Prime Timers Sarasota

Enriching social lives of mature gay/bi men

"For the best times of your life!" Sarasota, Florida September 2022



President's Message by Mike A.

Hello all. I hope your summer has been as fulfilling and eventful as

mine. After the turmoil for the last two years, 2022 is actually turning out to be a pretty good year, most things considered. We still have this year's hurricane season to contend with but, if the weather keeps going the way it has been, we won't have much to worry about. That being said, I urge you to be prepared for the worst that Mother Nature can throw at us.

Even though the year will soon be over, Prime Timers of Sarasota still has many exciting events coming up. In addition to our regular slate of potluck dinners, north and south side lunches, and socials at the Purple Rhino, we have three biggies on the calendar: a Halloween Party, our yearly Fall Picnic, and my favorite, the Holiday Dinner Dance. Be sure to look for announcements concerning all these events and more.

It may be a little early to bring up but, at the end of the year, we will conduct our Board of Directors election. There are seven seats on the Board and there will be openings this year. I urge everyone to consider sitting on this Board. I have served on the Board for seven of the eight years I've been a member and I can attest that it is a lot of fun. Think about it! New blood on the Board means new ideas and renewed energy for our chapter.

I hope to see many of you at the various events as the year winds to an end. Be safe out there.



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Who We Are

Prime Timers Sarasota is a non-partisan social club for gay, bisexual, transgender or transitioning men over 21. In addition to our Fall Picnic and Holiday Party, each month we offer a potluck supper, two luncheons at area restaurants, a members' meeting with a speaker, home nights with games or movies, and day trips by bus or car pool to unique Florida Sun Coast attractions. Our social events are chosen to fit individual needs, priorities and affordability. Equally important is our commitment to Care and Support, where members assist one another with activities and needs of daily living. If a member is ill, injured or otherwise incapacitated, he can reach out for assistance to members nearby to help him with activities such as shopping, transportation, moral support, or help at home.

SEPTEMBER BIRTHDAYS

George K.	
Pat H.	2
Dale M.	2
David S.	2
Bill D.	5
Edgar S.	8
Gary L.)
Jon Stone)
Doug M.	2
Lee L. 14	4
Tom K. 10	5
Vaughn P. 20	5
Dale C. 29	9
Michael W. 29	9
Bruce V. 30)







With the Health concerns of the times and the age of our membership, Prime Timers Sarasota is encouraging our members and their guests to be vaccinated for COVID with a booster, including vaccinations for other age-related diseases, before attending events.

Due to the ever-changing conditions related to the COVID-19 variants, the guidelines and events will be reviewed and changed as needed by the Board so as to be aligned with current CDC guidelines and mandates.





POTLUCK: FIRST Saturday, September 3rd, 6:00 P.M., Syster Hall, 1st Congregational Church, 1031 South Euclid Ave. Bring a dish to share (main, side dish, appetizer, dessert). Please send an RSVP to Bill P. with the specifics of what you intend to bring, ex: "main dish -- chicken casserole". See above attendance guidelines. Remember your donation to the All Faiths Food Bank.



NORTH SIDE LUNCH: SECOND Thursday, September 8th, at 1:00 P.M. at Siam Gulf, 1100 N. Tuttle Avenue, Sarasota. Please RSVP to Dan W. by 2:00 P.M. on Wednesday, September 7th.

2nd SUNDAY SOCIAL AT THE PURPLE RHINO: Sunday, September 11th, 3:00 – 5:00 P.M. We will maintain social distancing. Attendance is limited to 30. Please RSVP to Ron G. or Jerry U. (Please feel free to leave a tip for Rick in a jar on a table by the entrance. Show your appreciation for his time, effort, & cost that he provides for us.)

BOARD OF DIRECTORS MEETING: SECOND Wednesday, September 14th, 10:30

A.M., at the home of Jerry U. and Ron G. Contact Mike A. if you wish to attend as a guest.

PT SINGLES & SOLOS CLUB: Sunday, September 18th, from 3:00 to 5:00 P.M. at the Purple Rhino. Come and meet like-minded members and discuss possible future activities for this new group. Everyone is welcome. For more information, please contact Matt L.



