



THE Connerton CONNECTION

March 2020

www.connerton.com

VOLUME 7 • ISSUE 3

*Inside
This Issue:
Empowered Living
Personal Training
Fitness Programs
Social Programs
Youth Programs
Calendar of Events*





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Club Connerton Contact Information

Front Desk:

Phone: (813) 996-5800
activities@myconnerton.com

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Office: (813) 996-5800
Jessica.Ricks@myconnerton.com

Greg Svendgard, General Manager

Office: (813) 996-5800
Cell: (813) 909-3649
Gregg.Svendgard@myconnerton.com

Hours of Operation

Monday– Friday: 9:00am-8:00pm
Saturday: 9:00am-8:00pm
Sunday: 10:00am-7:00pm

Super Pool

Every day: Dawn-Dusk

Water Park

Monday-Friday 12pm-Dusk
Saturday: 12pm-Dusk
Sunday: 12pm-7pm

Fob Access: 7 days a week
5am-10pm

Basketball & Tennis Courts

Fob Access • Dawn-10pm

County & State Contacts

Florida Fish & Wildlife (Alligator Control)
(866) 392-4286

Central Pasco Chamber of Commerce
(813) 996-5522

Trash Collection Waste Express
(727) 841-7511

Trash pick-up is Tuesday & Friday

*Recycling Pick-up is first and third
Wednesday of the month*

Tax Collector

Driver's License, Motor Vehicle Registration,
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(813) 235-6076

Clerk of Circuit Court

Document Recording, Marriage Licenses,
Passports, Official Records Search
(727) 847-2411

Pasco County Sheriff's Department
(813) 996-6982

Pasco County School Board
(813) 794-2000

Pasco County Animal Services
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Pasco County Fire & Rescue
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Property Appraiser-
Homestead Exemption
(813) 929-1280

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(727) 934-9781

Street Light Repair

Withlacoochee Electric: www.WREC.net
You will need the light number
that is located on the pole

Empowered Living

by Jill Beckstedt, Connerton Resident

Refresh your good habits this Spring!

New Year's resolutions weren't made all that long ago. Perhaps you set a goal to make better food choices. Then... there was the Superbowl party and that box of chocolates on Valentine's Day. A bigger picture with an even bigger payoff might be to focus on the Four Natural Laws of Prosperity. These principles will help you in all areas of life, not just food choices. They will help you to determine the most successful use of your abilities. Learn how to effectively manage these areas and everything else will fall into place! Excellence in one area of life seems to become contagious in other areas as well.

Law I: Manage Your Time

- Set Your priorities and then do the things that really count. Recent data reveals that the average person spends 3 hours daily on social media. If that time were redirected into adult education, perhaps you could have earned an advanced degree by now! Ask yourself what is really important to you now?

- Make a planned time schedule. Utilize and prioritize your time within your weekly plan sheet and use the idea made popular by Charles Schwab of writing down the 6 Most Important Things to accomplish the next day, before you leave your desk. Remember that you cannot cheat time; it always catches up with you! Stay within your plan.

- Balance is the key. Allocate time to work, relax, and play!

Law II: Manage your Mind "As a man thinketh, so is he!"

- Feed your mind with constructive, positive thoughts in order to attain positive actions.
- Read books that will feed your mind motivation, inspiration, and information.
- Set aside some time to become more knowledgeable about your job or industry. Even if you are not the decision-maker, you will increase your value to the boss!

Law III: Manage your Relationships

- It is great to be friendly with everyone, but cultivate your inner circle carefully, since you become like the 5 people with whom you spend the most time.
- If some repair or enhancement is needed in relationships at home, invest in counseling. It is probably cheaper than a divorce or damages incurred by an out-of-control teen.

Law IV: Manage Your Money

- Don't be embarrassed about seeking help in this area. Lots of "stuff" happens to lots of good people. Be smart enough to get help in releasing debt and raising your credit score. All that interest you are paying could go towards a great little family vacation, which will help you with Laws I, II, and III! I am a fan of Dave Ramsey. Just get ready to tighten your belt if you follow his advice! Think short term sacrifice for long term gain!

- Declaring bankruptcy without changing your spending habits is just asking to wind up in the same hole again. There are other solutions.

