



Kings Gate

April 2025
VOLUME 3, ISSUE 4



ADMINISTRATIVE OFFICES

Monday - Friday 9:00 a.m. - 4:30 p.m.
941-625-8245

Property Manager: Naoma Bush (941) 889-6613
nbush@castlegroup.com

Lifestyle Director: Alicia Jolicoeur (941) 764-1282
ajolicoeur@castlegroup.com

Receptionist: Chevy Means (941) 625-8245
cmeans@castlegroup.com

Covenants Coordinator: Ashley Greek (941) 210-6301
ashley.greek@castlegroup.com

Maintenance Technician: Juston Markham (941) 210-6301
jmarkham@castlegroup.com

Billing Inquiries - Castle Group Mgmt: (800) 337-5850

Town Square Portal: <https://app.townsq.io>

The Lion's Den Restaurant: (941) 625-0680

Golf Course Pro Shop: (941) 625-0680

After Hours and Billing Inquiries: (800) 337-5850

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Board of Directors for Homes



John Spradlin



Kim Brock



Steve Sloan



John Chiarelli



Herschel Workman



Geraldo (Jerry)
Iannace



HOA Directors

Message from your HOA president, Cheryl O'Donnell



Spring is here. We have been blessed with beautiful weather after a cool winter. There have been many activities within Kings Gate and in the surrounding area to keep everyone busy.

The board has been acclimated to seven members which is a challenge but is working. Several new committees have been formed. These include Communication, Documents, Elections, Finance, Legal, Pool, Roads, and Strategic Planning. In addition, an Ad Hoc Comcast/Internet Committee will be working on exploring various options prior to our Xfinity contract being up for renewal in 2026.

The road on Westgate is finally being repaired on April 16th, completing the project on May 16 and May 17th. This project has had numerous delays due to rescheduling and coordination with the golf course. The road will be closed on those days.

The pool has been working well. Remember to ask your guests to follow the rules: rinse off prior to entering the pool and leave the umbrellas tied down when leaving the pool area. New matting has been added in the back entrance hallway and in the bathrooms to prevent slippage. Our residents' and their guest's safety is a priority.

The Envera gates are working well again. The gates only allow one car at a time through the gate, so be patient. Guests and contractors must go through the visitor's gate. Enter your guests on the **My Envera** application with the dates and time expected.

(Continued Page 4... See McDonnell)

Villas Board of Directors



Dawn Kenney



Cheryl Carnevale



David Moriarity



Sharon Oliver

Welcome to all Villa
Board of Director
Members.

Villa Board President's Message, Pamela Clement



Dear Kings Gate Villa Neighbors,

Best wishes for the delightful spring season. The weather is lovely, and we hope everyone is taking advantage of the pleasant surroundings at Kings Gate.

We recently held our organizational meeting to assign roles for the new five-member board. Kindly acknowledge their voluntary contributions to our community when you see them. Your new board members are as follows:

President – Pamela Clement

Vice President – Dawn Kenney

Treasurer – Sharon Oliver

Secretary – Cheryl Carnevale

Villa Board Director – Dave Moriarity

Currently we are in the process of finalizing bids for the mulch project, which we aim to complete promptly. Following this, we will schedule the power washing of driveways and sidewalks. Please note if your driveway is painted, the HOA will not include you in the power washing service.

A workshop will be scheduled with the new board members to familiarize them with the meeting rules and their duties. Once the date is confirmed, the agenda will be posted on Town Square.

Hopefully many of you attended the Master Board meeting where representatives from GAESA Lawn Service discussed issues such as torpedo grass, Chinch bugs, and Florida snow weed affecting many lawns.

(Continued, page 4...see Villas)

Castle Management



Naoma Bush, LCAM Property Manager
Nbush@castlegroup.com 941-889-6613



Alicia Jolicoeur, Lifestyle Director
ajolicoeur@castlegroup.com 941-764-1282



Chevy Means, Receptionist
cmeans@castlegroup.com 941-625-8245



Ashley Greek, Covenants Coordinator
Ashley.greek@castlegroup.com
 941-210-6301



Danielle Castella, Janitorial



Juston Markham Maintenance Tech.
jmarkham@castlegroup.com
 941-210-6301

April has arrived—time for showers of laughter, flowers of joy, and all the beautiful moments that come with a fresh new month! Whether you're enjoying the spring rain or soaking up the sunshine, let's kick off this month with smiles and positive vibes. Here's to a month full of surprises and new beginnings!

Naoma Bush, LCAM Property Manager
Nbush@castlegroup.com 941-889-6613

Helpful numbers

Envera..... (877) 936-8372
 GAEA Landscape..... (941) 916-0903
 Waste Management..... (941) 629-1106
 Comcast(800) 266-2278
 Charlotte County Utilit.....(941) 764-4300
 Emergency After Hours.....(800) 337-5850

Lion's Den and Kings Gate Golf Course



Lea Warner, General Manager
lwarn@hampton.golf

941-625-0680 Ext. 852



Patrick Becker, Executive Chef
pbecker@hampton.golf



Nick Argentiero, Food & Beverage Manager

Fun Times

By Lea Warner



Kings Gate Golf Course and Lion's Den Restaurant are thriving, bringing our community together with exciting events and delightful experiences.

In February, we proudly hosted a fantastic Super Bowl gathering, which saw an incredible turnout. A heartfelt thank you to the Lion's Den Social Committee for their dedication and hard work in making this event such a resounding success.



Peggy & Mike Ludgate

Valentine's Day was another unforgettable evening, filled with exquisite cuisine and capped off with a lively HOA dance. With a calendar brimming with events—both from our own lineup and those organized by the HOA—there's truly something for everyone to enjoy.

Whether you're here for the camaraderie, the cuisine, or the celebrations, we look forward to sharing more wonderful moments with you!

Life is good at Kings Gate

(O'Donnell...from page 3)

Speeding within the community continues to be a problem. The speed limit is 18 mph, so please slow down and watch for cars backing out, children, bicycles, and golf carts, and stop at all stop signs. Golf carts must follow the same rules of the road. Golfers must stop prior to crossing all roads. No one can drive a golf cart unless they have a driver's license, as it is against the law. Safety is a major concern for everyone. Only golfers are allowed on the golf course paths. No dog walking, walkers or golf cart lookers are allowed. Now that it stays lighter in the evening expect golfers to be on the course later. (See related story on rules of the road.)

