



AROUND THE PONDS



**July
2026**

gpatpnews@gmail.com

Est. 1986

***Edited and Published by
Jeanne Jean
Mike Richardson***

President's Message

Golden Ponds and the entire country is preparing to celebrate the 250th anniversary of the United States of America on July 4th. This will be a momentous occasion, and we are hoping to make it a special one. It is our hope that if you have an American flag, you will display them outside your home in celebration. No matter what size.

The day will start off with Coffee Plus as it is the first Saturday of the month. At 10:00 am. Then, residents will drive around the park celebrating the red, white and blue in their decorated golf carts for the parade. At 1:00 pm, Kim Krause and her team are hosting the annual Fourth of July Picnic serving fried chicken, corn on the cob, baked beans, coleslaw, potato salad and other yummy things. If you're not completely exhausted by this point, you can venture down to the marina in Fort Pierce for fireworks at 9:00 pm.

Thank you to all our veterans and military for keeping us safe.

Many of our full-time residents are taking the opportunity to get out of the Florida heat for a while and hopefully find it a little cooler up north. To all of you who are traveling, be safe and enjoy your time away.

We are officially in hurricane season, so plan accordingly. Yvette has information sheets in the north clubhouse to help you plan and prepare. Hopefully we will be spared but you just can't trust Mother Nature.

The tennis and bocce courts are now finished, and you can see by the groups playing there in the morning before it gets too hot.

Management has brought in a company that is taking down overgrown plants in front of the clubhouse. Also, additional lighting has been added to that area as well. Everything to keep our community attractive and safe.

Representing the Board,
Alice Peck

Around the Ponds Staff

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Copy is due by the 20th of the preceding month to: gpatpnews@gmail.com

It is the intent of the ATP staff to deliver the newsletter by the last day of the month. Please be patient as some residents may receive their copy earlier than others. Extra calendars will be available on the table in the north clubhouse. If you have not received your copy by the 1st of the month, please contact Frank Forney at 804-491-3104.

HOA OFFICERS

President - Gary Lange
Vice President of Homeowners – Steve Salatino
Vice President of Activities- Alice Peck
Treasurer – Ruth Chuqui-Conder
Asst. Treasurer – Tom Dillon
Secretary – Jeanne Jean
Asst. Secretary – Nancy Mitchel-Leiterman
Directors – Brenda Cavanagh, Mike Harter, Marie Morely, Barbara Boate, Anthony DeJuliis

Managers Message

Hello July!

Let's start by welcoming Nelson Colbourne and Donnamarie Mitchel to the park. They have purchased 1899 Bar Harbor Drive and are from Florida.

Just a reminder we are in hurricane season now. Please clean up carports and anything around that could become airborne.

Have any trees hurricane trimmed. Shelter information is on table in North clubhouse.

We are in the process of taking out all the dead bushes around the clubhouse to make it all nice again. It doesn't look the best right now but trust the process. It will look great!

I'll be finishing the rest of power washing letters hopefully very soon.

Please remember our facilities are only to be used by residents and registered out of town overnight guests only.
No guest dogs allowed in the park.

Take pride in your house and Golden Ponds and have a great July!!!

If you carry one thing with you today, let it be this:

*You are amazing, strong, brave, loved,
worthy and there is no one like you.*

Yvette Peppard
Park manager



Letter From The Editor

It is with great sadness that this month's ATP includes the final column from our dear friend, Fran Mornealt. As everyone knows, Fran passed away on June 2nd after being placed in hospice, but not before she sent in her July column. She had just gone into hospice when her son, Paul, sent me an email saying his mom wanted to make sure I got her column. I responded and told Paul he could assure his mom the article was already in place in the ATP.

Fran and her husband Phil were two of the early owners in Golden Ponds having bought their home in 1996. The things they were involved in and the things they remembered happening in the park over the years were fascinating. The many activities that were occurring in our park at the time were things us newbies have never seen – musical reviews, field trips, parties, plays, etc. I remember chatting with Phil and Flo Barr one day at the clubhouse where they were reminiscing about a country western musical revue where Phil was playing guitar and singing. I won't go into detail over what happened during that musical revue, but let's just say I thought WE did mischievous things when we were young! They were in their 70's! I just sat in awe of them and the story they were reminiscing about. I don't think I laughed that hard in a very long time!

