

BAY FOREST BUGLE

JANUARY 2014

Published by the BFBOD

**Happy
New
Year!**

Calling All Line Dancers!

Beginning Line Dance will start at the Bay Forest Clubhouse on Friday, January 3, from 9-10:30 A.M. Wear your dancing shoes and come try out the new dance floor! Our Wednesday class will be starting on January 8 and has a new time- from 3-4:30 PM- you can go right from Line Dancing to Sunset Cocktails at 5!

These are both beginner classes, so the basic steps will be taught and then will be reviewed each week. You can come to either one or both classes... Modern line dance includes all kinds of music including Country, Ballroom, Broadway, Pop, and Latin...something for everyone! We will be reviewing dances from past years and learning the popular new ones....

Line dance is a great way to exercise as well as socialize! Wear comfortable clothes and smooth-soled shoes...

No sign-up is necessary and the class is free for Bay Forest owners, their guests, and renters. Bring your friends and we'll see you there! Call Cathy Hinz with any questions at 239-325-9114.

Bay Forest Office

The Bay Forest clubhouse office is open Monday through Friday from 9 AM—5 PM.

Phone 239-597-5129

Fax 239-597-4431

Bay Forest Board Meeting Schedule

Upcoming Board of Directors Meetings

January 15, 2013
February 19, 2013
February 27, 2013

General Meeting
General Meeting
Annual Meeting

White Elephant Gift Exchange Sunset Cocktails, January 8th

January 8th Sunset Cocktails will host the annual White Elephant Gift Exchange during the second hour on Wednesday, January 8th, 2014. Do you have some item in your unit that is in perfect condition, but no longer of any use to you, or no longer suits your décor, or something you are tired of seeing? This is your chance to find it a good home. Please wrap it and bring it along with your dish for the buffet line. We eat and drink the first hour and then enjoy the gift exchange. Who knows what you will own by the end of the evening? Will the fish canister re-appear? To take part you need a gift (one per person) and a good sense of humor! We hope to see you there!!!

P.S. Bay Forest Author "Flying High, Aboard an Eagle" is the name of the children's book authored by Roger H. Clapp, illustrated by Edith L. Fedelem.

Night at the Phil

Save the date— Wednesday, February 19th, Wonderful music by talented quartet from the Naples Philharmonic Orchestra. Wine, Champagne and hors d'oeuvres will be served. Watch bulletin boards for details! Tickets go on sale Friday, February 7th at pam. Watch Bulletin boards for more details.

Friday Night Movies



Make your own Sundae with delicious "Royal Scoop" ice cream and enjoy a movie All for only \$3.00

Jan 10th.."42" Story of Jackie Robinson

Jan 24th.."Extraordinary Measures..Harrison Ford

ITALIAN NIGHT AT BAY FOREST

THURSDAY, JANUARY 23RD AT 5PM

We will have fun night with fabulous entertainment by Cahlua and Cream. Dinner is catered by Carrabba's serving Chicken Parmesan, Penne Pasta, Salad and Bread and Dessert, BYOB.

Be early to purchase your tickets at 9:00am Monday, January 6th. \$22 each, Maximum 4

An Afternoon at the Theatre



The Bay Forest first Ladies Outing of the winter season is scheduled for Sunday, January 26, 2014. We will have lunch at Brio at the Waterside Shops and then travel to Blackburn Hall at Sugden Theatre on 5th Avenue. There we will see the play BLACK TIE. It is a critically acclaimed comedy about clashing values of two generations planning a wedding.

We will leave Bay Forest at 11:30 and have lunch at 12:00 and enjoy the play at 2:00. Theatre Tickets are \$32.00. The cost of lunch is extra.

Ladies will choose from the full menu and receive individual checks. Rides will be available.

Tickets will go on sale Tuesday January 7th through the 14th at the Clubhouse.

Checks for \$32.00 should be payable to BFHOA. We were able to reserve only 40 tickets so early signups are advised. If you have any questions please contact Marianne Huelsmann at 239-254-0983.

Bay Forest Annual Men's Golf Outing



This year's golf outing will be held on Thursday, February 13th at the Quail Village Golf Club.

As usual, it will be a four man scramble starting at 12 Noon. The cost per player is \$60.

Put the date on your calendar!

In January, you can call Gene VonArx at 239-566-3726 to reserve a space. You can reserve space as a four man team and singles are OK as well.

Hot dogs, hamburgers and beer are served at the end of golfing. Last year we had about 50 players and it was a GREAT DAY!!

