

**TwinEagles HOA Office**  
11725 TwinEagles Blvd  
Naples, Florida 34120  
**1-239-919-3422**  
Office Hours: M-F 9am to 5pm

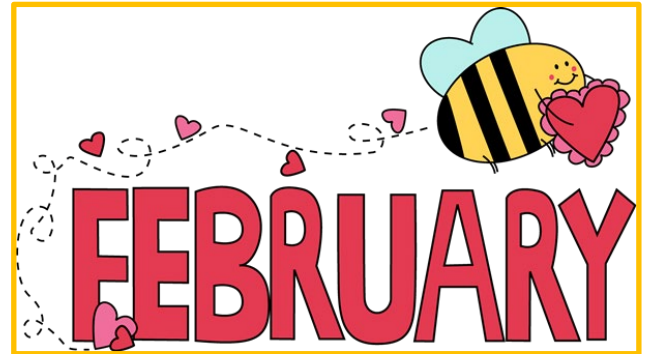
**TwinEagles HOA Website:**  
[twineaglesmaster.com](http://twineaglesmaster.com)

**Community Association Manager**  
Philip Guzzone  
[phil.guzzone@fsresidential.com](mailto:phil.guzzone@fsresidential.com)

**Administrative Assistant**  
Danny Ford  
1-239-529-5320  
[danny.ford@fsresidential.com](mailto:danny.ford@fsresidential.com)

**FirstService Residential Customer Care**  
1-866-378-1099

## TE HOA NEWSLETTER February 2024



### Board of Directors

George Ansalone – Hollybrook, VP  
Keith Balis – Bramble Point  
Kara Barina – Lockford, President  
William Farber – Hedgestone  
Scott Fildes – Covent Garden, Secretary  
TBD - Dundee  
Christine LaScola – Wicklow  
Jim McTernan - Wisteria  
Christina Monaghan – Kinross, Treasurer  
Charli Rhodes – The Estates  
Leslie Taylor – Lake Estates  
Wendy Waugh – Fenhurst

### Upcoming Meetings

#### ARC Meetings

- TBD

Requests must be submitted no later than 2 business days prior.

#### TE HOA Board Meeting

No Board Meeting this month

### TE HOA Committees

**Architectural Review Committee** – Charli Rhodes (Board Representative/Chair), Kerry Bailey, Mike Donovan, Barbara Doolittle, Ray Trakimas

**Communications** – Chris LaScola (Board Representative), Leslie Link, Jim Mower, Maria Napier

**Compliance** – Alan Chrisman, Michael Gilmore, Margaret Sonntag, Tom Wilson

**Document Rewrite (Ad Hoc)** – George Ansalone (Board Representative), Jay Jensen, Wendy Waugh

**Finance** – Christina Monaghan (Board Representative), Joe DeGennaro, Michael Harris, Micki Mathiesen, Gustavo Pineyro, Jim Witzel

**HOA Office Building Use (Ad Hoc)** – Bill Farber (Board Representative), Mike Apostol, Maureen Grove, Joe Manzella, Tom Martin, Darlene Roddy (Chair)

**Landscaping** – Scott Fildes (Board Representative), George Ansalone, Pat Perry, Dale Riemer, Gary Skott, Jim Witzel

**Maintenance** – Jim McTernan (Board Representative)

- **Asphalt (Ad Hoc)** – Jim McTernan (Board Representative), Jack Carpenter, Monty Docter, Tom Simons
- **Lake Bank Restoration (Ad Hoc)** - Jim McTernan (Board Representative), Mike Donovan, Ralph Gilbertsen, Mark Sullivan
- **Sidewalks (Ad Hoc)** – Jim McTernan (Board Representative), Dennis Andrews, John Backof, Michelle Carpenter

**Safety** – Keith Balis (Board Representative), Dennis Andrews, Jay Jensen

## Message From the Board

All households should have received the packet relating to the **Association Governing Document proposed amendment vote**. If you haven't seen the email, please check your SPAM folder.

Approval of the proposed amendments requires 67% of the membership to vote in favor. If your household doesn't participate in the process, this will count as a vote to not approve the amendments. Additionally, if we do not hear back from enough households, we will need to temporarily adjourn the meeting and reconvene at a later date, which will result in additional expenses.

**The voting will remain open until March 13<sup>th</sup>, 2024**, at which time there will be a Special Membership Meeting of the members. A quorum must be present at the meeting, in person or by proxy, in order for the business to be conducted. **It is therefore VERY IMPORTANT that you either attend or provide a proxy.**

We would like to thank the committee for its years of work on this project. The documents have been updated and amended to be easier to read, remove references to the Developer, become current with Florida HOA law, add renter screening criteria, add emergency provisions that enable the HOA to act quickly in an emergency, and enable the HOA to better recover past due fees and penalties in a foreclosure.