They both will be greatly missed, but their legacy will forever be a part of us and a part of Golden Ponds.

Enjoy your holiday and may everyone stay out of the heat!

Mike Richardson



Letter from
the editor

4th of July

Independence Day, also known as the Fourth of July, is a federal holiday in the United States which commemorates the adoption of the Declaration of Independence on July 4, 1776, establishing the United States of America.

The delegates to the Second Continental Congress declared that the Thirteen Colonies were no longer subject (and subordinate) to the monarch of Britain, King George III, and were now united, free, and independent states.

Key Historical Facts

- **The Vote:** The Continental Congress voted for independence on July 2, 1776, but formally adopted the final draft of the Declaration on July 4, 1776.
- **Signing:**
Most delegates signed the Declaration of Independence on August 2, 1776, not on July 4th.
- **Presidential Coincidences:** Three U.S. presidents (John Adams, Thomas Jefferson, and James Monroe) died on July 4th. Both Adams and Jefferson passed away on the 50th anniversary of the Declaration, July 4, 1826.
- **First State Holiday:**
Massachusetts was the first state to declare the 4th of July an official state holiday in 1781.
- **Federal Holiday Status:** It was not declared a paid federal holiday by Congress until 1938, though it was an unpaid federal holiday in 1870.

- **Only President Born on July**

4th: Calvin Coolidge, the 30th president, was born on Independence Day in 1872.

Traditions and Fun Facts

- **Hot Dog Consumption:**
Approximately 150 million hot dogs are consumed on the Fourth of July.
- **Fireworks Demand:** Fireworks, which have been part of celebrations since 1777, are a staple, with 65% of Americans ranking them as their favorite activity.
- **"Yankee Doodle":** The song was originally sung by British officers to mock American colonists.
- **Oldest Celebration:** The longest-running Independence Day celebration is held in Bristol, Rhode Island, dating back to 1785.
- **Flag Design:** The original U.S. flag featured 13 stripes and 13 stars, representing the original colonies.
- **International Celebration:** The Philippines also celebrated July 4th as its Independence Day until 1962, as it was the date the U.S. recognized their independence in 1946.



Other July Holidays

Parents Day

In the United States, Parents' Day is held on the fourth Sunday of July. This was established in 1994 when President Bill Clinton signed a Congressional Resolution into law (36 U.S.C. § 135) for "recognizing, uplifting, and supporting the role of parents in the rearing of children." The bill was introduced by Republican Senator Trent Lott. It was supported by members of the Unification Church which also celebrates a holiday called Parents' Day, although on a different date. Parents' Day is celebrated throughout the United States.



National Ice Cream Day

Thanks to President Reagan, we celebrate National Ice Cream Day every third Sunday in July, meaning July 19 this year. Reagan wanted to commemorate a treat enjoyed by over 90 percent of the US population. In 1984, he decreed a day for ice cream, and his proclamation glorified the dairy industry in America. Reagan also proclaimed July as National Ice Cream

month, describing ice cream as "a nutritious and wholesome food enjoyed by over ninety percent of the people in the United States." Since then, the holiday has sparked worldwide cravings and is traditionally celebrated year after year.

Ben & Jerry's is ranked as the number one selling, most popular ice cream brand in the U.S. based on consumer consumption and popularity data. While Ben & Jerry's dominates in popularity, **Blue Bell** is the most searched brand across 22 states, particularly in the South and Midwest. **Vanilla** remains the top-selling flavor, followed by chocolate and cookies 'n' cream.

Celebrate National Ice Cream Day by visiting local creameries for deals, hosting an at-home DIY sundae bar with toppings, making homemade ice cream, or trying exotic flavors. Other options include making ice cream sandwiches, riding to find an ice cream truck, or hosting an ice cream tasting flight!



July Fun Facts

July is often one of the most fun and interesting months of the year. The weather is warmer, school is out, we celebrate the 4th of July and more! July also contains many fun historical moments. From landing on the moon to the release of a popular game, there are many fun things to learn about. Here are a few of those historical moments!

1. Declaration of Independence Published

The Continental Congress published the Declaration of Independence on July 4, 1776. It stands as one of the most important documents in United States History. John Hancock was the first to sign it. You may hear people today saying, "Give me your John Hancock," when asking for a signature. After it went to print, Thomas Jefferson, John Adams, and other well-known historical names added their signatures. The Declaration of Independence helped make America the country that it is today. Our national holiday, Independence Day, commemorates this amazing feat.

