

FREE!

Snow **BIRDS**

Gulf Coast

A Winter Visitor
Publication
February 2020

Snaps!
pages 11-13

**Clubs and
Calendar**
pages 14-15, 16-17

**Mardi Gras
Events**
page 18

**Casino
Entertainment**
page 25

In print and online
SnowBirdsGulfCoast.com

SNOWBIRDS 14TH ANNIVERSARY YEAR

CELEBRATE
mardi gras
WITH THE BEST
king Cake
ON THE GULF COAST

GET THE BEST KING CAKE ON
THE GULF COAST AT
ROUSES MARKETS!

For 60 years, the Gulf Coast has celebrated
Mardi Gras with our hand-crafted, gourmet
cinnamon dough king cakes.

Choose traditional or your favorite filling.



JOIN US FOR CHEF NINO COOKING CLASSES
EVERY FRIDAY IN JANUARY AND FEBRUARY

10am at Rouses - Gulf Shores - 1545 Gulf Shores Pkwy

3pm at Rouses - Orange Beach - 25405 Perdido Beach Blvd

ROUSES
MARKETS

A FEELING LIKE NO OTHER®



LEE BRICE
FEBRUARY 7

DEON COLE*
FEBRUARY 8

SMOKEY ROBINSON
FEBRUARY 15

BUDDY
THE BUDDY HOLLY STORY
FEBRUARY 28 - MARCH 1

**GEORGE THOROGOOD
& THE DESTROYERS**
GOOD TO BE BAD TOUR -
45 YEARS OF ROCK
MARCH 14

GLADYS KNIGHT
MARCH 6

ROOM RATES FROM \$89 PER NIGHT**

Midweek now through March 31, 2020.

TO PURCHASE TICKETS CALL 1.888.566.7469. PLAN YOUR VISIT AT BEAURIVAGE.COM

Beau Rivage
RESORT & CASINO • BILOXI

*Must be 21. **\$89 rate applies Monday-Thursday only. Anyone under 21 must be accompanied by a legal adult at all times. Valid ID required. Tickets based on availability and subject to change. Some restrictions apply and is subject to availability. Beau Rivage Resort & Casino reserves the right to cancel or change this promotion at any time. Resort fee and taxes may apply. Additional restrictions may apply. Entertainment tickets not included. For complete details visit beaurivage.com. ©2020 MGM Resorts International®. All rights reserved. Must be 21. Gambling problem? Call 1.800.522.0100.

HOLLYWOOD
Casino
— GULF COAST —
A my**choice** destination

LEGENDS **50** PLUS PROGRAM WEDNESDAYS & FRIDAYS

50% OFF LUNCH AT EPIC BUFFET
PLUS, EARN 10 TIER POINTS FOR \$5 FREE SLOTPLAY!

Win your share of **\$500 Free SlotPlay®**
every Wednesday at 3PM!

\$5 Free SlotPlay available at a kiosk 3AM - 3PM every Wednesday and Friday.

★ BOOMTOWN'S ★ **WILD BUNCH** SENIORS CLUB

EVERY MONDAY AND WEDNESDAY

1/2 Price Lunch.
Plus get \$5 in mycash®
for every 10 points up to \$10.

Must be 50 or older. mycash available 9AM - 3PM. *Dine-in only.



ON THE COVER

Carol and Roy DeWitt discovered the Gulf Shores, Ala., area in 2014 when looking for a February winter escape. The Overland Park, Kansas couple has returned each year for several weeks, but this past year made a bigger commitment - buying a Gulf-front condo in nearby Orange Beach.

INDEX

Cover Couple: Roy and Carol DeWitt	8
Welcome Wednesdays	10
Snaps	11-13
Clubs	14-15
Calendar	16-17
Mardi Gras	18
Snowbird Dances	19
Lulu's Vow Renewals	20
Bus Trips	24
Casino Entertainment	25
Pensacola Open	28

Publisher: Karen Harrell / Publisher@SnowbirdsGulfCoast.com / 850.291.1266

Art Director: Jahna Jacobson

Writers and Contributors: Karen Harrell and Louis Cooper

Photography: Randy Hamilton/Hamilton Art Agency

Culver's
Welcome to delicious.™

Culver's of Pensacola
4400 Bayou Blvd

Culver's Family is waiting for your family

1 mile drive from Pensacola Airport and Cordova Mall



SCHEDULING ONLINE IS EASIER THAN EVER.

BAPTIST *EasySchedule*

Book online appointments with **Baptist Medical Group primary and urgent care providers** from your desktop computer, smart phone or other electronic device.

It's simple.

1. Visit EasySchedule.com.
2. Choose a provider or location.
3. Select a time.
4. Confirm your appointment.

Once you've confirmed your appointment, you will have the option of receiving an email or text message to remind you of your visit.

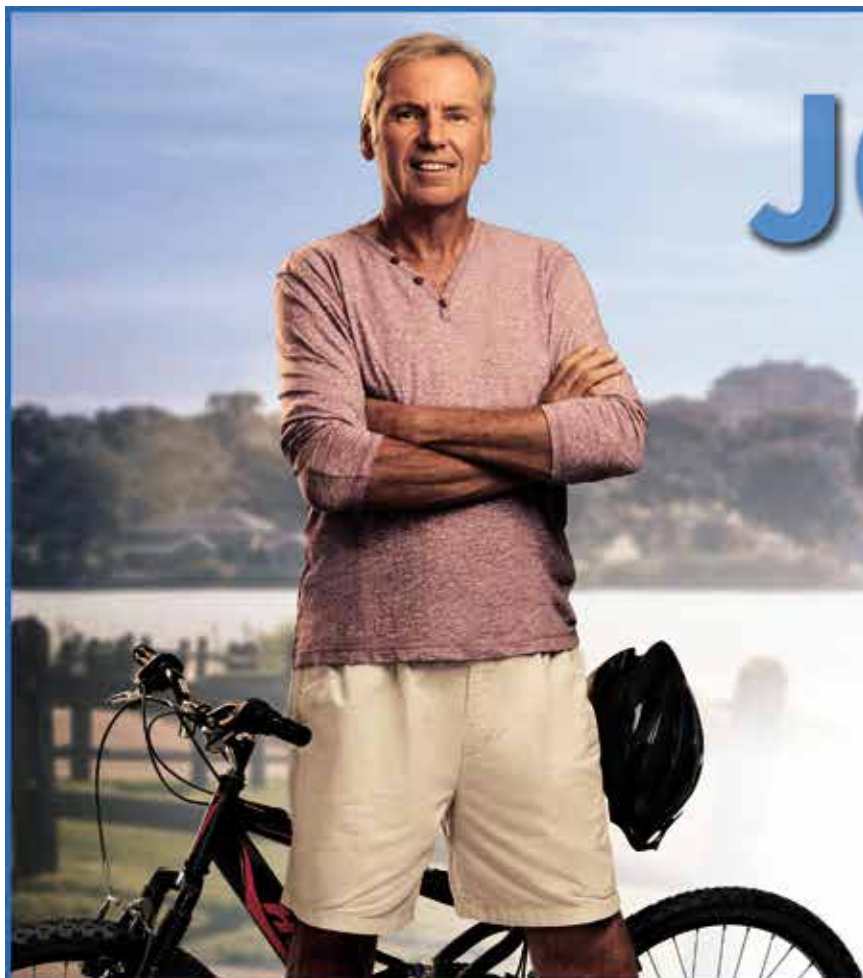
Visit EasySchedule.com, or call **850.434.4080**, and EasySchedule your appointment today.



EASYSCHEDULE.COM



JOINT CARE IN PENSACOLA



ANDREWS INSTITUTE
ORTHOPAEDICS & SPORTS MEDICINE

An Affiliate of Baptist Health Care

850.916.8700 • AndrewsInstitute.com

Legends
IN CONCERT®
presents

2020
BEST

TWO KINGS & A QUEEN™
TRIBUTES TO MICHAEL JACKSON • TINA TURNER • ELVIS PRESLEY

OWA
THEATER

251.369.6100 • FOLEY, AL • LEGENDSINCONCERT.COM/OWA

ACTS SUBJECT TO CHANGE

Welcome!

January was a fickle rollercoaster ride of a weather month!

We had it all...above-average temperatures warm enough for southern kids to swim in the Gulf; a fierce thunderstorm with tornado warnings; followed by a big chill-down with nighttime lows in the upper 20s.

Frankly, I don't have the clothes for all of this!

We started the New Year with good friends in a Gulf-front condo in Panama City Beach, and then I hit the ground running from event to event, as you will see from our "Snaps" in this edition.

As the Snowbird crowds have grown, area visitor bureaus have responded by offering a variety of fun activities geared just for you!

Our cover couple Carol and Roy DeWitt hail from Kansas by way of a lakefront home in Lake of the Ozarks, Mo. They just bought a two-bedroom Gulf-front condo in Orange Beach, Ala. which they've been renovating for themselves and the summer vacation market.

Owning a unit gives them the flexibility to come down during the popular fall festival season in October, host family whenever they want, spend the winter in a warmer climate and also realize summer rental income. They enjoy catching Chef Nino's cooking show each week at Rouses, attending church at the Flora-Bama and walking the nearby trails at Gulf State Park.

If you are a new or returning Snowbird, be sure to check out our clubs section for each area. There you will find ways and places to make friends and find activities. We recommend you volunteer for one of the fundraisers or a leadership position in the clubs if you can.

We will be back on the road again in February, so be sure to say hello. As always, have a wonderful winter and stay in touch. Keep up with what's going on through our Facebook page: Snowbirds Gulf Coast Magazine and sign up online for our e-newsletter Seasons.

Have a great February. Let's all collectively blow away any rain or cold winds. Enjoy your stay.

All the Best,
Karen Harrell, publisher@snowbirdsgulfcoast.com



SHRIMP BASKET®

MON. - FRI.
HAPPY HOUR
3 - 6 PM

1/2 OFF

ALL BEER • WINE • LIQUOR

BEST ON THE BEACH

PRESENT THIS AD **10% OFF** YOUR ORDER

MUST PRESENT THIS COUPON. DINE IN ONLY. NOT VALID WITH ANY OTHER DISCOUNT OR PROMOTION. NO COMPUTER PRINT OUTS OR PHOTO COPIES ACCEPTED.

Find a location near you — ShrimpBasket.com

MAKE OUR **COMMUNITY** YOUR **SECOND HOME**

For visitors, Panama City Beach is everything from a beautiful escape to an exciting adventure.

For us, it's the place we call home, and we couldn't imagine being anywhere else.

Celebrate your home away from home with these special events.



WINTER RESIDENT SENIOR PROM
FOOD TRUCK & CRAFT BEER FESTIVAL
MARDI GRAS & MUSIC FESTIVAL
WINTER RESIDENT GRAND FINALE

February 12
February 15-16
February 21-22
February 26

EMERALD COAST BOAT & LIFESTYLE SHOW
EMERALD COAST CRUIZIN'
SCOTTISH FESTIVAL
UNWINED

February 28 – March 1
March 4-7
March 7
March 20-21

PLAN AHEAD AT VISITPANAMACITYBEACH.COM



Kansas couple finds there's no place like Gulf Shores

Carol and Roy DeWitt discovered the Gulf Shores, Ala., area in 2014 when looking for a February winter escape.

They have returned each year for several weeks, but this past year made a bigger commitment - buying a Gulf-front condo in nearby Orange Beach.

Roy, 66 and Carol, 67, hail from Overland Park, Kansas – a suburb of Kansas City - and have five children and nine grandchildren. Their children all have successful careers, and in 2011, the couple decided to make their summer home at Lake of the Ozarks in Missouri their full-time residence. Their Orange Beach condo is now their winter residence, family getaway and also used as a vacation rental.

