

Prime Timers Sarasota

Enriching social lives of mature gay/bi men

“FOR THE BEST TIMES OF YOUR LIFE!”

Happy Holidays! Thanks to our wonderful Board of Directors and our Events Coordinator, December will be another exciting month for Prime Timers Sarasota. We'll be going to Ybor City for a tour, and dinner and Flamenco show at the original Columbia House. On the 9th is our Holiday Dinner Dance at Peridia Golf & Country Club, which is usually the highlight of the year. The week before Christmas we will be taking the Sarasota Discovery Christmas Trolley, which is always a lot of fun. I hope that you will be joining us for at least one of these events. There are deadlines for each event, so be sure to RSVP by that date.



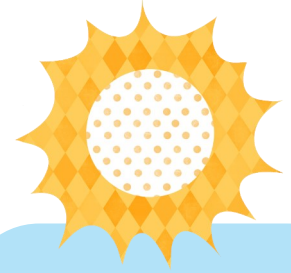
As part of the Holiday spirit, Dale Moore, and Steve Hoffner will be purchasing and wrapping about 200 small Christmas gifts for All Faiths Food Bank. It will be used as part of the kids' Holiday Backpack program. If any of you would like to help, please contact Dale Moore (demor37@yahoo.com) by December 5th.

As part of the Care and Support program, members will be receiving birthday, get well, and thinking of you E-cards. Tom Peterson, newsletter editor, is taking the lead on this effort. Soon, members who responded to the Care and Support survey will be contacted and phone callers and drivers will begin to help out.

Once again, the Board is reaching out to the membership for a volunteer or volunteers to serve as an Events Coordinator/Team. If we don't hear from you, we will be reaching out to individual members asking them to serve. Remember, it's easy to enjoy the terrific events offered for you every month, but it takes a person with a passion for the success of Prime Timers Sarasota to step forward and do the work. You'll find it to be immensely rewarding.

See you around!

Steve



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On This Page

Who are we...

Birthdays

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. To find out who is nearby contact any board member .

December Birthdays

<u>Name</u>	<u>Date</u>
William Enslin	2
Gary Davis	3
Donn Smith	7
Ron Polley	10
Joe Fuleki	15
Jim Nichol	19
Phillip Elk	21
Edward Hurley	21
Antonio G	22
Steven Rowe	29





.....from the Editor

Christmas or Hanukkah no matter which one of these that you celebrate. It is the time of year for getting together with friends and family to feast and celebrate who we are.

For us as Gay Men I feel that it is important to *Celebrate who you are*. There have been too many days of us as a community hiding who we are, trying to live 2 different lives and denying our own existence.

I know for myself that I denied being a Gay Man for many years and I tried to be the straight man that I thought I should be. As you know it did not work. We are who we are. We are not who some of those in society think we ought to be. I do not believe that we need to apologize for being who we are.

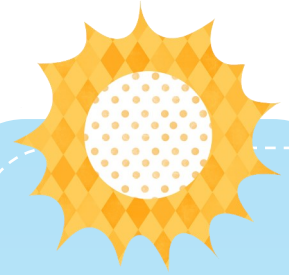
Are we perfect?No.. We are just as perfect and just as imperfect as every other human being on this planet Earth.

This holiday season I invite you to stand in front of a mirror and say to yourself “I am wonderful just as I am!”. Celebrate being who you are !



I wish every one of you Happy Holidays !

Tom



Announcements

Membership renewal



Reminder: you can now renew your annual membership with Prime Timers of Sarasota. . **The deadline to remain on te roster nd continue receiving mailings from us is January 31,2024.** However, if you pay your dues after that, you will again become an active member and receive all the great benefits of membership. You can pay by credit card or debit card by clicking on the link below, Or you can send a check payable to **Prime Timers Sarasota.** First click on the link and then on *Continue* twice. Click on *View Form.* Complete the information and print it off. (Right Click and cursor down to *Print.*) Please attach your check to the form and mail it to **PrimeTimers Sarasota, P.O. Box 1003, Tallevast, FL, 34270.** Membership is \$30.00 per year. Beat the last minute rush and renew today.

<https://my.cheddarup.com/c/2024-primetimers-membership-dues?cart=c767becf-8d12-4980-8ce3-d456cf430e7b%21%2167625115>

Starting this month, we will be listing the first ten days of the following month on the calendar so you have an opportunity to plan ahead. I hope you find this helpful. Thank you to the member who suggested the expanded calendar idea.



