

SEPTEMBER Birthdays



Robert F. 9/4
Francine S. 9/4
Rita W. 9/10
Deni C. 9/12
Donna D. 9/12
Gerald L. 9/12
Carol M. 9/13
Thomas M. 9/14
George B. 9/18
Kerriann N. 9/20
Catherine G. 9/23
Rick S. 9/26
Lila V. 9/28
Peggy M. 9/30

Resident Birthday Celebration (CR)
Friday, September 18th
4:00-5:30pm

SEPTEMBER Highlights

9/10 10am-2pm
**Abbey Rose**
ESTATE SPECIALISTS
In The Media Room

9/11 8:46am
**Moment of Silence**
at The Flagpole

**THE SOVANA SUPPER CLUB WELCOMES YOU TO THE HOEDOWN!**
\$30
SUNDAY, SEPTEMBER 13
FROM 3PM TO 6PM
COMMUNITY ROOM
\$30 PP - CASH ONLY
INCLUDES: SAVORY WESTERN BBQ, THEMED COCKTAIL & ENTERTAINMENT
RSVP: NO LATER THAN SEPTEMBER 4TH
NO REFUNDS
RSVP DEADLINE: Sept 4th
Reservation & Payment
See Holli: 516-306-1824

**OKTOBERFEST CELEBRATION**
September 23rd 2:00-4:00 pm
Join us for a festive afternoon of live music, traditional bites, and beverages in the Community Room. RSVP in the clubhouse



SEPTEMBER 2026



Property Manager
Alicia Torres
Assistant Property Manager
Liz Bernier
Lifestyle Coordinator
Paula Kiley

Maintenance Supervisor
Richard Johnson

Maintenance Technician
Michael Suszczynski

Porter
Lisa Zappier

Transportation Specialist
Michael Gasparro

Salon Stylist
Rena Esposito

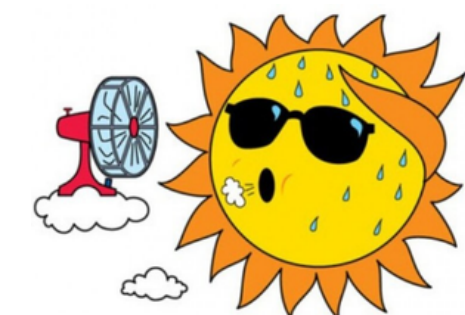


1900 NW Federal Hwy
Stuart FL 34994
772-230-4428
www.thesovana.com

Beat the Heat

L E T Z Y F A L N Q V C J W I F O
A D E L E C T R O L Y T E S V D J
G N I N E T A E R H T E F I L Y U
N R I I L N U N J S R J V K M K M
O Y P Y G B R S P U O C I A J E A
I C F C C U H M T T M W O A K Z D
S S O D B W A A G O H B S O O M E
U R Z N F R R O W Z A I R K N X H
F Q U S C E Z Q N H S T R B J W Y
N S T T P T W D T W S E C S P S D
O V A M F A D U E T S D S Y T D R
C E E M T S O A A I Q A A T M Y A
H T P E O M T E Q R J H E Y H H T
T P R Q Y I H R G B B S N P T K I
Z H T R N H E A T I N D E X C M O
Z K D G G K F R E E S K H R B U N
U P G Y R O S I V D A T A E H S Y

Life Threatening	Heat Advisory	Electrolytes
Temperature	Dehydration	Heat Cramps
Heat Stroke	Heat Index	Confusion
Dry Mouth	Sweating	Thirsty
Sunburn	Shade	Water



Reminders

Pickleball, Bocce Ball, Darts and a Wide Variety of Board Games are ALWAYS available to play.

Outdoor BBQ grills and Firepit are available 24/7.

Additional Key Fobs available for \$50. Request yours at the office.

Follow Us on Social Media



DIME-UP

Daily * see schedule
\$1.50 per/player (in dimes)

