

WCW PICK

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.



Ringling Reflections

■ **Ringling Reflections** programs are *designed specifically for people with memory loss and their care partners*. They are relaxed, conversation-based gallery tours in the Museum of Art. The tour routes are wheelchair accessible. Wheelchairs are available for use free-of-charge on a first-come, first-served basis. Listening devices, including induction loops for t-coil hearing aids, will be provided. Portable stools will be available for all participants.

Tours take place on select Sundays at 10:30–11:30 a.m. Plan on arriving to the museum's Visitors Pavilion at 10 to check in. The tours are free of charge but advance registration is required and space is limited. The next program is on **June 16 at 10:30 a.m.**

Free Fitness Lecture

■ **The Renewal Point** has a free seminar on **Thursday, June 27, 6-7 p.m.** on *CKC Fitness*. The Renewal Point now offers physical conditioning called CKC Fitness.

This innovative and integrated strength and conditioning program is offered at The Renewal Point office. CKC Fitness was 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.

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

Holistic Chamber of Commerce Networking Meeting

■ **The Holistic Chamber of Commerce, Sarasota chapter**, meets at **5:30 pm** at Art Ovation Hotel on **June 17**. Meet at 5:30 p.m. for Social Networking; 6-7:30 pm Meeting. The mission of The Holistic Chamber of Commerce is to support and build the holistic business community through business-building education, networking, and collaborative opportunities, online and in person. Patricia Starr is the President. For information, call 941-356-7768. Held at Art Ovation Hotel in the Crescendo Ballroom, 1255 N. Palm Ave., Sarasota.

At the Libraries

■ **Drop in for assistance** using library technology including eBooks and audiobooks from Overdrive and the Cloud Library. Bring your tablet, laptop, e-reader or smartphone to one of Selby Library's **Tuesday sessions (June 4, 11, 18 and 25)** where you can learn how to download media, search the online catalog and access other free library web resources.

Staff will help patrons on a first come, first served basis. Prerequisite: bring your Sarasota County library card and any necessary passwords, PINs or Apple ID. Info: 941-861-1100, Held at Selby Library at the Help Desk.

■ **Learn the fundamentals of 3D design** in this interactive, conversational and fun class. Learn the history of 3D printing and the role it plays in today's world, get an up-close demo of a printer, and learn the building blocks of 3D design. Participants will also create their own 3D models to print and take home. No experience required. Held on **June 10, 2:30-4 p.m.** at Selby Library.

■ **University of Florida/IFAS Extension offers Master Gardener Plant Clinics**. Want to learn more about Florida-Friendly gardens, composting, or citrus trees? Need a plant or insect identified? Homeowners can receive research-based lawn, landscape and pest management help from the University of Florida. Held at Gulf Gate Library on **June 3 and June 17, 10 a.m.-noon**. Info: 941-861-1230.

■ **The Lemur Conservation Foundation** will present the *Ako Project*. This conservation program focuses on environmental awareness and inspires children to connect with nature. The Ako Project introduces you to the world of lemurs through songs, stories, and activities. Tickets are available at the youth desk 30 minutes before programs. Held on **June 27, 2:30-3:30 p.m.** at Selby Library. Info: 941-861-1100.

■ **Want to learn more about Florida Friendly gardens, composting, or citrus trees? Need a plant or insect identified?** Homeowners can receive research based lawn, landscape and pest management help from the **University of Florida**. These sessions are made possible through a partnership with UF/IFAS Extension Sarasota County. Held on **June 22, 10 a.m. to noon** at Fruitville Library. Info: (941) 861-2500.

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.

Sarasota County Hosting Water Quality Summit

■ **Sarasota County** will host a free and open to the public **Water Quality Summit** from **1-6:30 p.m.** on **June 5**. The summit, which will be in the Riverview High School auditorium, 1 Ram Way, Sarasota, is an effort to bring the community together with organizations working to protect area watersheds and to learn about science and actions occurring locally.

The summit's goal is to enhance the community's understanding of local and state efforts to address water quality issues. The summit will focus on the science of water quality and current local and state government programs and policies. It will also address ways the community can make a difference with suggestions for individuals, business and neighborhoods.

Seating is limited and registration is required. For additional details about the summit and to register, visit scgov.net/waterquality-summit or call the Sarasota County Contact Center at 941-861-5000.

