

BRIARPATCH NEWS

Active 55+ Resort Living



Briarwood

5644 Regency Blvd
Port Orange, FL 32127
(386) 761-7947
(386) 761-7541 Fax

Office Hours

Monday-Sunday.....8 a.m.-5 p.m.

Briarwood Team

Trudy Berg, Manager, Notary
Kathy Ingaharro, Assistant Manager
Tom Zell, Maintenance Supervisor
Jacob Mast, Maintenance Technician
Vanessa Chaney, Custodian
Kat Miller, Activity Director
Sierra Pitt, Admin Assistant
Janelle Cramer, Landscaping
Mark Wiatrowski, Bus Driver

Important Numbers

After-Hrs Emergency	386-761-7947
P.O. Police Dept.	386-756-7400
FPL	386-252-1541
City P.O. Water	386-506-5720
AmeriGas	386-252-5555
Spectrum	855-222-0102
Waste Pro	386-788-8890



September 2025

Manager's Corner

Can you believe it is September already! We will be having a Labor Day Party on the 1st at Regency Clubhouse. Be sure to sign up if you plan to attend. Also, just a reminder the office will be closed on that Monday.

The storm-water drain fee reminder letter will go out this month and post to your account in October. We will email those for whom we have emails and drop a letter in the mail to those we do not.

A few friendly reminders: Please do not blow grass clippings into street!!!! Pick up after your dog(s)!!! Please DO NOT feed the ducks and stray cats! All guests must be registered at the office and you as the resident MUST be with them when using the amenities. If you want to make any exterior changes or improvements to your home, please be sure to fill out an architectural request form and/or get approval prior to doing any work. Also, hurricane season is getting active-please make sure you are ready with supplies and a plan to protect yourselves, home and your neighbors.

Happy Birthday!!!

Lillian Vandyke	9/1
Beverly Webb	9/1
David Davidson	9/2
Paulette Martin	9/2
Thomas Kavanaugh	9/3
Gloria Powell	9/4
Jacqueline Lafferty	9/5
Alison Sutherland	9/6
Kitty Ream	9/7
Helma Telepchak	9/8
Gloria Lick	9/9
Cheryl Varga	9/9
Teri Kavanaugh	9/10
Carmela Conklin	9/12
Debra DeCosta	9/12
Michelle Desantis Higgin ..	9/12
John Bankey	9/13
Lewis McClain	9/13
Billy Gene Rayburn	9/13
Charles Lively	9/15
Thomas Ilgenfritz	9/16
Dan Nuter	9/16
Randy Craft	9/17
Carol Borgerding	9/18
Jill Meeds	9/18
Sandra Gresser	9/19
Theresa Swan	9/19
John Draper	9/20
Richard Roza	9/20
Sherlyn Muller	9/21
Michelle Bartholomew	9/22
Mark Wiatrowski	9/22
Hertha Beberwyk	9/24
Paul Chacho	9/24
John Clasby	9/24
Kathleen Cook	9/25
Elaine Allen	9/26
Ellen Scoons	9/27



September Birthdays Continued

Deborah Froio	9/29
Cathy Heysham	9/29
George Heysham	9/29
Carole Carpenter	9/30
Kevin Hodges	9/30
Cecillia Traverzo	9/30



Cruise in December

Cruise to Bahamas on
Carnival Cruise line 12/08 to
12/12/25. This cruise is
currently going for:

2 people interior w/tax is
\$742 which is \$341 P/P

2 people Ocean view w/tax is
\$848 which is \$424 P/P

2 people balcony rm w/tax is
\$1210 which is \$605 P/P

Prices are for Double
occupancy and are subject to
change. Payment in full is due
by September 24. VIP offers
will be honored if available.

Welcome Mark Wiatrowski, Our New Bus Driver



Connecting With Grandkids

Grandparents Day, the first Sunday after Labor Day, celebrates the relationship between generations. Whether your loved ones live near or far, there are a variety of ways to connect with them and create lasting memories.

Maintaining regular contact is the key to developing enduring bonds. This could mean making weekly visits or phone calls, or sending "just because" cards by mail. With technology such as email, text messaging, video calls and social media websites, it's even easier to stay in touch.

People of all ages enjoy hearing stories from their older relatives. Retailers offer grandparent journals, which contain prompts to help you write about your life experiences. Your loved ones will treasure reading about those memories now and for years to come. Creating these keepsakes can be a fun hobby and help you feel closer to your family, even when you're apart.

You've probably heard the saying "They may forget what you said, but they will never forget how you made them feel." What grandchildren will value most from you is love and support. Showing interest in their lives, offering a listening ear, and saying "I love you" are all simple yet shining ways of being a great grandparent.

Labor Day Cookout

Sept. 1st 12pm @ RC. Pulled Pork or Chicken, Baked beans and Tea or Lemonade \$7. BYOB.

Museum of Arts & Sciences

Sept. 2nd 9:30am- Free must show ID as proof of residency. Call office to reserve your seat.

Activities Meeting

Sept. 9th- 1pm @RC. We need your help in planning events for you, Parties, crafts and more.