POKER

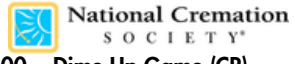
Thursdays @ 2:00pm
\$10.00 per/player

BUNCO Game

Thursdays @ 6:30pm
\$5.00 per/card

BINGO Game

Fridays @ 3:00pm
\$3.00 per/card

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
(CR) Community Room (MR) Media Room (AR) Activity Room (FC) Fitness Center (PB) Pickle Ball (BB) Bocce Ball (DP) Dog Park (P) Pool (YS) Yoga Studio (L) Lobby (FP) Fireplace	<i>Welcome</i> To All New Residents	1 ▶ 11:00 Racko Game (AR) ▶ 2:00 Nickle Dime Up Game (CR) ▶ 6:30 Rumikub Game (CR)	2 ▶ 9:15 Pickleball Game (PB) ▶ 11:30 Lunch Outing \$ (L) La Belle Vie Cafe, Stuart  ▶ 2:00 Dime Up Game (CR) ▶ 2:30 Shopping \$ (L) ▶ 6:00 Bible Study (MR)	3 ▶ 1:00 Mahjong (CR) ▶ 2:00 Tournament Poker \$ (CR) ▶ 2:00 Dime Up Game (CR) ▶ 4:00 Chorus Practice (CR) ▶ 5:30 Zumba w/Sonia (CR) ▶ 6:30 BUNCO Dice Game \$ (CR) ▶ Shuttle to Doctors Appointments	4 ▶ 9:15 Pickleball Game (PB) ▶ 9:30 Stretch & Balance with Dani (CR) ▶ 10:30 Hand and Foot Game (AR) ▶ 11:00 Shopping: NORTH of the Bridge \$ (L) ▶ 1:00 Dime Up Game (CR) ▶ 3:00 BINGO \$ (CR) ▶ 7:00 Evening Conversation @ Firepit	5 ▶ 9:15 Pickleball Game (PB) ▶ 10:30 Backgammon (CR) ▶ 2:00 Scrabble Game (MR) ▶ 2:00 Dime Up Game (CR) ▶ 6:30 Mahjong (CR)
6 ▶ 10:00 Art Projects Available (AR) ▶ 1:00 Dime Up Game \$ (CR) ▶ 2:00 Yahtzee (CR) ▶ 2:00 Rummikub (CR) ▶ 3:00 Mexican Train Dominoes (CR)	7 	8 ▶ 10:00 Chair Yoga with Grace (CR) ▶ 11:00 Racko Game (AR) ▶ 2:00 Educational Seminar (MR) Presented by: Alzheimers Research  ▶ 2:00 Dime Up Game (CR) ▶ 6:30 Rumikub Game (CR)	9 ▶ 9:15 Pickleball Game (PB) ▶ 10:30 Aquatic Exercise w/Grace (P) ▶ 11:30 Lunch Outing \$ (L) Umiya, Jensen Beach  ▶ 2:00 Dime Up Game (CR) ▶ 1:00 Shopping \$ (L) ▶ 4:00 Drum Fit (YS) ▶ 6:00 Bible Study (MR)	10 ▶ 10:00 ABBEY ROSE ANTIQUES (MR)  ▶ 1:00 Mahjong (CR) ▶ 2:00 Tournament Poker \$ (CR) ▶ 2:00 Dime Up Game (CR) ▶ 4:00 Chorus Practice (CR) ▶ 5:30 Zumba w/Sonia (CR) ▶ 6:30 BUNCO Dice Game \$ (CR) ▶ Shuttle to Doctors Appointments	11  ▶ 8:46 Moment of Silence @ The Flagpole  ▶ 9:15 Pickleball Game (PB) ▶ 9:30 Stretch & Balance with Dani (CR) ▶ 11:00 Shopping: NORTH of the Bridge \$ (L) ▶ 1:00 Dime Up Game (CR) ▶ 3:00 BINGO \$ (CR) ▶ 7:00 Evening Conversation @ Firepit	12 ▶ 9:15 Pickleball Game (PB) ▶ 10:30 Backgammon (CR) ▶ 2:00 Scrabble Game (MR) ▶ 2:00 Dime Up Game (CR) ▶ 6:30 Mahjong (CR)
13  ▶ 2:00 Supper Club \$ (CR) 	14 ▶ 9:15 Pickleball Game (PB) ▶ 10:00 Bridge Game (CR) ▶ 11:00 Shopping: SOUTH of the Bridge (L) ▶ 1:00 Dime Up Game (AR) ▶ 1:00-4:00 Mahjong (CR) ▶ 4:00 Chorus Practice (CR) ▶ 5:30 Dance Lesson with Emily (CR)	15 ▶ 10:00 Chair Yoga with Grace (CR) ▶ 11:00 Racko Game (AR) ▶ 11:30 Lunch & Learn (L) Presented by: National Cremation Society  ▶ 2:00 Dime Up Game (CR) ▶ 6:30 Rumikub Game (CR)	16 ▶ 9:15 Pickleball