



THURSDAY, JULY 20, 2017

THE VILLAGES DAILY SUN

LOCAL NEWS

To report local news:

Greg Miller
753-1119, ext. 7907,
or dailysun@
thevillagesmedia.com

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CONSUMER NEWS

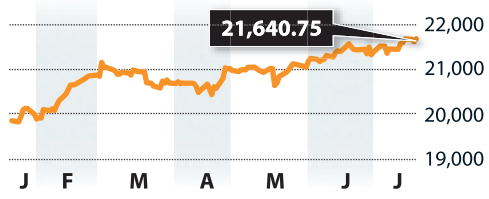
SHOE STORE OFFERS COMFORT, STYLE TO CONSUMERS

Charleston Shoe Co., located at 1085 Canal St. in Lake Sumter Landing, specializes in affordable, comfortable shoes that take women from "cobblestones to cocktails." The store, which opened last fall in The Villages, is one of 15 stores along the East Coast.
Complete story, C8

MARKET NEWS

Stocks closed higher Wednesday as gains in health care and technology companies pushed the major indexes further into record territory. **Full report, C9**

Dow Jones Industrial Average



Dow



+ 66.02
Close:
21,640.75

Nasdaq



+ 40.73
Close:
6,385.04

S&P 500



+ 13.22
Close:
2,473.83

Our Town

WHERE WE LIVE AND WHO WE ARE



George Horsford | Daily Sun

Laverne Kovanda, left, of the Village of Pennecamp, participates Monday in the Hula Hoop Fit & Fun event on Lake Sumter Landing Market Square. Hula hoop fitness is one of the many unique programs offered for residents to stay fit.

Villagers Find Original Ways to Stay in Shape

With unique classes or personal challenges, Villagers strive to pursue an active and healthy lifestyle.

By VALENTINA BORÉ | Daily Sun Staff Writer

The active lifestyle is one of the cornerstones of The Villages, but while most people stay active in one way or another, not everyone can say they led dance fitness classes, swam a 10K in all nine sports pools or brought a new and unique exercise class to The Villages.

The lifestyle in The Villages provides ample opportunity for its residents to go out and try something new. From countless activities at the recreation centers to outdoor sports and amenities, The Villages has something for everyone to try.

Amy Wixted, wellness and education manager for The Villages Health, said the biggest barrier for people exercising in the U.S. is looking at exercise as a chore, something that bores them and they have trouble staying interested in.

"Finding those fun ways to get your body moving

Please See **HEALTH, C12**



Bill Mitchell | Daily Sun

Mark Ross, of Haciendas of Mission Hills, swims laps Tuesday at the Mulberry Grove sports pool with the Villages Aquatic Swim Team.

JOIN THE AGELESS GRACE EXERCISE PROGRAM

The Ageless Grace Anti-Aging exercise program, a fitness program consisting of 21 simple tools for lifelong comfort and ease, will meet at 8 a.m. today at Churchill Street Recreation Center.

The program is designed for all ages and abilities and is based on

the cutting-edge science of neuroplasticity.

No equipment is required and all exercises are done while seated.

For more information, visit agelessgrace.com or contact Jane at 352-430-1496 or Joan at 352-699-1093.

POLICE: COCAINE FOUND ON WOMAN TREATED FOR OVERDOSE

A Wildwood woman treated for a possible drug overdose was carrying cocaine when she was found impaired at a house late Monday, Wildwood police said.
Public safety, C4



Talking With...
Dave Huckabee, on the purpose of Alzheimer's caregiver college courses.

Interview, C3

TOP OF THE NEWS

SHOWCASE OF TALENT SET FOR FRIDAY

All proceeds from the 4th anniversary celebration will go to local charities.