Many winter residents will be leaving soon. Please secure your home; no hoses, pots, or yard ornaments should be left outside. Make certain someone is keeping an eye on your home and yard. The flower beds must be kept trimmed while you are away. Let the office know how to reach you and who is checking on your house.

Happy Easter.

Cheryl O'Donnell

Roundabout Rules of the Road

Here are some basic rules and guidelines when driving on the roundabout. Although everyone is supposed to go to the right, many golf cart drivers cut across and go left. This is very dangerous because people familiar with roundabouts are used to just looking to the left. Please obey the signs that have an arrow that shows you to go right only. There are also yield signs at all entrances. That means you wait for cars and carts already in the circle before entering. There have been a number of near misses, mainly from cars entering from Rampart without paying attention to other traffic.

The circle drive to the clubhouse follows the same rules. Enter from the right, continue counterclockwise. Many golf carts have gone to the left to go to the Pro Shop. Cars can't always see them till it's almost too late because of bushes and not expecting anyone from that direction.

Everyone, please show consideration for your neighbors/fellow drivers.

Teamwork makes things happen!

(Villas...from page 3)

Since these weeds can spread via mowers moving from lawn to lawn, it has been challenging to control them. However, GAEA is actively addressing these issues, and the St. Augustine grass should eventually fill in the bare spots. We appreciate GAEA's informative session and your patience as we work together to manage our lawns.

Finally, please remember that the Villas are a low-maintenance community and not maintenance-free. Kindly review the CCR's and Bylaws available on Town Square to understand what the HOA maintains and what is expected from homeowners.

Thank you all for your ongoing support.

Best regards,
Pamela Clement
President of the Kings Gate Villas HOA
1779 Nottingham Trail
Pclement919@gmail.com
636-577-2069

Speed limits

A resident at a recent board meeting asked, "Who wants to see a dead grandchild?" Of course, no one does. His question, while alarming, gave folks a chance to pause and recognize the seriousness of what can happen when we are not following the rules. Speed limits are set at **18 miles per hour** throughout the entire community. Discussion continues to occur because folks are not heeding the speed limits and continue to run stop signs. In addition, young, unqualified teens are being allowed to drive the streets in golf carts. Speed bumps or rumble strips are options if our residents can not police themselves and honor the speed limit. We can only be successful in keeping our streets safe if we ALL honor the traffic signs. Please do your part.

**Speed
Limit
18 MPH**

Please obey all road signs. No one under 16-years-of age (or without a valid drivers license) is allowed to drive a moving vehicle, which includes golf carts.

Financials



Message from the KGHOA Treasurer

This article on our finances may be helpful to Kings Gate residents.

A brief status report for the month

For the month ending 1/31/25 report, our cash position remained steady. From \$637K the prior month end to \$636K. This is as of the closing date of the month and often varies with the timing of receipts and expenditures.

January was a quiet month financially. No extraordinary or unexpected expenses.

Both Working Capital and Reserves grew with no expenses in the month.

The lifestyle fund portion of our cash was \$51,531. Some of those funds are committed to upcoming events.

As we begin 2025 our new budget is in place. The budget includes monthly contributions to our Working Capital and Reserves.

Cash balance and other metrics alone are not the complete picture. Each month, and almost every day, the treasurer, the Board, Castle, and the finance advisors work to be sure that our finances are “in order.”

Assets		Liabilities	
Cash	\$636,147	Short Term	\$375,883
Reserves	\$865,250	Reserves and Interest	\$865,250
AR	\$169,630	Equity	\$507,793
Other	\$77,900	Other	\$0
Total	\$1,748,926	Total	\$1,748,926

Numbers are rounded. Additional details are always available on Townsq under Tools/documents/financials.

John Spradlin, KGHOA Treasurer

Clubs and Activities

Fifth Annual Kings Gate Walkathon

(By Doug Reed)

On February 10th our generous Kings Gate community once again contributed to a successful Walkathon. The Walkathon is an event that provides support for two local charities. Twenty-nine hardy walkers showed up to make their way around Buckingham to enjoy camaraderie, receive a cookie, and know they were part of supporting good causes in our local community.

The **St. Vincent de Paul Food Bank** provides food and other necessities to local needy families. They were very appreciative for the many boxes of food and other items we donated via your support.

The **Animal Welfare League of Charlotte County** is a no-kill shelter that provides a home for animals without one. They were grateful for your generous donations of cash, food, and other needed items. With your cash donations, we were able to provide a little extra support needed for a lonely cat and dog while they awaited adoption.

We hope even more walkers will join us at the Sixth Annual Walkathon which is scheduled for February 2026.

Texas Hold'em

(By Roxanne Pino)

Come and join us for a fun-filled evening playing Texas Hold'em. If you have never played before, we welcome new players and would love to show you the game; please feel free to come and watch. It's also a chance to meet new people or meet up with friends you may already know.

Happy Walkers, Walking for a Cause



A huge thank you to all those who walked and/or donated to the two local non-profit causes.



Remi



Piglet

Kings Gate Water Aerobics

Are you looking for a safe and fun way to exercise? Most people do not realize that low impact Water Aerobics is the best attended activity here at Kings Gate! There are classes at the pool every Monday through Friday from 9:00 a.m. to 10:00 a.m. and from 10:00 a.m. to 11:00 a.m. (seasonal).

6 BENEFITS OF WATER AEROBICS FOR SENIORS

- Increases flexibility and improves heart and lung function
- Builds strength with gentle resistance from the water
- Helps with balance and reducing the risk of injury from falls
- Relieves joint pain as well as symptoms of arthritis and blood circulatory problems
- A popular activity that is not limited to any age group or skill level
- Provides a sense of well-being and accomplishment

For additional information contact: Jean Sutton 864-420-3146 (9 a.m. class) or Annie Allen 941-286-2633 (10 a.m. class).



Two happy ladies who garnered a hole-in-one at the Can Am competition March 8th sponsored by the Kings Gate Golf Club

Congratulations to
Bev McIntosh and Anne Aldous



Clubs and Activities (Continued)

Book Club for April



The Kings Gate Book Club invites you to join them on the third Monday of the month from 1:00-2:00 in the Palace Theatre.

