



Golden Acres R. O. Association, Inc. 2025-2026

President	Tammy Davis
Vice President	James Schmitt
Treasurer	Randy Nickle
Secretary	Don Webb
Director	Dick Donnally
Director	John Nabb
Director	Gordon Spafford
Property Manager	Dianne Bargren / (Karin Desmone)

Golden Acres Recreation Committee 2025-2026

Chairperson	Maureen Shannon
Vice-Chairperson	Eleanor Saunders
Treasurer	Glenda Spafford
Secretary	Richard Barnes
Bingo	Anne Knott
Kitchen	Deb Pollard
Member-at-Large	

Events

Bingo Committee	Anne Knott, Marilyn McKay, Paula Bunevith
Darts League	
Fun Shuffle	Team Captains
Golf	Ron Tasior and Ed Richtmyer
Health and Welfare	Master of Ceremonies (Coffee Hour)
Indoor Exercise	Elaine Janes
Newsletter Editor	Sue Bailey
Paddling Club	
Pickleball	Staicy Boyd Gunter
Pool Exercise	Debra Farris
Progressive Cards	Dave & Lynn Roselli
Shuffleboard	Rose West

President's Report

By Tammy Davis #21

Hello GA members,

November is here, which means it is budget time. Our budget meeting is scheduled for November 19th at 10:00AM in the clubhouse. Please complete your proxies and return them to the office or mail directly to QPM prior to the meeting. If you do not receive your packet by email or mail, please contact the office.

As a reminder of the upcoming season, please sign in at the office upon your return to the park. If you plan on renting your home this season, you must complete the necessary paperwork prior to your renters' arrival. Please take some time to review the park rules and make sure your renters have access to these rules as well.

We continue to work through the zoning and land use change for 1050 Main Street. Our attorney has represented us at two public hearings to date with approvals at both hearings. We still have four more meetings with various city and county commissions, and we are estimating to have this wrapped up by year end or early next year.

Fun facts for the park: Out of 224 units in the park, we have 165 from the US, 56 from Canada, 1 from Sweden and 2 from Ireland.

Looking forward to seeing everyone this season! Safe travels back to GA.



From the Editor's Desk

By Sue Bailey #188

suebail999@gmail.com

Greetings:

November is a month that is all about giving thanks. Giving thanks to our Armed Forces for protecting our freedom; giving thanks for our abundance, police, firemen, and a good life; giving thanks to our family and friends; and giving thanks for all our relationships and camaraderie within our Golden Acres community.

Some important dates to remember in November include Daylight savings time ending on November 2nd so don't forget to set your clocks back an hour and gain an hour of sleep. Veteran's Day is November 11th (Remembrance Day in Canada) to honor and give thanks to all the men and women who have served and are serving in the Armed Forces. November 27th is Thanksgiving and is also celebrated at the clubhouse for all of us that want to participate in giving thanks for the harvest and blessings of the past year and expressing our gratitude to friends and family members. There will be a sign-up sheet at the clubhouse for those that want to come. Everyone is invited.

If you are traveling to Golden Acres this month, have a safe and enjoyable journey.

Thanks to all who provided articles and pictures for this month's newsletter. If you are traveling to Golden Acres this month, have a safe and enjoyable journey.

Quote of the Month “Don’t you ever let a soul in the world tell you that you can’t be exactly who you are.” – *Lady Gaga, singer, songwriter, actress*

Until next time,
May God bless and keep you well and safe...

September Activity was Shell Decoupage

By Summer Recreation Committee

Allowing time for conversation and laughter.



Jewelry Activity on Thursday, October 9 at 1pm

By Debbie Douthit #60



November Recreation Report

By Maureen Shannon #200
Committee Chairman

Welcome back! As we get ready to start the Fall season, let's take a moment to be thankful for all we enjoy here.

November starts off with Weekly Wednesdays. Please see the sign-up sheets in the clubhouse to help us get started. Following shortly after is Thanksgiving, hosted by Anne & Bob Knott #189 who have accepted being the host for the community dinner. Please check the clubhouse for sign-up sheets. Thank you, Anne & Bob!

As usual, we will have a busy year. The calendar will be posted in the clubhouse, but be aware, changes are always happening. Remember, Bingo, breakfasts, cards, golf and Jammin' begin in January.

Christmas dinner will be Thursday, December 25th. Paula & Joe Bunevith #202 have graciously volunteered to host the dinner. Thank you. Watch for the sign-up sheets in the clubhouse.

