

# *BROADWAY PROMENADE ASSOCIATION*

MARCH 2025

***Happy  
Hour!***

***Mar. 21st***

***5-7 PM***

***Inter-  
national  
Dinner***

***March  
12th***

***Courtyard  
6 PM***

***\$20/per  
Person***

***Details In-  
side!***



# Historical Society



## The Historical Society of Sarasota County Calendar of Events 2024-2025

[www.hsosc.com](http://www.hsosc.com) 941-364-9076 [hsosc1@gmail.com](mailto:hsosc1@gmail.com)

Office Hours are Monday-Friday, 10 to 2.

*Check back often, as we will be adding events as they are confirmed.*

Follow on Facebook <https://www.facebook.com/historicalsociety.sarasota>  
for up-to-the-minute information and changes.



**Sunday, March 2:** LeBarge History Cruise. From 11 a.m-1 p.m. Our guide through history is the incomparable John McCarthy. This is our 43rd History Cruise. What a relaxing way to learn about the people and places that made Sarasota what it is today. Sip a cold drink, enjoy a snack, feel the sunshine and gentle breeze on your face as you float back in time. Reserve soon because seating is limited. Boat leaves from Marina Jack. General ticket, \$75 and \$100 for VIP.

**Saturday, April 5: *NEW!!!*** From 10-4, **Gardens Tour. A stroll through several charming cottage gardens in the historic Coconut District.** Park at the Historical Society, buy your ticket and get a map to tour the gardens nearby. Included in ticket price is a tour of the Bidwell-Wood House in Pioneer Park and the Historical Society's Members Garden. Tickets \$20 each, purchase the day of.



**Tuesday, April 8 at 2:00:** Earlye Musicke Consort presenting a delightful concert on their Medieval, Renaissance and Baroque era instruments and in costume. Music dating from the 14th century to the 21st century on recorders and viols. Programs are varied, with descriptions of the instruments and commentary about the music shared at each performance. This concert is open to the public and no reservations are required. A \$5 donation is requested and appreciated.



**Saturday, April 12:** HSOSC Annual Meeting 11 a.m. Members only. Election of Officers, annual Board reports, a look back on the year and forward to our future. Presentation of Distinguished Service Awards, Light buffet luncheon. Door prizes. General merriment.



# Wellness Event

## Wellness Begins Within Rejuvenate, Revitalize & Thrive in 2025

Industry Wellness Leaders offering toolbox and tips to help you continue to make the most of your New Year enhancing a New You  
**Learn ~ Love ~ Live a sustainable, happy and healthy lifestyle**

### Event Details

Saturday, March 8th, 2025 1.00pm—3.30pm  
Broadway Promenade Condominium Clubroom  
1064 N Tamiami Trail, Sarasota FL 34236

RSVP Tamara Page (Helpful, as food and beverages served)  
tamarapage@me.com  
631-835-6348

#### FEATURED SPONSOR

### **\*Pulsation Plus Health Platform\*** **“Renova Series”**

Don Britt, Inventor of Renova Health Platform, Master Machinist of Gator Machining  
Tamara Page, Director of Distribution for Renova Health Platform

\*Bonni London MS, RDN, LDN Registered Dietitian Founder, London Wellness, holding a Masters in Clinical Nutrition from NYU.

\*Sandi Love, Qi Gong Master instructor offering a complimentary session to discover Qi Gong techniques to boost your energy, calm your mind, and balance emotions.

\*Mandys Microgreens, Amanda Marco, Wellness initiative to improve the health and sustainability of our local community by making fresh, quality greens accessible.

\*Debi Kleer LMT, Certified Reflexologist Founder of Revitalize Reflexology as a science and an art effective in alleviating fatigue, insomnia neuropathy and digestive.


\*Longiva Wellness, Bobban Subhadra PhD Founder of Longiva Wellness Health Clinic to promote anti aging programs and products.

\*Wesley M Rosengart Certified Personal Trainer (CPT) FMS specialist (functional movement screen) Silver sneaker instructor, Strength and conditioning coach

\*Tamara Page E.R.Y.T. 500 Founder Y3M Wellness, Coach and Creator of customized programs Yoga~Movement~Mindfulness~Meditation

\* Lisa TeeTheoharides, RDH \* Skin Care Consultant of Neora offering exclusive age-defying skincare wellness products with patented ingredients to help look and feel your best.

# *International Dinner*



Join us for  
International Dinner!

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*Wednesday, March 12th  
6:00 PM in the Courtyard*

*~B.Y.O.B.~*

Bring an entree to share with international flair,  
or maybe a family favorite!

Signup located outside the Mailroom.

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Questions? Comments?

Wish to help with Social Committee?

