

## Strike a Pose at The Longboat Key Education Center

**Y**oga is offered **Monday, Tuesday, and Wednesday** in the fall at **The Longboat Key Education Center**. Enjoy one or more of these classes that are offered from **9-10 a.m.** and **begin October 15** and run for eight weeks.

**Mondays, Gentle Kripalu Yoga**, is taught by Emme Shapiro. Join Emme and open the doors to your inner knowing. **Sweet and Spirited Yoga** on Tuesdays, with Mary Kane, emphasizes body awareness and deep connecting breath. Mary is also a Reiki Master and helps students stimulate their energy centers.

Angelena Craig encourages her students to move in a gentle but dynamic way on Wednesdays, in her **Slow Flow Yoga** classes. All the classes offer maximum benefit, safety and enjoyment. The teachers are fully certified and have many years of



experience. Stretch, breathe, condition, tone and most importantly—learn to relax while also leaving class feeling fully energized. All fitness levels are welcome.

Eight weeks is \$88 for members, \$104 for non-members. Call **941-383-8811** or go to [www.lbkeyeducationcenter.org](http://www.lbkeyeducationcenter.org).

## National Council of Jewish Women Meeting and Book Club

■ On **October 8 NCJW** starts off the 2018-2019 monthly **Book Club** with the novel *Beartown* by Frederick InfoBackman. The Club meets monthly on the first **Monday of the month** at Gulf Gate Library from **1-2:30 p.m.** The NCJW Sarasota-Manatee section website (<http://ncjwsarasotamanatee.org/what-we-do/ncjw-book-club/>) has information about the Book Club and the title selections and dates for the current season. You will also find Goodreads reviews of the books. Guests welcome. Info: 703.338.7112.

■ **The National Council of Jewish Women** is having a **Coffee Hour** for New and Prospective Members on **Wednesday, October 10** from **10-11:30 a.m.** It will be at the home of Debbie Silver Heller, 7308 Barclay Court, University Park Country Club. This is an excellent opportunity to meet some Board members and hear about community programs and activities. RSVP Rosalie Leon, [roboat52@gmail.com](mailto:roboat52@gmail.com) or 941-356-1801.

## Free Seminar on Age Management

■ **The Renewal Point** has a free seminar on **Thursday, October 18, 6-7 p.m.** on “**Innovations in Age Management.**” At the 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. Seminar will be given by Dan Watts, MD.

Held at The Renewal Point, 4905 Clark Rd., Sarasota. Open to men and women. To RSVP (space is limited), call 941-926-4905.

## Meditation at The Longboat Key Education Center

■ **How To Develop Your Own Powerful Meditation Practice**

will be offered as a one-time workshop on **Saturday, November 17**, from **10 a.m.-12 p.m.** at **The Longboat Key Education Center**. Kelsan Sangzin, an ordained Buddhist nun and the education program coordinator at the Kadampa Meditation Center in Sarasota, will guide students on how to develop a home meditation practice. Learn to transform your mind, which in turn transforms your life. Less stress, more compassion, increased mindfulness, and more inner wisdom will be your lifelong rewards. Cost is \$25 for members and \$30 for Non-Members. Call 941-383-8811 or visit [www.lbkeyeducationcenter.org](http://www.lbkeyeducationcenter.org), which lists over 175 programs for adult enrichment and lifelong learning from October through April.

## Sarasota's 2nd Annual Solutionary Health Festival

■ **November 17**, from **11 a.m. to 5 p.m.**, the Solutionary Events team is thrilled to present the 2nd annual **Solutionary Health Festival!** Learn about creating healthy, compassionate, and environmentally sustainable communities through a fun-filled festival at Oscar Scherer State Park.

Featuring renowned speakers and health professionals, plant-based food demonstrations, live music and dance performances, 50+ health and wellness vendors, a kids' healthy exploration zone, health trivia, humane education, free plant-based food samples, yoga and fitness classes, kayak demos, and more, the event is an amazing experience for all to attend! The festival is \$2 to attend and parking is \$5, applied to benefit Oscar Scherer State Park. Children under 13, bicyclists (biking to the event), and those who are camping at the park will not have to pay the \$2 admission.

Solutionary Events is a 501c3 non-profit educational outreach organization with a mission to create a more peaceful world through organizing socially responsible vegan events.

## Free Support Group

■ **Epilepsy Support Group** meetings offered by JoshProvides: • **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 JoshProvides at [Info@JoshProvides.org](mailto:Info@JoshProvides.org).

## Lakewood Ranch Events

• **Mah Jongg at One on Wednesdays** from **12:45-4 p.m.** at LWR Town Hall. Enjoy competitive mah jongg every Wednesday afternoon, all year. All play is by reservation. Contact Joan Robbins by email or call her at 941-929-2995 for more information.

• **Lunch, Laughter and Mah Jongg on Fridays** from **noon-4 p.m.** at LWR Country Club. Enjoy lunch and then play mah jongg on Friday afternoons at Lakewood Ranch Country Club. If you are a Lakewood Ranch Country Club member and would like to join, contact Joan Robbins by email or call her at 941-929-2995. All play is by reservation. Joan offers mah jongg lessons to Lakewood Ranch Country Club members.

