ARBOR TRACE

TOWER POINTE
AT ARBOR TRACE

The Arbor Trace Revue

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



Feel the Island Vibes at Our Tropical Rhythm Management Dinner Dance!

Escape to the islands without leaving home! Join us for our Tropical Rhythm Management Dinner Dance on Wednesday, August 19th at 5:30 p.m. in the Colonnade for an evening filled with delicious food, lively music, dancing, and great company. Kick off the festivities with an open bar from 5:30–6:30 p.m., then indulge in a festive tropical buffet while enjoying the vibrant sounds of steel drum artist Orlando Phillips. His island rhythms are sure to have you swaying to the music and embracing the carefree spirit of the Caribbean. Bring your friends, reserve a table together, and make it a night to remember! Don't forget to wear your favorite tropical or Caribbean attire to add to the colorful island atmosphere. Reservations are required, so make yours today by calling the Dining Room. Gather your friends, dress for the tropics, and join us for an unforgettable evening of food, fun, music, and dancing!



The Power of Blue Spaces: Why Water Is Good for the Soul

From this aerial perspective, it's easy to appreciate one of Arbor Trace's greatest treasures—the beautiful bay, winding waterways, and the Gulf just beyond. While these views are undeniably stunning, they also offer something more than scenery. Research continues to show that living near water—often called "blue spaces"—can have meaningful benefits for our physical and mental well-being.

Studies have found that people who live near or regularly spend time around water often experience:

- Lower stress and anxiety
- Improved mood and emotional well-being
- Better sleep quality
- Increased physical activity through walking and outdoor recreation
- Greater overall life satisfaction

Researchers believe there are several reasons why. The gentle movement of water naturally draws our attention, helping quiet the mind and reduce mental fatigue. The sights and sounds of lakes, rivers, and the ocean encourage relaxation while also inspiring us to get outside, take a walk, or simply pause and enjoy the moment.

Here at Arbor Trace, we're fortunate to be surrounded by this remarkable environment every day. Whether you're enjoying your morning coffee overlooking the lake, watching birds along the preserve, taking a stroll through the community, or heading to Delnor-Wiggins Pass or Bonita Beach, you're experiencing one of nature's most restorative settings.

Sometimes, the best wellness program isn't found in a gym or a doctor's office—it's found in a peaceful view beside the water.

So the next time you pass one of our lakes or catch a glimpse of the Gulf on the horizon, take a few extra moments to enjoy it. Your mind—and your body—may thank you.

"Life is better by the water, and we're fortunate to call it home."



Dear Residents and Families,

I'd like to provide some clarification regarding the services available through Arbor Glen Assisted Living and the nursing support available to residents throughout the Arbor Trace campus.

Medicare & Assisted Living

Medicare does not cover the cost of assisted living communities like Arbor Glen. It generally covers short-term skilled nursing or rehabilitation following a qualifying hospital stay. Once those benefits end, many individuals transition to assisted living if they need ongoing support with daily activities.

Residents may come to Arbor Glen following a hospital or rehabilitation stay, because their care needs have increased, or while receiving hospice services. Our team works closely with physicians, discharge planners, and hospice providers to ensure a smooth transition and continuity of care.

Nursing Services

Residents living in Arbor Glen Assisted Living receive nursing oversight and care as part of their individualized service plan. For Independent Living residents, our nursing staff is available to provide limited health support, including:

- Vital sign checks
- Simple wound care and bandage changes
- Medication education
- Basic first aid
- Emergency response if you experience a fall or medical emergency in your residence or elsewhere on the Arbor Trace campus

Please note that Arbor Glen is **not** a home health agency or skilled nursing facility. For Independent Living residents, our nurses do not provide physical, occupational, or speech therapy, private-duty caregiver services, or ongoing in-home nursing care. These services can be arranged through home health agencies or private caregivers when appropriate.

Because our nurses' primary responsibility is caring for residents in Arbor Glen Assisted Living, they are available to assist Independent Living residents with the services listed above and will always respond to emergencies, but they cannot provide ongoing clinical care beyond this scope.