2. Pokémon GO Released

Released on July 6, 2016, Pokemon Go became one of the most popular games on the planet. Pokemon Go has garnered over 1 billion downloads since its launch.

3. Hollywood Sign Constructed

They first put up the Hollywood Sign on July 13, 1923. In 1949, they temporarily took it down to make it look nicer and fix some damage.

The sign originally read Hollywoodland. In 1949 they removed the last four letters.

4. Amazon is Born

Amazon is a global online store. The largest online retailer and technology provider in the

world. Surprisingly, Amazon is younger than most people realize. Jeff Bezos founded it on July 5th, 1994. It began as an online book marketplace and quickly grew into what it is today.

5. First Test-Tube Baby Born

On July 25, 1978, Lesley Brown gave birth to the first successful test tube baby, Louise Brown. Her birth became a turning point in the treatment of infertility. Millions of couples, unable to have children, began hoping for a child of their own. Since then, doctors have helped birth more than four million babies using this treatment.

6. Isaac Newton Publishes Principia

First published on July 5, 1687, Principia is one of the most influential scientific books ever released. The book contains Newton's most famous works. It includes his laws of motion, the law of universal gravity, and more. Newton's physics accounts for many facts of the observed world today.

7. The Office TV Show Released

Everyone loves a great TV show, and there are plenty to watch. One that stands out among them as a fan favorite is, The Office. The Office first came out in the U.K. on July 9, 2001. It became so popular that filmmakers remade it in the United States, where it achieved even greater success. As one of the most popular comedies ever released, it's worth bringing up as a fun July fact.

8. One Giant Leap for Mankind

Space is one of the most interesting things people can think of. You just need to look up in the night sky to understand the fascination. In July, space plays a significant role in history. On July 20, 1969, astronaut, Neil Armstrong first set foot on the moon. You may recognize the phrase, "One small step for man, one giant leap for mankind."

Just a reminder.....

Yard waste pickup for the month of July
will be July 1st & July 15th

Garbage: Every Monday & Thursday

Recyclables: Every Thursday

Barring any issues with Waste Pro!



For an **ENHANCED** version of the ATP

You can go online to:

<https://goldenponds.com>

and

<https://goldenpondsfp.hoaspace.com>

Or

Try the QR Code

How to use: Open camera app on your
phone or tablet. Aim camera at the
QR code below. Don't take a picture but
center the QR code in your camera. A
website will pop up on your screen that says
webpage. Click on the popup and there you
are!



USED/EMPTY CARTRIDGES RECYCLE

There is a basket in the Card Room in the
North Club House for empty ink
cartridges. The HOA receives Rewards
Credits from Staples for our paper supply
orders. Your recycling is appreciated.

Thank You.
Ruthie Chuqui-Conder

Most Downloaded July Crockpot Recipe

BBQ Pulled Pork

Why it's perfect for July? It is a "dump-and-go"
recipe that requires 5 minutes of prep and turns
pork tenderloin into tender, shredded meat that
can be served on brioche buns, in sliders, or on
salads.

Ingredients:

- 2-3 lbs Pork Tenderloin or Pork
Shoulder
- 1 jar (approx. 18 oz) of your
favorite BBQ sauce
- 1 tbsp Smoked Paprika
- 1 tbsp Garlic Powder
- 1 tsp Salt

Instructions:

- Mix the paprika, garlic powder,
and salt together and rub over
the pork.
- Place the pork in the slow
cooker.
- Pour the BBQ sauce over the
top.
- Cook on **Low for 6-8
hours** or **High for 3-4 hours**.
- Shred with two forks and mix
with the sauce.
- serve on soft, sturdy rolls that
can handle sauce, including
brioche buns, sweet Hawaiian
rolls, and potato buns



"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

Maya Angelou

Stick Bingo

We are going to continue stick bingo throughout the summer. It will continue to be on Sunday at 1:30. Certain people will be in charge in my absence. They are Crystal, Christina, and Rosemary. If you have any questions, please see them. We hope to see everyone on Sunday!

Riddle me this.....

Throw away the outside and cook the inside. Then, eat the outside and throw away the inside. What am I?

Look for the answer in the ads!!