• **Mah Jongg Queens on Fridays** from **noon-4 p.m.** at LWR Town Hall. This group of Lakewood Ranch residents play competitive mah jongg using the National Mah Jongg League rules, as well as a few house rules. For more information about this group, contact Glenda Robertson by email or phone: 941-907-8990.

• **LWR Pickleball on Fridays** at **5 p.m.** at Lakewood Ranch High School Courts. The LWR Pickleball Club is hosting free open play each week. New members are welcome, so bring your friends.

• **Empty Nesters of Lakewood Ranch** invites both couples and singles at **12:30 p.m.** on

the **1st and 3rd Tuesday of every month** at Town Hall on Lakewood Ranch Blvd. Members bring lunch and enjoy fellowship before having an informal meeting to decide which events they might like to take part in. Enjoy a relaxed lunch with friendly people. If you would like more information before attending, call Peggy Walther at 941-907-6066.

## JFCS Cancer Support and Wellness Programs

■ **JFCS of the Suncoast Cancer** offers **Support & Wellness Programs**. All cancer support and wellness programs are offered free of charge.

Here are October's events:

• **Zentangle with Julie Burch: October 5, 1:30-3:15 p.m.** Zentangle is a meditative drawing experience unlike any other and it requires no special abilities or talents. Join Julie Burch as she guides you on a line-by-line journey into this life changing art form. You will be amazed at the beauty of the finished product and come away with the added benefits of increased feelings of calm and well-being. This is a very popular class and preregistration is required. Call 366-2224 ext. 167.

• **BioScent Dx: October 17, 1-2:30 p.m.** It's been in the news and now you can learn more. Join Heather Junqueira of BioScentDx as she shares information about a research study that may be beneficial in diagnosing breast and other cancers in a non-invasive way. Heather will present about the scent detection abilities of dogs in diagnoses.

• **Breast Cancer Support Group: Let's talk about lymphedema: October 23, 1-2:30 p.m.** with guest speaker Sherry Ireland, MS, PT, CLT Physical Therapist, Certified Lymphedema Therapist. Breast Cancer is the most frequently diagnosed cancer. 99% of breast cancer patients experience fatigue during chemotherapy resulting in impairment in physical functioning and quality of life. Some people also experience swelling/lymphedema in the arm. Sherry will discuss treatment options for managing lymphedema and regaining mobility and strength for return to function.

• **MindSet: Give your Brain a Good Workout with guest Pamela Lasko, MSW.** Do you know that certain kinds of mind exercises may help improve your brain health? MindSet is based on the research of D. Loewenstein, Ph.D., Professor of Psychiatry and Behavioral Sciences at the University of Miami. Studies support MindSet's positive effect on managing symptoms of early onset Alzheimer's and other Memory Disorders. Come and learn new skills and exercises that may help improve memory and overcome the effects of chemotherapy – chemo-brain. Preregistration required.

• **Meditation with Nancy Saum. Tuesdays 1:30-2:30 p.m.** Meditation can help us cope with symptoms and side effects cancer and treatment and improve our day-to-day living. Mindfulness Meditation may also enhance the immune system's performance and help reduce harmful levels of stress hormones in our bodies—changes that can only be beneficial. Research shows that if we mentally prepare ourselves to handle cancer treatment by getting stress and anxiety under control, we can improve our quality of life and become active participants in our health and wellness. With practice, we can train ourselves to be more mindful.

Learn and practice mindfulness in various ways—sitting meditation, body scan, walking meditation, mindful movement, and mindful eating. Each session begins with a group check-in, 20-30 minutes of guided practice and a relaxed discussion to wrap up the class. No experience needed.

• **Breast Cancer Networking Support Group: 2nd Saturday of each month, 10-11:30 a.m.** at Lakewood Ranch Medical Center, Conf. Room One. This is a support group for people with breast cancer and/or support persons.

Location: JFCS South Tuttle Campus, 1050 S. Tuttle Ave., Sarasota. Call 366-2224 x167 or visit [www.jfcs-cares.org](http://www.jfcs-cares.org).

## Get in Shape on LBK

■ **The Paradise Center** offers these classes at 567 Bay Isles Road, Longboat Key (Temple Beth Israel):

• **Tuesdays, 10-11 a.m. Yoga for Seniors.** Cheryl Kaiser, a licensed Yoga instructor, will guide you through a sequence of yoga postures and movement designed for seniors. Options are provided to adapt the yoga poses safely with the use of yoga props: chairs, blocks and straps. This is a gentle, yet enlivening class to restore balance with your body, mind and breath. If possible, bring a yoga mat with you; they do have a few extras. Fee is \$10.

• **Thursdays, 10-11 a.m. Zumba & Mat Pilates Combo for Seniors.** Class starts out with Zumba, which is a Latin-inspired, low-impact aerobics class; no experience or coordination necessary. Then at 10:30, shift to an all-level Mat Pilates class working on your flexibility, core strength and balance with a series of slow, controlled movements and stretches. Come for the whole hour or either half. If possible, bring a yoga mat with you. Fee is \$10 (30 or 60 minutes).

RSVP to [maryannbrady@theparadisecenter.org](mailto:maryannbrady@theparadisecenter.org) or by phone (941) 383-6493. ☺

Send your listing to:  
[WCWNewspaper@aol.com](mailto:WCWNewspaper@aol.com)  
**DEADLINE:**  
**OCTOBER 5**  
Datebook is also available at  
[WestCoastWoman.com](http://WestCoastWoman.com)