

## So, How Does Your Yard Look?

**H**appy with your home landscape? If not, consider attending this lecture being offered by **UF/IFAS Extension Sarasota County** on **Monday, May 21, 10-11:30 a.m.**

Are your plants old and outdated? Has the pruning left the plants looking tortured? Learn practices and procedures for renovating homeowners association landscaping the Florida-Friendly way.

Get advice and tips on plants, irrigation, invasive plants, weeds, pruning, fertilizing, watering, mulching, maintenance, and more. Register early through Eventbrite.com to save your seat. UF/IFAS Extension Sarasota County is located at Twin Lakes Park, 6700 Clark Road, Sarasota. For information, call 941-861-5000 or email [sarasota@ifas.ufl.edu](mailto:sarasota@ifas.ufl.edu).



## Free Support Groups

■ **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).

■ **Meridien Research**, an independent clinical research center, offers **monthly ADHD support group** meetings on **Mondays at 7 p.m.** at their office, 8043 Cooper Creek Boulevard #107. Attention-Deficit/Hyperactivity Disorder, ADHD, is a brain-based syndrome associated with particular functions and behaviors. These imperative functions include attention, concentration impulsivity in addition to hyperactivity and organization. There are chemical, structural and genetic differences that will vary from child to child. However, children and adults who have been diagnosed with ADHD have difficulty developing social skills which result in social rejection. Meetings are the **last Monday of the month** and are free and open to the public. Light refreshments will be served. To reserve a seat, call 941-756-8680 or email [info@meridienresearch.net](mailto:info@meridienresearch.net).

■ **Sarasota Audubon Society** on **Saturday, May 19** has **Sidewalk Astronomy, 8:15-10 p.m.** The Deep-Sky Observers will once again set up their telescopes at the Nature Center for wonderful stargazing. **8:15p.m.**

• On **May 14** there will be a discussion on **Swallow-Tailed Kites** from **6:30-9:30 p.m.** Margi Haas will share her adventures with the Swallow-tailed kites she has encountered in our area at the Society's monthly meeting at First Congregational Church Fellowship Hall, 1031 South Euclid, Sarasota.

• On **Thursdays, June 21, July 19 and August 16**, the Society will offer **Summer Movies At The Nature Center 5:30-7:30 p.m.**

Join them for a free movie during the hot summer months at Sarasota Audubon's cool Nature Center, 999 Center Road, Sarasota. Info: <http://www.sarasotaaudubon.org/Venue>.

into the natural environment, using Florida-Friendly Landscaping techniques that you can adopt for your home or business landscape. Register early through Eventbrite.com to reserve your spot. For more info, call 941-861-5000 or email [sarasota@ifas.ufl.edu](mailto:sarasota@ifas.ufl.edu).

■ **University of Florida/IFAS Extension Master Gardener Plant Clinic** is on **May 21, 10 a.m.-noon**. Want to learn more about Florida-Friendly gardens, composting, or citrus trees? Need a plant or insect identified? On the first and third Monday mornings of every month, from 10:00 a.m. to 12:00 p.m., Gulf Gate Library hosts the Master Gardener Plant Clinic where 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. For more information, call 941-861-5000; or online: <http://sarasota.ifas.ufl.edu/Hort/horthelp.shtml>.

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## Exercise Classes for Parkinson's Patients

■ **Neuro Challenge Foundation for Parkinson's** (NCF) announced that an exercise program for people with Parkinson's has started at the Bradenton Branch of the Manatee YMCA. NCF initiated the idea due

to the unmet need of Parkinson's specific programs in Manatee.

• **Pedaling for Parkinson's** is an effective way for people with Parkinson's to experience the benefits of a cycling program under the supervision of a certified cycling instructor. It will run on **Mondays and Wednesdays** from **10:30-11:30 a.m.**

• **The Stretching for Parkinson's** class features special stretching exercises for improved range of motion, balance and flexibility. It will run **Tuesdays and Thursdays** from **10-10:30 a.m.**

Classes are at the Manatee YMCA at the Bradenton Branch, 3802 59th St. West. There is no charge for the first week of classes. Non-members are invited to attend and try out the class before making a membership decision. Call 941-782-0780 to register or for more information about YMCA membership options.

## At The Libraries

■ **Writing Through Loss** is on **May 30, 1-2:30 p.m.** Loss of friends and family, work, physical ability or a sense of identity... these realities signal critical life changes, but can also be catalysts for personal growth.

This writing and discussion group will guide you through the process of writing through your loss. Attendees will free-write for brief periods of time followed by voluntary reading/sharing sessions. Held at Gulf Gate Library in the Conference Room. Presenter: Nancy Pasternack.

## Friendship Force Sarasota

■ **Friendship Force International** is a non-profit organization that has brought together more than 1 million people in homestays since 1977 to share different views and discover common ground, in a quest for global understanding and peace. The **first Thursday** of each month the group will gather at **7 p.m.** at the Waldemere Fire Station (2070 Waldemere Street) in the training room.

