

VERONAWALK

January 2006

JANUARY

- 13 Outside Yoga
- 16 Sawgrass Mills Shopping Trip
- 18 Hard Rock Casino Trip
- 26 Wine Tasting/ Jazz Night
- 28 Busch Gardens Bus Trip

FEBRUARY

- 6 Water Aerobics
- 11 Valentines Sunset Dinner Cruise
- 24 Mardi Gras Potluck Parade of "Streets"
- 25 Meditation Workshop

MARCH

- 17 St. Patrick's Day Dinner Show
- 24 Twins Vs. Yankees

WE ARE ON OUR WAY!

It's all coming together, the building has begun for the ever-popular Town Center. On Tuesday, November 15, 2005 at 11:00 a.m. the Ground Breaking Ceremony took place here at Verona Walk. Light hors d'oeuvres and drinks welcomed around 150 residents to witness the first dig of what is to become the Town Center. Layout plans of the facility, samples of the furnishing, and a fine dining restaurant were revealed. Vanderbilt construction is on track to complete the town center at the end of 2006. A Fitness Center, a Lap and Resort Pool, Tennis Courts, Gas Pumps, and a Post Office are just the beginning. We are all excited about the upcoming changes and happenings that are taking place here at Verona Walk. We all are now feeling a sense of community, look for more updates to come shortly!



Towncenter Ground Breaking

UPCOMING EVENTS

IMPORTANT VERONA WALK PHONE NUMBERS

Verona Walk Customer Relations

Office Hours: 7:30 a.m. to 4:30 p.m.

Office Phone: (239) 417-6600 M-F

Customer Relations Manager

Joe Floyd.....(239) 340-0051
Andrew Wade.....(239) 825-0452
Aneesa Ramjattan.....(239) 825-2673
Justin Sutton(239) 825-2499
Jyl Dunning(239) 235-4600
Mia Simon-Johnson(239) 253-4935
Drew Kowalczyk(239) 825-2723
Jaymie Catalano(239) 825-2924
Tyler Pahl.....(239) 825-2624
Jessica Polk.....(239) 825-5392

Pine Ridge Office

Office Hours: 8:30 am to 5:00 p.m.

Construction..... 594-7400

DiVosta Customer Service..... 594-2027

Verona Walk Sales Center

Office Hours: 10:00 a.m. to 6:00 p.m.

Office Phone: (239) 417-6400 M-F

Sales Associates

Kellie Brown Selling Sales Manager
Carrie Coyle..... Lead Sales Administrator
Tim Binford Sales Administrator
Victor Cuccia Sales Associate
Nicole DeDusam Sales Associate
Elizabeth Hector Sales Associate
Tom Hens Sales Associate
Bart Lower Sales Associate
Alina Sezanaeva Sales Associate
Mia Terasuro Sales Associate
Kindril Climber Sales Trainee

Don't forget to view us online at www.veronawalknaples.com!

ADMINISTRATIVE NOTES

BULLETIN BOARD

Starting Monday, January 9, the Bulletin Board located by the mailboxes is for South West Property Management and Activity notices only. A second bulletin board will be in place soon for all sale items. If you have an item you would like to sell, buy, or rent write the information on an index card and drop it off to Activities. All notices will be allotted a 30-day viewing period. After 30 days, based on availability if your items is not sold you must call Activities at 774-0414 to renew your spot. All entries must be approved by activities, you may drop them off at any time.

BUSINESS DIRECTORY

Are you a resident of Verona Walk who has a business of his or her own? Why not advertise your business in our new Business Directory located at the Activities Office next to the sales office. All residents will be given the opportunity to advertise at one central location until the town center is built. Each resident is allotted one 8½" x 11" sheet of paper to promote themselves. The Business Directory will be on display at the Activities Office. For more information, please call 774-0414.

INTEREST NOTEBOOK

Is there an activity that interests you that has not yet been started here at Verona Walk? This is your chance to get involved and see your ideas come to life. Stop into the Activities Office located next to the sales center in the Capri model. Please sign in under the correct heading for any activity that you want to get involved in and be sure to leave your local telephone number! Once we receive 10 people who are interested in the same activity we will then get it jump started! Don't see your Activity? Start a new sheet and we'll place it in the interest notebook for you. If you have any questions please contact Michelle Kithcart at 239-774-0414.

