

FREE!

Gulf Coast *Snow* **BIRDS**

A Winter Visitor
Publication
February 2025

Clubs and Calendar

pages 10-11 and 12-13

Casino Entertainment

page 17

In print and online
SnowBirdsGulfCoast.com

SNOWBIRDS 19TH ANNIVERSARY YEAR

NATIONALLY RECOGNIZED CARE LOCALLY

LEADERS

- Age Related Macular Degeneration
- Diabetic Retinopathy
- Gene Therapy and Stem Cell Research
- Inherited Retinal Disease
- Surgical Devices in Macular & Retinal Surgery

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Biloxi, MS 39531

239 W Redstone Ave
Crestview, FL 32536

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Saturday, February 22nd

10am at Rouses - Orange Beach

Saturday, February 1st, 8th, 15th and

Sunday, February 23rd

10am at Rouses - Gulf Shores

See store for details

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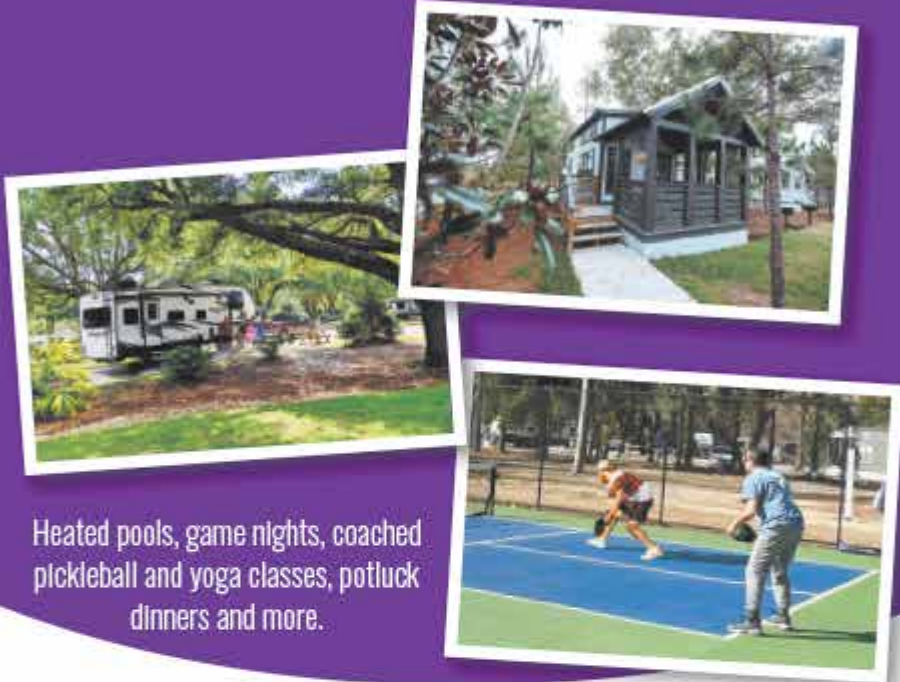
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Located right off I-10, 23 minutes from Navarre Beach



Gulf Coast *Snow* BIRDS

ON THE COVER

Ervin and Nancy Walker from Maine discovered Splash RV by accident last season but immediately booked a stay for this year. The many amenities and easy access to I-10 and other communities have proven to be a winner for the active couple.

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Splash RV guests are offered yoga, aqua exercise and pickleball on site.

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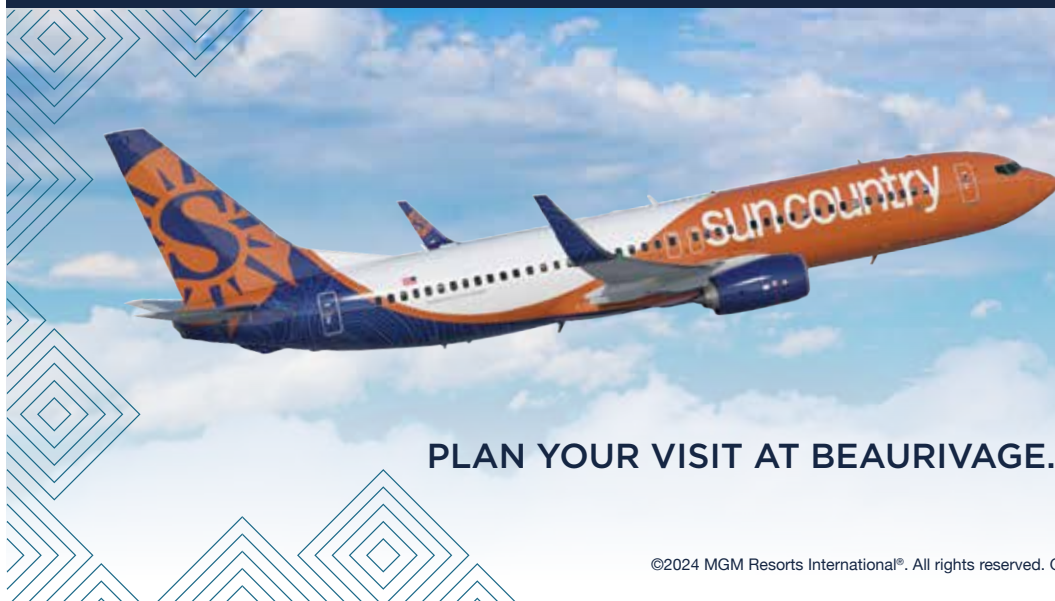
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MARDI GRAS PARTY

FEBRUARY 25TH, 2025

Tailgate party along parade route 10am - 3pm,

Maker's Market 10am-7pm,

Dead Last 3-7pm on beach stage

HAPPY HOUR

Mon. - Fri. 3:30 pm to 5:30

\$3.50 Domestic Drafts,
Well Liquors, and Wine

FIND US ON FACEBOOK:

Navarre Beach Pier and Windjammers on the Pier Daily and weekly specials as well as live entertainment posts

CHECK OUT OUR NEW WEBSITE:

www.windjammersnavarrepier.com
This is also where you will find our daily and weekly specials as well as live entertainment posts

WINTER HOURS

BREAKFAST SAT. & SUN.

7:30-11 AM

LUNCH STARTS AT NOON

VISIT THE GULF'S LONGEST PIER

OPEN 5 AM - 8 PM

BROWSE THE GIFT SHOP



WindjammersNavarrePier.com

Welcome!

What a strange winter we had with record SNOW! While exciting, it was disruptive and most were ready for it to be gone in two days. And, we know you didn't come here for that. So far, February appears to be more seasonal which means wear layers and you will be ok.



I turn 65 in April - yay! As most of you all know it's decision time sifting through Medicare programs and whether to start taking social security. This will require due diligence. My husband is some 16 months younger and expects to work for a while longer.

Decisions, decisions!

This edition is our last one - this season. Normally I publish four: Holiday, January, February and March/Spring.

But I have a very good reason for publishing just three - I need to spend some time preparing for knee replacement surgery!



I was an athletic "young" woman with tennis and slow-pitch softball my two favorite sports. Young athletes today have the benefit of decades of research that include nutrition, training and the introduction of athletic trainers.

Although this is our last print this season, I urge you to sign up for our newsletter, "Seasons" as that will be a vital future tool. Most of you probably realize social media is unreliable in many ways - most vitally in delivery.

We will be introducing a new format for next season with new features while keeping the focus on you all.

So, please stick with us as we adapt and grow. Support print publications and let businesses know that you read them. So many have gone away for good.

I appreciate you all. As always I will end with "we are glad you all are here."

Best,
Karen Harrell

I can be reached at:
publisher@snowbidsgulfcoast.com
850-291-1266

Farewell to President Jimmy Carter

We lost two impactful Americans in the past couple of years: Rosalynn and former president Jimmy Carter.

The Carters were essentially small-town folks. Carter died at age 100 and his beloved wife two years ago at 96. I met and interviewed her a decade ago at the Florida Chatauqua in DeFuniak Springs. She peppered me with questions about the Chatauqua and any ideas I might have to market to the Snowbirds.