Roy started playing guitar at the age of 12 and turned his passion for music into his career. He (and Carol) owned and managed a large music store for 26 years, which started on a shoestring budget and grew to 10,000 square feet and 500 students per week. Roy retired in 2011 at age 57 after surviving stage 3 colon cancer. He and Carol are strong advocates for colonoscopies.

Carol retired two years ago from her full-time job as a senior manager with a large oncology company so she could help care for her aging mother. She moved in with her during the last six months of her life and said it was "time well spent."

Among her career accomplishments was connecting individuals with free or reduced fee drugs through programs she helped developed with manufacturers and a large insurance company. She also mentored dozens as they, too, built successful careers.

Carol's career involved being a "road warrior," but today she enjoys their home on the lake spending time with Roy fishing and in Orange Beach, the renovation of their 2-bedroom, 2-bath beach condo. The pair also enjoy traveling and sightseeing across the U.S.

During their travels, they discovered the Gulf Coast at Dauphin Island and then migrated east.



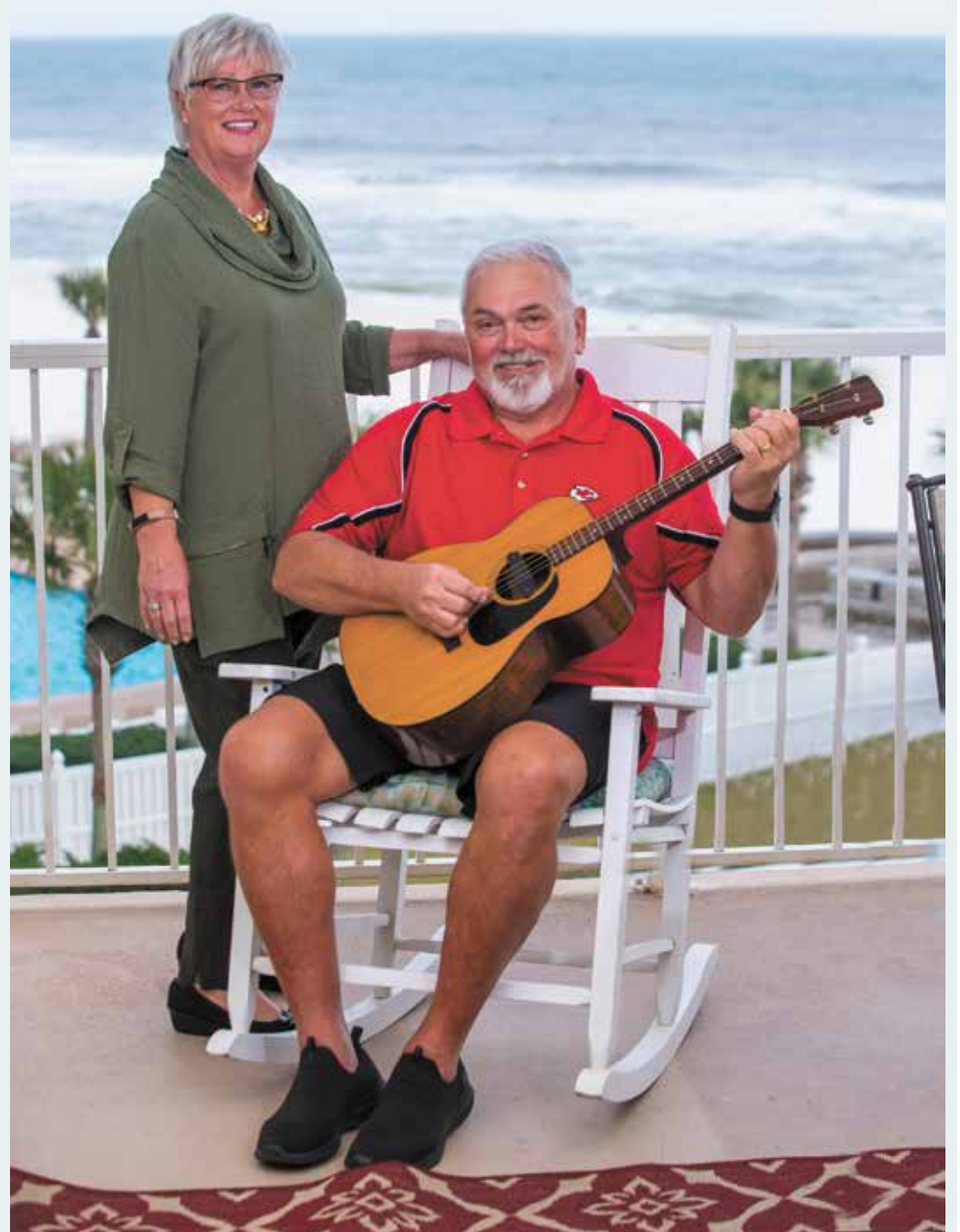
Their condo renovation is nearly complete with the second bed and bath still left to do. The couple spends free time exploring the area. They try to attend the weekly winter cooking classes at Rouses Markets, walk and hike local trails, visit attractions such as the Naval Air Museum in Pensacola and attend church in an unconventional setting – the famed southern honky-tonk, the Flora-Bama.

Their new beach condo has proven popular with their children and grandchildren who have vacationed there twice, including in July and October (they also rented a unit below them for the overflow.) They also hope to host friends who winter in Panama City Beach sometime before heading back to

Missouri.

The couple said being a Snowbird should be "everyone's goal." They are enjoying this new phase of life while celebrating aspects of their previous one.

They proudly proclaim their allegiance to their hometown team with "Go Chiefs!"





You Fly & We'll Drive
We'll meet you there!

Call (317) 228-7808

Do you want your car at your final destination,
but dread the drive?

We'll drive your car to wherever you're headed.

You Fly, We Drive.

We can
transport
your pet
in
your car.

You spend more
time at your
destination
and
avoid stressful
weather hazards.

We remove
the stress
of a long
drive
and
traffic.

Visit YouFlyWeDrive.net

Come shop our newest branch!
794 W. Main St. at "A" St. - across from Joe Patti's Seafood.



Fresh new crop Pecans • Peanuts • Walnuts • Almonds • Cashews
Pistachios • Homemade Fudge & Pensacola-Style Pralines
Candied and Savory Pecans • Chocolate Covered Nuts & Fruits
Natural Snack Mixes • Large Assortment of Unique Gifts

Open Monday - Saturday 9 a.m - 5 p.m
Sunday 11 a.m - 4 p.m



renfroepacan.com • 850-332-7714



Don't sink money into your home for
issues that are preventable

The average cost of Mold Remediation
is \$2,500 and can be as high as
\$6,000

**Dehumidify your home and never
worry
about mold and mildew**



1-800-974-9711
information@logis-tech.com
logis-tech.com/snowbirds

Winter Wednesdays at Bellingrath Gardens and Home, February 5-26, 2020

Want to learn in one of the most beautiful settings on the coast? Check out the schedule for Winter Wednesdays at Bellingrath Gardens and Home in Theodore, Ala. Once known as "Belle Camp," the private home and gardens opened in 1932.

Bellingrath Gardens and Home encompasses approximately 900 acres along the Fowl River. The gardens feature live oaks, camellias, azaleas, roses, and chrysanthemums year-round. The garden estate started in 1917 as a rustic fishing camp for Walter Bellingrath, who founded the Mobile Coca-Cola Bottling Company in 1903.



Sessions are staged from 10:30 a.m. – 11:30 a.m. in the Magnolia Room. Cost is included in the regular Gardens admission price.

Registration is requested: To register, call 251-459-8864.

The February 2020 Winter Wednesdays schedule:

February 5: Winter Garden Walk – There is always something blooming at

Bellingrath Gardens! February's blooms usually include camellias, ornamental kale and cabbages, pansies, parsley, saucer magnolia, swiss chard, Taiwan cherries, tulips and violas.

Learn about the interesting winter borders and containers throughout the Gardens from Bellingrath's Horticulture Management Team: Chuck Owens, Horticultural Management Director, and Barbara Smith, Display Coordinator.

February 12: Raising Roses – Linda Guy, Bellingrath's longtime Rosarian, will discuss the best varieties to choose for your Gulf Coast garden.



February 19: Author John Sledge – The author and historian will discuss his new book, "The Gulf of Mexico: A Maritime History."



Author John Sledge

February 26: Camellia Waxing – Join Dr. Brenda Litchfield to learn about the fun of waxing camellias and other flowers. After her demonstration, you will be able to wax your own blooms! Please bring one or two camellias to wax.

A photograph of a man and a woman sitting on a beach, smiling, with tall grass in the foreground. The man is wearing a dark jacket and sunglasses, and the woman is wearing a white vest over a green shirt. They are holding white cups.

We ♥ Winter at the Beach

If you're dreaming of walks on uncrowded beaches, dinners at renowned restaurants, discounted rates at championship golf courses and so much more this winter in Northwest Florida, you have come to the right beach! Plus, just for being a ResortQuest guest, you'll receive discounts from our Key to the Beach Privileges Program on some of our favorite local vendors. RQWinterGuests.com | 855-693-1892

RESORTQUEST.
Facebook Twitter Instagram | #VacationDifferently

Snaps!

Did we catch you at a
Snowbird event?

Navarre Beach Expo



Panama City Beach





Navarre Beach Welcome



FWB Winter Guest Fest



Save The Date!
The 28th Annual
Alabama Lifestyles Expo
Thursday, Feb. 6, 2020 - 8am - 1pm

Free admission and vendors from
across the state in relocation, tourism,
real estate, health care and more.

Orange Beach Event Center

4671 Wharf Pkwy. • Orange Beach, AL 36561



Rouses

**FWB
Club**



2020 LEAP YEAR MEGA DANCE PARTY



Dance to Emerald Gold Band!

Play arcade and video games. Casual attire.
Cash bars. Food concessions available for purchase.

Event Is February 29, 2020 - 6 p.m. - 11 p.m.

BENEFITS

**SPECIAL OPERATIONS WARRIOR FOUNDATION
AIR COMMANDO FOUNDATION**

Cost: \$15 in advance, Buy 4 and get 1 free, \$25 at the door.

Ticket pickup at Fort Walton Beach Chamber of Commerce or Beach Community Bank locations.

Emerald Coast Convention Center, Fort Walton Beach, FL
850-243-9266 or www.OkaloosaIslandDanceParty.com



*Gulf of Mexico Beaches
Lazy River Pool
Hot Tub Spas
Fitness Center
Snowbird Activities*



1310 Miracle Strip Pkwy
Fort Walton Beach, FL 32548
800-947-0701
www.destinwest.com



Snowbird Clubs

Send your club news to Publisher@
SnowbirdsGulfCoast.com

We publish Holiday, January, February and March each year and an e-newsletter throughout the year along with our growing Facebook page: Snowbirds Gulf Coast Magazine. Send items to: publisher@snowbirdsgulfcoast.com. Advertising must be placed the 5th of the month before publication and digital options throughout the year.

Upcoming Snowbird Expos and Events: Feb. 6 - Alabama Lifestyles Expo, 8 a.m.-1 p.m. at The Event Center at Orange Beach; Feb. 7 - Emerald Coast SnowbirdFEST, 8 a.m. - Noon at The Palms; Feb. 7 - Visit Panama City Beach Snowbird Appreciation Day, 8 a.m. - 11 a.m. at Laketown Wharf; Feb. 4, 11, 18 25 - Breakfast and a Movie, National Naval Aviation Museum.