So, as you observe all the beautiful rebirth of the planet this spring, be encouraged that you can have a fresh start too! That's Empowered Living!

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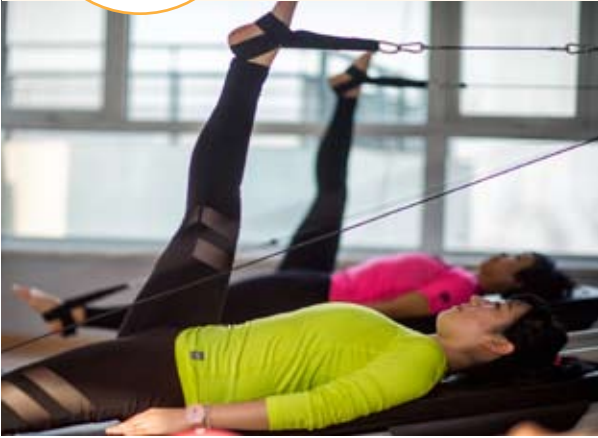


do
something fun.

For free, unlimited access to all the fun things to do in Tampa Bay and to sign up for weekly emails, visit
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Fitness Programs



Mat Pilates

Tuesday Mornings: 9:30am-10:30am
\$40 for 6 weeks or \$8 drop in rate

Pilates is a system of controlled exercises that engage the mind and condition the total body. The blend of strength and flexibility training improves posture, reduces stress and creates long, lean muscles without bulking up. Pilates takes a balanced approach so that no muscle group is overworked, and the body moves as an efficient, holistic system in sport and daily activity.

Be sure to bring your own mat or use one of ours. Please remember we do not accept cash, we will gladly take MasterCard, Visa, Club Cards or Checks made payable to: Connerton Community Association.



Yoga

Friday Mornings 8:30am-9:30am
\$35 for 4 weeks • All Levels Welcome!!

This class will be a blend of Hatha Yoga and Vinyasa Flow accessible to all levels of yoga student. We will move the body and calm the breath finding a little sweat and a lot of serenity. A perfect way to start your day and focus your mind!



Tennis Classes

Youth classes Mondays & Wednesdays (Peewee 4:15pm-5pm/ Junior beginner 5:15pm-6:15pm Junior intermediate 6:15pm-7:15pm)

Adult classes 17+ Tuesdays & Thursdays (Beginners 6pm-7pm/ intermediate 7pm-8pm)
All levels are 3-week sessions (6 classes total)

- **Pee Wee (Ages 6-9) Residents \$120.00 /Non-Residents \$130.00 Per session**
- **Junior (Ages 10-16) Residents \$140.00 / Non-Residents \$150.00/session**
- **Adults (17 and older) Residents \$150.00/ Non-Residents \$160.00/session**

Slammer Tennis World in collaboration with Connerton Community Association presents
Pee Wee, Junior and Adult Tennis Lessons for Beginners & Intermediate at Connerton Community Tennis Courts.

Pee Wee, Juniors and Adults will learn the basics of tennis in a fun-filled atmosphere. The lessons will not only cover the basics strokes (groundstrokes, volleys, overheads and serves) but will also incorporate some light exercise and footwork drills to build stamina and agility. Lessons will be taught by coach Marvin Tyler, a PTR certified tennis teaching professional

NOTE: The registration Fee is NON-REFUNDABLE. Only 8 students per class for the Pee Wee, Junior and Adult classes. All costs are per child/student for the entire three-week session, and all students must wear sneakers, bring their own tennis racquet, water bottle and hat to each class. There will be no make-ups except for inclement weather. If a student is unable to attend the scheduled make-up class, there is NO REFUND. Also, for safety reasons, all parents must remain outside of the tennis court(s) while classes are in session. Slammer Tennis World reserves the right to place each student in the appropriate class/skill level. We need two or more students in order to run a class.

Private and semi-private tennis lessons available with Coach Marvin at Connerton!
Please call 1-866-423-8343 or email info@slammertennisworld.com to schedule a private tennis lesson.



PRICING: Private: \$60.00 per hour • Semi-Private (2 players): \$35.00 per person per hour
We require 24 hours' notice for cancellations; No-shows will be charged the entire lesson fee.