The couple were buried in Plains on family grounds.

I highly urge you all to visit Plains, Ga., and nearby landmarks. Each accomplished much outside politics. They deserve well-earned kudos.



Retinal Specialty Institute provides cutting-edge care on the Gulf Coast

Known for sunshine, white sand beaches and warm hospitality, the Gulf Coast is more than a vacation destination—it's a hub for groundbreaking



Dr. Sunil Gupta

advancements in retinal care. At Retina Specialty Institute (RSI), we combine cutting-edge science with compassionate care to improve vision and transform lives.

Recent advancements in retinal disease treatments have transformed care for patients, offering hope and more effective and less burdensome options. Retinal diseases such as wet neovascular age-related macular degeneration (AMD), geographic atrophy (GA), diabetic retinopathy (DR), diabetic macular edema (DME), retinal vein occlusion (RVO) and retinitis pigmentosa (RP) are among the leading causes of vision impairment. These conditions profoundly impact quality of life, often



Dr. Kristine Pierce

leading to severe vision loss or blindness if untreated:

- **Wet Neovascular Age-Related Macular Degeneration (AMD):** An advanced form of macular degeneration characterized by abnormal blood vessel growth in the retina which causes bleeding and scarring within the central vision, leading to legal blindness if untreated.

- **Geographic Atrophy (GA):** An advanced stage of dry Age-Related Macular Degeneration (AMD) involving the progressive loss of retinal cells, leading to central vision decline typically from seventh decade onward leading to missing or complete

loss of central vision.

- **Diabetic Retinopathy (DR):** A complication of diabetes that damages retinal blood vessels, potentially causing vision changes and vision loss. This has become the leading cause of blindness in the working-age population.

- **Diabetic Macular Edema (DME):** A buildup of fluid in the macula caused by leaking retinal blood vessels, leading to swelling and vision distortion causing loss of central vision.

- **Retinal Vein Occlusion (RVO):** A blockage in retinal veins that can cause swelling and vision loss.

- **Retinitis Pigmentosa (RP):**

A rare genetic disorder causing the gradual breakdown of retinal cells, leading to peripheral vision loss and, in severe cases, total blindness.

Historically, treatments like laser therapy provided limited relief for these conditions. At RSI, we have performed clinical trials for over two decades, leading to initial breakthrough therapies such as Lucentis and Eylea, introduced 15 years ago. Over the last few years, new therapies such as Vabysmo and Izerway have redefined care, reducing injection frequency while enhancing visual outcomes for patients with AMD, DME, RVO, and DR. The Susvimo implant offers sustained-release treatment for AMD, providing long-lasting benefits with fewer visits. For severe forms of GA, Syfovre and Izerway are groundbreaking therapies that slow disease progression and preserve vision.

Advancing Care Through Innovation

Since its founding in Pensacola in 1998, RSI has been at the forefront of retinal research and treatment development. Our Pensacola hub is recognized as one of the nation's leading clinical trial sites, where a dedicated team of specialists collaborates with researchers to pioneer and refine treatments for retinal diseases. These efforts



have resulted in FDA-approved therapies that have improved outcomes for patients worldwide with conditions once considered untreatable.

Whether you're exploring eligibility for clinical trials or seeking a personalized treatment plan, our team is here to guide you every step of the way at one of our 10 locations. For more information about our current clinical trials or newly approved therapies, contact RSI's Clinical Trials team (clinicaltrials@retinaspecialty.com). Together, we'll work to protect and enhance your vision so you can fully enjoy all the beauty the Gulf Coast has to offer.

RSI has 10 convenient locations across the Alabama Gulf Coast, Northwest Florida, and Mississippi.

Contact Information

Clinical Trials Team

- clinicaltrials@retinaspecialty.com or (850) 476-6759 ext. 940

Website

- retinaspecialty.com and Clinical Trials at Retina Specialty Institute Gulf Coast, Alabama and Florida.

| | Disease | Study Design |
|---|--|---|
| Current Clinical Trials at RSI | • Wet Neovascular Age-Related Macular Degeneration (AMD) | Investigating gene therapy to provide long-lasting vision improvement and fewer injections |
| | • Geographic Atrophy (GA) | Investigating a one-time gene therapy with promising visual improvements and reduced burden |
| | Disease | Treatment |
| Newly Approved Therapies used at RSI | • Neovascular Age-Related Macular Degeneration (AMD) • Diabetic Macular Edema (DME), • Macular Edema with Retinal Vein Occlusion (RVO) | Vabysmo (Faricimab): Reduces injection frequency by targeting ANG-2 and VEGF-A, improving visual acuity |
| | • Neovascular AMD, DME, Diabetic Retinopathy (DR) | Eylea HD (8mg): Higher-dose therapy that enhances durability, reducing treatment burden |
| | • Geographic Atrophy (GA) | Syfovre & Izerway: Slow GA progression by ~40%, preserving vision |
| | • Retinitis Pigmentosa (RP) • Stargardt | Nanoscope Therapeutics: Optogenetics-based therapy improves visual function for advanced RP |
| | • Neovascular Age-Related Macular Degeneration (AMD) | Susvimo (Port Delivery System): Implant delivering ranibizumab reduces injection frequency to every 6 months |

Maine RV Snowbirds find Splash RV Resort fits their active lifestyle

Last season Maine Snowbird Nancy Walker was on her morning run and discovered a treasure. Not far from the park where she and husband Ervin were staying, the expansive Splash RV Resort neared completion. Located conveniently off I-10 and a straight shot south to Navarre Beach, the RV park is loaded with amenities from heated adult pool, walking and running trails, dog park and multiple trails nearby. The Walkers booked for the following year and have been pleased.

Here is their story.



Q. What are your names and ages?
Ervin Walker, 65, and Nancy Walker, 59.

Q. How did you meet?

We met at S.D. Warren, a division of Scott Paper in Maine.

Q. Do you have children?

We have four children ... Kayley, 35, Katherine, 27, Samuel, 25, and Matthew, 23. The boys visit us every winter.

Q. What kind of work did you do? When did you retire?

Ervin was a maintenance mechanic for Poland/Spring Bottling. Nancy is a substitute teacher at RSU16 in Maine and is still employed. We both work in a campground in the summer

at Lone Mountain Campground in Andover, Maine. We retired in spring 2022.

Q. Did you have trouble adjusting to retiring?

Adjusting to retirement has been smooth! We keep very busy, maintain relationships with old and new friends, and we live within our means!

Q. What kind of things do you like to do? Have you found any surprising activities you enjoy?

We both enjoy fitness! We run, do yoga and lift. We hike and love to go on walks! We do enjoy days at the pool in the sun and we love to play cribbage.

Q. You guys are RVers - was this something you did before retiring?

We were seasonal campers for years. Every summer until our children's lives got busy with school, sports and activities.

Q. What are the best things about RVing? Challenges?

The best: Meeting people from all over. Seeing our beautiful country. The food and different experiences. The challenges: Missing our families and friends but thankfully we can Facetime.



"Don't wait to retire!"

Q. Are there any places you frequent more than other?

We love Jacksonville/St. Marys KOA; we go there every year for a few days! The area offers so much to do! We also go to Nashville and Gatlinburg (stay in Cosby) in Tennessee, both are fantastic! Both offer a variety of things to do and the people are so wonderfully nice!

Q. When do you leave Splash and are your plans to go straight back to Maine?

No, we leave at the end of February and will travel through Texas, Arizona and Branson, Missouri, before returning home.

Q. Would you recommend this area to others?

We would recommend Splash RV and the town of Milton to anyone! The staff is what makes Splash so special and Milton is a great mix of rural and city life, just a great town!

Q. Any other thoughts?

Don't wait to retire! It's scary at first but it is so wonderful! Retirement has opened up a whole new world for us; it is a wonderful adventure!