Alabama Fundraisers: February 8 at 11 a.m.- Brat Fest at Orange Beach Community Center and 6 p.m. Trivia Night at the Orange Beach Event Center; 11 - 8 Pin Tap Bowling at Gulf Bowl, Foley; 18 - 9 a.m. Baldwin Heritage Museum Golf Fundraiser at Glen Lakes and 21 - Low Country Boil, Zoo.

PENSACOLA AND PERDIDO KEY: Visit Pensacola will sponsor a "Snowbird Extravangza" Feb. 5, 11 a.m. - 1 p.m. at Skopelos at New World Landing. The

event fee is \$15 and includes lunch and the program. Purchase tickets at the Perdido Key Visitor Center, 15500 Perdido Key Drive or the main Pensacola Visitor Center, 1401 E. Gregory St. Details: www.visitperdido.com 850-492-4660 or www.visitpensacola.com, 800-874-1234

Snowbird Hootenanny's are Feb. 13 and March 5 at the Flora-Bama Lounge in Perdido Key. Admission is \$10. Pick up tickets at the Perdido Key Visitor Center, 15500 Perdido Key Drive. Details: 850-492-4660 or www.visitperdido.com.

PANAMA CITY: A hub of activity for Panama City Beach Snowbirds is the sprawling senior center. Membership fees are just \$50/year. Activities include health, fitness and exercise; arts and crafts; fun and games and social and learning opportunities. Oatfield Center, 423 Lyndell Lane, Panama City Beach, Fla. Details: 850-236- 3038 or 850-233-5065. Visit Panama City Beach has several upcoming Winter Resident events including: Feb. 7 & 21 - Appreciation Days, 8 am, at Laketown Wharf; Feb. 12 - Senior Prom; and Feb. 27 - Grand Finale. Tickets are available at the Appreciation Days. Details: www.visitpanamacitybeach.com. Feb. 7 -

Emerald Coast SnowbirdFEST, 9 a.m. - 1 p.m., The Palms, 9201 Front Beach Road. Details: www.emeraldcoastsnowbirdfest.com.

DESTIN: The Club meets at "The Roost" - the Destin Community Center, 101 Stahlman Ave. \$8 per person to register. Weekly Tues. meetings are held in Feb., 8:30 a.m. and 11 a.m., and at 10 a.m. on March 5. Enjoy entertainment, activities and information from local vendors. Details: www.destinsnowbirds.org

FORT WALTON BEACH: With over 700 members, the Club offers a variety of activities, including monthly meetings with entertainment, monthly socials, casino bus trips, Valentine Sweetheart Dance, golf league and scrambles, crafts, pickleball, billiards, and card games. Meeting and registration held at the Fort Walton Beach Recreation Center, 132 Jet Drive. Membership fee is \$10 per person. Meetings are 10 a.m., Feb. 4 and March 3. Meeting days registration is from 9 to 10 am. Details: information@FWBSBC.com or www.fwbsbc.com

NAVARRE: A growing number of programs for Snowbirds has been developed with the list available at the Navarre Beach Visitor Center, 8543

Navarre Pkwy. Also, the Navarre Beach Snowbirds Club has a number of events including the Feb. 13, Sweethearts Dance, 5 to 10 p.m., Navarre Conference Center. Details:

navarrebeachsnowbirdsclub.com

PENSACOLA BEACH: A list of updated activities is available at the Pensacola Beach Visitor Center, 7 Casino Beach Boardwalk. Details: 850-932-1500 or 850-932-2257.

WALTON COUNTY: Final registration date is Feb. 3 at Faith Assembly Church Hall, 306 S. Geronimo, Miramar Beach. Meetings Feb. 5 at Destin United Methodist Church, 200 Beach Dr., and Feb. 19 at Santa Rosa Beach Community Church, 3524 US 98 W. The club has more than two dozen activities and events and encourages volunteering as a way to get to know people. Annual dues are \$10. Details: www.waltoncountysnowbirds.com

ALABAMA

DAKOTAS: The North and South Dakota Snowbird Club meets on the second and fourth Tues. mornings. Dates include Feb. 4, 11 and March 3 at Luna's Eat & Drink, 25753 Canal Road, Orange Beach, at 8:30 a.m. for breakfast with a short meeting to follow at 9 a.m. We support



Holiday Isle Properties

offer condos ranging from studios to 3 bedrooms. We have condos all over Holiday Isle and a few on Highway 98. Holiday Isle is a quiet area in Destin consisting of a variety of condo complexes and homes that offer a relaxing environment for a winter stay. Our rates start as low as \$1000/month and we offer a variety of complexes with varying amenities.

Wanting to bring your furry friend?

We even offer a few condos that are pet friendly for a small pet fee!

Come view all of our properties at

www.holidayisle.net

If you're not sure exactly what condo would be perfect? Give us a call at

1-800-837-5102 or 850-837-0010
and let our reservation staff find a condo for you at your price point or the requirements you need.

Join the Club!



the Christian Service Center food pantry and volunteer for local charities and organizations. Details: Joyce at 605-351-0274.

DAUPHIN ISLAND: New this year on Dauphin Island and in the surrounding communities, is "Welcome Wednesdays." Visit the official "Little Red School House" Welcome Center, 1016 Bienville Blvd., and learn about area attractions, visit the history exhibits and peruse the library. Island events include twice-monthly Boardwalk Talks the first and third Wed. at 11:15 a.m. at The Estuarium. Visit Bellingerth Gardens for its Welcome Wednesday special guest list. Details: www.townofdauphinisland.org or www.bellingrath.org

ILLINOIS: Upcoming events: February – 7 – Breakfast at GTs on the Bay, 8 a.m.; 8 – Bratfest at Orange Beach Community Center, 10:30 a.m.; 8 – Trivia Night at Orange Beach Events Center, 6 p.m.; 11 – Potluck & Games, 5 p.m.; 19 – Book Club at Orange Beach Library, 9:30 a.m.; 20 – Breakfast at GTs on the Bay, 8 a.m.; 21 – Low Country Boil (new zoo), 11 a.m.; 25 – Picnic in the Park at Johnnie Sims Park, Noon. March 6 – Breakfast at GTs on the Bay, 8 a.m. Club president: Loren Due 815-262-1938 or bbrefl@hotmail.com

INDIANA: Open to all "Hoosiers" and meets the second and fourth Thurs. in Jan. and Feb. at Luna's Event Center, 25689 Canal Road, Orange Beach. Club fee is \$2.50. Dates are Feb. 6, 20 and March 5. Doors open at 7:30 a.m., meeting at 8 a.m. No cash over \$20. Meetings feature door prizes. The club participates in several fundraisers each year. Details: Jan Pell 317-914-5832.

IOWA: Four club breakfast meetings at Perdido Beach Resort, 27,200 East Perdido Beach Blvd., Orange Beach. Cost is \$11 per person. Dates are Feb. 5 and 19. Make reservations at iowaAlabamagulfcoastsnowbirds.org (preferred) or call Chris and Steve Hedlund at 319-430-4597. A season final informal breakfast will be held March 4 at Luna's, RSVP required. Cocktail Parties Feb. 21, 5 to 7 p.m. at the Caribe Resort, Building C, 28103 Perdido Beach Blvd., Orange Beach. Details: 319-330-2446 or LFGRU2@gmail.com.

MICHIGAN: One of the largest clubs in the region, the Michigan club meets: Feb. 6, 20 and March 4 at the Gulf Shores Activity Center. Doors open at 9 a.m. for coffee and doughnuts, meeting starts at 10 a.m. The club sponsors several activities, including golf, footgolf, luncheons, casino trips, fish flings,

breakfasts, cruises and other special outings. Members participate in area blood drives, food drives, Brat Fest (Feb. 8) and Low Country Boil (Feb. 21.)

Details: Paul Spahl at michiganclubalabama@gmail.com

MINNESOTA: Tuesday breakfast meetings continue through March 12 at GT's On The Bay. New this year: Pre-registration required. Click on "Breakfast Signup" on the website. Doors open 7:30 am; breakfast 8 a.m. Cost: \$10, includes tax and tip. Cash preferred. No bills over \$20. The club collects food donations and for the Christian Service Center, our dedicated project. Details: www.mnal.org or the Facebook page @mnalclub

MISSOURI: Breakfast meetings continue through the end of February at Perdido Beach Resort. Business meetings at 9 a.m. at Phoenix V alternate with breakfast. Details: karenginstead@icloud.com or www.mosnowbirds.org.

NEW YORK: Luncheon dates: Feb. 6, 20 and March 5 at Ginny Lane, 4851 Wharf Pkwy. E, Orange Beach at the Wharf. Registration 11 a.m. with \$1 donation. Door prizes. Club participates in fundraisers: RSVP for breakfast: nysnowbirds@gmail.com or Tracy, 585-748 0133 or Frank, 585-748-0432.

OHIO: Club breakfasts 8:30 a.m., Luna's

Eat and Drink, 25753 Canal Road, Orange Beach. The schedule includes Feb. 5, 19 and farewell lunch 1 p.m. March 4, GTs on the Bay. RSVP: Gayle -937-621-1700 or gaylehofacker@gmail.com

PENNSYLVANIA: Meets Wed. for breakfast at Buzzcatz, 25689 Canal Road, Orange Beach Feb. 5, 12, 26 and Mar 4, 11. Pot Luck Luncheon Feb. 20 (tentative). Eat & Talk - dates TBD. Breakfasts have no dues, reservations, formal officers, or roll call. The club joins other snowbird groups in winter fundraising activities. Details: Rich Smith at 484-264-1394 or Betty Ann Smith 908-420-8806

WISCONSIN: Upcoming events: Meetings are at 9 a.m. Feb. 5, 26 at the Orange Beach Event Center and 9 a.m. March 4 and 11 at the Orange Beach Community Center. February fundraisers include 8 at 11 a.m.- Brat Fest at Orange Beach Community Center and 6 p.m. Trivia Night at the Orange Beach Event Center; 11 – 8 Pin Tap Bowling at Gulf Bowl, Foley; 18 – 9 a.m. Baldwin Heritage Museum Golf Fundraiser at Glen Lakes and 21 – Low Country Boil, Zoo. Details: Kenn 251-967-2463 or the club's new website: www.wisconsinsnobirds.com

JOIN US AND FIND
YOUR BEST RETIREMENT
WEDNESDAY, FEBRUARY 5, 2020
The Grand Hotel Golf Resort & Spa
One Grand Blvd. • Point Clear, AL 36564

You're invited to an informative lunch where experts Brad Breeding and Terence O'Malley will show you how you can find *Your Best Retirement*.

OUR SPEAKERS WILL ADDRESS QUESTIONS LIKE:



Is community living more expensive than living in your house?



What kind of lifestyle can you expect at a retirement community?



How can Life Care help protect against the rising costs of health care?



Why should you think about moving before you need care?

Registration is required to attend this event.