CARING FOR CAREGIVERS

Caregiver, you are tired.
Not because your love is weak,
But because you have been carrying
what your mouth may never speak.
You carry appointments and medicines,
questions, changes, fear, and pain.
You carry grief in hidden places,
Then wake up and care again.

But you are not only a caregiver.
You are human, tender, real.
You also need a place to rest,
A space to breathe and heal.

So lay down guilt where you can.
Let help come near your door.
Rest is not abandonment.
You were never asked to disappear.

We would like to thank you for all you do
For the "person you care for".

See you on July 9th @ 10:00 AM.
Marylou Meenan 815-546-8235
Ruthie Chuqui-Conder 772-475-4638



THE GLORIOUS MONTH OF JULY

By Frances T. Morneault

Not too much can be said about July except this year is our country's 250th anniversary. I'm sure the USA will have many different celebrations. We will just have to wait and see.

Our yearly celebration of the 4th of July goes back many years. In New England, mostly in Eastern Massachusetts where I grew up, we always had the traditional dinner of salmon and green peas. A few small new potatoes were also included.

The tradition goes back to the Revolutionary War. Salmon was plentiful in those days in the Atlantic Ocean. The peas were just ripening and at their peak. I do not know if that tradition is in vogue now.

My salmon is waiting to be defrosted for the big day. I'm hesitant in buying fresh fish. How fresh is it? I'm not fond of peas but I will stick to the tradition. As a New Englander, tradition runs deep.

Now for our celebration of the 4th of July, we have cookouts or BBQs. We have steaks, hot dogs (or franks as we called them) and hamburgers cooked on a grill. All kinds of delicious salads are made. There are onions, mustard, relishes, ketchup, cheese and sauerkraut to add to the pleasure of your taste buds. There are a lot of preparations for that celebration. Some families have a cake replicating our flag. I think it is a lot easier to bake salmon and cook a few peas!

July is usually a time for family reunions. I have been to a few. My

maternal grandmother was from a large family in Quebec. Their reunions started in the home. But as the family grew, it was held in the barn. Many years later, one of my grandmother's brothers in Massachusetts was having his family reunion. Phil and I took my grandmother to her brother's gathering. At that time, they were both in their 70's. One of the grandsons asked his grandfather, how does this reunion differ from the old reunions? He was a man of few words, but he said "In the old days, we ate in the house or barn and had to go outside to go to the bathroom. Now, we eat outside and have to go inside to go to the bathroom"---- an observant old man.

A few years ago, after one of Phil's many operations, he was told he could not leave the hospital until he farted. This went on for a couple of days. Then on the 4th of July, he buzzed the nurse. He told the nurse that he just had his own fireworks. He was thrilled. The word spread quickly and many medical personnel came to congratulate him. Humor is the best medication. That had to be the best 4th of July we ever had!

In July up North, residents look forward to thunderstorms to get relief from the humidity. That does not seem to work here in Florida. We have to chalk it up to Florida weather. Just think, it's better than shoveling snow.

Whatever and however your celebration is in July, enjoy it and be thankful for your special occasion.

Happy Glorious 4th of July!

God is Good!

HOA Membership

Any questions about your HOA membership? Contact Donna Bartolucci at:
802-917-4917
or
roybartolucci@gmail.com

Trivia

True or false: A woman's signature appears on some copies of the Declaration of Independence?

Look in the ads for the answer!!



Water Exercise class with weights
every Monday - Friday at 10:00 am!



Library News

The library continues to be busy. I think we have as many readers who use the library in the summer as we have in the winter. We are continually getting donated books. Thanks again.

It was recently announced that the book by Patrick D. Smith, *A Land Remembered* is being made into a two four-episode series covering two years. They have already started filming.

The book covers the fictional story of the MacIvey family who migrated from Georgia into Florida in 1858. After getting his family settled, they struggle to survive in the harsh middle section of Florida. They learn how to live off the land and to round up wild cattle and drive them to Punta Rassa to ship to Cuba. Over three generations they amass more holdings and money thus moving them from their connection to the native untamed land of central Florida, to settled areas where business was booming.

This book covers the history of Florida including Fort Pierce from 1858-1960's. Tobias MacIvey, his wife Emma and son Zech MacIvey are the first three main characters you will meet. Along the way marriages were taking place and the the MacIvey family grew along with other characters they meet in the wilderness.