December Calendar of events



Wednesday, December 6th at 1:00PM Bridge Club. Enjoy playing Bridge? Come join the group that plays every Wed. If you want to attend, or if you want more information, contact Bruce Burbage (bruceburbage@yahoo.com)



Thursday, December 7th, @10:00 AM–trip to Ybor City . Meeting at First Congregational Church, 1031 Euclid Ave. for coffee and donuts before leaving for the trip to Ybor City and return home at 10 PM. Contact Dale Moore to let him know that you are going or for details (demor37@yahoo.com)



Saturday, December 9th@, 6:00 PM. . Holiday Dinner Dance . Holiday Dinner Dance at Peridia Country Club, 4950 Peridia Blvd., E. Bradenton. For Further information or to make a reservation contact Steve Horowitz (stevehor2004@yahoo.com) To reserve your meal and to pay by credit card, Click on <https://my.cheddarup.com/c/primetimers-holiday-dinner-and-dance-peridia-country-club?cart=eb309e2f-oc49-4e22-af22-d4b3ac52e153%21%2168700582> Orm you can mail the form with your check, payable to Prime Timers Sarasota to : PrimeTimers Sarasota, P.O. Box 1003, Tallevast, FL, 34270.



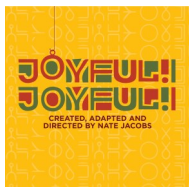
SECOND Wednesday, December 8th, @ 10:00 A.M., BOARD OF DIRECTORS MEETING: t Lee Linkous home, 4601 Del Sol Blvd, Sarasota. .Please email Lee at (leelinkous@verizon.net) now, if you plan to attend. Any member is welcome. See your Board in action and share your ideas and concerns for the good of the club.



Wednesday, December. 13th at 1:00PM Bridge Club. Enjoy playing Bridge? Come join the group that plays every Wed. If you want to attend, or if you want more information, contact Bruce Burbage (bruceburbage@yahoo.com)



SECOND Thursday, December 14th at 1PM. NORTH SIDE LUNCH: at Mean Dean’s Local Kitchen, 6059 26th Street West (at Bayshore:00 PMe Gardens) Bradenton. . Please RSVP to Dan Warren at danmichaelwarren@gmail.com or 941-359-2526 by 2:00 PM Wednesday, December 13th.



Sunday, December 17 th @ 2:00PM The regular **Sunday Social Hour and Singles and Solos** are meeting at the West Coast Black Theatre this month for a performance of *Joyful... Joyful*. We are sitting in Section 5. “Come join us at the theater” as our host Nate Jacobs would say. **GET YOUR TICKETS NOW!!!** Bring a friend! The theatre is at 1012 N. Orange St. See you there! For more information contact Matt at (bongo44@aol.com)



December Calendar of events *continued*



Wednesday, December. 20th at 1:00 1 PM Bridge Club. Enjoy playing Bridge? Come join the group that plays every Wed. If you want to attend, or if you want more information, contact Bruce Burbage

bruceburbage@yahoo.com



FOURTH Wednesday, December 20th, at 6:00 P.M., HAMBURGER NIGHT: at the Purple Rhino, 2920 S. Beneva, (Corner of Webber) You have to eat dinner, why not with some of your Prime Timer buddies?



Tuesday, December 21st @10:30 AM Cover to Cover Book Club Meeting , will meet at the Fruitville Library. We will be meeting once a month and welcome any and all members. This month the discussion will be about *Mainly by Moonlight Bedknobs* by Josh Landon. For additional information contact David Guyet (sandheim@msn.com). You are welcome to join into the lively discussion whether you've read the book for this month or not.



Friday, December 21st @ 7:30 PM Christmas Lights Trolley Ride. Come join us for a fun filled trolley ride to see the lights of Sarasota. To reserve your seat or for further information contact Dale Moore (demor37@yahoo.com)



Thursday, December 30th 1 PM . SOUTH SIDE LUNCH: at Millie's Restaurant, 3900 Clark Road , Sarasota . Please RSVP to Dan Warren at danmichaelwarren@gmail.com or 941-359-2526 by 2:00 PM on Wednesday, December 29th.

