

# Community Bulletin

## August 17th - August 23rd, 2020

Bulletin available online: <http://vistaplantation.com/>



**MONDAY - 8/17/2020**  
 8:00 AM AEROBICS  
 8:45 AM TAI CHI  
 12:30 PM MAH JONGG  
 1:00 PM TRADITIONAL MAH JONGG (Learn & Play)  
~~7:00 PM BINGO~~ CANCELLED TBD

**TUESDAY - 8/18/2020**  
~~8:00 AM AEROBICS~~ Suspended until Fall  
 1:00 PM RUMMIKUB  
 1:00 PM SCRABBLE  
 5:30 PM PINOCHLE

**WEDNESDAY - 8/19/2020**  
 8:00 AM AEROBICS  
 8:45 AM TAI CHI  
 1:00 PM BRIDGE  
 1:00 PM TRADITIONAL MAH JONGG

**THURSDAY - 8/20/2020**  
~~8:00 AM AEROBICS~~ Suspended until Fall  
 12:30 PM MAH JONGG  
 3:30 PM MEXICAN TRAIN  
 6:00 PM PARTNER BRIDGE

**FRIDAY - 8/21/2020**  
 8:00 AM AEROBICS  
 8:00 AM TAI CHI  
 1:00 PM PHASE 10

**SATURDAY - 8/22/2020**  
  
**SUNDAY - 8/23/2020**  
 1:00 PM RUMMIKUB

**After Hour Emergency Please Call**  
**1-866-378-1099**

**All Exterior Work is...  
 weather permitting**

Beachland Cleaning	Monday 8/17	Bldgs. 8-15
Walkways are cleaned twice monthly. Personal items such as doormats are the responsibility of the homeowner. Thank You!	Wednesday 8/19	Bldgs. 16-23
Thank You	Friday 8/21	Bldgs. 24-31 Office

**PAINTING BLDG. #2**  
**Schedules will be posted as they become available.**  
**Please use CAUTION!**  
**Thank You**

### ATTENTION TENNIS PLAYERS!

Restrictions have been lifted on the tennis courts. Guests and double play are now allowed.



**WiFi**  
**There's a new WiFi password for the Clubhouse, New applications are available!**

**PALM TREE TRIMMING**  
**Will begin:**  
**August 19, 2020**  
**Weather Permitting**

Here at Vista Plantation, we are a "No Truck" community. Recently there seems to be an influx of pick-up trucks and work trailers. Commercial work trucks that are clearly identified, are allowed and permitted during working hours which are;

**Monday - Saturday, 8:00 AM - 6:00 PM. Note: they are not permitted to park under the carport at anytime or leave their Truck and/or Trailers overnight.**

Guests visiting with trucks for the day, may park in guest parking for 6 or less hours. Guests staying overnight **MUST sign the guest register** at the office **AND** obtain a parking permit. If the office is closed upon arrival, your guest is to park in the designated truck parking located in the maintenance area and return during normal office hours to obtain a parking permit. Guests with trucks or oversized vehicles are not allowed to park under the carport at anytime. If you have any questions, please call the Association office. Thank you.



### Happy Birthday!

8/17 Jim Soares

8/18 Alice Baxter, Ruth Speck

### Happy Anniversary!

*If we miss your Birthday or Anniversary please drop us a note to let us know and we will update our records.*



All Florida Pest Control is onsite every Thursday morning. If you wish to have your unit serviced, please fill out a Pest Control Request (found in the Sun Room in the Clubhouse) and turn into office by 3:00 PM on Wednesday. There is a \$15 charge paid directly to the vendor.

### Grandma Jackie's Cherry Cake

- 1 (18.25 ounce) package white cake mix
- 1 (4 ounce) jar maraschino cherries
- 3/4 cup chopped pecans
- 1 (16 ounce) container frozen whipped topping, thawed



### Directions

Drain the cherries reserving juice; chop cherries and reserve. Prepare cake mix according to box directions, adding water to the reserved cherry juice to equal the amount of liquid needed for cake mix. Preheat oven to box directions. Fold the cherries and pecans into the cake mix; stirring by hand. Pour mix into 2 round cake pans and bake in preheated oven.

### HEALTH TIP - LAUGH MORE!

I love to laugh! (Who doesn't?) - But did you know how good it is for you? - and did you know that your body can't tell the difference in a fake laugh and a real laugh? This comes from a recent report on NBC. According to the report, a child laughs about a hundred times a day, but an adult only laughs about twelve times. Laughter triggers the release of endorphin, the body's natural feelgood chemicals, and can strengthen your immune system, boost mood, diminish pain, and protect you from the damaging effects of stress. Maybe "laughter is the best medicine." A study in Norway even found that people with a strong sense of humor outlived those who don't laugh as much. (The difference was particularly notable for those battling cancer.) NBC showed a young woman walking down the street, pretending to talk on her cell phone and laughing loudly. Not only was she benefiting from the fake laughter, people passing her laughed at her! Try it folks. It sounds like fun!