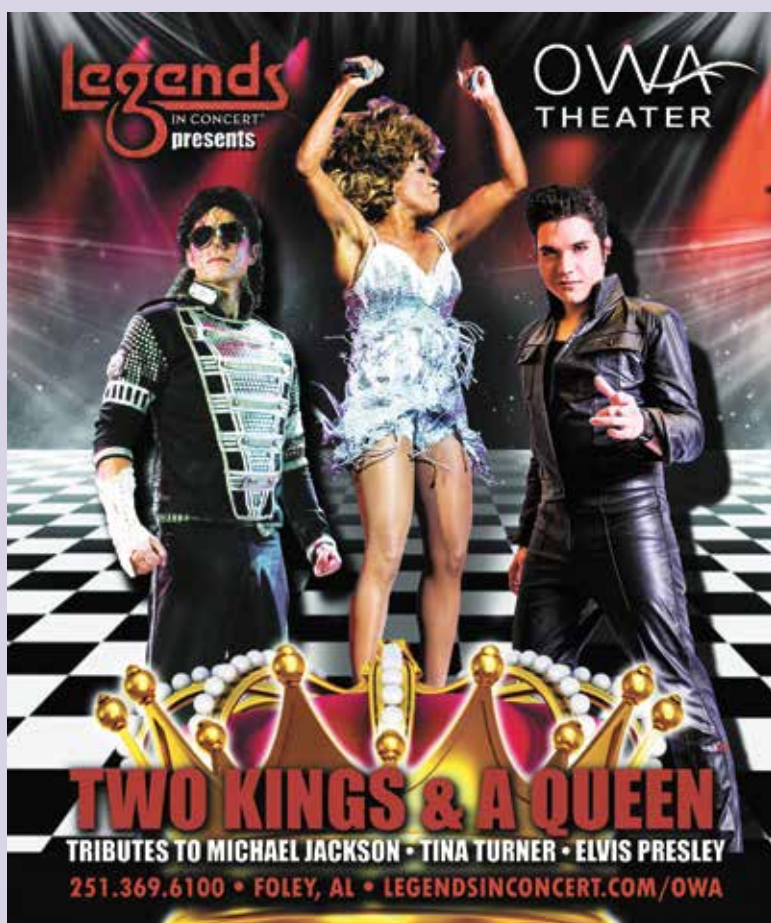
Call 877.794.2448 or visit
AboutActs.com/best-retirement to reserve a seat.

Presented by:



Westminster Village
Where Loving-Kindness Lives





LEGENDS IN CONCERT PRESENTS TWO KINGS AND A QUEEN FOR THE FIRST TIME AT OWA! For the first time in history, three Legends come together for an incredible engagement to open the 2020 Legends in Concert Season at the OWA Theater. The longest-running and most-awarded show in Las Vegas, Legends in Concert, brings the King of Rock and Roll, the King of Pop and the Queen of Rock and Roll, together on one stage, opening February 7. This show will feature not only the world's greatest tribute artists, but also high energy dancers, back-up vocalists, a live band, magnificent costumes, elaborate theatrical sets, a full array of incredible special effects and much more. Performance schedule and details: www.legendsinconcert.com

All season

Holiday Ice Skating - 201 E. Gregory Street, Pensacola, FL, Pensacola Bay Center. Skate sessions are available throughout the season. Details: 850-432-0800 ext. 252 or www.pensacolabaycenter.com

Farmers Markets - Saturdays, 9 a.m. – 1 p.m. Grand Boulevard Market at Sanestin and Niceville Community Farmers Market in the Square; Sunday 9 a.m. – 1 p.m. 30A Rosemary Beach.

through 2/1/20

Baytowne On Ice - Apex Skating Pavillion, 9300 Emerald Coast Parkway, West Miramar Beach, FL. The perfect place to find the winter spirit! Details: 850-714-7614 or www.baytownewharf.com

SEASON SERIES

Saenger Theatre: Broadway in Pensacola, Downtown Pensacola, FL. Series includes: Feb 16 – CATS; March 5 – Jersey Boys; May 24 – The Color Purple. Details: www.pensacolasaenger.com/broadway or 850-595-3880

Gulf Shores 2020 Winter Series at the Erie Meyer Civic Center, Events: Feb. 3-4 – December '63: A Tribute to Frankie Valli & The Four Seasons; Feb. 10-11 – John Davidson with Gail Farrell; Feb. 17-18 – Harrison Greenboam. 1930 W. 2nd St., Gulf Shores, AL. Details: gulfshoresal.com

Panama City Beach Winter Resident Events – Feb. 7 and Feb 21 – Winter Resident Appreciation Days; Feb. 12 – Winter Resident Senior Prom; Feb. 26 – Winter Resident Grand Finale. Details: www.visitpanamacitybeach.com/events/winter-residents

WEDNESDAYS

Boardwalk Talks, Dauphin Island Sea Lab Estuarium, The Northern Gulf Institute presents informal talks about all things scientific in the Gulf of Mexico region. 101 Bienville Blvd, Dauphin Island, AL. First and third Wednesdays, 11:15 a.m. FREE. Details: 251-861-2141 or www.disl.org/estuarium

Winter Wednesdays - Bellingrath Gardens and Home - Wednesdays at 10:30 a.m. through Feb. 26. Admission is included in regular admission. RSVP and register: 251-459-8864. Details: www.bellingrath.org

THURSDAYS

"Snowbird Sessions by the Sea," The Navarre Beach Marine Science Station, 8638 Blue Heron Court, Navarre, FL. Informative events about Gulf Coast wildlife. Jan. 30 Birds and Barrier Islands. Classes begin at 2 p.m. and cost \$10 each. Register at: www.navarresciencestation.org.

through 2/29

Trip Down Memory Lane Dinner Show at OWA - Brandon Styles 1 Man, 40 Voices, Brandon Styles LIVE Showroom in Downtown OWA. 101-H South OWA Blvd., Foley, AL. 5:30 p.m. Brandon Styles changes his voice to sing nearly 40 classic artists from 1950-1970. shows Tuesday, Saturday and Sunday. Details: www.BrandonStyles.com

through 5/10

Dinosaurs Around the World, The Exploreum Science Center, Mobile, Ala. Advanced animatronics, a multi-layered narrative, fossils, authentic casts, cutting-edge research and immersive design bring the Age of Reptiles to life. Details: www.exploreum.com



2/7-9

Biloxi Boat Show, Mississippi Coast Coliseum & Convention Center, 2350 Beach Boulevard, Biloxi, MS. The 2020 show will feature a great selection of boats, motors, personal watercraft, and marine accessories. Details: 251-478-7469 or 594-3700 or gulfcoastshows.com/biloxi-boat-show/

2/8

Second Saturday Artwalk, Old Town Bay St Louis, MS. 4 to 8 p.m. Gallery openings, shop and restaurant specials and live music make the streets of downtown Bay St Louis swirl with fun family energy. Details: www.baystlouisoldtown.com

Gulf Shores Woman's Club 43rd Annual Tour of Homes, 9:30 a.m. to 4 p.m. See five inspiring, incredible homes in Gulf Shores and Orange Beach. Purchase tickets at the following locations: Foley: Fran's on 59, 8153 Highway 59; McKenzie Street Florist 201 South McKenzie Street. Gulf Shores: Beach House BouDque at Pelican Place, 3800 Gulf Shores Pkwy #320; Geez Louise BouDque, 701 Gulf Shores Pkwy. Orange Beach: Bungalows at The Wharf, 4776 Wharf Pkwy West #110; GiKed at SanRoc Cay, 27267 Perdido Beach Blvd.; Wildflowers BouDque, 25910 Canal Road. Details or to purchase tickets, call Judie Flanigan at 251-554-4889.

15th Annual Woodstoke Festival, presented by the Gulf Coast Kiln Walk Society Anagama & Southern Groundhog Kiln Openings, 7507 Buckeye Dr., Navarre, FL. 9 a.m. to 4 p.m. The public is invited to help unload the historic kilns. There also will be

pottery available for \$10 that will allow tastings of seafood and chili dishes. Free event. Details: www.gulfcoastkilnwalk.org.

7th Annual Americana Music Concert series, Lodge at Camp Helen State, 23937

Panama City Beach Pkwy, Panama City Beach, FL. 6:30 to 8 p.m. Hear some of today's best American Roots musicians, including Feb. 8 - Rock & Roll and Blues musician, Webb Wilder and Feb. 22 known for their harmonies, Lucky Mud. \$2 park admission fee. Concessions available. Details: www.friendsofcamp Helen.org

Snook Youth Club Fundraiser Auction and Mardi Gras Ball, Hotel Magnolia, 119 N McKenzie St.,

Foley, AL. 7 to 11 p.m. Adults only. The Snook Youth Club of Foley provides youth participants opportunities to engage in social programs. Details: www.facebook.com/pg/snookyouthclub or snookyouthcluboffoley@gmail.com



2/12 – 3/29

Annual Gulf Coast Winter Classics Horse Show, Harrison County Fairgrounds, Address: 15321 County Farm Road, Gulfport, MS. About 1,000 horses from across the nation are exhibiting. Recurring weekly on Sunday, Wednesday, Thursday, Friday, Saturday. Details: (228) 832-3691 or (843) 768-5503 or gulfcoastclassiccompany.com

2/14

Sandestin Gumbo Festival, The Village of Baytowne Wharf, 9300 Baytowne Wharf Blvd, Miramar Beach, FL. 5 to 9 p.m. 31st annual event will feature a variety of gumbo from Gulf Coast restaurants. Vote for your favorite as the "People's Choice" winner! Details: www.sandestingumbfestival.com

2/15

Tropical Reunion Vow Renewal, LuLu's, 200 E 25th Ave, Gulf Shores, AL. 2p.m. Couples renew their wedding vows on LuLu's private sandy beach with a champagne toast, wedding cake, flowers and a wedding vow renewal certificate. Details and registration: lulubuffett.com

2/15-16

Budweiser Downtown Ocean Springs Gumbo Cook-Off, Pleasant's Bar-B-Q, 1415 Government Street, Ocean Springs. Up to 25 teams will be cooking gumbo onsite along with live music and many vendors. 12 to 6 p.m. Details: (228) 209-4344 or www.downtownoceansprings.com/events

2/16

1969 at Ginny Lane Bar and Grill, 4851 Wharf Pkwy E, Orange Beach, AL. Three hours of peace and music. 5:30 p.m. Details: ginnylanebargrill.com

2/17

Taste of New Orleans Sound, Jazz Society of Pensacola, Phineas Phogg's, Seville Quarter, 130 E. Government St., downtown Pensacola, FL. 5:30 p.m. February's Super Jazz Gumbo, a fundraiser for Pensacola JazzFest 2020, presents Corporate America — NOLA. Admission includes a cup of seafood gumbo. Details: www.jazzpensacola.com.

2/19

Annual Snowbird Retired Law Enforcement Luncheon, American Legion Post 44, 6781 State Hwy. 59, Gulf Shores, AL. 12 p.m. All retired and former law enforcement officers and their spouses are invited. Active officers are also welcome. RSVP to Tom Westgate at 269-252-7029.

2/21

"Magical Music of Disney". A barbershop harmony event by the Emerald Coast Chorus 7 p.m. at the Village Baptist Church in Destin. Special guests include Humdingers (quartet) and The Sugar Beach Chorus (female acapella.) Show starts at 7pm. Cost is \$20. Tickets available on line at www.emeraldcoastchorus.com or 1-844-474-6437 or at the door.

2/28-3/1

2nd Annual Radio Theatre Festival, South Baldwin Community Theatre, 2022 West 2nd Street, Gulf Shores, AL. When our Radio Theatre Festival is "on the air," you will be taken back to the golden age of radio with comedies, science fiction adventure, and dramas from the time before television! Details and showtimes: www.sbct.biz



2020 Emerald Coast Boat and Lifestyle Show, Aaron Bessant Amphitheater, 600 S Pier Park Dr, Panama City Beach, FL. Show opens Friday at 10 a.m. More than Just a Boat Show- fishing, fitness, boating, cycling, kayaking, outdoors, paddleboarding and more. Details: www.emeraldcoastboatshow.com

2/29

28th Orange Beach Seafood Festival & Car Show, The Wharf in Orange Beach, 4830 Main St., Orange Beach, AL. 10 a.m. to 4 p.m. Details: 251-224-1000 or alwharf.com

Shrimp and Grits Festival, HarborWalk Village, 10 Harbor Blvd, Destin, FL. 12 to 4 p.m. The inaugural Shrimp & Grits Festival will showcase shrimp & grits dishes from favorite local restaurants. Live music, craft cocktails and more. The event benefits the Boys & Girls Club of the Emerald Coast. Details: www.shrimpgritsfest.com



Reservations required for dinner & show.

