ARBOR TRACE

TOWER POINTE
AT ARBOR TRACE

The Arbor Trace Revue

February 2026 Edition- 1000 Arbor Lake Dr. Naples, FL 34110 (239) 598-2929



Hard of Hearing? You Are Not Alone

If you find yourself dreading lectures, movies, dinners in the dining room, or meeting new people because you cannot fully hear what is being said, please know that many others feel the same way. We are forming a new group at Arbor Trace for residents who are hard of hearing. This group will provide a comfortable place to talk about how isolating hearing loss can be, to share strategies that help in social situations, and to discuss how hearing loss can affect overall health and well-being.

• How do you cope when you cannot follow conversations?
• Do you tune out, or have you found ways to stay engaged?
• What tools or approaches have helped you enjoy social events more?

I have been hard of hearing for more than 30 years and am now on my third set of hearing aids. My hearing loss is severe, and I know firsthand how challenging it can be. Please join me and others who are living with hearing loss—we truly understand.

Meeting Time and Location
First Wednesday of each month, beginning February 4
1:30 p.m.
Board Meeting Room, Clubhouse
All are welcome. No sign-up is required



Lets all go to the Zoo!

Join us for a fun and refreshing outing to the Naples Zoo on **February 20**. Enjoy a leisurely morning surrounded by lush gardens, fascinating wildlife, and one of Naples' most beloved attractions. We'll stroll shaded pathways, see animals up close, and take in the natural beauty that makes the zoo a local favorite. Comfortable walking shoes are recommended. Sign up at the Clubhouse. Billed to your account

Notes from the Director:



Thinking about medical emergencies can be uncomfortable, but having information in advance can help bring clarity and peace of mind. As we age, the likelihood of experiencing a serious medical event increases, which is why some individuals choose to complete a Do Not Resuscitate Order (DNRO) as part of their overall healthcare planning.

When emergency personnel respond to a medical call, their default responsibility is to do everything possible to sustain life. This can include invasive interventions such as CPR, breathing tubes, or electrical shocks to the heart. For individuals with serious or advanced medical conditions, these measures may result in prolonged discomfort or a significantly reduced quality of life. A DNRO allows a person to clearly communicate their wish not to receive resuscitative measures if breathing or cardiac function stops.

In the State of Florida, a DNRO is available only to individuals with end-stage medical conditions. The official DNRO is Florida Department of Health Form 1896, which is printed on yellow paper and must be signed by the patient (or their legal representative) and the patient's physician. Copies on white or other colored paper are not considered valid. The completed DNRO should be kept in a highly visible and accessible location—most commonly on the refrigerator—along with an up-to-date File of Life, so emergency responders can easily locate and follow the individual's wishes.

We also want to extend a warm welcome and sincere thank-you to our new committee and board members. We appreciate your willingness to serve and your continued commitment to keeping our community running smoothly.

In closing, please remember to walk on the sidewalks and not in the road. Being mindful of this helps create a safer environment for pedestrians and drivers alike.

Best,
Jennifer Whitten
Executive Director



In Remembrance:
Barbara Donovan
Fritz Friday



February Calendar Notes

Exercise Opportunities

*Forever Fit on Fridays is at 10:30 a.m. in the Clubhouse Activity Room. Come join us for one hour sitting/standing total body work out with weights and resistance bands
*Tai Chi on Tuesdays at 9:30 a.m. (Balance Class) & 10:15 a.m. (Tai Chi) for the winter months
*Sandy's Exercise/Chair Yoga on Channel 99 available anytime
*Chair Yoga M/W/F at 10:30 a.m. Gathering Place (during renovations)
*Tuesday/Thursday 9:30 a.m. Aquacise at the Swimming Pool (weather permitting)
*Pickleball Tuesdays/Thursdays/Saturdays at 8:00 a.m.
*The Blue Zones Walking Group meets every Thursday & Saturday at 8:30 a.m. in front of the Clubhouse to walk
*The Gym at Tower Pointe is open to all residents and their guests
* HealthPro Heritage Physical Therapy, Occupational Therapy, and Speech Therapy Services. Call (239) 251-3086 for more info.