Ice Cream On-the-Go

Sept. 10 Banana Splits \$1.99 at Dairy Queen NSB. Bus leaving at 11 am. Sign up at office.

Breakfast

Sept. 13 8:30am Breakfast: Biscuits & Gravy, sausage and eggs \$6. Sign up at office by Sept. 11.

Let's Flamingle!!!!

Sept. 18th- Enjoy the evening with some food, drinks, and great conversation. 5pm @ RC. Sign up at office.

Free Fruits and Veggies

Sept. 18 1-2pm @ RC sponsored by Freedom Health

KENNEDY SPACE CENTER

Sept. 19th- Call to reserve seat, seats are limited. Cost is \$19. Bus leaves RC @ 8am.

Ice Cream On-the-Go

Sept. 20th - We are taking our craving on the road. Bus will depart from the RC @ 2pm. Sign up at the office.

??Mystery Dinner??

Sept 24th - Leaving from Regency @ 5pm. Sign up at the office.

Casino Cruise Sept. 25th.

\$45ea, package includes:
Victory Cruise Boarding,
1 meal voucher good for the Atlantic Cafe menu.
\$20 in qualifying slot play. *
Must earn 8 points while gambling to unlock to use. *
Drinks are complimentary while gaming. Please sign up at office and pre-pay by 09/17/25.

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Hitch-A-Ride

Mondays - Weekly trips to banks, grocery stores and other places. Will pick up at your home at 10am. Sign up at the office.

Water Aerobics

Mondays, Wednesdays and Fridays - 9:30am @ RP. A little exercise is a good thing! Bring your water weights or, if you don't have them, grab a pool noodle and two water bottles.

Fit and Fun!!!!

Mondays, Tuesdays, Thursdays and Fridays - 9am @ RC. If you have a set of weights, please bring them with you.

Poker Night

Tuesdays - 6pm @ CC. Let's play poker.

BINGO

Wednesdays - 1pm at RC: Always looking for new players and callers. Food available for purchase.

BUNCO

Fridays - 6pm @ RC. Come out and play this fun dice game.

Ice Cream Social

Saturdays - 2pm @ RC.
I scream, you scream, we all scream for Ice Cream!



FREE Weekly Coffee Hour

We offer our free coffee & tea bar on Wednesdays plus something yummy along with your beverage.

Briarwood Bistro

Enjoy lunch & conversation:

Tuesdays at the RC at noon.

See Separate Pricing

Sept 2nd Potato bar \$6.00

Sept 9th - Free lunch Subs Hosted by Core Legacy

Sept 16th - Meatball Sub \$6.00

Sept 23rd - Beef or Chicken Tex Mex bowl \$6

Sept. 30th -Burgers & Birthdays \$7

EARLY BIRD

PAY YOUR RENT BY CHECK OR ELECTRONIC DEPOSIT ON OR BEFORE THE 1ST OF THE MONTH AND GET A CHANCE TO WIN A \$6 COUPON GOOD TOWARD A MEAL.

YOU MUST TURN IN A COUPON TO BE ELIGIBLE TO WIN.

NAME

ADDRESS

THERE'S A WINNER EVERY MONTH!

August's Winner

Julie Young, stop by the office for your prize!

Sunday	Monday	Tuesday
HAPPY LABOR DAY!	Labor Day Cookout 1 12PM @ RC Pulled Pork or Pulled Chicken, Baked Beans and a Tea or Lemonade \$7.00	2 9am Fit & Fun @ RC 12pm Briarwood Bistro Potato Bar @ RC 6pm Poker Night @ CC
7	8 9am Fit & Fun @ RC 9:30am Water Aerobics @ CP 10am Hitch-a-Ride- Publix 6pm Stick Bingo @ RC	9 9am Fit & Fun @ RC 12pm Free Sub Lunch Hosted by Core Legacy VIP @ RC 1PM Activity Meeting 6pm Poker Night @ CC
14	15 9am Fit & Fun @ RC 9:30am Water Aerobics @ CP 10am Hitch-a-Ride- Winn Dixie 6pm Stick Bingo @ RC	16 8am Kennedy Space Center @ RC 9am Fit & Fun @ RC 12pm Briarwood Bistro Meatball Sub @ RC 6pm Poker Night @ CC
21 	22 9am Fit & Fun @ RC 9:30am Water Aerobics @ CP 10am Hitch-a-Ride- Walmart 6pm Stick Bingo @ RC	23 9am Fit & Fun @ RC 12pm Briarwood Bistro Beef or Chicken Tex Mex Bowl @ RC 6pm Poker Night @ CC
28	29 9am Fit & Fun @ RC 9:30am Water Aerobics @ CP 10am Hitch-a-Ride- Winn Dixie 6pm Stick Bingo @ RC	30 9am Fit & Fun @ RC 12pm Burgers & Bdays \$7 @ RC 6pm Poker Night @ CC

