



Saddle Oak Club



NEIGH-bor-hood News

April 2026

- | | |
|--------|-------------------------------------------------|
| Apr 1 | Breakfast \$6 All You Can Eat 8-9am |
| Apr 2 | Singles Luncheon @ 11:30am |
| Apr 6 | 723 Committee @ 10:30am |
| Apr 7 | BOD meeting @2:00pm library |
| Apr 8 | HOA meeting
Refreshments @6:30 meeting @7:00 |
| Apr 11 | Spring Fling 1:00-4:00pm |
| Apr 15 | Men's Breakfast @8:30am |
| Apr 15 | Trivia 6-8pm |
| Apr 16 | Ladies Luncheon @11:30am |
| Apr 20 | Farmers Market 10:00am |

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Editor's Page

Dear Neighbors,

In April our snowbirds begin their flights north. We will miss you but wish you a safe trip and a wonderful time in your other homes.

As usual the HOA sends them off with our annual Spring Fling. This event is for all residents who buy a ticket (\$5). Their guests may accompany them for \$10. Check the poster in this newsletter for specific information.

Marty Guzowski
Editor

Ticket Sales

Linda Martin 5604 SW 57th St 815-441-1274

FMO Representative

HOA Membership

Deb Burri 5615 SW 60th 616-485-5095

Saddle Oak Club Homeowners Association, Inc. 2024-2025 Board of Directors (Term Ending)

Donald McBath, Pres	(2027) 352-208-0399	donaldmcbath4@gmail.com
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Don Swartz	(2029) 330-801-3626	donswa0524@gmail.com

NON-VOTING BOARD MEMBERS – APPOINTED:

Linda Martone Secretary 607-731-6082 lindardh@gmail.com
Vickey Teel, Treasurer 239-405-3527 Teel253@yahoo.com

Submit articles & items to: martyguz@msn.com
Submission Deadline is the 15th of each month.

Non-emergency Marion County Sheriff (352) 732-9111.

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To see the newsletter in COLOR, visit our website at
saddleoakclub.net.

BITS & PIECES



Sunshine Report (contact Phyllis Congdon or BOD member with information 585-704-0926)

Our community is a caring one. If someone is ill, we like to send that person a card. However, if Phyllis doesn't know, she can't do anything. Please, let her or have a friend let her know, so she can properly respond.

Bereavement (contact Kim Schrimmel 352-433-7828)



Pinochle



This month's scores for Pinochle are: Jay Snyder, first place with 1453 and receives the trophy for the 3rd time in a row. Fran Bolson was second place with 1378 points and third place was Linda Hanson with 1053 points. [Congratulations](#) to the winners.



HOA Meeting

Guardian Barrier will be our guest speaker at the next HOA meeting on Wednesday, April 8th. Please join us for this very informative meeting and learn how to protect your home from mold and moisture.



Blood Drive

The next blood drive will be in May. Make a reservation at www.oneblood.org or just walk in. Remember to leave space in the front of the clubhouse for the bus.

Annual Spring Fling

On April 11 1:00-4:00 the HOA will sponsor its Annual Spring Fling. All SOC residents are welcome to attend. Tickets are \$5 with guest tickets \$10. The food will consist of hamburgers, hot dogs, sausages, salads and desserts. In previous years volunteers made large containers of salads – potato, macaroni, cole slaw and beans. We're looking for volunteers again this year who will be reimbursed for their expenses. Please let a Board member know if you will help with the salads. Mark and Michelle will provide music.



Reminder: Parking by the pool is for cars. If you bring your golf cart, park in the appropriate spaces by the clubhouse or double up with another cart.



Water Fitness

It looks like our morning temperatures are getting warmer, so, as of April first, Water Fitness will go back to its original time of 10:00-11:00 every Monday, Wednesday and Friday. See you in the pool!

Eating for Good Health

Submitted by Andrea Primas

The “Highs and the Lows” of Cholesterol

MARCH month-long food and health-related celebrations are for: Bell Peppers & Broccoli, Berries & Cherries, Celery, Exotic Winter Fruits, Leeks & Green Onions, Nutrition, Peanuts & Save Your Vision Month.

