

Welcome April

2024

The
Islander



parallel Property Services

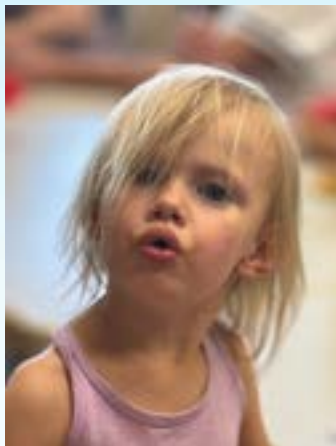


What a fantastic Easter Egg Hunt we had this March 30th!
So many families. so much fun!

Easter Fun



Easter Fun





IMPORTANT DATES TO REMEMBER

Month	Day	EVENT	TIME	OTHER	Food Truck	Time
April	1st				Between the Bunz	4:30-7:30pm
April	4th	Crystal Bowls Sound Bath	7-8pm	Gazebo		
April	8th				Rockys Wings	4:30-7:30pm
April	12th	Kitchen Kutz	3-6pm	Bocce Courts		
April	13th	Nostalgics on the Lawn	6:30-8pm			
April	15th				Vesuvius Pizza	4:30-7:30pm
April	16th	Wine @ 5 (happy hour by the pool)	5pm	\$5		
April	19th	Blood Drive	8:30-11am			
April	22nd				Cajun Gringo	4:30-7:30pm
April	24th	Cocktails & Karaoke	5-7:30			
April	29h				Viva La Taco	4:30-7:30pm



SOUND BATH

SUNSET EDITION

APRIL 4TH
7-8 PM

Meet at the Island Walk gazebo.
Limited space. \$10 registration.
Cash only. Recommendations for
your comfort; yoga mat, pillow,
and a lightweight blanket.

**TEXT ERICA, RESIDENT AND SOUND BATH GUIDE, AT 239-537-9949
OR REGISTER WITH DAWN AT THE TOWNCENTER.**

SOUND BATH, EXPLAINED.

Utilizing healing sacred sounds and instruments, sound healing offers a transformative experience known as a sound bath. Crystal singing bowls, tuning forks, and bamboo wind chimes create a soothing atmosphere, engaging and nurturing the body's energy centers, better known as chakras.

THE EXPERIENCE.

During a sound bath, you should be dressed comfortably as you lie on your back on a yoga mat or sleeping pad with the optional use of pillows, bolsters (under your knees to support blood circulation) and blankets for comfort as you may experience fluctuations in body temperature.

Each sound bath will begin with a short, guided meditation/visualization, and breath work to help soothe the body and quiet the mind.

Once settled, a harmonious sleep-like, meditative state will be reached while you are immersed into an atmosphere of sacral sounds. Each crystal sound bowl is played with focus, purpose, and intention as you are bathed in positive sound vibrations and profound love.

Each participant will receive individual attention with either a tuning fork or bamboo wind chimes around the crown of the head continuing over the body, before being gently guided out of the meditation and closing the session.

CLICK THE LINKS BELOW TO LISTEN
TO A MICRO SOUND BATH.

[Crystal Singing Bowls](#)

[Bamboo Wind Chimes](#)



KARAOKE & COCKTAILS

at the Pool

WEDNESDAY APRIL 24TH

5:00-7:30pm

Come ready to sing or sing
along to your favorite
songs!





**SPRING
INTO ACTION
GIVE BLOOD**



**Island Walk Blood Drive
Hosted by NCH Community Blood Center**

**Friday, April 19
8:30 - 11:30 a.m.**

**Sign-up for an arrival time:
Outside Lifestyle Office or email
dgibson@castlegroup.com**

- Eat before donating blood
- Be well hydrated with water
- Bring Photo ID
- Minimum weight 110 pounds
- Min. age: 16 with parent consent
- No age Maximum
- Cholesterol & mini health screening



GiveBloodCBC.org



The Phoenix Crown, by Kate Quinn and Janie Chang

From bestselling authors Janie Chang and Kate Quinn, a thrilling and unforgettable narrative about the intertwined lives of two wronged women, spanning from the chaos of the San Francisco earthquake to the glittering palaces of Versailles.

