

WCW PICK

Huge Rummage Sale in Englewood

The 33rd Annual Huge Rummage Sale is February 14-16 in the Englewood United Methodist Church Fellowship Hall, 700 E. Dearborn Street. Just about everything imaginable fills the gymnasium-sized hall, inside and out. Pay a \$5 "Shop Early Admission Fee"



Thursday only at the "Early Bird" Pre-Sale, February 14 from 3-6 p.m.

Admission is FREE Friday, February 15 from 9 a.m. to 3 p.m. and Saturday, February 16 from 9 a.m. to noon. Proceeds support local charitable programs. For information, see www.Englewoodumc.net, or call Paul at 941-451-4611.

Learn How to Get Fit with TRP

On Thursday, February 28, 6-7 p.m., The Renewal Point will present "CKC Medical Fitness Program - an overview." CKC Fitness or Closed Kinetic Chain Fitness is a state-of-the-art strength and conditioning program that can help the average person to the injured to the athlete. CKC works by forcing the muscles, tendons, and joints which become broken down by aging, trauma, and wear to realign and reintegrate. Find out more by attending this informative seminar.

Open to men and women. Space is limited, so please RSVP to (941) 926-4905. The Renewal point is located at 4905 Clark Rd, Sarasota. Open to men and women.

Learn to Flyfish

CB's Saltwater Outfitters, 1249 Stickney Point Rd, Sarasota, have announced dates for their Orvis-Endorsed fly fishing schools for the upcoming season; Feb. 23, March 16, and April 13, 2019.

The schools will cover flycasting basics, line control, shooting line and the roll cast. Instructors, Capt. Rick Grasset and Capt. Ed Hurst, will also cover leader construction, fly selection and saltwater flyfishing techniques. The course, designed for beginning and intermediate fly casters, will focus on basics but also work with intermediate casters on correcting faults and improving casting skills. Cost for the schools, which will run from 8:30 a.m. to 2 p.m., is \$195 and includes the use of Orvis fly tackle and lunch. Contact CB's Saltwater Outfitters at (941) 349-4400 or info@cbsoutfitters.com to make reservations.

Clubs

The Manatee Genealogical Society is hosting a winter seminar on March 16, 8 a.m.-4 p.m., at the Manatee Technical College,

6305 SR 70 E., Bradenton. The featured speaker is Dr. Thomas W. Jones, an award-winning writer, board-certified genealogist, editor of the National Genealogical Society Quarterly, recipient of honors from genealogical organizations, and author of the books *Mastering Genealogical Proof* and *Mastering Genealogical Documentation*.

Dr. Jones will present four sessions during the all-day event. The seminar includes complementary Continental breakfast and refreshments, pre-paid lunches, door prizes, and Q&A with Dr. Jones on genealogical issues. The advance registration fee is \$45 for members and \$55 for non-members. Full details of the seminar, schedule, and registration information are on the web site: <https://mgsfl.org/>; email: info@mgsfl.org.

February 8-9 is when the Bradenton Annual Flower Show will take place. This year's theme is "All You Need is Love." The Manatee River Garden Club invites you to enjoy a free flower show celebrating "love" interwoven into colorful exhibits in floral design, botanical arts (photography and crafts), horticulture and education. Vendor booths will be available on Saturday, February 9. Hours are 1 p.m. to 4 p.m. on Friday and 10 a.m. to 4 p.m. on Saturday. Location: 3120 First Avenue West, Bradenton. Further information can be found at www.manateerivergardenclub.com or call 941-795 7856.

Women's College Club of Venice invites you to join them on Tuesday, February 12, for an 11:30 a.m. lunch and program at the Pelican Pointe Golf & Country Club, 499 Derbyshire Dr. Venice. The February program is hosting the Silver Foxes. Call for reservations (\$18 lunch) 612-597-2299. New members are always welcome.

Sarasota Opera Guild has a meeting on Tuesday, February 19, 9:45 a.m. at Unity Church, 3023 Proctor Rd, Sarasota. Vocalists from Sarasota Opera will perform operatic selections. Coffee and pastries are served. Free. Two special Opera Guild presentations, reservations necessary; cost: \$20.

Namastray Yoga

Yoga has many positive effects on the body such as improving flexibility, building muscle strength, improving posture, and lowering blood pressure. It can also help you focus. Bring your yoga mat on Friday, February 15 from 5:30-6:30 p.m. and join Cat Depot for Namastray Yoga where you enjoy yoga with the inspiration of Cat Depot cats in the room. Certified yoga instructor. Bring your own yoga mat. Cost: \$10/class as a donation to Cat Depot. Children under 16 not permitted. Instructor: Veronika Schachtner. Info: 941-366-2404. Cat Depot is located at 2542 17th St Sarasota.