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Personal Training



Personal training provides you with a program designed to meet your individual needs. Our nationally certified personal trainer will create a fitness program based on your specific goals. Personal training takes you a step beyond your typical exercise regimen and helps you to eliminate any guess work. Personal training will also provide you with the:

- Variety • Support • Consistency
 - Guidance • Education • Motivation
- To help you exceed your personal expectations!

We have a variety of packages to meet your individual needs. Please Call Club Connerton at 813-996-5800 for more information.



Personal Training Packages

Get fit with these fantastic Personal Training Specials:

Private (one on one)

- 3 - 60 minute sessions: \$150 (Savings of \$30)
- 6 - 60 minute sessions: \$300 (Savings of \$40)

Private Express (one on one)

- 3 - 30 minute sessions: \$90 (Savings of \$30)
- 6 - 30 minute sessions: \$200 (Savings of \$40)

Semi-Private (2 people, 1 trainer)

Train with a friend or family member and you both save money!

- 3 - 60 minute sessions: \$210 for 2 people (Savings of \$30)
- 6 - 60 minute sessions: \$440 for 2 people (Savings of \$40)

Regular PT Rates:

- Private 60 minute session: \$60
- Private Express 30 minutes session: \$30
- Semi-Private 60 minutes session: \$80 (2 people) = \$130.00 Per session



Meet Certified Personal Trainer Shawna Buchman

Shawna is a wife and mommy of 3 boys, so she understands firsthand how difficult it can be to squeeze fitness into your daily routine. She has always been passionate about fitness and decided personal training would be a great fit for her a few years ago. Shawna holds a personal training certification through AFAA. She has received great reviews from her participants of the new Transformation Station Class she teaches. Shawna can customize a fitness plan that works for you and your lifestyle and help you get into the best shape of your life!

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up to **\$40 OFF**

MUST PRESENT COUPON AT TIME OF SERVICE. Cannot be combined with any other offer. Based on 20% discount of total repair bill, up to \$40 maximum. See dealer for details. CONNERTON-TBT0419

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Social Programs



Dollar Dog Day Sunday, March 15th • 11am-5pm

Join us in the cafe, we will be serving up hot dogs, chips, French fries all day for just a buck each! We will have chili, cheese, relish, onions and the usual ketchup & mustard for you to top your dog with! Please RSVP!



Connerton YAH - YAH 55+ Club

This Club Meets twice a month.

1st and 4th Wednesday of the month.

The 1st Wednesday of the month is their meeting at 6:30pm

4th Wednesday of the month is Game night at 6pm.

Any Connerton resident over the age of 55 is welcome to join anytime.



Connerton Monthly Market

Sunday, March 8th
10am-2pm

Come down to the clubhouse and do some shopping we will have Local vendors, handmade goods and prepared foods



Come Paint with

The Happy Paint Brush

Friday, March 6th • 6:30pm-8:30pm

\$25.00 per person

Join us for a fun evening with friends up at Club Connerton. The Happy Paint Brush will be leading us in our painting party. Each participant is provided with a canvas, paint and brushes. Wine & Snacks Provided, Feel Free to B.Y.O.B



St. Patrick's Day Party

Friday, March 13th • 7pm-9:30pm

\$5.00 Per person

Come dressed in your best green attire and help celebrate St. Patrick's Day at Club Connerton!

We will be serving a selection of beer and wine.

If you have a favorite beverage, please feel free to bring it.

We ask that each household bring an appetizer to add to the buffet.

You must be 21+ to participate in the St. Patrick's Day Party.

Can't find a babysitter? Don't worry! We will be running a Kids Zone special \$7.00 per child ages 1-12yrs.



CBD

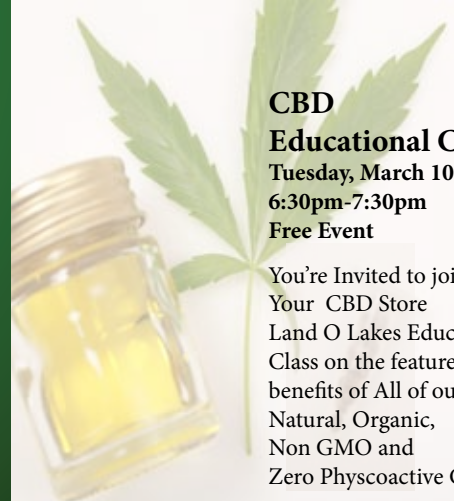
Educational Class

Tuesday, March 10th

6:30pm-7:30pm

Free Event

You're Invited to join us for Your CBD Store Land O Lakes Educational Class on the features and benefits of All of our Natural, Organic, Non GMO and Zero Physcoactive CBD.