NEWSLETTER CONTEST UPDATE

Due to the overwhelming success of participation we have received for naming the newsletter, the contest has been extended until Friday, January 13. Keep thinking of new and attention grabbing names. Ideas can be dropped off at the sales office any day between 10:00 a.m. and 4:00 p.m. Don't forget the theme of Verona Walk if you want to incorporate it in the name. The Winner will receive dinner for two at the fabulous Shula's Steakhouse (a \$200 value).

SPECIAL EVENTS



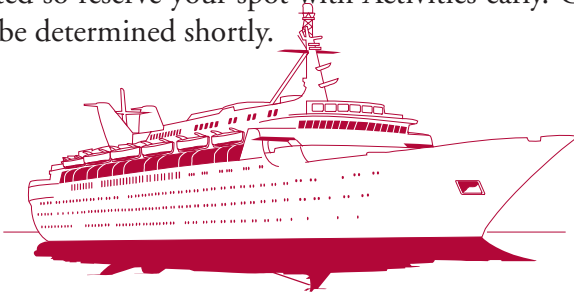
WINE TASTING AND JAZZ NIGHT!

Join us on the grass as we sip some wine and dance the night away. On Thursday, January 26 from 4:00-6:00 p.m. we will have light hors d'oeuvres, wine sipping and rockin' jazz music. The Florida Winery will be displaying some of the most popular wines this state has to offer! If you are an avid cigar smoker take a peek at what

their on-site walk-in humidor that displays over 1,000 cigars has to offer! Come out and meet your neighbors at this fun-filled fest. All residents are welcome, must be 21 to taste test. Limited seating is available, and if you like more than just a taste, please BYOB. \$12 per person, you must sign up and pay 24 hours in advance. Please make checks payable to Verona Walk Activities. For further information, please call 774-0414. Don't miss out on the fun, sign up early, door prizes will be given away!

VALENTINE'S DINNER SUNSET CRUISE

On Saturday, February 11, Verona Walk has the Marco Island Princess for one night to celebrate Valentine's Day. Join us as we take a trip for couples only. Trip includes a 2-hour cruise, a double buffet dinner, live entertainment, port charge, service charge and sales tax. Dinner menu: Caesar Salad, Prime Rib au jus, Chef's choice chicken or fish, roasted red potatoes, vegetable medley and assorted mini desserts. 2 full service cash bars are on board for your convenience. Boarding starts at 4:30 p.m. at the Marco Island Princess. Space is limited so reserve your spot with Activities early. Cost will be determined shortly.



RESERVATIONS

For all activities, clubs, workshops, bus trips and events pre-registration is required. Please contact Michelle Kithcart at 239-774-0414 or veronawalkact1@earthlink.net. This is to ensure we meet the numbers required for each activity. As a reminder, some events have limited space so make sure to make your reservations early to reserve your spot! **Don't miss out on all of the fun this season!**

MARDI GRAS POT LUCK & PARADE OF "STREETS"

Show your community spirit! On Friday, February 24 we are having a Mardi Gras potluck dinner. Bring your favorite New Orleans inspired dish. In addition to the wonderful food and outstanding entertainment, we are introducing the First Annual Parade of Streets! Decorate a golf cart, a car, or build a float. Each street must get together and custom create the float of their choice. Judging will be after dinner and winners will be announced. If you need help getting people together, contact Activities and we'll schedule a time for homeowners to meet in the Cayman model. Don't miss out on this once a year event, join in the fun today!

A,B,C,D-Entrée
I, J, K, L-Salad
Q, R, S, T-Dessert

E, F, G, H-Dessert
M, N, O, P-Entree
U, V, W, X, Y, Z-Entree

Dish to pass according to first letter of last name. \$5.00 per person to cover silverware, plates, napkins, cups and all paper products. Please sign up and pay with Activities two days in advance and let us know what dish you will be bringing! Call 774-0414 for more information or info@veronawalknaples.com. See you then!

