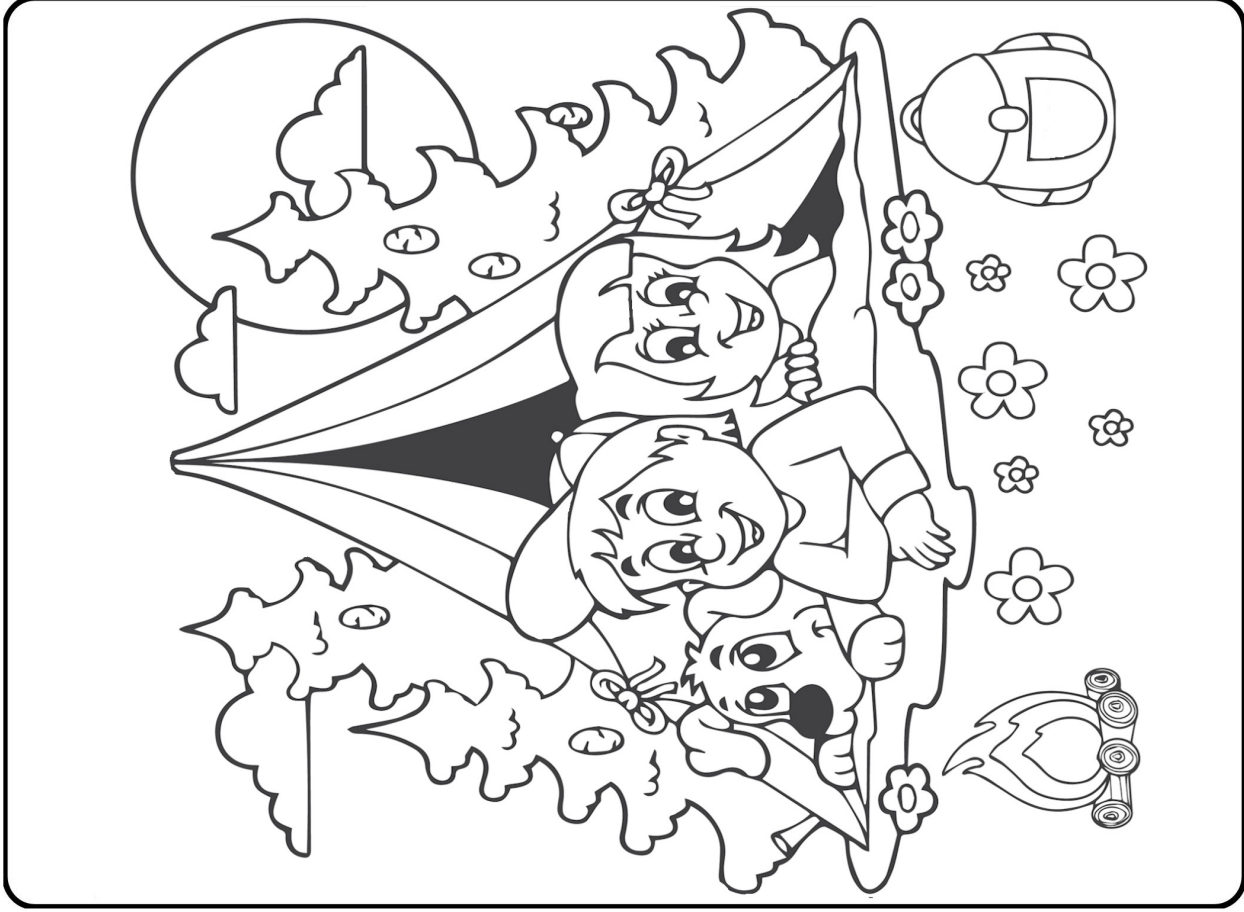
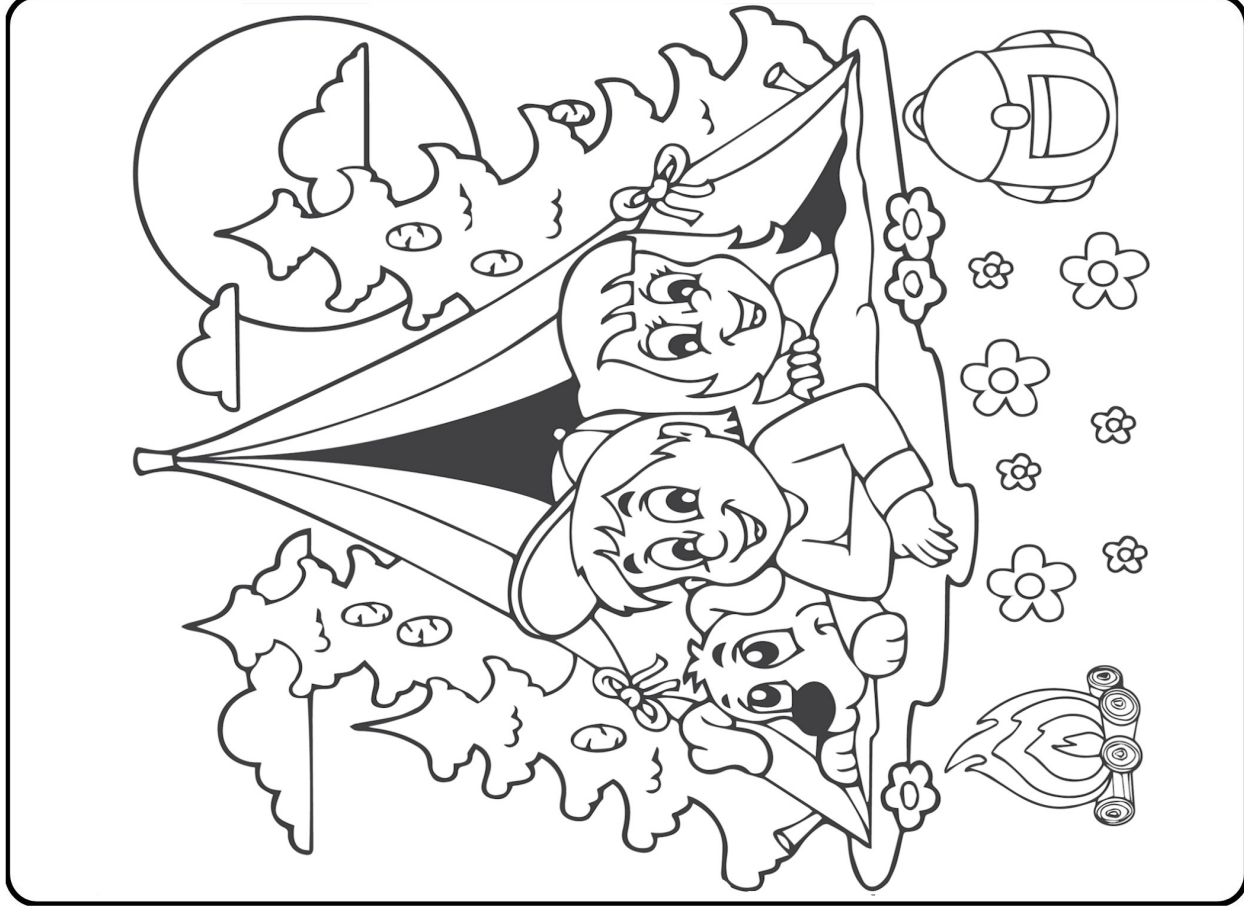
WORD SEARCH PUZZLE