Men are welcome to join the weekly 9:00 a.m. Monday morning for coffee in the Gathering Place. Ladies, join us at 9:00 a.m. each Wednesday morning for a time of coffee, tea, and conversation in the Gathering Place. Come meet new friends!

The Care Support Group meets twice a month at 1:00 p.m. in the Clubhouse Conference Room the first and third Tuesday. Any resident is welcome to join the group for support. Please know you are not alone in caring for a spouse or experiencing change.

The Winter Semester for our Lifelong Learning continues this month with a great line up. All are welcome, so check out the schedule!

Join in for a new Hearing Support Group on Wednesday, February 4th at 1:30 in the Clubhouse Conference Room. Join others who share the same frustrations in life. You are not alone.

Invite a friend to come enjoy our next Lunch & Learn in the Colonnade Dining Room on Thursday, February 5th at noon. Your friends and guests will love to learn all about what makes Arbor Trace so special! Please sign up at the Clubhouse.

At 4:00 p.m. on Monday, February 9th meet at the pool for Trivia and Cocktails. BYOB and get ready for some laughs and fun.

Come on out near the pool on Wednesday, February 11th at 2:00 p.m. for a refresher on Bocce. The court has been freshened up so come and play with us. Afterwards stay for the Happy Hour by the pool starting at 3:00 p.m. with entertainment provided by Orlando Phillips. Come enjoy the smooth sounds of the steel drum!

Let's embrace the love at the February Management Party on Friday, February 13th. Make your reservations now at the Colonnade Dining Room. Suzanne & Jim will entertain at 4:30 p.m. in the Clubhouse Lobby, followed by the Management Party in the Colonnade at 5:30 p.m.

The Book Club meets in the Gathering Place, at 1:00 p.m. on Friday, February 20th so come and join the group to discuss this month's book.

On Wednesday, February 25th, join Colleen for a tour of Arbor Glen. See for yourself the wonderful care and atmosphere of our assisted living. Please sign up at the Clubhouse. In the afternoon, hear from Jeff from Health Pro Heritage with his informative monthly health talks at 2:00 p.m. in the Gathering Place.

We will celebrate all residents with a February birthday at 5:30 p.m. in Colonnade on Thursday, February 26th. RSVP to Fe at the Clubhouse. The resident's birthday meal is complimentary!

Sign up at the Clubhouse to enjoy a spring training baseball game on Friday, February 27th. Jump on the bus to head to Ft. Myers Hammond Stadium to see the Twins play the Yankees.

Purse Bingo is back!!! Join us on Monday, February 23rd for our second annual Purse Bingo. Gather your friends and sign up at the Clubhouse Front Desk for a great event. The fun starts at 4:00 p.m.

Religious activities are available: Wednesday, February 4th at 10:00 a.m. for the Episcopalian service. Catholic Mass will be held on Monday, February 23rd at 10:00 a.m. this month. Bible Study is meeting each Friday at 10:00 a.m. in the Tower Pointe Library.

The Arbor Trace Condo Association will meet at 3:00 p.m. on February 18th in the Clubhouse Activity Room for their monthly meeting.
The Tower Pointe Condo Association will have their monthly meeting on Thursday, February 26th at 10 a.m. in the Gathering Place.