Next on the agenda, to save the date for is the New Year's Eve bash! See Jack Terry #141, Claudia Burke #141, Nancy Karhoff #67 or Eric Duling #67 for details.

January will start most of our monthly activities. Bingo, Breakfast, Progressive cards, and more. Save Thursday, January 22 for our Meet & Greet with Lin & Mark Johnson #174. This is a great time to come and meet new neighbors.

I would like to thank the summer Rec committee. Deb Douthit #60, Gina Douthit #55, Elaine Mackey #59, and Fran Clark #47 for all their contributions to the summer activities. It was a successful summer and very much appreciated. Many have inquired about continuing this activity throughout the year. This is something the Rec Committee is planning on working with the summer team.

Safe travel!

Lip Sync Meet & Greet

Mark & Lin Johnson #174

Greetings Golden Acres,

We hope this message finds you all in a good place. Upon returning to the park in January, Lin and I will be hosting a Meet & Greet to help us reunite once again with our friends here at Golden Acres. We want to invite you to join us on Thursday, January 22, from 5 pm - 7:30 pm or so, at the clubhouse. The plan is to entertain each other with a lip sync party featuring music from the 50's and 60's. The venue will be staged with a good sound system, and we encourage guests to choose a song, and enhance their performance with costumes and choreography. We would like everyone to get into character, be creative, and have fun welcoming each other back to the park. Please bring an appetizer to share and the beverage of your choice.

If you plan to perform, we will need the name of your song and the artist you will be lip syncing. Please get this to us as soon as you are able. Some park members have already signed up, and songs will be on a first-come basis to avoid duplication. Feel free to contact us at ljohns9345@hotmail.com or call 727-365-9323. Solo and group performances are all welcomed.

Thank you for your time and inspiration.

Active-Duty Soldiers to Remember

Please take a moment to offer a prayer of thanks and remembrance to all those who help to protect our way of life. Keep them in your prayers until they return safely to their loved ones.

Adam Coburn (British Army), Nephew of Mildred and David Todd, Lot #2.

Damien Fitzpatrick (Tech Sgt. USAF) Grandson of Judith Fitzpatrick, Lot #87.

Sean Fitzpatrick (Major US Army) Grandson of Judith Fitzpatrick, Lot #87.

Reid Forster (Master Corporal with the 4th Royal Canadian Regiment) son of Dave Forster & Colleen Collins #128

Tim Joy, US Army Special Forces Green Berets, Fort Bragg, NC - Nephew of Jack Terry, Lot #141.

Daniel Jones (US Navy) Grandson of Carol Diniz, Lot #25.

Matthew Jones (US Navy) Grandson of Carol Diniz, Lot #25.

Brian Karhoff (US Army LTC) Son of Nancy Karhoff, Lot #67.

Colleen Terry, US Navy, Petty Officer 3rd class, Naples, Italy - Daughter of Jack Terry, Lot #141.

Joshua Ryan Torres Air Force National Guard Staff Sargent (EOD unit) deployed – Son of Susan Franco, Lot #17

John Wilson (PFC 1st Class USMC) Iraq – Grandson of Jean Key, Lot #138.

So that we might get to know these courageous soldiers better, I would like to add their pictures to this section. Please forward any photos to Sue Bailey suebail999@gmail.com

For changes to the list of soldiers, please contact Sue Bailey suebail999@gmail.com

Brain Scan Measures Aging Rate

From NIH (News in Health) newsinhealth.nih.gov

Biologically speaking, some people age faster than others. Your aging rate can affect your health and disease risks. If you knew this rate, you might be able to work with your doctor to slow the aging process. A research team developed a way to measure aging based on a single brain scan.

The team drew on their earlier studies, where they devised a way to measure biological aging using blood tests. They tracked the health of more than 1,000 people from birth to age 45 and measured 19 factors related to health. These included heart function, metabolism, disease-fighting molecules, and more. Using these, they developed a measurement called the Pace of Aging. It shows how health functions dwindle over time.

Most of the study participants also had an MRI scan at age 45. In the new study, the team combined the Pace of Aging scores with the MRI scan data. They developed a new aging measurement, called Dunedin-PACNI, based on the brain scans alone. They then tested the new tool with data collected on thousands of people from other studies.

Dunedin-PACNI accurately predicted how quickly a person's ability to think and remember weakened with age. It also could predict a person's risk of future disease and death.

"We've captured how fast people are aging using data collected in midlife. And it's helping us predict diagnosis of dementia among people who are much older," explains Dr. Ahmad Hariri of Duke University. "We really think of it as hopefully being a key new tool in forecasting and predicting risk for diseases."