The April book is **Bridge Ladies: A Memoir by Betsy Lerner**. A long-standing bridge group provides a bridge of understanding between the author and her mother through the stories of the bridge ladies.

The May book is **The Frozen River** by Ariel Lawhorn. This historical novel is based on Martha Ballard, a 1789 midwife from Hallowell Maine, who is caught in the midst of murder and rape investigations.

- June-Horse by Geraldine Brooks
- July-James by Percival Everett
- August-The Personal Librarian, by Marie Benedict and Victoria Christopher Murray

If you have questions or would like more information, contact Gail Mears, 603-481-0877, gailmears1@gmail.com.

Happy Reading!

Globe Trotters Travel Club Visits Strawberry Festival



Strawberries were everywhere at the Plant City Strawberry Festival.



Thirty-three strawberry-loving Kings Gate folks enjoyed the bus ride and visit to the annual Strawberry Festival. The day trip was one of several coordinated by the Globe Trotters Travel Club. One highlight was seeing the *Oak Ridge Boys* concert. They have been around since the 1940's and are still as impressive as they were back then. They are frequent performers for the Strawberry Festival. There were lots of various entertainers such as "Squawk" a hilarious parrot show. Vendors abounded and no one ran out of things to see.

"I enjoyed seeing the unusual crafts and many items for sale," said Mary Williams.

Of course, strawberries were delicacies in jams, jellies, ice cream, strawberry shortcake and more.



Where to find "Stuff to Do!"

There are almost 40 clubs or activities that occur in Kings Gate on a regular basis. The section of the newsletter, "Activities/Clubs at King Gate," lists days, times and contact persons for each event. TownSq also posts upcoming and re-occurring events. For many activities, one can just show up, and for others, registration may be required. Additional specialty types of groups or clubs, such as Bunco or cards that can only accommodate a certain number of people, occur in individuals' homes.

Another way to stay abreast of events is to see the "Save the Date" section in this newsletter, which is designed to offer a broader calendar for getting things posted on individual calendars. Also see Kings Gate Korner's Facebook page & TownSq. And, finally, there is a display of flyers in the clubhouse foyer of upcoming events. So... happy searching for the activities that fit your interests and style.

Looking for Writers/Information Gatherers

Do you have a yearning to meet people and learn about your neighbors? Or perhaps you or someone you know has an unusual hobby or has done something their neighbors and friends may want to know about. We are looking for people who might be interested in writing or gathering information about new residents, people who are deserving in the spotlight serving others out in the community, or who can share more information about clubs or activities to which they belong or even have a story of their own to share. If you can help, contact:



Evelyn Ruff (eviesgems@gmail.com)

Mary Williams (bnmwms1@gmail.com)

Kim Brock (Kimbrock21423@gmail.com)

Kings Gate Resident Volunteer Spotlight

By Evelyn Ruff



This month's spotlight is on **Charlie McClure**.

Charlie and his wife **Barbara** have lived in Kings Gate for seven years. They are both very active in the community.

Charlie is retired from the U.S Navy where he served as Chief Petty Officer performing in such areas as: radar, navigation, communications, air intercept

controller, anti-surface, anti-air, anti-submarine, and intelligence.

He did two tours of instructor duty and managed to sail on five different ships.

Charlie got involved in the Honor Flight first as a veteran, then joined the staff. He's been active with the group for three years as a Veteran Coordinator.

If you're interested in joining the group, volunteer at any of their events. They meet once a month on the fourth Wednesday of the month at 7:00 pm in the Palace Theatre. April's meeting is the 23rd.

The Honor Flight selects veterans to go to Washington, DC for the day. The selection is on a priority basis as follows: World War II, Korean War, women who serve, Vietnam War, then all others who have served in any capacity or time frame are chosen.

So far 84 veterans from Kings Gate have been on a flight over the past several years.

While in Washington, DC, the veterans are taken by bus to visit the World War II Memorial, Korean War Memorial, Vietnam Wall, Women's Memorial, Iwo Jima, Lincoln Memorial, Tomb of the Unknown Soldier, Air Force Memorial, and possibly the Pentagon and the Capitol Hill buildings (depending on time constraints).

The cost of each flight is approximately \$120,000, which includes the flight, all meals, bus, snacks and escorts. Kings Gate has helped to raise money for the flights through the selling of 50/50 tickets in some of our events. The Honor Flight group also holds various fundraisers throughout the year.

We thank Charlie for all his hard work on this great endeavor. We can all help by supporting the events that are sponsored by the Honor Flight.

Easter Bonnets! Baskets! And... a Tea!

Please join us in the Palace Theatre on **April 3, 2 p.m.** and **create your bonnet** to show off at the ***Easter Bonnet Tea***, which is **April 10**. Come and share time with your friends and make your one-of-a-kind bonnet. While those creative juices are flowing, how about creating a basket to raffle off at the Tea with proceeds going to the



Animal Welfare League? Baskets can be themed like Italian, travel, picnic, spa or whatever your imagination creates.

It's not too late to donate a basket to the April 10th Tea to help our fund-raising efforts for the Animal Welfare League's fur babies. Contact Maria Price at 845-893-0021 for additional information.

Trivia in April

(By Doug Reed)



Trivia will be held on April 14 in the ballroom. Trivia is played on the second Monday of each month.

Questions will begin promptly at 6:00. We recommend being there by 5:45.

Trivia is a team event with a maximum of 12 per \$10 per person.

There will be a bar with Happy Hour prices 5:30-6:30. There will also be a food truck.

Topics include: Current Events, History, Geography, Sports, Science, Medicine, Entertainment, Music, Famous People, and others.

Prizes are awarded to the team with the most correct answers in each of the three rounds of questions.

For information, contact Rowena Reed (team lead) 262-902-5889



Welcome New Neighbors



Kings Gate welcomes our new neighbors, **John and Nannette Dykama**. They reside in their beautiful home at 24163 Buckingham Way.

John and Nannette grew up in Grand Rapids, Michigan, where they were next-door neighbors. John's career was in excavation and heavy equipment. Nannette was an accountant for over 30 years, then changed gears and opened up an ice cream shop called Nan's Sugar Shack.

They are the parents of six children and have nine grandchildren. Many family members are fans of Michigan, Michigan State, and Ohio State. Wisely, they remain neutral.

After they get settled, they would like to get involved in activities, including golf.