If you have questions about your care needs or would like to discuss whether Arbor Glen is the right level of care for you or your loved one, please contact Colleen Mulready, Director of Nursing. With more than 20 years of nursing experience, she is happy to discuss available services and help guide you toward the resources that best meet your needs.

Thank you for allowing us to be part of your care journey.

In closing, I want to thank Refki “Ricki” Ademaj for his over 19 years of service to the Arbor Trace community. Ricki is always the first to jump in if you need something and will be greatly missed for his history of Tower Pointe. Ricki congratulations on your retirement!

Sincerely,

Jennifer Whitten
Executive Director



In Remembrance:
Mike Brady
Donna Sacks



August Calendar Notes

Exercise Opportunities

*Forever Fit on Fridays 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 Tuesday & Saturday mornings in the Clubhouse Activity Room at 9:30 a.m.
*Sandy's Exercise/Chair Yoga on Channel 99 available anytime
*Chair Yoga M/W/F at 10:30 a.m. in the Tower Gathering Place
*Tuesday/Thursday 9:30 a.m. Aquacise at the Swimming Pool (weather permitting)
*Pickleball Tuesdays/Thursdays/Saturdays at 8:00 a.m. Call Jim Brock about lessons
*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
*Join Trainer John from Legacy at the Gym on Thursdays at 3:00 p.m. in August

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 p.m. in the Clubhouse Conference Room the first and third Tuesday. Any resident is welcome to join the group for support.

At 4:00 p.m. every Monday, meet at the Activity Room during the heat of the summer for Trivia and Cocktails. BYOB and enjoy the beautiful weather and your neighbors. Jennifer will be quizmaster on August 17th.

If you need help using your cell phone, tablet, or laptop, Brandon continues his volunteer help on Tuesday, August 4th and 18th at 3:30 p.m. Sign up at the Clubhouse for a spot!

We will celebrate all residents with an August birthday at 5:30 p.m. in the Colonnade on Thursday, August 13th. RSVP to Fe at the Clubhouse. The resident's birthday meal is complimentary!

Jump on the bus on Friday, August 7th as we head to the Immokalee Casino. Test your luck with us and play slots or table games and enjoy lunch at the Casino, on our adventure!

Feel the island vibes at the Tropical Rhythm Management Party on Wednesday, at 5:30 p.m. in the Colonnade Dining Room. Grab your friends, put on your island attire, and make your reservations now by calling 239-438-4668. Come enjoy a fun evening of Calypso music with Orlando Phillips providing the wonderful steel drum sounds.

Come join Crochet with Cheryl at the Clubhouse in the Clubhouse Game Room at 1:30 p.m. on August 13th and 26th.

The Book Club meets in the Gathering Place, at 1:00 p.m. on Friday, August 21st so come and join the group to discuss this month's book.

Fred Katz will be returning this month with his great music lectures on August 6th at 2:00 p.m. in the Gathering Place.

Religious activities are available: Wednesday, August 5th at 10:00 a.m. for the Episcopal service.

Catholic Mass will be at 10:00 am on Monday, August 24th.

Bible Study is currently on a break and will restart after Labor Day.

The Arbor Trace Condo Association will meet at 3:00 p.m. on Wednesday, August 19th in the Clubhouse Activity Room for their monthly meeting.

The Tower Pointe Condo Association will have their monthly meeting on Thursday, August 27th at 10:00 a.m. in the Gathering Place.

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BIRTHDAY HAPPENINGS:

2nd-Pat Fiedor
3rd-Tom Betts
4th-Sally Kuralt
4th-Rhona Saunders
5th-Joan Yates
6th-Kathleen Wallace
8th-Ellie Binder
8th-Jerry Stone
8th-Roger White
10th-Jack Nason
11th-Dori Hobson
12th-Dorothy Gridley
14th-Phil Sexton
15th-Mary Foote
16th-Jack Skees
19th-Shep Scheinberg
20th-Janine Rees
24th-Bobbie Ray
25th-Ann Jackson
28th-Marge Gower
28th-Lillian Grattarola
28th-Sandra Hadler

