

## Sarasota Ski Club Offers Spring Break Trip to Colorado

**S**ki Club of Sarasota's ski trip is taking place at Snowmass Ski Resort in Colorado. Scheduled from **March 14-21**, the trip is open to adults of all ages, as well as families, and was specially designed to coordinate with spring break for Sarasota and Manatee County Schools.

Priced at \$1,775 per person, double occupancy, the trip includes round trip airfare, ground transportation to and from the resort, seven nights of lodging, a complimentary wine and cheese reception for adults and a special pizza party for kids. Discount lift tickets are also available.

For information, visit [SkiClubofSarasota.com](http://SkiClubofSarasota.com) or contact trip leader Larry Lippert by email at [LarrLip@gmail.com](mailto:LarrLip@gmail.com).



## Kennedy-King Dinner March 15

■ **The Sarasota County Democratic Party** has its annual **Kennedy-King Dinner** on **March 15, 5:30-9 p.m.** The dinner is at the Hyatt Regency Sarasota 1000 Boulevard of the Arts. For more info, call 941-953-1234 or email [kennedyking@sarasotadem.org](mailto:kennedyking@sarasotadem.org). Cocktails start at 5:30; dinner at 7. Seating is first come, first serve based on receipt of payment.

## The Women's Resource Center Presents Being WE (Being Women Empowered)

■ **At the WRC:**

- **Authentic Fusion Yoga:** \$5. This Yoga is perfect for beginners of all ages. All equipment is provided. Offered in Venice, **Tuesdays, 5:30-6:30 p.m.** 101 West Venice Ave #24, Venice. Info: (941) 485-9724
- **Mentoring:** No fee. It can be difficult to see our goals through to the end, and sometimes, we need someone to help us. This program is offered to clients who would benefit from additional support and experience from a qualified mentor. **Call for an appointment.** Manatee: (941) 747-6797; Sarasota: (941) 366-1700; Venice: (941) 485-9724.

## At The Libraries

■ **Sarasota Libraries:**

- **Cirque D' Book**—in the Conference Room at **Selby Library, 10:30 a.m.-noon.** Librarian Charlotte Thompson leads a monthly book discussion group. **Here's the schedule:**
- **February 10:** Sigrid Nunez. *The Friend.*
- **March 9:** Eli Saslow. *Rising Out of Hatred: The Awakening of a Former White Nationalist.*
- **April 13:** Kate More. *Radium Girls; Dark Story of America's Shining Women.*
- **May 11:** Delia Owens. *Where the Crawdads Sing.*
- **June 8:** Rebecca Makkai. *Great Believers.*

At Selby Library, 1331 First St., Sarasota. Info: (941) 861-1100.

## Free Health Seminars

■ **The Renewal Point** is offering two free seminars:

- **Thursday, February 6, 6-7 p.m. - Learn about CKC Fitness.** It's a researched, tested, and novel approach to strength and conditioning, CKC Fitness developed by David Luedeka, MS, DPT. From the person recovering from a major fall to the professional athlete looking to increase their skills, this program can help. Benefits of CKC Fitness: Get your game back; Get your figure back; Gain balance and stability; Recover from injury; Get relief from back, neck, and shoulder pain; Increase good cholesterol and cardiorespiratory fitness; Improve physical performance (golf, sports competition, etc). The program is carried out by Matt Jones, Certified Personal Trainer, ACSM-CPT under the direction and guidance of David Luedeka, MS, DPT. The Renewal Point is located at 4905 Clark Rd, Sarasota.
- **Thursday, February 20, 6:30-7:30 p.m. - Innovations in Age Management.** The 21st Century has brought with it an array of new advancements in healthcare. At this seminar, you will learn about optimizing the human lifespan through extending parts of the chromosome - telomeres; breakthroughs in stem cell research and joint regeneration; detection and correction of nutritional deficiencies and hormone balancing; toxin elimination - reducing heart disease, diabetes, and cancer risk; altering human genomes - turning them on/off and slowing and possibly reversing the aging and disease process. Held at Sarasota Specialty Pharmacy, 2075 Siesta Drive, Sarasota.

Open to men and women. Presented by Dr. Dan Watts, Founder/Director of **The Renewal Point Age Management Center.** Space is limited. RSVP to (941) 926-4905.

## Clubs

■ **Sarasota Toastmasters** meets **Wednesday** mornings from **7:45-8:50** at the Waldemere fire station in the upstairs classroom. Guests are always welcome. Find out how

Toastmasters can help you be your best and upgrade your communication skills for professional and personal excellence. Meeting weekly except for holidays. <https://www.toastmasters.org/Find-a-Club/00001958-sarasota-toastmasters-club>.

■ **The Manatee Genealogical Society** meeting will be held on **February 4, 10 a.m.-noon**, at Manatee County Central Library, 1301 Barcarota Blvd. W., Bradenton. **Margaret (Peg) Kapustiak**, genealogy consultant, lecturer, and published author, will present **"Fifteen Ways to Make Family History More Than Just a Name and Date."** Following the presentation there will be a Q & A period with the speaker and then a moderated open discussion period. Society information: Website: <https://mgsfl.org/> Facebook: [www.facebook.com/ManateeGenealogicalSociety](http://www.facebook.com/ManateeGenealogicalSociety). Email questions: [info@mgsfl.org](mailto:info@mgsfl.org).