John and Nannette are going to be a great addition to our community.



Meet **John and Rose Horvath**. They moved from Foxboro, MA to Manchester Trail in December, 2024. They chose Kings Gate because they wanted to downsize, and it was a friendly community that offered what they were looking for, including exercise classes and a gym.

Originally from Chicago and the Bronx, they met at work. Later John retired from IT at Reebok; Rose was a special needs assistant, then administrative assistant in the Special Needs Dept. They have two sons and one grandson. John is a pilot and owned his own plane before moving here. He was also in the army for three years and in the Reserves for 10; he would like to volunteer with Honor Flight. He has joined Neighbors Helping Neighbors.

While still acclimating to full-time residency here, they enjoy the concerts, dances and pool and watching the sunsets from their lanai. They want to volunteer more here. They're also looking to explore more of Florida and like all that it offers--cruising, good restaurants, lots of ball parks, etc.



We would like to introduce a new neighbor, **Dawn Dorko** from Ohio. She has moved to her new home at 24172 Buckingham Way.

Dawn has been visiting her mother here for the last 11 years. She says she loves the community.

She has one daughter, a registered dietitian. Her daughter lives in Denver.

Dawn has a cleaning business and is accepting new clients. She also is a Shaklee distributor which deals in health, wellness, and beauty. She can be reached at 937-623-0403. She has a culinary degree and loves cooking healthy meals.

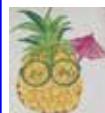
Her interests include walking, yoga, and live music. She also loves the beach and the sun. Dawn chose the right place! Welcome!

News about Home Sales

You may be interested to know that in 2024, Kings Gate had a total of 78 homes and villas that sold and brought new residents into our community. In January 2025, there were four sales and one in February. If you see new faces within our community, please reach out to your new neighbors and make them feel welcome. Looking at the current number of properties for sale within our community, there are more than 40 homes for sale. Welcome potential buyers and give them a tour of our community.

There are a variety of floor plans available and some properties may be available for lease/rental while on the market. We are fortunate to have realtors that own property within Kings Gate and you will also find others that are external to here. If you know of someone wanting to move to Florida, you may want to recommend Kings Gate to them.

The Welcome Team is ready to welcome newbies to our community with a welcome bag and to let them know where to turn to find fun and answers.



Kings Gate

Neighborhood Activities

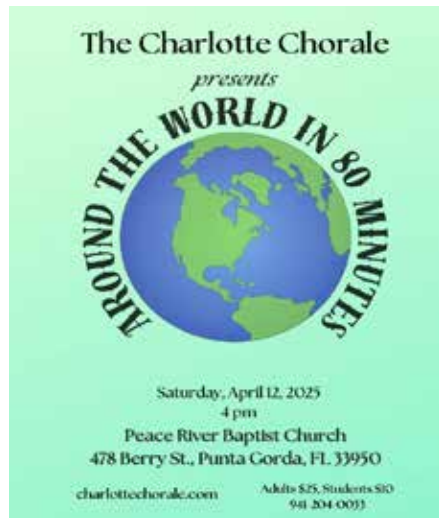
Around the World in 80 Minutes—An Unforgettable Musical Journey Across the Globe: April 12th, 2025



Pack your musical passport and get ready for a thrilling adventure as **The Charlotte**

Chorale, under the direction of Dr. William Dederer, presents **"Around the World in 80 Minutes."**

"This concert will take audiences on a whirlwind journey across continents through the universal language of song."



Join us on **April 12th** as we explore the rich musical traditions of diverse cultures. Experience the powerful choral arrangements, stunning vocal harmonies and lively rhythms that will make you feel like you've traveled the world - without ever leaving your seat. Whether you love traditional folk music, classical masterpieces, or contemporary global selections, **"Around the World in 80 Minutes"** has something for everyone to enjoy. This concert promises to transport audiences to every corner of the world - no plane ticket required!

This concert will be held at Peace River Baptist Church, 478 Berry Street, Punta Gorda.

Symphonic Winds Coming May 2, 2025



Pictured are SWCC members & King's Gate residents: Cheryl Huber, Sue Phillips & Steve Schepper.

Did you know three members of our Kings Gate community are members of The Symphonic Winds of Charlotte County? This 70-piece concert band has been performing for over 50 years and draws its volunteer musicians from many Charlotte County neighborhoods, including Kings Gate! **Cheryl Huber** plays keyboard and percussion, **Sue Phillips** plays clarinet and **Steve Schepper** plays French Horn.

There are five to six concerts each season. The organization also raises money for scholarships to help young musicians develop their potential and achieve their goals. Part of that money is raised by selling chocolate chip cookies and coffee during concert intermissions.

The Symphonic Winds' concert season will be brought to a dramatic close with "Music: The Language of Mankind" on **Friday evening, May 2, at 7:30 pm**, in the Charlotte Performing Arts Center (PAC). Be sure and mark your calendars. There will be music from England, Italy, France and America, proving that music is truly the international language. Tickets are \$23.00 and may be purchased at symphonicwindsccl.com. Come and enjoy an evening of music while supporting your neighbors.

Interested in joining one of the area's musical groups? Contact **Cheryl Huber** (717-870-5675) for information on the **The Symphonic Winds of Charlotte County** and the **North Port Chorale** or **Jean Sutton** (864-420-3146) for **The Charlotte Chorale**.

Music is Good for the Soul

(reprinted from Faces & Voices of Recovery)

The Greek philosopher Plato once said, "Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything." Thousands of years later, these words still ring true. No matter how old you are, what your musical taste is or whether or not you can read a note, there's never a wrong time to learn how to play an instrument (or sing a song.) In fact, there are significant advantages to learning music. According to the authors, check out these five health benefits from playing music. 1. Music makes you smarter. 2. Music gives community. 3. Music relieves stress. 4. Music provides creativity. 5. Music builds confidence.

Travel

Why choose a Qualified Travel Agent

When choosing a travel agency, quality, and individualized service is paramount to having the assurance your travel agent will handle all details for you. More than just an “order taker,” qualified travel agents have completed specialized training with most cruise lines and many vacation destinations. Reputable agencies require certifications comprised of hundreds of hours of training for travel agents. A certified travel agent will help you negotiate any difficulties that may arise. Should you need assistance, they are there to support you.

