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

Community Association Manager

Philip Guzzone

phil.guzzone@fsresidential.com

Administrative Assistant

Danny Ford

1-239-529-5320

danny.ford@fsresidential.com

FirstService Residential Customer Care

1-866-378-1099

Board of Directors

George Ansalone – Hollybrook, VP

Keith Balis - Bramble Point

Kara Barina – Lockford, President

William Farber - Hedgestone

Scott Fildes - Covent Garden, Secretary

Gary Gyscek - Dundee

Christine LaScola – Wicklow

Jim McTernan - Wisteria

Christina Monaghan – Kinross, Treasurer

Charli Rhodes – The Estates

Leslie Taylor – Lake Estates

Wendy Waugh - Fenhurst

TE HOA NEWSLETTER January 2024



Upcoming Meetings

ARC Meetings

- Tuesday, January 9th at 9:00 am
- Tuesday, January 30th at 9:00 am

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

TE HOA Board Meeting

Wednesday, January 31st at 3:30 pm

TE HOA Committees

Architectural Review Committee – Scott Fildes (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 Apostal, Maureen Grove, Joe Manzella, Tom Martin, Darlene Roddy (Chair)

Landscaping – Gary Gyscek (Board Representative), Pat Perry, Dale Riemer, Gary Skott

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), Donna Baboulis, Al Johnson, Nita Mohler, Rory Schnitter, Ray Trakimas

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Message From the Board

Happy New Year!

The HOA has many exciting things to look forward to in 2024. The new HOA website is set to launch sometime in January. Look for a much more user friendly, informative website. Many thanks go to the Communications Committee for completing this huge project. The vote to adopt changes to our governing documents, making TwinEagles truly our community, opens around January 15th. The Lake Bank Restoration Committee, in conjunction with the Finance Committee, will be hosting town halls to answer resident questions regarding the engineering report, the suggested methods of resolving the erosion issues, the timing of the work to be completed, and the financial implications of this mandatory project. We also look forward to the presentation from the landscape architect on the development of a long-range plan for the landscaping in TwinEagles.

Manager's Corner

The HOA Board and Management wish everyone a very Happy and Healthy New Year. We hope 2024 brings joy and prosperity to all!

As a reminder, the 2024 HOA Assessments are due on January 1st, with a grace period which ends on January 30th. Therefore, please make sure your assessments are paid to avoid any late fees and interest. If you have not received your statement in the mail, please email Danny Ford at Danny.ford@fsresidential.com and he will send you an electronic copy of your statement.

Thank you,

Philip Guzzone Community Manager

Welcome New Homeowners

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

Gary & Linda Neuens
David White & Carolyn Bond

Dundee Heather Woods

Retirement Celebration for Diane Jacob

On Thursday, December 7th, a gathering was held to celebrate Diane Jacob's retirement from FirstService Residential. Here are a few photos to commemorate the event.





Lake Bank Erosion Committee Update



Why does the water level rise if we haven't had any rain?

The water levels of the ponds in TwinEagles rise and fall as a part of the historic Everglades watershed. The rain that falls in central to southern Florida slowly works its way towards the Keys into the Florida Gulf. This lateral movement is possible because the geology of the Florida peninsula is different from the typical northern geology.



In the Midwest, Northeast, mid-Atlantic and Southeastern states, the soil is typically a rich mix of organic material. Underneath the topsoil is clay or a clay/sand/rock mix. With this kind of soil, water tends to seep straight down and is absorbed into the clay. The soil in Florida, on the other hand, is sandy. Just underneath the sandy soil is a thick layer of limestone. This limestone, while very hard, is also very porous. The limestone layer in Florida resembles Swiss cheese, while in the north it is more like a sponge.

The underground water is referred to as the 'aquafer'. When there is heavy rain within the Everglades watershed, especially to the north of us, the water seeps into the aquafer and spreads out through the porous limestone. The ponds in TwinEagles are the exposed part of the aquafer. As the aquafer fills with the summer rains, the ponds

rise. During the dry season, the water in the aquafer continues to seep towards the Florida Gulf, but is no longer recharged with rainwater. The aquafer lowers and the ponds lower.

