



SARASOTA BAY CLUB



AUGUST
2011



Volume 10 Issue 8

SARASOTA BAY CLUB

Free Ageless Grace Seated Movement Classes

Wednesdays August 3, 10, 17

Level 1 11:45 - 12:00

Level 2 11:00 - 11:30 AM

Anti-Aging Benefits of Ageless Grace with Gail Condrick

Each of the Ageless Grace® Tools emphasizes a different anti-aging technique, such as joint mobility, spinal flexibility, right-left brain coordination, kinesthetic learning, cognitive function, systemic health, balance, self-esteem, confidence and playfulness. The easy-to-learn Tools promote the “three Rs” of lifelong comfort and ease—not reading, writing and arithmetic—but the ability to respond, react and recover efficiently and safely.

Intentionally nourishing the mind-body connection on a daily basis can help improve health and well-being, reduce stress, keep the brain agile and the body responsive. When body, mind, spirit and emotions are in balance, health and well-being follow. Ageless Grace® offers something for each of these dimensions.

For the mind, there are right- and left-brain movement activities, numbering sequences of physical movements in patterns that play games with the mind; and there are mind-body directives that encourage the brain to consciously choose and direct the movement of the body in either a random or specific sequence. For the emotions, there are sounds, words, expressions and “pretend” emotions that are used to inspire, stimulate, and release endorphins, while simultaneously allowing the body to release tension and tightness.

For the spirit, the movements incorporate imagery, creativity, variety, playfulness, polarities, sound and games, all performed to a wide range of music that encourages self-expression, nourishing the authentic self. Gail presented a fun and successful class of Ageless Grace on Masterpiece Day.

Lunch & Tour of Jacaranda Trace Community, Venice

After several requests, we have scheduled a trip departing at 10:30 AM, to our sister community, Jacaranda Trace. We are scheduled to have lunch first, followed by a tour of the community. Sign up on the Masterpiece Living Desk.



August Moon Cocktail/Dinner Dance

Join us for our August Cocktail & Dinner Dance on Friday, August 26. Cocktails will begin at 6:00 PM in the Ringling Room, followed by Dinner in the Dining Room at 7:00 PM. We will dance the night away with the fabulous and very talented musician, Dan Fugazzotto. Please make sure to fill out your reservation forms and return them to the Masterpiece Living Box by July 18th.

Come & Join Teresa's

Free Stay Fit For Life

Balance Class

Tuesdays @ 8:30 am in the Ringling Room

Exercise improves your strength, flexibility and posture, which in turn will help with balance, coordination, and reducing the risk of falls. This class incorporates a variety of exercises including moderate strength training, stretching, light circuits, and various obstacles and activities to help improve balance, posture and generally improve mobility and wellness. People of all fitness levels are welcome and encouraged to attend. If extra assistance is required please see instructor for suggestions or recommendations. Please sign up on the Masterpiece Living Desk.



Matthew Harrison Piano Concert

A native of Sarasota, Florida, pianist, lecturer, and teacher Matthew Harrison holds a Master of Music degree and a Bachelor of Music degree from the prestigious Manhattan School of Music, where he studied from 2002 until 2008. He has performed concerts and conducted several lectures at SBC. He hosted in 2010 a seven part lecture recital series celebrating the 200th year anniversary of the birth of Frederic Chopin at the Polish American Museum in Port Washington. This series was the inaugural event for “Masterwork Conversations,” his new project with fellow pianist and friend Vlada Yaneva.

He has been heard live on WQXR Radio playing the complete Valses Poeticos of Granados as part of the “Evenings in the Gardens of Spain” hosted by the Cervantes Institute. In December 2009 he co-hosted “American Musical Heritage,” the first program at the Bulgarian consulate to feature American music for the entire evening, returning in February to participate in the Haiti Benefit Concert.

Each year he gives several lecture recitals in his hometown of Sarasota, where he has also played with the orchestra in such works as Beethoven's Choral Fantasy, George Gershwin's Rhapsody in Blue, and the Hungarian Fantasy by Franz Liszt. Mr. Harrison's graduate and undergraduate piano studies were with Dr. Marc Silverman, and Mr. Harrison has played in master classes for pianist and radio host David Dubal, for whom he has been teaching assistant at the Manhattan School of Music since 2003. He has also guest-hosted the “World of the Piano” in the Juilliard Evening Division for Mr. Dubal. Don't miss his concert on Monday, August 29th at 8:00 PM in the Ringling Room.