Starting this month, we will be listing the first ten days of the following month so you have an opportunity to plan ahead. I hope you find this helpful.

January Calendar of events

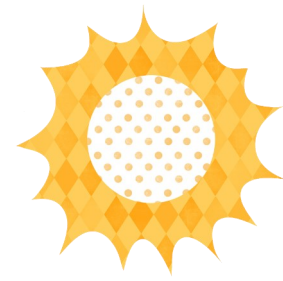


Wednesday, January 3rd, 1:00PM Bridge Club. Enjoy playing Bridge? If you are a Bridge player and have not taken advantage of this group, no better time to start then with the start of the new year. Come join the group that plays every Wed. If you want to attend, or if you want more information, contact Bruce Burbage (bruceburbage@yahoo.com)



Saturday January 6 th @ 6PM Prime Times Monthly Potluck at First Congregational United Church of Christ 1031 Euclid Ave It's a new year. Try a new dish. Good company and conversation. It is helpful if you contact Michael Stone (mstonefl@gmail.com) .and let him know what you are bringing. Start the new year off with your friends from Prime Timers.





January Calendar of events continued



Wednesday January 10th @10:30AM Prime Timers Board meeting at Steve Horowitz's home at 3725 Glen Oaks Manor Dr. Plan to attend and see how YOUR Board operates and what is going on in YOUR club. Bring YOUR ideas for new activities for the club and present them to the Board. For further information contact Steve at (Stevehor2004@yahoo.com)



These smaller events are a great time and place to get to know your fellow PrimeTimers in a more personal way. The Board recently reinstated a 50/50 raffle at both the Potluck and the Membership Meeting. Buy a ticket and you just might go home with some cash as well as new friends.

2023 Prime Timers Holiday Dinnnce

Date: Saturday, December 9,

2023





ALL FAITHS FOOD BANK

Every Friday I volunteer at the St Joseph Church Food Pantry in Bradenton. This is the first year we do not have the resources to give out Thanksgiving Turkeys. It's a reminder how important it is to reach out to those in need in a special way during this holiday season. We have one more month in 2023 to see if we can again meet the goal of \$2,000 to share with All Faiths Food Bank. You might like to participate in a special event that benefits this cause in early December. It's called "Bowls of Hope". Each year more than 1,500 guests attend one of the community's largest and most popular family-friendly events. 40 of our community's finest restaurants and caterers serve delicious soups, breads, desserts and more. Guests select beautiful handcrafted bowls to keep, all donated by local potters, artists, and students while enjoying a modest meal as a reminder of the empty bowls they help to fill. December 3rd is the date at Ed Smith Stadium, from 11:00 a.m. – 2:00 p.m. To purchase tickets contact Becky Wright, 941.549.8131 bwright@allfaithsfoodbank.org Or you can mail a year-end gift to All Faiths Food Bank 8171 Blaikie CT Sarasota FL 34240-9886

Be sure to note Prime Timers of Sarasota on your check. Happy Holidays to you all!

Mike Moran

This Month in Gay History



December 15, 1973– The board of American Psychiatric Association votes to remove homosexuality from its list of mental illnesses.

December 18, 2010– The U.S. Senate votes 65-31 to repeal "Don't Ask Don't Tell" policy, allowing gays and lesbians to serve openly in the U.S.. military.



ALL AROUND CHARTERS & TOURS

Click above and it will take you to their webpage

Address: 10 E. Colonia Lane, Nokomis, FL 34275; Phone: (941) 488-9393

e-mail: Tours@AllAroundBus.com; Website:



Funny Girl at The Straz Center, Tampa / December 3, 2023 / \$187.00 p/p



“ICE”- At Gaylord Palms, Orlando / Dec 4, 2023 / \$108.00 p/p

ok



Bok Tower Gardens Christmas . Lake Wales/ Dec 13, 2023 / \$77.00 p/p



Punta Gorda Christmas Lights Cruise & Dinner / Dec 19, 2023 / \$112.00 p/



ALL AROUND CHARTERS & TOURS

Click above and it will take you to their webpage

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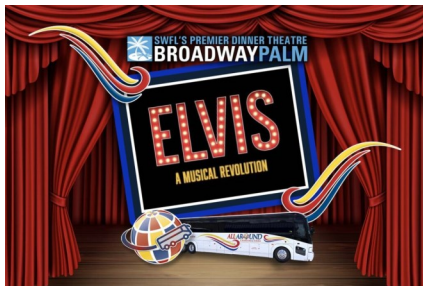
e-mail: Tours@AllAroundBus.com; Website:



