ARBOR TRACE OF NAPLES

THE ARBOR TRACE REVUE

Community News • Events • Life at Arbor Trace

GOOD FRIENDS BRIGHTER DAYS A STRONGER TOMORROW

OCTOBER 2026

A VIBRANT COMMUNITY A BRIGHTER TOMORROW

GOLDEN VARIETY SHOW

The Spotlight Is Yours

MONDAY, OCTOBER 26

4:00 P.M. • TOP OF THE POINTE

Have a talent, hobby, or party trick you've been keeping under wraps? This is your chance to take the stage. We're looking for Arbor Trace residents to be part of our Golden Variety Show — an afternoon filled with music, laughter, surprises, and plenty of fun.

Sing a favorite song. Play an instrument. Tell a few jokes. Read poetry. Perform a little magic. Share something you learned years ago — or something completely unexpected. You don't have to be a professional. You just have to be willing to join in and have a good time. Perform on your own, grab a friend, or put together a group. The more variety, the better!

Your Talent. Your Moment. Your Stage.

ANNUAL HALLOWEEN PARTY

Costumes • Cocktails • Prizes • A Little Mischief

Friday, October 30

5:30 P.M.

Something wickedly fun is coming to Arbor Trace. Join friends and neighbors for our Annual Halloween Party, an evening of festive drinks, plenty of laughs, and costumes ranging from spooky and sophisticated to downright silly.

Come Dressed to Impress

Costumes are encouraged — and creativity may pay off! Prizes will be awarded for the best costumes, so start planning your look now.

Open Bar • 5:30 p.m.

RESERVATIONS REQUIRED

Call the Dining Room

239-438-4668

We'll provide the spirits. You bring the spirit.

1000 Arbor Lake Drive
Naples, FL 34110

239-598-2929

Arbortrace.com

More Than a Place... A Community

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When Should I Rethink Independent Living?



This is a question we are asked often, and the answer is different for everyone. There is no one age or single event that determines when someone should begin considering additional assistance. Instead, it may be helpful to look at how everyday tasks are going and whether they are becoming more difficult to manage safely and comfortably.

Some signs may include finding it harder to shop for groceries, prepare meals, do laundry, bathe or keep up with other daily routines. Personal hygiene is especially important as we age. Regular bathing or showering helps protect skin health, reduce the risk of irritation and infection, and supports overall comfort and well-being. If getting in and out of the shower has become difficult, frightening or unsafe, that may be a sign that some additional assistance is needed.

Managing medications can also become more challenging, especially if you are having difficulty reading labels or remembering whether you have taken your medication. Forgetting meals, experiencing falls or becoming increasingly isolated can also be indications that it may be time to consider some additional support.

There can sometimes be a stigma attached to Assisted Living, Home Health or simply asking for help. Needing assistance, however, does not mean giving up your independence. In many cases, having the right support allows someone to remain more active, social and engaged because they are no longer struggling with tasks that have become difficult. The goal is to maintain the best quality of life possible.

As we age, family members often become more involved in helping with everyday needs. Having conversations with your family before a crisis occurs can make future decisions much easier for everyone. Talk about what you would want, what type of assistance you would be comfortable with and what is most important to you. Planning ahead can reduce stress not only for you, but also for the people who care about you.

What's Next Around the Community

We also have several improvements coming up around Arbor Trace. Upcoming projects include seal-coating throughout the community, new epoxy coatings at the Tower Pointe side entrances, additional landscaping upgrades, and new gutters for the Arbor Trace condominium units. These projects are part of our ongoing efforts to maintain and improve the community, and we appreciate everyone's patience as the work continues.



In Remembrance:

Veni Govoni
Delores Tiede

OCTOBER 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
*Chair Fitness (Formerly 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 Gyms at Tower Pointe, Building 9 and 2 are open to all residents and their guests
*Join Jared from Legacy Physically Therapy at the Gym on Thursdays at 3:00 p.m. See flier for location.

Men are welcome to join the weekly 9:00 a.m. Monday morning coffee group 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.

At 4:00 p.m. every Monday, meet at the Pool (Clubhouse Activity Room as alternate) for Trivia and Cocktails. BYOB and enjoy the beautiful weather and your neighbors.