Contact Jane Witz

315-256-2342

janewitz54@gmail.com

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# March Recipe

## Cajun Chicken Pasta

YIELDS:	PREP TIME:	COOK TIME:	TOTAL TIME:
6 serving(s)	10 mins	15 mins	25 mins

- 1 | Cook pasta according to package directions. Drain when pasta is still al dente; do not overcook!
- 2 | Sprinkle 1 1/2 teaspoons of the Cajun seasoning over the chicken pieces. Toss to coat.
- 3 | In a heavy skillet, heat 1 tablespoon of the oil and 1 tablespoon butter over high heat. Add half of the chicken in a single layer; do not stir. Allow the chicken to brown on one side, about 1 minute. Flip to the other side and cook for an additional minute. Using a slotted spoon, remove the chicken to a clean plate. Repeat with the remaining chicken. Remove the chicken, leaving the pan on high heat.
- 4 | Add the remaining 1 tablespoon of olive oil and 1 tablespoon of butter to the pan. When heated, add the peppers, onion, and garlic. Sprinkle on the remaining 1 1/2 teaspoons of Cajun seasoning, and season with salt, if needed. Cook over high heat for 1 minute, stirring gently and trying to get the vegetables as dark/black as possible. Add the tomatoes and cook for 30 seconds more. Remove all of the vegetables from the pan.
- 5 | With the pan over high heat, pour in the wine and chicken broth. Cook on high for 3 to 5 minutes, scraping the bottom of the pan to deglaze. Reduce the heat to medium-low and pour in the cream, stirring/whisking constantly. Cook the sauce over medium-low heat until the cream starts to thicken the mixture, a few minutes. Taste and add black pepper, cayenne pepper, and salt to taste. The sauce should be spicy!
- 6 | Finally, add the chicken and vegetables to the sauce, making sure to include all the juices that have drained onto the plate. Stir and cook until the mixture is bubbly and hot, 1 to 2 minutes. Add the drained pasta and toss to combine.
- 7 | Top with chopped fresh parsley and chow down!



BY REE DRUMMOND Updated: Jan 8, 2024

### Ingredients

- 1 lb. fettuccine

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- 3 boneless, skinless chicken breasts, cut into 1-inch pieces

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- 1 Tbsp. Cajun seasoning, divided

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- 2 Tbsp. olive oil, divided

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- 2 Tbsp. salted butter, divided

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- 1 green bell pepper, seeded and sliced

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- 1 red bell pepper, seeded and sliced

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- 1/2 red onion, peeled and thinly sliced

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- 3 cloves garlic, finely chopped

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- Kosher salt, to taste

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- 4 roma tomatoes, diced

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- 1/2 cup white wine

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- 2 cups low-sodium chicken broth

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- 1 cup heavy cream

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- Black pepper, to taste

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- Cayenne pepper, to taste

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- Chopped fresh parsley, to serve

# Community

## **Check out the Broadway Promenade Facebook Group!**

Open to current owners/residents only. You **MUST** answer the questions **AND** agree to the group rules in order to be approved.

<https://www.facebook.com/groups/508492505855006/?ref=share&mibextid=NSMWBT>

***Please tie trashbags before sending them down the chute.***

***Thank You***

**Recyclable cardboard MUST be broken down.**

**If food residue/grease is present, it CANNOT BE RECYCLED.**

(Pizza boxes for example.)

*We know you care, and want to recycle as much as possible.*

*We appreciate you taking the time to recycle appropriately.*

**Unsure if something can be recycled? Visit**

<https://www.wasteconnections.com/disposal-recycle-guide/>

***Remember to include your unit number  
on mail and deliveries***



# Community

The Social Committee is always looking for help with Broadway Promenade events.

Your input helps choose the activities!

Contact Jane Witz, 315-256-2342 [janewitz54@gmail.com](mailto:janewitz54@gmail.com)

**Many of the team are Snowbirds, and help will be needed in the fall with events like Holiday Decorating & Dinner, New Year's Day Brunch, etc.**

Meet Residents! Join the Team!

## Have You Lost Something?

**There is a Lost & Found bin at the reception desk.**



## Vendor Hours

**MONDAY-FRIDAY, 9AM-5PM**

No Exceptions will be made unless the Office or Board has been notified of an emergency and has instructed the front desk to authorize early entry.

This includes Set-Up, Estimates, Furniture Deliveries and Housecleaners.

## SOCIAL COMMITTEE

**Jane Witz**

janewitz54@gmail.com

### WIFI

**Bob Pirollo**

bpirollo@yahoo.com

**James Haerle**

jghaerle@gmail.com

### STAFF

**Kirill Stanek**—Property Manager  
kstanek@broadwaypromenade.net

**Mariah Bland**—Office Admin  
mbland@broadwaypromenade.net

### Front Desk

**Beth Shaw, Carl Jackson,  
Tony Wonderly, Bill Berger,  
Dennis Sheehan, Eirec Middleton**

### Facilities

**Sue Simoneau**—Housekeeping  
**Tony Suarez**—Facilities Manager  
**Luis Salsman**—Facilities  
**Isaias Gomez**—Landscaping/Facilities

## BOARD OF DIRECTORS

**Ruth Firth**

*President*

ruthparrfirth@gmail.com

**Bob Pirollo**

*Vice President*

bpirollo@yahoo.com

**Tim Witz**

*Treasurer*

tim.witz@gmail.com

**Erica Gause**

*Secretary*

ericagause1@gmail.com

**Jim Haerle**

*Member at Large*

jghaerle@gmail.com



**Office/Front Desk (941) 951-0260**