Youth Programs



Crafty Kids

Saturday, March 7th • 10am • Free Event

Join us in the cafe for crafty kids! We will have a variety of crafts for you to choose from. Parent participation is required. As always, dress for a mess! RSVP REQUIRED! It is very important for you to RSVP to this program to ensure there is enough supplies!

SPRING BREAK CAMP

Monday, March 16th thru Friday, March 20th
9am-4:30pm • \$95.00 per Child

For some fun and excitement this spring break,
Connerton is the place to be!

In this activity-based day camp, campers will participate in a variety of daily activities including: indoor and outdoor games, sports, nature fun, arts and crafts and special events.

Before & after care is available for additional fees.

B&A Care Times: 7:30am-9am & 4:30pm-6pm.
You will have the option of packing your camper a lunch & afternoon snack each day or purchase our weekly lunch plan. Parents must Pre-pay and fill out a registration form before your child(ren) can be added to the list.



Fitness Buddies

Mondays & Wednesdays • 6pm-8pm • 1 year+ (no exceptions)

Parents, come up to Club Connerton and take a fitness class, work out in the gym, enjoy swimming, tennis or relax on the covered patio. This program allows you to come to the Clubhouse and utilize the amenities while your child plays in the Kidz Zone with one of our CPR & First Aid Certified Lifestyle Team members. Parents must remain onsite. Rates are \$5 per child, per session OR \$15 per child for unlimited monthly sessions. Staff members are not permitted to change diapers, should your child need assistance, we will come and find you.



Parents Night Out

Friday, March 27th • 6:30pm-10pm • Ages 3-12
\$10.00 Per Child

Parents, why not enjoy a night out? The activities staff will keep the kids busy with games, crafts and a movie. Pizza dinner and beverages are provided. All participants must pre-register and pre-pay. PLEASE NOTE: This program fills up extremely fast and payment is due at the time you register your child. Please understand that we do not hold spots.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Connerton Market 10am-2pm	2 Fitness Buddies 6pm-8pm Youth Tennis Classes	3 Adult Tennis Classes Mat Pilates 9:30am-10:30am	4 Youth Tennis Classes YAH YAH MEETING 6:30pm Fitness Buddies 6pm-8pm	5 Adult Tennis Classes	6 Happy Paint Brush 6:30pm-8:30pm Yoga 8:30am-9:30am	7
8 Connerton Market 10am-2pm	9 Fitness Buddies 6pm-8pm	10 Mat Pilates 9:30am-10:30am CBD Class 6:30pm-7:30pm	11 Fitness Buddies 6pm-8pm	12 Adult Tennis Classes	13 Yoga 8:30am-9:30am St. Patrick's Day Party 7pm-9:30pm	14
15 Dollar Dog Day 11am-5pm	16 Fitness Buddies 6pm-8pm Youth Tennis Classes	17 Adult Tennis Classes Mat Pilates 9:30am-10:30am	18 Youth Tennis Classes Fitness Buddies 6pm-8pm	19 Adult Tennis Classes	20 Yoga 8:30am-9:30am	21
22	23 Youth Tennis Classes Fitness Buddies 6pm-8pm	24 Adult Tennis Classes Mat Pilates 9:30am-10:30am	25 Youth Tennis Classes YAH YAH Game Night 6:30pm Fitness Buddies 6pm-8pm	26 Adult Tennis Classes	27 Yoga 8:30am-9:30am Parents Night Out 6:30pm-10pm	28
29	30 Youth Tennis Classes Fitness Buddies 6pm-8pm	31 Adult Tennis Classes Mat Pilates 9:30am-10:30am				



Looking Great! **Tips and Tricks to Look Your Best!**
by Jill Beckstedt, Connerton Resident
Adult and Teenage Acne

Spring Break. Easter candy. Humidity. Yes, it must be March! And with it can come the eruption of acne, no matter what your age! I should know. It is something I have battled since my teens. I have learned what products and regimen work best for me to keep it totally under control. But every time I travel to a cooler or drier climate and return, or every March, as soon as it gets humid again, I get at least one bump... kind of like a friendly reminder that acne is still stalking me. It still knows where to find me (sigh). So the question is... What's to blame: diet, lifestyle, genetics, or even the weather?