Wednesday	Thursday	Friday	Saturday
3 8am Coffee Hour 9:30am Water Aerobics @ CP 1pm BINGO @ RC	4 9am Fit & Fun @RC	5 9am Fit & Fun @ RC 9:30am Water Aerobics @ CP 6pm BUNCO @ RCR	6 8am Coffee Hour 2pm Ice Cream Social
10 8am Coffee Hour @ RC 9:30am Water Aerobics @ CP 11am Ice Cream Outing Dairy Queen \$1.99 Banana Splits 1pm BINGO @ RC	11 Patriot Day 9am Fit & Fun 9am Breakfast Outing to Rossi 6:30pm HOA Meeting 2 RC	12 9am Fit & Fun @ RC 9:30am Water Aerobics @ CP 6pm BUNCO @ RCR	13 8:30am Biscuits & Gravy Sausage & Eggs \$6.00 2pm Ice Cream Social
17 8am Free Breakfast Sponsored by Halifax Health 9:30am Water Aerobics @ CP 1pm BINGO @ RC Last day to sign up for Casino Cruise.	18 9am Fit & Fun 10am Paints & Sips 1pm Free Fruits & Veggies Sponsored by Freedom Health 5pm Flamingle	19 9am Fit & Fun @ RC 9:30am Water Aerobics @ CP 6pm BUNCO @ RCR	20 8am Coffee Social 2pm Outing Ice Cream Social-Surfin' Scoops
24 8am Coffee Hour Free Muffins Hosted by ASB @ RC 9:30am Water Aerobics @ CP 1pm BINGO @ RC 5pm ??Mystery Dinner?? Leaving From RC	25 8am Casino Cruise Bus Leaves RC @8am. 9am Fit & Fun	26 9am Fit & Fun 9:30am Water Aerobics @ CP 9:30am Turtle Hospital Bus Leaves @RC 6pm BUNCO @ RC	27 8am Coffee Social 2pm Ice Cream Social
September			



Health & Wellness



Age With Confidence

September is Healthy Aging Month, a time dedicated to helping people become aware of their physical and mental health, diet and social relationships, which are factors that contribute to growing older the best way possible.

Health professionals say these lifestyle choices are key to aging well:

- Exercise regularly to maintain a healthy body and brain. Take a daily walk with a friend or neighbor; the conversation can give you a mental workout.
- Eat a nutrient-dense diet. Include a variety of fruits and vegetables, whole-grain foods, lean meats and healthy fats.
- Be positive in what you say and do. Surround yourself with happy people and you'll be happier, too.
- Find various ways to socialize. Volunteer, play games, and make an effort to develop new friendships and stay in touch with old pals.
- Encourage your inner artist. If you've always wanted to play a musical instrument or learn to knit or paint, seek out a class and follow your passion.

With Sympathy

Our Condolences to

The family of Caroline Rose on her passing.

The family of Victor Willodson on his passing.

Carol Sneyd on the passing of her son.

Vinnie Pepe on the passing of his daughter.

The family & friends of Allen Novack whom many may remember was the former maintenance manager here at Briarwood.

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Sounds to Sleep

In between drowsiness and dreaming lies deep sleep, a sleep cycle stage responsible for restoring energy, balancing hormones and regenerating cells. Unfortunately, getting enough deep sleep isn't always easy, so some folks turn to deep sleep music to help encourage and prolong this important sleep stage. Check out the methods behind the music.

Take it slow. Tempos between 60 and 80 beats per minute can slow heart rate, reduce stress and even encourage brainwaves to slow to delta waves, which take over during deep sleep.

Keep it simple. Skip the lyrics and opt for slow classical, jazz

or new age music with predictable patterns. Search "deep sleep music" to find a wealth of playlists from minutes to hours long.

Feeling the frequency. Many people believe that specific frequencies—such as those included in the Solfeggio frequency scale—having healing properties. To capitalize on this belief, some sleep music options incorporate things like the "miracle tone" of 432 hertz.





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"This Month In History"

SEPTEMBER

1846: German astronomer Johann Galle first observes the planet Neptune.

1957: The Little Rock Nine face mobs and rioting in their attempts to attend previously segregated Little Rock Central High School. President Eisenhower eventually sends the 101st Army Airborne to escort the children safely to school.

1965: Satchel Paige becomes the oldest player in Major League Baseball history at 59 years old when he pitches three innings against the Boston Red Sox. Paige

was the first Negro Leagues veteran to be inducted to the National Baseball Hall of Fame six years later.

1966: The sci-fi TV series "Star Trek" premieres, inviting audiences "to boldly go where no man has gone before."

1972: Bobby Fischer defeats Boris Spassky in "the match of the century" to become the world chess champion. Fischer was only 29 years old.

1984: Joe Kittinger completes the first solo balloon crossing of the Atlantic Ocean. He launched from Maine and crash landed on the Italian coast 86 hours later, breaking his ankle and a record for distance in a solo balloon flight.

1986: "The Oprah Winfrey Show" debuts nationwide, running until May 25, 2011.

1998: Google is founded in Menlo Park, Calif., and receives 10,000 queries in its initial beta phase.