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BIRTHDAY HAPPENINGS:

3rd-Sonia Kahl
3rd-Bill Wannamaker
4th-Flo Pellegrini
6th-Lynn Phillips
6th-Linda Scheinberg
7th-Tom Casey
7th-Jo Sperazza
9th-Jan Casey
9th-Richard Daniel
11th-Suzanne Stickel
13th-Harry DeSmet
13th-Nancy Nason
15th-RJ Blankenship
18th-John Peterson
19th-Marcy O'Meara Skees
20th-Jackie David
21st-Carole Armstrong
22nd-Jack Davisson

Sun	Mon	Tue	Wed	
Calendar Key (AR) Clubhouse Activity Room (CL) Clubhouse (GP) Gathering Place, Tower Pointe (TPL) Tower Pointe Library (TP) Top of the Pointe Club	 Transportation to Tower Pointe activities is available from the Clubhouse.			
1 10:00 Naples United Church of Christ Livestreaming (AR) 12:00-2:00 Sunday Brunch 1:30 Bridge, Rummikub & Assorted Games (CL) 2:00 Mah Jongg (GP)	2 9:00 Men's Coffee (GP) 10:00 Grocery Shopping 10:30 Chair Yoga (GP) 1:30 Dollar Tree Shopping 2:00 Travel Club (AR) 7:30 Movie featuring Susann Miller (GP)	3 9:30 Aquacise 9:30 Balance Tai Chi (AR) 10:00 Lifelong Learning (GP) 10:15 Tai Chi (AR) 1:00 Care Support (CL) 3:00 Virtual Bowling (AR) 7:15 Bingo (AR)	4 8:30 Blue Zones Walking Group 9:00 Putting on the Green 9:00 Ladies Coffee (GP) 10:00 Episcopalian Service (AR) 10:30 Chair Yoga (GP) 1:30 I Can't Hear You! Support Group (CL)	1 2 5:
8 10:00 Naples United Church of Christ Livestreaming (AR) 12:00-2:00 Sunday Brunch 1:30 Bridge, Rummikub & Assorted Games (CL) 2:00 Mah Jongg (GP) 4:30 Democratic Social (GP)	9 9:00 Men's Coffee (GP) 10:00 Grocery Shopping 10:30 Chair Yoga (GP) 1:30 Walmart Shopping 2:00 Travel Club (AR) 4:00 Trivia & Cocktails (Pool) 7:30 Movie featuring Susann Miller(GP)	10 8:00 Pickleball 9:30 Aquacise 9:30 Balance Tai Chi (AR) 10:00 Lifelong Learning (GP) 10:15 Tai Chi (AR) 3:00 Virtual Bowling (AR) 7:15 Bingo (AR)	11 8:30 Blue Zones Walking Group 9:00 Putting on the Green 9:00 Ladies Coffee (GP) 10:30 Chair Yoga (GP) 2:00 Bocce Refresher (CL) 3-4:30 Happy Hour with Orlando Phillips (Pool)	2: 5:
15 10:00 Naples United Church of Christ Livestreaming (AR) 12:00-2:00 Sunday Brunch 1:30 Bridge, Rummikub & Assorted Games (CL) 2:00 Mah Jongg (GP)	**16 Presidents' Day** 9:00 Men's Coffee (GP) 10:00 Grocery Shopping 10:30 Chair Yoga (GP) 1:30 Aldi Shopping 2:00 Travel Club (AR) 7:30 Movie (GP)	17 8:00 Pickleball 9:30 Aquacise 9:30 Balance Tai Chi (AR) 10:15 Tai Chi (AR) 10:00 Lifelong Learning (GP) 1:00 Care Support (CL) 2:30 Great Decisions (AR) 7:15 Bingo (AR)	18 8:30 Blue Zones Walking Group 9:00 Putting on the Green 9:00 Ladies Coffee (GP) 10:30 Chair Yoga (GP) 3:00 ATC Board Meeting (AR)	2 5:
22 10:00 Naples United Church of Christ Livestreaming (AR) 12:00-2:00 Sunday Brunch 1:30 Bridge, Rummikub & Assorted Games (CL) 2:00 Mah Jongg (GP)	23 9:00 Men's Coffee (GP) 10:00 Grocery Shopping 10:00 Catholic Mass (AR) 10:30 Chair Yoga (GP) 1:30 Walmart Shopping 2:00 Travel Club (AR) 4-7 pm Purse Bingo (CL)	24 8:00 Pickleball 9:30 Aquacise 9:30 Balance Tai Chi (AR) 10:00 Lifelong Learning (GP) 10:15 Tai Chi (AR) 2:30 Great Decisions (AR) 7:15 Bingo (AR)	25 8:30 Blue Zones Walking Group 9:00 Putting on the Green 9:00 Ladies Coffee (GP) 10:30 AG Tour (CL) 10:30 Chair Yoga (GP) 1:30 Crochet with Cheryl (CL) 2:00 Heritage Health Pro Lecture (GP)	10:0 5 5:30