We have three copies in our library if you want to read before the film is shown. Estimated date will be mid-2027.

If anyone has any large print books you would like to donate, we have room for them.

Till next month, happy reading
Linda Merrill



Potluck Supper

Do you feel like getting together with friends for a bite to eat on Saturday July 11th?

Let's have a potluck supper at 5:00 in the South Clubhouse. There's nothing as good as fixing one thing for dinner and getting to select from dozens of other options.

Your HOA will supply all the plates, napkins tableware as well as cups and ice. Please plan on bringing whatever you would like to drink.

This time there will be a sign-up sheet posted in the north clubhouse just to give you an idea of what we may be missing. If you don't get the opportunity to check it out, no worries. Duplicates are always welcome.

I hope to see a lot of you there!



July 4th Golf Cart Parade

Get out your flags and banners and decorate your golf cart to celebrate the 250th anniversary of our great country!

Let's don our red, white and blue and meet at the clubhouse after Coffee Plus to parade around the park sharing our pride in the United States of America.

Ribbons will be awarded!!



ICE CREAM SOCIAL

It's July in Florida! It's Hot!

Let's have some ice cream.

If you think that sounds like a good idea, join us on Saturday, July 25th at 2:00.

We always have at least four flavors of ice cream and more than a dozen toppings including hot fudge. If you want to make your dish 'healthy', add a banana and some nuts to make a banana split.

All this for only \$5.00 at the door.

What a deal! Come cool off!



July Birthday Cake

July birthdays will be celebrated on July 5th at 4:00 in the South Clubhouse.

If you are celebrating your birthday this month, please sign up on the sheet in the North clubhouse for yourself and a guest!

Come and join us!!



Letter from Maintenance Team

I'm still noticing many people "piggy backing" their way through the entrance gate. You are taking a risk if the gate comes down on your car causing not only damage to your vehicle, but to the gate as well. We have cameras on the gates, so if you break it, you will be paying for it. The gate takes 13 – 18 seconds to cycle from close to close. Is it worth taking the chance of having to pay \$1,200 for a new gate PLUS damage to your vehicle? Please just wait the 13 seconds for the gate to open again.

Also, I am still finding lots of Band Aides in the pool filter. Beside it being very unsanitary, it also causes problems with the filter. PLEASE do not get into the pool if you have a Band Aide on.

People are getting better at setting out yard waste on the scheduled days. Just remember....the piles should be arm-sized loads - not one big pile. If the pile is bigger than what they can grab, they will not take it.

Thanks for all your efforts at making Golden Ponds an attractive and great place to live!

Gregg Ley
Park Maintenance



Golden Ponds 2027 Artisan and Craft Fair

Fair

Our inaugural Artisan and Craft Fair this past January was a tremendous success, drawing enthusiastic shoppers and showcasing the incredible talents of our Golden Ponds residents. Thanks to everyone who participated and supported the event!

We're excited to announce our 2nd Annual Artisan and Craft Fair, scheduled for Saturday, January 16, 2027.

We hope our talented artisans and crafters are already busy creating beautiful handmade treasures for this year's event. Whether you work with stained glass, woodworking, painting, sewing, jewelry, ceramics, or any other craft, we'd love to have you join us.

There is still plenty of space available for exhibitors, and we're hoping to welcome even more talented artisans this year. The fair is a wonderful opportunity to share your creativity, meet neighbors, and sell your handmade creations.

Interested in participating? Please contact:

Rosemary May at: rmay12182@gmail.com
or Text: 518-369-3037

Let's make the 2027 Artisan and Craft Fair even bigger and better than last year!



Sunshine Committee

Happy summer to all! Here are the cards that were sent out in the last month on behalf of the HOA.

Get Well Cards:

Vinnie Crowley, 1868 Walden Pond Drive

Della (Bunny) Dearcop, 1697 Golden Ponds Drive

Patti DiDonato, 1672 Christmas Cove Drive

Thinking of You:

Dave Peppard, 10117 Greatwoods Pond Drive

Sympathy:

The Antel Family, on the passing of Carl Antel, 1716 Walden Pond Drive

Thank you to all who have alerted me to any need for a card in the park. During July and August, please contact Gay Newman should you know of someone who could benefit from a card from the HOA.

