

Monday Night Bridge

We meet every Monday night at 7 PM at the clubhouse. All level of players are welcome. This season started in October.

If you would like to play please contact Gene VonArx at 566-3726.

Bocce News

For those of you who have not signed up for bocce, please do so at the clubhouse so Ron can get an accurate number of returning players. If you do not plan on playing the 2012 season please let Ron know. Until all returning players make contact, Ron is unable to add new players. He can be reached at 239-597-8280 or e-mail Ron at PIGFARM65@aol.com. Play begins on Monday, January 16th; the draw for teams will be Thursday, January 12th followed by a hot dog lunch. It's looking good for another great season and we look forward to seeing you all in January!

Water Aerobics

Water Aerobics meets every Monday, Wednesday and Friday at 10 AM at Pool Commons II. This is a co-ed affair so couples are encouraged to participate!

Come out and join us for good exercise in a casual, relaxed format with a congenial group!

Calling all Line Dancers!

Get your dancing shoes on for a fun season of line dancing! We will be dancing from 9-10:30 AM on Fridays starting January 6th at the clubhouse. Note the time change from last year. This is a beginners class, so the basic steps will be taught. We dance to many kinds of music-country, pop, classical and Broadway, so there's something for everyone! We'll be doing the old dances as well as the new popular ones. Line dancing is a fun coed social event that is good exercise for both our bodies and our brains! Wear comfortable clothes and shoes with smooth soles that you can turn in. See you January 6th!

Art Show News

The Bay Forest Art Show will be held on Sunday, February 26th from 2-4 P.M. We hope to see all of you at this lovely event.

There will be a short meeting in preparation for the show on January 23rd at 1:00 PM at Gisela's house in Belle Mer. All people interested in helping are welcome.

Bay Forest Social Committee Meeting Tuesday, December 13th

9:30 Coffee

10:00 Meeting

Bring your calendars ! New members are welcome. The Bay Forest Social Committee meets the second Tuesday of each month.

Upcoming Events

December 4th—Olde Fashioned Christmas

December 14th—Bay Forest Board Meeting

December 31st— New Year's Eve Party

January 17th—Coffee on the Patio

January 18th—Bay Forest Board Meeting

January 20th—Movie Night

January 24th—Ladies Luncheon

Pet Owners

Please remember to clean up after your pet. Bay Forest has installed pet waste Centers for your convenience -one at the North Lake and one at the South Lake.

Thank you!



Published by the BFBOD

Bay Forest Bugle



December 2011

				1 Bone Bldg 9:30-11:00 Mah Jongg 1-4 PM	2 Tree Set Up Spanish 9AM Water Aerobics 10 AM	3 Decorate for Christmas
4 Olde Fashioned Christmas 5 PM	5 Mah Jongg 1-4 PM Bridge 7 PM Water Aerobics 10 AM	6 Bone Bldg 9:30-11:00 Plantation Board 1 PM Plantation Christmas Party 4:30 PM	7 Sunset Cocktails Table Tennis 3-5 PM Water Aerobics 10 AM	8 Bone Bldg 9:30-11:00 Mah Jongg 1-4 PM	9 Spanish 9 AM Water Aerobics 10 AM	10
11	12 Mah Jongg 1-4 PM Bridge 7 PM Water Aerobics 10 AM	13 Bone Bldg 9:30-11:00 Social Committee Mtg 9 AM Sandy Pines Mtg 2:30-4:30 BBI 5:30 PM	14 Bay Forest BOD Mtg 10 AM Table Tennis 3-5 PM Sunset Cocktails Water Aerobics 10 AM	15 Bone Bldg 9:30-11:00 Mah Jongg 1-4 PM Storrington Meeting 3 PM	16 Spanish 9 AM Water Aerobics 10 AM	17
18	19 BBII Meeting 10:30 AM Mah Jongg 1-4 PM Bridge 7 PM Water Aerobics 10 AM	20 Bone Bldg 9:30-11:00 BBI 5:30 PM	21 Table Tennis 3-5 PM Sunset Cocktails Water Aerobics 10 AM	22 Bone Bldg 9:30-11:00 Mah Jongg 1-4 PM	23 Spanish 9 AM Water Aerobics 10 AM	24 Private Party
25 Private Party Merry Christmas	26 Mah Jongg 1-4 PM Bridge 7 PM Water Aerobics 10 AM	27 Bone Bldg 9:30-11:00 BBI 5:30 PM	28 Table Tennis 3-5 PM Sunset Cocktails Water Aerobics 10 AM	29 Bone Bldg 9:30-11:00 Mah Jongg 1-4 PM	30 Spanish 9 AM	31 New Year's Eve Party

**Health, Wellness & Fitness
for Feeling Fine
By Bill Mottice**



The Fitness & Wellness Revolution

As noted in last month's article, many people are using the fitness center for therapy and rehabilitation so I am happy to announce that we will be getting a new step through recumbent bike which we be a great help to many who have had trouble getting on our old bikes.