Justin Mathews, Live Endangered Species Presentation

Wildlife Refuge

Mixon Fruit Farm provides space for the Wildlife Care and Education Center where Justin Mathews does his work with various endangered species. They provide much needed land and shelter for injured native birds, animals, and reptiles. Mixon owners, Dean and Janet Mixon, donated the use of a parcel of their farm property for the Wildlife Education Center. The mission is to rehabilitate injured wildlife for release back into the wild, and to promote education, appreciation, and respect for wildlife.

Cages are built in the grove next to orange trees as the family-owned and operated business embraces the Florida Wildlife Preserve. They invite everyone to come and visit, meet the animals up close and share their love of wildlife with everyone. People go away inspired by the beauty of these creatures.

Their animals and birds come and go as they are treated and rehabilitated. Some are released back into the wild and some must find a permanent rescue home. Justin will be at SBC with some of these animals to do a live presentation on Monday, July 22nd at 8:00 PM in the Ringling Room.



SARASOTA BAY CLUB

SBC WELCOMES NEW OWNERS

Barbara Blumfield Apt. 1004

Elliot & Kathleen Ellis Apt. 304

Joseph & Constance Ellison Apt. 1107

Joseph & Ruth Golov Apt. 913

Robert & Inge Gould Apt. 826

Norman & Diane Halpern Apt. 111

Lola Hoenig Apt. 1002

Gerald & Nancy Kaplan Apt. 1014

Frances R. Keane Apt. 523

Joseph Pepe Apt. 208

Nathan & Janet Polsky Apt. 905

Revella Price Apt. 904

Judith Sellinger Apt. 1024

Ruth Steel Apt. 925

Robert & Ann Wagner Apt. 707



“The Legacy of The Brownings, Love, Madness and Evil” Bob Griffiths’ Lecture Series Wednesday, August 24, 4:00 PM Whitaker Room

Bob will continue to explore the lives and poetry of these poetic giants and their circle, which included everyone of note in Victorian England and Italy. This is an especially appropriate journey as we approach the bicentennial of Robert Browning’s birth on May 7, 1812. Bob Griffiths, our lecturer, is President Emeritus of the New York Browning Society, founded in 1907.



SBC Announces 2011 Fall Cruise

Come & Join our SBC Group!

Regent Seven Seas Navigator

November 8 - 18 - for 10 nights

Grand Turks, Turks & Caicos,

San Juan Puerto Rico, Gustavia, St. Barts,

Phillipsburg, St. Maarten, Tortola, British V.I.,

Cavo Levantado Dominican Rep.,

Princess Cays, Eleuthera

Call Jill Ross MPL Lifestyle Director

for more information



ENTERTAINMENT 8:00 PM

Monday, August 1

Mike Markaverich/Jane Hoffman

Piano & Flute Jazz Concert

Thursday, August 4

Jeffrey Gross, Sax. Concert

Monday, August 8

Jake Pinto, Jazz Concert

Thursday, August 11

Tony & Ann Swain Concert

Monday, August 15

Trivial Pursuit Dinner & Game

Thursday, August 18

Jackpot Bingo

Monday, August 22

Justin Mathews, Live Endangered Species

Thursday, August 25

New Yorker’s Dinner

Friday, August 26

August Moon Cocktail/Dinner Dance

Monday, August 29

Matthew Harrison Piano Concert

Kick Off for Fit For Life

We have rescheduled this event to be held on Tuesday, August 23rd from 11:30 - 1:30 PM in the Ringling Room. Come and meet the Therapy Staff and have fun learning about new classes and therapy that will be offered. There will be raffles, prizes and a free light lunch offered. Sign up on the Masterpiece Living Desk.

New Yorker’s Dinner

We are planning to hold a dinner for all former New Yorkers on Thursday, August 25th at 5:45 PM in the Bay Club Lounge. Make sure you sign up on the Masterpiece Living Desk by August 22nd. This is another way to “Mix It Up” and perhaps meet owners who you never had the opportunity to dine with before and have much in common as New Yorkers.

Spouse’s of Physician’s Luncheon

Come and join all the spouses of physicians for another affinity occasion on Tuesday, August 30 at noon in the Dining Room. Through our recent survey, it was obvious we had several owners in this category. Please sign up by August 26th on the Masterpiece Living Desk.

New Owner’s Masterpiece Living Orientation

Thursday, August 11

2:00 PM South Tower Conference Room

New Owners are invited to join Jill Ross, Lifestyle Director, as she reviews all the details of Masterpiece Living at SBC, and familiarizes new owners with SBC programs, and procedures for signing up for various events. Jill will review the calendar and various forms in detail, and explain the variety of activities available. This is an opportunity to meet other new owners and to answer any questions concerning all of the programs and activities offered.



**Betty Griggs’
Sketch of
Betty Zavon
on
Masterpiece
Living
Day**