Splash Resort Amenities

- Lazy River
- 2 Waterslides
- Splash pad
- Heated family and adult-only swimming pools
- Seasonal hot tub
- Golf cart rentals
- New fitness center
- Cornhole lawn and miniature golf course
- Pickleball complex and basketball half-court
- GaGa ball court and new playground
- 42 luxury cottages and Conestoga wagons
- All concrete RV pads and pull-thru sites
- Full RV hookups
- 3 well-appointed bath houses
- New outdoor kitchen pavilion
- Camp store and arcade
- Gathering spots with tables and firepits
- Dog parks with washing station
- Amphitheater, biergarten, lodge and Tiki bar
- Food court with RV site delivery
- Full activity schedule for families and adults
- Short drive to Navarre Beach and the hot spots of Pensacola
- Snacks and laundry necessities available in laundry room vending machines

Check out the most recent additions at OWA Parks and Resort

The expansive OWA Parks & Resort has some unexpected additions over the past couple of years.

Indoor Pickleball complex: The epic and historic snowfall last month had many pickleball fanatics on the sidelines for the better part of a week. One solution is to make reservations and the indoor pickleball facility at OWA. Also, while there be sure to browse their latest apparel and gear. Not playing? Nearby there are several restaurants, shops and the grounds are a great place to stroll.



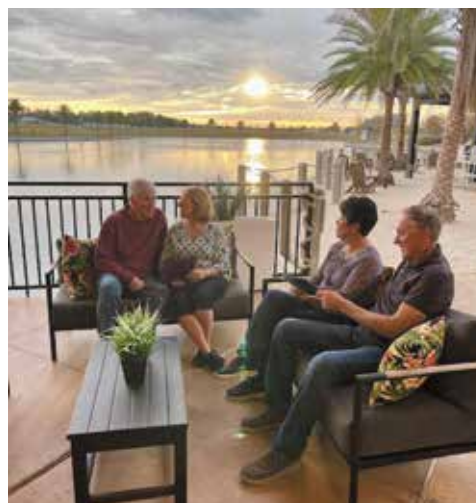
Located at 200-A North OWA Blvd., Foley, Al. Details: 251-923-3553

Waffles R Wild: The Speakeasy Lively music and festive decor, expansive indoor and outdoor seating, spacious bar and a broad menu that includes waffles, all day



breakfast and casual lunch and dinner. Launched and staffed by a Rochester, New York family this the 1920s Speakeasy theme has proven popular.

Theme nights include a World Tavern Poker game on Fridays; Tacos Tequila & Trivia on Tuesdays and other promotions. Check out the menu at <https://visitowa.com/wp-content/uploads/2024/02/WafflesRWild-Breakfast-Menu.pdf>. Details: 251-943-2271.



Towne Tap: The European-inspired pub offers a popular tap beer wall. Pub fare is offered on the menu including nachos, wings, potato skins, variety of sandwiches and more. Special events are offered throughout the month. Coming Feb. 8 is the Bourbon Tasting Experience. Seating is at 5 p.m. Details: 251-378-2861. The dog-friendly outside patio offers a stunning sunset view. Located at 103 S Owa Blvd., Foley, Ala. Details: 251-378-2861.

Brick Oven Pizza Foley: This authentic New York-style wood-fired brick oven pizza and Italian restaurant is located close to the OWA grounds (which also includes the water park, RV park and ball fields) with an easy dine-in or takeout experience. Recently named South Baldwin Small Business of the Year Located at 21040-A Mifflin Road, Foley, Ala. Details: brickovenfoley.com



Seasons

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

Marking our 19th season!

Fresh! That's our goal coming up. We are retooling our approach to reaching you all. Details will be released in coming months but we promise there still will be a print component!

Topics: Real estate issues, rentals, budget ideas, great drives, day trips, making friends and enjoying your time!

Sign up at the link online: www.SnowbirdsGulfCoast.com

Questions? 850-291-1266 or advertising@snowbirdsgulfcoast.com

Snow BIRDS Gulf Coast

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SNOWBIRDS 15TH ANNIVERSARY YEAR



Snowbird Clubs

FLORIDA

PANAMA CITY BEACH: Traditional winter resident Appreciation Days (also known as free Donut Days) are staged throughout the winter. Dates include, Feb. 7, (tickets for Senior Prom available); and Feb. 18 (tickets for Grand Finale available). Details: Visit Panama City Beach, 850-233-5070 or www.visitpanamacitybeach.com

PCB SENIOR CENTER: Stop by just about any day, and you will find something to do and friendly folks to meet. Annual membership is \$50. Residents participated in a variety of classes, including woodworking, playing the ukulele, pickleball, line dancing, doing exercises (including yoga and chair exercises), and creating a variety of crafts. Folks who want more information can join Coffee Shoppe and discover the complete list. The senior center is located at 423 Lyndell Lane, Panama City Beach, Fla. (next to the library), Details: 850-233-5065 or pcbseniorcenter.com

WALTON SNOWBIRD CLUB: Organizers and volunteers have put a lot of work into developing activities and trips (Biloxi and New Orleans) for members. Water aerobics, tennis, pickleball, singing, poker, mah jongg and other games, blood drives, book discussion, bowling, ballroom dance, basketball, biking, art and more! The club posts information on its Facebook page and website. Each year, the club awards two scholarships to Walton County High School seniors. Details: www.waltoncountysnowbirdclub.com

DESTIN: The club registered 1082 members this past year, including 961 from the USA, 120 from Canada and one from the UK. Club members meet weekly during winter at The Roost – aka Destin Community Center, 101 Stahlman Dr., Destin, Fla. TGIT (Thank Goodness It's Tuesday)) at Lulu's., 4607 Legendary Marina Dr., Destin. Activities include bus trips and cruises to games, writer's group, quilting, crafts, singles groups, and activities such as golf, pickleball,

bowling, basketball, softball and more. Local businesses generously donate door prizes. "Like" the club's Facebook page and bookmark the website. Details: thedestinsnowbirds.com

FORT WALTON: The next registration is 10 a.m. Feb. 4 and general meeting Feb. 11, 10 a.m. at the Fort Walton Beach Recreation Center, 132 Jet Drive, Fort Walton Beach, Fla. There are door prizes and 50/50 drawings. Monthly club social, golf, tennis, pickleball, card games, crafts and billiards, olf scrambles, Valentine's Day dance and more. Details: fwbsbc.com or 920-619-4065.

NAVARRE AND SANTA ROSA COUNTY: Winter activities include a wide range of lectures conducted by local experts at the Navarre Welcome Center, 8543 Navarre Pkwy., Navarre, Fla. Navarre marks its 100th anniversary all year with a variety of events. Check the website for details. Details: Navarrechamber.com or www.getrelaxing.com or 850-981-8900. PERDIDO KEY: The Perdido Key Chamber dates for its popular "Hootennany's"

include Feb. 6 and 20 at the Flora-Bama Lounge. Lunch and entertainment. Event runs 11 a.m. – 1 p.m. The visitor center is a popular stop for winter visitors (and this magazine can be found there). Details: 850-492-4660 or www.perdidochamber.com.

ALABAMA

IOWA: All lowans and their guests are welcome to all club events; there is no membership fee. January and February breakfast meeting are at GT's On The Bay, 26189 Canal Road in Orange Beach, Ala. Reservations MUST be made by Noon one week prior. Sign up through our website, <http://iowa-alabamagulfcoastsnowbird.org> (preferred), or by calling Chris Hedlund at 319-430-4597. No late reservations accepted. At each breakfast, a 50/50 "voluntary" lottery will be held where half of the proceeds are used to help defray club, golf and cocktail party expenses and the other half is distributed to multiple "winners". Attendees can invest in a Calendar Drawing where, again, cash prizes are

UPCOMING COMMUNITY EVENTS

The Locals Market

Feb. 8 | 1 pm – 5 pm
Ye Olde Brothers Brewery
4458 Hwy 90, Navarre, FL

Milton Mardi Gras Parade

Feb. 15 | 8:30 am – 11:30 am
Main St., Downtown Milton, FL

Resin Workshop

Feb. 16 | 1 pm
Pik-Itz Art & Antiques
1922 Hwy 90, Navarre, FL

2025 Navarre Beach Mardi Gras Pare

Feb. 22 | 1 pm – 3 pm
Gulf Blvd.