SEE SOMETHING SAY SOMETHING  
  
**CALL 911**

**IMPORTANT!**  
 Please DO NOT over fill trash dumpsters!  
 Waste Management charges fines for repeatedly overfilled dumpsters. Fine cost transfers to our Vista Plantation residents.  
 If you are throwing trash into an already filled dumpster, STOP, take your trash to an alternate dumpster with room to spare.  
 Save yourself from costly fines!  
 Thank You

**PORTAL**  
 Have you signed up for the FirstService Residential Community Portal? If not, log on to:  
<https://vistaplantation.connectresident.com>  
 Click on Resident Access in the top-right corner. You'll need to do this even if you are already registered on our old community website.

Some over 70, more over 80 and likely even more over 90 are computer illiterate. This is not a callous judgment. It just is. However, on the surprising side there are some over 100 who have chosen to learn to use a computer and become familiar with the Internet.

The I in Internet has less to do with illiteracy than it does a whole lot of other I's that show up around getting acquainted with this phenomenon of technological miracles. As in the case of television, it is fitted for both good and evil, productivity and wasting time, good and bad entertainment, information, and a never ending stream of news.

But, there are other I's in Internet. These are some:

**Internet I #1: Interruption.** You are in the middle of some important document or important piece you have discovered on the Internet when suddenly you are interrupted by a pop up which tells you someone wants to talk with you, has sent you an email, there is an urgent message in your inbox, etc. This is when, as with the phone or an intruder at your door, you need to exercise restraint. Internet does not relieve you of control. Maintain it. Whatever it is, it can wait!.

**Internet I #2: Idea.** One of the absolute marvels of the Internet is the multitude of ideas contained within it, literally at our fingertips. To think all Charles Dickens had was a quill pen, a bottle of ink, and paper. We have anything we want 24/7, including phrases and jargon Charles Dickens never considered.

**Internet I #3: Inspiration.** While inspiration bubbles up from all kinds of sources, the Internet is a daily horn of plenty. While you were sleeping last night, someone came up with some utterly outlandish inspirations that today can make your life more exciting, revved up and ready to go. Whether its educational, spiritual philosophical, socio-political, mathematical, ad infinitum, it is out here in this wonderful universe of cyber space waiting to be uncovered, discovered, recovered, perhaps at last covered over with even another inspiration yet.

**Internet I #4: Intimate.** If you are alone or lonely, it is even possible to strike up meaningful acquaintances around the world. Prudence and boundaries may be two disciplines that need to be called upon in this pursuit, but the exchange is really up to you.

**Internet I #5: Introduction.** You may be invited to explore beyond your imagination all kinds of subjects, finding the introductions in almost hidden and subtly lurking in searches, sites and scenes your eyes pick up on.

## - COVID-19 TESTING INDIAN RIVER COUNTY-

### [Cleveland Clinic](#) - BY APPOINTMENT

772.226.4846 - Indian River Hospital (Monday - Friday, 7 a.m. - 3 p.m.) The caller will be screened by a nurse who will determine if they meet criteria for testing. Patients who meet criteria for COVID-19 testing will be given an appointment and directed to the testing location. Anyone over the age of 16 who has a fever and respiratory illness (such as cough, runny nose, sneezing) or any patient with a fever and gastrointestinal illness (such as diarrhea, vomiting) is eligible for testing. When patients arrive at the drive-through, they will first have their temperature taken. Patients who do not have a fever will NOT be tested.

### [CVS @ US 1 and 17th](#) - BY APPOINTMENT

#### [Carespot](#)

- 1820 58th Avenue, Suite 110 -

COVID-19 evaluations and testing available at all locations: 8am - 8pm, 7 days a week. Patients are screened before testing according to CDC guidelines. Please call the center for details. (772) 257-3200. Referral and appointment NOT required.

#### [Mondays and Wednesdays](#) - Treasure Coast Community Health

Indian River County Fairgrounds Drive-Thru

8:30 am to 10:00 am

(7955 58th Ave., Vero Beach, FL 32967)

Please enter on 58th Avenue

#### [Fridays](#) - Treasure Coast Community Health

TCCH Fellsmere Facility Inside the facility

2:30 pm to 4:30 pm

(12196 CR 512, Fellsmere, FL 32948)

#### [Saturdays](#) - Treasure Coast Community Health

TCCH Gifford Health Center

8:30 am to 10:30 am

(4675 28th Court, Vero Beach, FL 32967)