Join us on Wednesday, October 7th for our annual Health Fair in the Clubhouse starting at 11:00 a.m. This is a great opportunity to visit local vendors and enjoy refreshments and our community.

Friday, October 9th we are taking a trip to Ft. Myers Beach to tour the historic Mound House, with lunch afterwards at The Whale. Sign up at the Clubhouse as space is limited.

Do you struggle with Neuropathy? We have a new group starting Tuesday, October 13th meeting at 1:00 p.m. in the Clubhouse Conference Room for those who can share advice and lean on each other for support. We hope to see you there!

We will celebrate all residents with an October birthday at 5:30 p.m. in Colonnade on Thursday, October 22nd. RSVP to Fe at the Clubhouse. The resident's birthday meal is complimentary!

There will be 2 Management Parties in October. Join us for Oktoberfest on Wednesday, October 14th at 5:30 p.m. in the Colonnade Dining Room. Friday, October 30th we are excited to host our annual Costume Halloween Dinner Dance, so grab your costume and your friends and make your reservations now by calling 239-438-4668. Come enjoy a fun evening of dinner, dancing and community spirit. Prizes will be awarded for costumes!

Come join Crochet with Cheryl at the Clubhouse for a session in the Clubhouse Game Room at 1:30 p.m. on October 8th & 28th.

The Book Club meets in the Gathering Place, at 1:00 p.m. on Friday, October 16th so come and join the group to discuss this month's book.

Enjoy the sounds of Bill Metz & Friends Poolside on Saturday, October 17th starting at 2:00 p.m. Please sign up at the Clubhouse and admission is bring a non-perishable food item to donate. BYOB.

Residents are invited to join us at the Top of the Pointe on October 23 at 4:00 p.m. for a lively Western-themed chorus performance. Put on your cowboy boots and enjoy an afternoon of music, fun, and community! Refreshments will be served.

Do you love the December holidays? Join the chorus as they start to prepare a fun program on Monday, October 26th at 12:30 p.m.

Show us your talent on Monday, October 26th at 4:00 p.m. at the Top of the Pointe. Sign up at the Clubhouse to participate in this fun event.

Religious activities are available: Wednesday, October 7th at 10:00 a.m. for the Episcopal service. Catholic Mass will be at 10:00 am on Monday, October 26th. Bible Study every Friday morning at 10:00 a.m. in the Tower Pointe Library.

The Arbor Trace Condo Association will meet at 3:00 p.m. on Wednesday, October 21st in the Clubhouse Activity Room for their monthly meeting.
The Tower Pointe Condo Association will have their monthly meeting on Thursday, October 29th at 10:00 a.m. in the Gathering Place.

BIRTHDAY HAPPENINGS:



2nd-Mike Brookins
2nd-Bill Momberger
3rd-Shirley Woolaway
5th-Bob Gordon
5th-Paul Martin
7th-Jolan Lukas
11th-Anne Holmes
14th-Gail Nekoroski
16th-David Goldstein
18th-William Bopp
19th-Judi Palay
21st-Tom Piascik
23rd-Ollie Griffin
24th-Jeannie Abels
25th-Beverly Mills
25th-Pat Peterson
30th-Linda Luedeke
30th-David Ray