North Florida Renaissance Faire

Feb. 22 – 23, Mar. 1 – 2 | 8 am – 5 pm
Santa Rosa County Fairgrounds
8700 Bobby Brown Rd., Milton, FL

Oysters & Pints

Mar. 1 | 12 pm – 3 pm
St. Michaels Brewing Co.
2199 Hwy. 87, Navarre, FL

Navarre Beach

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Join the Club!



awarded. Tickets are \$10, with proceeds benefiting the Ft. Morgan, Gulf Shores and Orange Beach Fire Departments with drawings from mid-February to mid-March. The Iowa golf schedule and sign-up for tee times are posted on the website. Check the website for updates, sign-ups, and a list of activities in the Gulf area.

ILLINOIS: Bi-weekly Friday Breakfasts: Dates include Feb. 7 and 21 at GT's on the Bay, 26351 Canal Rd., Orange Beach. Doors open at 7:45 a.m., buffet breakfast begins at 8 a.m. Door prizes and speaker. Reservations necessary, \$14 per person. Call Lu Douglas at 815-541-9952. Potlucks & Games, OB Adult Activity Center, 26251 Canal Rd. OB. Tuesdays, Feb. 11, 5 p.m. Bring a dish to pass and cards or board game. Sign up at Welcome Back Coffee or call Dixie Hammer at 815-767-8864. ALL Snowbirds are welcome to join these events. Join the Facebook page for schedule and area events.

MICHIGAN: Meeting dates are Feb. 6, 20 and March 6 are at The Island

Church, 25550 Canal Rd., Orange Beach, Ala. Coffee and doughnuts are served at 9 a.m., and the meeting starts at 10 a.m. Annual membership is \$5 per person. Merchandise is for sale at the meetings. Annual Picnic/Potluck is Noon Feb. 27 at St. Andrews by the Sea Church, Gulf Shores. A full schedule of golf outings is available on the website:

www.michiganclubalabama.com or michiganclubalabama@gmail.com

MISSOURI: All snowbirds are invited! Meetings are 8:30 a.m. Wednesdays at Tacky Jacks, 240 E 24th Ave., Gulf Shores, Ala. The cost is \$14 and includes a buffet breakfast, tax and tip. RSVP on the website. Mixed golf scramble every Wednesday at 1 p.m., Gulf Shores Country Club, 520 Clubhouse Dr., Gulf Shores, Ala. Weekly Happy Hour, 4 p.m. Mondays at Cobalt, 28099 Perdido Beach Blvd., Orange Beach, Ala. RSVP on the website. Details: missourisnowbirds.org or mer2@charter.net

MINNESOTA: Weekly Tuesday breakfast meetings at GT's on the Bay, 26189 Canal Rd., Orange Beach. Doors open at

7:30 a.m., breakfast, 8:15 a.m. Minimum of 75 to host the breakfast meetings through Mar. 14. Cost is \$12 per person, and sign-up is the prior Tuesday at www.mnal.org. Tuesday lunch meetings are mid-March through May at The Ugly Diner, 2200 E. 2nd St., Gulf Shores. Details: MNsnowbird1@mnal.org

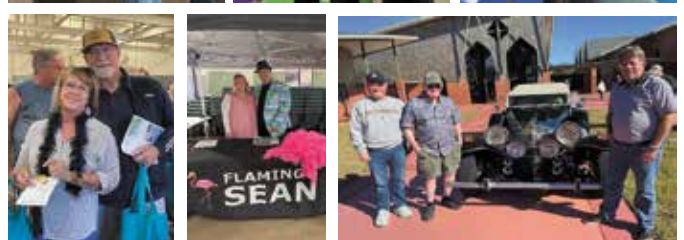
NEW YORK: Return to the Alabama-Florida Gulf Coast for another winter of great weather, socializing, golf, and fundraising. They kick off the winter season on Jan. 9 at Ginny Lanes in Orange Beach at the Wharf, gathering at 11 a.m., followed by lunch (ordering off the menu with separate checks). \$1 per person donation requested cover club costs and lunch for our guest speakers. There's a 50-50 raffle to create a treasury for donations to the needs of our host communities. Door prizes. Reservations required by email to nysnowbirds@gmail.com. Gather at Ginny Lane February 6 and 20, and Mar. 6. Contact: Frank Panczyszyn, fpancy@gmail.com. 585-682-3477 or 585-748-0432.

PENNSYLVANIA: The Pennsylvania Snowbird Club meets weekly for breakfast at 9 a.m. on Wednesdays at Buzz Kats restaurant on Canal Road in Orange Beach through Mar. 5. Contact: Rich Smith, 610-217-6674.

WISCONSIN: One of the oldest clubs on the Alabama Gulf Coast. Join online or before a meeting. Annual dues are \$4. Members pay \$2 each at the door. Meet at the Orange Beach Event Center Coffee and donuts at 8:30 a.m., meetings at 9 a.m. Card playing Fridays Jan. 2 - Mar. 28 at The Lighthouse, 455 East Beach Blvd., Gulf Shores. Details: Kenn at 715-927-3927 or www.wisconsinsnobirds.com. Snobird Singles Lunch: Feb. 11, 11:30 a.m. at Oyster House, 701 Gulf Shores Pkwy. in Gulf Shores. Singles Dinners: Jan. 28, 4 p.m., The Groovy Goat, 105 A S. OWA Blvd., Foley; Feb. 25, 4 p.m., Cosmos, 25753 Canal Rd., Orange Beach. Details: Tom Chestnut at tac.smc.14@gmail.com. Check the website for updated calendar. Details: www.wisconsinsnobirds.com or Wisconsinsnobirds on Facebook.



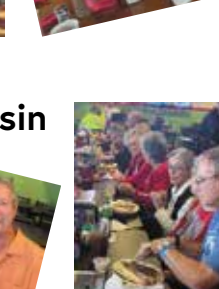
Navarre
Roaring 20's
Navarre Beach
Snowbird Festival



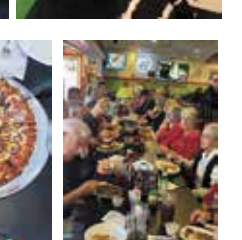
Missouri



Minnesota



Wisconsin





Through 3/7

20th Annual Woodstoke Festival, Gulf Coast Kiln Walk

In celebration of the 20th Annual Woodstoke Festival of the Gulf Coast Kiln Walk, a new exhibition features a collection of artworks from regional, national, and international master ceramic artists such as Akio Takamori, Masayoshi Shimizu, Don Reitz, Gerry Williams and more. The opening event is February 4, in the witzer Lecture Hall with an Exhibition Reception from 5 to 7:30 p.m. and panel discussion 5:30 to 6:30 p.m. Included in the exhibition will be artworks from five ceramicists within the Gulf Coast area (Micah Cain, Steve Dark, Maria Spies, Jason Stokes, and Ben Twingley). The event is free and open to the public! Anna Lamar Switzer Center for Visual Arts, Bldg. 15 (Switzer Gallery), Pensacola State College, 1000 College Blvd., Pensacola, Fla. Details: <https://www.pensacolastate.edu/pensacola-state-college-and-gulf-coast-kiln-walk-society-present-connected/> or <https://gulfcoastkilnwalk.org/calendar/>



Sundays

OWA Pickleball Brunch & Rally – 1 to 5 p.m. Enjoy \$10 open play and get \$3 off when you show your Waffles R Wild receipt at the entrance. OWA Parks & Resort, 1501 S OWA Blvd., Foley, Ala. Details: www.visitowa.com

Tuesdays

Brandon Styles VARIETY SHOW - 7p.m. OWA Parks & Resort, 1501 S OWA Blvd., Foley, Ala. Details: www.visitowa.com

Fridays

OWA's Live Music Fridays - 7 p.m. Enjoy a night of live music featuring local bands and artists at OWA's entertainment center. OWA Parks & Resort, 1501 S OWA Blvd., Foley, Ala. Details: www.visitowa.com