UF/IFAS Extension Sarasota County Classes, Tours and more

■ **June 6—Shamrock Park Demonstration Garden Tour**. Join Master Gardener volunteers on the first Thursday of every month for a free tour of the demonstration garden at Shamrock Park and Nature Center, in Venice. Learn how the garden integrates seamlessly into the natural environment, using Florida-Friendly Landscaping techniques that you can adopt for your home or business landscape. Register early through ufarasotaext.eventbrite.com.

■ **June 10—Florida-Friendly Landscaping 101**. Wonder what makes something Florida-Friendly? This class will teach you the basics of the Florida-Friendly Landscaping Program. Learn the nine principles that can help you have a successful, beautiful landscape while protecting our natural resources. Register early at ufarasotaext.eventbrite.com. Instructor Wilma J. Holley, UF/IFAS Extension Sarasota County Florida-Friendly Landscaping specialist.

■ **June 15—Rain Barrel Workshop**. Learn how the use of rain barrels can conserve water, save money by reducing the use of potable water in landscapes (lower utility bills), and reduce stormwater runoff by storing and diverting runoff from impervious surfaces (like roofs). Practical tips on the construction and installation of rain barrels will be provided. Register early through Eventbrite.com. After the class, Sarasota County government will sell rain barrels for \$37 each, including tax and spigot assembly. Payment must be made by cash (exact change only) or check. Make checks payable to: Sarasota County Board of County Commissioners.

■ **June 18—Coastal Sharks of Florida**. Discover amazing facts about the sharks that inhabit our Florida waters. Register early through Eventbrite.com to reserve your spot and receive notice of any changes. For questions or information, call 941-861-5000 or email sarasota@ifas.ufl.edu. Instructor: Armando Ubeda, Sea Grant Agent Sarasota County UF/IFAS Extension & Sustainability.

■ **June 26—Let's Make Some Black Gold!** (Shamrock Park, Venice). This 90-minute workshop blends indoor lessons with outdoor, hands-on activities in their compost demonstration area, and includes live demonstrations of their biogas and vermicomposting programs. Register early through ufarasotaext.eventbrite.com.

Attendees will learn the basics of home composting, the benefits of composting, and how to build a home compost system. Plus, attendees will have the option to purchase a GEOBIN compost bin (see registration options, below). NOTE: There are two registration options for this workshop: Workshop PLUS a GEOBIN compost bin: \$25 registration (includes bin cost), which must be made in advance of the workshop. Workshop with no GEOBIN: Cost is free. Instructor: Randall Penn, UF/IFAS Extension Sarasota County waste reduction agent.

■ **June 27—Hurricane Preparedness**. What would you do if basic services were cut off, like electricity or water, or if you had to suddenly leave your home? This class will offer tips and ways to prepare for unexpected disasters, such as hurricanes. Learn how to assemble an emergency supply kit and other ways to prepare for emergencies. Register early through ufarasotaext.eventbrite.com. Instructor: Dr. Maria Portelos-Romero, Family and Consumer Sciences Agent III.

For more information, call 941-861-5000 or email sarasota@ifas.ufl.edu. They're located at 6700 Clark Road (Twin Lakes Park, Green Building) Sarasota.

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/>

WIN-Sarasota events: (online registration here) <http://na-win.com/sarasota/win-sarasota-events>.

Sarasota YMCA offers Saturday night dance parties

■ You might be surprised to learn where one of Sarasota's nightlife hotspots is located: **the Frank G. Berlin, Sr. Branch of the Sarasota YMCA**. On any given **Saturday night**, you'll find between 90 and 130 community members - an even mix of singles and couples - enjoying a weekly dance party for active older adults, with the opportunity to socialize and ballroom dance. There is a live band, playing big band music; on breaks, the DJ takes over.

The evening starts with a ballroom dance lesson to help participants at all skill levels find their footing. The program, which aligns with the YMCA's mission of improving the community's health and well-being, offers the opportunity for social interaction, to practice ballroom dancing skills, and enjoy a fun physical activity in a social, supportive and affordable setting.

The dance parties take place every Saturday, 6:30-10:30 p.m., at the Berlin Branch of the YMCA (1075 S. Euclid Ave., Sarasota). Cover charge: \$12. For more information, call 941-955-8194, ext. 125. ♻️

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