SARASOTA ART MUSEUM: Wednesday September 21st at 11:30 A.M., Sarasota Art Museum, 1001 S. Tamiami Trail, Sarasota. Meet at the front desk. Admission is \$15.00. Lunch following at the Bistro Restaurant in the Museum.



SOUTH SIDE LUNCH: FOURTH Thursday, September 22nd, at 1:00 P.M. at Libby's Neighborhood Brasserie, 1917 Osprey Avenue. Please RSVP to Dan W. by 2:00 P.M. on Wednesday, September 21st.



MEMBERS MEETING: FOURTH Sunday, September 25th, at 3:00 P.M. in Syster Hall at 1st Congregational Church at 1031 South Euclid Avenue, Sarasota. This is where we hold our potlucks. *Our speaker will be Rick Kerby, Artistic Director at Manatee Players*. Dinner will be at Demetrio's, 4410 South Tamiami Trail following the meeting. See above restrictions for attending.



FOTOS FOR FUN: Monday, September 26th, at 1:00 P.M., at the Ringling Museum of Art, 5401 Bay Shore Rd, Sarasota. Free admission on Mondays to the Art Museum. Meet in entrance lobby. All members are welcome.



HAMBURGER NIGHT: FOURTH Wednesday, at the Purple Rhino, September 28th, 6:00 P.M., 2920 S. Beneva, (Corner of Webber) \$5.00 for hamburgers (\$7.50 for cheeseburgers with fries/potato salad/onion rings). Chicken/veggie burgers are available.

UPCOMING EVENTS



SARASOTA PRIDE: Saturday, October 22, 2022, 12:00 P.M. – 5:00 P.M. JD Hamel Park, 199 Bayfront Drive, Sarasota, FL.



HALLOWEEN PARTY: October 29th, 7:00 – 9:30 P.M., at the home of Steve H. and Dale M., in Sarasota. It's a potluck with appetizers and desserts. Cash prize for the best costume! (Costumes are not required, but why should you come without wearing one?) *RSVP to Dale M.* by *October 26th*. Limited to 40 people.



FALL 2022 CRUISE: November 5th – November 12th on the Royal Caribbean Serenade of the Sea cruise ship. Seven nights, four ports, round-trip from Tampa to the Western Caribbean. Sponsored by Prime Timers Worldwide.



VENICE PRIDE: While the annual Pride Festival is one of the most important events that we host for the LGBTQ+ community and allies, we are postponing our upcoming Saturday. *The new date is Saturday, November 12, 2022.*



SPRING 2023 CARIBBEAN CRUISE: May 13th – 21st on the Celebrity Equinox. Eight days, 6 ports. \$250 deposit. Inside from \$491. Refundable until February 12, 2023. For more information, see page 20.



PRIME TIMERS WORLDWIDE CONVENTION: Sunday, October 1 – Friday, October 6, 2023, Hilton Bayfront in Downtown St. Petersburg, Florida (\$149+tax/night). The St. Pete chapter is hosting this event with an anticipated attendance of 400 Prime Timers. *Convention registration and hotel reservations will be online on November 1*,

2022. The St. Pete chapter has invited us to help by providing volunteers to assist with logistics and hospitality with each of us working in 4-hour shifts.



FALL 2023 TRANSATLANTIC CRUISE: October 27th – November 16th on the Royal Caribbean Odyssey of the Sea. 15 days, 7 ports. \$450 deposit. Inside from \$479. For more information, see page 21.



October 29th, 7:00 – 9:30 P.M., at the Sarasota home of Steve H. and Dale M. It's a potluck with appetizers and desserts. Cash prize for the best costume! (Costumes are not required, but the Reaper will spot you right away!) RSVP to Dale M. by <u>October 26th</u>. Limited to the first 40 people.



