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your go-to source for diving into the vibrant culture, stunning scenery, and exciting adventures of this coastal paradise.

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Immerse yourself in the legacy of the Ringling family and the magic of Sarasota's cultural gem, from captivating circus displays to world-class art collections.

05 SHOWS

Experience captivating performances at the iconic Van Wezel Performing Arts Hall, where world-class shows dazzle audiences with unforgettable entertainment.

06-07 FESTIVALS

Experience Sarasota's cultural highlights with events like the Sarasota Film Festival and seasonal tastings at Benderson Park, where entertainment and culinary delights unite.

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Embark on unforgettable adventures in Sarasota with kayaking, paddleboarding, and yoga sessions at the picturesque Bayfront, where serenity meets exhilaration amidst stunning natural surroundings

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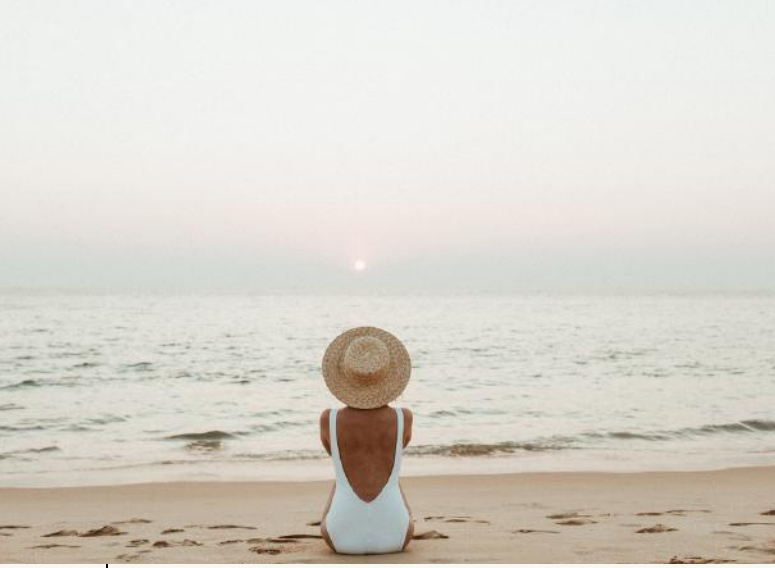
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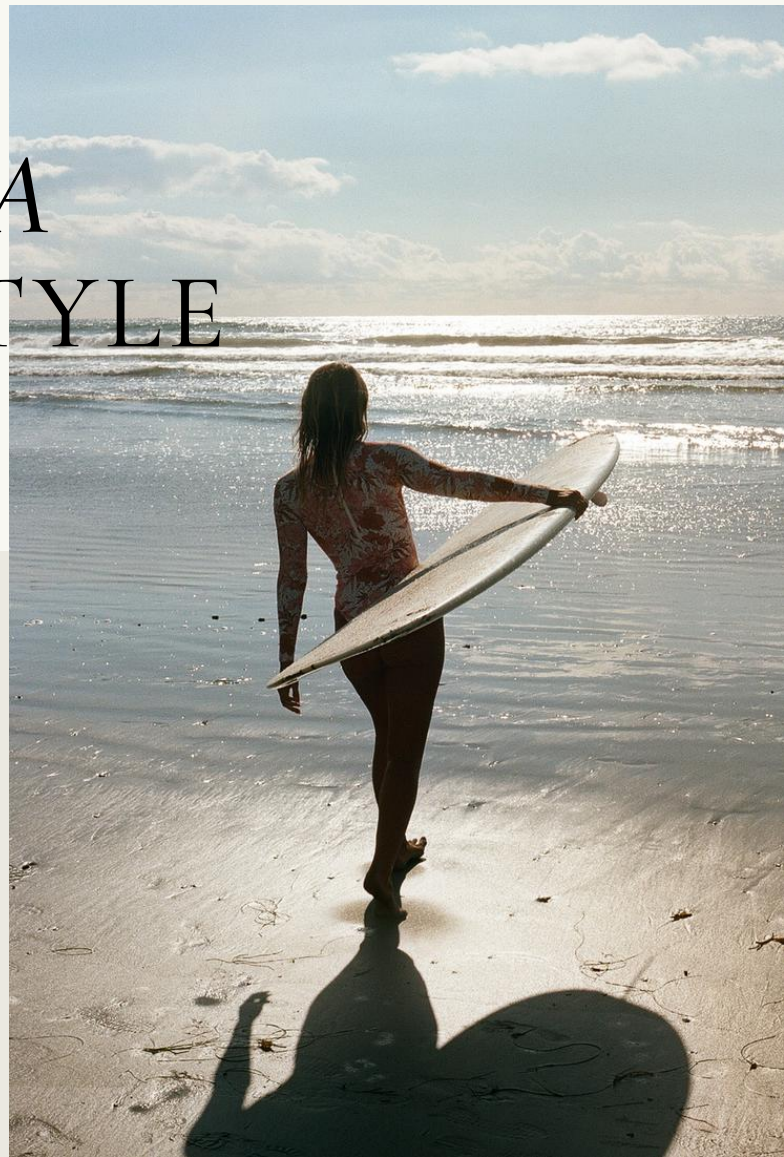
Inspiring Community Connections