## Manager's Corner

We hope to hear from as many homeowners as possible regarding the vote on the proposed amendments to the HOA Governing Documents as your vote counts! For those of you who have consented for electronic voting, you should have received an email from ezVote, enabling you to cast your vote. For those homeowners who have not consented to electronic voting, you should have received a packet of information in the mail, in addition to an email from ezVote, providing the opportunity to consent and vote electronically.

If for any reason you have not received the information mentioned above, please send an email to Danny Ford at [danny.ford@fsresidential.com](mailto:danny.ford@fsresidential.com) and he will forward the information to you.

Thank you,

Philip Guzzone  
Community Manager

## Welcome New Homeowners

The TwinEagles Homeowners Association and FirstService Residential are pleased to welcome new TwinEagles homeowners:

<b>Michael &amp; Kathy Winkler</b>	<b>Fenhurst</b>
<b>Terry Eggebrecht</b>	<b>Hedgestone</b>
<b>Theodore &amp; Elizabeth Brunsvold</b>	<b>Fenhurst</b>

## TE Club vs. TE HOA Responsibilities

The TwinEagles HOA (Homeowners Association) and the TwinEagles Club are two separate entities. They each have their own governing Board of Directors, bylaws, and other governing documents. They each have a different function, with their own separate offices and points of contacts. It can sometimes be confusing to know who to contact for different issues.

The TE HOA is governed by a Board of Directors, consisting of one Director elected from each of our 12 neighborhoods. It is professionally managed by FirstService Residential, with onsite leadership from Community Association Manager, Philip Guzzone. FirstService Residential serves as our "Agent". The Property Manager works at the direction of the Board and has a fiduciary responsibility to act in the best interest of the homeowners. The Property Manager and the Board work together to realize the goals of the community, as defined by the Board.

Each neighborhood also has its own Neighborhood HOA, separate from the TE HOA. The purpose of the Neighborhood HOA is to manage landscaping for homes and common areas in each neighborhood. Each Neighborhood HOA has a separate assessment. Since homeowners on Hedgestone (with Maidstone), Lake Estates, and the Estates handle landscaping individually, they do not have separate Neighborhood HOAs.

The TwinEagles HOA is responsible for preserving property values in the TwinEagles community, by maintaining and restoring common area assets. These include all roads and sidewalks, HOA owned streetlights, bridges, landscaping, irrigation, fountains, lakes, HOA offices, street signs, conservation and preserve areas, gatehouse, gate equipment, and community patrol vehicle. The TE HOA is also responsible for complying with federal and state statutes, collection of operating and reserve assessments, preparation of the annual budget, as well as managing trash and recycling, architectural review (ARC) requests, mailboxes (except for Covent Garden, Dundee and Kinross), and all rules and regulations related to vehicles (cars, personal golf carts, bicycles.)

Below is a handy table that lists the different responsibilities of the Club vs. the TE HOA, as well as the contact information, for your quick reference. Please keep handy the following phone number:

**FirstService Residential Customer Care Center 866-378-1099**

This number is available 24 hours a day, seven days a week. If they cannot resolve your issue, they will direct you to the correct department or person to contact.

TOPIC	RESPONSIBILITY	CONTACT INFORMATION
Roads and all street signs	TwinEagles HOA (TE HOA)	Danny Ford <a href="mailto:danny.ford@fsresidential.com">danny.ford@fsresidential.com</a>
Landscape or Irrigation issue on golf course (Club Property)	Club	Darren Gafford <a href="mailto:dgafford@thetwineaglesclub.com">dgafford@thetwineaglesclub.com</a>
Landscape or Irrigation issue on TE Blvd or another TE road	TE HOA	Danny Ford <a href="mailto:danny.ford@fsresidential.com">danny.ford@fsresidential.com</a>
Landscape or Irrigation in neighborhood with HOA	Neighborhood HOA	Property Management Company (May, Cardinal, Cambridge Mgt)
Landscape or irrigation on Fenhurst or Kinross	Neighborhood	Your representative on TwinEagles HOA
Landscape or irrigation in Estates, Lake Estates, or Hedgestone/Maidstone	Homeowner	N/A
Golf, restaurants, fitness center & equipment, Tiki pool, tennis or related support staff	Club	Golf: 239-354-1721 Restaurant & Reservations: 239-354-1700 Fitness Center & Equipment: 239-354-1786
Green Ornamental streetlights on TE Blvd and other roads (streetlights out or poles bent)	TE HOA	Identify exact location/pole number and send email to Danny Ford <a href="mailto:danny.ford@fsresidential.com">danny.ford@fsresidential.com</a> . Pictures are helpful!
Streetlights on neighborhood roads (streetlights out or poles bent)	Florida Power & Light	Take number off pole and send an email to Danny Ford <a href="mailto:danny.ford@fsresidential.com">danny.ford@fsresidential.com</a> .