■ **The Venice Area Women's College Club** invites you to their **February 11** luncheon at the Plantation Golf & Country Club, 500 Rockley Blvd, Venice. Time is **11:30 a.m. to 2 p.m.**

The February program will be **The Venice Symphony** presented by Sharyn Lonsdale, Dir. of Marketing. Come learn about this highly respected organization for entertainment and enjoyment in our Venice community. The College Club is seeking new members, seasonal or all year residents. Call 941-202-4034 for more information about the club, membership, or for lunch reservations (\$22).

## Classes

■ **CB's Saltwater Outfitters**, 1249 Stickney Point Rd, Sarasota has Orvis-Endorsed **fly fishing schools.** Located on Siesta Key, the course will be on **Feb. 8 & 22** and **Mar. 14.** The course, designed for beginning and intermediate fly casters, will focus on basic fly casting principles, improving casting skills and correcting faults. Instructors Capt. Rick Grasset and Capt. Ed Hurst, will also cover saltwater fly fishing techniques, leader construction

and fly selection. Cost for the class, which will run from **8:30 a.m. to 2 p.m.**, is \$195 and includes the use of Orvis fly tackle, workbook and lunch. Optional instructional guided fly fishing trips are also available for an additional fee. Contact CB's Saltwater Outfitters at (941) 349-4400.

## Epilepsy Support Groups

■ **Epilepsy Support Group** meetings offered by **Josh Provides.** **Epilepsy support group meetings** are held on the **1st Tuesday of each month** from **6:30-8 p.m.** at State College of Florida, Lakewood Ranch Campus, Selby Rooms. This support group is offered to people living with epilepsy as well as their family, friends and caregivers and provides the opportunity to receive information about resources as well as share experiences, ask questions, receive emotional support and practical advice that may help parents and caregivers.

For those who have epilepsy, feelings of loneliness and isolation have been replaced with lifelong friendships and understanding that there are others going through the same struggles and challenges. For information contact Josh Provides at [info@JoshProvides.org](mailto:info@JoshProvides.org).

■ **Epilepsy Support Group** meetings are being offered by **Epilepsy Services of Southwest Florida.** The group meetings are held on the **1st Wednesday of each month** from **6-7:30 p.m.** at Senior Friendship Center, Ruben Center for Healthy Aging- Dwyer Room, 1920 Brother Geenen Way, Sarasota.

This support group is offered to adults over 18 living with epilepsy as well as their family, friends and caregivers. A safe, supportive environment is provided where people can share concerns and help others. Monthly topics such as medications, stress, depression, relationships and current medical treatments will be presented and discussed. Connect with others, gain support and make friends. Refreshments served.

For more information, email Barbara Coleman at [bc Coleman@esswf.org](mailto:bc Coleman@esswf.org) or call (941) 953-5988.

## Free Vein Screenings

■ **Allure Medical** believes in curing advanced vein disease, not just managing its symptoms. They offer **free vein screenings** in their Lakewood Ranch and Venice offices, and use the latest technology and minimally invasive procedures to stop vein disease in its tracks. No need for years of pain and discomfort. Call 941-214-9412 to **schedule your free screening today.** Same-day or early/late appointments, available.

## Historical Society Events

■ Dates are set for their **Historical Trolley Tours.** Narrated by local historian **Sue Blue**, this is a fun history lesson of the downtown historical sites. Tours are on **Saturday** mornings from **10 a.m. to noon.** Tour leaves and returns to the Crocker Memorial Church on 12th Street between US41 and Coconut Avenue. Cost: \$35. Call 941-364-9076 or email at [hsosc1@gmail.com](mailto:hsosc1@gmail.com) to make a reservation. **Dates: February 8 & 22, March 14 & 28** and **April 4.**

■ Join the HSOSC for their **Sunday afternoon socials** at **2 p.m.** HSOSC members: \$5; Guests: \$10. Light refreshments. No reservations required.

- **February 16** - David Duncan discusses the history of the railroads,
- **March 22** - Deborah Walk hosts some inter-generational folks who grew up in Sarasota and attended Sarasota High School.

Info or tickets: email [hsosc1@gmail.com](mailto:hsosc1@gmail.com) or call 941-364-9076. Visit [www.hsosc.com](http://www.hsosc.com).

## Fibromyalgia & Chronic Pain Support Group

■ Join in for a **Fibromyalgia and Chronic Pain Support Group.** They meet the **first Tuesday of every month** at the Braden River Library on SR 70 from **noon to 2 p.m.**

This group is free and a good chance to share with others that understand. Any questions, call Edie Anderson at 941-447-5024 or Lorraine McDonough at 941-896-8942.

## Women's Networking Event

■ **WIN (women's interactive network)** is a small group based out of Pittsburgh and Sarasota. They have a **Lunch & Learn Monthly Meetup** for professional women. Join them at Mediterraneo Restaurant, the **2nd Thursday of every month, 11:30 a.m. to 1 p.m.** This is a great opportunity to showcase your business, learn about your professional colleagues and expand your network. All Attendees are responsible for their own lunch and beverage. Remember to bring a donation for the Women's Resource Center of new or gently used clothing or accessories. Visit their website to learn more: Sarasota: <http://na-win.com/sarasota>. ☺

**EMAIL YOUR EVENTS TO:** [westcoastwoman@comcast.net](mailto:westcoastwoman@comcast.net)  
Follow us on Facebook at *West Coast Woman* and you'll find even more events that come up each month.