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Sun	Mon	Tue	Wed	
2 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)	3 9:00 Men's Coffee (GP) 10:00 Grocery Shopping 10:30 Chair Yoga (AR) 1:30 Aldi Shopping 2:00 Travel Club (GP) 4:00 Trivia & Cocktails (AR) 7:30 Movie (GP)	4 8:00 Pickleball 9:30 Aquacise 9:30 Tai Chi (AR) 1:00 Care Support (CL) 3:30 Cell Phone Help w/Brandon 7:15 Bingo (AR)	5 9:00 Putting on the Green 9:00 Ladies Coffee (GP) 10:00 Episcopal Service (AR) 10:30 Chair Yoga (AR)	8:0 2:0 3:0 5:
9 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 (GP)	10 9:00 Men's Coffee (GP) 10:00 Grocery Shopping 10:30 Chair Yoga (AR) 1:30 Aldi Shopping 2:00 Travel Club (GP) 4:00 Trivia & Cocktails (AR) 7:30 Movie (GP)	11 8:00 Pickleball 9:30 Aquacise 9:30 Tai Chi (AR) 7:15 Bingo (AR)	12 9:00 Putting on the Green 9:00 Ladies Coffee (GP) 10:30 Chair Yoga (AR) 4-5 Legacy Physical Therapy Open House (CL)	8:0 1 3:0 5: 5:
16 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 (TP) 4:00 Ice Cream Social (GP)	17 9:00 Men's Coffee (GP) 10:00 Grocery Shopping 10:30 Chair Yoga (AR) 1:30 Walmart Shopping 2:00 Travel Club (GP) 4:00 Trivia & Cocktails (AR) 7:30 Movie (GP)	18 8:00 Pickleball 9:30 Aquacise 9:30 Tai Chi (AR) 1:00 Care Support (CL) 3:30 Cell Phone Help w/Brandon 7:15 Bingo (AR)	19 9:00 Putting on the Green 9:00 Ladies Coffee (GP) 10:30 Chair Yoga (AR) 3:00 Arbor Trace Board Mtg (AR) 4:45 Bob Sings! (CL) 5:30 Caribbean Themed Management Party (CL)	8:0 3:0 5:
23 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)	24 9:00 Men's Coffee (GP) 10:00 Grocery Shopping 10:00 Catholic Mass (CL) 10:30 Chair Yoga (AR) 1:30 Dollar Tree Shopping 2:00 Travel Club (GP) 4:00 Trivia & Cocktails (AR) 7:30 Movie (GP)	25 8:00 Pickleball 9:30 Aquacise 9:30 Tai Chi (AR) 7:15 Bingo (AR)	26 9:00 Putting on the Green 9:00 Ladies Coffee (GP) 10:30 Chair Yoga (TP) 1:30 Crochet w/Cheryl (CL)	8:0 10:0 3:0 5:
30 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)	31 9:00 Men's Coffee (GP) 10:00 Grocery Shopping 10:30 Chair Yoga (AR) 1:30 Walmart Shopping 2:00 Travel Club (GP) 4:00 Trivia & Cocktails (AR) 7:30 Movie (GP)			

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Thu	Fri	Sat
6 8:00 Pickleball 0 Blue Zones Walking Group 9:30 Aquacise 00 Fred Katz Presents (GP) 0 Gym with Trainer John (TP) 30 Club Table (Colonnade)	7 9:00 Grocery Shopping 10:30 Chair Yoga (AR) 10:30 Forever Fit (AR) 10:30 Sailboat Regatta 10:45 Seminole Casino	1/8 8:00 Pickleball 9:30 Tai Chi (AR)
13 8:00 Pickleball 0 Blue Zones Walking Group 9:30 Aquacise :30 Crochet w/Cheryl (CL) 0 Gym with Trainer John (TP) 30 Club Table (Colonnade) 30 August Birthday Dinner	14 9:00 Grocery Shopping 10:30 Chair Yoga (AR) 10:30 Forever Fit (AR) 10:30 Sailboat Regatta 11:00 Lunch Bunch	15 8:00 Pickleball 9:30 Tai Chi (AR)
20 8:00 Pickleball 0 Blue Zones Walking Group 9:30 Aquacise 0 Gym with Trainer John (TP) 30 Club Table (Colonnade)	21 9:00 Grocery Shopping 10:30 Chair Yoga (AR) 10:30 Forever Fit (AR) 10:30 Sailboat Regatta 1:00 Book Club (GP)	22 8:00 Pickleball 9:30 Tai Chi (AR)
27 8:00 Pickleball 0 Blue Zones Walking Group 9:30 Aquacise 0 Tower Pointe Board Mtg (GP) 0 Gym with Trainer John (TP) 30 Club Table (Colonnade)	28 9:00 Grocery Shopping 10:30 Chair Yoga (AR) 10:30 Forever Fit (AR) 10:30 Sailboat Regatta 10:45 Penny Pinchers	29 8:00 Pickleball 9:30 Tai Chi (AR)
	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. 