February 2026

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Thu	Fri	Sat
5 8:00 Pickleball 9:30 Aquacise 12:00 Lunch & Learn (CL) 1:30 Open Art (TPL) :00 Lifelong Learning (GP) 30 Club Table (Colonnade)	6 9:00 Grocery Shopping 10:00 Bible Study (TPL) 10-12 Shredding Truck (TP & CL) 10:30 Chair Yoga (GP) 10:30 Sailboat Regatta 10:30 Forever Fit (AR) 10:45 Penny Pinchers	7 8:00 Pickleball 1:30 Virtual Bowling (AR)
12 8:00 Pickleball 9:30 Aquacise 1:30 Open Art (TPL) 00 Lifelong Learning (GP) 30 Club Table (Colonnade)	13 9:00 Grocery Shopping 10:00 Bible Study (TPL) 10:30 Chair Yoga (GP) 10:30 Forever Fit (AR) 4:30 Suzanne & Jim Entertain (CL) 5:30 Valentine's Management Party (CL)	**14 Valentine's Day** 8:00 Pickleball 1:30 Virtual Bowling (AR)
19 8:00 Pickleball 9:30 Aquacise 1:30 Open Art (TPL) :00 Lifelong Learning (GP) 30 Club Table (Colonnade)	20 9:00 NO Grocery Shopping 9:15 Naples Zoo 10:00 Bible Study (TPL) 10:30 Chair Yoga (GP) 10:30 Sailboat Regatta 10:30 Forever Fit (AR) 1:00 Book Club (GP) 6:45 Artis Classics Transportation	21 8:00 Pickleball 1:30 Virtual Bowling (AR)
26 8:00 Pickleball 9:30 Aquacise 00 Tower Pointe Board Mtg (GP) 1:30 Open Art (TPL) 2:00 Lifelong Learning (GP) 5:30 Club Table (Colonnade) 0 February Birthday Dinner (CL)	27 9:00 Grocery Shopping 10:00 Bible Study (TPL) 10:30 Chair Yoga (GP) 10:30 Sailboat Regatta 10:30 Forever Fit (AR) 11:00 Spring Training Baseball Game	28 8:00 Pickleball 1:30 Virtual Bowling (AR)

Life Long Learning Program

Tuesday, February 3rd 10:00 a.m.
"*The Sistine Chapel*"

Thursday, February 5th 2:00 p.m.
"*Remember the Ladies*"

Tuesday, February 10th 10:00 a.m.
"*Raul Wallenberg, the Righteous Gentile*"

Thursday, February 12th 2:00 p.m.
"*Tiffany Treasures with a Florida Twist*"

Tuesday, February 17th 10:00 a.m.
"*Nazi Looted Art, The Louvre, Hermitage & Metropolitan Museum*"

Thursday, February 19th 2:00 p.m.
"*Income Inequality in America & the World*"

Tuesday, February 24th 10:00 a.m.
"*Reflecting on Our Wild World*"

Thursday, February 26th 2:00 p.m.
"*Challenges of a New World Order Updates Since Tariffs*"

Arbor Trace Board Meeting
Wednesday, February 18th
3:00 p.m. (Activity Room)

Tower Pointe Board Meeting
Thursday, February 26th
10:00 a.m. (Gathering Place)