Through 2/9

Little Shop of Horrors - Details: www.emeraldcoasttheatre.org

1/31-2/1

White Tie Rock Ensemble: 70's Brit Pop - David Bowie, Elton John, Rod Stewart and more. OWA Theater, 205 N OWA Blvd., Foley, Ala. Details: <https://visitowa.com/entertainment/owa-theater/>

2/1

PANHANDLE TRAVEL EXPO 2025

Join us on Saturday February 1 from 1pm-3pm

Trinity United Methodist Church
403 Raceback Rd NW • Fort Walton Beach FL 32547

For information contact tammym@tammysjourneys.com or 850-243-3809

2/1, 6, 8, 11, 13, 18, 20, 25, 27

Legends Show at the Todd Herendeen Theatre - Live rock and country music from the 60s and 70s. 8010 Front Beach Rd, Panama City Beach, Fla. Details: <https://www.todderendeentheatre.com/>

2/6 and 13

\$10 Matinee Movies at OWA - Classic and iconic films on the big screen. OWA Theater, 205 N OWA Blvd., Foley, Ala. Details: <https://visitowa.com/entertainment/owa-theater/>

2/7-8

Liverpool Legends: The Premiere Beatles Tribute - Experience Beatlemania like never before! OWA Theater, 205 N OWA Blvd., Foley, Ala. Details: <https://visitowa.com/entertainment/owa-theater/>

2/7,14,21,25,28

Morning at the Museum – 9 a.m. The National Naval Aviation Museum series returns with breakfast, exclusive giveaways, documentary screenings, and curatorial talks! 1750 Radford Blvd., Pensacola, Fla. Details: <https://navalaviationmuseum.org/morning-at-the-museum-2025/>

2/12

Walton County Snowbirds Blood Drive - Donate through OneBlood at Silver Sands Premium Outlets. Everyone is welcome! Donors receive long-sleeved T-shirt and \$20 eGift Card. 10562 Emerald Coast Pkwy. W, Miramar Beach, Fla. Details: <https://www.facebook.com/@myoneblood/>

2/14-15

Love Me Tender: Elvis Valentine's Show featuring Shane Tucker & The Promised Land Band - OWA Theater, 205 N OWA Blvd., Foley, Ala. Details: <https://visitowa.com/entertainment/owa-theater/>

2/15

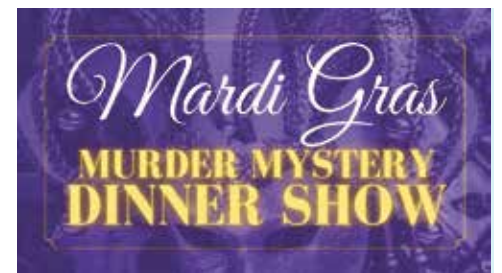
Tropical Reunion Wedding Vow Renewals at LuLu's - Renew your wedding vows at LuLu's in Gulf Shores, Ala. and Destin, Fla. Details: www.LuLusFunFoodMusic.com

All Elvis Tribute by Todd Herendeen - 8010 Front Beach Rd., Panama City Beach, Fla. Details: <https://www.todderendeentheatre.com/>

2/22

33rd Annual Orange Beach Seafood Festival and MAAAC Car Show - The Wharf, 4830 Main St., Orange Beach, Ala. Details: www.orangebeachal.gov/428/Seafood-Fest

Live Comedy Show at OWA - 8 p.m. OWA Parks & Resort, 1501 S OWA Blvd., Foley, Ala. Details: www.visitowa.com



2/21

Mardi Gras Murder Mystery Show - 6:30 p.m. Dress in your finest Fat Tuesday attire and join the detective's krewe. OWA Parks & Resort, 1501 S OWA Blvd., Foley, Ala. Details: www.visitowa.com

2/26

"Echo in the Canyon" at OWA Theater - 1 p.m. This documentary explores the influential music scene of Laurel Canyon, where artists like The Byrds, The Beach Boys, Buffalo Springfield, and The Mamas & the Papas created a sound that defined a generation. OWA Theater, 205 N OWA Blvd., Foley, Ala. Details: <https://visitowa.com/entertainment/owa-theater/>

3/7-8

FLLUXE Arts Festival - Panama City Center for the Arts, Panama City, Fla. Details: <http://pccenterforthearts.com/> or 850-640-3670

3/8

48th Annual McGuire's St. Patrick's Day Run - Recognized as the Largest 5k Prediction Run in America! Stick around for a post-race party! Details: <https://www.mcguiresirishpub.com/special-events>

3/12

The Brandon Styles COMEDY MAGIC Show - Magic tricks, that will astonish and entertain you. Details: <https://reservations.waverez.com/brandonstyles>

3/15

Hibernia Irish Society St. Patrick's Day Parade - 2 p.m. Downtown Biloxi, 1000 Beach Blvd, Biloxi, Miss. Details: <https://www.hiberniamarchingsociety.com>

3/16

Saint Patrick's Day Downtown Parade - 10 a.m. Downtown Mobile, Ala. Details: www.mobilesaintpatricksdaysparade.com

3/17

Go Irish on the Island - 9 a.m. to 6 p.m. 38th Annual St. Paddy's Day Pub Crawl on Pensacola Beach! Pensacola Beach, Fla. Details: www.visitpensacolabeach.com

3/21-23

The Wharf Boat + Yacht Show - Featuring over \$100 million in boats and marine products, and more than 120 exhibiting companies. The Wharf Marina + Marina Lawn, 23101 Canal Rd., Orange Beach, Ala. Details: <https://alwharf.com/events/2025/03/21/54701>

Mardi Gras Parades 2025

2/8

Kids and Kritters 2025 Parade - 1 to 3 p.m. Casino Beach parking lot, Pensacola Beach, Fla. Details: pensacolabeachmardigras.com



2/14 - 3/4

Mobile Mardi Gras - Mobile, Ala., is the home of Mardi Gras, and celebrates with weeks of parades and events. For a full schedule, visit www.mobile.org/events/mardi-gras

2/15

Ocean Springs Elks & Krewe Unique Parade - 1 p.m., Ocean Springs, Miss. Details: www.coastalmississippi.com

Krewe of Barkloxi Pet PAWrade - 12:30 p.m. Biloxi, Miss. Details: www.coastalmississippi.com

2/16

Annual Mardi Gras Parade and Downtown Throwdown - 1 p.m. Fort Walton Beach, Fla. Details: www.fwb.org/372/2025-Mardi-Gras-Parade

2/21

Krewe of St. Andrews Kids Parade - 4:30 p.m. Panama City, Fla. Details: destinationpanamacity.com



Krewe of St. Andrews Mask Parade - 6 p.m. Panama City, Fla. Details: destinationpanamacity.com
Apollo's Mystic Ladies - 6:45 p.m. Daphne, Ala. Details: fairhopemardigras.com

2/21-22

Mardi Gras with The Mystic Krewe of Salty Barkers - Riverfront Park, Apalachicola, Fla. Details: saltybarkers.org



2/22

Krewe of St. Andrews Main Parade - 2 p.m. Downtown Panama City, Fla. Details: destinationpanamacity.com
Knights of Ecor Rouge - 6:30 p.m. Fairhope, Ala. Details: fairhopemardigras.com

Navarre Mardi Gras Parade - 1 to 3 p.m. Navarre, Fla. Details: www.nkoj.org



2/23

Krewe of St. Andrews Pet Parade - 2:30 p.m. Panama City, Fla. Details: destinationpanamacity.com

2/28

2025 Krewe of Lafitte Illuminated Mardi Gras Parade - 7:30 p.m. Pensacola, Fla. Details: www.kreweoflafitte.com

Maids of Jubilee - 6:45 p.m. Fairhope, Ala. Details: fairhopemardigras.com

Ocean Springs Carnival Association Night Parade - 6 p.m. Details: www.coastalmississippi.com

3/1

Pensacola Grand Mardi Gras Parade - 2 to 7 p.m. Downtown Pensacola, Fla. Details: www.pensacolamardigras.com

Puppy Gras Parade - OWA Parks & Resort, 1501 S OWA Blvd., Foley, Ala. Details: www.visitowa.com