Sun	Mon	Tue	Wed
 Transportation to Tower Pointe activities is available from the Clubhouse.	**Calendar Key** (AR) Clubhouse Activity Room (CL) Clubhouse (GP) Gathering Place, Tower Pointe (TP) Top of the Pointe Club (TPL) Tower Library		
4 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)	**5** 9:00 Men's Coffee (GP) 10:00 Grocery Shopping 10:00 Flu Shot Clinic (AR) 10:30 Chair Yoga (GP) 12:30 Chorus Practice (AR) 1:30 Kohls Shopping 2:00 Travel Club (AR) 7:30 Movie (GP)	**6** 8:00 Pickleball 9:30 Aquacise 9:30 Chair Fitness (AR) 10:00 Lifelong Learning Class (GP) 1:00 Care Support (CL) 7:15 Bingo (AR)	**7** 9:00 Putting on the Green 9:00 Ladies Coffee (GP) 10:00 Episcopalian Service (AR) 10:30 Chair Yoga (GP) 10:00-2:00 Health Fair (CL)
11 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) 4:30 Democratic Social Group (GP)	**12 Indigenous Peoples' Day** 9:00 Men's Coffee (GP) 10:00 Grocery Shopping 10:30 Chair Yoga (GP) 12:30 Chorus Practice (AR) 1:30 Walmart Shopping 2:00 Travel Club (AR) 7:30 Movie (GP)	**13** 8:00 Pickleball 9:30 Aquacise 9:30 Chair Fitness (AR) 10:00 Lifelong Learning Class (GP) 1:00 Neuropathy Support Group (CL) 7:15 Bingo (AR)	**14** 9:00 Putting on the Green 9:00 Ladies Coffee (GP) 10:30 Chair Yoga (GP) 5:30 Oktoberfest Management Party (Colonnade)
18 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)	**19** 9:00 Men's Coffee (GP) 10:00 Grocery Shopping 10:30 Chair Yoga (GP) 12:30 Chorus Practice (TP) 1:30 Trader Joe's Shopping 2:00 Travel Club (AR) 4:00 Trivia & Cocktails (Pool) 7:30 Movie (GP)	**20** 8:00 Pickleball 9:30 Aquacise 9:30 Chair Fitness (AR) 1:00 Care Support (CL) 7:15 Bingo (AR)	**21** 9:00 Putting on the Green 9:00 Ladies Coffee (GP) 10:30 Chair Yoga (GP) 3:30 ATC Board Meeting (AR)
25 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)	**26** 9:00 Men's Coffee (GP) 10:00 Grocery Shopping 10:00 Catholic Mass (AR) 12:30 Holiday Chorus Practice (AR) 1:30 Walmart Shopping 2:00 Travel Club (AR) 4:00 Golden Variety Show (TP) 7:30 Movie (GP)	**27** 8:00 Pickleball 9:30 Aquacise 9:30 Chair Fitness (AR) 10:00 Lifelong Learning Class (GP) 7:15 Bingo (AR)	**28** 9:00 Putting on the Green 9:00 Ladies Coffee (GP) 10:30 Chair Yoga (GP) 10:30 Arbor Glen Tour (CL) 1:30 Crochet w/Cheryl (CL)

OCTOBER CALENDAR

Thu	Fri	Sat
1 8:00 Pickleball 9:30 Aquacise 1:30 Open Art (TP) 0 Lifelong Learning Class (GP) 5:30 Club Table (Colonnade)	**2** 9:00 Grocery Shopping 10:00 Bible Study (TPL) 10:30 Chair Yoga (GP) 10:30 Sailboat Regatta 10:30 Forever Fit (AR) 11:15 Lunch Bunch	**3** 8:00 Pickleball 9:30 Chair Fitness (AR)
8 8:00 Pickleball 9:30 Aquacise 1:30 Open Art (TP) 1:30 Crochet w/Cheryl (CL) :30 Club Table (Colonnade)	**9** 9:00 No Grocery Shopping 9:45 Mound House Field Trip 10:00 Bible Study (TPL) 10:30 Chair Yoga (GP) 10:30 Sailboat Regatta 10:30 Forever Fit (AR)	**10** 8:00 Pickleball 9:30 Chair Fitness (AR)
15 8:00 Pickleball 9:30 Aquacise 1:30 Open Art (TP) Lifelong Learning Class (GP) :30 Club Table (Colonnade)	**16** 9:00 Grocery Shopping 10:00 Bible Study (TPL) 10:30 Chair Yoga (GP) 1:00 Book Club (GP) 10:30 Forever Fit (AR)	**17** 8:00 Pickleball 9:30 Chair Fitness (AR) 2-4 Bill Metts & Friends Perform Poolside
22 8:00 Pickleball 9:30 Aquacise 1:30 Open Art (TP) Lifelong Learning Class (GP) :30 Club Table (Colonnade) 30 October Birthday Dinner	**23** 9:00 Grocery Shopping 10:00 Bible Study (TPL) 10:30 Chair Yoga (GP) 10:30 Sailboat Regatta 10:30 Forever Fit (AR) 4:00 Arbor Lake Chorus Performs (TP)	**24** 8:00 Pickleball 9:30 Chair Fitness (AR)
29 8:00 Pickleball 9:30 Aquacise 0 Tower Pointe Board Mtg (GP) 1:30 Open Art (TP) 0 Lifelong Learning Class (GP)	**30** 9:00 Grocery Shopping 10:00 Bible Study (TPL) 10:30 Chair Yoga (GP) 10:30 Sailboat Regatta 10:30 Forever Fit (AR) 5:30-8 Halloween Costume Party 6:45 Artis Classics	**31 Halloween** 8:00 Pickleball 9:30 Chair Fitness (AR)