BACKGAMMON	CRANIUM	PARCHEESI	SORRY
BATTLESHIP	CRAZY EIGHTS	PICTIONARY	STRATEGO
BOGGLE	CRIBBAGE	PINOCHLE	TICKET TO RIDE
CHECKERS	GIN RUMMY	POKER	TRIVIAL PURSUIT
CHESS	JENGA	RUMMIKUB	TWISTER
CONNECT FOUR	MONOPOLY	SCRABBLE	YAHTZEE

SPOT THE DIFFERENCE

Can you spot the 10 differences between these two pictures?



Sudoku 1 Solution

9	8	7	5	1	2	6	4	3
4	1	5	3	6	8	7	2	9
3	2	6	4	9	7	8	1	5
2	6	8	1	5	3	4	9	7
5	4	1	6	7	9	2	3	8
7	9	3	8	2	4	5	6	1
6	5	4	7	3	1	9	8	2
1	7	9	2	8	6	3	5	4
8	3	2	9	4	5	1	7	6

Sudoku 2 Solution

9	8	6	1	3	2	4	5	7
3	2	7	4	9	5	6	1	8
1	5	4	8	6	7	3	2	9
6	9	3	7	5	1	2	8	4
5	4	8	3	2	6	9	7	1
2	7	1	9	8	4	5	6	3
7	1	2	5	4	3	8	9	6
4	6	9	2	1	8	7	3	5
8	3	5	6	7	9	1	4	2

Sudoku 3 Solution

7	4	1	9	2	6	8	3	5
9	3	6	4	8	5	2	7	1
8	5	2	3	1	7	9	6	4
4	9	3	5	6	8	7	1	2
6	1	5	2	7	4	3	9	8
2	7	8	1	3	9	4	5	6
1	8	7	6	4	3	5	2	9
3	2	9	8	5	1	6	4	7
5	6	4	7	9	2	1	8	3

Sudoku 4 Solution

6	9	3	1	7	8	5	2	4
4	7	2	5	3	9	6	1	8
5	1	8	6	2	4	7	3	9
8	2	6	7	9	1	3	4	5
9	5	4	3	6	2	8	7	1
1	3	7	8	4	5	9	6	2
3	4	9	2	8	6	1	5	7
2	6	5	9	1	7	4	8	3
7	8	1	4	5	3	2	9	6

LHV Residents Corner

A Place for our Residents Services

Handy Man at your Service



Jerry Sibila
Cell: 910-876-7221
64 Sargent St.



No job too small!! Give me a call and we can discuss what you need done.