Shaoron VanDell
For the Sunshine Committee



4th of July Picnic

Looking forward to seeing everyone at our annual 4th of July Picnic. This year is very special as we celebrate USA's 250th Anniversary.

Tickets went on sale June 22, 23 and 24. We will be having fried chicken, corn on the cob, baked beans, potato salad, coleslaw and various desserts. Water will be available but please bring your own beverage of choice. Doors open at 12:30pm and food will be served at 1:00.

We will also have a "Share the Wealth" drawing, so please remember to bring your money!

Wear your best red, white, and blue and help us celebrate in style!

Kim Krause



"Behind every great man is a woman rolling her eyes!"

Jim Carrey

Firework Displays Around the Area

Fort Pierce and the surrounding Treasure Coast offer several spectacular firework displays for Independence Day, highlighted by the flagship Stars Over St. Lucie event at the downtown waterfront.

In Fort Pierce

Stars Over St. Lucie: Enjoy a riverfront block party featuring food vendors, live entertainment, family activities, and a massive American flag on display courtesy of the FPUA.

- Time: 6:00 PM – 9:30 PM (Fireworks at 9:00 PM)
- Location: Marina Square, 1 Avenue A, Fort Pierce, FL
- Details: Check the [Main Street Fort Pierce Event Calendar](#) for updates.

○

Around the Area

Port St. Lucie:

- Freedomfest: Features a morning 5K walk/run, outdoor concerts, a Kids' Zone, VIP tent, a Luna Lites drone show, and a Zambelli fireworks display.
- Time: Festivities run from the afternoon into the evening; fireworks at 9:00 PM.
- Location: MIDFLORIDA Event Center, 9221 SE Event Center Place.

Stuart

Annual July 4th Celebration: Features food trucks, family-friendly

activities, an outdoor movie on the lawn, and a spectacular fireworks finale over the St. Lucie River.

- Time: The fun starts at 4:30 PM, with fireworks at 9:00 PM.
- Location: Flagler Park and Riverwalk, 201 SW Flagler Avenue, Stuart, FL.
- Details: View the schedule on the City of Stuart Annual July 4th Celebrations Guide. Vero Beach
- USA All Day Celebration: A day packed with an antique car display, a morning parade, veterans' ceremonies, contests, food trucks, and live bands leading up to a fantastic show over the Indian River Lagoon.
- Time: Daytime activities kick off at 10:00 AM; fireworks begin at 9:00 PM.
- Location: Riverside Park, 3001 Riverside Park Drive, Vero Beach.



CRUISE NEWS!

Imagine if you will...nine nights sailing on a beautiful ship visiting four tropical islands. You can spend your days at sea lounging by the pool with a cool drink in your hand, eating delicious meals in your choice of one of the nine dining rooms aboard the Explorer of the Seas or making money for your next cruise gambling in the casinos. Evenings offer all types of entertainment, game shows, dancing to a wide variety of music, movies, stage shows and of course the casinos. The ports of call on your adventure are Oranjestad in Aruba, Willemstad in Curaçao, Cabo Rojo in the Dominican Republic and Royal Caribbean's private island Perfect Day Cococay in the Bahamas. It could be a trip of a lifetime.

Currently, we have 20 people who are going to have this great experience and the hope is that we get at least 36 which guarantees us free bus transportation to and from Port Canaveral plus the gratuities for the bus driver and the porters at the ship. So, if you have been thinking of joining us or would like to invite family or friends to join us, please contact me for information and an application.

Come and join us!
Alice Peck



WEIGHT LOSS GROUP

Our weight loss group has gotten off to a bit of a rocky start, but we are going to persevere! We are planning on meeting on Monday afternoon with weigh in at 12:30. Patti Conners donated a scale that not only gets your weight but also your BMI. We will be deciding whether we prefer to track our own progress or have one or two people be official weight recorders. The group is going to be a support group sharing ideas, recipes and goals. It makes no difference if you would like to lose 10 pounds or 50, we are here to help each other. That's what this community does. After we have our meeting, we are planning on doing chair aerobics for approximately an hour. If you would like to come, we would love to have you join us.