"Tropic -Topic"

Happy New Year from your Maintenance Staff! Season is about to be in full swing here at Bay Forest. This means our tennis and bocce courts will see more action soon. I would like to update everyone that some additional renovations/additions were recently done at the bocce ball and tennis courts. 1st is the entrance to the bocce ball courts. We relocated the entrance due to a couple of reasons. The main focus was the safety of our residents and employees with cart/vehicle traffic and bicycle parking. We created a new bike parking area located west of the new entrance to the bocce courts. We also expanded the roadway heading to the new bike racks for ease of use. In order to keep everyone safe I ask to please utilize this new bicycle parking area and refrain from parking or blocking the entrance to the maintenance facility on the east side of the entrance where the old wooden bike rack was located. Another reason why we relocated the entrance was to divert the heavy rainfall coming off the courts during the rainy season. New drainage was installed at the same area to help alleviate this issue. Switching over to the tennis area, we installed new nets on courts 1, 2 and 3. At center court we replaced the 2 tables and replaced the Tiki roof. One quick reminder about our walking trails, when biking on our trails, our walkers have the right of way.

Stay safe and please use caution!

Phil

Tennis Tidbits

By Martin Fallon

The tennis players are hurtling toward 2014, hell-bent to make the coming year the best ever. And what can stop us, the combination of athletic participation and social opportunities revealing what Bay-Forest Tennis is all about. The social schedule begins on Sunday, January 26th, at the club house for the Meet, Greet, and Eat luncheon. Weather permitting, we will enjoy a meal on the back deck or stay inside should unseasonal rain dare to show up. There will be sign-up sheets for those attending on the bulletin board at the tennis tiki hut, and designated members available to take your nominal cover charge. The mid-day format allows the Sunday-Morning Mixed-Doubles participants to finish and go home to change. And even those who sign up to crush yellow orbs at 10:30 should have plenty of time to finish and have lunch.

The next event takes place on February 16th, another meal that follows immediately after a PM, blind-draw-mixed-doubles tournament, during which the women and men get to play with new partners, **ONLY** for the duration of the competition.

And the last party also follows the same, afternoon, tennis format, **EXCEPT**, the meal and entertainment take place in the evening with a more exotic menu and semi-formal dress.

Starting in January, the men's traveling teams will have two squads, one for men over 60, and another for those 70 and over and those turning 70 in 2014. The older, but no less fit players can compete on the younger team, but those youngsters between 60 and 69 must stay in their demographic sandbox. Leading the younger guys is Steve Neville, trying his hand at inspirational leadership, and Bob Watkins will once again captain the senior circuit. Play is once a week, and those dates will be posted so friends and family can see our teams when the friendly competitions are scheduled here.

Open tennis for all Bay Forest residents and renters, family and friends is available daily from 10:30 AM until dark, with a break between 12:15 and 2:15 for the courts to be watered and to dry out. Players should sign up no earlier than three-days in advance, remembering to erase their names after play or if canceling. Following play, court users must brush the surfaces with the provided brooms hanging from the fence and clean the lines, so the next participants have the chance to enjoy our new Har-Tru replenishment without blemishment.*

And remember to wear flat-soled tennis shoes, shirts with sleeves, and optimistic smiles.
(*made-up word)

Calling All Bone Builders



Did you know through the bone builder exercises you could remove built up minerals and toxins in your joints and muscle tissue. You could encourage new bone growth to replace tired, inflexible bones and at the same time, strengthen the supporting joint muscles and improved your balance.

Can this be true? Yes, research from Tufts University has shown new bone growth happens when muscles move against bones. The exercises are simple, gentle and geared to stimulate you from your eye muscles to finger tips to toes. You will leave glowing with an all over sense of well being and energy.

Join our volunteer staff of Collier County Certified Class Leaders, Tuesdays and Thurs at 9:30 am. and 1:00 pm for both days.

No charge for Bay Forest residents and renters. If you are new to the class, please pick up forms in the office and fill them out prior to your first class. If you will be using weights, it is necessary to have a signed release from the doctor for insurance purposes.



Social Committee

The social committee is happy to report the Christmas party was a great success. The food was excellent, the tree and decorations beautiful, and the young female vocalist talented and well received. Thanks to all who participated. Sunset cocktails are still scheduled for Wednesday evening, January 1st. The following Wednesday evening, the White Elephant Party will follow the sunset cocktails. This is always a fun event eagerly awaited. January 23rd is the Italian Night Party, catered by Carrabba's, entertainment provided by one of our favorite duos', Cahlua and Cream. Tickets go on sale Monday, January 6th at 9am. The ladies luncheon, on Sunday, Jan. 26th will be a trip to the Sugden Community Theatre to see the play "Black Tie." Tickets are \$32, available at the Bay Forest office.

The next social committee meeting will be held on Tuesday, January 14th in the conference room. Hope to see you there.

