ARBOR TRACE

TOWER POINTE
AT ARBOR TRACE

The Arbor Trace Revue

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

152™
KENTUCKY DERBY

Don't miss out on one of the most exciting events of the season—our Annual Kentucky Derby Party! Join your neighbors on Saturday, May 2nd at 5:00 PM in the Gathering Place for an evening of fun, festive flair, and racing excitement.
Be sure to dress the part and wear your most creative and stylish hat for our festive hat parade. Enjoy delicious themed foods and sip on classic mint juleps as we gather to watch "the most exciting two minutes in sports" and cheer on the horses as they run for the roses.
To reserve your spot, please place $15 cash in an envelope and drop it in the "Dudley" folder located in the Tower mail room.
We look forward to celebrating with you!





Mother's Day
Celebrate Mother's Day with a special brunch in the Colonnade on Sunday, May 10th at 12:00 PM. Enjoy a delicious meal in a warm and festive setting as we honor all the wonderful mothers in our community.
Reservations Required 239-438-4668



Pool Lunch
Join us for a relaxed and enjoyable afternoon at our Poolside Cookout on Thursday, May 7th from 11:30 AM to 1:00 PM. This is the perfect opportunity to gather with friends and neighbors while soaking up the beautiful outdoor setting.
We'll be serving up classic favorites—hamburgers with all the trimmings—fresh off the grill, along with great company and a welcoming atmosphere. Adding to the experience, guitarist and singer David G. Hunter will provide live music to keep things lively and fun.
Be sure to sign up at the Clubhouse to reserve your spot. We look forward to seeing you there for a delicious meal and a wonderful afternoon by the pool!

Notes from the Director:



April marks the yearly change in Tower Trace and Arbor Pointe Management board member roles. Tower Trace and APM boards run for three year terms and the President of each flips from a Tower Pointe and Arbor Trace resident for each prospective board to give each association equal representation in the community. I would like to thank everyone for the time and effort they put in on our various boards. It definitely can be time consuming!

We are pleased to announce that Legacy Healthcare Services will soon be joining us at the Clubhouse, beginning June 15th. Legacy will operate Monday through Friday from 9:00 AM to 5:00 PM in the office located across from the Clubhouse coffee table area, providing convenient on-site access for residents.

They will offer physical therapy, occupational therapy, speech therapy, as well as additional wellness and rehabilitation programs tailored to individual needs. Most of their services are covered under Medicare Part B, making this a valuable and accessible resource for our community.

This partnership is designed to enhance resident wellness, support recovery, and provide convenient, professional care right here at Arbor Trace, helping residents maintain independence and quality of life. More information on scheduling and services will be shared soon. Join us for a welcome event and balance screening on May 15th at 2:00 p.m. in the Gathering Place.

Since it's the time of year residents will start taking vacations or going on trips, please remember the front desks' need a filled out itinerary form whether you go away for 3 days or 3 months. It is very important that we get the water turned off in your absence. Please note that if you are gone longer than 30 days you must have a Homewatch service per the Association guidelines.…and have a way of contacting you in case of an emergency.

Other reminders, per state mandates no glass or animals are allowed within 50 feet of the pool area. Thank you for your cooperation.

Front Doors of your units must be keyed to the master. If you are changing locks or have changed them please make sure the locksmith adds it to the key system, per association guidelines.

Orkin Pest Control comes on Tuesdays, please sign up at the Concierge or Clubhouse desks if you see any pests.

Lastly, please remember that it is community policy that no staff accept or be offered tips, gifts/tips/loans or gratuity of any kind from a resident or supplier.

Best,

Jennifer Whitten
Executive Director



In Remembrance:

Suzie Eslick
Linda Duncan



May 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 Saturday's at 10:45 a.m.
*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 9:30am 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
*Bocce on Saturdays at 10:00 a.m.

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.

At 4:00 p.m. every Monday, meet at the pool for Trivia and Cocktails. BYOB and enjoy the beautiful weather and your neighbors.

Join in for the next Hearing Support Group meeting on Wednesday, May 6th at 1:30 p.m. in the Clubhouse Conference Room. Join others, you are not alone. Join new resident Bob Gordon on May 6th in the Clubhouse Lobby at 4:30 p.m. as he shares his love of singing Frank Sinatra Songs "That's Life!" Refreshments will be served.

May 7th join us poolside for hamburgers & hotdogs on the grill as we enjoy the sounds of David G. Hunter. Please sign up at the Clubhouse.

