

In the Isle

AUGUST 2025

Can my lifestyle contribute to my brain health?

As we age, our awareness of mental health increases, and strategies to support brain function become increasingly important. A holistic approach involves not only physical health, but also emotional, social, and intellectual engagement. Let's see what a brain-healthy lifestyle means for your overall well-being and cognitive longevity.

Brain games are fun! –And a practical tool for maintaining mental sharpness. Puzzles, games, logic challenges, and even certain video games can help improve mental processing speed, attention, and memory. While no game can prevent

a cognitive disorder, consistent mental stimulation encourages the brain to reorganize and form new neural connections. Brain games are not only enjoyable, but a valuable tool in your wellness toolbox, when used alongside physical activity, good sleep, and healthy diet.

Volunteering offers meaningful engagement that benefits your mental and emotional health. Helping others increases feelings of purpose, reduces depression, and stimulates brain regions related to empathy and social cognition. It often requires planning, communication, and problem-

solving—activities that keep the mind sharp. The human connections help combat loneliness, a major risk factor for cognitive decline.

Community events provide additional opportunities! Attend a lecture, join a book or social club, or enjoy a cultural festival to challenge your brain to process new information and engage with different perspectives. Staying connected helps build a network of support and keeps the brain agile. The annual Walk to End Alzheimer's is a great example of how to gather socially AND give back to the community.

9 WAYS TO BOOST YOUR BRAIN HEALTH

Exercise regularly

Wear protective gear while playing sports or riding a bike

Read

Quit smoking

Take care of your heart

Get enough sleep



Eat a diet that is lower in fat and higher in vegetables and fruits

Challenge yourself with jigsaw puzzles or sudoku

Take care of your mental health



HIDA Board Meeting

Wednesday,
August 27th, 2025,
at 1:00 PM

Zoom connection information
will be sent out before the
meetings



Heritage Isle District Association, Inc. (HIDA)

HIDA manages gates, gatehouse, street signage, roads, entry bridge, round-about fountain, street trees. Fees collected quarterly via a coupon book.

Andrew Rivera CMCA, LCAM
Heritage Isle General Manager,
Community Association Manager

Gatehouse
(to call in visitors)
(321) 622-6916

Heritage Isle Clubhouse

Recreational facility, i.e., pool, sports courts, gym, bistro, ballroom, etc., owned by HIDA. All social activities and room allocations are managed by Clubhouse staff.

Fees collected quarterly via a coupon book.
P: (321) 576-0264 F: (321) 504-7552
heritageisle@lelandmanagement.com

Clubhouse Hours

Monday – Saturday: 9 AM – 9 PM
Sunday: 9 AM – 9 PM

Concierge Hours

Monday – Saturday: 9 AM – 9 PM
Sunday: 9 AM – 9 PM

Clubhouse Manager
Kimberlee Ross

Lifestyle Coordinator
Jeremy Lara

Resident Services Assistants

Kelli Leeper, Sandra Cutrona, Rachell Geidel,
Janeth Robey, Jennifer Brown

Maintenance Staff

Maria Scarpello, Donte Robinson,
Dave Foote, Tyler Morgan

Isle Bar & Grill
321-507-4386

Heritage Isle Residential Villages Association, Inc. (HIRVA)

HIRVA manages individual homesites, maintenance of landscaping, irrigation, fertilization, repainting (all homesites), roof repair, termite bonds, and a Master Insurance Policy (on attached homes only). Fees collected quarterly via coupon book.

Brittany Robberecht, LCAM
Senior Community Association Manager

Amanda Smith, LCAM
Heritage Isle Residential Village
Community Association Manager

Kayleigh Chase
Landscape Assistant

Work Orders

Juniper Customer Care
P: (239) 561-5980
Email: customercare@juniperlandscaping.com
www.junipercares.com

Resident Support

(Questions about your account)
Leland Management
P: 407-781-1188

ResidentSupport@LelandManagement.com

After Hours Emergency Phone Number for Leland Management: (866) 263-3987

Heritage Isle Terraces Commons

Management of the common areas of the Condominium buildings located on Toland Drive. Includes landscape and parking lot for Condominium owners.

Fees are paid quarterly via coupon book.

Janette Barcena, LCAM
Leland Management, INC.
P: (321) 222-1027

Community Development District (CDD)

CDD manages parks, sidewalks/pedestrian bridges, Legacy Boulevard landscaping, Legacy Boulevard streetlights, storm water management (ponds), irrigation system, entry monuments and entry fountains. CDD also owns the main irrigation system.

