



SUNSHINE FAMILY JANUARY NEWS

HAPPY NEW YEAR
Best wishes for a
Happy and healthy
2006

There are new events happening in January and of course the same ones you already love to attend. Wednesday mornings at 8:30 we meet for coffee and donuts in the Clubhouse. This is the best time to catch up on all the fun things going on here in your park.

Sunshine Team

Park Manager
Ray Cadorette

Office Personnel
Mary Beth Humes
Darleen Branford

Maintenance
Thomas Klis

Housekeeping
Jim Angevine

Activities
Debbie Duncan
Linda Westergard
Judy Smith

Camp Hosts
Carl and Kathy Zinn
Lot 25
John and Betty Fields
Lot 97

Pastor
Wayne Godwin

OFFICE HOURS:
Monday-Saturday: 9-5
Sunday-Closed

Sunshine RV Resort
303 St. Rd. 70 East
Lake Placid, FL 33852
863-465-4815
www.sunshinervresorts.com

EXERCISE CLASSES BEGIN JANUARY 2 8.00 a.m.—9:00 a.m.

In the park club house
Classes are taught by certified instructor Maria Mallory

MONDAY: IRON YOGA

This class combines strength training and power yoga. It is designed to rev up your metabolism and to stimulate lean muscle mass. This helps to achieve maximum fat-burning and body-sculpting results. Men and women both welcome. Please bring your weights, water, resistance band and mat.

TUESDAY: TAI CHI

Relax and focus your mind, body and spirit with stretch, tone and controlled breathing. This will enhance your strength, balance, breathing and flexibility. Please bring water and ball.

THURSDAY: NIA

This class blends elements of martial arts and dance. It is a creative-spirited aerobic program. It will boost endurance for your day to day activities. Bring water and mat.

SUNSHINE PARK MEMORIAL FUND

This fund is used to send a \$100 check to a deceased resident's family from all of us at the park.

The money donated to this fund goes into a non-taxable account at Sun Trust Bank. A donation suggestion is \$12 a year per person (*\$1 per month*); however please give whatever you wish.

Donations should be given to:
Jo Phillips—7 Marilla Lane
Gail Byron—26 Victoria Lane
Mary Ritchie—5 Betty Drive
Or dropped off at the office in an envelope marked with your name, address, amount (check or cash) and Memorial Fund. Please make checks payable to "P & S Memorial Fund".

IMPORTANT:

Parking Stickers need to be picked up at the office and placed on your vehicle. Please remind your guests they need to register at the office.

Notes from Manager Ray Cadorette

WELCOME BACK! Many of you have commented on how nice the park looked when you arrived. We have made many improvements during this past summer. Here are some of them:

- We planted over 300 palm plants along the front fence line, along with a sprinkler system from the pond.
- The roads were coated and painted accordingly.
- More sprinklers were placed on the west side of the park to relieve water from the pond.
- The well house, laundry room, shop, mail room, flower boxes and fountain all received a fresh coat of paint.
- Lights were put up at post office area.
- Shuffle board courts were refinished.
- Twenty three RV sites were upgraded to 50 amp service.
- Drainage system from mobile home system to the pond.
- 120 new street signs were placed.
- Shell rock was put down in the storage area behind the shop.
- Painting of office doors and sidewalk.
- Solar blankets on the pool.
- New pump for south west well house.
- Landscaping mulch was placed in many areas.
- Lights at entrance way on trees.
- A walkway behind the pond was made.

So as you can see we were very busy this past summer, not only with constant lawn care, but with the new improvements.

Best Wishes for a Happy New Year, *RAY*

DON'T FORGET—If you would like to have your blood pressure checked, come to the Recreation Hall on the second and fourth Wednesdays of each month from 7:30-8:15 a.m.

HAPPY NEW YEAR

It is claimed that the Babylonians were the first to celebrate the New Year at the first visible crescent after the Vernal Equinox, or the first day of Spring. They thought the beginning of spring was a logical time to start a new year. They celebrated eleven days in a way that make our New Year festivities pale in comparison.

The Romans continued to observe the New Year in late March. Various early Roman emperors would tinker with the calendar until the new year celebration became out of sync with the sun. In order to set the calendar right, in 153 BC the Roman senate determined January first as the proper beginning of the new year. Julius Caesar who in 46 BC gave the Western world the Julian Calendar again instituted January 1 as the new year. However, to synchronize that day with the sun, he let the previous year drag on for 445 days.

The early Catholic Church at first condemned the New Year's festivities as paganism. As the Church

spread it began to have its own celebrations concurrently with many pagan ceremonies. Their new year day was called Feast of Christ's Circumcision. It is still called that by some denominations.

During the Middle Ages the Church opposed celebrating the new year. Actually, Western nations have only celebrated January first as New Year's Day for the past 400 years.

Making New Year's resolutions also dates back to the Babylonians. Their most popular resolution was to return borrowed farm implements.

The New Year Tournament of Roses in Pasadena California began in 1886.

The Rose Bowl football game was first played as part of The Tournament of Roses in 1916.