Even though TwinEagles may not get a direct rain shower, the ability of water to move laterally in south Florida explains how the ponds will continue to fill during the wet season (June through mid-October) and lower during the dry season (December through April). After we do get a major rain shower, the ponds will rise immediately, but will lower slightly as the water settles through the porous limestone. The seasonal rising and falling water levels also expose the shoreline to several kinds of erosion, including rivulet and wave action. (See next month's newsletter on erosion.)

Note: The historic Everglades watershed, while disrupted by the diversion of water from Lake Okeechobee to the Caloosahatchee and St. Lucie rivers, still functions on a smaller scale. While rain from Kissimmee may not travel all the way to the Gulf of Florida, the sand and limestone still allow water to move naturally in South Florida.

Document Rewrite Committee Update

Over the past 10 months, the TwinEagles HOA Document Rewrite Committee has conducted multiple Town Hall meetings and surveys to familiarize Members with the proposed changes and to solicit feedback on the proposed changes to three of the TwinEagles HOA governing documents: Covenants, Conditions & Restrictions (Declaration), Articles of Incorporation (Articles), and Bylaws. The proposed changes remove outdated references to the Developer (Declarant), incorporate numerous amendments approved prior to developer turnover in 2018, and bring the documents into compliance with current state and federal laws governing Homeowner Associations in Florida.

Approval of the proposed amendments requires a vote by the members of the TwinEagles HOA. *The voting period will start Monday, January 15th, 2024, and end at a special member meeting on Tuesday January 30th, 2024.* Details will be provided in the coming weeks.

Southwest Florida Wildlife

Southwest Florida, and TwinEagles in particular, is home to so much interesting and beautiful wildlife. Although many of us have seen deer, bunnies, and other animals in other locations of the country, there are many animals that some of us have never seen up close and personal until we moved to TwinEagles. We thought it would be interesting to learn about some of these animals that live in Florida. Each month we will highlight a different animal.



This month we choose the White-tailed deer, which is the most popular game species in Florida. The white-tailed deer get its name from the long white hair on the underside of the tail and rump. They vary in size, with the adult male deer in Florida averaging 115 pounds, but can be as large as 190 pounds. The average female weighs 90 pounds, and can weigh as much as 120 pounds. The females can be easily distinguished from the males during most of the year because the males have antlers. They grow a new set of antlers each year, and antler growth usually begins in the spring. The antlers are especially important during breeding season, when the bucks will often use them to fight others to establish dominance. After the breeding season ends, the antlers are shed, usually in late winter or early spring.

White-tailed deer can be found all over Florida. They are primarily herbivores and eat fruits and vegetation, such as green plants, apples, berries, nuts, acorns and crops. When they are nervous, they will stomp a foot and snort. When they are alarmed, their tails are held high and wave back and forth, signaling a warning to other deer. They are most active at dawn and dusk. They are good swimmers and often enter large streams and lakes to escape predators. They can run at speeds of up to 30 miles per hour.

Most White-tailed deer mate in their second year. Mating occurs from October to December and gestation is approximately 6 and a half months. Females usually birth one fawn in their first year of breeding, but have 2 or sometimes more per litter in subsequent years. Fawns can walk at birth and eat on their own only a few days later.

The white-tailed females are very protective of their babies. They often leave their offspring alone in a hidden place for several hours at a time while they are looking for food. Once they are about 4 weeks old, they begin to follow their mother on her trips. Young males leave their mother after one year, and females after two years. They are destructive to crops, vegetable gardens, fruit trees, and ornamental plants. They serve as hosts to ticks that carry the bacteria responsible for Lyme disease.

Audubon Committee Information

December 15, 2023

Dear TwinEagles Member,

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

The Talon Course – The weather has been awful for turf grass growth lately with cool mornings and cloudy days. Strong winds, low humidity, and no rainfall are contributing to less-than-ideal appearance and turf quality and health. At TwinEagles we always watch the weather forecasts and take action as needed. Be assured that we follow sound agronomic principles and use best management principles and procedures to provide the best conditions. We continually adjust our spraying programs and fertilizing processes to achieve these results. Managing the irrigation at this time, under these conditions, is crucial to prevent dry and or wet turf conditions. We have needle tined the greens for better soil conditions and more air and water infiltration. We are applying fungicides on a rotating basis for disease prevention on the greens. This being an El Niño year will bring even

more challenges in the next month and we will do our best to stay alert on these ever-changing environmental conditions.