Live alligators, snakes, or lizards in your pool or at your front door. Also, live threatening animals such as bears, wild pigs, rattlesnakes, etc.	Collier County Animal Control	If an Owner lot, Wild animal problem, call 239-307-6111. Dog or cat problem, call 239-530-7387 If on HOA property, send email to Danny Ford <a href="mailto:danny.ford@fsresidential.com">danny.ford@fsresidential.com</a> and notify gatehouse, 239-304-0022 If on golf course or club property, send email to Darren Gafford <a href="mailto:dgafford@thetwineaglesclub.com">dgafford@thetwineaglesclub.com</a>
Poisonous toads	TE HOA	Contract with Pesky Varmints
Dead animals in the road/sidewalk	TE HOA	Send email to Danny Ford <a href="mailto:danny.ford@fsresidential.com">danny.ford@fsresidential.com</a> or notify gatehouse, 239-304-0022
Dead animals on the golf course or club property	Club	Darren Gafford <a href="mailto:dgafford@thetwineaglesclub.com">dgafford@thetwineaglesclub.com</a>
Violations of trash bins, contractor dumpsters	TE HOA	Danny Ford <a href="mailto:danny.ford@fsresidential.com">danny.ford@fsresidential.com</a>
Grand Arbors – Exterior home modifications, such as roof, lanai, paint color, landscape changes, generators, flags	TE HOA for all residences in Grand Arbors. Covent Garden also requires local HOA approval in addition to TE HOA approval	Refer to HOA website to obtain ARC Application and Estates DRGs, or send email to Danny Ford <a href="mailto:danny.ford@fsresidential.com">danny.ford@fsresidential.com</a>
Estates – Exterior home modifications, such as roof, lanai, paint color, generators, flags	TE HOA	Refer to HOA website to obtain ARC Application and Estates DRGs, or send email to Danny Ford <a href="mailto:danny.ford@fsresidential.com">danny.ford@fsresidential.com</a>
Health Emergency	Call Police	911
Dangerous criminal activity in progress	Call Police and also notify HOA Management	911, also email management at <a href="mailto:phil.guzzone@fsresidential.com">phil.guzzone@fsresidential.com</a>
Suspicious or possible criminal activity, unknow people wandering/casing residential neighborhood	Call Police and also notify HOA Management	Police (239-252-9250), also email management at <a href="mailto:phil.guzzone@fsresidential.com">phil.guzzone@fsresidential.com</a>
Broken Mailbox for single family home (except Dundee, Kinross, Covent Garden)	Homeowner. See documents for standards required	Vendor of your choice, one possible option is Lykins Signtek (239-594-8494)
Broken Mailbox/key issues: Kinross	Kinross HOA or Homeowner	Broken Mailbox, your representative on TwinEagles HOA Broken Lock, contact locksmith of your choice
Mailbox issues for Covent Garden and Dundee	Neighborhood HOA or Homeowner	Contact Neighborhood Property Management Company for more info (May, Cardinal, Cambridge Mgt)

## Lake Bank Erosion Committee Update

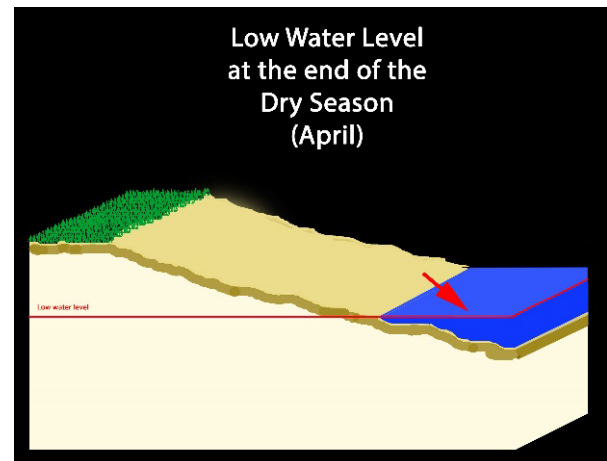
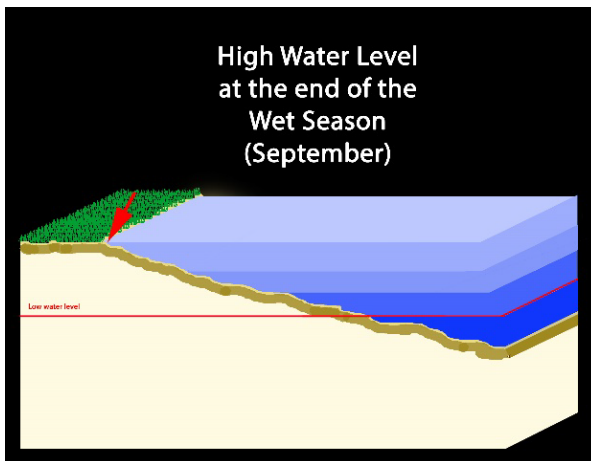