Fees collected through
Brevard County taxes.
Rizzetta & Company, Inc.
Brian Mendes, District Manager
P: (904) 436-6270 Ext 0034
Email: Bmendes@rizzetta.com
P: (407) 472-2471 Ext. 4404
F: (407) 472-2478

Central Viera

Community Association

Central Viera Community
Association maintains Viera
outside the gates of Heritage Isle.
Fees collected annually via a statement.
Fairway Management
P: 321-777-7575

HERITAGE ISLE CLUB OFFICE SERVICES

COPY SERVICES

B/W copies 25¢ pp
2-sided B/W copies..... 50¢ pp
Color copies..... 75¢ pp
11" x 17" copies 50¢ pp
11" x 17" color copies \$1.00 pp

NOTARY SERVICES

Each Stamp/Signature..... \$4.00

METER POSTAGE..... Price varies

FAX SERVICES

(including 25¢ confirmation sheet
on all outgoing faxes)

Local, Toll-Free,
or Outgoing Long-Distance Fax. 25¢ pp
Outgoing International Fax 50¢ pp
Incoming Fax 25¢ pp

GUEST PASSES

(free for guests 12 years
of age and under) Guests
13 years of age and over..... \$1.00/day

LAMINATING SERVICES

8.5" x 11" \$3.00

MERCHANDISE

HI Lanyard & Badge Cover \$5.00

BADGES

Replacement \$10.00
New Free

HIDA Board of Directors

- David Francis, President – Term expires 2026 President@hidainc.org
- C.L. "Hawk" Moore, Vice President – Term expires 2027 .. VicePresident@hidainc.org
- Charlie Wedel, Treasurer – Term expires 2025 Treasurer@hidainc.org
- Kim Englert, Secretary – Term Expires 2027 Secretary@hidainc.org
- Jack Brooks, Director – Term expires 2025 Director1@hidainc.org
- Laura Catuska, Director – Term expires 2027 Director2@hidainc.org
- Jeff Glenn, Director – Term expires 2026..... Director3@hidainc.com
- Entire Board HidaBoard@hidainc.org

HIRVA Board of Directors

- President, Kim Englert: Term Expires 2027 president@hirva.org
- Vice President, Melony Weinreich: Term Expires 2028 .. vicepresident@hirva.org
- Secretary, Jeff Glenn: Term Expires 2028 secretary@hirva.org
- Treasurer, Charlie Wedel: Term Expires 2027 treasurer@hirva.org
- Director 1, Don Ivancic: Term Expires 2026..... director1@hirva.org
- Director 2 - None
- Director 3, Jack Brooks: Term Expires 2028..... director3@hirva.org

The Summertime Fun Continues!



All entertainment events are in the ballroom and include a cash bar, unless otherwise noted. Please note if there is a cash bar, no outside beverages or containers including water will be allowed; ice water is available. NOTE: If you find you can't attend an event for any reason, please inform the clubhouse. There is often a waiting list for sold-out events.

- **Music Game Night**, Thursday, August 7th, 6 pm. Pre-order your boxed dinner from the Isle Bar & Grill by Tuesday, Tuesday, August 5th. Tickets available now.
- **The Diva's**, Thursday, August 23rd, 7 pm. Back by popular

demand. Tickets are \$20 and on-sale Tuesday, July 29th.

- **Labor Day Pool Party with Floridave**, Monday, September 1st, 11am to 2 pm.
- **Pet Adoption/Pet Awareness**, Saturday, September 6th. Featuring various animal rescue groups. Free Admission
- **Cirque Athletics Performance Show**, Saturday, September 13th, Tickets are \$30 and on-sale Tuesday, August 19th
- **September Monthly Dance -Toga Party** featuring music by Juiced, Saturday, September 27th, 7-10 pm. Tickets are \$10 and on-sale Tuesday, September 2nd.

DON'T WAIT UNTIL IT'S TOO LATE!

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✗ OUR COMPETITORS

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- ✗ Accordion Shutters lock & unlock from the **OUTSIDE ONLY**. Creating a **HAZARD**.
- ✗ Generic key non-security locks.
- ✗ Most companies have been in business less than 8 years.
- ✗ Manufacturers warranty on product.

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Call for a free estimate!

Billiards Tournament

The next billiards tournament will be held on Friday, August 1st at 12 noon in the billiards Room. It is a very exciting event, and if there are enough players, there will be a drawing for teams, and it will be coed. Everyone is invited, so even if you are not in the tournament, come in, root for your favorite player, and watch the fast young action players try to hustle the mature older pros..

The July tournament winners are:

- First place Ken Walters,
- Second place Tom Frerick and
- Third place was a tie between Joe Hartwick and John "spike" Wilds.

Ten Pin Bowlers Needed for H.I. Bowling League!