Choosing the best itineraries, cabin location, considering safety and insurance concerns, and handling the multitude of details a vacation involves, your travel agent is qualified (some with the equivalent of a Master’s Level rating) to guide you in finding the most efficient and economical solutions for your travel and vacation needs be that cruising, all-inclusive resorts or multiple events. A good travel agent will even re-fare your reservation if a price is reduced. A great travel agent watches for those reductions.

They can also recommend the best routes (north to south or vice versa depending on your interests, time of year and weather). They also will inform their customers of alerts for unsafe areas in which to travel.

Travel Awareness and Safety

(Submitted by Bob Williams, Expedia Cruises Travel Agent)

Here are a few tips to consider when traveling.

It is always safest to book through the cruise line or travel agent. Read reviews like **Cruise Critic’s** message boards; they answer and share all types of information. Be honest with yourself about your limitations. Be aware of the posted activity levels for excursions.

Pack lightly (back pack or fanny pack) for excursions, but take necessary items such as small amounts of cash and/or a secure credit card, sunscreen, waterproof camera, sanitary hand wipes, etc. It is recommended to not take your actual passport on excursions unless told otherwise. Stay vigilant and aware of your surroundings.

Choose small-group excursions depending on the excursion: For example, diving should be limited to no more than ten divers at a time.

Know if there are state department warnings where you intend to travel such as the warning to “exercise increased caution for the Dominican Republic due to crime.” You may want to email the local tourism office where you intend to visit and ask for information.

Finally, make certain your passport is not due to expire within six months of travel.

Following these few tips can help ensure you have a safe and enjoyable vacation. Travel insurance is always encouraged.

New Bus to Service Port Charlotte Area



There is a new kid – well, bus rather, in the area. **Norm Ewen** is the owner/operator of **Cruise Port Connections** by A Blue Charter. They provide stops in the Tampa Bay area which includes Port Charlotte and several other areas. There is a 30-minute meal break at Ft. Myers along the route to the cruise terminals at the Ports of Miami and Everglades (Ft. Lauderdale). Norm offers competitive pricing and has comfortable buses.

The buses are equipped with onboard WiFi, charging ports, and entertainment systems, as well as climate control, and are designed to provide a smooth and stress-free ride. Norm states, “Why not enjoy a comfortable ride down to the ships’ terminals and not have to bother with traffic, find expensive parking and handling of your luggage.” Cruise Port Connections can be reached by contacting the specialists at 833-824-4561 or 727-258-4642.

The web site where you can book online directly is: www.cruiseportconnections.com.

Activities/Clubs at Kings Gate

Bible Study

A book review of the bible! Bring a bible, notebook, and pencil. Tuesday evenings from 6:30 p.m.-8 p.m. in the Residents' Room. Contact Art Licursi at 941-627-6703

Bid Euchre

Mondays at 6:30 p.m. in the Card Room. Classes available to learn. Contact Cheryl Drake at 734-558-3735

Billiards

Mondays and Fridays at 11:30 a.m. Contact Dan Strange 812-455-4226

Bocce League (Cycles three times a year) League #1 Wednesdays 12:30 p.m., League #2 Fridays 9:30 a.m., Bocce Court
Contact Cheryl Drake 734-558-3735

Book Club

Third Monday at 1 p.m. Palace Theatre. Contact Gail Mears 603-481-0877 gailmears1@gmail.com

Bingo

First and third Mondays of each month. 6 p.m. Ballroom Contact Barbara McClure 716-465-4692

Bridge

Tuesdays at 1 p.m. in the Card Room. Contact Phyllis Dahn at 302-270-8004

Cribbage Club

Tuesdays at 11 a.m. and Thursdays 4 p.m. Card Room. Contact Rose Horvath 508-816-7239

Coffee Time

First Monday of each month 9 a.m. Residents' Room

Corn Hole

Wednesdays at 1 p.m. in Palace Theatre. Contact Patty Laffertry 708-625-5196

Crafty Ladies

Mondays (except first Monday) in the Residents' Room 10:00 a.m. Contact Linda Ashley at 508-287-0289 or Gail Edmonds at 828-553-9684.

Dominoes/Mexican Train

Wednesdays and Saturdays in the Card Room 12:50. Contact Judy Przybysz at 443-350-5321 or judy.przybysz@gmail.com

Euchre

Wednesdays at 6:30 p.m. in the Card Room. Contact Mary & Karl Ebert at 585-298-1012

Globe Trotters Travel Club. Meets the fourth Tuesday of the month, Palace Theatre. Contact Evelyn Ruff 941-276-5146, Kim Brock 513-377-3669, or Mary Williams 941-376-0563

Grief Support Group

Meets every two to four weeks. Location varies each time. To attend, please contact Carol Butera 941-391-5883

Greeting Card Making Wednesdays at 9 a.m.—11 a.m. Residents' Room Beth Fuller 218-590-2253 (Seasonal) Fee applies

Hand & Foot

Mondays & Fridays at 1 p.m. in the Card Room, arrive 10 minutes early at 12:50 p.m. Contact Judy Przybysz at 443-350-5321

Hand, Knee, & Foot

Thursdays at 1 p.m. in the Residents' Room. Contact Nan Cole at 941-786-8848

Hand, Knee, Foot, Toe

All are welcome, beginners & experienced. Thursdays at 1p.m. in the Residents' Room. Contact Nan Cole at 941-786-8848

Honor Flight

Fourth Wednesday of each month at 7 p.m. in the Palace Theatre. Contact Charlie McClure 716-465-4472

Kingo

Second and Fourth Sunday at 6 p.m. in the Residents' Room. Contact Paul Brock at 239-994-9038

Lawn Bowling

Tuesdays and Thursdays, 10 a.m. Show up by 9:45. League goes December-March. Must sign up. Contact Merv Ott at 905-327-4152 or mervandCheryl@aol.com

Line Dancing Mondays at 10 a.m. in the Ballroom. Suggested donation of at least \$3.00

Mahjong Tuesdays 6:30 p.m. & Thursdays 12:30 p.m. in the Card Room. Contact Pat Phillips 856-285-6238

Men's Horseshoe League

Practice is from Nov-Dec; League play is from Jan-Apr. Contact Robert Spindler at 617-957-7385 or captainbob19@gmail.com

Neighbors Helping Neighbors Last Friday of the Month 11 a.m. Card Room Contact Cheryl Drake 734-558-3735