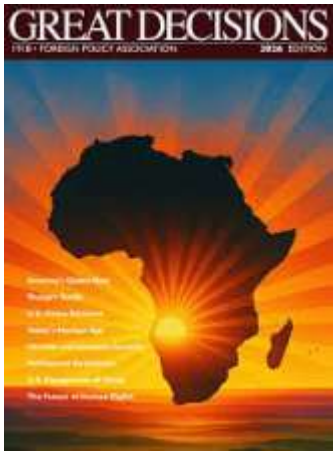
Monday Night at the Movies
Gathering Place of Tower Pointe
7:30 pm

2/2-Ford Vs. Ferrari Part I
2/9-Ford Vs. Ferrari Part II
2/16-Priscilla (Drama)
2/23-Apollo 11 (Adventure)



PICKLEBALL…on the beautiful newly- resurfaced courts. A great start to the morning enjoyed by some of our residents. Want to have some fun? For exercise, laughs, good conversation and perhaps new friendships come join in: Tuesday, Thursday and Saturday mornings at 8:00. Balls, paddles and instruction to get you started provided. - Karen Sexton





Great Decisions

Residents are invited to participate in the upcoming Great Decisions class beginning February 17th at 2:30 p.m. in the Clubhouse Activity Room. This engaging discussion group focuses on current world affairs and global issues shaping our lives today. Participants will have the opportunity to explore key international topics, exchange viewpoints, and broaden their understanding by listening to the experiences and perspectives of others. The format is conversational and welcoming, encouraging thoughtful dialogue and mutual respect. Whether you follow world news closely or are simply interested in learning more, Great Decisions offers a stimulating way to stay informed and connect with fellow residents. Please sign up at the Clubhouse so we can get you the 8 week course materials.



Meet Second Generation Residents Mary and Dick Daniel

New owners Mary and Dick looked at several senior living sites before moving here June 30, 2024. They decided on a villa at Arbor Trace because it was like "coming home." Mary's parents, Kathleen and Arch Seymour had lived here in Building Two shortly after the community opened and are remembered by several of the senior staff. Mary, born in London, where her American father had been transferred for two and a half years, had a perilous crossing of the Atlantic when she was just two and a half. The ship that sailed from Liverpool prior to theirs during World War II had been torpedoed. Their ship was accompanied by two destroyers who sunk a U-boat on the Atlantic crossing to allow for their safe passage. They were routed through the St. Lawrence Seaway to Canada and then to New York.

Dick grew up in the Washington, DC area, attended Virginia Tech, had his education interrupted by serving in the Army for two years and graduated with a degree in Metallurgical Engineering, Mary attended nearby Hollins College as a History major. She met Dick on a blind date and they married in 1957. After Dick received a Master's in Engineering Administration from George Washington University, he worked for Babcock and Wilcox for two years before being hired in 1959 by Westinghouse to work in the defense industry. His work took the family to Pittsburgh, to Muncie, Indiana, to Sharon, Pennsylvania in 1972 where Mary was naturalized, to Toronto, Tokyo, and Hong Kong. During this time, they raised a family, one son, now deceased, and two daughters now in Canada, with a grandson in Canada and one north of Tampa who has a 21- month -old son.

The Daniel family enjoyed sailing in the Chesapeake and Dick after retirement when living in Pelican Bay made models of aircraft, boats and built small yachts like the ones that sail on our Arbor Lake. Mary had a variety of volunteer work over the years including being on the board of the Salvation Army in Muncie, Indiana, and active with Cub Scouts, Girl Scouts, and leadership in golf leagues. Dick told of Mary being head of a women's golf league in Canada at a club where individuals were invited to join rather than couples. While she was an active member, he was for years No. 1 on the waiting list and never made it to membership!



Mary is an experienced bridge player playing several times a week with longtime friends in the larger community. She also plays Mah Jongg occasionally and looks forward to playing here eventually. She is also interested in the book club and Trivia at the swimming pool. Dick is enjoying being settled here and is an avid reader.

Welcome Mary and Dick.