TODD HERENDEEN THEATRE

Tribute to the **LEGENDS of ROCK and COUNTRY MUSIC**
starring **TODD HERENDEEN** and the **FTD BAND**

8010 FRONT BEACH RD. | 850-381-0310 | TODDHERENDEENTHEATRE.COM

TODD HERENDEEN THEATRE Recording artist Todd Herendeen presents the newest Branson-style Music Show Room on the Gulf Coast. Tributes to Cash, Orbison, Diamond, Elvis and more. Enjoy a dinner and show or just the show. Family friendly. Reservations required. 850-381-0310. ToddHerendeenTheatre.com

CRESCENDO!

An event supporting **Sinfonia Gulf Coast**

A CULTURAL AND CULINARY EXTRAVAGANZA!

CRESCENDO!



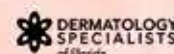
**Sunday, February 16, 2020
11:30 AM**

Hilton Sandestin Beach Golf Resort & Spa

Join us for world-class vintners, delectable bites, a seated lunch, expert spirit purveyors, amazing auction items and special guest artist:



Presented by:



TICKETS:

SinfoniaGulfCoast.org 850.460.8800

Be a part of Mardi Gras with Gulf Coast Second Line parades

Have you ever watched a Mardi Gras parade and thought to yourself, "that would be fun" and like to join in? One of the best ways is to drop into a "Second Line." Typically this involves a small brass band or other music to lead the second line, and people just follow behind. These derived from the New Orleans Jazz Funerals, but today can crop up nearly anywhere.

How do you participate?

All you need is a festive attitude and a body willing to "juke" down the street. Add a fanciful umbrella or hankie, Mardi Gras beads and bright and colorful clothing. Here are a few opportunities:



Feb. 8

Pirates of the Lost Treasure Mardi Gras Flotilla, departs Holiday Harbor Marina, 10:45 with stops at Sunset Grille, Oyster Bar, Perdido Bay Seafood Docks, Galvez Landing, docks on Ole River ending at the Flora-Bama at 1:30 pm for a victory party. Details: www.visitperdido.com.

2/15

Kids & Kritters – This low-key annual event gives your pet a chance to shine – and any children in your orbit. Theme is "Jokers and Jesters," and participants should don a costume and provide your own throws (no candy permitted). The event is staged in the Casino Beach Parking lot. Registration at 1 p.m. and the fun begin with a dance pre-show at 1:30 p.m. The parade launches 2 p.m. Pets must be on a short, non-retractable leash and under the control of the handler. Anything that can be pushed or pulled is allowed. No entry fee for kids, pets are just \$5 each. Details: www.PensacolaBeachMardiGras.com



2/21-22

Panama City Beach Mardi Gras and Music Festival, Pier Park, Aaron Bessant Park and Frank Brown Park. The event kicks off Feb. 21 with Float Tours from 4 to 6:30 p.m. followed by the opening ceremony at 6:30 p.m. and then time to join the Second Line Crawl at 7 p.m. The two-day festival includes a kid's parade, fireworks, several bands on multiple stages. The Krewe Du Dominique Youx parade is 4:15 p.m. at Pier Park. Full details and maps are at www.visitpanamacitybeach.com/mardi-gras



2/21-22

Harbourwalk Village – Feb. 21 Big Easy Bar Crawl, 6:30 p.m.- Midnight
Dress in your Mardi Gras best for a bingo-style bar crawl! Pick up bingo cards at

6:30 p.m. and turn back in by 9:30 p.m. for a raffle drawing. Then, Feb. 22 - Mardi Gras Parade & Pawdi Gras - Fais Do-Do takes the stage at 2 p.m. followed by beads, dazzling floats & street performers as the parade rolls at 4 p.m. Enter your pup in a spirited Pawdi Gras Pet Costume contest following the parade! Registration starts at 5 p.m. Want to participate? <http://bit.ly/HWVMardiGras2020>, return to events@harborwalkvillage.com

2/23

OWA – OWA is celebrating in style with a fully decked-out float parade, followed by a colorful second line parade, parties and live music to mark Joe Cain day. The epic celebration begins at 3:30 p.m. with a free live concert with Roman Street. The Krewe du Cirque parade will begin at 6 p.m., and the Second Line joins after one loop. The event also includes a free photo booth, live statues, face painters, glitter artists, and even aerial silk performers. Details: www.visitowa.com



2/23

Village of Baytowne Wharf - The Village streets will be filled with costumed dogs and their humans along with unique and colorful floats, golf carts, and pick-up trucks, 2 to 4 p.m. Mardi Gras music will fill the air as our four-pawed friends and parade participants shower parade-goers with a barrage of beads, moon pies, and other trinkets. Interested in participating? www.baytownewharf.com/files/pdfs/2020parade.pdf

Mardi Gras Parades

2/9

Mardi Gras Parade & Downtown Throwdown, Fort Walton Beach, FL. 10:30 a.m. to 4 p.m. Details: www.fwbchamber.org

2/15

St. Andrews Mardi Gras, Panama City, FL. Main Parade at 2 p.m. Festival from 10 a.m. to 10 p.m. Details: www.standrewsmardigras.com

2/21

2020 Krewe of Lafitte Illuminated Mardi Gras Parade, Downtown Pensacola, FL. 7 p.m. Details: www.kreweoflafitte.com

2/22

Annual Krewe of Neptune Night Mardi Gras Parade, Biloxi, MS. 5:30 p.m. Details: kreweofneptune.org
Pensacola Grand Mardi Gras Parade, Downtown Pensacola, FL. 2 to 6 p.m. Details: pensacolamardigras.com

2/23

Krewe of Wrecks Mardi Gras Parade, Pensacola Beach, FL. 2 p.m. Details: <http://pensacolabeachmardigras.com/>

2/25

Annual Gulf Coast Carnival Association Mardi Gras Parade, Downtown Biloxi, MS. 1 p.m. Mardi Gras beads, stuffed animals, cups, doubloons, and plenty of other trinkets are thrown from over 100 beautifully decorated floats. Details: 228-432-8806 or www.gulfcoast.org

Mobile Mardi Gras Parade Schedule

Mardi Gras got its start in mobile in 1703, so it's no wonder the city celebrates like no other. There are numerous parades almost every day over several weeks. To see the full Mobile Mardi Gras event schedule, visit www.mobile.org/events/mardi-gras/

Time to put on your dancing shoes!

Several special events geared toward Snowbirds will be staged throughout the region in February.

In Panama City Beach, the annual **Winter Resident Senior Prom** is Feb. 12, 4 to 9 p.m., at Edgewater Beach and Golf Resort. And, yes, a King and Queen will be crowned. The theme is Viva Las Vegas. Tickets will be sold Feb. 7 at the PCB Winter Resident Appreciation Day, 8 to 11 a.m.



The **Winter Resident Grand Finale** is Feb. 26, 4 to 6 p.m., at Laketown Wharf. Details: www.visitpanamacitybeach.com.

2020 Leap Year Mega Dance Party:

The Okaloosa Island Dance Party will be staged Feb. 29, 6 to 11 p.m., at the Emerald Coast Convention Center. The annual event benefits the Special Operations Warrior Foundation and Air Commando Foundation.



The event features music from the 50s, 60s, 70s, 80s, 90s through today. Food concessions will be available. Tickets are \$15 in advance or \$20 at the door. Available at the Fort Walton Beach Chamber of Commerce and Beach Community Bank. Details: www.okaloosaislanddanceparty.com

Perdido Key Hootenanny: The second of three scheduled "Hootenanny's" is Feb. 13 at 11 a.m. at the world-famous Flora-Bama, which straddles Perdido Key, Fla., and Orange Beach, Ala. This year's theme is "Sweetheart Saloon" with live music, a barbeque lunch and vendors. The final 2020 Hootenanny is March 5. The entry fee is \$10. Just 250 tickets are allotted for each event. Tickets are available at the Perdido Key Chamber of Commerce. Details: 850-492-4660.

Navarre Beach Sweethearts Dinner & Dance, Feb. 13, at Navarre Conference Center. 5 pm. – 9 p.m. Reception, dinner, dance music by Steve Hall. \$35 per person. Details: TJ Goulet at 850-776-8355.

Learn to Dance: The Walton County Snowbirds have a long legacy of dance lessons. Twenty years ago, member Diane Likhite introduced line dancing. She and others continue to teach today at a variety of venues. Also, two couples: Len and Jan Hoover and Dave and Gail Tudman lead Ballroom Dance. The lessons are free with club membership. Details: www.waltoncountysnowbirds.com.



Named Best Breakfast in Alabama by PEOPLE Magazine and Yelp!



Weekly Breakfast Specials
Locally Roasted Coffee
Home-made Pastries

251-980-2899 (BUZZ)

25689 Canal Road • next to Cosmo's Restaurant & Bar • www.buzzcatzcoffeeandsweets.com



Southern Coastal Kitchen & Taphouse

251-980-5862 (LUNA)

Daily Happy Hour and
Lunch Specials
25689 Canal Road
next to Cosmo's Restaurant & Bar
www.lunaseatanddrink.com



Good Food
Good Friends
Good Times

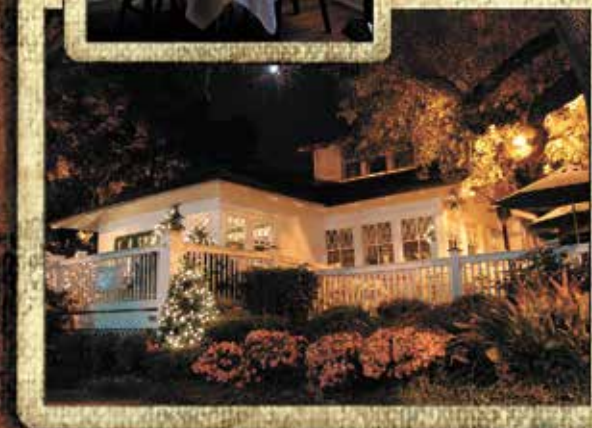
Daily Happy Hour and
Sunday Brunch

Overlooking Wolf Bay
26189 Canal Road • 251.980.8400 • www.gtsonthebay.com



Magnolia Grill

"The Museum That Serves Food"



1910 Catalog House located at the foot of the Brooks St. Bridge in historic Downtown Fort Walton Beach Snowbird Friendly!

Lunch M-F 11 a.m. to 2 p.m. Dinner M-Sat. 5 p.m. Closed Sunday

Reservations: 850-302-0266

157 Brooks St. SE, Fort Walton Beach, FL magnoliagrillfwb.com

Lulu's locations want to (re) marry you

by Louis Cooper

Everyone knows that snowbirds are also unapologetic lovebirds, and Lucy Buffett's LuLu's locations in Gulf Shores and Destin are inviting you to renew your matrimonial bonds in the spirit of Valentine's Day.

A Tropical Re-Union Wedding Vow Renewal Ceremony is scheduled for Saturday, Feb. 8, at 2 p.m. at Lucy Buffett's LuLu's Destin. A similar event is scheduled for Saturday, Feb. 15, at 2 p.m. at Lucy Buffett's LuLu's Gulf Shores.

Participation in the vow renewal ceremonies is free.

"It is a beautiful ceremony that is not taken lightly and is a way to reconnect with their spouses year after year to pledge their love and devotion," said Gabrielle Barnett, LuLu's marketing and communications manager. "This is a time for us to give back a little something to these visitors for coming down to spend their winters with us. We are all about food, fun and love!"



