



**“FOR THE BEST TIMES OF**

**President’s Message**

Happy New Year! I hope that you all had a wonderful holiday season. I sure did. I thought that the last Holiday Dinner-Dance was the best one yet! Great food, great service, great music, and great fellowship. Your Board members couldn’t have asked for more. We are currently in negotiations with Peridia to hold our 2024 Dinner-Dance there again. We had nearly 70 men who attended this past event, so let’s try to make it at least 75 men this year.



I want to thank my 2023 Board for all their hard work. It was a year of innovations and new programs. I couldn’t have done it without them. The Board members for 2024 are: Steve Horowitz, President; Michael Sloan, VP; Lee Linkous, Secretary; Bill Thomas, Treasurer; and Members-At-Large, Steven Hoffner, Mike Moran, and Jerry Travis. Please thank them if you see them at one of our events.

Thanks, also, to Tom Peterson, your Newsletter Editor. He’s done a terrific job of giving the newsletters a new theme and style. There’s a lot of information in the newsletter, so please read it.

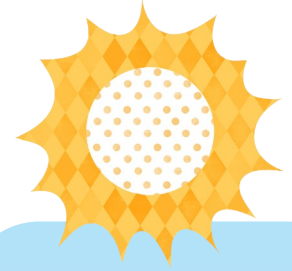
Hugh kudos to Dale Moore who is stepping down after a phenomenal job as Events Coordinator. Under his leadership, he helped establish the Book, Theatre, and Bridge Clubs. His many event reminders were greatly appreciated by the membership. Thanks, Dale. Please welcome Matt Leona as our new Events Coordinator. Matt has already done a great job coordinating Singles and Solos and the new Theatre Club. Matt has some great event ideas for you during this upcoming years. I’m very excited to participate in them and hope that you will, too.

We’ve started offering programs for our Care and Support efforts. Tom Peterson is now sending out lovely Ecards to members for birthdays, get well, and thinking about you. I hope you enjoy receiving them. Dale Moore is now contacting those single members who want to receive a phone call or text. Please contact Dale if you would also like to receive a daily call. **I ask each of you to identify a member living alone and reach out to him every day.** I’ve recently sent out a list of member drivers to whom you can contact if you need a local ride. If I missed anyone on that list who would like to also volunteer as a driver, please contact me ([stevehor2004@yahoo.com](mailto:stevehor2004@yahoo.com)). There will be a lot more programs coming down the pike to show how much we care and support you, our members.

This year, I hope that more members will step forward to offer in-home events. They can be held in the morning, afternoon or early evening for as few or as many men as your home will allow. Consider such events as coffees, cards, board games, movies, or anything else you can think of (that won’t get everyone arrested!).

Have a happy and healthy 2024! 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 .

January Birthdays

<u>Name</u>	<u>Date</u>
Al Espino	3
Matt Jacobs	6
John Constantine	6
James Ellison	8
Arthur Muglia	8
Garry Perryman	18
Arriel Torres	21
Mel Fingerut	24
Dennis Good	27
Jesse Yap	28
Michael Campbell	29
Scott Johnson	30



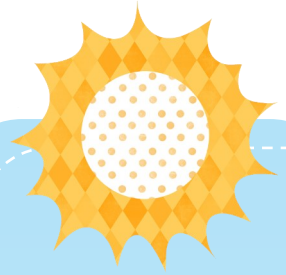
New Members

Tom Black





.....from the Editor



*A Very* **HAPPY  
NEW YEAR  
2024**

From Pinterest:



# Announcements

## *Membership renewal*



***Last Reminder:*** you can now renew your annual membership with Prime Timers of Sarasota. . **The deadline to remain on the roster and 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 **Prime-Timers 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>





# January Calendar of events



**Wednesday, January 3rd 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](mailto:bruceburbage@yahoo.com))



**First Saturday, January 6th, POTLUCK: 6:00 P.M., Syster Hall** , 1<sup>st</sup> Congregational Church, 1031 S5uth Euclid Ave. If you have not been to a potluck lately... you have been missed and missing out on lots of good food and friendship. Plan to come a bit early to enjoy visiting with other members and help set up. (And please hang around a few minutes afterward to help clean up.) *MANY HANDS MAKE LIGHT WORK!* Bring a dish to share (main, side dish, appetizer, dessert). Please send an RSVP to Michael Stone at [mstonefl@gmail.com](mailto:mstonefl@gmail.com) with the specifics of what you intend to bring, ex: "main dish -- chicken casserole". Email in your selection early and your chances of getting your selection are better.