Krewe of Gemini Parade - 2 p.m. Gulfport, Miss. Details: www.coastalmississippi.com

Krewe of Neptune Night Parade - 5:30 p.m. Biloxi, Miss. Details: www.coastalmississippi.com

Krewe of Mullet Mates - 2 p.m. Fairhope, Ala. Details: fairhopemardigras.com

The Shadow Barons - 6:45 Daphne, Ala. Details: fairhopemardigras.com

The Marshals Parade - 5:30 p.m. Orange Beach, Ala. Details: www.orangebeachal.gov/427/Mardi-Gras

The Mystics of Pleasure Parade - 6 p.m. Orange Beach, Ala. Details: www.orangebeachal.gov/427/

Mardi-Gras Smokin' in the Square Grand Mardi Gras Parade - 11 a.m. Gulf Breeze, Fla. Details: www.kofc13277.org/calendar/smokin-in-the-square-bbq-competition-hl2y7-83tha-pserf

3/2

Mardi Gras Parade and Party - 2 to 8 p.m. OWA Parks & Resort, 1501 S OWA Blvd., Foley, Ala. Details: visitowa.com/mardi-gras-parade or 251-923-2111

Pensacola Beach Krewe of Wrecks Mardi Gras Parade - 2 to 4 p.m. Pensacola Beach, Fla. Details: pensacolabeachmardigras.com

Second Street Social Club Parade - 1 p.m. Gulfport, Miss. Details: www.coastalmississippi.com

North Bay Mardi Gras Association Parade - 1:30 p.m. D'Iberville, Miss. Details: www.coastalmississippi.com

Loyal Order of the Fire Truck - 2:29 p.m. Daphne, Ala. Details: fairhopemardigras.com

3/3

Mystic Krewe of the Seahorse Lundi Gras Parade - 5:30 p.m. Bay St. Louis, Miss. Details: www.coastalmississippi.com

Order of Mystic Magnolias - 6:45 p.m. Fairhope, Ala. Details: fairhopemardigras.com

Moon Pies on Main Parade - Event starts at 4 p.m. Main parade at 6 p.m. The Wharf, 23101 Canal Rd., Orange Beach, Ala. Details: alwharf.com

3/4

Krewe of Real People - 1 p.m. Bay St. Louis, Miss. Details: www.coastalmississippi.com

Gulf Coast Carnival Association Mardi Gras Parade - 1 p.m. Biloxi, Miss. Details: www.coastalmississippi.com

Gulf Shores Parade - 10 a.m. Gulf Shores, Ala. Details: www.gulfshoresal.gov

Orange Beach Parade - 2 p.m. Orange Beach, Ala. Details: www.orangebeachal.gov/427/Mardi-Gras



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An event supporting Sinfonia Gulf Coast

VINTNER DINNERS

Friday, February 28, 2025

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Sunday, March 2, 2025

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Proceeds benefit Sinfonia Gulf Coast and its music education and community engagement initiatives throughout Northwest Florida.

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Blood Pressure Affects Heart Health and Overall Well-Being

What is your blood pressure, and is it within a normal range? Knowing the answers to these questions can help you stay on top of your health.

Blood pressure is the amount of force your blood uses to get through your body's arteries. It is measured with two numbers. The first force, systolic pressure, occurs as blood pumps out of the heart and into the arteries. The second force, diastolic pressure, is created as the heart rests between heartbeats. Together, this gives the blood pressure reading.

According to the American Heart Association and Centers for Disease Control and Prevention, a normal blood pressure level is 120/80 or lower. At-risk levels are between 120 and 139. High blood pressure is 140 and higher.

High blood pressure can slowly damage the body for years before symptoms appear. You may not feel anything is wrong, but after years of putting stress on the heart,



high blood pressure could lead to fatigue. It could eventually cause a life-threatening condition, such as a heart attack or stroke.

Know Your Numbers and Family History

Measure your blood pressure and record the numbers. Talk to your doctor about your family history and ways to lower your pressure if it is in the at-risk or high category.

If Your Blood Pressure Is High

Continue working with your provider for optimal health or find a trustworthy Baptist primary care doctor. If needed, they can refer you to a specialist within Baptist Heart & Vascular Institute.

Baptist Heart & Vascular Institute offers the most established, comprehensive program for heart health in Northwest Florida. From diagnosis of hypertension to

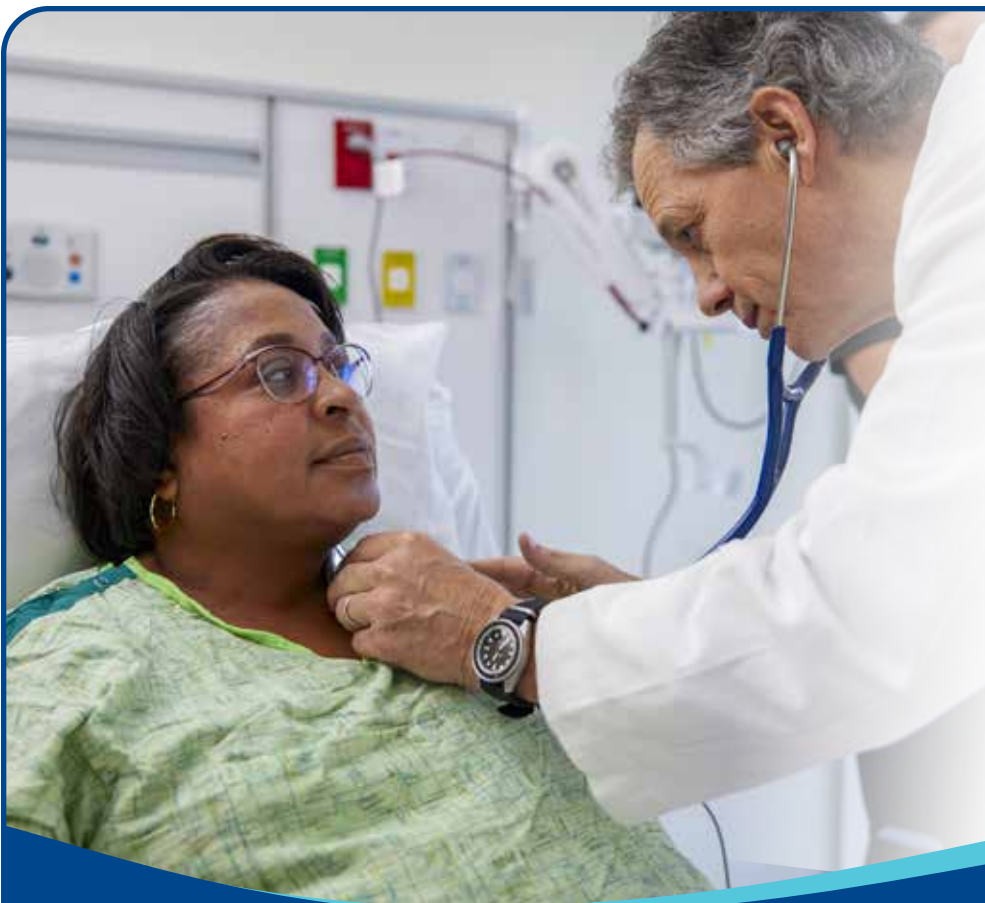
other heart diseases, the team is nationally recognized for providing the utmost in quality care and personal service.

"As a provider, our goal is to treat patients holistically and identify potential causes of hypertension, whether it is hereditary, stress-related or lifestyle," said Toinetta T. Coolie, DNP, APRN, FNP-BC, manager of the Heart Optimization Program at BHVI. "We will assist you in identifying these areas (when possible) and managing them with appropriate treatment/monitoring."

Look at Lifestyle

Another way to improve your heart health is to review your lifestyle. Lower your blood pressure by making simple changes like exercising regularly, eating healthy foods, obtaining more sleep, not smoking, limiting alcohol and reducing stress.

Knowing your blood pressure can greatly improve your quality of life. Begin monitoring your health today.



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ebaptisthealthcare.org/heart

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Navarre and Gulf County Celebrate 100 years

Two area communities mark their 100th anniversary this year.