Below are weekly and daily food and health-related celebrations:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Peanut Butter Lovers Day & Fruit Compote Day	2 <u>Save</u>	3 <u>Your</u>	4 <u>Vision</u>	5 <u>Week</u>	6	7 Cereal Day & Crown Roast Pork Day
8 Crabmeat Day	9 <u>Salt</u>	10 <u>Aware-</u>	11 <u>ness</u>	12 <u>Week</u> Popcorn Lovers Day & Baked Scallions Day	13	14
15	16 Artichoke Day	17 Corned Beef & Cabbage Day	18	19 Poultry Day	20	21
22 Water Day	23	24 Pecan Day	25	26 Spinach Day	27	28 National Triglycerides Day
29	30	31 Clams on the Half Shell Day				

As in the two previous issues (Carbs & Heart Health) this issue addresses heart health foods that help with cholesterol, leaving the medical side to the experts. Just as there are good and bad carbs, there is good and bad (plaque-building) cholesterol, referred to as HDL (High Density Lipoprotein) & LDL (Low-Density Lipoprotein) respectively.

CHOLESTEROL is a waxy, fat-like substance found in all the cells of our body. We need some cholesterol to make hormones, and vitamin D, and help digestion. Your body makes all the cholesterol it needs. However it is also found in foods i.e., egg yolks, meat, and cheese.

Too much cholesterol in the blood can cause plaque build-up, limiting blood flow to the heart, which can lead to a heart attack.

Benefits of Reducing Cholesterol: Weight-loss; reduced risk of developing heart disease, reduced risk of heart attack, stroke, and obesity-related diseases.

FOODS TO EAT:

Fruits: Apples, avocados, blueberries, citrus, such as grapefruit & oranges, grapes, pears, prunes and strawberries

Veggies: Artichokes, asparagus, bok choy, beets, beet greens, broccoli, brussel sprouts, butter and buttercrunch lettuce, cabbage, carrots, cauliflower, celery, celery root, collards, eggplant, mushrooms, okra, onions, peppers (all types), spinach, squashes - acorn & butternut, sweet corn, sweet potatoes, tomatoes.

Nuts: Almonds, peanuts, walnuts, etc.

Seeds: Edamame, flax, psyllium husks, pumpkin, sesame, squash

Herbs & Spices: Turmeric

Fish: Albacore, clams, cod, crabs, crawfish, fatty fish (i.e. salmon, sardines, scallops, shrimp, trout, tuna), halibut, herring, lobster, mackerel, oysters,

Dairy: Dairy products, Eggs, & alternatives

Fats & Oils: Butter, lard, shortening, veggie oils (i.e., canola, olive, sunflower, safflower)

Other: Barley & other whole grains (i.e., oats, oat bran, barley, bulgur brown rice, millet,) most beans (i.e., garbanzo, lentils, black-eyed peas, kidney, soy, white, chick peas, etc.) dark chocolate, garlic, oatmeal, pectin, red wine, skinless poultry like chicken & turkey, soy milk, tea - green & black, and tofu.

In conclusion, eat a heart-healthy diet. Know your #s, know what you can eat and what to avoid. Once again, foods you eat can have both a negative and positive effect on your bodies so you need to know what you can eat and how it affects you.

I'm not a doctor or registered dietician. The information in this article is based on credible studies and research. Any recommendations made about nutrition, supplements, or lifestyle should be discussed between you and your health care provider. This information is not a prescription or replacement for medical care.

Ref: Easyrecipedepot.com and Cholesterol numbers are directly affected by the foods we eat. Health & Wellness 3/19

Stuffed Sweet Potatoes with Curried Chickpeas (Renew by UnitedHealthcare-Fall 2019)

Recipe provided by Joyce Mullen (Aging Gracefully) (Microwave)

Ingredients:

- 4 medium sweet potatoes, scrubbed
- 1 teaspoon olive oil
- 1 (15-ounce) can unsalted chickpeas, drained and rinsed
- ½ teaspoon salt
- ½ teaspoon black pepper
- ½ teaspoon curry powder
- 2 cups baby kale leaves (can use spinach or swiss chard)
- ¼ cup cilantro, chopped