Elf The Musical ~ Dinner Theatre (*Matinée Performance*), Fort Meyers / Dec 21, 2023 / \$110.00 p/p



Jen Kramer's Magical Holiday Show at Ruth Eckerd Hall (*Matinée Performance*), Clearwater / Dec 29, 2023 / \$90.00



Elvis ~ Dinner Theatre (*Matinée Performance*), Fort Meyers / Dec 31, 2023 / \$145.00 p/p





Orchid Show at Selby Gardens





Sarasota Picnic





HEALTH MATTERS:

7 TIPS FOR MANAGING YOUR MENTAL HEALTH DURING THE HOLIDAYS

Edited by Steve Horowitz

The holidays can be a time for joy and connecting with friends and loved ones, but they can also bring stress and sadness. Angela Drake is a clinical neuropsychologist at UC Davis Health. She has practical advice for navigating the season's emotional challenges and for specific tips for taking care of your mental health.

Manage Holiday Expectations. Figure out how to manage your expectations. Often what we are experiencing is a disconnect between our actual situation and what we think it should be. During the holidays, this can be particularly acute. If someone grew up with a big family, they might feel a sense of loss with a small gathering. They are mentally comparing the two without even knowing it. Focus on what you are grateful for in the present.

Let Go Of The Fantasy. Try to manage your expectations of other people. We can all have the fantasy that everyone is going to have a wonderful time, but the reality is that there are often tensions in families. It likely won't be a fantasy version of the holidays. You can set your expectations by recognizing certain family members may always be difficult. You can't control other people, but you can adjust your expectations and reactions, which can be empowering.

3. Check In With Yourself. Manage your reactions by checking in with yourself regularly. It is a way to monitor your emotional state and see how you are doing. You can think of it as a stress, anxiety or mood scale. You rank what you are feeling from one to ten. And when you are at a certain level — whatever you decide — you take a break. Do something you enjoy and find relaxing. Try listening to music, exercising, doing deep breathing (see tip #5), or doing whatever activity or hobby that you enjoy. The idea is to develop self-awareness so you can engage in self-care before reaching an emotional breaking (or boiling) point.

4. Have A Plan. In addition to regular self-monitoring, Have a specific plan for what you will do if you feel stressed out, sad, or anxious during the holidays. It could be calling a friend, walking, turning on music, reading, or watching your favorite TV show. The activity is as individual as you are. All of this is moving you towards wellness. It's about being proactive and engaging in self-care, rather than trying to ignore or stuff down emotions, which typically only works for so long.

5. Breathe. Try using a technique called diaphragmatic breathing to relieve stress and anxiety. It is also known as deep breathing or belly breathing. You can do deep breathing anywhere and it doesn't cost anything. She notes that people often go, go go during the holidays and will try to power through whatever they need to do. But then it leaves them exhausted. Deep breathing, holding oxygen in your lungs, allows for better oxygen exchange. Your blood oxygen goes up and as soon as that happens, you start to relax. You can learn deep breathing from free online [instructions and videos, such as those found on YouTube](#). Search on *diaphragmatic breathing or meditation*.





HEALTH MATTERS:

6. Share The Happy Memories. In addition to stress, the holidays can also be a time of grief as people are aware of loved ones who have passed away. You don't want to submerge yourself in grief, but it is not useful to just ignore it because you are still going to feel it. A strategy she recommends is known as reminiscence therapy. The idea is to acknowledge loss and grief but not dwell on the sad memories. Just focus on the happy memories -- celebrate that person. Talk about them, reminisce, and tell stories.

7. Connect With Community. Loneliness has negative health effects. The holidays can amplify loneliness, especially when people no longer have family or live far away from their families or friends. If you do not have a network of friends or a support group, get out there and find one. Prime Timers is a great support group if you reach out to



other members. She notes that people find community through many avenues, including churches, clubs, **meetups**, volunteering, cultural centers, LGBTQ centers, and many others. Finding community is hard these days, but it is so important. When you talk to people and interact, you get to feel good about what you are doing. And it is good for you. If you or someone you know is experiencing a mental health crisis, help can be reached 24 hours a day, seven days a week, by dialing or texting **988** from a smartphone. You can learn more about the 988 Suicide & Crisis Lifeline on their **website** (988lifeline.org).