Celebrations for Santa Rosa County's Navarre and Navarre Beach launched New Year's Eve. Marquee events are planned throughout the year including the March 29 Formal Centennial Ball at St. Sylvester's Catholic Church. The Navarre community is home to many military families and retirees. Navarre Beach is bordered by the Gulf Islands National Seashore and features the Gulf's longest pier. The Navarre Community Festival is Sept. 6 at Navarre Park. Details: Navarre100.com or GetRelaxing.com

Gulf County encompasses some 43 miles of coastline and laid-back beach communities known for fishing, swimming, shelling, boating and a rich history. The state's first constitution was signed here in 1839. In 1924, the first courthouse was built in the inland community of Wewahitchka.

The occasion will be marked in June with a weeklong celebration

ending with a fireworks display near Veterans Memorial Park in Port St. Joe, Fla., on June 6. The week will feature history tours, interactive exhibits, music and culinary events.

The beaches are the heart of this destination, with spots for beachcombing and swimming, launching a kayak and pet-friendly areas. It's the perfect setting for quiet sunrises and breathtaking sunsets. From Cape San Blas, on St. Joseph Peninsula, to the shores of St. Joe Beach, to the back bay beauty of Indian Pass and more, each community is a part of what makes Gulf County a special destination.

Details: www.visitgulfcounty.com



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Casino Fun

2/21
Stayin Alive, Bee Gees Tribute - Hard Rock Biloxi, 777 Beach Blvd., Biloxi, Miss. Details: www.hrhcbiloxi.com

3/1
Ron White - Beau Rivage Resort & Casino, 875 Beach Blvd., Biloxi, Miss. Details: 888-566-7469 or www.beaurivage.com

3/7-8
DANCING WITH THE STARS: LIVE! 2025 TOUR - Beau Rivage Resort & Casino, 875 Beach Blvd., Biloxi, Miss. Details: 888-566-7469 or www.beaurivage.com



3/8
Little River Band - IP Casino Resort & Spa, Studio A, 850 Bayview Ave., Biloxi, Miss., Details: 228-436-3000.

3/22
Tom Papa: The Grateful Bread Tour - 8 p.m. Beau Rivage Resort & Casino, 875 Beach Blvd., Biloxi, Miss. Details: 888-566-7469 or www.beaurivage.com



3/27
Get the Led Out - Hard Rock Biloxi, 777 Beach Blvd., Biloxi, Miss. Details: www.hrhcbiloxi.com



4/4-5
CHICAGO - Beau Rivage Resort & Casino, 875 Beach Blvd., Biloxi, Miss. Details: 888-566-7469 or www.beaurivage.com

Super Bowl, Valentine's Day, Mardi Gras events all planned at Beau Rivage

From the Super Bowl to Valentine's Day to Mardi Gras, snowbirds can enjoy several events and entertainment in February and beyond at the Beau Rivage Resort & Casino in Biloxi, Mississippi.

Super Bowl Sunday on Feb. 9

Make plans to come to the Beau Rivage to watch the Super Bowl, with several big screen viewing options, as well as other fun that day leading up to the game. Special gameday menu features include Sticky BBQ Ribs and Korean Five-Spice Brisket tacos, plus a stunning million-dollar LED screen upgrade to the 24-foot-wide x 14-foot video wall and more than 100 HD TVs. Fans will have the chance to win NFL memorabilia, swag, giveaways and more during the game.

There are several places to make reservations at the casino to watch the game and enjoy the fun.

Mardi Gras Revelry At Beau Rivage

Practice your best "Throw Me

Something, Mister" and put on your purple, green and gold for Party Gras at Beau Rivage. Just steps away from the Krewe of Neptune and Gulf Coast Carnival Association parade route, Beau Rivage is the perfect spot to fuel up, enjoy festive offerings and gather with your krewe before heading to the parade. In celebration of Mardi Gras, Beau Rivage will offer guests King Cakes, whole or by the slice, and King Cake flavored drinks at The Roasted Bean, a Mardi Gras Day pop-up menu at The Daiquiri Shop, fun Mardi Gras specialty items at Bellini Gifts and a Party Gras T-shirt giveaway.

It's Party Gras At Beau Rivage March 2-4

On the casino floor, guests who earn 300 MGM Rewards points starting March 2 to 6:50 p.m. on March 4 can get a free Party Gras T-shirt. Guests can choose one of the promotional days to participate. Then, visit any MGM Rewards Kiosk to print gift voucher and bring to the Events Desk to redeem.

Valentine's Day Spa

Pamper your valentine with a spa day at the nationally recognized Beau Rivage Resort & Casino's Spa and Salon, which is ranked No. 5 by Spas of America's Top 100 Spas of 2024. Located on the second floor of Beau Rivage's hotel tower, the 20,000-square-foot Spa and Salon is open daily from 9 a.m. – 6 p.m. Visit www.beaurivage.com or call 888.750.7111 for spa reservations.

Valentine's Day Dining Specials

Take your someone special to one of the many restaurants located at Beau Rivage, including BR Prime, Coraline's, Stalla and Salt & Ivy. Coraline's is the resort's most recent edition, including a waterfront view of the Gulf of Mexico. From 4:30 p.m. – 10:30 p.m. on Friday, Feb. 14, special features include Pan-Seared Sea Bass served with roasted heirloom carrots, asparagus, fennel citrus slaw and orange gastrique; Chatel Farms American Wagyu Filet Mignon paired with an 8-oz cold water lobster tail, roasted caulilini and bordelaise; and a delectable

Main Lobster Macaroni & Cheese. Reservations are required for any of the restaurants and may be placed by visiting www.beaurivage.com or by calling 888.952.2582.

Fallen Oak Offers Winter Golf Packages

The Tom Fazio-designed Fallen Oak offers exceptional winter golf with greens fees starting at \$175 per person through February. Tee times are available Sunday through Thursday from 8 a.m. – 12 p.m. Limited tee times are also available with greens fees starting at \$200 on Fridays and Saturdays.

The 510-acre, par-72 Fallen Oak offers five sets of tees and strategic play options to challenge golfers of all skill levels. An Acadian-style 12,000-square foot clubhouse features top-level dining and a panoramic view of the 18th hole, as well as the majestic live that gives Fallen Oak its name. To book a tee time or golf package, visit www.beaurivage.com or call 877.805.4657.

Emerald Coast Fitness brings aqua choices to Okaloosa County

Ten years ago, four swim enthusiasts sat around a kitchen table in Fort Walton Beach brainstorming how to bring public pools back to local communities. All of them had closed late in 2014 after the local YMCA went bankrupt overnight.

By the end of that meeting, they had decided to form a nonprofit to raise \$250,000 and reopen the nearby indoor pool.

Fast forward to 2025 and the Emerald Coast Fitness Foundation has grown beyond those four passionate former swim coaches. They reopened the Bernie R. LeFebvre Aquatic Center in December of 2015. A little over two

years later, they raised another \$250,000 and resurrected the former Destin Aquatic Center, which had – at that point – been left derelict for years.

"People who didn't know me and Pam (Braseth) when we started this whole process thought we were crazy," recalled Kathi Heapy, one of the four founders. "The people that knew us, and they knew us because we had coached their kids, they believed that we could do it. And we did."

Both pools are open to the public and widely used by locals, tourists, and snowbirds. For information

Left: The lap pool in Destin has plenty of sunshine and plenty of room. A lone swimmer completes his work-out.



The "Bernie" in Fort Walton Beach stays busy year-round serving patrons from 1 to 90-plus. Aquacise classes are popular, especially for those with joint pain or other health challenges.

on hours and rates, please follow them on Facebook at Bernie R. LeFebvre Aquatic Center and Taj Renee Community Aquatic Center.