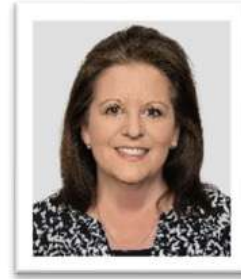
Yogurt Sauce

- ½ cup plain Greek yogurt
- 1 teaspoon olive oil
- 1 teaspoon lemon juice
- ¼ teaspoon garlic powder
- ¼ teaspoon turmeric or curry powder
- ¼ teaspoon salt

Directions: Pierce sweet potatoes several times with a fork, then place them on a microwave safe plate. Microwave on high 10-12 minutes or until tender. In a large pan or skillet, heat oil over medium heat. Add chickpeas, salt, pepper and curry powder. Cook 5-6 minutes or until heated through. Add kale to skillet and cook 2-3 minutes or until wilted. In a small bowl, combine yogurt sauce ingredients. Cut open each sweet potato; top with chickpea mixture and yogurt sauce. Garnish with cilantro. Serves 4.

Cholesterol: 1.3 mg, Sodium: 478mg, carbs: 45g, dietary fiber: 10.2g, sugars: 6g, Protein: 9g

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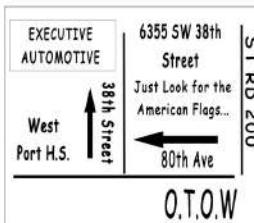
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Saddle Oak Club Activities - Page 1

Billiards	Mon - 6:30pm Thurs - 5:30 pm	Pool tables are on the second floor of the Clubhouse. Come and join in! Available for individual use at any time. Thurs info: Don Godwin 352-897-7230
Bingo	Tues - 6:00pm	Card sales until 5:45pm. Info: Pat Becker - 410-608-7351.
Tuesday Café	Tues - 4:30pm	Check Friends of Saddle Oak on Facebook or the message board posted at Clubhouse door for the current menu. Volunteer cooks are always needed and appreciated.
Bocce Ball	Mon - 10:00am	Info: Phyllis Congdon - 585-704-0926.
Bowling	Tues - 10:30am	League play contact Deb Lennox 508-498-8511
Card Making	1st & 3rd Wed of the month - 1:00pm	Bring your projects and join in. Info: Gee Sauvageau 203-744-4193
Dominoes	Thurs - 6:30pm	Info:
Fitness Room	7:00am - 10:00pm	Clubhouse - 2nd floor. Open during Clubhouse hours.
Horseshoes	n/a	No organized play. Individuals are welcome to use the equipment in the shuffleboard closet at any time.
Mah Jongg	Fri - 1:00pm	Clubhouse: Info: Marty Guzowski - 352-304-8915 or Sammi Koester 352-237-6406.
Grow Young Fitness	Mon, Wed*, Fri 9:30am - 10:00am	Audio-visual group workout in Clubhouse. Info: Debra Lennox - 508-498-8511 * not on 1st Wednesday of every month
Pool	7:00am - 10:00pm Some Exceptions	Closed for Pool Cleaning Mon-Wed-Fri 8:00am-10:00am

Saddle Oak Club Activities - Page 2

Hooks & Needles	Tuesday, 10:00 am	Joann Barber, Cheryl Scolamiero
Sewing/Quilting	Mon & Wed: 9:00-11:00 am	Saddle Oak Stitchers, upstairs. Trina Vertefuille or Roxy Lyon
Shuffleboard	Mon- 4:30 pm	Weather permitting. Info: Sherie Martin 517-719-0537
Trivia	3rd Wed of Month	Clubhouse. Info: Kathleen Sirois 603-496-9641
Water Fitness	Mon, Wed, Fri 10:00am - 11:00am	Weather permitting. Info: Gee Sauvageau 203-744-4193

Card Games

Cribbage	Sun - 6:30pm	Info:
Sevens	Mon - 6:30pm	Info: Milda Kolesar - 352-304-8225.
500 (Not Rummy)	Mon - 6:30pm	Info: Linda Martin - 815-441-1274.
Canasta	Wed - 6:30pm	Info: Linda Martin - 815-441-1274.
Euchre	Wed - 1:00pm	Info: Linda Martin - 815-441-1274.
Poker	Wed 1:00-5:00pm	Clubhouse Library
Pinochle	Thur - 6:30pm	Info: Fran Bolson - 352-873-3480.
Hand and Foot	Fri - 7:00pm	Info: Linda Martin - 815-441-1274.