TWINEAGLES  
Waterways

### Causes of Erosion

Anytime water moves across a surface there is erosion. If the surface is solid, like rock or concrete, the process will be slow - but inevitable. If the surface is soft and granular, like sand, the process is fast and obvious. In Southwest Florida we have a lot of sand and a lot of rain which leads to a lot of erosion. There are other causes of erosion, such as wind across a sandy area, waves lapping up a beach, or water current pushing along the shore. All these forms of erosion impact the shores of the storm water retention ponds in TwinEagles.

A complicating factor for our community is the nearly four-foot rise and fall of the water level between the Wet (May, June, July, August) and Dry (October, November, December, January, February, March) Seasons. The exposed shore of the ponds goes from nothing at the end of the Wet Season to as much as 20 feet at the end of the Dry Season. As the water recedes after the Wet season, the entire shoreline is eroded by wave action. This process begins again after the Dry season as the water line climbs back up the slope and the wave action wears on the sand at each new water level until the ponds are filled again to the grass line. Twice a year the entire lake bank is scoured by this wave action.



The greatest cause of erosion is when the massive amount of rainfall that happens in the Wet Season falls to the earth and is funneled off rooftops, driveways, roads, lawns, and golf courses and into the storm water retention ponds. Ideally, the rainwater is captured in the building downspouts and the road gutters and then eased into the ponds. When this doesn't happen, the water rushes over exposed sand and causes erosion.

### Effects of erosion

The obvious effects of erosion are the degradation of the lake bank sides, with the lost yard and impact on nearby structures. The safety of anyone near a steep or softened lake bank is also a concern.

The less obvious effects of erosion are equally serious. When the soil is eroded into the water, the holding capacity of the pond is less. Remember, these ponds are designed to retain storm water until it can flow into the watershed or soak into the aquifer (ground water table) instead of flooding the property. The soil moving into the pond can also fill the culverts, which connect the ponds and allow the water from the north end of TwinEagles to flow south into the Big Cypress Water Basin and eventually into the Gulf of Mexico. Erosion on one end can impact the opposite end of TwinEagles' 1,100 acres.

## **Mitigation of Erosion**

Erosion can be stopped at the source by ensuring the flow of rainwater from downspouts is channeled into a proper drainage system and enters the ponds below the low water level. Water that moves across the lawn, especially between houses, eventually runs into the street or the ponds. At the end of the grass, the water meets the sand and erosion begins.

Why doesn't erosion happen while the water moves across the lawn to the pond? Because the complete root structure of the grass holds the soil together while the water makes its way downhill. This same concept works to stop erosion on the lake banks when the sand is held together with the root system of special plants. These special plants, unlike grass, are adapted to grow in standing water. Some plants only need to survive in water for a short time, some in water for half the time, and some plants need to survive in water entirely. Once established, the root structure will prevent the erosion from the water flowing into the pond as well as wave and wind action. The plants themselves also clean the water, provide habitat for wildlife and their food and enhance the aesthetics of the entire pond.

When planting alone can't stop the erosion, larger rocks or "rip rap" can be placed to absorb the force of the water. It also replaces the soft, sandy soil that would otherwise be washed away. Other areas can use a combination of planting and rip rap.

For the mitigation to work, the source of the erosion needs to be corrected. It could be a clogged gutter causing the rainwater to overflow, a broken irrigation line leaking every time the sprinkler system comes on, or a disconnected downspout flowing onto the lawn.

For more information on lake bank erosion, be sure to attend an upcoming HOA lake bank project town hall meeting, which will be scheduled in the next few months.

## **Grandma's Attic**

Do you have items you would like to lend to fellow TwinEagles Members when their grandchildren visit? Lori Fildes is the coordinator of Grandma's Attic and she facilitates the borrowing of items. Most requested items are port-a-cribs, cribs, strollers, bicycles/tricycles, scooters, car seats/booster seats, high chairs, beach chairs, beach umbrellas, beach toys, etc. If you are interested in sharing any of these items, please email Lori at [lorifildes@gmail.com](mailto:lorifildes@gmail.com) or call or text her at (612) 508-3875, giving her your contact information and a description of your item(s). If you have grandchildren visiting, use the same contact information for Lori and she will match you up with the TwinEagles Member who has the requested item.