Friday night is the fourth anniversary of The Villages Showcase of Talent, a variety show that features quality entertainers from around the community. Diana and Joe Airt, who founded the event, say this month's show is going to be great. Tickets cost \$5 and all proceeds go to local charities. Doors at La Hacienda Recreation Center open at 6:15 p.m.
— Frank Ross, Daily Sun

THIS & THAT

Sumter Youth Center Planning Fundraiser To Benefit After-School, Summer Programs



Patricia Steele

753-1119 ext. 9412
patricia.steele@thevillagesmedia.com

Jen Smith, of the Village Santo Domingo, and the Sumter Youth Center go way back. More than five years ago, she was a part of a volunteer group that cleaned and painted the Wildwood facility. More recently, Smith's good friend, **Peg Casey**, asked for her help to raise money for the agency. The youth center provides after-school and summer programs for about 350 children. "I love Della's (Boushley, the director) dedication to the children. She wants them to succeed," Smith said. During the next several months, Smith will organize a fundraiser to raise money for programs at the youth center. The Feb. 23 event includes a dance with a live band, a Chinese auction, a silent auction and a 50-50 chance drawing.



Rich Tisovec | Village of Lynnhaven

Moment of Zen Simple white petals of an Easter lily stand out among local flora.

Share a photo: Email photos@thevillagesmedia.com with "Moment of Zen" as the subject. Include your name and village/city. Photos should be from our community.

SUMMER SIP N SHOP CONTINUES TONIGHT

Kylie's Closet will be serving up wine and snacks along with a bargain or two during the Sip N Shop at Brownwood this evening.

"This summer promotion has several Brownwood businesses participating in the Sip N Shop," said Mike Hackett, co-owner of Kylie's Closet. "It's a great way to introduce our shops to area residents."

VILLAGER ENJOYS SHOPPING IN BROWNWOOD

A trip to Brownwood usually includes a visit to Rustic Rose for **Karen Stoughton**, of the Village of La Belle. Stoughton loves the variety in the store and always finds something special. "Today it was this beautiful painting of palm trees that I fell in love with," she said. "I shop while my dog is at Woof Gang (Bakery and) Grooming."

local news

HEALTH

Continued from C1

without it seeming like 'exercise' go a long way in making us more fit as a nation," Wixted said. "If people find something they love to do and have fun doing, they're going to be more likely to stick with it."

"The Villages Recreation and Parks Department provides places for Villagers to exercise, enjoy nature and spend time with their family and friends, helping them to maintain a well-rounded lifestyle," said Pam Henry, recreation manager of resident lifestyles, parks and public relations. "We give Villagers recreation which is freely chosen, intrinsically satisfying, personally meaningful and enjoyable."

The Villages gives its residents plenty of opportunities to stay active and engaged with both physical and social interactions, Wixted said.

"When people move here, they're doing so because of that active lifestyle component. You have people who want to be more active and they're coming to an area that gives them an unlimited amount of opportunities to do that in whatever way works best for them," she said.

Ageless Grace

A new fitness class will start in The Villages today, thanks to certified instructor Jane Drasites, of the Village of Buttonwood.

"Ageless Grace is a program designed by Denise Medved. Her parents were getting older and she couldn't understand why they aged differently," Drasites said. "A way to prevent aging physically and mentally is through exercise. We have to engage our bodies, but also our brains."

The Ageless Grace program consists of 21 exercise tools, all of which are performed while sitting in a chair. Each tool focuses on the longevity of the body and mind through different anti-aging techniques, including joint mobility, spinal flexibility, kinesthetic learning, cognitive function and more.

"The key to staying young is to not do the same thing over again, it's to do something



Joan Marzo, center, of the Village of Lake Deaton, exercises during the Hula Hoop Fit & Fun event Monday on Lake Sumter Landing Market Square.

George Horsford | Daily Sun

different every time," Drasites said. "If you come to that class, you'll never do the same exercise routine twice by design."

The inaugural Ageless Grace class, which will take place at 8 a.m. today at Churchill Street Recreation Center, came about thanks to a tip from Henry.

"I was sent a flyer regarding the training Jane went through and distributed it to our current exercise leaders — Jane jumped on it and went on to get certified," Henry said. "With Jane's help, Ageless Grace will prove to be another excellent lifestyle program for residents of The Villages."

The tools, with names like "Juicy Joints" or "Gentle Geometry," may seem silly to observers, but are based on the sophisticated concept of neuroplasticity.

"The central nervous system, the brain and the spinal cord have neuroplasticity that is probably more amazing than we can even understand," said Dr. Joseph Sivak, director of behavioral health at The Villages Health. "There are neurochemicals in our nervous system, such as brain-derived neurotrophic factor, which help the brain and central nervous system grow and possibly heal or regenerate certain nerve cells."