**SECOND Wednesday, January 10th, @ 10:00 A.M., BOARD OF DIRECTORS MEETING:** at Steve Horowitz , home, 3725 Glen Oaks Manor Drive ,Sarasota. .Please email Steve at ([steve-hor@yahoo.com](mailto:steve-hor@yahoo.com)) 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, January. 10th 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](mailto:bruceburbage@yahoo.com))



**Second Thursday, January 11th, NORTH SIDE LUNCH:** at 1:00 P.M. ,at The Park Grille & Cafe, located at the University Park Country Club Gril located at 7671 The Park Blvd in University Park. Please RSVP to Dan Warren at [danmichaelwarren@gmail.com](mailto:danmichaelwarren@gmail.com) or [danwarren@earthlink.net](mailto:danwarren@earthlink.net) or 941-359-2526 by 2:00 P.M. on Wednesday, January 10<sup>th</sup> ,if you plan to attend.



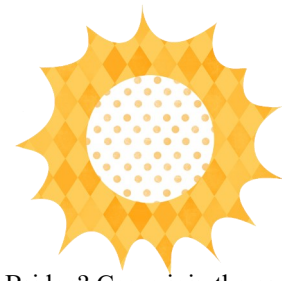
**Second SUNDAY SOCIAL AT THE PURPLE RHINO, January 14th, at 3:00 – 5:00 P.M** at the corner of Beneva and Webber: **Sunday** , . Plan to stop by, have a drink, and catch up with friends. Attendance is limited to 30. Delicious snacks are provided by Rick, our own friendly bartender. Good friends...good chatter...good comradery (**Please feel free to leave a tip for Rick in a jar on a table by the entrance. Show**



**Tuesday, January 16th @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 *Demon Copperhead* by Barbara Kingsolver. For additional information contact David Guyet ([sandheim@msn.com](mailto:sandheim@msn.com)). You are welcome to join into the lively discussion whether you've read the book for this month or not.



# January Calendar of events *continued*



**Wednesday, January 17th 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](mailto:bruceburbage@yahoo.com)



**Friday, January 19th @7 to 9:30 PM.** Come to Steve and Dale's and play your favorite game at 3725 Glen Oaks Manor Drive, Sarasota. Maximum of 16 people. Contact Dale at [demor37@yahoo.com](mailto:demor37@yahoo.com)



**Sunday, January 21st, PT SINGLES & SOLOS CLUB: from 3:00 to 5:00 P.M.** at the Purple Rhino. While primarily for those who are single or solo, anyone is welcome to attend. Enjoy the snacks, a drink and possibly meet a new friend. For more information, please contact Matt at [bongo44@aol.com](mailto:bongo44@aol.com).



**FOURTH Wednesday, January 24th, 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?

*Hint:* Get there by 5:30 P.M. to get served sooner.



**Wednesday, January 24th, 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](mailto:bruceburbage@yahoo.com))



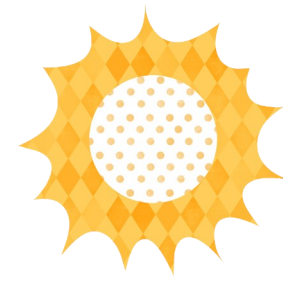
**Thursday, January 25th 1 PM . SOUTH SIDE LUNCH:** at JR's Old Packing House Café located at 987 Packing House Road , Sarasota . Please RSVP to Dan Warren at [danmichaelwarren@gmail.com](mailto:danmichaelwarren@gmail.com) or 941-359-2526 by 2:00 PM on Wednesday, January 29th.