Missed Jury Duty? The Jury's Out on That

By Sue Bailey #188 as an AARP Fraud Watch Fighter

Free Helpline at (877) 908-3360 or

<https://www.aarp.org/benefits-discounts/all/aarp-fraud-helpline/>

HOW IT WORKS

- You receive a call or email from a local court or law enforcement official, such as a marshal or sheriff, saying you've missed jury duty and face immediate arrest unless you pay a fine.
- You may be directed to what appears to be a government website that requests personal information, such as your Social Security number and date of birth, to check how much you owe.
- The "fine" can be as high as \$10,000, with payment options on the site or through a "government kiosk" to make payment in cryptocurrency.

WHAT YOU SHOULD KNOW

- Genuine jury duty communications come by mail, not by phone or email, and real court officials will never threaten arrest or request sensitive information.
- These impostors may know personal details about you from public records or data breaches to appear legitimate.
- Criminals can also spoof phone numbers and create official-looking websites, making it hard to distinguish from real government pages.
- Payment requests via cash, gift cards, payment apps, cryptocurrency or wire transfers are common in fraud tactics.

WHAT YOU SHOULD DO

- Hang up if someone calls you out of the blue saying you missed jury duty.
- It simply isn't safe these days to click on a link in response to an email or text because it is too easy for fraud criminals to make copycat sites that are virtually undetectable as fakes.
- If you're worried you may have missed jury duty, look up and call the official number for a court or law enforcement agency directly to verify.

Knowledge gives you power over scams. AARP Fraud Watch Network TM equips you with reliable, up-to-date insights and connects you to our free fraud helpline so you can better protect yourself and loved ones. We also advocate at the state, federal and local levels to enact policy changes that protect consumers and enforce laws.

Florida Musings

DID YOU KNOW...

Placid, a small town in Florida, is known as the "Town of Murals." It boasts over 40 outdoor murals depicting various scenes and historical events, making it a unique outdoor art gallery.

Birthdays and Anniversaries

By Norma Moore #54

Golden Acres November Birthdays

We want to mention all those who are celebrating this month and send them our absolute best wishes.

Frank Grano		November 4
Michael Sacco		November 4
John Kostecki		November 5
Eileen McConnaughey		November 6
Margaret Sannachan		November 8
Carol Smith		November 8
Lou Ann Gatton		November 9
Deborah Stanziale		November 11
Carol Diniz		November 12
Krys Woods		November 14
Jemey Winters		November 15
Nancy Karhoff		November 16
Deborah Pollard		November 17
Putt Bishop		November 20
Jean Morin		November 21
Dorene Robertson		November 22
Eleanor Saunders		November 22
Susan Bailey		November 23
Marilyn Cushman		November 23
Cynthia Guggi		November 23
John Clark		November 24
Larry Berube		November 25
Janice Garvey		November 26
Lanying Tjie		November 27

Golden Acres November Anniversaries

Best wishes to those who are celebrating their anniversaries this month.

Robert and Anne Knott		November 4
Michael and Debra Moran		November 10
Paul and Bonnie Colby		November 11
Anthony and Lorraine Fittipoldi		November 11
Jon and Cynthia Kenney		November 15
John and Barb Kanney		November 23
Rennie and Maria Wittenbols		November 25
James and Marcie Zweifel		November 25
Jim and Theresa Quinn		November 28

Obituary

Helen A Kameron

October 24, 1947 - September 28, 2025

Dunedin, Florida



With solemn reverence, we commemorate Helen A Kameron of Dunedin, Florida, whose life came to an end on September 28, 2025, at the age of 77, leaving behind cherished memories.

As we bid adieu to Helen's earthly form, let us not dwell on the void left in her wake, but rather celebrate the legacy of love and inspiration Helen has bequeathed us. For though she may have departed from our sight, her spirit remains a timeless beacon, guiding loved ones through the labyrinth of life's journey.

November – 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 Daylight Savings Time Ends	3	4 Walking Exercise 10am	5 Weekly Wednesdays 9am	6 Walking Exercise 10am	7	8
9 Deadline for December Newsletter	10	11 Veterans Day (Remembrance Day in Canada) Walking Exercise 10am	12 Weekly Wednesdays 9am	13 Walking Exercise 10am	14	15
16	17	18 Walking Exercise 10am	19 Weekly Wednesdays 9am	20 Walking Exercise 10am	21	22
23	24	25 Walking Exercise 10am	26 Weekly Wednesdays 9am	27 Thanksgiving Walking Exercise 10am	28	29
30						