

Designing Women's Salon Series 2019

Learn more about interesting topics from respected Sarasota Leaders and experts as you contribute to the grant pool that supports local arts and human services through these interesting sessions at **Designing Women Boutique**.

Seating is limited, so book now before sellout.

Coming up:

- **March 27 at 5:30 pm** (Evening Light Bites) **"Philanthropy: Art or Science?"** Panel with: Senior staff with Charles & Margery Barancik Foundation, Kelly Romanoff, project manager, Teri A. Hansen, president & CEO, John Annis, senior VP for collaboration and impact



Teri A. Hansen,
president & CEO
of Designing
Women Boutique

Full schedule and tickets available at designingwomenboutiquesrq.org/events.

Financial Literacy Day Talk at USFSM

■ **Financial Literacy Day III – An Update on Financial Markets and the Economy** – is on **April 11, 8 a.m. to 5 p.m.** Keynote speaker: Gretchen Morgenson, Senior Special Writer, Investigations Unit, for The Wall Street Journal. Panel discussions include: Outlook for the US Stock Market & Global Economic Outlook; How the World Looks in Economics and Geopolitics, and others. Special session on Health, Hunger and Philanthropy. Cost: \$50. Coffee, pastries and lunch included. Held at Selby Auditorium at USF Sarasota-Manatee, 8350 N. Tamiami Trail, Sarasota. Visit usfsm.edu or call 941-359-4200.

Free Lecture on Bio-Identical Hormones

■ Balancing hormones is about aging gracefully, living a higher quality of life, and halting or possibly reversing disease processes. At this **Bio-Identical Hormones Seminar** 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. You'll also learn about 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. Correcting the imbalance can retrain your body to function at a higher level and can improve energy, sleep, sexuality, endurance, relationships, bone strength, joint health, mental focus, and more.

Held on **Thursday, March 21, 6-7 p.m.** 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.

Sarasota Singles Society

■ **Sarasota Singles Society** presents, **"Suddenly Single? Or Single Too Long!"** with Life Coach Nancy Price. There's a workshop exploring practical ways to meet the right life partner on **March 16, 9 a.m. - 3 p.m.**, with a luncheon from noon to 1:30 p.m. It will be held at the Sarasota Yacht Club, 1100 John Ringling Blvd, Sarasota. Tickets: \$125 (includes lunch). For tickets and more

information, call Sherry Janes van der Heym at 828-450-8845 or visit www.SarasotaSinglesSociety.com.

"Loneliness is the most common disease in the world," says Sherry Janes van der Heym, the founder of Sarasota Singles Society. "But loneliness is avoidable." Price has created a game-changing technique that allows people to heal the fear and the blocks that inhibit happiness, success and potential in every area of their lives.

Price bridges science, psychology and spirituality in a technique she's developed called "Alpha Healing." She has conducted workshops and seminars for the U.S. government, sports teams, corporations and groups, and has appeared on numerous television and radio shows, including FOX News, NPR and ZNBC.

The Sarasota Singles Society offers members the opportunity to meet other singles while enjoying travel and social, cultural and recreational events. Info at www.sarasotasinglessociety.com or call 828 450-8845.

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; **March 16**, and **April 13**.

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. Runs from 8:30 a.m. to 2 p.m. Cost: \$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

■ **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. Advance registration fee is \$55. Details of the seminar, schedule, and registration information are at <https://mgsfl.org/>; email: info@mgsfl.org.

■ **The Manatee River Garden Club** has its **14th Annual Garden Tour "Bradenton in Bloom"** on **Saturday, March 30**, all day. Further information can be found at www.manateerivergardenclub.com or call 941-795 7856.

At Selby Library

■ **Cirque D'Book** is offered in Jack J. Goldbart Auditorium at **Selby Library, 10:30 - 11:30 a.m.** Librarian Charlotte Thompson leads a monthly book discussion group. **Coming up:**

- **March 11: George Saunders.** Lincoln at the Bardo.
- **April 8: Mohsin Hamid.** Exit West.
- **D.I.Y. (Do-It-Yourself) Time: French Impressionism And Pointillism Painting** is also available at Selby Library
- **Youth Program Room** - Selby Library. All Ages. Drop-in crafts from around the world. **Thursdays from 5-7:30 p.m.**
- **March 7: Sew a Swedish Dala horse** or other simple felt friends.
- **March 14: Explore patterns with African fabric painting** from Ghana.
- **March 28: Paint a natural scene** using French Impressionist or Pointillism styles.
- **April 4: Sculpt Mexican maracas** using papier-mâché. **Saturdays from 2-4 p.m.**
- **March 9: Construct and decorate a lantern** with styles from Indian architecture.
- **April 13: Craft colorful paper flowers** with techniques from all around the world.

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

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.

JFCS Support and Wellness Programs

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

- **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. Nancy Saum 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.

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. Reserve by contacting Linda Garcia at 941-364-9076. Available dates: **March 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.

Sarasota County to host flood zone workshops

■ **Sarasota County** will host a series of **educational flood zone workshops** throughout 2019 at several county libraries. The workshops are intended to educate residents, lenders, insurance and real estate agents about flood risks, zones, maps, regulations and mandatory insurance purchase requirements. Attendees will also find out why flood zone maps are continuously updated.

All workshops are from **10:15 a.m. to noon**. No registration is required. Upcoming workshop dates and locations include:

- **Elsie Quirk Library**, 100 Dearborn St., Englewood: **March 6, May 1.**
- **North Port Library**, 13800 Tamiami Trail, North Port: **March 12, April 2.**
- **Jacaranda Library**, 4143 Woodmere Park Blvd., Venice: **March 20, April 10.**
- **Selby Library**, 1331 First St., Sarasota: **March 5.**

To see the full list of 2019 workshops or for more information, call the Sarasota County Contact Center at 941-861-5000.

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 is \$12. For more information, contact Geyer at 941-955-8194, ext. 125 or dgeyer@sarasotaymca.org. 🗳

EMAIL YOUR EVENTS TO:
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DEADLINE:
MARCH 5