As to the revolution, it is not a sometime thing. It starts with moderate exercise and that means raising your heart rate and breaking a sweat for a minimum of 30 minutes. A recent study showed 5 hours of exercise per week lowered heart risk by over 40% and exercise in a gigantic study by the U.S. Nurses has proven to help prevent breast cancer, and those with cancer are about 50% less likely to die from it. Dr. Perkins at the S.B. Komen center states: "Exercise can be a tonic for the mind as well as the body. The more exercise the better the survival."

Another step in our revolution is to always be doing something to stretch or strengthen your body. Design your own supplemental exercises and do them through out the day. Examples are 10 knee bends while standing at the kitchen sink. Next lean against the sink and push away slowly 10 times and then raise up on your toes and back down. Curling that gallon of milk 10 times before it goes into the refrigerator or lifting it above your head 10 times slowly is better for you than drinking it.

There are hundreds of ways to add exercise motions so just create and do them-and always very slowly. Then go to the fitness center or the pool and create a real self revolution. You will look better, feel better and live better. What more could you ask?

**Tennis Tidbits
By Marty Fallon**

Full, unrestrained Fall tennis is underway, nonstop at the impeccable facility, owners and guests call beautiful Bay Forest. Undeterred by the holidays, this frenetic pace will continue through December 31 and on into 2012.

The men's traveling team, competing in the Col-Lee, Just-For-Fun League has begun play under the strong leadership of Bob Watkins. The team members include Captain Watkins, Bill Booth, Bill Davis, Marty Fallon, Jack Jones, John Leggiero, Keith Kurzka, Hugh Nicholl, Ralph Richardson, Eric Remedios, Will St. Cyr, Bill Stopps, and Rudy Weber. Currently four weeks into this admittedly short season, the team is solidly in second place. Matches take place on Tuesdays, home meets at two-thirty PM, the schedule posted on the Tennis Tiki Hut's bulletin board. Come out and witness some spirited play.

It's not all war and games out there; the women have an amiable round robin that meets at 8:15, Monday, Wednesday, and Friday and the men congregate amicably at the same time on Tuesday, Thursday and Saturday. Sunday morning is reserved for the highly-regarded, mixed doubles. At the last session the players and spouses enjoyed breakfast goodies and a post-workout meal, featuring hotdogs, cole, slaw and potato salad. The grillmeisters were Hugh (how-do-you-want em') Nicholl, and Rudy (I-only-dropped-it-once) Weber. There were fancy cookies for dessert, washed down with the usual libations one associates with gatherings of this stature. Decorum was maintained under the benign leadership of Sharon Queen and Sue Renzi. It is possible that the consumed calories transcended those lost in the morning play, but no one seemed to mind. We have scheduled parties for January and February, the details forthcoming in subsequent tidbits. As always, new members, novice to expert, are welcome to become part of North Naples' best-kept secret, our court surfaces and camaraderie second to none.

**Tropic Topics
By Phil Murano**



Our own personal "Santa Phil" and his elves are extremely busy decorating Bay Forest for the holidays. Phil's column will return next month.

Phil and his crew would like to take this opportunity to wish all of you a very Happy Holiday Season.

Phil Murano and Crew

ADELANTE

Come on in..... And Keep on going. A bit schizophrenic? That's what might keep our weekly Spanish class just what your linguist ordered. Anyhow, we'll try 9:00 AM on Friday mornings these first three weeks of December. Well then, ADELANTE to our club house. Please call 592-6383m for more noticias

Mah Jongg

Mah Jongg is on the schedule for the month on Mondays and Thursdays from 1:00 to 4:00 in the Bay Forest clubhouse. Everyone is welcome to join the group.

Mah Jongg Classes

Have you always wanted to learn to play Mah Jongg? Classes begin in January at the clubhouse. Stop in the clubhouse today to register!!!!

**Real Estate
By Ruth Wertenberg**



Welcome Back! I am sure most of you are just here for a short while, then back up north for the holidays with you family and friends. If any of your acquaintances still need a place for season have them give me a call. I have added several new units to the rental program. A list of homes for sale in Bay Forest is always posted in the lobby of the club house. Be sure to welcome all of our new seasonal renters, as they could very well be your new next door neighbor, if they buy a home here in Bay Forest!

Happy Holidays to all of you and I look forward to working with all of you this coming year!

**Sincerely,
Ruth, Realtor®**



Bay Forest Book Group

The Bay Forest book group meets at the clubhouse the second Monday of the month at 2 PM. There will be no meeting in December. January's book group selection is "Major Petigrew's Last Stand" by Helen Simonson. All are welcome to join us!