Valentines Party



We are celebrating Valentines on Saturday night, February 15, 2014 with dinner and dancing at the Bay Forest Clubhouse. The catered dinner will include barbequed chicken and ribs with lots of trimmings. We will have romantic music sung by Daniel Melvin. Tickets with cost \$20 donation per person and go on sale Monday, January 27 at 9am. Tickets will remain on sale until we fill up with Feb. 7 being the final sale date, if any tickets are remaining. This time of the year parties sell out fast so get your tickets

Bocce News

Bocce Players mark your calendars now with the following three important dates.

THURSDAY, January 16th—Draw for the teams (11:00 a.m. at the Courts) followed by a Hot Dog Lunch.

MONDAY, January 20th—Beginning of the 2014 Season. All times slots on Monday, January 20th and Tuesday, January 21st please arrive a few minutes early to meet and greet your teammates and for a short greeting from Ron. Remember times are 9:00 and 10: 30.

TUESDAY, March 25th—Our Bocce Banquet.

Also, if you have not already done so, please sign up in the Clubhouse office so Ron can get an accurate count. If you played last year and do not plan on playing this year, please let Ron know. He can be reached at 239-597-8280 or email at PIGFARM@aol.com

ARRIBA MI CORAZON

“Up and at ‘em, my lovely”. Probably not exactly the way Jose Cuervo would say it, but it’s a great rallying cry, don’t you think so? **Upwards My Heart**. Kind of neat the way a few words can excite us. How about learning some more ways of truly expressing ourselves...i.e. in Spanish?

The reasons for a Bay Forester to delve into Spanish are myriad. It’s the second language in our U.S.A., plus also South of the Border it’s our key to adventure, and possibly its serious study can keep mind and heart blooming.

You might notice that we’ve used this same invitation in a previous issue of the BUGLE. Now in 2014, our Friday Classes continue: 9:00 a.m. for the Veterans and 10:00 a.m. for the Novices. However you’re welcome to attend both sessions if you so wish. For further information please call 592-6383

Real Estate
By Ruth Wertenberg



Season is upon us and we would like to welcome all of you back! Please have your friends, relatives and anyone you meet come on in to see me and I would be happy to show them available properties for sale here at Bay Forest. We would love to have all of them as our new neighbors!



Super Bowl XLVIII

Watch the game on the Big Screen TV at the Clubhouse with your friends. Cheer for your favorite team and enjoy our delicious chili (voted Naples best). And other game day food BYOB. Beer available for donation, Tickets will be available at the office.

Upcoming Events

Save the date for the following upcoming events in January and February! Check your bulletin boards for more details.

Movie Night	1/10
Italian Night—Cahlua & Cream	1/23
Ladies Lunch: Black Tie	1/26
Super Bowl	2/12
Valentine Dinner/Dance	2/15
Night at the Phil	2/19
Art Show	2/23
Ladies Lunch	2/25

*HEALTH, WELLNESS AND FITNESS
FOR FEELING FINE*

by Bill Mottice

It's January 2014 and there are bodies in motion all over Bay Forest. They are in the fitness center, at water aerobics, in bone builders, line dancing, biking walking and playing tennis. Others are rehabbing from recent surgery or other ailments, so it is now time to introduce functional body movement into everything we do. This means redesigning daily body movements so that they become a form of a muscle strengthening exercise. A major problem as we get older is our legs weaken first. Movement is then restricted resulting in weakening our stomach and back muscles and causing us to lose our balance.

The key to preventing or slowing this down is to use the leg machines in the fitness center and develop everyday movement by changing the way we go upstairs, bend down, and get out of a chair. Here are several ways to strengthen your legs, save your knees take the strain off of your back and build stomach muscle.

1. At the sink, hold onto the edge with arms straight and do deep knee bends lowering down with back and head straight, then raise slowly pushing the top of your head toward the ceiling. Do not lean forward. Do as many as you can and then to calf raises.

2. Bending down to pick up something, do not bend forward. Instead dip straight down by dipping at the knees and then come straight up making your legs do the work. It takes practice but you will save your back from strain and build leg muscles.

3. Going up the stairs. Pretend you are marching with a high knee lift. Stand tall and hold onto railing or wall and raise your left knee high raising foot above the step. Place it firmly on the step and push your body straight up putting your right foot on the same step. Now do the same thing with your right foot. Do not bend forward. This takes practice. You will get tired but stronger legs.

4. Last when sitting in a chair, place your feet firmly on the floor and try to stand straight up without leaning forward. Use the arm rests for support but do the lifting with your legs.

Do these every day all day and your legs will get stronger, your back will hurt less and your stomach muscles could get stronger. Even your balance will get better and maybe prevent a fall. The last thing to do is design your own body movements to improve your life. Strangely enough it will also be fun. More next month. Join the party, the fitness party that is!