## **TwinEagles Book Club**

For those of you who are interested in joining a Book Club, there is an active one right here at TwinEagles! The TE Book Club meets once a month during season (November through April) on a Wednesday at 3:30 pm in one of the club's multi-purpose rooms. Currently, there are about 55 members. The summer months have had varied approaches: usually, the Club takes a hiatus because many members re-join their Book Clubs at other locations. Readers who remain at TE during the summer months decide whether they would like to continue in-person meetings with a volunteer moderator. All members have a chance to suggest books that interest them, and at the first November meeting, after a great discussion, the books are selected and the reading schedule is set.

The current schedule and assigned books are as follows:

February 14<sup>th</sup>: 3:30 pm, Clubhouse Multi-purpose room  
Covenant of Water, by Abraham Verghese

March 20<sup>th</sup>: 3:30 pm, Clubhouse Multi-purpose room

Hello Beautiful, by Ann Napolitano

April 17<sup>th</sup>: 3:30 pm, Clubhouse Multi-purpose room

How to Know a Person, by David Brooks (decision still pending)

The Book Club is managed by Sharon Barry. If you are interested or have questions, please contact her at [sseb327@comcast.net](mailto:sseb327@comcast.net) so she can include you on future book club emails.

## Audubon Committee Information

January 15<sup>th</sup>, 2024

Dear TwinEagles member,

The Talon Natural Resources Management Plan (NRMP) Chapters 1-13 are back for final changes to be completed by TE. Kat has sent the Eagle NRMP back for final audit. All changes will be addressed and resent back to Audubon for final approval.

The Talon Course – The battle against the elements continues on as El Niño effects have been significantly impacting the grounds here at TwinEagles and throughout the southern and eastern portions of the US. As mentioned before, the cool, damp, and cloudy days are causing detrimental funguses and suffocating algae everywhere. We are combating these problems with both mechanical and chemical strategies to cure and prevent outbreaks. Our biggest ally is sunshine and especially for more than one day every week, which has been the pattern. Sunshine promotes the production of chlorophyll within the plant to generate the root and shoot growth and color. Without it, the plant struggles and becomes susceptible to harmful algae and fungi. We are monitoring the conditions and impacts daily and making sound agronomic decisions. Examples of these decisions have been increasing height of cuts, massive reductions of irrigation, light aerification and topdressing, and proper nutritional practices. But we have more unstable weather still to come, so stay tuned.

The Eagle – The forecasters were right on the money when they predicted a strong El Niño this winter. The weather has just been awful. There has been so little sun light, cool temperatures, cloudy, foggy and lots of rain. The water levels are higher than they were all summer. The water on the Eagle course is running over the control structure into the canal on hole #2. This did not happen all summer.

Turf and plants will struggle in these conditions. Turfgrass will not recover from cart traffic, ball marks and divots. It will also be very susceptible to disease. Both courses have felt the effects of this weather. If you look around, the golf courses are not the only ones affected. Home lawns and the common grounds have been affected also. Milkweed plants, which the Monarch butterflies need, are struggling in these weather conditions.

There are some benefits from the extra rain. The preserves have water in them that was not there this summer. The wading birds are feeding in the preserves. I have never seen that at TwinEagles this time of the year. Wednesday, January 10<sup>th</sup>, was one of the only days of sunshine. I think every alligator on the property was out sunning themselves. There were alligators everywhere! Wildlife needs sunshine too! They are predicting several more months of these conditions. It could be a long winter.

Brian from Native Bird Boxes has prepared us for our upcoming season and will be doing bird tours on property starting in January 2024. Most birds have made their final attempts with nesting and are busy raising their young or all fledged. Many species have fledged young and migrated back for the remaining of our summer/fall months. Paul Shannon from Strictly Beesness has also been busy on property observing and collecting honey from our beehives, which have been extremely abundant with activity. The bee boxes at golf maintenance continue to produce honey. The honey has been so good even our Bears have been busy knocking our electric fence out to get their fair share.

Darren Gafford,  
Director of Agronomy, in conjunction with the Audubon Committee



## TwinEagles ScholarSIP



**Saturday, February 24 | 5:00 pm**

### **This event is right around the corner. Have you signed up?**

Join us for an evening of fun & dancing. Enjoy wine, passed appetizers, a plated tenderloin dinner, and live entertainment by Billy Dean and Dawn.