Participants will be eligible for prizes for the best dressed, longest married and shortest married couple.

"We will present them with a certificate of renewal of vows, have pictures taken of couples, wedding cake, champagne and ceremony on our beach with a fun band to follow," Barnett said.

Couples can pre-register online at www.lulubuffett.com.

"We do register couples the day-of but encourage early registration so that their certificate is waiting on them upon arrival," she said.

While all are welcome, the vow renewal ceremonies are specifically aimed at winter visitors, she said, estimating up to 75 percent of the couples who participate are snowbirds.

Barnett said not all of the couples are married before the ceremony.

"We have had a few couples actually get married on-site that day," she said. Getting married at the ceremony "is a possibility but would need to be arranged in advance to guarantee it can be done."

Singing Valentines: Put your love to music



Snowbirds in Okaloosa, Walton, or Santa Rosa County, Fla., have a special opportunity this Valentine's season. The Emerald Coast Chorus will serenade your sweetie complete with a rose and candy. The schedule is available Feb. 13, 14 or 15. Slots fill quickly. Details: www.emeraldcoastchorus.com or 850-496-1769.


Hangin' Out At the AQUARIUM of Alabama



Only at

The Estuarium
An Aquarium at the Dauphin Island Sea Lab
Open 7 Days a Week!

101 Bienville Blvd Dauphin Island, AL 36528
1-866-403-4409 www.sealabestuarium.com
Bring this ad in for a \$1 discount for one adult



Bellingrath
Gardens and Home
Winter Wednesdays 2020

Join us for special programs each week in February. The programs begin at 10:30 a.m. To register, email bellingsrath@bellingsrath.org, or call 251-459-8868.

February 5	Winter Garden Walk with our Horticultural Staff
February 12	Raising Roses with Bellingrath Rosarian Linda Guy
February 19	Author and Historian John Sledge, reading from his new book, "The Gulf of Mexico: A Maritime History"
February 26	Camellia Waxing with Dr. Brenda Litchfield

Be sure to ask about our Snowbird Special discount!

Bellingrath
Gardens and Home

12401 Bellingrath Gardens Road
Theodore, Alabama 36582
1.800.247.8420 • bellingsrath.org



CONNECT WITH OTHER ADULTS FOR COMMUNITY FUN!

BOOK NOW!

Brand NEW and USED 2 and 3 Bedrooms Available!

RELAX in our HEATED outdoor POOL!

Located in the Homosassa Reserve

- ✓ Make us your primary or secondary home
- ✓ 55+ community
- ✓ Heated pool, dog park, free cable and internet are just some of the amenities you will enjoy
- ✓ Weekly activities and events for all tenants
- ✓ New homes priced from the low \$50's

9875 W. Halls River Rd., Homosassa, FL 34448

CALL NOW!
352-628-2090

COASTAL ALABAMA COUNTRY LIVING FROM THE LOW \$100s

New 12,000 Sq. Ft. Clubhouse Now Open



Welcome to the Alabama Gulf Coast's most attractive value in active 55+ living. Nestled within a shady stand of pecan trees, this private, gated community features a lively clubhouse, heated pool, spa, miles of nature trails, and new pickleball/tennis courts.

New Pickleball/Tennis Courts Now Open



The Grove
Country comfort. Gracious charm.

The fun starts right away!

A 55+ Manufactured Home Community
8648 County Road 65 • Foley, AL 36535

(251) 971-1033 • TheFoleyGrove.com



TAKE ON THE GULF COAST TODAY

The Gulf Coast has the best of everything. Whether it's the food, people, beautiful beaches or even the Original Mardi Gras – the Gulf Coast has it all. It's why AARP in Mobile works to keep making this community better and better, so you can take advantage of every possibility there is. We're here to connect you with all the Gulf Coast has to offer.

Learn more at aarp.org/MobileAL

AARP Real Possibilities
Mobile



Don't just watch the parade—be a part of it! Baldwin County's mystic society Krewe du Cirque and OWA invite you to come out as the 2nd annual Mardi Gras Parade & Party rolls through Downtown OWA Sunday, Feb. 23rd. The good times—and tunes—always roll on the stage at Legends in Concert and at Brandon Styles' Trip Down Memory Lane Dinner Show. **Save \$5 on tickets to Legends in Concert or 10% on tickets to Brandon Styles' Trip Down Memory Lane with promo code SNOWBIRD.** Visit the newly opened Paula Deen's Family Kitchen, Sushi Co., and C'est Le Vin Wine Bar and Shop—along with award-winning neighbors like Groovy Goat (voted top sports bar in Alabama) and Trattoria (top pizza restaurant in south Alabama)!

FOLEY, AL | 7 MILES FROM THE BEACH | VISITOWA.COM | 251.923.2111

Discount codes valid 2/1/20 – 2/28/20 on GA show tickets only.

A WORLD CLASS
DEVELOPMENT BY



OWA



THRILL, THEN CHILL.

Get inspired by Dauphin Island: Nature, dining & fun

From sunsets to surf fishing and from history to kayaking, words and photographs can give a taste of Dauphin Island's majestic beauty. But as the saying goes, seeing is believing, and seeing Dauphin Island – whether for the first, the tenth or the 100th time – is nothing short of inspiring.

Surrounded by the Gulf of Mexico,



Mississippi Sound and Mobile Bay, Alabama's only barrier island is known as "The Sunset Capital of Alabama," and rightly so. Locals and visitors alike love to pause at the end of each day and sit on the deck or the beach to watch Mother Nature's end-of-the-day light show.

The rest of the time they can choose from an array of activities that include charter fishing, boating, sunbathing, swimming, birding, visiting historic Fort Gaines, learning about the area's marine life at the Dauphin Island Sea Lab's Estuarium, hiking through the Audubon Bird Sanctuary, learning the history of Dauphin Island at the Welcome Center's museum and stopping by Dauphin



Island's variety of restaurants, gift shops and boutiques.

Visitors can also ride the Mobile Bay Ferry; take a nature tour, a dolphin watch boat ride, a lighthouse cruise, or a sunset cruise; visit the island's two art galleries and check out the walking and biking trails that span the 14-mile-long island.



For special events, there's just no beating Dauphin Island. The annual Dauphin Island Sailboat Regatta every April is billed as the largest one-day point-to-point regatta in the United States, and the annual Alabama Deep Sea Fishing Rodeo in July is billed as the largest fishing tournament in the world.

The island also kicks off the region's Mardi Gras season every winter, hosting between 30,000 and 40,000 visitors for the first two parades of the year.

A large part of Dauphin Island's charm is its laid-back atmosphere. With no towering buildings, big-box stores, shopping centers, traffic jams, or even traffic lights, it is everything an old-fashioned beach resort should be: fun, friendly and family-oriented.

Whether you're thinking about spending the winter on Dauphin Island, or merely a weekend, we've got what you're looking for. Come see us, and see why it's such a special place!

GET AWAY AND DROP ANCHOR FOR THE DAY!

Day trip getaways to Dauphin Island and The Villages of South Mobile County beckon.



Visit Dauphin Island and the uncrowded Villages of South Mobile County on Wednesdays in January and February – and linger among the region's most treasured attractions. Dauphin Island Sea Lab Estuarium, Fort Gaines, the Audubon Bird Sanctuary, Bayou la Batre, Bellingrath Gardens, and more.

Dauphin Island
And
THE VILLAGES OF
SOUTH MOBILE COUNTY

Catch the bus to Mardi Gras, romance

Want to experience Mardi Gras but leave the driving to someone else?

Of course! What could be better than a long day of parades and sight-seeing without dreading the long trip home!

Good Time Tours is offering Day Trips to New Orleans from Alabama and Florida on Feb. 15 and from Florida on Feb. 16.

Both dates are packed with parades in New Orleans, including the French Quarter Krewe of Barkus parade on Feb. 16.

The cost is \$58 per person for the round trip.

Good Time Tours also is offering a "Snowbird Snowflake Overnight Trip" Jan. 30-31 with stops in Biloxi and New Orleans. The price is \$125 per person. Stops include the Hard Rock Casino (\$20 free play) and Scarlet Pearl (\$30 free play and \$15 food voucher).

There also is a Sweetheart Overnight Trip Feb. 13-14 to Biloxi. The cost is \$125 and includes stops, free play and food vouchers at three casinos. Additional overnight trips are scheduled Feb. 16-17 from Alabama and Feb. 23-24 from Florida.

For details and pricing call 850-476-0046 or visit www.goodtimetours.com.



Snowbird Rates Available Through May!

Within walking distance of the Flora-Bama in Perdido Key, Fla.

Needle Rush Point



- 1, 2 and 3-bedroom units
- Views of Ole River and the Gulf of Mexico
- Large private balconies, fishing pier, tennis court, sunset observation dock, grilling and picnic area, free boat slips and more!
- Rates starting at \$1250 per month (including utilities with FREE PARKING)

Call: (850)-492-2180 or www.needlerushpoint.com

Calling all Snowbirds/Wintersippians®!

We have 96 landscaped concrete RV sites, can accommodate RVs up to 45ft, 30/50 amp, long spacious pull thru', back ins, full hookups, FREE WiFi, all utilities included, restrooms, showers, laundry, fire place, picnic area, heated pool, clubhouse, business center in clubhouse, on-site propane station, biking, Casino shuttle service, concierge serve, special events exclusively for guests.



Majestic Oaks RV Resort in Biloxi is located just a few blocks north of Hwy 90 and Biloxi Beaches, and just blocks away from the MS Coast Coliseum & Convention Center. From I-10, take I-110 South exit to Hwy 90 Biloxi West to Rodenburg. Continue to Pass Road. Left one block.




MAJESTIC OAKS
RV RESORT • BILOXI, MISSISSIPPI

(228) 436-4200

unitedrvresorts.com/majestic-oaks
majesticoaks@unitedrvresorts.com

Ring in the New Year with Visual Independence



Easily magnify menus, price tags, labels, signs, and so much more. Remain independent wherever you go!

Call for a **FREE** Low Vision Guide

(888) 811-3161

www.LowVision.com/snowbirds

enhanced vision Freedom Scientific Optelec
VISPERO™ BRANDS

Casino Fun

2/7

Foreigner, 8 p.m., IP Casino Resort & Spa, Studio A, 850 Bayview Avenue, Biloxi, Miss. Details: 228-436-3000 or www.ipbiloxi.com.

Lee Brice, 8 p.m., Beau Rivage Resort & Casino, 875 Beach Blvd, Biloxi, Miss., Details: 888-566-7469 or www.beaurivage.com

2/8

Deon Cole, 8 p.m., Beau Rivage Resort & Casino, 875 Beach Blvd, Biloxi, Miss., Details: 888-566-7469 or www.beaurivage.com

2/14

Clay Walker, 8 p.m. IP Casino Resort & Spa, Studio A, 850 Bayview Avenue, Biloxi, Miss. Details: 228-436-3000 or www.ipbiloxi.com.

2/15

Smokey Robinson, 8 p.m., Beau Rivage Resort & Casino, 875 Beach Blvd, Biloxi, Miss., Details: 888-566-7469 or www.beaurivage.com

Steve Miller Band, 8 p.m. IP Casino Resort & Spa, Studio A, 850 Bayview Avenue, Biloxi, Miss. Details: 228-436-3000 or www.ipbiloxi.com.



2/21

Gordon Lightfoot, 8 p.m. IP Casino Resort & Spa, Studio A, 850 Bayview Avenue, Biloxi, Miss. Details: 228-436-3000 or www.ipbiloxi.com.

2/22

The Oak Ridge Boys, 8 p.m. IP Casino Resort & Spa, Studio A, 850



Bayview Avenue, Biloxi, Miss. Details: 228-436-3000 or www.ipbiloxi.com.