Pickleball Club

Pickleball club members meet at the Kings Gate Pickleball courts on Mondays, Wednesdays, & Saturdays 8 a.m.-12 p.m. Contact Dennis Gershoff at 401-219-4100

Poker

October through April - Fridays from 6:30 p.m.-8:30 p.m. in the Residents' Room. (nickel & dime)
Contact Pauline or Cliff at 941-456-7915

Poker

Wednesdays from 1 p.m.-4 p.m. & 7 p.m.-10 p.m. in the Residents' Room. Contact Ray Arcovio at 941-626-6193

Potluck First Sunday of the month, 4:30 p.m. to 6:30 p.m. Residents' Room. Contact Gloria Rancourt at 603-860-3723

Sevens From Hell card game

Tuesdays, Arrive by 12:45, play at 1 p.m. Residents' Room. Contact Irene Adam 941-380-4955

Shuffleboard Mondays at 2 p.m. Contact Margie Robertson 269-719-5838. No league, just show up to play

Singles Club If you're single and would like to meet new friends, join us every second Monday of each month at 6 p.m. in the Residents' Room. (October-May only) Contact Eileen Bott at 201-602-4285 or Carol Rogers @ 941-626-4075.

Social Dancing for Couples Thursdays 6-8 Ballroom \$10 fee. Jim & Andrea Carroll 941-276-7412

Strength Training with Joyce

Mondays (bands and free weights), Wednesdays (strength training, free weights), Fridays (stations/advanced) 8:30 a.m. Ballroom
Contact Joyce Mignosa 941-979-9412

Tennis Club Tuesdays, Thursdays, & Fridays from 8 a.m. -12 p.m. Meet at the Kings Gate Tennis Courts

Texas Hold'em

Thursdays at 6:30 p.m. in the Residents' Room. Contact Roxanne Pino at 609-685-6426

Mondays, Tuesdays, Fridays, & Saturdays at 1 p.m. in the Residents' Room. Contact Everett Wilson at 941-625-0504

Travel Club: Kings Gate Globe Trotters Travel Club

Fourth Tuesday of each month, Palace Theatre 1 p.m.

Trivia Meets second Monday 6 p.m. Ballroom. Contact Rowena Reed 262-902-5889

Walk Aerobics

Tuesdays, Thursdays (with stretch bands) both at 10 a.m. Palace Theatre. Contact Gloria Rancourt 603-860-3723

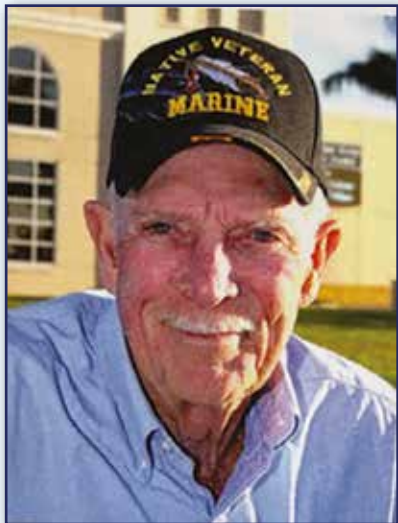
Water Aerobics

Every Monday-Friday at 9 a.m. year around and 10 a.m./seasonal Pool Jean Sutton 864-420-3146
for seasonal information contact Ann Allen 941-286-2633

Water Volleyball Thursdays at 1:30 Gentle, 3 p.m. Advanced. Sundays at 1:30 pool

Yoga Tuesdays and Thursdays 9 a.m. Palace Theatre Contact Gloria Rancourt at 603-860-3723

Note: If a group to which you belong is missing from this list or you see incorrect information, please contact: Mary Williams at bnmwms1@gmail.com. Heading should state "newsletter activities assistance please." For additional information or to see updated events, be sure and check out TownSq or Kings Gate Korner for up-to-date news.



Chuck Allen

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Monthly Calendar

APRIL

2025

	SUN	MON	TUE	WED	THUR	FRI	SAT
	30-Mar	31-Mar	1	2	3	4	5
				5:30 PM Comedy Magician Dewayne Hill (BR)	Easter Bonnet Making 2:00 PM (PT)	1:00 PM Talent Presentation (PT) 3:00 PM Ice Cream Social (IR)	
	6	7	8	9	10	11	12
4:30 PM Residents Potluck (RR)	9:00 AM Coffee Time (RR) 2:00 PM End of Season Party with American Made - (PO) 6:00 PM Bingo (BR)	9:00 AM Stained Glass Suncatcher Class (RR) 1:30 AM Legacy Writing Workshop (PT)	2:00 PM Activity Meeting (BR)	Easter Bonnet Tea Party 2 PM			
	13	14	15	16	17	18	19
6:00 PM Kingo (Bingo) (RR)	2:00 PM Concierge Cruise (PT) 6:00 PM Trivia (BR) 6:00 PM Singles Club (RR)		7:00 PM Golf Cart Drive In Movie and Kona Ice (PL)				
	20	21	22	23	24	25	26
	1:00 PM Book Club (PT) 6:00 PM Bingo (BR)	10:00 AM CPR/AED Trng (R) 1:00 PM Globe Trotters Travel Club (PT)	7:00 PM Honor Flight (PT)		11:00 AM (NHN) Neighbors Helping Neighbors (CR)		
	27	28	29	30	1-May	2-May	3-May
6:00 PM Kingo (Bingo) (RR)							
ROOM CODES	BR - Ballroom BC - Bocce Court SB - Shuffleboard	CR - Card Room IR - Imperial Room	PT - Palace Theatre PL - Parking Lot	RR - Residents' Room PO - Pool	BDR - Billiard Room TPC - Tennis/Pickleball Courts	HP - Horseshoe Pits LBF - Lawn Bowling Field	