Life Long Learning Program
Classes are held at the Tower in the Gathering Place

Thursday, October 1st 2pm
"Murder, Mystery & Mayhem on Ft. Myers Beach"

Tuesday, October 6th 10am
"What Are All These Apps?"

Friday, October 9th 9:45 am
"Mound House & Lunch Tour"

Tuesday, October 13th 10am
"Celebrities Who Have Known Me"

Thursday, October 15th 2pm
"Medicare 101"

Thursday, October 22nd 2pm
"From Inns to Icons: The Evolution of American Hotels & Resorts"

Tuesday, October 27th 10am
"Iran: It's History & Today"

Thursday, October 29th 2pm
"Italian Wines From Top To Bottom"

Arbor Trace Board Meeting
Wednesday, October 21st
3:00pm (Activity Room)

Tower Pointe Board Meeting
Thursday, October 29th
10:00 am (Gathering Place)

Monday Night at the Movies
Gathering Place of Tower Pointe
7:30 pm
10/5-Steel Magnolias (Comedy/ Drama)
10/12-Sleepless in Seattle (Drama)
10/19-Animals (Drama/Action)
10/26-Who is Martin Mull? (Documentary)

Come Enjoy the Sounds of the Arbor Lake Chorus!

Join us on Friday, October 23rd at 4:00 p.m. at The Top of the Pointe for a fun, western-themed musical program presented by the Arbor Lake Chorus! They've been working hard to prepare a wonderful afternoon of music and western fun, and we'd love for you to come enjoy the show. Refreshments will be served.

Flu Shots

Flu Shots will be administered by Walmart Pharmacy on Monday, October 5th starting at 10:00 a.m. Once you fill out your form and turn it in to the Clubhouse you will receive an appointment time. Everyone 65 and up will receive a high dose flu vaccine. Other vaccinations available upon request.

MOUND HOUSE

The Mound House encompasses six exhibits detailing nearly 2,000 years of cultural and environmental history of our site. Home to many different cultures including Calusa, Seminole, Latino, and Anglo-Americans; our site reflects the many layers of Southwest Florida's history! Sign up at the Clubhouse if you would like to enjoy this walking tour of their property on Ft. Myers Beach. After the tour we will head to The Whale on Ft. Myers Beach. The iconic Whale is back after hurricane Ian and we look forward to visiting. The cost for the trip is $10 to be billed to your account and bring money for lunch.



ARBOR TRACE OF NAPLES

COMMUNITY CONNECTIONS

OCTOBER 2026



Meet Betty and Dave Edmunds

New residents of the Tower, Betty and Dave Edmunds bought their condo July 1 and after two months of renovations moved in recently. Elizabeth Ann Michienci was born in the province of Calabria, Italy, the town of Filidelfia and lived there until eight years of age. With sponsorship from an aunt and uncle in Boston she crossed the ocean with her father Bruno and came through Ellis Island. Their relatives purchased a plaque with their names on it that remains there marking the date and time. In Boston she attended language classes, grade school and Norwood High School where she was a pitcher for the softball team. After graduation she enrolled in the Mansfield Beauty Academy and spent 30 years working at a beauty salon that "was like family". Betty was married to Christopher and had three children, two daughters and a son.

David J. Edmonds was born in Boston, went to Sharon High School and enjoyed stock car racing and boating. After graduating from Grahm Junior College in Boston, Dave enlisted in the Army. He trained at Forts Jackson, McClennan, and Benning and after non-commissioned officer training deployed to Vietnam. "It was hard there," he said, "but I learned a lot." Back at home he worked in hardware distribution and became National Sales Manager for Levitt Corporation. He and Betty had known each other since they were sixteen when both worked in a Norwood department store and became friends. He attended her first wedding, knew her children. They married on the Spirit of Boston, which for the occasion sported a banner across the bow *The Spirit of David and Betty, 1989*. The ship in Boston Harbor was big enough to hold two bands and their 350 guests.