May 13th, Bobbie Phillips and his band from the NYE party will be back to entertain at the May Management Party at 5:30 p.m. in the Colonnade Dining Room. Grab your friends and make your reservations now by calling 239-438-4668.

ROMEO (Retired Old Men Eating Out) are planning to enjoy lunch together on Thursday, May 14th at noon in the Colonnade. Reserve your spot with Fe at the Clubhouse.

Do you enjoy crocheting or would you like to try something new? Come join crochet with Cheryl at the Clubhouse for a session in the Game Room at 1:30 p.m. on May 14th and 25th.

The Book Club meets in the Gathering Place, at 1p.m. on Friday, May 15th so come and join the group to discuss this month's book. After the book club, stay for a Balance Screening in the Gathering Place. It's always a great time to focus on your health!

Resident Dr. Jeanne Goldberg will be bringing a special lecture to us on Wednesday, May 20th at 10:00 a.m. in the Gathering Place called "Grandparents for Vaccines," describing a national, nonpartisan, newly formed grass roots organization, Grandparents for Vaccines. You can turn love into action by sharing your stories….informing today's parents about consequences of these diseases and how vaccinations changed lives!

All are welcome to come join our Sunset Photo Exhibit on Sunday, May 24th at 4:00 p.m. at the Top of the Pointe.

We will celebrate all residents with a May birthday at 5:30 p.m. in Colonnade on Thursday, May 21st. RSVP to Fe at the Clubhouse. The resident's birthday meal is complimentary!

Jump on the bus to Marco Island on Friday, May 22nd as we enjoy a Luncheon Cruise on the Marco Island Princess. Sign up at the Clubhouse if you would like to get out on the water with us!

Enjoy a Memorial Day Picnic at noon in the Colonnade on Monday, May 25th. Please make reservations in advance by calling the Dining Room and enjoy a relaxed dress code.

Religious activities are available: Wednesday, May 6th at 10:00 a.m. for the Episcopal service. Catholic Mass will be cancelled this month due to Memorial Day. Bible Study is meeting starting Friday, May 15th at 10:00 a.m. in the Tower Pointe Library this month.

The Arbor Trace Condo Association will meet at 3:00 p.m. on May 20th in the Clubhouse Activity Room for their monthly meeting. The Tower Pointe Condo Association will have their monthly meeting on Thursday, May 28th at 10:00 a.m. in the Gathering Place.

4



BIRTHDAY HAPPENINGS:

2nd-Pat Mead
2nd-Bob Wallace
3rd-Maureen Nedved
3rd-John Phillips
5th-Jack Keller
7th-Sandra Betts
7th-Irmi Wannamaker
10th-Sarah Smith
11th-Elaine Carp
13th-Pat Frey
14th-Mary Daniel
15th-Beverly Davisson
15th-Barbara Tidrick
16th-Ann Petrillo
16th-Fredi Verdesca
19th-Gerald Nonken
20th-Pat Cadwallader
21st-Peggy Cushman
21st-Ann Hocking
25th-Felix Jarczyk
25th-Vinnie Marrale
25th-David Sullivan
25th-Barbara Swidler
26th-Bill Pettinger
27th-Judy Daniel