San Francisco, 1906. In a city bustling with newly minted millionaires and scheming upstarts, two very different women hope to change their fortunes: Gemma, a golden-haired, silver-voiced soprano whose career desperately needs rekindling, and Suling, a petite and resolute Chinatown embroideress who is determined to escape an arranged marriage. Their paths cross when they are drawn into the orbit of Henry Thornton, a charming railroad magnate whose extraordinary collection of Chinese antiques includes the fabled Phoenix Crown, a legendary relic of Beijing's fallen Summer Palace.

His patronage offers Gemma and Suling the chance of a lifetime, but their lives are thrown into turmoil when a devastating earthquake rips San Francisco apart and Thornton disappears, leaving behind a mystery reaching further than anyone could have imagined . . . until the Phoenix Crown reappears five years later at a sumptuous Paris costume ball, drawing Gemma and Suling together in one last desperate quest for justice.

The Crack Spine Book Club, IslandWalk

For more information, please contact Maryanne Johnson, 978-257-2872.

WELCOME NEW OWNERS

If you recently purchased a home in Island Walk (during the last 6 months) and did not get an opportunity to attend a new resident orientation, then we strongly encourage you to attend our next one scheduled for April.

Our Welcome Coffee orientations provide new owners with key information, an ability to meet other new residents and an opportunity to have their questions answered.

Members of the Board and our management company will be present to provide you with valuable information and any assistance you may need as a new owner. You will receive a new resident information packet, and light refreshments will be served. The gathering lasts approximately 1 hour.

DATE: Saturday, April 13, 2024

TIME: 10:00 a.m.

LOCATION: Antigua room, Town Center

For planning purposes, please RSVP to Dawn Gibson at dgibson@castlegroup.com if you plan to attend.

If you cannot attend the upcoming gathering, let us know as our new owner orientations are held monthly.



UPCOMING POP-UP SHOP SALE DATES

Thursday, April 8th, 2-5pm, Post Office
Wednesday, April 17th, 2-5pm, Post Office
Thursday, April 25th, 2-5pm, Post Office
Wednesday, May 1st, 2-5pm, Post Office

Ladies embroidered V-neck T-shirts available in sizes XS - 3X and come in 13 beautiful colors. Mens embroidered soft style T-shirts come in 13 different colors, sizes S - 3X. T-shirts are only \$15 (tax included). Pick one up for yourself or as a gift.

We also offer a variety of other items including our extra large 35x70 embroidered Terry Velour Beach Towels (\$22) in 4 vibrant colors, Canvas Tote bags, Hats, Backpack, Key Ring with prices as low as \$5. **All profits go into our operating budget.

If you would like to purchase something but can't make it to one of the scheduled sale days, send an email, with your phone number, to the Communications Committee at NY2FLBABY@gmail.com.

CASH, CHECK, VENMO ACCEPTED. NO CREDIT CARDS



TENNIS LESSONS

HERBERT WORMSER TENNIS PRO

FEES

\$ 35 FOR A 30 MINUTE LESSON

\$ 50 FOR 45 MINUTE LESSON

\$ 65 FOR A 60 MINUTE LESSON

FOR KIDS AND ADULTS.

THE MORE PARTICIPANTS THE
FEE GETS DIVIDED BY THE
NUMBER OF PLAYERS.

QUESTIONS?

CONTACT

HERBERT WORMSER

HERBERT MICHAEL WORMSER

HERBERT MICHAEL WORMSER

WORMSERB@AOL.COM



**Laura
Gindroz**

PPR Certified Coach

Lgindroz@yahoo.com

503.997.1639

Pickleball Lessons

lesson options

Private lessons 60 min \$40

Semi-private (2-3 people) 60 min \$30 each

Group lesson (4+ people) 60 min \$25 each

Clinic pricing varies



Fitness Center News: Demonstration Sessions to be offered....

Learn

- proper stretching and warm – up routines
- proper basic training techniques and use of equipment
- proper strength and stamina building

IF you have an interest in this type of clinic, please reply to islandwalkfitness1@gmail.com; with your name and contact information. As clinic dates and times are known, we will contact you.



Community Knife Sharpening Day

Friday, April 12

Island Walk of Naples

**Come Visit Us at the Town Center
Parking Lot from 3 - 6 p.m.**

Mobile Sharpening Services. All Sharpening Done On Site.
Drop Off And Pick Up Later.