Free Support Group

Epilepsy Support Group meetings offered by JoshProvides:

Epilepsy support group meetings 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.

JFCS Support and Wellness Programs

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

Expressive Arts Wellness mini-retreat: February 15,

12:30-3:30 p.m. Join them for an afternoon of exploration into the creative arts. Sample expressive arts facilitated by a variety of expressive arts facilitators to include visual arts, music, movement, expressive writing and mindful breath work. Pre-registration is required.

Dr. R. Zhao, Doctor of Traditional Oriental Medicine, will be the featured guest presenter on February 26, 1-2 p.m. Dr. R. J. Zhao will speak about his research with H. Lee Moffitt Cancer Center, traditional Chinese Medicine and the benefits to cancer patients, chronic illness, and other physical ailments. TCM can be beneficial to help manage pain and enhance overall health and wellness.

Mindful Stress Management -Thursdays: 3-4 p.m. Stress impacts the body's natural immune system responses resulting in increased levels of harmful stress hormones. Join Nancy Saum as she guides you in the exploration valuable tools with an emphasis on different meditation techniques that can help manage symptoms and side effects of treatment to improve day-to-day life.

Newcomer's Support Group: Thursdays, 11 a.m.-noon. This is a small group format tailored to meet the needs of patients, survivors, caregivers and family members on a more individualized level.

North Sarasota Group: 2nd Tuesday of each month. 6-7:30 p.m. at 2801 Newtown Blvd, Sarasota. Join facilitator Elizabeth Bornstein, LCSW to discuss and learn ways to reduce and manage stress while coping with a cancer diagnosis. Meetings include "Ask Dr. Lisa"-an informal question and answer session with Lisa Merritt, M.D. Group begins with a light and nutritious meal.

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

Venice - Breast Cancer Networking Group: 3rd Tuesday of each month from 2-3 p.m. This group offers an opportunity to support and share with other breast cancer survivors. New location: Elite Health, 4125 S. Tamiami Trail, Suite 2, Venice (in Venice Village Shops 41 & Jacaranda). Call 941-408-9572 or 941-366-2224, ext. 167 for additional information.

Multiple Myeloma Support Group: 4th Wednesday of each month meets 1-2:30 p.m. This is a support group for people and/or support persons affected by a multiple myeloma diagnosis.

Unless otherwise noted, the location is JFCS South Tuttle Campus, 1050 S. Tuttle Ave., Sarasota. Call 366-2224 x167 or visit www.jfcs-cares.org.

Learn Sarasota's History on a Trolley Ride

Sue Blue and her famous Saturday morning historic downtown trolley tours are ready to roll for another season. If you are new to town or if you've lived here a long time, you'll want to climb aboard and ride through downtown while listening to Sue tell the story of Sarasota while she points out buildings and places where it happened. The red trolley leaves Pioneer Park (1260 12th Street) at 10 a.m. and returns at noon.

A ticket to ride is \$30 and you must reserve by contacting Linda Garcia at 941-364-9076. Available dates: February 2, March 2, 16 & 30 and April 13 & 17. The Historical Society of Sarasota County in Pioneer Park. Email hsosc1@gmail.com, call 941-364-9076 or visit www.hsosc.com.

Expressive Arts Florida Institute

Expressive Arts Florida Institute offers a variety of workshops in art and expressive arts to connect you with your own creativity. Whether you identify with being an artist or you have felt out of touch with your artist self for a long time, you can explore new art processes, and have fun doing it. Classes range from fun art making workshops to Art as a Healing Practice and professional development for counselors and therapists.

Full weekend immersions in expressive arts processes offer a retreat for those who want a deeper and fuller experience as well as training in the field of expressive arts through our internationally acclaimed Certificate Training Program, which opens a pathway for professional application and registration. Here's what is coming up:

Saturday, February 16, 10 a.m.-2:30 p.m. "Self-Compassion Workshop" with Deborah McKeever, MA, LMHC. This workshop is an engaging and fun process of art-making, writing, and dramatic enactment, you will invite rejected aspects of yourself into your "circle of worth", holding them with care and attentiveness. Work with puppets, art-making, witnessing, writing, sharing. This workshop is for anyone with an interest in increased self-compassion, including, but not limited to, therapists, educators, helping professionals, expressive arts practitioners. Email them if you have questions about whether this might be for you. 4 CEUs for LCSW, LMFT, LMHC. \$65 includes all supplies. Held at Expressive Arts Florida Institute, 200 S. Washington Blvd, Suite 1, Sarasota; Registration and information at www.expressiveartsflorida.com or call 941-366-9595. ☺

EMAIL YOUR EVENTS TO:
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DEADLINE:
FEBRUARY 5

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