**For Corrections or additions contact Ed Buckley @
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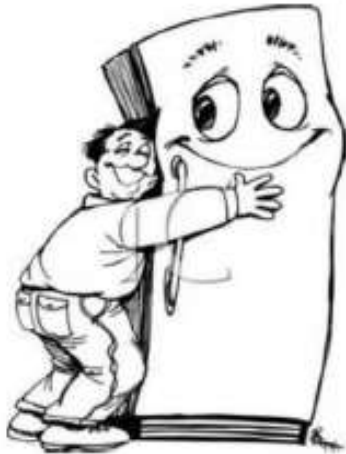
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Sit back and relax! We'll take care of everything. Here's what we can provide to help sell your home:

- **Scheduling showings of your home with prospective buyers.**
- **Utilizing the power of our marketing efforts.**
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 - Facebook Marketplace
 - **Home listings created on third-party websites:**
 - Realtor.com
 - MHVillage.com
 - MHIO.com
 - MHBuy.com
 - **Incentives made available through programs:**
 - Share the Sun Referral
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- **Completing all paperwork and title transfers.**
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- **Tapping into the unique expertise of our sales team regarding manufactured homes and land-lease properties.**

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Home Showings and Paperwork	✓	✓
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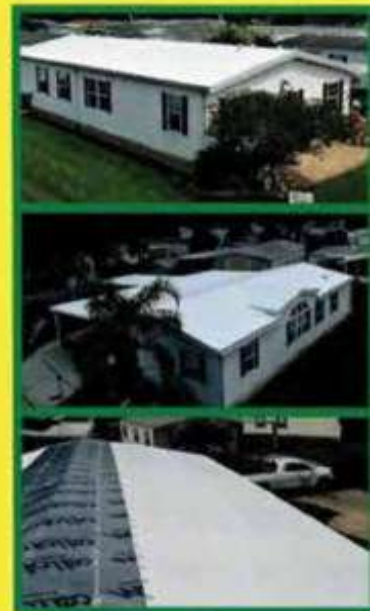
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2026 Annual Yard Sale

On March 14 SOC held its annual yard sale. Thanks to chairman, Ed Buckley and several assistant chairs the event was a success. Despite the rain, many people in the community and outside SOC attended the event.



Dick Sauvageau shuttling 2 guests



Fran Bolson riding with Bill Rawnsley



Kitchen crew – Suzette, Anthony, Michael & Korie



Hot dog crew – Wayne, Jeff and Pam



Bake Sale -Marty, MaryAnn, Ellie – photobomb Bob Smith



Joann Barber, Linda Born, Andrea Primas



Lori Cope and Alice Coventry



Betty Botala



Dee Chaney



Kathleen Sirois



Christine Parkinson



Rosemary & David Carson

Outside Vendors



Sharon Buckley, Rosemary McGee



Ritchie & Mirta Harris



Michelle Hoadley



Michael D. and Lisa P.



Richard & Julia



With a job well done, Ed Buckley rides off into the sunset.

April Birthdays and Anniversaries

April Birthdays

3	John Baker	19	Edna Looney
3	Al Castano	20	Deborah Kemp
6	Cindy Livingston	21	Dee Chaney
10	Kyle Erne	22	Debbie Lennox
10	Jane Claunch	28	Christine Parkinson
11	Paul Cool	29	Freida Watson
13	Linda Martone	29	Delores Kung
14	Anthony Dizillo	30	Cyndy Meade
15	John Hoffmann	30	Mark Himes
17	Kim Smith	30	Phylis Gallipeau
18	Brenda Seder	30	Patricia Klear

April Anniversaries

8	Tim & Tiffany Frost	18	John & Patti Hall
9	Walt & Jeannette Presley	23	Jim & Sue Holbrook
13	Randie & Edna Looney	23	Andrea Primas & Larry Harris
15	Bob & Bonnie Jones	24	Jim & Luzia Machado
15	Bill & Pam Rawnsley	24	Mike & Patrice Stone
16	Don & Carole LaPorte	28	John & Randi Blacker