The turkey and deer are abundant throughout the property. All the various waterfowl and birds are ever present and fun to watch. The alligators will come out to warm up when the sun is shining. We would like to see more sunshine as that is the best medicine for all of us.

The Eagle – 4.5" of rain has taken care of our water issues. Lake levels are up and seem to be staying at this level. With an El Niño weather pattern predicted this winter, we could be in for more rain than normal. However, it also brings cold and cloudy weather, which is tough for growing turf grass. If this happens, we will have to make some adjustment to our growing practices. As I am writing this it has been cold and cloudy for the past 3 days and is forecasted to remain the same for another 4 days. They are usually correct when they predict these kind of weather events.

The flowers have bloomed at the butterfly garden on Eagle #6. There are lots of butterflies at the garden. We welcome you to stop by and take a look, enjoy some pictures below.

Wildlife remains in abundance. Bears have been in our bees again. We have started seeing foxes around the property. We do not see them very often and when we do it is very early in the morning.

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

TE Cares



WHO WE ARE

TwinEagles Cares provides a vehicle for members to utilize their time, talent, and treasures in support of local non-profits and community needs. We make it easy for both full-time and seasonal members to plug into opportunities and make a difference in the community in which we live. Our mission is to identify the needs both in our community and the lives of our employees, focusing on children, the elderly, and food insufficiencies. The group meets twice a year to launch our projects and then again to evaluate our accomplishments.

To receive our monthly emails or to find out more out our group contact Marilyn Wilson

<u>Ladies Luncheon & Accessory Swap – January 23</u>



It is time to gather those accessories that you no longer wear for the first TwinEagles Accessory Swap!

For more luncheon & swap details you can refer to the club calendar <u>or click here</u>.

Participating in the swap is not mandatory but will be fun.

Proceeds benefit Our Mother's Home



Feed Thy Neighbor

<u>Feed Thy Neighbor</u> 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 will be providing 300+ meals, twice per month.

Sign-up opportunities are available for the following dates:

1/10/2024 & 1/24/2024

Click Here to sign up or contact Jan Diebling for more information.

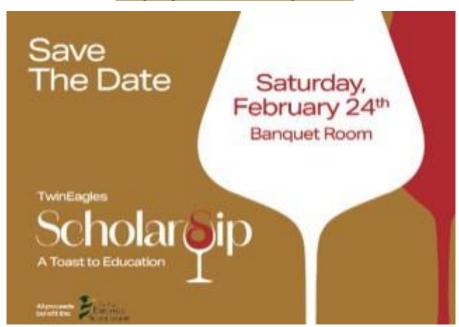
Habitat for Humanity Workday – January 10th from 8 am to 12 pm

No Experience Required!

Workdays will typically be held on the second Wednesday of the month. Our next workday is January 10th. You can sign up via <u>this</u> <u>link</u>. Please email <u>Kathy Pilla</u> if you plan on participating, to receive more details, or to have any questions answered.



Employee Scholarship News



<u>December Accomplishments – Thank You for Your Support!</u>

- We staffed 7 sorting & shopping shifts for the Salvation Army & the Guadalupe Center Holiday markets.
- 12 people volunteered onsite at Habitat for Humanity & they donated their work hours to an individual working on his future home, helping him get closer to the required 500 hours.
- We made & donated over 600 meals to Feed Thy Neighbor.
- We raised almost \$500 for the Literacy Volunteers of Collier County, through the generosity of our neighbor and author Patsy Burkhart and the sale of her books.
- We sent gifts, gift cards, and financial donations to the Boys and Girls Club of Collier County and the Guadalupe Center, who were in need of additional items for their gift drives.
- We gave 79 bags of gifts to the TwinEagles TEAM members' children and, in addition for the first time, each family received a gift card for their holiday needs.











6 New Year's Resolutions to Live a Healthier Life Inspired by Blue Zones communities adapted from an article by Allison Aubrey

New Year's Day is typically the day to resolve to do some things differently. And when it comes to making changes to improve our health, there's <u>lots of research</u> on what changes can lead to healthier living. While we're always hoping something magical will come along to catapult us to good health the reality is much more mundane. It's what we eat, how we move, how much we sleep, and how much we manage stress and social connection that can really make a difference.