MARK YOUR CALENDAR

The Blues Brothers are coming into town on St. Patrick's Day, March 17. Don't miss the fun, more details to come.

BUS TRIPS & THEATRE TICKETS

SHOPPING TRIP: SAWGRASS MILLS

Join a few communities in the area as we shop till we drop on Monday, January 16. Sawgrass Mills, Florida's largest retail and entertainment center, features more than 300 name-brand stores and outlets like OFF 5th Saks Fifth Avenue Outlet, full-service restaurants like Cheesecake Factory, cinemas, and high quality entertainment venues. The \$25.00 per person fee includes round trip transportation and great fun with some new friends! Bus leaves from Vineyards promptly at 7:00 a.m. Sign up and pay Activities to reserve your spot today!

CLYDE BUTCHER TOUR

On Thursday, February 2 we are taking a "Through the Lenses Tour". Talk with 23-year tribal chairman, Buffalo Tiger. Travel on his airboats to private Tear Island, a grassy hammock with a grand chickee. Have lunch on the reservation, then travel deep in the Everglades, and visit Clyde Butcher's Big Cypress Gallery. His powerful images -- some five feet wide -- invite immersion, not just viewing. He wants his art not only to record but preserve. Elected to Florida's Artist Hall of Fame in 1998, his haunting vistas of the Everglades and conservationist activism are well-known in the halls of Washington. The tour leaves from Vineyards at 7:00 a.m. sharp and the cost per person is \$84.00. Sign up with Activities today!

THEATRE TICKETS

Hairspray

Let Broadway's Tony Award-winning musical-comedy phenomenon take you back to 1962 Baltimore. 16-year-old Tracy Turnblad sets out to dance her way onto TV's most popular show. Can a big girl with big dreams-and even bigger hair, change the world.... and still have time to win the boy she loves? This mega-hit is piled bouffant-high with laughter and romance-and enough deliriously tuneful new songs to fill a nonstop platter-party. *Hairspray* is the winner of eight 2003 Tony Awards, including Best Musical. As the New York Times Says "If life were everything it should be, it would be more like HAIRSPRAY. It's irresistible".

GAMBLERS UNITE!



SEMINOLE HARD ROCK CASINO TRIP

No Craps! No Craps! Are you an avid gambler or would just like a day out of town? Join Verona Walk as we take a trip to the east coast for a day of fun in Hollywood, Florida. \$25 per person which includes round trip motor coach, \$15 free play and a \$7.50 in food voucher! Now who can beat that price for a day of fun! Bus leaves at 8:00 a.m. promptly from the mailboxes of Verona Walk all members invited! Make checks payable to Spirit of America and drop off at Activities office. Must sign up and pre-pay by Friday, January 13. Call Activities at 774-0414 for more information.

BUSCH GARDENS TRIP

What would be better than an intense adventure filled day with wild animals and even wilder rides? Mark your calendars for Saturday, January 28, we are taking a trip to Busch Gardens! For only \$79.00 for Adults and \$69.00 for children. The cost includes round trip transportation and a Fun Card for the year! Benefits of a Fun Card include unlimited general admission to Busch Gardens, Tampa Bay from Sunday, January 1, 2006 through Sunday, December 31, 2006. Sign up and pay with Activities.

CANCELLATION POLICY

OVERNIGHT BUS TRIPS: Full refund at least 30 days prior to travel date

DAY TRIPS: Full refund if cancelled at least 15 days prior to travel date

Cancellations after that date for any reason, including medical or family reasons, are subject to forfeit of entire fare unless trip is re-sold, then a full refund will be issued.

UPCOMING CLASSES / WORKSHOPS

BREATH OF LIFE YOGA

Starting Friday, January 13, 2006 join us on the grass for a 1½ hours of yoga. This six-week session will have you feeling like you've never felt before. In this six-week course, you will be provided with the tools you need to relieve stress, relax, and bring you more peace of mind. This session will include breath exercises, yoga postures, and meditation techniques. This is an open course -- all levels of students are welcome, whether you are new to yoga or a seasoned practitioner. Cost is \$12.00 for drop in rate or \$60.00 for the full 6-week session. Location for this class is on the grassy area by the mailboxes, so please bring your own yoga mat or blanket. If you need a mat, you can purchase one from the instructor for only \$10.00 but must let us know at time of sign up.