Sun	Mon	Tue	Wed	
Calendar Key (AR) Clubhouse Activity Room (CL) Clubhouse (GP) Gathering Place, Tower Pointe (TP) Top of the Pointe Club		 Transportation to Tower Pointe activities is available from the Clubhouse.		
3 10:00 Naples United Church of Christ Livestreaming (AR) 12:00-2:00 Sunday Brunch 1:30 Bridge, & Assorted Games (CL) 2:00 Mah Jongg (TP)	**4** 9:00 Men's Coffee (GP) 10:00 Grocery Shopping 10:30 Chair Yoga (TP) 1:30 Walmart Shopping 2:00 Travel Club (AR) 4:00 Trivia & Cocktails (Pool) 7:30 Movie (GP)	**5** 7:30 Pickleball 9:30 Aquacise 1:00 Care Support (AR) 1:00 Dr. Teitelbaum (Salon) 3:30 Cell phone help w/Brandon 7:15 Bingo (AR)	**6** 9:00 Putting on the Green 9:00 Ladies Coffee (GP) 10:00 Episcopal Service (AR) 10:30 Chair Yoga (TP) 1:30 I Can't Hear You Support (CL) 4:30 "That's Life" performance by Bob Gordon (CL)	8:30 2: 5:
10 Mother's Day 10:00 Naples United Church of Christ Livestreaming (AR) 12:00-2:00 Mother's Day Brunch 1:30 Bridge & Assorted Games (CL) 2:00 Mah Jongg (TP)	**11** 9:00 Men's Coffee (GP) 10:00 Grocery Shopping 10:30 Chair Yoga (TP) 1:30 Beall's Shopping 2:00 Travel Club (AR) 4:00 Trivia & Cocktails (Pool) 7:30 Movie (GP)	**12** 7:30 Pickleball 9:30 Aquacise 7:15 Bingo (AR)	**13** 8:30 Blue Zones Walking Group 9:00 Putting on the Green 9:00 Ladies Coffee (GP) 10:30 Chair Yoga (TP) 5:30 May Management Party (Colonnade)	8:30 1 1:3 5:
17 10:00 Naples United Church of Christ Livestreaming (AR) 12:00-2:00 Sunday Brunch 1:30 Bridge, & Assorted Games (CL) 2:00 Mah Jongg (TP) 4:30 Democratic Social (TP)	**18** 9:00 Men's Coffee (GP) 10:00 Grocery Shopping 10:30 Chair Yoga (TP) 1:30 Walmart Shopping 2:00 Travel Club (AR) 4:00 Trivia & Cocktails (Pool) 7:30 Movie (GP)	**19** 7:30 Pickleball 9:30 Aquacise 1:00 Care Support (AR) 3:30 Cell phone help w/Brandon 7:15 Bingo (AR)	**20** 8:30 Blue Zones Walking Group 9:00 Putting on the Green 9:00 Ladies Coffee (GP) 10:00 J. Goldberg Presents (GP) 10:30 Chair Yoga (TP) 3:00 ATC Board Meeting (AR)	2 5
24/31 10:00 Naples United Church of Christ Livestreaming (AR) 12:00-2:00 Sunday Brunch 1:30 Bridge, & Games (CL) 2:00 Mah Jongg (TP) 4:00 Sunset Exhibit (TP) (24th)	**25 Memorial Day** 9:00 Men's Coffee (GP) 10:30 Chair Yoga (TP) 12:00 Memorial Day Buffet (CL) 7:30 No Movie (GP)	**26** 7:30 Pickleball 9:30 Aquacise 7:15 Bingo (AR)	**27** 8:30 Blue Zones Walking Group 9:00 Putting on the Green 9:00 Ladies Coffee (GP) 10:30 Chair Yoga (TP) 1:30 Crochet with Cheryl (CL)	10:00 5

May 2026

TOWER POINTE AT ARBOR TRACE

ARBOR TRACE

Thu	Fri	Sat
	1 9:00 Grocery Shopping 10:30 Chair Yoga (TP) 10:30 Sailboat Regatta 10:30 Forever Fit (AR)	**2** 7:30 Pickleball 9:00 Bocce 10:45 Tai Chi 5:00 Kentucky Derby Party (GP)
7 7:30 Pickleball 0 Blue Zones Walking Group 9:30 Aquacise 11:30-1 Pool Grill Out 1:30 Open Art (TP) 00 Fred Katz Lecture (GP) 30 Club Table (Colonnade)	**8** 9:00 No Grocery Shopping 9:15 Golden Paws Tour 10:30 Chair Yoga (TP) 10:30 Sailboat Regatta 10:30 Forever Fit (AR) 6:45 Artis Naples Classics	**9** 7:30 Pickleball 9:00 Bocce 10:45 Tai Chi
14 7:30 Pickleball 0 Blue Zones Walking Group 9:30 Aquacise 2:00 ROMEO (Colonnade) 1:30 Open Art (TP) 30 Crochet with Cheryl (CL) 30 Club Table (Colonnade)	**15** 9:00 Grocery Shopping 10:00 Bible Study (GP) 10:30 Chair Yoga (TP) 10:30 Sailboat Regatta 10:30 Forever Fit (AR) 1:00 Book Club (GP) 1:00-5:00 Knife Sharpening (CL) 2:00 Balance Screening (GP)	**16** 7:30 Pickleball 9:00 Bocce 10:45 Tai Chi 10:00-12:00 Car Show (Tennis Court Parking Lot)
21 7:30 Pickleball 9:30 Aquacise 1:30 Open Art (TP) :00 Fred Katz Lecture (GP) :30 Club Table (Colonnade) 5:30 May Birthday Dinner (Colonnade)	**22** 9:00 No Grocery Shopping 10:00 Bible Study (GP) 10:15 Marco Island Princess Tour & Lunch Outing 10:30 Chair Yoga (TP) 10:30 Sailboat Regatta 10:30 Forever Fit (AR)	**23** 7:30 Pickleball 9:00 Bocce 10:45 Tai Chi
28 7:30 Pickleball 9:30 Aquacise 0 Tower Pointe Board Mtg (GP) 1:30 Open Art (TP) :30 Club Table (Colonnade)	**29** 9:00 Grocery Shopping 10:00 Bible Study (GP) 10:30 Chair Yoga (TP) 10:30 Sailboat Regatta 10:30 Forever Fit (AR) 10:45 Penny Pinchers	**30** 7:30 Pickleball 9:00 Bocce 10:45 Tai Chi 4:00 A "Grand" Recital featuring Junior Pianists (TP)