Join us on Tuesday mornings from 9 AM to 12 PM at Bowlero Lanes, located at 1099 Wickham Rd. near Sarno Rd. Singles and couples are welcome. Contact Rich Augustine at 412-417-5172.

LANDSCAPE CORNER

Meet your new Joint Landscape Committee (JLC)

Following the merger of HIRVA with HIDA, a new Joint Landscape Committee was established to ensure that the properties within Heritage Isle are properly maintained.

The Joint Landscape Committee (JLC) is a standing committee that serves as an advisory body to the Board, providing guidance on all matters related to landscaping and irrigation throughout the entire community.

The JLC will consist of 7 members; a board liaison from CDD, HIDA and the Terraces along with 4 additional community volunteers. Ken Walter, CDD liaison, is appointed as the committee Chair; Jeff Glenn, HIDA liaison, is appointed as Vice Chair; Omar Ollis is the liaison for the Terraces. JoAnne Post is appointed as committee Secretary; Mike Barnes, Cynthia Barclae and Annette Miele have been appointed as volunteers to the committee.

The Mission of the new committee is simple; the JLC will strive to ensure that all landscape and irrigation matters are addressed across Heritage Isle as a total entity and provide the Boards a monthly report.

We look forward to getting started and are committed to maintaining the beauty of the Heritage Isle landscape by working collaboratively with community Boards of Directors, the landscape vendor, and management.

Next Month's Topic; Why are the Holly Trees being cut down and why do they look so bad?

TENNIS

New resident tennis players can be included in the tennis communication chain and schedule tennis court time by registering via the online tennis scheduler. Simply go to the website at www.heritageisleetc.playbypoint.com and click on "Create an Account." Once you fill out the basic information, your residency will be verified, and your profile will be activated.

Men's Poker Game: Quarter-Half

Join us on Thursday nights from 6 PM to 10 PM. We're looking for a few good men to join the game. For more information, call Rich Augustine at 412-417-5172.



**6022 Farcenda Place
Melbourne, FL 32940**

321-604-8479

www.brevardelite.com/debtomczak

POET'S CORNER

Each month, we will publish an original poem written by one of our residents. The editor of our newsletter will select the poem to be published. Please do not submit poems that are too religious or political. Poems should not be longer than about 20 lines. Please email your poem by July 15th to heritageisle@lelandmanagement.com.

"Good Wine"

Before it got dark, I rode my new bike
On to the liquor store, boy what a hike.
I found some good wine I put in my basket,
But then if I fell, I would blow a gasket.
So I drank it all before I road - oh what a crime,
But I'm glad I did. Going home, I fell 5 times!

By Rick Hertz

SPEAKER'S CORNER

There will be no Speakers Corner presentation during the months of July and August. We hope to resume in September and are looking for proposals. The purpose of the Speakers Corner is to provide HI residents with an opportunity to share life experiences with each other. Appropriate topics include hobbies, careers, and other areas of personal interest. Presentations by non-residents are also considered when the content is deemed to be of interest to HI residents. Controversial topics, such as religion and politics or presentations designed to advertise products or businesses, will not be considered as there are other clubs and avenues in HI for these purposes. Past presentations have included: Human Trafficking, Forensic Engineering, Travels to Czechoslovakia, Volunteering at the Supreme Court, Advice for Parents and Grandparents, and The Cape Canaveral Space Force Museum. The Speakers Corner is held in the HI Clubhouse Ballroom on the third Tuesday each month from 11:30 to 12:15 with an additional 15 minutes for Q&A. If you have a life experience you would like to share, please contact Ed Fenske at ecfenske@comcast.net or (609) 575-9885. Assistance with the organization and logistics of your presentation is available if needed.

KARAOKE

**1st and 3rd Friday of the month
from 6:00-8:45 PM
in the Ballroom.**

Bring your singing pipes
and be ready to enjoy the
night of singing!

Karaoke is a BYOB event.



BOOK CLUB

The Heritage Isle Book Club
next book to be discussed at the
September Meeting – The Frozen
River by Areil Lawhorn

KATE'S BOOK CLUB

The book club reads and discusses a variety of NY Times best-selling books. We have an equal number of men and women members who meet on the first and third Monday of each month from 10:30 to 11:30 AM in the Sandpiper Room. If you would like more information, email Rick Hertz at rhertz@bellsouth.net.

08/04: Cross Her Heart – Melinda Leight, 2020

08/18: This Tender Land – William Kent Kruger, 2020

HERITAGE ISLE MEN'S LUNCH CLUB

Thursday, August 21st - 11:30 am at Tradewinds Restaurant. Our host for the meeting is Jack McGoldrick. If you plan to attend, please contact Jack at 484-467-6718 to reserve your seat. The Men's Lunch Club is also seeking volunteers to host the lunch meetings in the future. If you are interested in hosting, please email Joel Askinazi at bsyrm0264@gmail.com.