BODY AWARENESS AND MEDITATION

Join us as we get in tune with our mind and body on Saturday, February 25 and Saturday, March 18 from 1:00-3:00 p.m. A blend of poses will help balance your body's weak areas along with restoring and energizing your mind, body and spirit. While meditating you tune in to yourself as the knower of the mind and thoughts. This class will focus on meditation with breathing techniques and learning how to develop your thought pattern. \$10.00 per person for this two-hour workshop. You must sign up and pre-pay with Activities no later than 48 hours in advance. Classes are located out on the grassy area by the mailboxes so please bring a yoga mat, beach blanket or towel for comfort.

VOLUNTEERS COME TOGETHER!

The activity director of Verona Walk extends an invitation to all members to help out in the efforts to make this upcoming season one to remember. We are looking for some creative minds to help with this year's schedule of events. If you have some great ideas or would just like to help in the office or at events please do not hesitate to call Michelle at 774-0414. We appreciate all resident efforts! Thank you.

AQUA AEROBICS

This low impact work out is ideal for anyone and everyone. Running, jogging and walking underwater only strengthens the leg and hip muscles. Starting early February, aqua aerobics will be held Mondays and Wednesdays in the Carlyle model pool right here at Verona Walk, times to be announced soon. Space is very limited class and the cost is only \$5.00 per person. Sign up soon with Activities and make checks payable to Verona Walk Activities.

MEDICARE PART D

A free Workshop from Senior Solutions of Florida will be held on Medicare Part D. The start of Medicare part D has already begun. This free workshop will help seniors understand the most factual up-to-date information out there. When to enroll, how to enroll, and what the benefits and options are will be covered in this workshop. If you have no guidance the information is pretty confusing. Don't miss out on this opportunity to get your benefits in order. Up-coming workshops include: Thursday, January 26 from 1:30-3:30 p.m., Thursday, February 23 from 9:00-11:00 a.m., and Thursday, March 23 from 1:30-3:30 p.m. All workshops will take place in the Cayman model but pre-registration is required. Please call Activities to register no later than 24 hours in advance.

MICHELLE'S MESSAGE

Jump in the mix in 2006! As I begin as the new Activities Director for Verona Walk I have many plans to get this community jump started for the New Year. We have many new and exciting trips and workshops planned for the upcoming year. The Activities office is located in the Capri model next to the Sales Center. All up coming event flyers, and Attractions in the Area, The Business Directory, Interest Notebook and phone books can be found on display. For the month of January office hours will be as follows: 9:00 a.m.-Noon, M-F. If you have any questions do not hesitate to contact me at 774-0414 or via email info@veronawalknaples.com. I look forward to meeting and interacting with each and every one of you.

FITNESS & HEALTH

NINE FOODS THAT PROTECT YOUR HEART

1. **Avocados**- A food almost too good to be true, avocados are packed with heart-healthy fats, cholesterol-lowering minerals, and are high in fiber and folate that promote healthy arteries.
2. **Salmon, sardines and other fatty fish**- Treasures from the sea contain a heart-protective type of fat (omega-3) to help regulate heartbeats and decrease blood clotting and inflammation.
3. **Oatmeal and oat bran**- Great foods to start your day because they're loaded with soluble fiber that helps lower LDL "bad" cholesterol.
4. **Walnuts**- Go nuts! They contain heart-healthy fats that can also lower LDL. Some people may be allergic to nuts. Walnuts are high in calories, so a handful is plenty.
5. **Edamame**- These protein-rich green soybeans contain all eight essential amino acids. They also help lower LDL cholesterol.
6. **Bananas**- A portable source of blood-pressure-regulating mineral potassium.
7. **Ground (not whole) Flaxseed**- Another abundant source of heart-healthy omega 3s. Grind in your coffee grinder first, then sprinkle onto cereals, soups, and salads.
8. **Apples**- Why take vitamins, when you can get Mother Nature's heart-protective best from fruits such as apples?
9. **Blueberries**- These juicy gems contain more protective heart-healthy compounds than any other fruit.