Annual Spring Fling

Saddle Oak Club HOA
Brings you a Fun Picnic
Chaired by the HOA Board

Saturday April 11, 2026, 1-4 PM

(Food served 1-2:30 pm)

Hamburgers, Hot Dogs, Sausage
Assorted Salads, Desserts
and Soft Drinks

*Bring your lawn chairs, favorite beverage and
enjoy a fun afternoon with your friends*

and neighbors

(Please NO glass containers)



Ticket Required

Resident \$5.00

Guest \$10.00

See Linda Martin for Tickets



Food will be cooked and served
outside in the picnic area.

(If bad weather event will be moved
into the clubhouse)

UPCOMING

Mark Your Calendars

EVENTS



April

Apr 1	Wednesday	Breakfast @8:00-9:00 am \$6 All You Can Eat
Apr 2	Thursday	Singles Luncheon 11:30am @ Chilis
Apr 6	Monday	723 Committee Meeting @10:30 clubhouse
Apr 7	Tuesday	BOD library @2:00pm
Apr 8	Wednesday	HOA meeting 6:30pm refreshments 7:00 meeting
Apr 11	Saturday	Spring Fling @1-4pm see details in poster
Apr 15	Wednesday	Men's Breakfast 8:30am @ Scrambles
Apr 15	Wednesday	Trivia @6:00-8:00pm
Apr 16	Thursday	Ladies Luncheon 11:30am @ Cheddars
Apr 20	Wednesday	Farmer's Market @10:00 free