Game (PB) ▶ 9:30 Breakfast Outing \$ (L) Keke's Breakfast Cafe, Stuart ▶ 10:30 Aquatic Exercise w/Grace (P) ▶ 2:00 Wine-Down Wednesday (CR)  ▶ 6:00 Bible Study (MR)	17 ▶ 1:00 Mahjong (CR) ▶ 2:00 Tournament Poker \$ (CR) ▶ 2:00 Dime Up Game (CR) ▶ 4:00 Chorus Practice (CR) ▶ 5:30 Zumba w/Sonia (CR) ▶ 6:30 BUNCO Dice Game \$ (CR) ▶ Shuttle to Doctors Appointments	18 ▶ 9:15 Pickleball Game (PB) ▶ 9:30 Stretch & Balance with Dani (CR) ▶ 11:00 Shopping: NORTH of the Bridge (L) ▶ 1:00 Dime Up Game (CR) ▶ 3:00 BINGO \$ (CR) ▶ 4:00 Monthly Resident Birthday (CR)  ▶ 7:00 Evening Conversation @ Firepit	19 ▶ 9:15 Pickleball Game (PB) ▶ 10:30 Backgammon (CR) ▶ 2:00 Scrabble Game (MR) ▶ 2:00-6:00 PRIVATE PARTY (CR) ▶ 6:30 Mahjong (CR)
20  ▶ 10:00 Art Projects Available (AR) ▶ 1:00 Dime Up Game \$ (CR) ▶ 2:00 Yahtzee (CR) ▶ 2:00 Rummikub (CR) ▶ 3:00 Mexican Train Dominoes (CR)	21 ▶ 9:15 Pickleball Game (PB) ▶ 10:00 Bridge Game (CR) ▶ 1:00 Nutrition & Healthy Eating (CR) Presented by: Care Givers of America ▶ 1:00 Dime Up Game (AR) ▶ 1:00-4:00 Mahjong (CR) ▶ 4:00 Chorus Practice (CR) ▶ 5:30 Dance Lesson with Emily (CR)	22 ▶ 10:00 Chair Yoga with Grace (CR) ▶ 11:00 Racko Game (AR) ▶ 11:30 Lunch & Learn (CR) Presentation by: Elder Home Services and PJ Financial  ▶ 2:00 Dime Up Game (CR) ▶ 3:00 Sound Bath Meditation (MR) ▶ 6:30 Rumikub Game (CR)	23 ▶ 9:15 Pickleball Game (PB) ▶ 10:30 Aquatic Exercise w/Grace (P) ▶ 2:00-3:30 Oktoberfest Celebration (CR)  ▶ 6:00 Bible Study (MR)	24 ▶ 10:30 Coffee & Pastries (CR) Presented by: CapTel ▶ 1:00 Mahjong (CR) ▶ 2:00 Tournament Poker \$ (CR) ▶ 2:00 Dime Up Game (CR) ▶ 4:00 Chorus Practice (CR) ▶ 5:30 Zumba w/Sonia (CR) ▶ 6:30 BUNCO Dice Game \$ (CR) NO SHUTTLE SERVICE TODAY	25 ▶ 9:15 Pickleball Game (PB) ▶ 9:30 Stretch & Balance with Dani (CR) ▶ 11:00 Lunch & Learn (CR) Presented by Members of The South Florida Chamber of Commerce ▶ 1:00 Dime Up Game (CR) ▶ 1:30 Book Club (MR) ▶ 3:00 BINGO \$ (CR) ▶ 7:00 Evening Conversation @ Firepit	26 ▶ 9:15 Pickleball Game (PB) ▶ 10:30 Backgammon (CR) ▶ 2:00 Scrabble Game (MR) ▶ 2:00 Dime Up Game (CR) ▶ 6:30 Mahjong (CR)
27 ▶ 10:00 Art Projects Available (AR) ▶ 1:00 Dime Up Game \$ (CR) ▶ 2:00 Yahtzee (CR) ▶ 2:00 Rummikub (CR) ▶ 3:00 Mexican Train Dominoes (CR)	28 ▶ 9:00-12:00 FLU SHOTS (AR) Presented by: Walgreens Pharmacy ▶ 9:15 Pickleball Game (PB) ▶ 10:00 Bridge Game (CR) ▶ 11:00 Shopping: SOUTH of the Bridge (L) ▶ 1:00 Dime Up Game (AR) ▶ 1:00-4:00 Mahjong (CR) ▶ 4:00 Chorus Practice (CR) ▶ 5:30 Dance Lesson with Emily (CR)	29 ▶ 10:00 Chair Yoga with Grace (CR) ▶ 11:00 Racko Game (AR) ▶ 2:00 Dime Up Game (CR) ▶ 6:30 Rumikub Game (CR)	30 ▶ 9:15 Pickleball Game (PB) ▶ 10:00 Shopping \$ (L) ▶ 10:30 Aquatic Exercise w/Grace (P) ▶ 2:00 Dime Up Game (CR) ▶ 4:00 Drum Fit (YS) ▶ 6:00 Bible Study (MR)			