ALICE PECK

GOLDEN PONDS BOOK CLUB

How The Penguins Saved Veronica by Hazel Prior was our book club selection for June. It was a rather fun story about an octogenarian, Veronica McCreedy, who lives in Ballyshire, a huge estate in Ayrshire Scotland, which she inherited from her second husband. One evening as she settles in front of the telly she comes across a show called *The Plight of Penguins* and finds herself completely intrigued with the tale. The show eventually leads her to leave her cold, rather lonely home, to book a ticket to Antarctica for a three-week stay at an encampment where the scientists are studying Adélie penguins. With that in mind, she plans on leaving a significant part of her vast income to their further studies. But that is only the beginning. We meet several very interesting characters, including her grandson, the three scientists at the encampment and a surprise to them all, little Patrick. Our meeting on June 11th was very short for a couple of good reasons. There were only three of us and we all really liked the book giving it an average rating of 4.3 put of 5. On July 9th we will be meeting to discuss *The Silent Patient* by Alex Michaelides. This is a psychological thriller about an artist who shoots her husband and never speaks again. Sounds like an interesting change for us.

Keep reading!

🕒 July Anniversaries 🕒

7/03/82 Tom & Bev Atkinson
7/03/01 Philip & Linda Rebholz
7/04/89 Jerry & Lynn Griffin
7/04/03 Keith & Pat Lake
7/07/07 Andre & Deb Beliveau
7/11/91 Wayne McAlister & Darlene Almcida
7/14/73 Darko & Judith Medved
7/16/16 Anthony & Tammie Sue DeJuliis
7/19/69 John & Rita Sheard
7/19/52 Hobert Davis
7/22/72 David & Dale Murray
7/23/68 Rick & Chris Volz
7/25/75 Russ & Sandy Foley
7/27/63 Robert & Claudia Insognia
7/27/91 Donald & Darlene Wells
7/31/88 Oleg & Elena Belchuk
7/31/82 Wes & Patti Zoyac

🎂 July Birthdays 🎂

1 Jennifer Kimball
2 Russell Gutman, Sherry Pigott
4 Maria Tyler
6 Ernie Burl, Rick Volz, Nola Gilliland
9 Tom Atkinson
10 Walt Witherspoon, Jeff Harrison, Monica Harter
13 Yvette Peppard
14 Gail Michael, Gene Rudd, Anne Foley
15 Anthony Pagano, Aleta Thurston
17 Anthony DeJuliis, Mary Roy, Nancy Soroka
18 Tina Desantis
19 Tom Dillon, Karen Laird
21 Florence Forney, Sue Ruckdeschel, Chad Keegan
22 Gloria Johnson, Laura Torackio, Donald Wells
25 Barbara Boate
26 Catherine St. Louis
28 Betty Csehi, Jerry Griffin, Janet Greer,
29 Dianne McQuaid, Lynnette Moffe
30 Russ Foley
31 John Cutler, Deb Hackett, Billie Jean Orshal

Here are some commonsense ways to beat the Florida heat:

Drink Water

Drink plenty of it... even if you are not thirsty. You want to drink enough water to avoid getting thirsty. It's important to stay hydrated.

Tip: Always carry a refillable water bottle with you. Saving money on purchasing bottled water may encourage you to drink more.

Dress Appropriately

Dress in lightweight, light-colored, loose-fitting clothing. Cotton fabric is suggested.

Wear a Hat or Carry an Umbrella

Blocking the sun's harmful rays will reduce your chances of sunburn AND make you feel cooler.

Tip: Wearing a hat or carrying an umbrella does not mean that you can skip applying sunscreen!

Avoid Midday Heat

The sun is hottest between noon and 4:00 p.m. This is a good time to have lunch, nap, go to a movie, or go shopping indoors.

Limit Activity

Limiting vigorous activity during the hottest part of the day is advised.

Seek Air Conditioning

If the temperature is above 90 degrees, fans alone often cannot protect you against heat-related illness.

Tip: Take a day off from the sun and visit a cool indoor place like an aquarium or take in a movie or spend the afternoon shopping at a mall.

Eat Light

Avoid heavy foods and opt for foods high in water content – fruits, salads, and soups.

Tip: Freeze a baggie full of grapes for a refreshing treat.

Take Baths and Showers

Water conducts heat away from the body, so taking frequent tepid baths or showers is a good cooling technique.

Tip: Utilize those showers at the beach for more than rinsing the sand off your feet.