The New Year baby symbol was brought to the early Americans by the Germans.

Excerpted and revised from Jerry Wilson

Upcoming Trips—Sign up in office for all trips

FEBRUARY TRIPS

**** PLEASE NOTE (Pay by January 10)**—St. Augustine, Sunday, February 5-7, 8:30 a.m.—\$199
Includes: Motorcoach transportation, 2 nights hotel, 2 full breakfasts, 1 dinner, train tour of St. Augustine, Lighthouse visit, Historic Mr. Dora

Highland Hammock Wine Tour & Tasting—Thursday, February 16

Jungle Cruise & Bayside Shopping—Wednesday, February 22, 6:30 a.m.-8 p.m.—\$40

MARCH TRIPS

Key West, Sunday, March 5-7, leave 8 a.m.—\$139 (*pay by February 24*)

Lion Country Safari—Friday, March 3

Royal Lippizan Stallions, Pipes & Outlet Mall—Saturday, March 11—\$25

Mystery Dinner in Orlando, Tuesday, March 21, 4 p.m.-12 a.m.—\$55

APRIL TRIP

Hardrock, Tuesday, April 4—\$15 play money & \$5 food ticket—\$20

ONE-STROKE

PAINTING CLASS

Friday, January 27—2-5 p.m.

Cost is \$25

A minimum of 2 people to sign up is still needed. Sign up in the office.

SPEED LIMIT IN THE PARK

10 M.P.H.

QUIET TIME—11 p.m.—8 a.m.

ALL dogs must be on a leash at all times while outside your residence. Please do not take shortcuts through other lots on foot, bicycle or vehicle.

PLEASE SAVE!

We have a use for empty prescription bottles. Please remove labels or mark out info. The containers will be used by a 3rd world country. Containers are in the Library for the bottles and also for can tabs and cancelled postage stamps.

Sunshine Sassies Red Hats will be going to the Sarasota Kennel Club on January 18th. We will leave the park at 9:30 a.m. (meet at mailbox area) Call for reservations by January 10th 465-9666. If you are interested in joining the club contact:Charolette Zoscak at M42.

Fun for everyone in the park!!!!!!!

The Sunshine Sassies Red Hat Club is holding an “UN FASHION SHOW” in the club house on **February 4th at 9:30 a.m.**

Be brave and come to see these ladies at their “finest” or should we say most hilarious!

FOR SALE:

Folding picnic table (green) with benches.
Benches store under the table. Bought at
Camping World. \$50
Jim and Brenda
22 Connie Drive
699-1256

QUILTING TOGETHER

Come and learn or come and help teach!
We meet Monday's from 1-3 at the clubhouse.

Beginners and advanced are welcome.

GOSPEL SING

Come and join Marion around the piano on the 2nd & 4th Tuesday evenings of the month. 7 p.m.



January Sunshine RV trips

KING TUT EXHIBIT—January 5

The exhibit will be in Fort Lauderdale. We will join another group from Lakeport. The cost is \$48

SUGAR FARMING & HERITAGE TOUR—January 6

Travel a deluxe 33 passenger motor coach for an exciting and informative tour. You will step back in time with an interesting historical orientation of Clewiston and Lake Okeechobee. You will get an up-close look at a sugar cane farm and we will chop and chew some sugar cane and view the latest in farming techniques. There is a journey to the Clewiston Sugar Mill and a look inside an insect lab where they breed over 13 beneficial insects every year for release to defeat harmful pests. You will also visit the two latest additions to our agricultural horizon—a sugar refinery and a citrus juice plant—both state of the art facilities. The tour includes lunch at the historic Clewiston Inn.

Cost: \$34 (pay by December 30) 8:30-4

STERLING CASINO CRUISE—January 12

You will board the Ambassador 2, The world's largest Casino Ship.

Las Vegas style gaming, free deli buffet, free entertainment, \$5 match play, loosest slots, poker, free drinks while playing. All fees and transportation included.

Cost: \$22 per person/includes Tacos & Margaritas. Leave 7:45 a.m.– return 7 p.m. (pay when sign up. No refunds)

HOLY LAND EXPERIENCE—January 31

A stately City Gate signals your entry into a new and exciting world. Middle Eastern Merchants greet you with a hearty “Shalom”. Sheep and goats bleat as you walk by. Brilliantly costumed priests guide you on a journey through the Wilderness Tabernacle. Roman guards keep the peace...Jesus heals the blind and ministers to the needy...Herods Temple looms 60 feet in the air...Dramatic musical production captivate your senses...Biblical presentations fascinate, illuminate, and bring the Bible alive! It's all part of the Holy Land Experience, a re-creation of Jerusalem during the time of Christ. Your entire family will love Orlando's most inspiring destination.

Cost: \$45 7 a.m.-7 p.m.

ACTIVITY SIGN-UP TIPS!

There will be someone in the office Monday –Friday from 10-2. This would be the best time to come in and sign up or pay for events. This will free Mary Beth up to do other things. Thank you for helping in this way.