Source: Howard, Lisa. <https://health.ucdavis.edu/news/headlines/7-tips-for-managing-your-mental-health-during-the-holidays/2022/12> [Online], December 20, 2023.





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 LGBT-friendly and welcoming to our community.

SARASOTA'S LGBTQ+ HOLIDAY PARTY

nancy's BAR-B-Q

NANCY'S BAR-B-Q
1525 4TH ST, SRQ, FL 34236

- ▶ Free Appetizers
- ▶ Door Prizes
- ▶ 50/50 Raffle
- ▶ Live Entertainment
- ▶ Toy Drive for Streets of Paradise

\$10 COVER

THUR, DEC 7TH | 5:30 TO 8:30

G2H2
GAY GROUP HAPPY HOUR
SARASOTA

FEATURING THE BEST LGBTQ FRIENDLY BUSINESSES IN SARASOTA!

FOR MORE INFO: G2H2SARASOTA.COM



Classifieds

Purple Rhino Lodge



2920 Beneva Road
Sarasota, FL 34232

PurpleRhinoLodge1@gmail.com
ThePurpleRhino.org

PurpleRhino
The Fun & Charity of Sarasota's Gay Community

Wayne Rogers

REALTOR®, GRI, ABR, E-PRO, AHWD

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*And other personal
pick-ups*

AIRPORT TRANSPORTATION

(941) 321-0195

Woff405813@hotmail.com

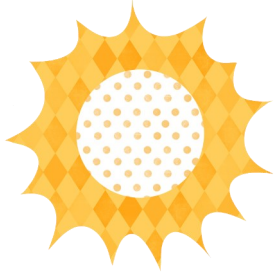
Wayne Officer

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Enriching social lives of mature gay/bi men

Phone: 941-993-3561
E-mail: primetimerssarasota@gmail.com
Website: www.sarasotaprimetimers.org

Scan
Me



2023 BOARD of DIRECTORS

President: Steve Horowitz
Vice President: Michael Sloan
Secretary: Lee Linkous
Treasurer: Bill Thomas
Members at Large: Jerry Travis, Mike Moran, Steve Hoffner

COMMITTEES

EVENTS

Events Coordinator: Dale Moore
North Lunch: Dan Warren
South Lunch: Dan Warren
Potluck: Michael Stone
Book Club: David Guyet
Singles and Solos: Matt Leona
Theatre Group: Matt Leona
Food Bank: Mike Moran

MEMBERSHIP

Membership Roster: Steve Horowitz
New Member E-Mail Package: Steve Horowitz
Greeting and Name Tags: Mike Moran and Michael Sloan.

HOSPITALITY

Membership Meeting Refreshments: Dale Moore
Membership Meeting Speakers: Dale Moore
Potluck Supplies: Board of Directors

COMMUNICATIONS

Newsletter Editor: Tom Peterson
Newsletter Proofreaders: John Mickelbank, Ron Gibson, Michael Sloan, Steve Horowitz
Google Lists: Steve Horowitz
Web Master: Michael Sloan
Facebook: *Volunteer Needed*

CARE AND SUPPORT

Riccardo Didlick and Steve Hoffner, Co-Chairs, Rick Coyne, Irv Krauledis, Chris Harris, Mark Carrier, Jan Weston, Mel Fingerut, All Prime Timers Members*



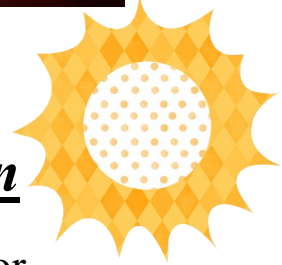
Prime Timers Sarasota

Enriching social lives of mature gay/bi men

Official Newsletter Information



Tom Peterson, Newsletter Editor
tominparadise22@gmail.com



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

Articles and letters to the editor are **due no later than the 20th of each month** and should be emailed to **Tom Peterson** rather than to primetimerssarasota@gmail.com.

PRIME TIMERS SARASOTA
941-993-3561; primetimerssarasota@gmail.com

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



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

**To : Prime Timers Sarasota,
PO Box 1003, Tallevast, FL 34270**

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

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