NOTE: IF AN EVENT IS NOT LISTED CORRECTLY, PLEASE EMAIL THE CORRECT INFORMATION TO - bnmwms1@gmail.com

REMOVABLE CALENDAR

REMOVABLE CALENDAR

Weekly Activity Calendar April 2025

SUN	MON	TUE	WED	THUR	FRI	SAT
11:00 AM Sunday Scramblers (RR)	8:00 AM -12 PM Pickleball Club (TPC)	8:00 AM -1:00 PM Farmers Market (PL)	8:00 AM -12 PM Pickleball Club (TPC)	8:00 AM -12 PM Tennis Club (TPC)	8:00 AM -12 PM Tennis Club (TPC)	8:00 AM -12 PM Pickleball Club (TPC)
1:30 PM Water Volleyball (PO)	8:30 AM Free Weight/Band Class (BR)	8:00 AM -12 PM Tennis Club (TPC)	8:30 AM Free Weight Class (BR)	9:00 AM Water Aerobics (PO)	8:30 AM Circuit Class (BR)	12:50 PM Mexican Train (CR)
	9:00 AM Water Aerobics (PO)	9:00 AM Water Aerobics (PO)	9:00 AM Water Aerobics (PO)	9:00 AM Yoga (PT)	9:00 AM Water Aerobics (PO)	1:00 PM Texas Hold'em (RR)
	10:00 AM Water Aerobics - Seasonal (PO)	9:00 AM Yoga (PT)	9:00 AM Greeting Card Class (BR)	9:00 AM Lawn Bowling (LBF)	9:30 AM Bocce-League #2 (BC)	
	10:00 AM Line Dancing (BR)	9:45 AM Lawn Bowling (LBF)	10:00 AM Water Aerobics - Seasonal (PO)	9:45 AM Lawn Bowling (LBF)	10:00 AM Water Aerobic Seasonal (PO)	
	10:00 AM Arthritis Exercise (PT)	10:00 AM Water Aerobics - Seasonal (PO)	12:30 PM Bocce League #1 (BC)	10:00 AM Walk Aerobics (PT)	11:30 AM Billiards (BDR)	
	10:00 AM Crafty Ladies (2nd, 3rd, 4th Mondays only) (RR)	10:00 AM Walk Aerobics (PT)	12:50 PM Mexican Train (CR)	11:00 AM Arthritis Exercise (PT)	12:50 PM Hand & Foot (CR)	
	11:30 AM Billiards (BDR)	11:00 AM Cribbage (CR)	1:00 PM Corn Hole (PT)	12:30 PM Mahjong (CR)	1:00 PM Texas Hold'em (RR)	
	12:50 PM Hand & Foot (CR)	12:45 PM 7's From Hell (RR)	1:00 PM Poker (RR)	1:00 PM Hand, Knee & Foot (RR)	6:30 PM Poker - Seasonal (RR)	
	1:00 PM Texas Hold'em (RR)	1:00 PM Bridge (CR)	6:30 PM Euchre (CR)	1:30 PM Hand, Knee, Foot & Toe (RR)		
	2:00 PM Shuffleboard (SB)	1:00 PM Texas Hold'em (RR)	7:00 PM Poker (RR)	1:30 PM Gentle Water Volleyball (PO)		
	4:00-6:30 PM Food Truck (PL)	6:30 PM Bible Study (RR)		3:00 PM Advanced Water Volleyball (PO)		
	6:30 PM Bid Euchre (CR)	6:30 PM Mahjong (CR)		4:00 PM Cribbage (CR)		
				6:00 PM Dance Lessons (BR)		
ROOM CODES	BR - Ballroom BC - Bocce Court SB - Shuffleboard	CR - Card Room IR - Imperial Room	PT - Palace Theatre PL - Parking Lot	RR - Residents Room PO - Pool	BDR - Billiard Room TPC - Tennis/Pickleball Courts	HP - Horseshoe Pits LBF - Lawn Bowling Field

NOTE: IF AN EVENT IS NOT LISTED CORRECTLY, PLEASE EMAIL THE CORRECT INFORMATION TO - bnmwms1@gmail.com



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Save the date: Mark your calendars for upcoming special or one-time events

(Starred events () events and dates are provided by the **Lion's Den**)*

- Apr 2** Comedy Magician—\$15 5:30 p.m. (snacks OK)
- Apr 3** Easter Bonnet Decorating Afternoon
- Apr 4** Talent Presentation—Williams Clare
- Apr 5** *Nine and Dine
- Apr 7** End of Season Party with American Made 2 p.m.—5 p.m. FREE
- Apr 8** Legacy Writing Seminar
- Apr 10** Easter Bonnet Tea Party—\$25 2 p.m. Baskets, raffles w/proceeds to Animal Welfare League
- Apr 16** Drive In Movie
- Apr 22** CPR/AED 10 a.m. Imperial Room
- May 3** *Nine and Dine/Kentucky Derby
- May 9** Dance with DJ Judy
- May 20** CPR/AED 1 p.m. Palace Theatre
- May 26** Pool Party with DJ Vic
- June 20** Summer Dance DJ Michael White \$10

NOTE: Some activities or programs are cycled or are seasonal. This page is intended to help residents plan for upcoming special or one-time events throughout the year so they do not double-book events in which they are interested. If one is a coordinator of events, this will help to see what is planned in advance. Efforts are made to prevent duplicate dates for events.

Please see calendars or TownSq for changes. There are additional calendars in the newsletter that more specifically indicate weekly events. Understand changes can occur. Also see Kings Gate Korner for daily and upcoming events.

(All dates and events are correct as provided to us.)

Travel Club: KINGS GATE GLOBE TROTTERS TRAVEL CLUB EXCURSIONS

(contact **Evelyn Ruff** at eviesgems@gmail.com or
Mary Williams at bnmwms1@gmail.com or
Kim Brock at kimbrock21423@gmail.com)

- Apr 6** Marina Jacks II Lunch and boat tour Sarasota, Car pool \$48 inclusive (Williams)
- Apr 12** Charlotte Chorale – “Around the World in 80 Days” \$25 (Brock)
- Apr 15** Annual Globe Trotters Picnic on the water \$5
- May 13** Rum Bay for lunch (on your own) \$6 water taxi
- Sept 26-Oct 3** Biltmore Estates Diamond Tours bus trip \$848 double occupancy (Deposit of \$134 due by May 28) Contact Evelyn Ruff (941-276-5146)
- Dec. 2-3** St. Augustine, Christmas Lights Cost TBD (under \$500)
- Mar 11-12** Kennedy Space Ctr, Navy Seal Museum Cost: TBD (under \$500)

The Globe Trotters Travel Club is planning several cruises along with Expedia’s exclusive “Club Med All Inclusive” vacation packages in the coming months. Stay abreast of events and have an opportunity to provide suggestions for excursions by attending the monthly meetings held the 4th Tuesday of each month in the Palace Theatre.