There will be several ways to support the TwinEagles Employee Scholarship, including silent and live auctions, a wine raffle with an opportunity to take home a special bottle of wine, and raise a paddle to make a direct donation.

[Click here for more details and to sign-up.](#)

If you are unable to attend this event but would like to make a donation, [click here](#).

**You can also write a check payable to:**

**Collier Community Foundation  
1110 Pine Ridge Road, Suite 200  
Naples, FL 34108**

**Memo Line: The TwinEagles Employee Scholarship Fund**

### **We are looking for Wine Bottle Donations in Support of the Wine Raffle**

If you would like to donate a bottle or 2 for the wine raffle, please email [Tammy Laughlin](#) or call her at 716-908-3042.

#### **All funds collected on behalf of the Collier Community Foundation:**

A copy of the official registration and financial information may be obtained from the Division of Consumer Services by calling toll-free 1-800-435-7352 within Florida (registration #CH327) or at [www.fdacs.gov](http://www.fdacs.gov). Registration does not imply endorsement, approval or recommendation by the State; 100% of each contribution is retained by CCF.



## TE Cares



**TwinEagles Cares** is a group of members who utilize their time, talent, and treasures in support of local non-profits and community needs. Our mission is to identify the needs both in our community and the lives of our employees.

To receive our monthly emails or to find out more out our group contact [Marilyn Wilson](#)

### Feed Thy Neighbor



[Feed Thy Neighbor](#) is a local non-profit who TEC has supported for almost 3 years. Their mission is to alleviate hunger through the daily distribution of food and prepared meals.

We provide 300+ meals, twice per month.

The February dates are:

Thursday February 8<sup>th</sup> and February 22<sup>nd</sup>.

[Click here to sign up for February.](#)

For more information contact [Jan Diebling](#)

### Habitat for Humanity Workday – February 14<sup>th</sup> from 8:00 am to 12:00 pm

#### **No Experience Required!**

Come support a brand-new worksite in Immokalee. Workdays are typically held on the second Wednesday of each month. Our next workday is February 14<sup>th</sup>.

You can sign up via [this link](#).

Please email [Kathy Pilla](#) if you plan on participating, to receive more details, arrange carpooling, and to have any questions answered.



## Valentine's Day Party at the Naples Senior Center Donations Needed



TwinEagles Cares is hosting a Valentine's Day party at the Naples Senior Center on Immokalee Road for about 400 people. If you would like to help, donations of decorated store-bought Valentine's cookies and gallon jugs of pink lemonade are needed. Please drop the items off at Marilyn Wilson's house, 12009 Maidstone Ct., between 2/5 & 2/12.

Any questions or if you would like to volunteer, please, contact [Marilyn](#).

## Baubles & Bubbles Luncheon - Thank You!



Thank you to everyone who supported the charity luncheon and accessory swap held on January 23<sup>rd</sup>.

While having fun with friends, enjoying lunch & bubbles, coming home with a new accessory or two, we raised over \$8,000 for Our Mother's Home.

OMH is a local non-profit whose mission is to empower young mothers in foster care and human trafficking systems to break the generational cycle for themselves and their children.





## To Your Health: 'Blue Zones' Provide a Model for Heart Health

### Adapted from an article by Alfred Casale

February 1<sup>st</sup> kicks off American Heart Month. So, how do you keep your heart healthy? The best way to learn is by looking at some of the healthiest places on Earth. As hard as it may be to believe, there really are some places where it's not uncommon for people to live to at least their 100<sup>th</sup> birthday. These areas are referred to as Blue Zones, and they're home to some of the oldest, healthiest – and possibly happiest – people on the planet.

### What are they doing right?

It isn't geography that makes these places special, but the residents' daily habits. Whether they're in Japan, Italy, or California, the remarkable longevity comes from what they eat, how they move and how they spend their time. And that can make all the difference – particularly in terms of heart disease, the leading cause of death in the United States.

In Loma Linda, California, for example, death from heart disease is 34 percent lower and death from stroke is 28 percent lower than elsewhere in the states where heart disease is the leading cause of death. The residents of Loma Linda enjoy a lifespan that's, on average, 10 years longer than most Americans.

### Habits for longevity

While Blue Zones across the globe differ in many ways, they have nine qualities in common, which if we adopt, can help us live longer, healthier lives.