And at a time when life expectancy in the U.S. <u>has dipped</u> and <u>diet-related disease</u> is a leading cause of death, it's no wonder that Dan Buettner's research is attracting lots of attention. In his book and Netflix series <u>The Blue Zones: Secrets for Living Longer</u>, Buettner takes us to five communities across the globe with the highest concentration of centenarians. "People in blue zones, they're not thinking about their health or a diet or an exercise program. They're not doing anything except living their lives," Buettner says. They are living longer without intentionally setting out to do so and we can learn from their simple habits and customs.

Trade the Car Keys: Ride your Bike or Walk

Build natural movement into your day. Going to the gym is great although you can increase your activity level by being inspired by the way people in the blue zones incorporate movement into their everyday routines. Move naturally, take the stairs, avoid the drive-thru, and if possible, consider walking or riding a bike to your destination. By adding a little extra commuting time, you are adding to your lifetime. Plus, walking and biking makes for better balance and fewer falls. Falls are the leading cause of injury and injury death in people over 65 in the U.S. and improving your sense of balance could help prevent one.

Trade out the Big Meals and Eat Simple, Home cooked Meals

Buettner describes meeting the oldest family in the world. Their daily staple was a traditional Sardinian minestrone soup made from leftover garden vegetables, beans, a little barley, some tomatoes and a bit of olive oil. The Sardinians also eat a lot of whole-grain sourdough. "People in the blue zones are eating the cheapest peasant foods, and people mostly cook their own meals." The top five pillars of the blue zones' diets are whole grains, vegetables, greens, beans, and tubers, such as sweet potatoes. Just don't forget the herbs and spices.

Reduce Meat and Moderate Your Intake

Buettner reviewed about 150 dietary surveys conducted in the blue zones and more than 90% of their dietary intake comes from complex carbohydrates — whole plant-based foods. For instance, Okinawans eat a lot of sweet potatoes, which are rich in vitamin A. And in the Nicoya Peninsula in Costa Rica, carotenoid-rich squash is a staple. The typical diet in the U.S. includes about 220 pounds of meat per year, per person. While in the blue zones, it averages to about 20 pounds a year. Another key principle of eating is to stop when you're 80% full. One way to be aware of how much you're eating is to turn off the TV, put your devices away and save the dining table as a place to slow down and savor. Mindful eating has been shown to help people moderate their intake.

Give Loneliness the Boot — Become a Joiner

Nearly a quarter of adults aged 65 and over are considered socially isolated, which can put them at higher risk for several serious health issues. It is important to find a group based on your interests, so you stay socially connected. Join a club or engage in an activity that captures your interest. Being connected can add about 7 years to your life. There are lots of ways to find group based on your interests, whether it's playing pickleball, joining a club or volunteering within your community.

Cultivate Your Friends and Your Sense of Purpose

The best longevity hack is to curate your immediate social circle. That doesn't mean dumping an old friend who has some unhealthy habits, but they may be influencing you in the wrong way, this applies to your social media feed as well. If someone makes you feel uncomfortable, say goodbye. Find people who "fill your bucket" and inspire you. There is a lot of research that shows just how contagious our habits are. If you aim to live a healthier life, your odds improve if those around you are committed too. So, align yourself with people who can serve as a sounding board to help you live with purpose.

In lieu of an afternoon espresso, take a Nap

When I gather with friends, the conversation often revolves around the zillion things keeping us busy. This busyness can be viewed as a status symbol. To push through these busy days, it's common to caffeinate rather than downshift. Taking a cat nap for as little as 20 minutes in the afternoon is a habit that Buettner says he has adopted in his own life. The siesta is an age-old tradition, and though modern life has pushed it to near extinction. The most recent science shows that a 20-minute nap can make up for an hour of lost sleep and helps keep you sharp later in the day.

There is No Single Change or Resolution that Creates a Culture of Health

Moving your health needle requires dozens of small steps and initiatives that can help nudge you toward better choices and make the healthier choice the easiest. A body of scientific research validates the Blue

Zone way of life: good food, good sleep, good friends, plenty of movement and a sense of purpose are a recipe for living better. **Cheers to a healthy 2024!**

To find out more about Blue Zones, contact Liz Greco.