Life Long Learning Program

The Fall Semester will begin in October

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

8/3– The Choice (Rom Drama)
8/10-Two If By Sea (Rom Com Crime)
8/17-Ticket to Paradise (Rom Com)
8/24-LBJ (Political Drama)
8/31-Father of the Bride (Comedy)

Arbor Trace Board Meeting
Wednesday, August 19th
3:00 pm (Activity Room)

Tower Pointe Board Meeting
Thursday, August 27th
10:00 am (Gathering Place)



Meet Newcomers Bart and Linda Luedeke

Bart and Linda Luedeke moved into their Tower Ponte condo May 1, moving from Imperial Golf Estates where both played golf. They learned of Arbor Trace through Beverly Davisson, one of Linda's golfing partners and Roger White who played with Bart.

The Luedekes are just getting settled in and are looking forward to getting acquainted with Arbor Trace and its activities. Both are readers with Linda continuing with the book and bridge clubs at Imperial but expecting to check out the book club here for its fiction selections. Bart likes to read about history and may participate in the putting competition and the men's coffee. Bart, which is short for Barton, considers himself a Kentuckian, having grown up in Ft. Thomas despite living elsewhere for years. He ran track and cross country at Highland High School and at Hanover College in Indiana where he majored in education and math. Linda was from Indianapolis and graduated from Broad Ripple High School where she was a member of the Booster Club supporting their basketball team. She met Bart at Hanover College when Bart was editor of the yearbook and she the assistant editor. Both education majors, they became sweethearts and married a year after graduation. Linda taught elementary classes while Bart had a job with Proctor and Gamble processing orders and shipping documents. Deciding he didn't want to do that for the rest of his life, he earned his teaching certification and a Master's in Education at Xavier University in Connecticut and taught in the local high school. While raising their sons Scott and Mark, Linda worked in her church office.

Bart continued his education at the University of Illinois getting his PhD in higher education and statistics and design. His next move was to Riders University, a non-denominational four- year school as dean, next as academic vice president and president. Then Linda's duties expanded as they were expected to raise funds for the college by entertaining up to 1500 people a year, often fifty at a time when reunion class members attended. Linda worked with a catering company to select the menu and other details while continuing to play golf and be active with the local Red Cross board.

The couples' son Scott who has 3 sons worked in finance in Singapore, took early retirement and lives at Lakewood Ranch, Florida. Mark, who has a daughter and a son, is an attorney in Pennington, New Jersey. A warm welcome to Bart and Linda Luedeke.

By Shirley Woolaway

SEMINOLE CASINO HOTEL IMMOKALEE

Try Your Luck at Seminole Casino!

Looking for a fun day out with friends? Join us on Friday, August 7, for an exciting trip to Seminole Casino! We'll depart at 10:45 a.m. and spend the day enjoying all the casino has to offer. Whether you prefer the excitement of the slot machines or the challenge of your favorite table games, there's something for everyone. After trying your luck, we'll gather for a delicious lunch at one of the casino's dining venues before heading back home. It's the perfect opportunity to enjoy a change of scenery, have some fun, and spend time with fellow residents. Space is limited, so be sure to sign up early to reserve your seat. We look forward to a great day of gaming, dining, and good company!