The monthly luncheons take place on the third Thursday of each month, starting at 11:30 AM. The host will be responsible for selecting the lunch venue and for collecting member reservations.

HERITAGE ISLE LADIES LUNCHEON

Tuesday, July 15th - 11:30 am at **Fujiyama Japanese Seafood and Steak** located at 5000 N Wickham Rd #111, Melbourne, FL 32940. Our host will be Lori Kotkin. If you would like to attend, please contact: **Sharon Martin** - 321.292.1298 - ephegenia@gmail.com or **Lisa Asselin** - 321.917.5766 - alasselin6@gmail.com to reserve your seat. Please RSVP by **August 4th**.

The monthly luncheons take place on the third Tuesday of each month, starting at 11:30 AM.



HERITAGE ISLE RAIL FANS

The Heritage Isle Rail Fans are still on our summer break, but we will be rolling again soon. If you like trains, large or small, prototype or model, you should join our community interest group. Our next meeting will be Tuesday, Sept. 9, at 7 PM in the Clubhouse Craft Room. We usually have a member-led discussion or presentation and some chat time, and tall stories. Come for train-centered fun and get to know other rail fans, AKA Train Nuts. Contact: Gil Baldwin at gilbaldwin3@gmail.com or cell 703-587-7518

DEMOCRATIC CLUB

The Heritage Isle Democratic Club gathers every second Thursday of the month at 11:00 AM in the Ballroom. All Democrats are welcome to join, engage, and connect with fellow party members. It's an opportunity to foster connections, exchange ideas, and build a sense of community among Democrats.

HI 9 Hole Golf League

For more information, contact Jerry Tranchita at 321-446-6040 or palmprowmarketing@att.net

Veterans Golf League

Veterans of Heritage Isle are invited to participate in the Veterans Golf League at Rockledge Country Club. Contact Jerry McAnulty at 321-301-9971 or haroldmcanulty@yahoo.com.

Euchre

Euchre every 2nd and 4th Thursday at 6:00 PM in the Ballroom! Whether you're a seasoned pro or a beginner, come enjoy a friendly game with your neighbors. Bring your competitive spirit and let's make it a great time!

REPUBLICAN CLUB

The Republican Club is made up of like-minded individuals who get together to enjoy communicating with those who share common values. Everyone is encouraged to contribute their opinions and thoughts on the issues of the day. They also invite speakers on subjects that are of interest to Club members. The Club meets on the first Thursday of the month in the Ballroom from 10:05AM-12:00PM. For more information, contact the Republican Club by email at markedwar2872@gmail.com.

HI Social Singles

The Singles Club meets on the first Tuesday of the month at 4:00 PM in the Sandpiper Room. They meet to discuss events, trips, and outings that the group can do together or even in smaller groups. This Club is friendly and welcoming to all – always pleasant and congenial. Please come and find out about the Club. Contact Cindy Gordon at 240-888-2676 for more information.

- **Singles Group Meeting** – 1st Tuesday, 4:00 PM at the Sandpiper Room
- **Singles Happy Hour** – 2nd Thursday, 4:00-6:00 PM at the Sandpiper Room
- **Singles Breakfast** – 3rd Saturday, 9:30 AM at the Bar and Grill
- **Singles Game Day** – 3rd Thursday, 3:00-6:00 PM at the Game Room
- **Singles Bowling** – 3rd Tuesday, 1:00 PM at Bowlero Melbourne (1099 N. Wickham Road)



TRIVIA

Every Wednesday
from 6:00-8:00 PM
in the Ballroom.

Eat, Drink & Think
Trivia! Come test your
knowledge against
your neighbors.
The winning table is
issued the bragging
trophy to take a
picture with. No BYOB
please, but you may
bring snacks.

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

- ☐ Active
- ☐ Adult
- ☐ Center
- ☐ Clubhouse
- ☐ Clubs
- ☐ Community
- ☐ Community
- ☐ Courts
- ☐ Dances
- ☐ Entertainment
- ☐ Fitness
- ☐ Game
- ☐ Heritage
- ☐ Learn
- ☐ Live
- ☐ Living
- ☐ Living
- ☐ Lunch
- ☐ Nights
- ☐ Outreach
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- ☐ Pool
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SUNDAY MOVIE NIGHT

August 3
Life List

The Life List

August 10
Coach Carter

COACH CARTER

Experts
never
get it right.

INTERVIEW

August 17
Intern

JAWS

August 31
The Amateur

August 24
Dog's Purpose

A
DOG'S
PURPOSE