**Saturday, January 27th at 2:00 P.M.** PrimeTimers Theatre Group at the Urbanite Theatre located at 1487 2nd Street, downtown Sarasota. World premiere of Judith—a drag queen travels to London to help save her brother's reputation. Tickets are \$42 and can be obtained online or by calling the theatre ( [941](tel:9413211397)) [321-1397](tel:3211397) .

**GENERAL MEMBERSHIP MEETING: FOURTH Sunday, January 28th,** at 3:00 P.M. in ., **Syster Hall** ,at 1<sup>st</sup> Congregational Church at 1031 South Euclid Avenue, Sarasota. This is where we hold our pot-lucks. Tai Chi: What is it and how can it benefit you? Resented by Martin Reichgut of Senior Friendship Center. You are invited to join other members for dinner afterwards at the [?????](#)





# January Calendar of events *continued*



**Wednesday, January. 31st 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](mailto:bruceburbage@yahoo.com))

# February Calendar of events



**POTLUCK: FIRST Saturday, February 3rd, 6:00 P.M., Syster Hall , 1<sup>st</sup> Congregational Church, 1031 S5uth Euclid Ave.** If you have not been to a potluck lately... you have been missed and missing out on lots of good food and friendship. Plan to come a bit early to enjoy visiting with other members and help set up. (And please hang around a few minutes afterward to help clean up.) *MANY HANDS MAKE LIGHT WORK!* Bring a dish to share (main, side dish, appetizer, dessert). Please send an RSVP to Michael Stone at [mstonefl@gmail.com](mailto:mstonefl@gmail.com) with the specifics of what you intend to bring, ex: "main dish -- chicken casserole". Email in your selection early and your chances of getting your selection are better.



**Wednesday, February 7th 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](mailto:bruceburbage@yahoo.com))



*To Matt Leona as our new Events Coordinator.*

Matt, we know that you will be great as the Events Coordinator since you are already great at organizing the Singles and Solos event and the theatre events.

A piece of cake, friend !



*2023 Prime Timers Holiday Dinnnce*

*Date: Saturday, January 9,*

2023





# ***ALL FAITHS FOOD BANK***

What a grand finale we experienced in January with our year-end contribution to the All Faiths Food Bank. We partnered with them to provide Christmas gifts for over 200 Children. We helped to sponsor the Holiday Party in late January at the Boys and Girls Club on Fruitville Road. Becky Wright from All Faiths Food Bank writes to us: “Your sharing of Christmas Gifts is amazing! The Boys and Girls Club is an amazing organization, and those children regularly receive “backpack” meals and food from All Faiths. It breaks my heart that so many kids go without holiday gifts, so I know your Christmas gifts will make a huge impact. I hope you have a wonderful holiday season!”

Now that we’ve begun 2024 we can start anew with our most worthy support of our one and only charity for our club, the All Faiths Food Bank. You can send your New Years gift to All Faiths Food Bank 8171 Blaikie Court Sarasota, Florida 34240. Be sure to note Prime Timers on your check. Thanks a lot! Happy New Year!

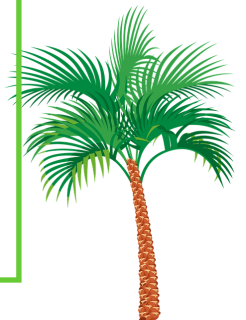
Mike Moran

## **This Month in Gay History**

**January ,1974-** Kathy Kazachenko becomes the first openly gay American elected to public office when she wins a seat on the Ann Arbor, Michigan City Council.

**January 8, 2019–** Jared Polis began to serve as governor of Colorado, the first openly gay person elected as an American governor.