TwinEagles Community Wellness Update

Dear TwinEagles Member,

The Wellness TEAM wishes you and yours a wonderful holiday and Happy New Year!

Sincerely, Lisa Schneck TwinEagles Wellness Manager

Guest Fees from January through April

Member Guests are welcome at the Wellness Center. If you have guests coming to town who will be using the facility, reach out to your Wellness TEAM for a welcome tour to familiarize them with the facility, staff, programs, and classes. There will be a \$10 guest charge for guests using the facility during the peak hours of 8:00 am – 11:00 am.

TwinEagles Inaugural Health Fair on January 18th

On Thursday, January 18th the TwinEagles Health Fair will be bringing some of Southwest Florida's finest healthcare services directly to our Members. Gulfshore Concierge, Advanced Research, Doctor's Hearing, and the Alzheimer's Association, among others, will be joining us. Come down and join us for this inaugural event.

Straight Talk Seminar: Learn "The Fat Burning Prescription"

Have you noticed that as the years go by, your belly is no longer ... your belly? Visceral fat is not only uncomfortable and unattractive, it is also a textbook marker for metabolic disorder. Best of all, there absolutely IS something you can do about it. Join Wellness Manager and certified Nutrition Coach Lisa Schneck in the Clubhouse on Thursday, January 15th to learn the simple, effective approach to eviscerating visceral fat.

Cycle Shack

Cycle Shack will come to TwinEagles on Jan 24th to pick up bikes for repairs and maintenance. They will return the bikes on Jan 31st. Members are to log on to Cycle Shack's website to register for pick-up. If you are unable to register yourself, reach out to <u>Lisa</u> Schneck or <u>Kaitlynn</u> Northcutt at the Wellness Center.

There will be future pick-up dates this Spring:

- ➤ March 6th with returns Mar 13th
- ➤ May 8th with returns May 15th

Class Update

Season is back and classes will begin filling up. Remember to register for your classes and class passes on the Wellness Calendar. If you are unsure how to register for classes and passes, please click on the following video, or reach out to <u>Kaitlynn Northcutt</u>.

Back in Class

- Restorative Yoga with Valentina will resume at 6:00 pm on Wednesdays.
- Zumba with Judy will resume on Tuesdays at 10:00 am and on Wednesdays at 10:30 am.

New Classes

Barre, Balance and Sculpt

Friday | 9:00 am Instructor: Cindy Puleo

Class Type: Moderate Intensity
Location: Wellness Center classroom

Get ready for a toning full-body workout! You will engage with muscles that squats, lunges and sit ups do not. A high-rep count featuring low-impact movements make this class a great option for individuals looking to fine-tune their muscles. Barre is distinguishable by its use of the ballet barre and incorporation of ballet-inspired movements, but no ballet experience is necessary.

Balance YOU

Thursday | 1:00 pm Instructor: Lisa Schneck Class Type: Low Intensity

Location: Wellness Center classroom

Balance requires sufficient strength in the hips and legs. Moreover, Balance is a skill that is maintained by including sufficient levels of diverse physical activity in our lives. Balance and mobility classes teach a person what to do and how to do it. You will be in a space with a group of individuals who share similar concerns. No spectators or recording devices are allowed. The class is a mixture of verbal information, supervised movement, and supplemental material.

Aqua Fit

Monday, Wednesday, Friday | 9:00 am

Instructor: Lisa Schneck

Class Type: Moderate Intensity

Location: Pool

Aqua Fit is a challenging water workout, fit for everyone, especially those with joint ailments or injuries. The class begins with a gentle warm-up in the pool's 79-85 degree water. From there, you'll ease into the exercises using your own body weight and water-resistance dumbbells.

Water Therapy

Monday, Wednesday | 10:00 am

Instructor: Lisa Schneck
Class Type: Low Intensity

Location: Pool

Whether you are recovering from an injury, actively resting following a busy week, or just ready for some fun in the Florida sun, Water Therapy is the fitness class for you!

Aqua Tribe

Friday | 10:00 am Instructor: Anna Aaron

Class Type: Low-Moderate Intensity

Location: Pool

A cross-training program utilizing the resistance of water for a safe, effective, fun workout with minimal impact on the body. Please arrive no more than five minutes before the start of class and make sure to bring a towel, as well as refillable water bottle to stay hydrated.