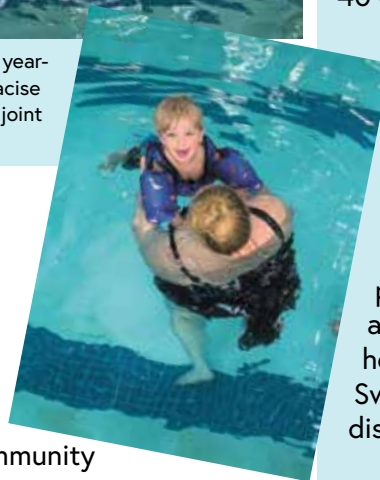
The Emerald Coast Fitness Foundation, a local nonprofit, operates two pools open year-round to the public in Okaloosa County. Pay by the day, week, or month. 10-visit punch card available.

Taj Renee Community Aquatic Center

4345 Commons Drive West
Destin, Fla.
850-837-7946
Eight-lane, 25-yard heated pool open year-round. Facility closes when air temperature drops below 40 degrees.

Bernie R. LeFebvre Aquatic Center

1127 Hospital Road (entrance is off Lewis-Turner Boulevard)
Fort Walton Beach, Fla.
850-863-7946
Six-lane 25-yard indoor heated pool, open year around with 10 aquacise classes a week and hours of lap swim every day. Swim times also available at discounted rate.



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Florida Dreaming: What to know when shopping for a beach condo

For many snowbirds, the dream of owning a condominium in Florida has always been on the bucket list. That dream is still attainable, but not quite as achievable as in years past. The practicality of enjoying the Florida sunshine for a portion of the year can still become a reality. Coinciding with the cost of living in general, condominium carrying costs have increased.

The increased costs are primarily due to rising insurance premiums that have impacted monthly condominium fees. The Florida legislature continues to address the issue. Property owners are optimistically waiting for solutions. Even though the cost to carry properties has increased, values have greatly appreciated over the last five years. Many consider Florida real estate a safe place to invest.



Florida condominiums, like Portofino on Pensacola Beach, offer retirees low-maintenance living and a sense of community. But buyers need to take a lot of factors into consideration.

The opportunity to enjoy your investment is a real perk! What other changes have taken place in the real estate world?

New real estate disclosure laws passed on August 17, 2024. The laws basically provide more transparency regarding real estate commissions. The laws state that real estate commissions are negotiable, and the seller is not obligated to pay a buyer's agent.

Have these laws impacted local real estate sales or values? In our opinion, no. Buyers and sellers should now have a better understanding of who is paying commissions and how they will be paid.

In our local market, the majority of sellers are still paying compensation for the buyers agent. Thus, there is no increased price pressure for the buyer.

An additional factor to consider for Florida investment property ownership is rental income. Many snowbirds choose to rent out their condominium for a portion of the year and enjoy it for a portion of the year. Annual rental income is still very strong, but it has declined from the Covid years when so many traveled to the sunshine state.

New laws do require that a buyer sign an agreement with their agent prior to viewing properties. We are happy to explain the ins and outs of property ownership in the panhandle. Here's to a year filled with sunny skies, white sandy beaches and emerald green waters!

Sherlyn Waghalter is a broker associate with Berkshire Hathaway. She has been one of the leading agents in the Florida panhandle since 2001.



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Good Time Tours

upcoming trips

Cajun Encounter

Feb 01-02, 2025

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\$275 per person double occ

FL Underground

Feb 15, 2025

Falling Waters (FL Tallest Waterfall), Marianna Caverns, Lunch at Blue Hole Park, Lake Defuniak (perfect round Lake)

\$120 per person

Mardi Gras Trips

Day Trip - Feb 23, 2025

Spend the day watching parades-\$60 Per Person

Overnight- Feb 23-24, 2025

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\$145 pp double occ

Get Your Kicks on Rt 66

June 09-22, 2025

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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 of golf courses, restaurants, medical facilities and attractions from Panama City to the Alabama Gulf Coast.

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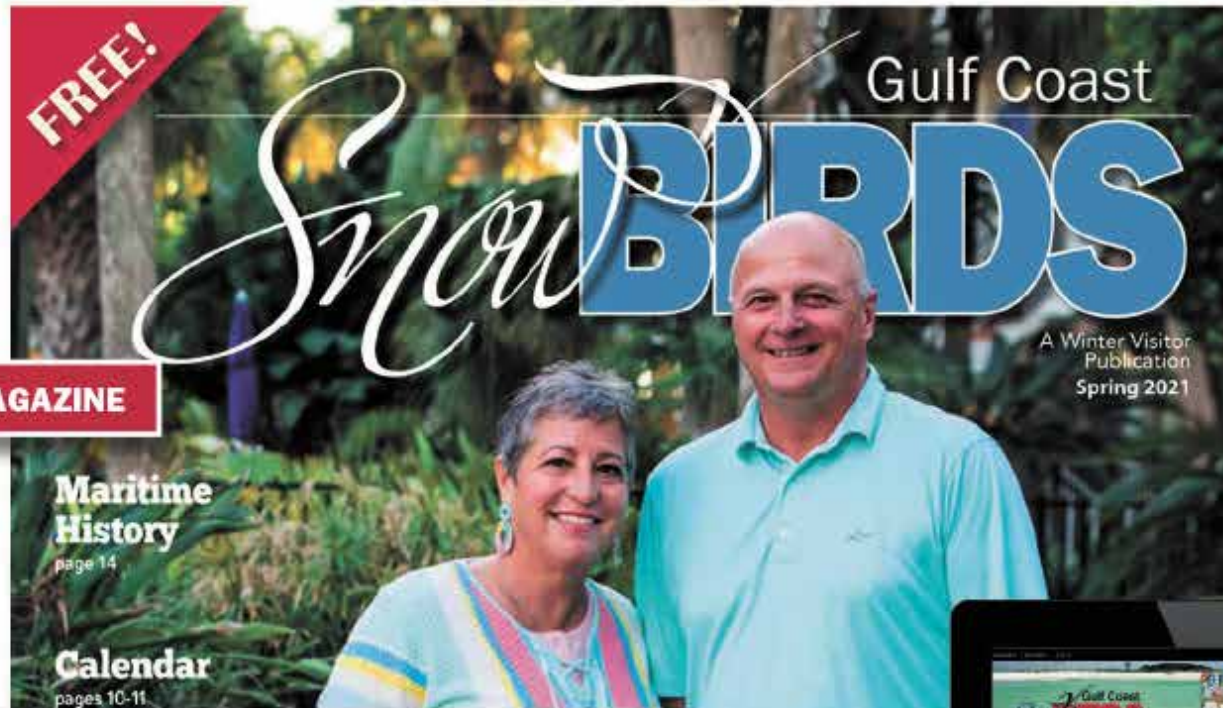
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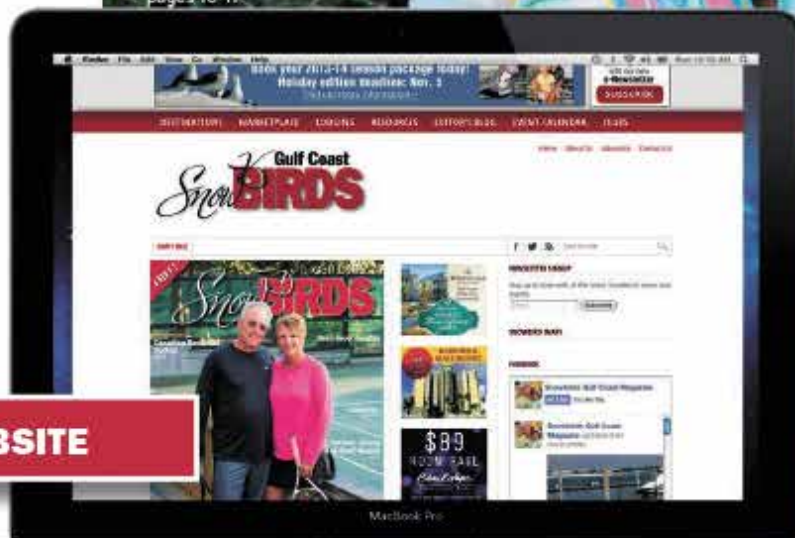
Fresh! That's our goal coming up. We are retooling our approach to reaching you all. Details will be released in coming months but we promise there still will be a print component!

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