Floors – Plumbing – Ceiling Fans – Painting – -
Household Repairs – Bathroom Remodel – Kitchen
Remodel – New Windows - ETC.



I do alterations, mending, sewing!! Years of experience from Weddings to replacing zipper. Call: “863-307-7206” or email [“jultz56@yahoo.com”](mailto:jultz56@yahoo.com)

Julie Camp
113 Reineke

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David Brown

Independent Agent
Dbrown0115@gmail.com



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IH# 102549/1**



863.812.4741

800.681.3772

LOOKED UNDER YOUR MOBILE HOME LATELY?

Missing or torn insulation and vapor barrier can allow moisture, mold and mildew to build up, and provide access to insects and rodents into your home!

Call today for a FREE Under Home Inspection

To our valued customers.

During the current times we wanted to let you know that we are taking as many precautions as we can to ensure not only our workers safety but yours as well. We check workers' temperatures each morning and have limited the amount of contact our crews have with each other. Our crews work in Tyvek suits with respirators which helps to ensure your safety as well as theirs.

As a company, we want your business and there is no need for any contact if you so choose. Our business is deemed an "Essential Business" and we are here for you when you need us. You can schedule your inspection by calling 1-800-681-3772.

*Wishing you good health and safety, The
Florida Anchor & Barrier Team*



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Family Owned & Operated BBB Senior or Military Discounts

September 2023

August '23							October '23						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5	1	2	3	4	5	6	7
6	7	8	9	10	11	12	8	9	10	11	12	13	14
13	14	15	16	17	18	19	15	16	17	18	19	20	21
20	21	22	23	24	25	26	22	23	24	25	26	27	28
27	28	29	30	31			29	30	31				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
					9:15 am Water Aerobics 1 pm Pokeno	8:30 am Breakfast at Diner
3	4	5	6	7	8	9
6:30 pm Birthdays & Anniversaries 7 pm Euchure	9:15 am Water Aerobics 9:30 am Shuffleboard 1 pm Hand & Foot 6 pm BINGO	9:30 am Cornhole 11 am Activities Mtg. 12-3 pm Billards 7 pm BOD Meeting HOA	8 pm Coffee & Doughnuts 9:15 am Water Aerobics 1 pm Painting Class 1 pm Hand & Foot 7 pm Diabetes Group	9:30 am Shuffleboard 12-3 pm Billards	9:15 am Water Aerobics 1 pm Pokeno	6 pm Men's Poker
10	11	12	13	14	15	16
4 pm Grandparents Spaghetti Dinner 7 pm Euchure	9:15 am Water Aerobics 9:30 am Shuffleboard 1 pm Hand & Foot 6 pm BINGO	9:30 am Cornhole 1 pm Sassy Stitchers 12-3 pm Billards 7 pm HOA Meeting	8 am Coffee & Doughnuts 9:15 am Water Aerobics 1 pm Hand & Foot	9:30 am Shuffleboard 12-3 pm Billards 2 pm Welcome New Res.	9:15 am Water Aerobics 1 pm Pokeno	6 pm Hot Dog Roast 6 pm Men's Poker
17	18	19	20	21	22	23
	9:15 am Water Aerobics 9:30 am Shuffleboard 1 pm Hand & Foot 6 pm BINGO	9:30 am Cornhole 12-3 pm Billards	8 pm Coffee & Doughnuts 9:15 am Water Aerobics 11:30 am Lady's Lunch 1 pm Hand & Foot	9:30 am Shuffleboard 12-3 pm Billards	9:15 am Water Aerobics 1 pm Pokeno	6 pm Men's Poker
24	25	26	27	28	29	30
	9:15 am Water Aerobics 9:30 am Shuffleboard 1 pm Hand & Foot 6 pm BINGO	9:30 am Cornhole 12-3 pm Billards 1 pm Sassy Stitchers	8 am Coffee & Doughnuts 9:15 am Water Aerobics 1 pm Hand & Foot	9:30 am Shuffleboard 12-3 pm Billards	9:15 am Water Aerobics 1 pm Pokeno	6 pm Men's Poker
	7 pm Euchure			7 pm Dominos	7 pm CLR	6 pm Men's Poker
1	2	Notes				

DIABETES SUPPORT GROUP 2023-2024

Will meet on the following dates at the CLUBHOUSE at 7pm. :

WED.SEPT.6TH-A1C UPDATES

WED.OCT 4TH- BREAKING OUT OF A PLATEAU

WED.NOV.1ST- THE ACID /ALKALINE DIET

WED.DEC.6TH -RECIPE AND POTLUCK PARTY

WED.JAN.3RD-COPING WITH COMPLICATIONS

WED.FEB .7TH - MEDICARE COVERAGE OF DIABETES

WED.MARCH 6TH- EXERCISE!

WED.APRIL 3RD-GOVERNMENT UPDATES

WED.MAY 1ST- WRAP -UPS

DIABETES SUPPORT GROUP 2023-2024

Will meet on the following dates at the CLUBHOUSE at 7pm.:



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