By Shirley Woolaway



Shredding Service

On Friday, February 6th we will have the shredding truck out in front of the Tower from 10 a.m. to 11 a.m. and Clubhouse from 11 a.m. to Noon. You do not need to remove staples or paperclips to have things shredded. If you use the big binder clips they will need to be removed before they go in. Please shred your old directories!



Crochet with Cheryl

We are pleased to introduce a new Crochet with Cheryl, led by Cheryl, our Life Enrichment Coordinator for Arbor Glen. Whether you are an experienced crocheter or interested in learning for the first time, this group offers a welcoming space to create, share ideas, and enjoy time together. Crochet is not only a relaxing hobby, it also supports mental stimulation, concentration, and fine motor skills, while providing meaningful social connection with neighbors who share similar interests. Come join us to work on projects, exchange tips, and enjoy the companionship and conversation that naturally develop when we create together. We look forward to seeing you there. Join us on Wednesday, February 25th at 1:30 p.m. in the Clubhouse Card Room to get started!

Spring Training Baseball Game

Join us for an exciting spring training outing on Friday, February 27, as we head out to watch the Minnesota Twins take on the New York Yankees. This is a wonderful opportunity to enjoy an afternoon outdoors, share time with friends, and take in all the fun and energy of preseason baseball. Transportation will be provided; please sign up at the Clubhouse to reserve your seat on the bus. The **cost** of the outing will be charged to your account. We look forward to a great day at the ballpark together.



Day Trip Adventures

Looking for a memorable gift idea this season? Consider treating someone (or yourself!) to a fun Day Trip right here in our beautiful state.
Trendy Tours is offering two exciting excursions:

- Morikami Garden Adventure – February 18, 2026 Travel to Delray Beach to experience the serene Morikami Museum and Japanese Gardens, including a private kimono demonstration. The cost is $159 per person and includes transportation, breakfast snacks, museum entry, the demonstration, and lunch.

To reserve a spot on either Trendy Tours trip, please call **Mary at 239-449-9408**.

Get Out of Town Travel is also inviting us to explore the "Crown Jewel of Miami," the Vizcaya Museum, on Wednesday, March 4, 2026. This trip is $179 per person and includes round-trip transportation, admission, and lunch.
To sign up, **contact Nancy at 239-596-4142**.



Join us for Trivia and Cocktails by the pool Monday, February 9th at 4:00 p.m.

Call for Volunteers

A strong community is built through the time, talents, and involvement of its residents. Volunteering can take many forms, from serving on boards or committees to helping with events or simply sharing information and encouraging participation.

Even small contributions help keep our community connected and thriving. If you are willing to give a bit of your time, it could mean a great deal to someone else. Please reach out to the Clubhouse if you are interested in volunteering.





THE BOOK CORNER: <u>February Book Discussion:</u> All residents (and their guests) welcome!! In February we will discuss "Barbie and Ruth" by Robin Gerber. Gerber writes not only of the creation of the Barbie dolls but digs deeper in this biography about Ruth Handler, offering a rare glimpse into the toy industry in the mid-1900's....especially for women entrepreneurs. <u>Friday, February 20, 1:00 pm in the Tower Gathering Place</u>. Questions? Contact Karen Sexton or Sandy Steinbach. **<u>March and April Book Discussions;</u>** The book selected for March is "Heartwood" by Amity Gage and in April we'll be reading "Remarkably Bright Creatures" by Shelby VanPelt. **<u>You Are Invited:</u>** Our libraries are welcoming comfortable havens. Consider getting a hot drink in the Clubhouse Lobby or Tower Gathering Place and settling down with an interesting looking book, magazine or newspaper...a delightful way to spend an hour or so! - Karen Sexton

















Welcome 2026



Save the Date!
This Is Me, America: Identity and Heritage
E Pluribus Unum
Presented by 10 Arbor Trace Residents
March 11th at 4:00 p.m. in the Gathering Place



Arbor Trace Revue—February 2026 Edition
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Publisher...Jennifer Whitten
Calendar of Events...Sandy Steinbach
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