Address: 10 E. Colonia Lane, Nokomis, FL 34275; Phone: (941) 488-9393 e-mail: <u>Tours@AllAroundBus.com</u>; Website: <u>www.AllAroundBus.com</u>

Prime Timers members can also check out these day trips. See their web page for more information. Contact All-Around Tours directly at the above phone number and ask for Paige or you can e-mail them. **Be sure to tell them you are with Prime Timers. (Continued)

Shows At Ft. Myers Broadway Palm Dinner Theatre

Broadway Thru the Decades ~ Dinner Theatre (*Matinée Performance*), Sep 28, 2022, \$90.00 p/p
A Chorus Line ~ Dinner Theatre (*Matinée Performance*), Oct 16, 2022, \$99.00 p/p
Not Now Darling ~ Dinner Theatre (*Matinée Performance*), April 27, 2022, \$90.00 p/p
Ha! Ha! Ho! The Holiday Show ~ Dinner Theatre (*Matinée Performance*), Nov 23, 2022, \$90.00 p/p
White Christmas ~ Dinner Theatre (*Matinée Performance*), Dec 23, 2022, \$99.00 p/p

Additional Activities

International Plaza Shopping Spree, Tampa, Sep 22, 2022, \$40.00 p/p Mount Dora Fall Craft Fair/ Oct 23, 2022, \$45.00 p/p Charlotte Harbor Sunset Cruise, Punta Gorda, Oct 25, 2022, \$110.00 p/p Cape Coral Oktoberfest, Oct 30,2022, \$50.00 p/p Everglades Airboat Ride/ Nov 7, 2022, \$110.00 p/p 34th Annual Tarpon Springs Seafood Festival, Nov 13, 2022, \$45.00 p/p



ALL FAITHS FOOD BANK

Hi Friends, here's a recent note sent to us from All Faiths Food Bank: "Your donation to all Faiths Food Bank is deeply appreciated. Your

\$50.00 gift from Prime Timers of Sarasota for the *Campaign Against Summer Hunger*, which was received August 3, 2022, will be used to provide healthy solutions to end hunger in Sarasota and DeSoto counties. The pandemic has shone a bright light on just how prevalent food insecurity is in the country and our region, while deepening the economic crisis for those who were already at risk." As we approach autumn (Because I'm from Wisconsin, autumn doesn't seem much different to me from what we call *summer* here!) All Faiths Food Bank shared fantastic news with me! An anonymous donor has graciously offered to match our gifts to the Food Bank for up to \$100,000 until September 30th to provide fresh, nutritious food to community members who are facing hunger. We are invited to join this *Autumn Harvest* campaign to make healthy food accessible to children and families and to strengthen our community. Please send your gift to: All Faiths Food Bank, 8171 Blaikie Court, Sarasota Florida, 34240. **Be sure to note on your check that you are a member of** *Prime Timers of Sarasota***. Thanks! Mike Moran (To experience a different "autumn" go to Wisconsin!)**

We've Been Keeping Busy!

AUGUST POTLUCK







36 members attended.

























7 members attended.









SECOND SUNDAY SOCIAL AT THE PURPLE RHINO

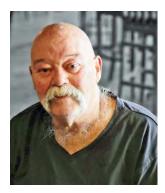
22 members attended























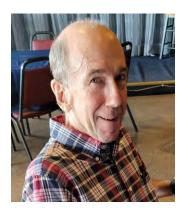
12 members attended.







12 members attended this first event.



















Sarasota Classic Car Museum. 2 members attended.



Philip E.



Philip E.



Philip E.



Steve H.



Steve H.



Steve H.



Steve H.



Philip E.



Steve H.



26 members attended. 13 members went to Demetrio's for dinner.



Brendan Ragan, Artistic Director, at the Urbanite Theatre, gave a great presentation and discussed how the theater's production of cutting-edge performances plays a role in Sarasota's arts culture. They have a small, black-box stage that only seats 65 and are always looking for volunteers, so feel free to contact them at (941) 321-1397.



By Steve H, Ph.D.

(Click on the <u>underlined bold text</u> to get more helpful information.)