1. Move naturally. Residents have gardens and do yard work, climb stairs, and take long walks. They exercise without thinking about it because exercise is just a part of daily life.
2. Have a purpose. They wake up in the morning with a sense of purpose, a feeling that they have a mission to accomplish.
3. Cope with stress. They have ways to reduce stress, whether napping, praying, or enjoying a glass of wine in the evening.
4. Eat less. They tend to eat smaller meals later in the day and stop eating when they're 80 percent full.
5. Eat mostly plants. They rarely eat meat, getting most of their protein from beans and plant sources.
6. Moderate alcohol use. Most enjoy no more than one or two glasses of wine or other light alcohol in the evening.
7. Belong. Most centenarians, but not all, belong to a faith-based community.
8. Put family first. They keep aging parents nearby, commit to a life-time partner, and invest time and love in their children.
9. Have life-long friends. They have a social network of old friends who they still spend time with regularly.

Put all these habits and qualities together and you just happen to have the full picture of a heart-healthy life of exercise, food, family and friends. As the "Blue Zones" concept proves, it's the most powerful preventive medicine to have. The good news is that by changing your daily habits at any point in life can prevent, manage, and even reverse heart disease.

To find out more about Blue Zones, [contact Liz Greco](#)



## TwinEagles Community Wellness Update

Dear TwinEagles Members,

February will see quite a few positive changes for TwinEagles Wellness!

- Anna Aaron is now instructing the 8 am and 9 a. class time slots on Mondays and Fridays.
- Dr. Deb Gellar will be teaching Aqua Zumba at 9 am on Wednesdays and Aqua Fit at 10 am
- Judy is teaching Zumba on Monday and Wednesday at 10 am
- Vanesa will be teaching Dance Fitness on Thursdays at 10:30 am
- Kim Kain is providing OsteoBlast classes on Wednesday afternoons
- Donna Lee continues offering her popular Chair-a-Cize and Fun and Fitness classes on Tuesday and Thursday.
- Beginning in February, class passes will be processed on the first day of the month. Scroll down for more information about classes and class passes.
- Straight Talk seminars are back! Read on for more details!

We look forward to seeing you at the Wellness Center soon!

Sincerely,

Lisa Schneck

TwinEagles Wellness Manager

### February Class Line Up

For a complete calendar of our full class line up, head to the Wellness Calendar. TwinEagles has one of the most robust class line ups of clubs in our area – with classes ranging from the vigorous Total Fitness to the healing Water Therapy – we have something to benefit every Member in our community.

### Zoom Classes

Remember that you can participate in any of our fitness classes via ZOOM. For more information, reach out to me directly at [lschneck@thetwineaglesclub.com](mailto:lschneck@thetwineaglesclub.com)

### Purchasing Class Passes/Registering for Classes

Class Passes should be purchased prior to attending any classes. The class passes can be registered for online or Members can contact Kaitlynn Northcutt at the Fitness Desk by emailing [fitness@thetwineaglesclub.com](mailto:fitness@thetwineaglesclub.com).

### Massage

We are pleased to announce our newest Licensed Massage Therapist Yaima Bulnes. Yaima has been providing massage services for Naples residents for the past 15 years. We are pleased to have her joining our TEAM and are certain Members will be equally pleased with her.

### Balance You!

Balance You! Is back in February. I encourage everyone to come and check out this class on Tuesdays at 1 pm. Balance is essential to healthy aging and just like any other facet of our fitness, balance works under the “use it or lose it” principle. In this class you will learn the fundamentals of balance and how small movements throughout the day can quickly create massive change in the ability to weight shift effectively.

### Registering for Peloton Rides

Finally, a few notes for Peloton riders, remember to [register for your Peloton ride online](#). The bikes must be registered for online before or upon arrival at the Wellness Center to ensure that Members are able to access the equipment at their scheduled time. For assistance checking the register for an open slot and reserving the bike, contact Wellness Concierge Kaitlynn Northcutt at the Fitness Desk or [watch this short video detailing the process](#). Additionally, please wipe the Pelotons down after every ride. The workouts on the Pelotons tend to be

vigorous and the cleanup necessary. This is an important step in keeping the bikes operational for as long as possible.

Scroll down to read more about our services and upcoming Straight Talk Seminar “The Big 12 Swing Characteristics”!

### Straight Talk Seminar February 7th: “The Big 12 Swing Characteristics”

“There are an infinite number of ways to swing a golf club. However, there is one most-efficient way for each player to swing a club and it is based on what they can physically do.” - Titleist Performance Institute (TPI)

Join TPI certified fitness trainer Lisa Schneck for lunch on February 7<sup>th</sup> in the Private Dining Room of the Clubhouse at 12:30 pm to learn the Big Twelve Swing Characteristics and how your unique swing can be more efficient through a precise exercise prescription.


Physical limitations in a player’s body can adversely affect the golf swing and potentially lead to injury. This relationship is what TPI calls The Body-Swing Connection. During this event, Lisa will walk Members through each swing characteristic, how this characteristic impacts the swing, and how to maximize swing efficiency through fitness principles and body awareness.