Life Long Learning Program

Life Long Learning returns in June for the Summer Session. See you then!

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

5/4-Letters to Juliet (Romantic Comedy)
5/11-Remarkably Bright Creatures (Drama)
5/18-Jumanji (Adventure)
5/25-No Movie, Memorial Day

Arbor Trace Board Meeting
Wednesday, May 20th
3:00 pm (Activity Room)

Tower Pointe Board Meeting
Thursday, May 28th
10:00 am (Gathering Place)

Meet Pandora an Australian Shepherd Mix



Pandora or Pandy was outside on the lanai with numerous ferns and spider plants when her owner Janine Rees greeted me. Pandy was invited in just after Janine explained that at Pandy's birthplace she had been carried around and petted by young children and became a lap dog. As if illustrating this, Pandy unexpectedly jumped into my lap surprising me and not being immediately comfortable because of my notebook went back to Janine.

Pandora is an Australian shepherd mix that came free from a farm in Millersburg, Kentucky. The Australian Shepherds are a herding breed and work by chase not by barking according to Janine. Online sources say the breed was developed in the United States but was associated with the Australian Basque sheepherders who came to the U.S. in the 1800s. The dogs are known for their keen intelligence, eye catching appearance, and strong herding ability. They are delightful and loyal companions, easily trained and housebroken and are eager to please. They are very active dogs and need a lot of exercise.

Janine takes Pandy on daily walks here at Arbor Trace and enjoys the shade of our beautiful trees. About once a week they visit the dog park in Bonita Springs where Pandy likes to run very fast. They also like the dog park near Janine's mom Marilyn's home at Sienna Lake.

Janine enjoys Pandy's playful spirit, for example tug of war is her favorite game. Janine added, I also like talking about her. She is a loving dog who wants to be petted all the time. There are rules though. For example, Pandy is not allowed on the living room sofas but has her own blanket on Janine's bed where she sleeps from 9:30 p.m. to 7:30 a.m. with other blankets on the floor and in Janine's camper. Pandy eats Pro Performance's Pure Balance food with sauteed meat juice.

Pandy will go with Janine when she drives to their summer home in Kentucky. There on her 10-acre farm, Janine plans to have a garden and grow a field of sunflowers. Pandy will help by keeping the garden free of rabbits, along with mice, moles, and voles.

By Shirley Woolaway

Marco Island Princess



Set sail for a delightful day as we head out on the Marco Island Princess for a scenic cruise and luncheon on Friday, May 22nd. Enjoy beautiful waterfront views, great company, and a relaxing time aboard an air-conditioned, comfortable yacht.
We will depart Arbor Trace at 10:15 AM.
Sign up at the Clubhouse to reserve your spot.



Memorial Day Dining

Join us for a Memorial Day Luncheon at 12:00 PM on Monday, May 25th as we come together to honor and remember the brave men and women who served our country.
Enjoy a delicious meal in a warm, community setting while reflecting on the meaning of the day. Relaxed dress is encouraged.
Reservations are required—please call 239-438-4668 to reserve your seat.

GRANDPARENTS FOR VACCINES — TURN LOVE INTO ACTION!

Come to the Gathering Room on Wednesday, May 20 at 10AM and learn how you can turn LOVE INTO ACTION! Your special stories… videos, are requested!