Now Available: Titleist Performance Institute Fitness Assessments and Training



What is TPI?

TPI (Titleist Performance Institute) is the world's leading educational organization dedicated to the study of how the human body functions in relation to the golf swing. For over twenty years, TPI has gathered the world's largest technical database of the game's top Tour professionals as well as every-day golfers. TPI collects 3D motion capture, force, pressure, launch monitor, strength, power, and movement data on every player that visits the TPI campus. Using this data, TPI discovered how a properly functioning body allows a player to swing a golf club in the most efficient way possible.

Conversely, TPI determined how 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 and is the foundation of all professional Certification courses offered by TPI.

TPI's Mission

TPI's mission is to educate golfers and industry professionals on the Body-Swing Connection through its one of a kind TPI Certified educational program.

TPI's Philosophy

TPI believes that golfers should match their swing style to their movement capabilities. The philosophy is simple:

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.

TPI's Assessment Screen

If you don't assess, it's just a guess.

To achieve an efficient swing, a golfer must first be screened. A proper screen involves an assessment of swing mechanics, biomechanics, physical fitness, movement quality, current health, and injury history.

The TPI movement screen is a simple test to quickly evaluate a player's physical capabilities. The results of that assessment are used to determine how technical elements of the player's swing could be related to what their body can or cannot do. Once this screen is finished, the results are used to create a plan unique for that golfer. The plan may include fitness training, physical therapy and treatment, coaching of swing mechanics and biomechanics, nutrition, mental strategy or all of the above.

Our Services

Our Services

<u>Massage</u>

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

*Golfer's elbow?





*Planning a knee replacement in the off-season?

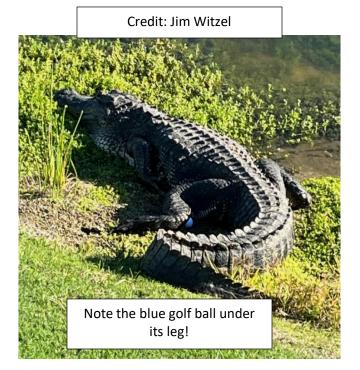
Solaris Rehab is on-site this summer for all of your recovery needs!

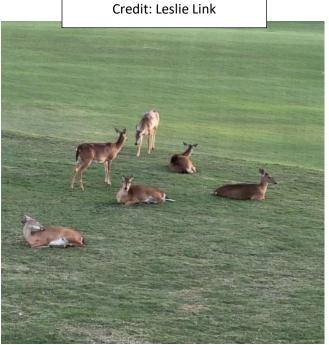
Conveniently located at our Fitness Center.

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

Nature Sightings

We have so much amazing wildlife and beautiful natural surroundings here in TwinEagles and in the local community. Let's share the joy by putting a few photos in the monthly newsletter. **PLEASE KEEP SENDING US PHOTOS** (<u>llink57@gmail.com</u>) of any wildlife or other nature photos you are willing to share!

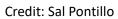












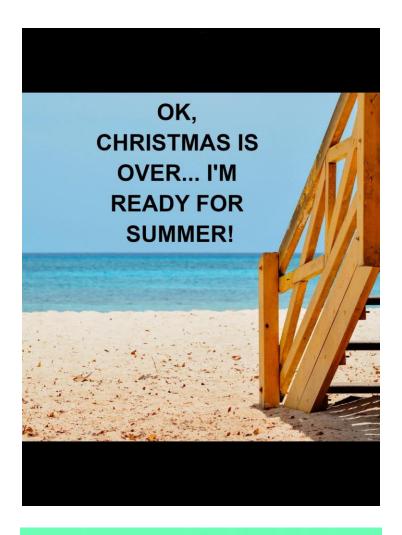




Credit: Geoff McGowan



Florida Fun



YOU'RE A FLORIDIAN IF YOU CAN PRONOUNCE..

Okeechobee Kissimmee Withlacoochee Wewahitchka Okeefenokee Wauchula
Thonotosassa
Chassahowitzka
Choctawhatchee
Ocoee & Miconopy

AND THOSE ARE
THE EASY ONES!

1