While there is not a lot of research on the subject, the concept of neuroplasticity is a vast frontier for future clinical applications, Sivak said.

"These exercises, based on everyday movements that are

natural and organic, focus on the healthy longevity of the body and mind," Henry said. "Almost anyone can do the exercises regardless of their ability. All these creative, innovative programs challenge Villagers to make change. The programs help them to focus on a lifestyle that will last forever."

Swimming

After 52 years, Mark Ross, of the Haciendas of Mission Hills, jumped back in the pool and took up swimming again.

Despite the long break, he didn't hesitate to join The Villages Aquatic Swim Team.

"I was a competitive swimmer in high school, but I hadn't swam in 52 years," Ross said. "I swam one lap a year ago and started gaining more stamina, and then I joined the swimming team in October."

After his first open water swim July 1 at Lake Cane in Orlando, Ross decided to challenge himself to swim a 10K in The Villages.

"I did 1K and said, 'Man, this is fun,' so I went back and did the second and then the third and I was pumped," he said. "I thought, 'I really like open water swimming, but how do I do that in The Villages?'"

The answer was to swim 1 kilometer per sports pool and finish at Rohan Recreation Center with 2 kilometers to round out the total. Ross began his challenge bright and early July 9 at Eisenhower Recreation Center, before

going to SeaBreeze, Lake Miona and Laurel Manor recreation centers.

By 9:15 a.m., Ross already was halfway finished at Mulberry Grove Recreation Center.

"Each time I hit the pool, it took me 18 or 19 minutes to do 1K," Ross said.

He originally had planned for it to take nine hours total, including travel time — but he swam the 10K in 3 hours and 15 minutes, finishing the challenge in 5 and a half hours total.

"I got home and could've done it again the same day, if my wife would've let me. I wouldn't call it a bucket list item, but it was fun," Ross said. "Everything I do, I take it to the edge. Once I got in it, I was in the zone."

Dance Fitness

It only took Cindy Duncan six months to become a Hula Hoop Fit and Fun instructor.

Duncan, of the Village of Glenbrook, wears a lot of hats — she plays water volleyball and golf, does Walk Away the Pounds and clogging, plays the bagpipes and teaches Hula Hoop Fit and Fun and cardio drumming.

"It's a fun way to exercise. You don't realize you're exercising, but you get a good workout," Duncan said. "It's not like counting reps, you're doing it and actually enjoying it."

Duncan, along with Debbie Kirish, of the Village of Hillsborough, were at Lake Sumter Landing Market Square on Monday to lead a hula hooping class in conjunction with

The Villages Recreation and Parks Department.

Kirish, standing on the pavilion, called out to the attendants. "We can burn up to 400 calories in an hour, have fun and feel like we're kids again."

"I really (started hula hooping) with the idea that when I moved here, it'd be a good way to meet friends because I'd be with like-minded fitness people," Kirish said. "I love hula hooping, I really believe in it and it's a good workout."

They call it "stealth exercise," because people don't realize how much of a workout they're getting, Duncan said.

"Just keeping people moving is wonderful. We're watching people and we see them get it," Duncan said. "We see them making progress, and they're smiling and having fun while doing it."

Betty Hobbs, of the Village of Bridgeport at Miona Shores, found Jazzercise 36 years ago and fell in love with the international dance

fitness program.

"Jazzercise has taken me through a lot of emotional things in my life," Hobbs said. "One of the best stress releases is music and dance, all while doing it with friends and having fun. Jazzercise is my passion and it's the only way I stay in shape."

Nowadays, Hobbs teaches four times a week at the Wildwood Masonic Lodge, but before Jazzercise, she would only go to the gym with a friend once a week, before getting breakfast at Bob Evans.

"I love music, I love activity and I found all of that with Jazzercise. I think that's why I still do it after all these years," Hobbs said. "Helping my body feel good helps me in my everyday life. I love going there and people loving walking in. It's all positive and that's what people need."

Valentina Boré is a staff writer with The Villages Daily Sun. She can be reached at 352-753-1119, ext. 9061, or valentina.bore@thevillagesmedia.com.

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