

ENJOY POSITIVE ENERGY

The applauses are still coming from the residents who have toured the brand new SeaBreeze Center. This newest addition to our recreation family of centers brings our community to 25 recreation centers and more than 50 swimming pools, with more to be delivered in the coming months with the openings of Fish Hawk and Sterling Heights Centers and associated neighborhood pools.

If you have not had a chance yet, please make it a point to stop by SeaBreeze and take a look. In addition to the Southwest Florida beach design for this center, we also have added paddle tennis and sand volleyball to the activity roster. What do all these centers mean for our residents living here?

Endless, I mean endless, opportunities to swim, play, run, walk, socialize, interact, stay fit, learn, dance, sing, jump, shout, laugh, play an instrument, help others, and most importantly, do whatever is important to enhancing your life through the variety of activities offered. The opening of SeaBreeze just adds to the multitude of opportunities of things to participate in and enjoy.

I hope you can sense the excitement and positive energy in my writing, because I have plenty of it. This excitement and energy the recreation staff and I have is contagious. We get it daily from the residents who come in day in and day out just as excited as we are about this incredible community.

We have seen, read or heard about the numerous research articles and studies on the impact and benefits of being active and continuing to learn and interact with others. Residents in this community take that advice to heart and it is evident as you hear the buzz of excitement and see activity in every corner of this community that creates such positive energy.

There are no doubts, just



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being in these beautiful recreation centers bring out these positive feelings, but it is the people, volunteers, users of the facilities and staff that brings it all together.

All of us have many ways and things to do to keep our personal buckets full. For me, I love watching and listening to our residents as they create their own positive and rewarding experiences.

A day does not go by where I don't come across a person who shares an experience that enlightens me and proves to me that I made the best decision in choosing recreation as my profession.

For others, to get their dose of energy and fill their bucket, it may be teaching, helping others, instructing or participating in an activity. Regardless, folks need and want to be energized. So what is it that refills your bucket and creates that positive energy for you living here in The Villages?

Need some new or additional opportunities in your life? Read the new improved Recreation News that comes out every Thursday in The Villages Daily Sun. The layout has all the centers listed by region, along with different types of facilities available and recreation programs, activities and services that have been created for and by you, listed on a weekly basis. There are two great events that can keep you energized coming up soon.

One is to run/walk in the Lake-Sumter Landing 5K event at 8 a.m. April 3. When you are through with the run, join us at SeaBreeze for our Inaugural Professional Sand Volleyball tournament and watch premiere players go for the crown of the King and

Queen of the Court. Bring your lounge chair and put your toes in the sand. The event starts at 10 a.m.

Every day at our recreation centers and all around our community, there are abundant ways to keep our personal buckets full due to all the positive people and events that make this place so vibrant.

Even those who need a boost of excitement and energy from time to time never have far to look. It is all right here in your community. Walk the squares, take a boat ride on Lake Sumter, look at all the greenery blooming while traveling along the multi-modal paths.

Sit in your golf cart and share the sunset with others on the Morse Bridge, play a round of golf, enjoy the endless musical talents that are playing everywhere, go shopping – there are no excuses ... only opportunities.

There are certainly positive benefits to living, working and being part of such a vibrant, active, exciting, fun and energized community that offers so much to so many. The biggest benefit is we get to share it with other residents who love this place as much as we do. This community was designed to help you enjoy your life, the recreation centers and everything else in between.

And if you ever need your personal buckets refilled, just head to your favorite area and watch and listen to your friends and neighbors tell you about the goodness we are surrounded with in our hometown. Who knows, you may even be one of those people who refills someone's bucket as well and not even know you did it with a simple act of hospitality.

That's all for this week, at Our Place. My new office is located at SeaBreeze, so come by for a visit. My new number is 750-2488.

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