2/28-3/1

Buddy Holley Story, Friday, 7 p.m.; Sat. 2 p.m., 7 p.m.; Sun. 2 p.m. Beau Rivage Resort & Casino, 875 Beach Blvd, Biloxi, Miss., Details: 888-566-7469 or www.beaurivage.com

2/28

The Guess Who, 8 p.m., Golden Nugget Biloxi, 151 Beach Blvd., Biloxi, Miss. 8 p.m. Details: 800-745-3000 or www.goldennugget.com/biloxi

The O'Jays, 8 p.m., IP Casino Resort & Spa, Studio A, 850 Bayview Avenue, Biloxi, Miss. Details: 228-436-3000 or www.ipbiloxi.com.



SNOWBIRD SPECIAL!
One-Night Stay and \$25 Credit at Palm Court Café
Just \$99!

Call to book your stay today: 1-866-754-7737 ext. 0
Mention Code: SNOWBIRD • Package valid Sunday - Thursday
Based on availability.



ON THE BEACH
SILVER SLIPPER
CASINO HOTEL

silverslippers-ms.com • 1-866-SLIPPER
5000 South Beach Blvd. • Bay St. Louis, MS 39520

Good Time Tours

Daily Biloxi Casino Trips
\$15 IN FREE SLOT PLAY*
Departures from:

Destin, Ft. Walton, Mary Esther, Perdido Key	(800) 446-0886
Navarre, Gulf Breeze, Pensacola	(850) 476-0046
Orange Beach, Gulf Shores, Foley, Fairhope	
Perdido Bay (Lillian), Spanish Fort	(800) 446-0886

Ask about a Private Bus for groups of 40 or more.

For more information visit our website
www.goodtimetours.com

Must be 21 yrs of age or older. *Casino amenities subject to change without notice.

Seasons

Sign up for our new e-newsletter, Seasons, to stay up-to-date year-round!

Be the first to receive Snowbirds Gulf Coast in full pdf before it hits the streets! Also, keep up to date digitally year-round on activities and events that are offered in other "Seasons." Discover area Snowbird-friendly communities. Thinking to retire on the coast? Learn more about quality of life, taxes, health care, volunteer opportunities and continuing education courses. Seasons also features side destinations, tips on planning vacation destination family reunions, beach weddings for all ages, waterfront dining options, Gulf Coast recipes and more.

Don't forget to also "Like" us on Facebook!



PRINT MAGAZINE



E-NEWSLETTER



WEBSITE

Advertisers - send an email to advertising@snowbirdsgulfcoast.com to find out about our integrated marketing packages through print, online, social and email. Snowbirds are active retirees who bring family and friends to the area throughout the year. Extend your reach year-round!

Details:

Email: advertising@snowbirdsgulfcoast.com
or call us at 850-291-1266.

Snow BIRDS Gulf Coast

COASTAL CUISINE WITH LOUISIANA FLAIR!



Daily M-F \$8.99 specials, 3 pm-6 pm

Bingo M&F 3 pm - 6 pm

\$1 Bud Light Draft Every day, All day

Friday fish fry and dancing

1/2 Off Menu item T&Th, 5 pm, Karaoke

Located at Pier Park,
Panama City Beach
Dog Friendly Dining
(outside on covered porch)

850-258-4632

angrytunapcb@gmail.com

www.angrytunapcb.com

ANGRY TUNA



SEAFOOD COMPANY

30A Farmers' Markets



30A Farmers' Market
In the Rosemary
Beach Community
28 N. Barrett Square
Rosemary Beach, FL 32461
Sundays Year Round:
9am-1pm

Niceville Florida
Community Farmers'
Market at Palm Plaza
1003C John Sims Parkway
Niceville, Florida 32578
Saturdays Year Round:
9am-1pm

Grand Boulevard Farmers' Market at Sandestin
Grand Park (Between Tommy Bahamas and Cantina Laredo)
600 Grand Blvd • Miramar Beach, FL 32550
Saturdays Year Round: 9am-1pm

Contact: Diane Kolopanas • 850-499-4697

just say

fresh
food!

10% off!

Get
Fresh

native
cafe

Breakfast and Lunch

Go
Native!

Open Seven Days a Week 7:30 a.m. to 3 p.m. Daily specials, catering.
Mention or clip this ad get 10 percent off!

45A Via de Luna Pensacola Beach 850-934-4848

www.TheNativeCafe.com

Whether you want to explore the beach, the forests, paddle down rivers, shop boutiques or discover our history; there's a way for every one to relax in Navarre Beach, Florida's Most Relaxing Place.

Snowbird Activities Series - Nutrition Lecture

Navarre Visitor Center

February 4, 2020, 9 am - 10 am

Snowbird Activities Series - Coffee & Crafts Mardi Gras masks

Navarre Visitor Center

February 5, 2020, 9 am - 11 am

Snowbird Sessions by the Sea

Snowbird Activities Series - Ask a Bird Biologist

Navarre Visitor Center

February 7, 2020 9 am - 11 am

Navarre Beach Marine Science Station - Beach Combing 101

February 5, 2020, 2 pm - 3 pm

Masters of Woodfire, Maria Spies and the "WoodStoke" Pottery and Kiln Festival at Holley Hill Pottery

January 9 to February 8, 2020; Open for kiln tours WoodStoke Festival, February 8, 2020

Navarre Beach Krewe of Jesters Mardi Gras Ball

February 8, 2020 6 pm

Snowbird Activities Series - Photography Class

Navarre Visitor Center

February 10, 2020, 9 am - 11 am

Snowbird Activities Series - Estuaries 101 Lecture

Navarre Visitor Center

February 11, 2020, 9 am- 10 am

Snowbird Activities Series - Chair Yoga Class

Navarre Visitor Center

February 13, 2020, 9 am - 10 am

Navarre Beach Mardi Gras Parade

February 15, 2020, 1 pm

Snowbird Activities Series - Marine Mammal Neighbors Lecture

Navarre Visitor Center

February 18, 2020, 9 am - 10 am

Snowbird Activities Series - Diamond Back Terrapins Lecture

Navarre Visitor Center

February 24, 2020, 9 am - 11 am

Snowbird Activities Series - Chair Yoga Class

Navarre Visitor Center

February 27, 2020, 9 am - 10 am



Navarre Beach

FLORIDA'S MOST RELAXING PLACE.

Please visit www.getrelaxing.com for more information on events and accommodations. Contact us at 850-981-8900.

Pensacola Open: The little PGA tournament that could

Snowbirds who play golf at Perdido Bay Golf Club and Tiger Point Country Club in Gulf Breeze are swinging on two courses that were part of the PGA Tour in the past.

The Pensacola Open was a part of the PGA Tour for 32 years from 1956 until 1988.

The Pensacola Country Club hosted the event until 1977 when it moved to Perdido Bay Country Club, where it hosted the event for the next ten years. Tiger Point hosted the event in the final year. From 1969 to 1974, it was known as the Monsanto Open with a sponsorship from a local company.

A significant milestone occurred in 1974 when Lee Elder won in a playoff over Peter Oosterhuis. That win qualified Elder for The Masters, making him the first black golfer to play in the prestigious event.



"The biggest thing about the Pensacola Open is that it will always be remembered forever in the golf world as the tournament that got Lee Elder into the Masters," said Bill Vilona, who wrote a book on the tournament called "Loud Pants and Tight Lies. The Story of the Pensacola Open."

"Lee won at PCC at a time when he was not permitted inside the clubhouse, and he had to change his shoes in the parking lot. His winning that day was historic and it became a national story."

Other notable winners include Arnold Palmer in 1963 and Gary Player in 1964. Pensacola native Jerry Pate, a U.S. Open winner, won the title in 1981. Vilona said Pate worked with the

tournament's organizer, Jerry Stephens, the executive director of the Pensacola Sports Association, to bring in big names in golf to play, as well as other famous sports figures and entertainers to play in the pro-am tournament that preceded tournament play. Athletes included Willie Mays, Stan Musial, Joe Theismann and Johnny Unitas. Celebrities included Gerald Ford, Glen Campbell, Jimmy Buffet, the Gatlin Brothers and Bob Hope.

"So much of it was the connections that Jerry Pate and the dogged determination of Jerry Stephens to make it all happen," Vilona said.

When the event was held for ten years at Perdido Bay, it was known as the last-chance open.

"The event was always held in October toward the end of the golf season," Vilona said. "Players who needed to make enough money to get their tour card for the following year would show up. They would always get a strong field because of that."

In 1988, the event moved to Tiger Point, which was owned by Pate and was considered the showplace golf course in the Pensacola area. But after that year, the PGA Tour announced that beginning in 1989, all tournaments would be required to have a minimum purse of \$1 million. The Pensacola Open, whose purse was always less than half that, was no more. "There was no way they do it," Vilona said. "It didn't leave for lack of local support;



they just got priced out of the market. When you think about little ole Pensacola, that was the signature sporting event of Pensacola.

"This was the signature sporting event in town. It happened because of Jerry Pate and Jerry Stephens. The Pensacola Open is an amazing part of sports history here. It's the little tournament that could."

Want to play?



Tiger Point Golf Club
1255 Country Club Road
Gulf Breeze, FL
850-932-1333



Perdido Bay Golf
One Doug Ford Dr.
Perdido, FL
850-492-1223

National Naval Aviation Museum



BREAKFAST AND A MOVIE

Sponsored by Chick-fil-A NAVY BLVD • Feb. 4, 11, 18, 25 • \$10.00 per person

Enjoy Chick-fil-A breakfast and choice of beverage from the refreshment counter followed by a presentation and movie in the recently renovated, Giant Screen Digital Theater. Doors open 9 a.m., presentation begins at 9:30 a.m., followed by movie at 10 a.m.

Feb. 4 Volcanoes – Fires of Creation

Feb. 11 Superpower Dogs

Feb. 18 (Double Header Day) Beavers
The Director's Cut 30th Anniversary
Edition and Hidden Pacific

Feb. 25 Rocky Mountain Express

PLEASE VISIT WEBSITE FOR CONFIRMATION OF EACH EVENT PRIOR TO ATTENDING.

OPEN 9-5 DAILY ON NAVAL AIR STATION PENSACOLA
FREE MUSEUM ADMISSION

850-453-2389 • 800-327-5002 • NavalAviationMuseum.org








Discover Tiger Point Golf Club. Nestled along the gentle shores of the Santa Rosa Sound, Tiger Point provides the perfect balance of recreation and challenge. With awe-inspiring water views we invite residents and visitors alike to come experience our coastal playground.

- Course improvements
- Great views of Santa Rosa Sound
- Lunch daily, Brunch Sunday
- Drink Specials
- Managed by Honours Golf

4 players for \$140 + tax

Good through Feb. 29, 2020

1255 COUNTRY CLUB RD., GULF BREEZE, FLORIDA • (850) 932-1333 ext 2

Open to the Public




1 Ford Drive, Perdido Florida, 32507




850-492-1223

Two for Tuesdays
Two for One Cocktails Every Tuesday!

Visit the Legends Premium Bar and Grille

perdidobaygolf.com

Experience. Trust. Compassion. Hope. Affordable



ALL YOU NEED IS LOVE . . . And a Good Dentist

Frank Dentremont DMD is an experienced general dentist with many years of local experience caring for patients along the Alabama Gulf Coast. We are excited to announce that he has opened a new practice locally in Gulf Shores, AL.

"Dr. D" hails from Maine and is a graduate of Tufts Dental School in Boston. He is well-known for his gentle, caring attitude and for rendering professional services.

Welcome Snowbirds!