If you are interested in any of these trips, contact any of the coordinators listed above. Some fill up quickly so don’t delay!

Trips are open to the community, per availability.



***The Lion’s Den wants to remind residents dates are subject to change and are correct as of this writing.**

For Your Health

Lifestyle Choices and Living Conditions May Affect Aging More Than Genes



It's an age-old question: Does nature or nurture impact us more? When it comes to our health, it may be the latter. A [new study](#)

suggests that **lifestyle and living conditions affect aging** significantly more than genetics.

Researchers with the University of Oxford examined data from **nearly half a million biobank participants**, assessing the influence of 164 environmental measures and genetic risk scores for 22 major diseases. The team also used a novel aging measure, or "aging clock," that looks at blood proteins to evaluate the speed at which people age.

They found that **environmental factors accounted for 17% of the variation in risk of death**, with smoking, socioeconomic status, physical activity, and living conditions impacting mortality and biological aging the most. Genetic predisposition, on the other hand, explained less than 2% of that risk. And of the 25 associated environmental factors the study identified, [23 are modifiable](#).

"Our exposome approach allowed us to quantify the relative contributions of the environment and genetics to aging, providing [the most comprehensive overview to date](#) of the environmental and lifestyle factors driving aging and premature death," lead author Austin Argenteiri said in a statement. "These findings underscore the **potential benefits of focusing interventions on our environments, socioeconomic contexts, and behaviors** for the prevention of many age-related diseases and premature death."

Prioritizing health is about more than just avoiding illness; it's a holistic approach encompassing physical, mental, and social well-being. We are lucky to live in such a social & vibrant community.



Why Donating Blood Frequently May Reduce Your Risk of Cancer

(Reprinted from Nice News)



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Being a good Samaritan may pay off even more than you thought. While donating blood is a selfless act that can save lives and help address an urgent public health need in the U.S., there might be a

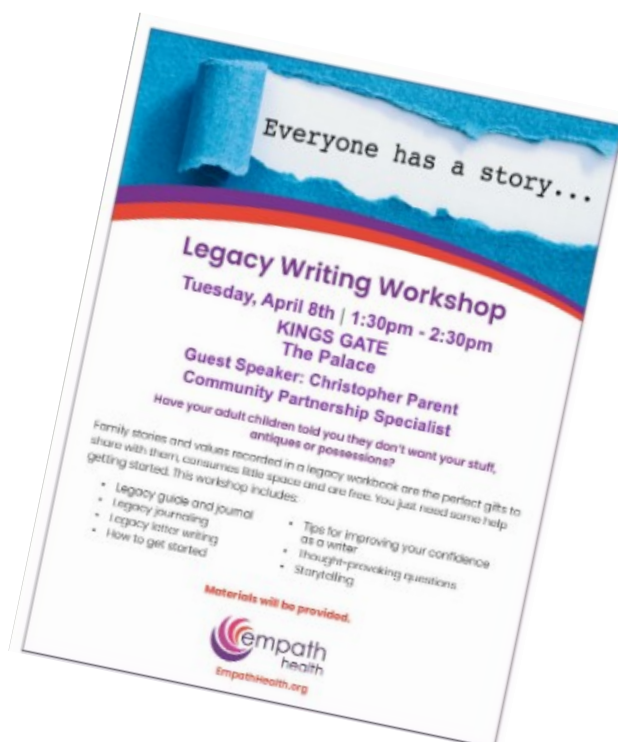
good selfish reason to do it, too.

A new study from researchers at the Francis Crick Institute in London determined that giving blood often may result in genetic changes in our blood stem cells that help prevent cancers like leukemia from developing. When comparing frequent donors (individuals who gave blood three times annually over 40 years) to sporadic ones (those who gave blood fewer than 10 times total), the scientists found that the former were more likely to have favorable genetic mutations in their stem cells.

"Our work is a fascinating example of how our genes interact with the environment and as we age," senior author Dominique Bonnet said in a statement. "Activities that put low levels of stress on blood cell production allow our blood stem cells to renew and we think this favors mutations that further promote stem cell growth rather than disease." Learn more about how donating blood may positively impact cancer risk.

According to the World Health Organization (WHO), Health is "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." Generally, when people talk about Health, they refer to physical Health alone. However, it is important to remember the importance of mental and social Health. In the definition, the WHO stresses the importance of well-being. Most people define being healthy as the absence of an illness or disease. However, that is not enough. Being healthy is about the overall well-being of an individual.

Upcoming Events – April and ongoing



Free Notary: Alicia Jolicoeur,
Lifestyle Director
(Appointments required)



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Balcony non-obstructed—\$2,547.65 per person; \$5,095.30 per cabin**

Mini Suite Balcony non-obstructed—\$2,589.65 per person; \$5,179.30 per cabin**

Starting prices* with amenities (taxes and port fees included)

Inside Cabin—\$1,859.65 per person; \$3,719.30 per cabin

OceanView non-obstructed—\$2,278.65 per person; \$4,557.30 per cabin**

Balcony non-obstructed—\$2,665.65 per person; \$5,331.30 per cabin**

Mini Suite Balcony non-obstructed—\$2,699.65 per person; \$5,399.30 per cabin**

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**17194 TOLEDO BLADE BLVD
STATE LIC# CAC1815451**

APRIL 2025

BATLINER REPORT

WE LIVE IN KINGS GATE • WE PLAY IN KINGS GATE • WE KNOW HOW TO SELL KINGS GATE!

MARCH ACTIVITY

Welcome to April - **wow** - can't believe the season has gone so quickly. Below are a sample of just some of Team Batliner activity from March:



24424 BUCKINGHAM • LISTED AT \$425,000



24304 WESTGATE • LISTED AT \$385,000



24400 WESTGATE • SOLD FOR \$407,500



24496 BUCKINGHAM • LISTED AT \$335,000



1900 NOTTINGHAM • LISTED AT \$309,000



24904 DRUMBLAIRE • SOLD FOR \$300,000

Inventory is still high in Kings Gate - but there is plenty of buyer activity. March was a **RECORD** month for TEAM BATLINER!


Team Batliner
Dynamic Duo = Dynamic Results



JOHN & CINDY

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IN KINGS GATE

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