**Meeting Dates:**

• **June 7: Travel insurance** from Friendship Force Intl - compare and contrast.

• **July: No meeting.** Curious travel aficionados and potential new members are encouraged to attend.

For more information: [www.FriendshipForceSarasotaFlorida.org](http://www.FriendshipForceSarasotaFlorida.org).

## Get Into Genealogy

■ **Genealogy Basics** (Part 1 of 2) is being offered on **June 4, 10:15 a.m.- 12:15 p.m.** This computer-based genealogy course covers the following topics: why study genealogy; how to get started; what sources are available; and how to organize and present your research. Students will start researching their family history using the Library Edition of Ancestry.com. Basic computer skills required. You need to have an active Sarasota County library card number to access the Ancestry Library Edition database.

As space is limited and in consideration of other students, take Genealogy Basics only once. Register for this class by calling 941-861-5000. When you register for Part 1, you are automatically registered for Part 2 on Tuesday. Held at Gulf Gate Library in the Learning Lab.

■ **The Genealogical Society of Sarasota** meets on **May 12, 10 a.m. to noon**. Topic: **Search & Find For Genealogists: Find Your Ancestors on Subscription Sites.** Held at Selby Library downtown.

## Health Classes & Lectures

■ **The Renewal Point** will present a **Bio-identical Hormones** seminar on **Thursday, May 31, 6-7 p.m.** Balancing hormones is about aging gracefully, living a higher quality of life, and halting or possibly reversing disease processes. At the Bio-Identical Hormones Seminar you will learn about: Hormones and why an imbalance in them leads to signs and symptoms of aging and the disease processes that come along with this; The benefits of bio-identical hormones - these are identical to the body's naturally produced hormones, allowing them to work as a lock and key in the receptor sites; How correcting the imbalance can retain your body to function at a higher level.

How hormone balancing can improve energy, sleep, sexuality, endurance, relationships, bone strength, joint health, mental focus, and more.

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

■ **JFCS of the Suncoast Cancer** offers **Support & Wellness Programs**. All cancer support and wellness programs are offered free of charge. **Here are May's events:**

• **Gary Parker, Attorney Emeritus, Manasota Legal Aid will come to speak** to the Patient Support Group, answer questions and concerns that those impacted by cancer diagnosis may have. **May 3** from **2-3 p.m.** at the S. Tuttle campus.

• **BioScent Dx: May 16, 1-2 p.m.** It's been in the News and now you can learn more. Join them as Heather Junqueira of BioScentDx shares information about a fascinating research study that may be beneficial in diagnosing breast and other cancers in a non-invasive way. Heather will present about the incredible scent detection abilities of dogs in diagnoses at the South Tuttle Campus.

• **ZENTANGLE** with Julie Burch is on **May 29, 2:30-3:45 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 (941) 366-2224 ext. 167.

• **MINDFUL MEDITATION:** Join facilitator Nancy Saum as she guides students through mindful meditation techniques. Studies support that mindful meditation promotes improved immune system health. Meditation can also provide relief from pain and insomnia and helps to better cope with stress. Free to anyone impacted by a cancer diagnosis **Tuesday** from **1:30-2:30 p.m.** JFCS S. Tuttle Campus. **3rd Tuesday of each month** group will meet at Arlington Park for **WALKING MEDITATION.**

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

## At Spirit University

■ **May Offerings:**

• **Psychic Development Class Every Monday.** Psychic and intuitive abilities, like the ability to give spiritual healing, should not be regarded as the gift of the few - they are the birthright of everyone on Earth. These abilities are latent within us all - and intuition and psychic development can occur through spiritual practices, such as yoga breathing and mantra, and by various forms of service to others, such as prayer and spiritual healing.

Open to all those who seek to expand their knowledge of the spirit world. Develop and strengthen your understanding of the different elements of spirituality and psychic development through discussion, entertaining exercises, interaction with others and personal application.

Be encouraged in a safe and nurturing environment while exploring the adventure of spiritual development. Some of the topics we will explore will include: Chakra Exploration, Breathing and Consciousness, Dowsing and Divining; Mastery of The Pendulum, The Shaman's Way, Learn To Journey And Enter Altered States of Consciousness, Past Life Regression and Rebirthing, Extra Sensory Awareness, Etheric and Astral Planes, Laws of Attraction, Energy, Aura Perception. This is a continuing circle. Come to any or all. With Divya Melissa Schnirring.

Spirit University is located at 373 Braden Ave., Sarasota. Info: 941-544-5874 or visit [www.TheSpiritUniversity.com](http://www.TheSpiritUniversity.com). ☺

Send your listing to: [westcoastwoman@comcast.net](mailto:westcoastwoman@comcast.net)  
**DEADLINE for JUNE: MAY 5**  
Datebook is also available at [WestCoastWoman.com](http://WestCoastWoman.com)