The Straight Talk seminar is complimentary with a lunch option

Straight Talk

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THE BIG 12 SWING CHARACTERISTICS



12:30 p.m.  
Private Dining  
Wednesday, February 7

*\$25 + Tax and Gratuity, per person*

Straight Talk

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WEDNESDAY, FEBRUARY 7

Berry and Brie Salad  
*Mixed Greens, Pecans, Basil, Raspberry Vinaigrette*

Bread and Butter

Tea/Soft Drinks Included



### Our Services

## Our Services

Massage

60-Minute Massage: \$95  
90-Minute Massage: \$145

Personal Training

60-Minute Training: \$75  
30-Minute Training: \$45  
Couple’s Training: \$120

Titleist Performance Institute Golf Training Athletic Trainer

Evaluation with Athletic Trainer: \$295  
Private Training with Level 3 Athletic Trainer: \$150

Fitness Trainer Level 1

Evaluation with TPI Level 1 Fitness Trainer: \$95  
Private Training with Level 1 TPI Fitness Trainer: \$95

## Solaris Rehab



On-site Outpatient  
Physical Therapy



TwinEagles

\*Golfer's elbow?  
\*Hip pain post pickleball season?  
\*Planning a knee replacement  
in the off-season?



Solaris Rehab is on-site this summer  
for all of your recovery needs!

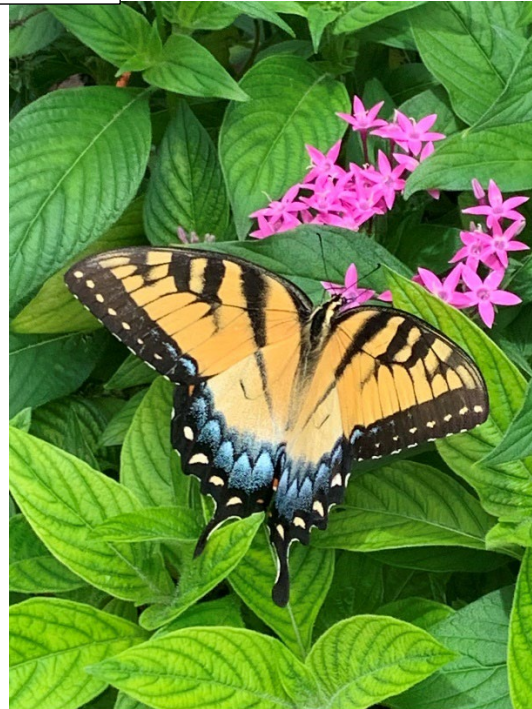
Conveniently located at our Fitness Center.

For More Information or to Schedule an Appointment, please call  
Celenia, Solaris Rehab Office Manager, 239-514-2310

## Nature Sightings

**Please send any photos** that you have taken and are willing to share of the amazing wildlife and beautiful natural surroundings in TwinEagles to Leslie Link at [llink57@gmail.com](mailto:llink57@gmail.com).

Credit: Sal Pontillo



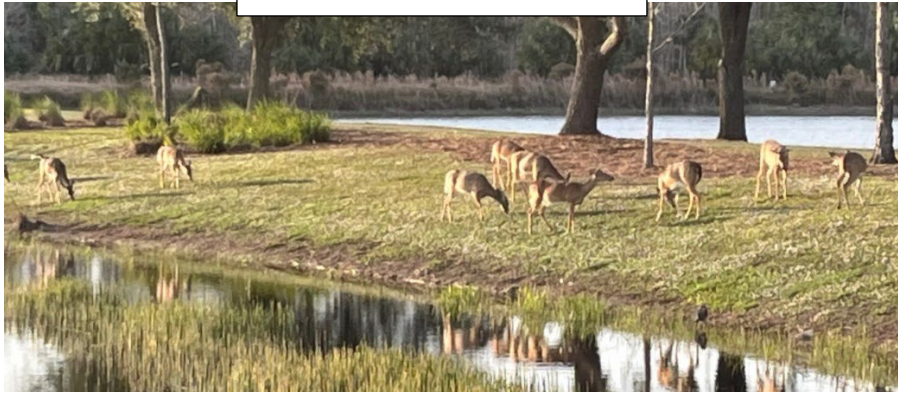
Male Eastern Tiger Swallowtail on the left, female on the right. Some females, called dark form, are black with blue shading and mimic the toxic Pipevine Swallowtail to gain protection from predators. Wing span is typically 3.5 to 5.5 inches. Its range is from Florida to southern Ontario, Canada.



Credit: Chris Link



Credit: Jim Witzel



Credit: Jim Witzel

Look at all the Ibis!!





Florida Fun