Most people have back pain at some point in their lives. It's one of the most common medical problems and you're more likely to experience back pain as you get older. Many people hurt their backs when they lift, push, or pull something that's too heavy. You may also be at risk for back pain if you:

- Are pregnant
- Have poor posture (don't stand and sit up straight)
- Aren't physically active
- Are overweight
- Fall or have an accident
- Have a health problem that can cause back pain (like arthritis or cancer)
- Smoke

Back pain can be acute (short-term) or chronic (long-term). It can feel like a sudden, sharp pain or a dull, constant ache. *Acute* back pain lasts from a few days to a few weeks. It's often caused by an accident, fall, or lifting something that's too heavy. Acute back pain usually gets better on its own without any treatment. But there may be times when you need to seek medical care. *Chronic* back pain lasts for more than 3 months. It's much less common than acute back pain and most chronic back pain can be treated without surgery.

Physical activity can make your back stronger and lower your risk of back pain. If you have an injury, health condition, or disability, ask your doctor or nurse which types of activity are best for you. Follow these steps to help protect your back and prevent back pain:

- Do muscle-strengthening and stretching exercises at least 2-4 days a week.
- Try a yoga class. Yoga can help stretch and strengthen muscles and improve your posture. <u>Get the facts</u> about yoga.

• Stay active. Regular physical activity can help keep your back muscles strong. Aim for at least 150 minutes a week of moderate-intensity aerobic activity. Learn more about getting active.

Stand and sit up straight.

- Try not to slouch when standing and sitting.
- Sit up straight with your back against the back of your chair and your feet flat on the floor if possible, keep your knees slightly higher than your hips.
- Stand tall with your head up and shoulders back.
- If you can, switch regularly between standing and sitting so you're not in the same position for too long.
- Find out how to have good posture while sitting at a computer.
- Avoid heavy lifting. If you do lift something heavy, bend your knees and keep your back straight. This way, your leg muscles will do most of the work.
- Get active and eat healthy. Being overweight can strain your back. Getting regular physical activity and choosing healthy foods can help you stay at a healthy weight.

Following a healthy lifestyle is not only good for your heart but it can prevent most back injuries and help you recover faster.

Sources:

Harvard Medical e-Newsletter, <u>Tips-for-back-pain-relief</u>, Online, August 8, 2022. NIH, National Center for Complementary and Integrative Health, Online, August 8, 2022. Office of Disease Prevention and Health Promotion, Online, August 8, 2022. United States Department of Labor, *Computer Workstation e-Tool*, Online, August 8, 2022. WebMD, <u>Daily-moves-to-prevent-low-back-pain</u>, Online, August 8, 2022.



POINTS TO PONDER

Even though my body is not as young as it used to be, I will never change my amazing friends, my wonderful life, the things I've seen, the lessons I've learned and my loving family for less gray hair or a flatter stomach.



Remember as you slide down the great bannister of life, there are gonna be people who are splinters in your butt. Pick em out and SLIDE ON!!!





In these serious times, it's important to keep your sense of humor. With that in mind, every issue of the Prime Timers newsletter has a humor section, which will include a variety of humorous, inspirational, or touching videos (must use the computer), cartoons, and quips. Just click on the link provided. Enjoy!



<u>FLIGHT OF THE BUMBLEBEE</u> (Entertaining) <u>https://www.ba-bamail.com/video.aspx?emailid=16510&source=mob</u>

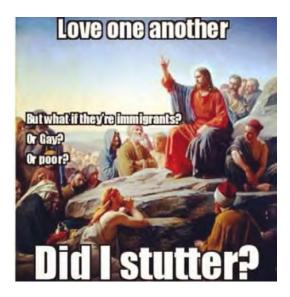
JAPANESE THREE LITTLE PIGS STORY (Entertaining) https://biggeekdad.com/2022/07/the-three-little-pigs-japanese/#.Ytyk16fZzNQ.link

<u>HOW MEN MULTITASK</u> (Humorous) <u>https://biggeekdad.com/2022/07/how-men-multitask/#.Yulrctemeyc.link</u>

<u>HOT GIRL STEALS WALLET PRANK</u> (Humorous) <u>https://www.ba-bamail.com/videos/humor/the-resourceful-pickpocket-hilarious/</u>

> <u>PLEASE PASS THE WINE</u> (Amazing) https://biggeekdad.com/2022/08/please-pass-the-wine/







Threw out my back sleeping and tweaked my neck sneezing so I'm probably just one strong fart away from complete paralysis.