**KITCHEN KNIVES, SERRATED
KNIVES, FILET KNIVES,
POCKET KNIVES & MORE**

FUTURE DATES: 3/16, 7/20

KITCHEN KUTZ



\$7.00 per Knife



www.kitchenkutz.com

239-241-1217



Island Walk Photo Share



Beauty



Beauty at Lake 5

**Submitted by Rebecca Gibson-Laemel,
Prescott Lane**

A Glorious Sunset

Submitted by Jerry Schiano, Hawkesbury Way



WILDLIFE



Lunch is served!

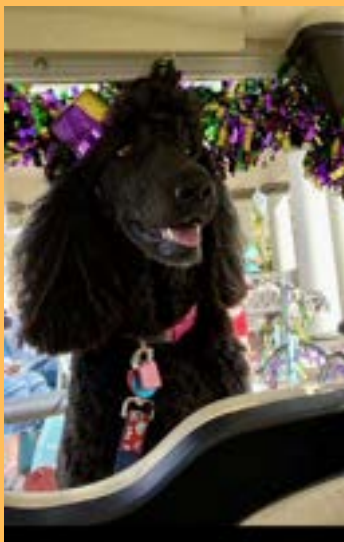
Submitted by Ben Rubin, Guadeloupe Way

Hoot, hoot! Who is there?

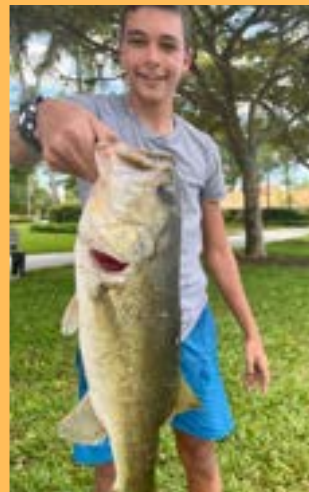
Submitted by Ron Sturdivant, Island Pond Lane

Pets

**CORRECTION TO
MARCH POST,
MAZIE ENJOYING
THE MARDI GRAS
PARADE
SUBMITTED BY
SANDRA MAKI,
LASQUETI WAY**



Fun



**A Happy Young
Boy and His
Catch.**

**Submitted by
Martin Brennan,
Ossabaw Way**

REMEMBER TO SEND YOUR PHOTOS IN BY THE 20TH OF EACH MONTH TO IWPHOTOSHARE@YAHOO.COM. MAYBE YOU WILL SEE YOUR PHOTO FEATURED! PLEASE NOTE, BY SUBMITTING A PHOTO, RESIDENTS ACKNOWLEDGE AND AGREE TO ALLOW ISLAND WALK NAPLES AND CASTLE MANAGEMENT, AS AN AGENT OF ISLAND WALK NAPLES, THE USE OF THEIR PHOTOS IN ANY IW PUBLICATIONS, INCLUDING THE ISLAND WALK WEBSITE.

Weekly Activities

Each week the Town Hall is filled with excitement, laughter and fun times among friends, as various groups and reoccurring activities take place. Below is a list of the current selection of weekly events. Have additional questions on one of the activities?

Contact information for the group

organizer can be found on the Island Walk website, or you can contact the Lifestyle Directors Office and she will be happy to provide that information to you.

Island Walk Office: Ph:(239) 513-0045 E: dgibson@castlegroup.com



Mondays 1:00pm
Thursdays 12:30pm
No experience needed.
All are welcome!

Mondays & Wednesdays
6:00pm - 9:00pm
Located in the Living



Bingo

Every Monday - Doors open at 5:30pm
- Games start at 7:00pm

No need to sign up in advance. Hope to see you there!



Knitting Group
Tuesdays at 1:00pm
Located in the Living Room.

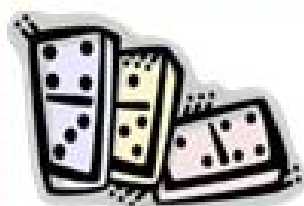
Mah Jongg
Tuesdays at 1:00pm



Painting Class
Wednesdays
at 11:30am
Located in the Tahiti Room.

Contract Bridge

Wednesdays
at 1:00pm
Located in the Antigua Room.