Dentremont Dental Services
3501 Gulf Shores Pkwy., Suite 4
Palm Center Plaza
Gulf Shores, AL 36542
251-943-0004
or www.dentremont-dental.com

* Limitations: These promotions are for Snowbirds and new patients.





SCAN TO VIEW OUR WEBSITE

AFFORDABLE RATES

\$89 Cleaning, Exam, Xray
10% off services with cash payment

\$78 Simple Extraction
Free Assessment*



Brendalee Johnson
kw GULF COAST
 KELLERWILLIAMS. REALTY
850-281-6041
Brendalee@theteteam.com
 FULL PASSION • FULL PURPOSE • FULL POTENTIAL
 REAL ESTATE ADVISOR



Swift-Coles Historic Home

Bon Secour, AL

Only minutes from Gulf Shores

Tours \$10 - Tues & Fri 10-3:00

www.SwiftColesHistoricHome.com



DistroData
 DistroData.com • (850) 974-5042
 BROCHURES • FLYERS • MENUS
 MAGAZINES • RACK CARDS
 DESIGN & PRINT
 CONSULTANT SERVICES
 PRODUCT
 DISTRIBUTION
 CUSTOMER TRACKING
 PRODUCT
 WAREHOUSING
 THE LARGEST
 DISTRIBUTOR ALONG THE *Gulf Coast*
 OVER 1400
 locations and growing

Find your copy of Snowbirds Gulf Coast!

Snowbirds Gulf Coast prints four editions each winter: Holiday, January, February and Spring that are distributed regionally from Panama City Beach, Fla., west along the Florida panhandle to the Alabama Gulf Coast and Biloxi Visitor Center. We also push out pdf versions of the print edition through our e-newsletter (sign up online) and Facebook page: Snowbirds Gulf Coast ("Like" the page to receive information.) Find us at more than 300 condo lobbies and RV parks, plus dozens of golf courses, restaurants, medical facilities and attractions from Panama City to the Alabama Gulf Coast.

All ResortQuest locations
 Area libraries, senior centers
 All Southern Vacation locations
 Biloxi Visitor Center
 Bodenhamer Center, Gulf Shores
 Dauphin Island Chamber of Commerce
 Destin Chamber of Commerce
 Destin West
 Emerald Coast Convention and Visitor Center
 Destin Community Center (Snowbird Club Roost)
 Destin United Methodist Church (Walton Snowbird Meetings)
 Eastern Shore (Al) Chamber of Commerce
 Fort Walton Beach Recreation Center (FWB Club locale)
 Mobile Visitor Center

Navarre Beach Visitor Information Center
 Panama City Beach Visitor Center
 Panama City Chamber
 Pensacola Beach Visitor Center
 Pensacola Visitor Center
 Perdido Key Visitor Center
 Sandpiper Cove
 Santa Rosa County Visitor Center
 Seaspray
 Village Baptist Church, Destin
 Walton County Visitor Information Center
 Rouses Gulf Shores and Orange Beach
 South Baldwin Chamber of Commerce



Thank you to all of our Snowbirds Gulf Coast partners!

Show your support by patronizing our advertisers! Tell them Snowbirds Gulf Coast sent you! We are grateful to our loyal partners who have helped bring this magazine to you for the past 14 years!

30A Farmers Market
 Grand Boulevard Farmers Market
 Niceville Community Farmers Market
 AARP Mobile Alabama
 Adventures Unlimited & Zipline
 Alabama Accupuncture & Wellness Center
 Andrews Institute
 Baptist Health Care
 Beau Rivage Resort & Casino
 Bellgrath Gardens & Home
 Boomtown Casino Biloxi
 Brenda Lee Johnson Realtor
 BuzzCatz
 Culver's
 Dauphin Island
 Dentrement Dental
 Destin West
 Distro Data
 Emerald Coast SnowbirdFEST
 Fort Walton Beach Winter Guest Fest

Good Time Tours
 GT's on the Bay
 Holiday Isle Properties
 Hollywood Casino Bay St. Louis
 Juana's Pagodas
 LEGENDS at OWA
 Logistech
 Luna's
 Magnolia Grill - Fort Walton Beach
 Magnolia RV Park Biloxi
 National Naval Aviation Museum
 Native Café
 Navarre Beach Snowbirds Club
 Needle Rush Point Condos
 OWA-Foley
 Pensacola Beach Community Church
 Perdido Bay Golf
 ResortQuest Gulf Coast
 Rouses Markets
 Saltwater Vacations
 Acts/Westminster Village
 The Estuarium
 Todd Herendeen Theatre

Santa Rosa County Tourism
 Santa Rosa Island Authority
 Shrimp Basket
 Silver Slipper Casino
 Sinfonia Gulf Coast
 Southern Resort Vacations
 Swift-Coles Historic Home
 The Grove 55+ Active Community
 The Reserve at Homossasa Springs
 Tiger Point Golf Club
 Visit Coastal Alabama/Dauphin Island
 Visit Panama City Beach
 Vispero
 Wind Creek - Atmore
 You Fly, We Drive
 Southern Coastal Kitchen & Taphouse
 Angry Tuna Seafood House



Come as you are Pensacola Beach Community Church

Sunday Service
 9 a.m.

Trivia
 Jan. 31

Via De Luna & Avenida 18
 Pensacola Beach, Fla



850-932-6628 or thebeachchurch.com

Peripheral Neuropathy Warning!

Gulf Shores, AL - The most common method your doctor will recommend to treat your neuropathy is with prescription drugs that may temporarily reduce your symptoms like Gabapentin (Neurontin), Lyrica, and Cymbalta, which are primarily antidepressants or anti-seizure drugs. These drugs may cause you to feel uncomfortable and can have a variety of harmful side effects.

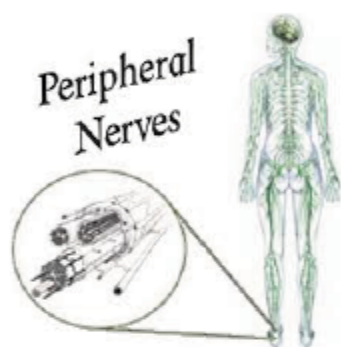


Figure 1: Notice the very small blood vessels surrounding each nerve.

Peripheral neuropathy is a result of damage to the nerves often causing weakness, pain, numbness, tingling, and the most debilitating balance problems. This damage is commonly caused by a lack of blood flow to the

nerves in the hands and feet which causes the nerves to begin to degenerate due to lack of nutrient flow.

As you can see in Figure 2, the blood vessels that surround the nerves becomes diseased, and can shrivel up. This prevents the nerves from getting the needed nutrients to continue to survive. When these nerves begin to "die" they cause you to have balance problems, pain, numbness, tingling, burning, and many additional symptoms.

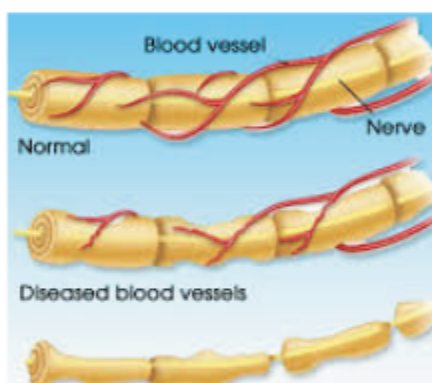


Figure 2: When these very small blood vessels become diseased they begin to shrivel up and the nerves begin to degenerate.

The main problem is, you may have been told after trying a number of things, just to live with the problem. There is now a facility right here in Gulf Shores that offers you hope without the side effects that those endless drugs can cause.

Three Factors to Effectively Treat Neuropathy:

- 1.) Underlying Cause?
- 2.) Amount of nerve damage sustained?
- 3.) How much treatment is required?

Three goals of treatment at Alabama Acupuncture and Wellness:

- 1.) Increase Blood Flow
- 2.) Stimulate fiber nerves
- 3.) Decrease brain-based pain

The treatment to increase blood flow utilizes Acupuncture. An additional resource is a specialized ATP Resonance Bio Therapy™, which originally was developed by NASA to assist in increasing blood flow and expediting recovery and healing.

Acupuncture and the ATP Resonance Bio Therapy™ are like watering a plant. These therapies will help stimulate the

blood vessels to grow back around the peripheral nerves and provide them with the proper nutrients to heal and repair.



Figure 3: The blood vessels will grow back around the nerves much like a plant's roots grow when watered.

The amount of treatment needed to allow the nerves to fully recover varies from person to person, and can only be determined after a detailed evaluation. As long as you have not sustained at least 85% nerve damage there is hope! Dr. Weighart, DAOM, LAc, looks forward to helping you.

To see if you are a candidate for the procedures used by
Dr. Weighart, DAOM, LAc,
 call **251-979-5677**
 to schedule a consultation today.
www.Alabama-Acupuncture.com

NOW OPEN in GULF SHORES, AL
ONE DOCTOR IS HELPING PEOPLE LIVE MORE ACTIVE, PAIN-FREE LIVES!

Alabama Acupuncture and Wellness

*Specializing in difficult to
 treat Chronic Conditions*

191 Northshore Cir #101
Gulf Shores, AL 36542
 (North of the Bridge, near Intersection of
 Publics, HWY 59 and 36th St/ Cotton Creek Dr.)
www.Alabama-Acupuncture.com



ACUPUNCTURE IS OFTEN THE LAST RESORT, WITH THE BEST RESULTS

Our Doctors will meet with you and listen....Really Listen...To the details of your case. We will evaluate your specific needs to determine if you are a candidate for our procedures. If you are a good candidate for our protocols, we will customize a treatment plan mapped specifically to you. Don't neglect your health any longer - don't wait until it's too late.

Schedule for your \$40 Consultation (normally a \$240 value). CALL NOW 251-979-5677

YOU DON'T HAVE TO JUST LIVE WITH IT • STOP HURTING, START LIVING AGAIN

LEAP INTO LUCK AT WIND CREEK ATMORE.
HERE'S A LITTLE SOMETHING TO GET THE FUN STARTED!



WIN A SHARE OF OVER
\$70,000 AND A
2020 LINCOLN MKZ!

Fridays in February
7pm - 10pm

GRAND PRIZE DRAWING
Saturday, February 29th
7pm - 10pm

BLINKIN' LINCOLN

Present this ad to
PLAYER SERVICES and receive

**\$10 FREE PLAY &
\$10 FOOD CREDIT**

Mention Code: A\$10FPSNOW
Mention Code: A\$10FCSNOW

Valid Mondays - Thursdays,
February 3rd - February 6th.
Limit one redemption per Rewards account.

Present this ad to
PLAYER SERVICES and receive

**\$10 FREE PLAY &
\$10 FOOD CREDIT**

Mention Code: A10FPSNOWB
Mention Code: A10FCSNOWB

Valid Mondays - Thursdays,
February 10th - February 20th.
Limit one redemption per Rewards account.

Present this ad to
PLAYER SERVICES and receive

**\$10 OFF
SURF & TURF**

At TASTE Buffet
Friday or Saturday
Mention Code: A10OFFSNOW

Valid January 31st - February 29th.
Limit one redemption per
Rewards account.



WIND CREEK®
CASINO & HOTEL • ATMORE

FIND YOUR WINNING MOMENT.®

WindCreekAtmore.com • 303 Poarch Rd., Atmore, AL 36502

©2020 Wind Creek Hospitality. Must be a Rewards Member or agree to become a Member. Membership is FREE. Must be 21 years of age or older to redeem offers. Offers are not valid to be combined or used in conjunction with any other offers or discounts. Photocopies of ad will not be honored. Original ad must be presented to PLAYER SERVICES. Wind Creek Hospitality management reserves all rights. See PLAYER SERVICES for details.