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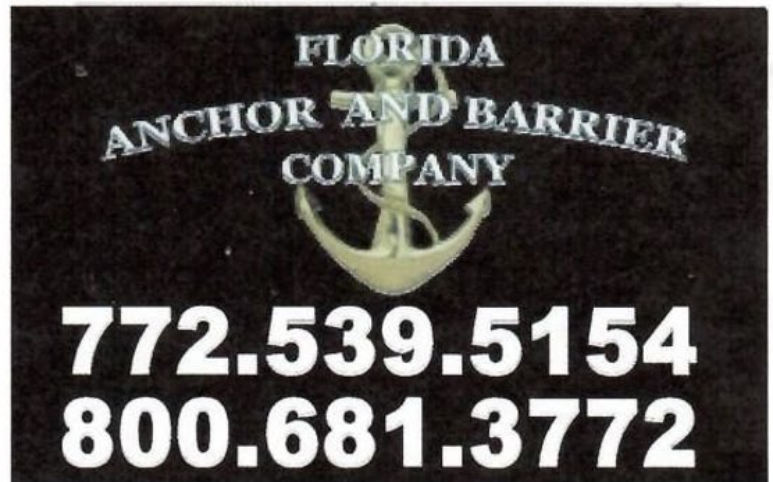
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CORN ON THE COB.



July 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Yard Waste Pickup Water Aerobics with Weights (10:00 am)	2 Water Aerobics with Weights (10:00 am) Pokeno (12:30 pm)	3 Water Aerobics with Weights (10:00 am) Card Bingo (12:00 pm)	4 Independence Day Coffee Plus (9:00 am) July 4th Golf Cart Parade (10:00 am) Fourth of July Picnic (1:00 pm)
5 Stick Bingo (1:30 pm) Monthly Birthday Party (4:00 pm)	6 Water Aerobics with Weights (10:00 am) Weight Loss Group (12:30 pm)	7 Water Aerobics with Weights (10:00 am)	8 Bazaar Shed Open (9:00 am) Water Aerobics with Weights (10:00 am)	9 Caregivers Support Group (10:00 am) Water Aerobics with Weights (10:00 am) Pokeno (12:30 pm) Book Club (1:00 pm)	10 Water Aerobics with Weights (10:00 am) Card Bingo (12:00 pm)	11 Potluck Supper (5:00 pm)
12 Stick Bingo (1:30 pm)	13 Water Aerobics with Weights (10:00 am) Weight Loss Group (12:30 pm)	14 Water Aerobics with Weights (10:00 am)	15 Yard Waste Pickup Water Aerobics with Weights (10:00 am)	16 Water Aerobics with Weights (10:00 am) Pokeno (12:30 pm)	17 Water Aerobics with Weights (10:00 am) Card Bingo (12:00 pm)	18 Food Truck (5:00 pm)
19 Stick Bingo (1:30 pm)	20 Water Aerobics with Weights (10:00 am) Weight Loss Group (12:30 pm)	21 Water Aerobics with Weights (10:00 am) Summer Bingo (5:00 pm)	22 Bazaar Shed Open (9:00 am) Water Aerobics with Weights (10:00 am)	23 Water Aerobics with Weights (10:00 am) Pokeno (12:30 pm)	24 Water Aerobics with Weights (10:00 am) Card Bingo (12:00 pm)	25 Ice Cream Social (2:00 pm)
26 Stick Bingo (1:30 pm)	27 Water Aerobics with Weights (10:00 am) Weight Loss Group (12:30 pm)	28 Water Aerobics with Weights (10:00 am)	29 Yard Waste Pickup Water Aerobics with Weights (10:00 am)	30 Water Aerobics with Weights (10:00 am) Pokeno (12:30 pm)	31 Water Aerobics with Weights (10:00 am) Card Bingo (12:00 pm)	

JULY ACTIVITIES LIST

Saturday 7/4 Coffee Plus - 9:00 Golf Cart Parade - 10:00
Fourth of July Picnic - 1:00

Sunday 7/5 July Birthdays Cake - 4:00

Wednesday - 7 / 8 Bazaar Store Open - 9:00-11:00

Saturday - 7/11 Potluck Supper - 5:00

Saturday - 7/18 Food Truck - 5:00-7:00

Wednesday - 7/22 Bazaar Store Open - 9:00-11:00

Saturday - 7/25 Ice Cream Social - 2:00



ACTIVITIES