

Historical Society Events

Phillippi Estate has a new program, **Afternoons at the Mansion**, with historical presentations on **Sundays at 2pm**. Tickets: \$20. Reservations: **941-861-7275**. *Light refreshments will be served.* Here's the schedule:



Phillippi Estate

- **December 8** — Rising tides, shifting sands, ancient sites in peril with John McCarthy
 - **January 5, 2020** — Newtown Alive with Vickie Oldham and singer Troy Nichols & Newtown History Makers
- Info or tickets: email hsosc1@gmail.com or call **941-364-9076**. Visit www.hsosc.com.

The Women's Resource Center Presents BeingWE (Being Women Empowered)

■ **Women are natural-born leaders.** Yet, many feel overwhelmed by attempting to juggle life's demands and have it all—home, family and career. How to balance work and home life? **The Women's Resource Center** will explore these issues with **BeingWE (Being Women Empowered)**, a guided conversation series for women by women, created by Keren Lirak, an area-based entrepreneur and real estate professional. **Coming up: Women in Business: Creating What's Possible Against All Odds (Dec. 3); and Follow Your Bliss: How Our Brains Are Uniquely Wired to Take Action (Jan. 23).** Each session is 4:30-7:30 p.m., and all genders are welcome to participate. Fee per session: \$25; sliding scale available. To register, visit BeingWE.net.

At The Libraries

- **Sarasota Libraries:**
- **CIRQUE D' BOOK**—in the Conference Room at **Selby Library, December 9, 10:30am - noon.** Librarian Charlotte Thompson leads a monthly book discussion group. **Next up:** Gail Honeyman's book *Eleanor Oliphant is Completely Fine*.
- **Here's the rest of their schedule:**
- **January 13:** Carlos Ruiz Zafon. *Shadow of the Wind*.
- **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*.

■ **Genealogical Society of Sarasota** program and meeting. Jack J. Geldbart Auditorium, **December 14, 10am - noon.** **Program:** **Melissa Barker: The Home Archivist: Preserving Family Records Like a Pro.** Learn from a professional archivist how to preserve, protect and archive family records,

photographs and artifacts. Best practices for organization, purchasing archival materials and practical records preservation that any home archivist can achieve.

Learn how to process your collection of genealogical records from start to finish. Learn the steps archivists use to process small and large records collections at the archives and how you can use these steps to get a handle on your family records collections. Barker is a Certified Archives Manager and Professional Genealogist and "The Archive Lady."

• **University of Florida/IFAS Extension Master Gardener Plant Clinic December 28, 10 am - noon.** The Plant Clinic meets in the library lobby. 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.

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

■ **Christmas with the Hawaiian Shirts** in Meeting Room AB at Gulf Gate Library on **December 20, 2-3 p.m.** Join the Hawaiian Shirts Ukulele ensemble for a festive concert featuring your favorite holiday songs.

■ **Manatee Libraries:**

- **Ukulele Classes for Beginners.** Classes are offered at downtown and island libraries for ages 18 and over:

BEGINNERS
Island: Weekly **Wednesdays to December 18, 3-4 p.m.**
Downtown Central: Weekly **Mondays To December 30** (No class December 9 & 23) **2-3 p.m.**

ADVANCED
Downtown: Weekly **Thursdays December 5 & 19, 2-3 p.m.**

About the Instructor: Kathleen Reynolds has always had a love of music. After teaching dance for 25 years, she decided to try her luck with musical instruments. She plays a penny whistle and concertina and for fun she pick up a ukulele eight years ago. She played in jam sessions for six years.

■ **STAY HEALTHY CLASSES**
Manatee Libraries is offering the following classes, related to keeping your body and mind in shape:

- **Conquer the Quicksand of Anxiety & Depression Interactive workshop** with Terri Hutchison, CMRT, LCCC, LCPC, for individuals, couples & families. Held on **December 12, 6-7 p.m.** at South Manatee

- **Meditation** With Sheryl Spikes on **December 21, 11-12 p.m.** Island

- **Downtown Yoga** With Barbara H. Weekly **Mondays, 2-3 p.m.** (no class Dec. 9-23) Downtown Central

- **Rollasage** Taught by Jerica King. Learn self-massage techniques using a foam roller. Promotes muscle recovery & increased circulation. **December 12, 1-2 p.m.** Island. **Registration required.** Call 778-6341.

- **Palmetto Yoga Weekly Tuesdays** to December 17, 2-3 p.m. Palmetto

- **Half-Hour Home Fitness** Instructor Julie Drackett takes you through a core stabilizing/strengthening exercise routine you can do in your own home without equipment. **December 6, 2-3 p.m.** Downtown Central.

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. www.toastmasters.org/Find-a-Club/00001958-sarasota-toastmasters-club. Visit their website to learn more: Sarasota: <http://na-win.com/sarasota>.

- **The Manatee Genealogical Society** meeting will be held on **December 3, 10 a.m.-noon**, at Manatee County Central Library, 1301 Barcarrota Blvd. W., Bradenton. Diana Chrisman Smith, author, speaker, instructor, and consultant on genealogical topics, will speak on **"Mining Collateral Lines for Fun and Genealogical Profit: Researching Sideways Around Brick Walls."**

Following the presentation there will be a Q & A period with the speaker and then a moderated open discussion period. Attendees are encouraged to ask questions relative to their own issues or "brick walls" and get help from MGS members and meeting attendees. Society information: <https://mgsfl.org>. Facebook: www.facebook.com/ManateeGenealogicalSociety.

■ **Venice Democrats Holiday Bash** is on **December 12, 5-9 p.m.** Enjoy beautiful lake and golf course views, a bounty of fine hors d'oeuvres and included wine or purchase from the top shelf at a full cash bar. Finish with a wonderful dessert fondue. Only 150 tickets go on sale shortly so purchase early and get the special VADC club member pricing. Held at Sarasota National Palm Club, 25500 National Blvd, Venice. Tickets: www.venicedemocrats.org.

Epilepsy 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.

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.

People with Parkinson's are Dancing

■ **People with Parkinson's** and their care partners will be able to dance with **The Sarasota Ballet**. "We are thrilled to announce that **Neuro Challenge Foundation for Parkinson's** and The Sarasota Ballet are partnering to provide **"Dancing through Parkinson's"** for our Parkinson's community," said Robyn Faucy-Washington, CEO of Neuro Challenge and Iain Webb, Director of The Sarasota Ballet.

Parkinson's is a progressive, neurodegenerative disease with no known cure. According to Faucy-Washington, numerous studies show that dance helps improve mobility, balance, and gait by addressing the motor symptoms of PD which include resting tremors, slowness of movement, and difficulties with balance as well as

non-motor symptoms such as anxiety, pain, and sleep disorders.

Students will experience a lively and varied class including gentle stretching plus tailored dance steps and music from this year's Sarasota Ballet season. Dancing for Parkinson's will meet twice a month at 11:30 am. The class will take place at The Sarasota Ballet School Rosemary Studios at 1400 Blvd. of the Arts.

The class is **free** and opens to people with Parkinson's and their caregivers; no previous dance experience is necessary. Advance registration is not required. For more information, call Neuro Challenge at (941) 926-6413.

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 to make a reservation. **Dates: December 7, January 11 & 25, February 8 & 22, March 14 & 28 and April 4.**

Info or tickets: email hsosc1@gmail.com or call 941-364-9076. Visit 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
Follow us on Facebook at *West Coast Woman* and you'll find even more events that come up each month.