It can start in the teens and persist, or start up later in life. I have worked to find a suitable skin care regimen for many women who start experiencing acne in their late 20's for the first time and are quite surprised and confused by it. And don't think I am sexist. Only 3% of men experience adult acne, while 12-22% of women do.

Some clues are based on which area of the face is breaking out.

Forehead acne can be caused by certain hair styling products like waxes and oils, which block the pores. It can also occur if you have bangs, as hair will rub against the forehead skin causing irritation and potentially contributing to breakouts. The same applies for regularly wearing hats, caps, and helmets.

Cheek and jawline acne can result from phone use. Touchscreens contain large numbers of bacteria on their surface and placing

your phone against your cheek creates pressure that may activate your oil-producing or sebaceous glands. This is also compounded by the heat generated from your phone.

Jawline and around the mouth — acne affecting the lower half of the face has often been linked to hormonal changes, particularly in women that develop spots at a later age. This can often manifest as deep, red painful cysts under the skin rather than blackheads or whiteheads.

Go to an endocrinologist to see if you have a hormone imbalance.

It isn't necessarily a sign of poor hygiene, although some bacteria, especially *P.acne*, do contribute to the problem, as well as aggravation from dirty makeup brushes! FYI: Those nasty blackheads that spread across the nose and sometimes onto the cheeks are not dirt... they are oil-filled pores where the surface of the oil plug has oxidized, darkening it. I recommend an at home microdermabrasion to micro-scrub and loosen the plugs. Regular, consistent use has, in many cases, completely eliminated them. Continued use will help eliminate the dead skin cell debris that contributes to blackheads and bumps.

Any more culprits? Genetics can even be to blame, since 80% of the cases are in people who have a certain genetic makeup. Outside of that cause, there are 3 main factors: the sticky, evershedding skin cells, over-production of oil by the sebaceous glands, and the final component – bacteria ... Sometimes the good

intentions of over-scrubbing, or over-drying the skin can actually aggravate it all the more by sending an SOS to the oil glands to send some more oil up here!

Even oily skin needs an oil free moisturizer. I have noticed that the rare days that I leave my face bare, it get even oilier! The right products really do help!

But wait. There is help! First, clean up your diet as best you can, eliminating inflammatory foods like sugar and dairy. Drink more water. Destress, through deep breathing, or yoga, or meditation. Get a good quality skin care program that is right for your skin type that has a money back guarantee. (Do NOT get a one-size-fits-all "subscription" on line—they are hard to stop!)

There are two common OTC medications that most dermatologists recommend and are included in skin care for the acne-prone: Benzoyl peroxide and Salicylic acid. Concentrations may vary according to brand and product. Ten percent of the population is allergic to Benzoyl peroxide, which comes in concentrations of 5-10%, but most people can use 2% Salicylic acid (the same compound that is in aspirin). Since these are medications, it is recommended that pregnant women consult with their physician before using them.

Having a smooth clear complexion is a real confidence booster, and could very well be your best beauty asset!

For questions or future topic suggestions, please email jbeckstedt@marykay.com



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Community Information

Connerton Community Association (HOA):

4131 Gunn Highway • Tampa, FL 33618 • (813) 600-1100

Kathleen Pecor, Accounting • ext. 126

Mike Spall, Community Manager • ext. 154

mispall@greenacreproperties.com • www.greenacreproperties.com
(813) 235-6076

Connerton Community

Development District West (CDD):

c/o Rizzetta & Co., Inc.

9428 Camden Field Parkway • Riverview FL 33578

(813) 533-2950

Contact

Greg Cox, District Manager

GCox@rizzetta.com

Connerton Developer

Hayman Woods, LLC:

Specific questions about the development of the community may be directed to:
Connerton@haymanwoods.com

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