Source: The Better Life Diet By Dr. Lester Sauvage

APPLE COFFEE CAKE

5 cups tart apples, cored, peeled, & chopped	2 tsp. vanilla
1 cup sugar	1 egg, beaten
1 cup dark raisins	2-1/2 cups sifted all-purpose flour
1/2 cup pecans, chopped	1-1/2 tsp. baking soda
1/4 cup canola oil	2 tsp. ground cinnamon

Preheat oven to 350°. Lightly oil a 13 x 9 x 2-inch pan. In a large mixing bowl, combine apples with sugar, raisins, and pecans; mix well. Let stand 30 minutes. Stir in oil, vanilla, and egg. Sift together flour, soda, and cinnamon, and stir into apple mixture a little at a time — just enough to moisten dry ingredients. Turn batter into pan. Bake 35 to 40 minutes. Cool cake slightly before serving.

SERVES 20. Serving size: 1/2 inch x 2-1/2 inch piece. Per serving: 188 calories, 5 g fat, 68 mg sodium.
Source: National Heart, Lung and Blood Institute

IN THE NEIGHBORHOOD

Looking for an affordable gym to work out in until the town center is open? Just around the corner located at 2650 Tamiami Trail East is JFZ Gyms. For the month of January they are offering a special rate of \$29 down and only \$15 per month! Call 417-1010 for more information and Gym hours.

East Naples Community Park located at 3500 Thomasson Drive, Naples has many classes for the community. Tai-Chi, Folk Dance, Mah Jongg and Computer Class are just a start. Tennis Courts and Ball Fields are available for play at no charge. Call 239-793-4414 for more information.

HOW TO PLAY THE LOB SHOT

The lob shot (also known as the flop shot) is a short, delicate, rainbow-trajectory shot over an obstacle where there isn't a lot of green to work with. The most common miss on this shot is short, in the middle of the sand, water, or high grass we were trying to cross. The reason we come up short is a lack of club head speed generally caused by fear.

To setup for this shot, you won't need to open your stance much. What you will need is a high-lofted wedge (SW or LW) with an open clubface, and the shaft pointing at the belt buckle. We now have a club with an effective loft of 60-80 degrees, or more.

As for the swing, you must increase its speed in order to reach your target because of the added effective loft. In addition, if you're in heavy grass you'll have to increase

it further as that will slow the club head down even more. Therefore, take at least 2 practice swings to get comfortable and confident with swinging faster than you may have initially believed would be required.

Resolve to get in a courageous mindset and swing the club with enough speed to successfully traverse the obstacle. Remember, it's much better to have a long putt from behind the hole, than to have to play the next shot from the obstacle you were trying to avoid in the first place.

The ball should fly straight up and land softly near the pin. Can you see it? Try and see it by visualizing the shot before swinging at the ball to be increasingly confident about your chances

January 2006

Verona Walk

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Art Festival 5th Ave. Naples 10am-5pm call 239-435-3742	2 Art Festival 5th Ave. Naples 10am-5pm call 239-435-3742	3	4	5	6	7
8	9	10	11 Singles Night at Broadway Dinner Theatre \$45 per person "Cats" call 278-4422	12 Singles Night at Broadway Dinner Theatre \$45 per person "Cats" call 278-4422	13 Yoga on the Grass @ 2pm	14
15	16 Sawgrass Mills Shop- ping Trip \$25 per person Leaves from Vineyards	17	18 Hard Rock Casino Bus Trip-Hollywood Florida \$25 per person	19	20 Yoga on the Grass @ 2pm	21
22	23	24 6pm-Broadway Din- ner Theater Cats- \$50 per person to benefit Relay 4 Life	25	26 Medicare part D 1:30-3:30pm <i>Wine Tasting and Jazz Night 4-6pm On the grass</i>	27 Yoga on the Grass @ 2pm	28 Busch Gardens Bus Trip- \$79 per adult, \$69 per child
29	30	31				

7680 Belini Way
Naples, FL 34114
Phone: 239-774-0414

All Programs are subject to change

COMMUNITY PHOTOS



VERONAWALK
7680 Bellini Way
Naples, Florida 34114

