



Shady Banks Civic Association Submitted by Hadny Fayyaz, Shady Banks Civic Association President



The Shady Banks Civic Association is located in Commission District IV, south of Davie Boulevard and situated between the New River and I-95. It is a small, quiet, civically-engaged neighborhood, and the home of Hortt Park and Bill Keith Preserve.

The Shady Banks Civic Association cares deeply about continuing to beautify an already beautiful neighborhood. For the third year in a row we are applying for grants with the Neighborhood Community Investment Program. In the past few years we have been awarded grants to pay for walkways, solar trash receptacles, tables, benches, outdoor exercise equipment, and a tennis court at Hortt Park. Thanks to all who volunteered their time to make these grants possible!

Shady Banks is an active neighborhood that hosts many events throughout the year. If you've never been over to our neighborhood, here are some great activities that will introduce you to what Shady Banks has to offer:

- **Stress Less Yoga at Hortt Community Center:** Stress Less Yoga is hatha yoga for everyone. Whether you're in your twenties or in your seventies, Stress Less Yoga develops a practice of breathing and stretching for all ages and abilities. The classes utilize postures and conscious breathing in combination with mental focus to develop awareness, strength and flexibility, and relaxation. Through proper alignment and mindful actions of the body, this practice brings balance, strength, and a sense of well-being to the practitioner. We are asking anyone who is interested in taking this class to register online so that we can determine when you can start and the time of day (mornings or evenings) that you prefer. Simply go to <http://stresslessyoga.info/hortt-center-registration.html>. The first class is free, so you can come check out a class without obligation. To learn more, go to www.stresslessyoga.info. If you have any specific questions, please call Deborah Lile at (305) 494-7698.

- Mark your calendars for the much awaited Fall Flea Market on Saturday, November 15.
- The annual Hayride/Pot Luck evening will be Friday, December 12.

In closing, the Shady Banks Civic Association wants to recognize the City of Fort Lauderdale for becoming an All-America City. Our neighborhood has always known what the country has now come to realize, that the City of Fort Lauderdale is an incredibly special place to live and raise a family. We're proud of the City and proud to do our part in making Fort Lauderdale one of the most desirable places to live.