April 2026						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29 6:30 - Cribbage	30 8-10 - Pool Closed (Cleaning) 9-11 - Saddle Oak Stitchers 9:30-10:00 - Grow Young Fitness 10:00 - Bocce 10:00 - Water Fitness 4:30 - Shuffle Board 6:30 - Sevens & 500 6:30 - Art Studio 6:30 - Billiards - Ujestairs	31 10:00 - Art Studio, Knit & Crochet 10:00 Hooks & Needles 4:30 - Tuesday Night Cafe 6:00 - BINGO	1 8-10 - Pool Closed (Cleaning) 9-11 - Saddle Oak Stitchers 9:30-10:00 - Grow Young Fitness 10:00 - Water Fitness 1:00 Card Making 1:00 - Euchre 1:00 - 5:00 Poker in Library 6:30 - Canasta	2 7-10 - Clubhouse Closed 10:00 - Painting 5:30 - Shuffle Board 6:30 - Pinochle 6:30 - Dominoes/Pokero 6:30 - Water Volleyball	3 8-10 - Pool Closed (Cleaning) 9:30-10 - Grow Young Fitness 10:00 Corn Hole 10:00 - Water Fitness 1:00 - Mah Jongg 7:00 - Hand and Foot	4 8:30 - Saturday Social 9:00 - Announcements
5 6:30 - Cribbage	6 8-10 - Pool Closed (Cleaning) 9-11 - Saddle Oak Stitchers 9:30-10:00 - Grow Young Fitness 10:00 - Bocce 10:00 - Water Fitness 4:30 - Shuffle Board 6:30 - Sevens & 500 6:30 - Art Studio 6:30 - Billiards - Ujestairs	7 10:00 - Art Studio, Knit & Crochet 10:00 Hooks & Needles 4:30 - Tuesday Night Cafe 6:00 - BINGO	8 8-10 - Pool Closed (Cleaning) 9-11 - Saddle Oak Stitchers 9:30-10:00 - Grow Young Fitness 10:00 - Water Fitness 1:00 - Euchre 1:00 - 5:00 Poker in Library 6:30 - Canasta	9 7-10 - Clubhouse Closed 10:00 - Painting 5:30 - Shuffle Board 6:30 - Pinochle 6:30 - Dominoes/Pokero 6:30 - Water Volleyball	10 8-10 - Pool Closed (Cleaning) 9:30-10 - Grow Young Fitness 10:00 Corn Hole 10:00 - Water Fitness 1:00 - Mah Jongg 7:00 - Hand and Foot	11 8:00 - 1:00 pm Annual Yard Sale
12 6:30 - Cribbage	13 8-10 - Pool Closed (Cleaning) 9-11 - Saddle Oak Stitchers 9:30-10:00 - Grow Young Fitness 10:00 - Bocce 10:00 - Water Fitness 4:30 - Shuffle Board 6:30 - Sevens & 500 6:30 - Art Studio 6:30 - Billiards - Ujestairs	14 10:00 - Art Studio, Knit & Crochet 10:00 Hooks & Needles 4:30 - Tuesday Night Cafe 6:00 - BINGO	15 8-10 - Pool Closed (Cleaning) 9-11 - Saddle Oak Stitchers 9:30-10:00 - Grow Young Fitness 10:00 - Water Fitness 1:00 Card Making 1:00 - Euchre 1:00 - 5:00 Poker in Library 6:30 - Canasta	16 7-10 - Clubhouse Closed 10:00 - Painting 5:30 - Shuffle Board 6:30 - Pinochle 6:30 - Dominoes/Pokero 6:30 - Water Volleyball	17 8-10 - Pool Closed (Cleaning) 9:30-10 - Grow Young Fitness 10:00 Corn Hole 10:00 - Water Fitness 1:00 - Mah Jongg 7:00 - Hand and Foot	18 8:30 - Saturday Social 9:00 - Announcements
19 6:30 - Cribbage	20 8-10 - Pool Closed (Cleaning) 9-11 - Saddle Oak Stitchers 9:30-10:00 - Grow Young Fitness 10:00 - Bocce 10:00 - Water Fitness 4:30 - Shuffle Board 6:30 - Sevens & 500 6:30 - Art Studio 6:30 - Billiards - Ujestairs	21 10:00 - Art Studio, Knit & Crochet 10:00 Hooks & Needles 4:30 - Tuesday Night Cafe 6:00 - BINGO	22 8-10 - Pool Closed (Cleaning) 9-11 - Saddle Oak Stitchers 9:30-10:00 - Grow Young Fitness 10:00 - Water Fitness 1:00 Card Making 1:00 - Euchre 1:00 - 5:00 Poker in Library 6:30 - Canasta	23 7-10 - Clubhouse Closed 10:00 - Painting 5:30 - Shuffle Board 6:30 - Pinochle 6:30 - Dominoes/Pokero 6:30 - Water Volleyball	24 8-10 - Pool Closed (Cleaning) 9:30-10 - Grow Young Fitness 10:00 Corn Hole 10:00 - Water Fitness 1:00 - Mah Jongg 7:00 - Hand and Foot	25 8:30 - Saturday Social 9:00 - Announcements
26 6:30 - Cribbage	27 8-10 - Pool Closed (Cleaning) 9-11 - Saddle Oak Stitchers 9:30-10:00 - Grow Young Fitness 10:00 - Bocce 10:00 - Water Fitness 4:30 - Shuffle Board 6:30 - Sevens & 500 6:30 - Art Studio 6:30 - Billiards - Ujestairs	28 10:00 - Art Studio, Knit & Crochet 10:00 Hooks & Needles 4:30 - Tuesday Night Cafe 6:00 - BINGO	29 8-10 - Pool Closed (Cleaning) 9-11 - Saddle Oak Stitchers 9:30-10:00 - Grow Young Fitness 10:00 - Water Fitness 1:00 - Euchre 1:00 - 5:00 Poker in Library 6:30 - Canasta	30 7-10 - Clubhouse Closed 10:00 - Painting 5:30 - Shuffle Board 6:30 - Pinochle 6:30 - Dominoes/Pokero 6:30 - Water Volleyball	1 8-10 - Pool Closed (Cleaning) 9:30-10 - Grow Young Fitness 10:00 Corn Hole 10:00 - Water Fitness 1:00 - Mah Jongg 7:00 - Hand and Foot	2
3	4	Notes				

Board of Directors Meeting - Tuesday, April 7, 2026 @ 2pm
 HOA Meeting - Wednesday April 8, 2026
 6:30 PM Refreshments, 7:00 PM Meeting