**January 1, 1958-** Illinois repeals its Sodomy Laws, becoming the first state to decriminalize homosexuality.





# 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](mailto:Tours@AllAroundBus.com); Website:



Elvis Birthday Bash at Ruth Eckerd Hall (Matinée Performance) , Clearwater/ January 7, 2024 / \$90.00 p/p



Mary Margaret's Tea & Shopping, Arcadia / Jan 11, 2024 / \$67.00 p/p



John's Pass 40th Annual Seafood Festival / Jan 21, 2024 / \$45.00 p/p, Madeira Beach



# 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](mailto:Tours@AllAroundBus.com); Website:



Chihuly Collection/Morean Arts Center , St. Petersburg / Jan 24,  
2024 / \$94.00 p/p

Run For Your Wife ~ Dinner Theatre (*Matinée Performance*), Fort Mey-  
ers / Jan 30, 2024 / \$95.00 p/p







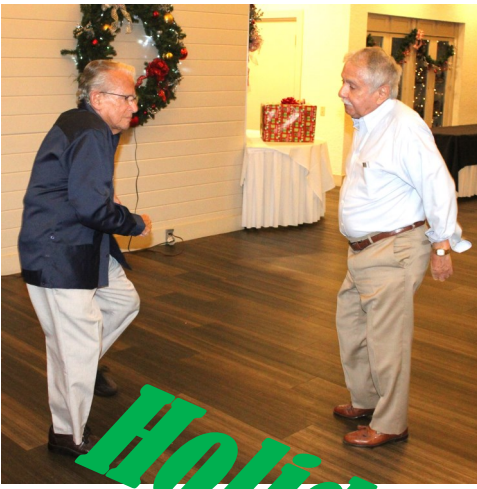
# *Ybor City Tour*











*Holiday Dinner  
and Dance*





# HEALTH MATTERS:

## TIPS TO KEEP YOUR NEW YEAR'S RESOLUTIONS

Edited by Steve Horowitz

Making New Year's resolutions is a yearly tradition for many people. Yet, some of us fall short of reaching our goals. Below are some tips to help you make and stick to your New Year's resolutions. By following these suggestions, health experts say you can set yourself up for success.

In 2011, 27% of Stress in America survey respondents reported that lack of willpower was the most significant barrier to change. There are many common names for willpower: determination, drive, resolve, self-discipline, self-control. But psychologists characterize willpower, or self-control, in more specific ways. Willpower can be defined as the ability to delay gratification, resisting short-term temptations in order to meet long-term goals. Lack of willpower isn't the only reason you might fail to reach your goals. Willpower has three necessary components for achieving objectives: First, you need to establish the motivation for change (do it for *yourself* not for anyone else) and set a clear goal. Second, you need to monitor your behavior toward that goal. The third component is willpower. Whether your goal is to lose weight, kick a smoking habit, study more, or spend less time on Facebook, willpower is a critical step to achieving that outcome.

**1. Be Picky About Your Resolutions:** We may want to lose weight, eat more vegetables, volunteer more, quit smoking and spend more time with family. But experts say that's too many goals to set for a New Year's resolution. Pick one, maybe two things you'd like to focus on and go all in. This sets you up to achieve specific goals instead of feeling like a failure for hitting none of them.

**2. Plan Your Resolution:** It's best to plan for your goal. Think through how you want to accomplish your resolution and how long it might realistically take to reach your goal. For example, if your resolution is to quit smoking, research how long it takes an average person to kick the habit and the possible setbacks to expect. Proper planning will help ensure you can see it through to the end.

**3. Set Very Specific Goals:** Many of us will set a New Year's resolution like "exercise more." But what does that really mean? Instead, you should be detailed in your resolution. It could be "exercise 30 minutes daily." Start in small increments: 5 minutes, then 7 minutes, 10 minutes once per week. Then increase your days to 2, 3, 4 ... daily. This gives you a *measurable* goal to reach each day that you can check off your list. It will help you feel more accomplished. Keep a journal to record your daily efforts, such as I smoked 10 cigarettes today, I lost 3 pounds this week, I meditated for 10 minutes today, and so on. Seeing your progress can help show you how well you are actually doing when you feel as if you aren't making any improvements.