One of our new residents, Dr. Jeanne Goldberg, will give a presentation describing a national, nonpartisan, newly formed grass roots organization, Grandparents for Vaccines. She may be accompanied by Pat Duncan and Beth Summer, who are also active volunteers for Grandparents for Vaccines in Southwest Florida.

Many of us are grandparents and/or great aunts and uncles, but even if not, we care about the happiness and health of children. All of us are grandparents in a sense!

Vaccination is one of history's greatest public health achievements, but its benefits are hidden from sight. Many young parents haven't witnessed the devastating effects of many diseases such as polio and measles.

Many of you do have memories of the days before vaccinations were available, and your stories are powerful! As a grandparent, you are trusted and respected.

You can turn love into action by sharing your stories….informing today's parents about consequences of these diseases and how vaccinations changed lives!

In the words of one grandparent: "I vaccinate because love protects." - Dr. Jeanne Goldberg

Foundation Gala





























THE BOOK CORNER: May Book Discussion: "The Kitchen House" by Katleen Grissom is scheduled for our May book discussion. Grissom's tale is set on a plantation in the years before the Civil War and centers on a young Irish indentured servant. A bit of mystery; relationships; societal expectations; it's all there. The discussion is on Friday, May 15 at 1:00 p.m. in the Tower Gathering Place. Need a book or have questions? Contact Karen Sexton or Sandy Steinbach. **Looking ahead to future discussions:** June: "The Extraordinary Life of Sam Hell" by by Robert Dugonii and July: "The Berry Pickers" by Amanda Peter. **Tower Pointe Library news**: Lorna O'Hara has volunteered to help out in our library; our thanks to her for signing up to help our busy committee. **Florida Weekly**: Every Thursday the new weekly edition is available in the Clubhouse lobby and the Tower library as well. And of course we have other newspapers in both libraries. **Mark your calendars!** Did you enjoy reading "Remarkably Bright Creatures"? Then there's a treat in store: the May 11 Monday night movie is the film version of the book.—Karen Sexton



Join us for our **Community Knife Sharpening Day** on Friday, May 15th from 1–5 PM in the Clubhouse parking lot. A professional mobile sharpening service will be on site, bringing your dull blades back to life while you relax. Simply drop off your knives at 1 PM and pick them up by 5 PM—quick, easy, and convenient. Sharpening is just $7 per knife, and services include kitchen knives, serrated knives, filet knives, pocket knives, and more. Don't miss this chance to keep your tools sharp and ready to use!



Join us for a **Phone Help Class with Brandon**, designed to make your smartphone easier and more enjoyable to use. Whether you have questions about texting, apps, photos, or general navigation, Brandon will be available to provide hands-on guidance and answer your questions in a relaxed, supportive setting.

Classes will be held on **Tuesday the 5th and Tuesday the 19th at 3:30 PM in the Clubhouse**. Bring your phone and any questions you have—no experience needed.



Join us for a special outing to **Golden PAWS Assistance Dogs** in Naples on Friday, May 8th. We'll depart at 9:15 AM for an inspiring visit to their training facility, where you'll see firsthand the incredible work they do to provide service dogs and support to those in need.
This is a wonderful opportunity to learn more about their mission and experience the impact they have on the community. Sign up at the Clubhouse to reserve your spot.



Join the **Retired Old Men Eating Out (ROMEO)** group for a great afternoon of food, conversation, and camaraderie. This is a perfect opportunity to connect with fellow residents, enjoy a good meal, and share some laughs in a relaxed setting.

The group will meet on **Thursday, May 14th**. Come hungry and ready for good company—new participants are always welcome. Call the Clubhouse to sign up. 239-598-2929

You're Invited to a "Grand" Musical Afternoon!

Join us for a warm and inspiring intergenerational piano recital that brings together adults aged 60+ and children around the grand piano. This special afternoon celebrates young pianists sharing their music, while older generations offer encouragement, stories, and inspiration—creating meaningful connections beyond family ties.

Come enjoy beautiful melodies, shared wisdom, and the joy of music bridging generations.

A truly "grand" gathering—for all ages.—Dr. Maria Beebe

Arbor Trace Revue—May 2026 Edition
Editor... Jennifer Whitten & Sandy Steinbach
Publisher...Jennifer Whitten
Calendar of Events...Sandy Steinbach
Contributors to this edition… Karen Sexton, Joan Millon, Shirley Woolaway, Dr. Jeanne Goldberg, Maria Beebe
Please visit www.arbortrace.com