IRELAND GOT A DOUBLE RAINBOW AFTER LEGALIZING SAME-SEX MARRIAGE

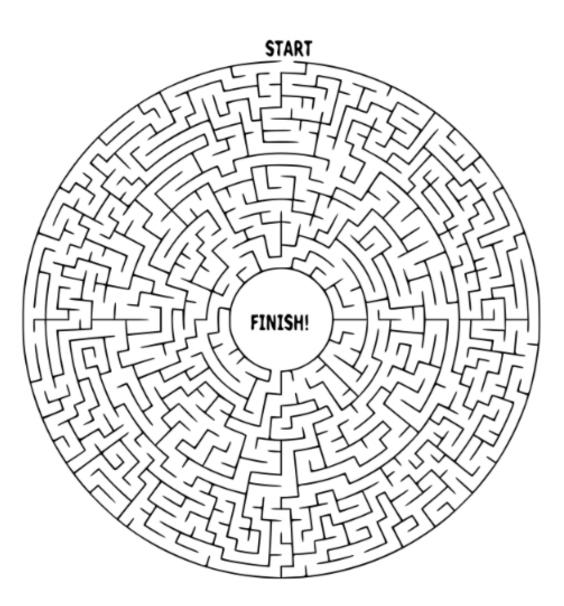
TEXAS GOT A FLOOD AFTER BANNING IT





New puzzles every month. Try out your skills and have fun. Answer will be sent out during the week.

Maze







Gay Group Happy Hour (G2H2) takes place the first Thursday of every month at a new location throughout Sarasota and provides the community with a different atmosphere to meet, network, and hang out! G2H2 Sarasota's goal is to spotlight businesses that are LGBTfriendly and welcoming to our community.



September

2022

Prime Timers Sarasota

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
						6:00 р.м. Potluck: Syster Hall
4	5	6	7	8	9	10
				1:00 P.M. North Side Lunch: Siam Gulf		
11	12	13	14	15	16	17
3:00 – 5:00 _{P.M.} Social at the Purple Rhino			10:30 A.M. PT Board of Directors Mtg.			
18	19	20	21	22	23	24
3:00 P.M. Singles and Solos: Purple Rhino			11:30 A.M. SRQ Art Museum	1:00 P.M. South Side Lunch: Libby's		
25	26	27	28	29	30	1
3:00 P.M. Members Meeting: Syster Hall; Dinner at Demetrio's	1:00.P.M. Fotos for Fun: Ringling Art Museum		6:00 Р.М Hamburger Night: Purple Rhino			

Enriching social lives of mature gay/bi men

MICHAEL & ROBERT AND PRIME TIMERS SARASOTA COURTYARD TRAVEL CELEBRITY EQUINOX

AN 8 NIGHT CARIBBEAN CRUISE TO THE CARIBBEAN

RISING PRICES ARE ALREADY HERE. CONGRATULATIONS TO THOSE WHO ALREADY BOOKED.

THE PRICES ARE SLIGHTLY INCREASED AS WE PREDICTED.

CELEBRITY EQUINOX

MAY 13-21, 2023

FORT LAUDERDALE

SEA

SAN JUAN

ST. THOMAS

ST. MAARTEN

TORTOLA, **BRITISH VIRGIN ISLANDS**

PUERTO PLATA, DOMINICAN REPUBLIC

SEA

FORT LAUDERDALE

Staterooms and Prices Prices are per person shared cabin

Inside from \$726.00 Ocean View from \$772.00 Balcony from Suite. from

\$1,056.00 \$2,349.00

Deposit \$450.00. Fully Refundable until Feb 12, 2023 Port charges \$161.63 Govt. Fees \$250 Need a cabin mate? Call Michael 941-359-8212 These Prices are Subject to Change Without Notice!