Dominos
Wednesdays
at 7:00pm
Located in the Tahiti

Euchre

Friday
at 7:00pm
Located in the Tahiti



Ping Pong
Wed 6:30-8:30pm
Sat & Sunday
1:00-2:30pm

Bagpipe, Harp and Thistle Rehearsal

Sunday at 9:30am
Located in the Antigua





**Island Walk Garden Club
contact**

Islandwalkgardenclub@gmail.com



**JB Hanson Wine Society
contact Mike Kaminski for info
michaeljkaminski@aol.com**



**Island Walk Fishing Club
contact Randy Kosloski
rskosloski@hotmail.com**

**Mondays & Wednesdays
6:00pm - 9:00pm
Located in the Living Room.**



**Cribbage Mondays 1pm
in the Living room.
Contact Dave Wiersum
616-901-7964**



**Mondays 1:00pm
Thursdays 12:30pm
No experience needed.**

**All are welcome!
Located in the Antigua Room.**



BoneBuilder
Formerly Sponsored by The Village of

**Monday, Wednesday, Friday
9:30am - 10:30am Located in the Tahiti Room.
No cost class/ need Doctors Release—
available at office**

Improve Balance & Flexibility Strengthen Bones



**Zumba w/ Instructor Georgina Percel
Every Saturday - 9:00am**

Saturday at 9:00am Punch Card \$40.00 for 4 classes or \$15.00 for one class Located in the Tahiti Room.

Yoga

**Mondays, Wednesdays, Fridays at 8:00am
Located in the Tahiti Room**





Blue Zones Wine @ 5

BLUE ZONES®
Living Longer, Better

April 16th, 5pm

Water Aerobics

Monday–Saturday 8:30am-9:30am

Monday, Wednesday, Friday 10:00am - 11:00am



ISLAND WALK PICKLEBALL FOR WOMEN

Please email Jane Kreig, senoraj@me.com or Judy Koontz, jakoontz61@yahoo.com

THE RESISTANCE AND STRENGTH TRAINING CLASS

Overview

The American Heart Association recommends strength training at least twice to three times a week to increase muscle mass, joint flexibility and reduce the risk of bone fractures. This class is designed to work all major muscle groups with a warm-up in the beginning and stretching at the end. Instructor has taught the class at IW for 17 years.

Meeting Details

Tuesdays, Thursdays, Saturdays from 8:30-9:30 on Zoom.

Requirements (cost, equipment, supplies)

Cost \$5.00 per class

A set or two of hand weights, an exercise mat, exercise band, a small step and a small ball (Gina can provide you with the band, step and ball if you do not have one)

Contact Gina for zoom room number and password along with a waiver form to take the class.

Contact

Gina Horton, hortonsgro08@yahoo.com, 317-514-3553



Tai Chi Simple

Mondays 10:45 - 11:30am

Outside on the walkway behind the Bocce Courts

First class is free/Drop-in \$5/ card 10 classes for 35



In the Spotlight

Watch for a new recurring feature in The Islander Newsletter called “In the Spotlight”. Each month we will feature different members of our Island Walk “family” and tell you a little bit about them, their travels, past or current jobs, talents, hobbies, etc. and what they do for our community. The three different “Spotlights” include:

- RESIDENT SPOTLIGHT.....get to know your neighbors
- VOLUNTEER SPOTLIGHT.....a week in the life of
- STAFF SPOTLIGHT.....a look behind the scenes

And we need your help. If you would like to be featured in our Resident or Volunteer “Spotlight” or know someone who should, please send the information to the Communication Committee at ny2flbaby@gmail.com.





ISLAND WALK GARDEN CLUB

Membership Drive

islandwalkgardenclub@gmail.com

COME BE PART OF THE BEAUTY

Island walk residents it is that time of year again, the IWGC annual membership drive.

The IWGC is a great place to meet new people with similar interests while helping to beautify our picturesque community.

Our IWGC maintains a lovely butterfly garden on the main lake as well as orchids dotted in trees around the community. The IWGC is a great place to learn about our tropical plants native to Florida. Also, we bring in experts to discuss many pertinent gardening topics.

We are looking forward to cultivating friendships old and new.

Colleen Harris, Membership Chairperson

FALL '23 - SPRING '24 IWGC CALENDAR

- Dec 8 - Christmas Party
- Jan 13 - Orchids 201
- Feb 10 - Butterfly Gardens
- Mar 9 - Butterfly Garden of Village Walk
- Apr 13 - Earth Day, Workday
- May 11 - Show 'n Tell

Note: Most IWGC events are held on Saturdays.

JOIN, RENEW, OR DONATE

Name: _____

Address: _____

Phone: _____

Email: _____

- Join \$20
- Renew \$20
- Donate \$ _____



Please return above information with your payment to Colleen Harris 3530 Zanzibar Way.