Their interest in boating culminated in the purchase of a 40-foot trawler anticipating a trip eventually from Boston to Florida, a cruise on their bucket lists. The trip took them 16 days on the intercoastal waterway and was "awesome with only one minor issue." The trawler has since been sold and they now take day trips on boats leased from Freedom Boat Club. Dave also loves cruising on commercial getaways with the next one planned for Athens, Greece sailing to Miami.

Betty is a golfer who played at the Glen Eagle Golf and Country Club and is proud of her three holes in one there. Both she and Dave expect to try their hand on the putting green here. Betty also hopes to play shuffleboard and pickleball, and expects to enjoy the walking path. Dave is looking forward to the men's coffee, sailing yachts on the lake, and having time to read. The couple have eight grandchildren, four granddaughters and four grandsons with most of them in this area and look forward to spending time with them.

Welcome Betty and Dave Edmunds! By Shirley Woolaway

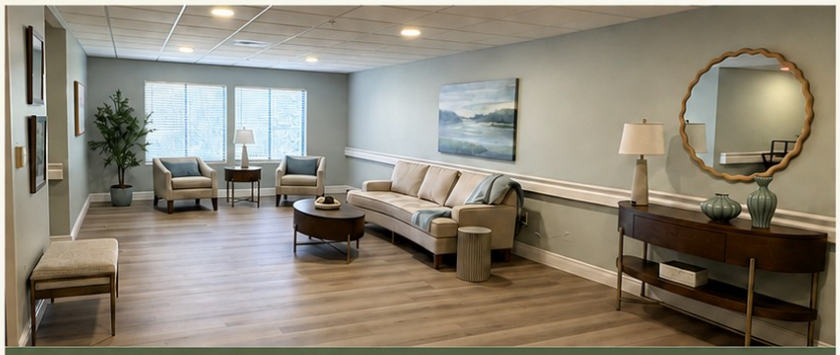
Oktoberfest Celebration

Wednesday, October 14th at 5:30 p.m. Raise a glass and celebrate Oktoberfest with your neighbors! Come enjoy an evening filled with fall spirit, good cheer, and plenty of fun. An open bar will begin at 5:30 p.m., so come ready to relax, socialize, and enjoy the festivities.

THE BOOK CORNER: **September Book Discussion:** We had a really fun and successful discussion about a number of books—many that you had recommended. And then we voted on our choices for 2026-2027. This final list is available to all; just check with Sandy S. or Karen S. **October Discussion Friday, October 16, 1:00 in the Tower Gathering Place:** "Where the Rivers Merge" by Alice Monroe is her latest and is described as a "dramatic sweeping and multigenerational saga" set in the South Carolina low-country. Of course, all are welcome! **Library "spares":** If you visit the Clubhouse or Tower libraries and see boxes of books that the committees have determined cannot be shelved (duplicate copy, for instance) please help yourself. We do donate the books to the Bonita Beach Library volunteers but if you see something you like, take it and enjoy.

Community Update: Improvements Inside and Out

From refreshed common areas to outdoor enhancements and progress on the Tower Pointe roof renovation, exciting work continues throughout the community.



Updated Bldg 2 and 9 elevator lobbies

Our community continues to see exciting progress both inside and out. Refreshed common areas, updated furnishings, and improved gathering spaces are helping create warm, welcoming places for residents and guests to enjoy.

The Bldg 2 and 9 elevator lobbies and activity rooms now offer a brighter, more comfortable setting for conversation, games, and gatherings. Outside, lake and lawn improvements are also underway as part of our ongoing efforts to maintain and enhance the beauty of the property.

At Tower Pointe, the roof renovation continues to move forward. 'Carl the Crane' has played an important role in helping move materials to the high roof. Pictured here are Rose, Jean, and John, the crane operator, who has been helping get materials up safely and efficiently for the renovation.

We appreciate everyone involved in these projects and thank our residents for their patience as this work continues.



Refreshed activity room



Lake and lawn improvements



Rose, Jean, and John with Carl the Crane

A Brighter Tomorrow, Together

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