BOBETTE AT COURTYARD 98 Cutter Rd. Suite 475 Great Neck, NY. 11021 1-800-437-9685

Michael Stone. 941-359-8212

Robert Rosenthal 561-969-6958

Need a cabin mate? call Michael 941-359-8212 Book now to ensure the price! **FULLY** refundable until Feb. 12, 2023



Deposit Refundable if You Decide Not to Go By - July 20, 2023. BOOK EARLY to lock in prices and hold cabin. NEED A CABIN MATE? Call Michael 941-359-8212

CLASSIFIEDS

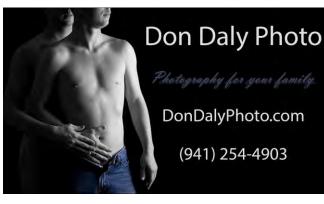
Purple Rhino Lodge



2920 Beneva Road Sarasota, FL 34232

ThePurpleRhino.org



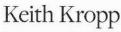


Angelic Cleaning Services	e
Residential Cleaning Services	
Clean and Fresh and full of NEW ENGERY for your h	nome
Our company is equipped with everything needed to make sure yo spotless and to your satisfaction.	our home is
Care and Quality	
Let me provide you with residential cleaning services. All supp with the service.	lies come
Call today (941) 726-5039	

Wayne Rogers REALTOR*, GRI, ABR, E-PRO, AHWD C 941.600.1802 O 941.966.8000 F 941.918.9392 WayneRogers 8660 S. Tamiami Trail @michaelsaunders.com Sarasota, FL 34238 KroppandRogersTeam.com



Prime Timer looking for a part-time job as a personal assistant. As the eldest of five brothers, I'm great at domestic chores, cleaning, cooking, laundry, shopping, and errands. Please contact me at michaelfrancismoran@gmail.com. Thanks, Mike Moran



BROKER ASSOCIATE, GRI, EPRO, AHWD

C 941.587.8376 O 941.966.8000 F 941.918.9392 KeithKropp @michaelsaunders.com

8660 S. Tamiami Trail Sarasota, FL 34238

KroppandRogersTeam.com

Prime Timers Sarasota

Enriching social lives of mature gay/bi men

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www.sarasotaprinterniers.



2022 BOARD of DIRECTORS

President: Mike A. Vice President: Bill D. Secretary: Lee L. Treasurer: John M. Members at Large: Steve H., Mike M., Jerry U.

EVENTS

Events Team: Jerry . and Ron G. North Lunch: Dan W. South Lunch: Dan W. Potluck: Bill P. *(ADDITIONAL VOLUNTEERS NEEDED)*

MEMBERSHIP

Membership Roster: Mike A. New Member E-Mail Package: Mike A. Greeting and Name Tags: Mike M.

HOSPITALITY

Membership Meeting Refreshments: Dale M. / Mike A. Membership Meeting Speakers: Dale M.

COMMUNICATIONS

Newsletter Editor: Steve H. Newsletter Proofreaders: Bill P., Marvin L. Google Lists: Mike A. Web Master: Marvin L. Facebook: Bill P.

CARE AND SUPPORT

Food Bank: Mike M. Care & Support: All Members*

*(If you need help with transportation, shopping, or moral support, or if you know of someone in need, start by contacting someone on your membership list, or contact a member of the Board of Directors.)



Official Newsletter Information

Steve H.: Newsletter Editor,



PLEASE NOTE: We will be using your personal contact information to send you our newsletters, event information, and chapter notices that may be of interest to you.

Articles and letters to the editor are *due no later than the 20th of each month* and should be emailed to **Steve H.** rather than to <u>primetimerssarasota@gmail.com</u>.

PRIME TIMERS SARASOTA P.O. Box 1411 Sarasota, Fl. 34230-1411 941-556-1344; primetimerssarasota@gmail.com

Be sure to visit our website at: <u>http://sarasotaprimetimers.org/</u>

Interested in joining? Download an application for **EACH** new member from the website and send with your check, payable to *Sarasota Prime Timers*, to: **John M.**

Visit us on Facebook at: www.facebook.com/PTsarasota

Prime Timers Worldwide Web Site at https://theprimetimersww.com/