**4. Don't Take On Too Much:** Avoid setting an overly high expectation of yourself or rushing to obtain your goal (Know the research on how long it should take you to reach your goal). If your ultimate goal is to walk daily for 30 minutes, start in small increments with mini-goals, e.g., walk for 5 minutes, then 7 minutes, then 10 minutes once per week. Then increase your days to 2, 3, 4 ... daily. This gives you *measurable* goals to reach each day that you can check off your list. It will help you feel more accomplished. Keep a journal to record your daily efforts, such as I smoked 10 cigarettes today, I lost 3 pounds this week, I meditated for 10 minutes today, and so on. Seeing your progress of meeting mini-goals can help show you how well you are actually doing, especially when you feel as if you aren't making any improvements. Setting small goals can help you achieve big results.

**5. Choose A New Resolution:** Avoid picking a goal that you've tried in the past but failed. You may set yourself up to fall into the same pitfalls that stopped you previously. Instead, pick something different where you can set up a better path to success. Or maybe you can modify a previous goal that was set too high if that's something you still want to accomplish.

**6. Identify Accountability Partners For Support:** Lean on people – whether it's a friend to keep your exercise resolution on track or a spouse to help with healthier eating habits. We function better with community around us, motivating and reminding us why we chose that New Year's resolution in the first place. Better yet, find a buddy who is also trying to reach the same goal, such as losing 15 pounds by the summer. You can serve as each other's motivator when one of you feels like you are *falling off the wagon*.









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.

# JANUARY LOCATION

*Sage*

**SAGE** 1216 1ST ST, SARASOTA, FL

**\$10** COVER  
▶ Free Appetizers  
▶ Door Prizes  
▶ 50/50 Raffle

**THUR, JAN 4TH | 5:30 TO 8:30**

**Featuring The Best LGBTQ-Friendly Businesses In Sarasota!**

FOR MORE INFO: [G2H2SARASOTA.COM](http://G2H2SARASOTA.COM)





# Seniors Blue Book- A Complete Resource Guide

The seniors Blue Book is an excellent resource for older adults like most of us in Prime Timers. We will have copies available at potlucks and member meetings, but you can also order one online at [SeniorsBlueBook.com](https://SeniorsBlueBook.com). Check it out!



Click Link below to watch Video

[Seniors Blue Book Intro Video](#)



# 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

C 941.600.1802  
O 941.966.8000  
F 941.918.9392

WayneRogers  
@michaelsaunders.com

8660 S. Tamiami Trail  
Sarasota, FL 34238

KroppandRogersTeam.com

## Keith Kropp

BROKER ASSOCIATE, GRI, EPRO, AHWD

C 941.587.8376  
O 941.966.8000  
F 941.918.9392

KeithKropp  
@michaelsaunders.com

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Sarasota, FL 34238

KroppandRogersTeam.com



*And other personal  
pick-ups*

AIRPORT TRANSPORTATION

(941) 321-0195

[Woff405813@hotmail.com](mailto:Woff405813@hotmail.com)

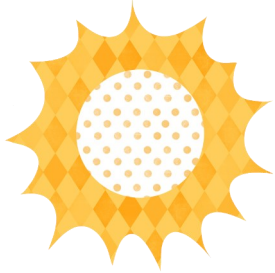
Wayne Officer

# Prime Timers Sarasota

Enriching social lives of mature gay/bi men

Phone: 941-993-3561  
E-mail: [primetimerssarasota@gmail.com](mailto:primetimerssarasota@gmail.com)  
Website: [www.sarasotaprimetimers.org](http://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: Matt Leona  
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](mailto: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](mailto:primetimerssarasota@gmail.com).

**PRIME TIMERS SARASOTA**  
**941-993-3561; [primetimerssarasota@gmail.com](mailto: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](http://www.facebook.com/PTsarasota)

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