You're Invited to Our Summer Ice Cream Social!

Celebrate summer with a delicious treat and great company at our Summer Ice Cream Social! Join your friends and neighbors on Sunday, August 16, at 4:00 p.m. in the Tower Gathering Place for an afternoon of Royal Scoop ice cream, fellowship, and fun. In addition to enjoying a variety of sweet treats, there will be entertainment and door prizes, making this an event you won't want to miss! To reserve your spot, place your payment of $10 per person in an envelope with your name on it and deposit it in Kathy Dudley's mail folder in the Tower. Once your payment is received, you'll be officially signed up for the event. Come enjoy an afternoon filled with delicious ice cream, lively entertainment, exciting door prizes, and the chance to visit with friends and neighbors. We hope to see you there!

A look back at July






















THE BOOK CORNER: **Hot August days**: are you looking for something to do? Both libraries, Clubhouse and Tower Pointe, have an abundance of books, newspapers and magazines. The Tower recently received two generous donations: books of all genres, including novels, mysteries, war and biographies. Come check us out.. **August Book Discussion:** "The Martha's Vineyard Beach and Book Club" by Martha Kelly. Please come and join in the conversation about two sisters: In an attempt for normalcy in 1942, with the war a very real presence on their island, they start a book club…. The discussion is on Friday, August 21 at 1:00 p.m. in the Tower Gathering Place. Need a book or have questions? Contact Karen Sexton or Sandy Steinbach. **Looking ahead:** It's almost time to select books for the 2026-2927 discussions. A list of proposed books will be available at the discussion on August 21 or from Sandy and Karen. September 18 is the day we'll vote—mark your calendars. . **Magazines and Newspapers:** Thank you for your donations—more always welcomed and appreciated by all our residents.



Lift Assist

The fear of falling is real for all of us! We hopefully, wear our pendants, stay off ladders and overall, try to be careful.

The reality is that falls happen. If you are wearing your pendant and push it, Arbor Glen responds.

In addition, there is a service in Collier County called Lift Assist and that is exactly what they do! If the person is not injured and only needs assistance getting up, they will send part of the EMS team to give you that needed "lift".

The phone number for Lift Assist is 252-9300. When you call, someone will answer, "Collier County Sheriff's Office" and you will tell them you need Lift Assist. They will question whether anyone is injured and if not, will dispatch an EMS team to come and help you. There is no charge for this service as it is paid for with your tax dollars.

Meet Our New Therapy Team

Open House

Join us for a Legacy Therapy Open House on Wednesday, August 12 from 4:00–5:00 p.m. Stop by to meet our new therapy staff, learn about the services we offer, and enjoy light refreshments. We look forward to welcoming you and introducing you to our team!

Gym with John

Join John every Thursday at 3:00 p.m. in the Tower Gym for Gym with John. Learn how to safely use the fitness equipment, receive valuable fall prevention tips, and meet the Legacy team to see how they can support your fitness goals. Whether you're new to the gym or a regular, everyone is welcome!

Hand Massage Social

Join the Legacy Therapy team every Wednesday at 3:00 p.m. in Arbor Glen for our Hand Massage Social. Take a moment to relax, enjoy a soothing hand massage, and visit with friends. It's a wonderful opportunity to unwind, socialize, and learn more about how the Legacy Therapy team can support your health and wellness.

Graciela Navarro, COTA
Legacy Rehab Director
Arbor Trace Naples

CAM Corner: Renovation Do's & Don'ts



With so many renovation projects underway throughout our community, now is a great time to remember a few important guidelines. Before starting any project, review the Association's renovation requirements, notify the management office, and hire licensed and insured contractors. During construction, protect common areas, follow approved work hours, and ensure all debris is disposed of properly.

Just as importantly, don't begin work without any required approvals, leave materials or debris in hallways or common areas, block elevators or emergency exits, or make plumbing, electrical, or structural changes without prior approval.

A little planning and consideration helps protect our community, keeps projects on schedule, and makes the renovation process smoother for everyone.

Arbor Trace Revue– August 2026 Edition
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