

BELLE HAVEN Newsletter

Our Community News

2/1/2020

Edition 4, Volume 2

SUNDAY, FEBRUARY 16TH, POTLUCK DINNER AT THE CLUBHOUSE

The Social Committee will be hosting a Potluck Dinner at the Clubhouse on Sunday, February 16th, starting at 5:30 PM. Please call Paula Page (904-794-1935) or Shirley Nacey (914-819-8854) to let them know what you'd like to bring to add to the dinner (a salad, entrée, or dessert). Bring your own drinks. Join your neighbors for an evening of conversation and to enjoy the variety of foods!

PAINTING PROJECT IN THE WALKWAYS TO CONTINUE

Painting of the walkways in our buildings will continue in February. Notices will be posted at the buildings for when painting is scheduled for that building. An e-mail will also be

going out to those in the building (if Coastal has your e-mail address). Also the painter, Jim Mulhall, will try to advise you personally when he is painting in front of your doorway.

FEBRUARY 29, 2020 - LEAP DAY

A Leap Day usually occurs once every four years and 2020 is a year with a Leap Day! A leap day is added to the year as a corrective measure as the earth does not orbit the sun in exactly 365 days each year (it takes 365 ¼ days each year!). This keeps the calendar year synchronized with the astronomical or seasonal year. The reason the extra day is added to February is simply because the Romans didn't like the month February very much; in fact they only had 10 months in

Clubhouse Events

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Monday – Bingo 7 p.m.
Tuesday – Cards 6 p.m.
Wednesday – Crafts 7 p.m.
Friday - Book Club
(monthly) 7 p.m.

DATES FOR FEBRUARY

Sunday, 02/02

Super Bowl LIV at 6:30 PM
San Francisco 49ers versus
Kansas City Chiefs

Friday, 02/14

Valentine's Day

Sunday, 02/16

Potluck Dinner at the
Clubhouse; 5:30 PM

Wednesday, 02/26

Ash Wednesday

Friday, 02/28

Book Club; 7 PM at the
Clubhouse

Saturday, 02/29

Leap Day!

"While it is February one can taste the full joys of anticipation. Spring stands at the gate with her finger on the latch."

Patience Strong

a year. With the establishment of the Gregorian calendar in 1582, Pope Gregory XIII established February 29th as the permanent leap day. These extra leap days occur in years which are multiples of four (with the exception of centennial years not divisible by 400). So, if you are born on a February 29th leap day, do you only age a year every four years? LOL

DISCOURAGE MOLD & MILDEW GROTH BY KEEPING THE HUMIDITY DOWN IN YOUR UNIT

According to the EPA, indoor humidity should be kept below 60%. Humidity and temperatures of above 70% and 70 degrees encourages mold and mildew growth. Run a dehumidifier to help keep humidity below 60%. Low humidity will help discourage pests like dust mites and cock roaches. Air circulation is also a key to discouraging mold and mildew growth. Keep your rooms open, keep your ceiling fans running, and make sure your vents are open to circulate air.

THE WOMAN'S EXCHANGE OF ST. AUGUSTINE

The Woman's Exchange of St. Augustine, founded in 1892, is a non-profit organization. It is located in the historic Pena-Peck House on St. George Street. Members of the Woman's Exchange of St. Augustine work to support the Peña-Peck House Museum, to give hand-crafters a venue for selling their products, and to provide scholarships for deserving women who are returning to school to prepare for new careers. One of the events they have in the spring and fall are their twice weekly luncheon, with a very nice menu, and served in the gardens at the Pena Peck House. Visit their website: <https://penapeckhouse.com/luncheons/> for more information.

MANY OTHER EVENTS IN FEBRUARY

Go to the Visit St. Augustine Website: <https://www.visitstaugustine.com/events/featured-events>

FEBRUARY IS AMERICAN HEART MONTH

Heart disease is the leading cause of death for both men and women. Of the five counties that comprise the

First Coast, St. John's County is the healthiest in Florida! Let's keep up the good work by continuing to prevent and control heart disease by making healthy changes to your life. To lower your risk: watch your weight; quit smoking and stay away from secondhand smoke. Control your cholesterol and blood pressure. If you drink alcohol, drink only in moderation. Get active and eat healthy.

For more information, visit <https://www.heart.org/en/a/filiates/florida/first-coast> to find healthy living meetings, education, and other items to help.

NEXT BOOK CLUB – FEBRUARY 28TH

The book chosen for the next Book Club Meeting is "Maria" by Eugenia Price. The Book Club meeting will be held on Friday, February 28th at 7 PM at the Clubhouse.

NEWSLETTER

CONTACTS:

101 / 202 – Becky Gardner Bldg. 104 – Need Reporter
108 / 101 – Jan Browning
109 / 101 – Char Quirin Bldg. 112 - Need Reporter
113 / 101 – Pat Godfrey
116 / 101 – Agnes Dembiak
117 / 207 - Paula Lang
120 / 202 – Paula Page