As a cherished member of our VIP list, we are delighted to bring you an exclusive edition of our lifestyle magazine, focusing on the myriad attractions and activities that make Sarasota a truly exceptional place to live.

SARASOTA LIFESTYLE

Welcome to the heart of Sarasota, where coastal charm meets vibrant living. In our lifestyle magazine, we delve into the essence of Sarasota living – from the sun-kissed beaches to the thriving arts scene and everything in between. Explore the latest trends in fashion, culinary delights, wellness practices, and local events that define the Sarasota lifestyle. Join us as we uncover the hidden gems, celebrate community spirit, and embrace the unique blend of relaxation and excitement that Sarasota has to offer. Get ready to be inspired, entertained, and captivated by the enchanting allure of Sarasota living.



RINGLING MUSEUM

Click here [FOR MORE INFORMATION](#)



Scholars' rocks are admired for their interesting appearances, which inspire imaginative reflection. Mountains of the Mind features scholars' rocks of various shapes, textures, and materials, accompanied by paintings, prints, and texts that illuminate their great cultural importance for scholars across the centuries.

Red Taihu Stone

9 13/16 × 12 5/8 × 4 3/4 in.

Gift of Stan and Nancy Kaplan, 2019, SNI1681.46

This exhibit showcases the photographic journeys of two artists, Jill Freedman and Randal Levenson, as they immersed themselves in the captivating worlds of traveling entertainers during the 1970s—Freedman with the circus and Levenson with the carnival. Through their lenses, they capture the essence of life on the road, offering unique perspectives and insights into these vibrant communities. For Jill Freedman, the circus represented more than just a spectacle; it embodied a sense of wanderlust and the tantalizing prospect of escaping into the night. In a world where freedom seemed constrained, the circus offered a glimpse of true liberation—an opportunity to "pack up your tent and slip into the night."



The Ringling Circus Museum is set to unveil its latest exhibition space, The Greatest Show On Earth Gallery, situated on the second floor of the Tibbals Learning Center, starting April 6, 2024. This exciting addition to the museum pays homage to the modern circus era, ignited by Irvin Feld's acquisition of Ringling Bros. and Barnum & Bailey in 1967. The Greatest Show On Earth Gallery breathes new life into the museum's rich circus history, delving into the initial five decades of the Feld family's tenure, during which the spectacle of the show reached unprecedented heights. For those eager to explore the Gallery, a limited number of timed tickets will be made available. Ticket holders are advised to check in at the Visitors Pavilion before the designated time on their tickets, ensuring ample time to stroll to the Gallery.

Featured Van Wezel Shows

APRIL 11, 2024

Theresa Caputo Live: The Experience

For over a decade, Theresa Caputo, known worldwide as the Long Island Medium, and star of the new Lifetime Series Raising Spirits, has shared her messages of comfort and healing with more than a million and a half audience members worldwide.

APRIL 12, 2024 – APRIL 14, 2024

Sarasota Orchestra presents Yang Plays Mozart

Program • ROGER ZARE NEOWISE • MOZART Piano Concerto No. 24 • DVORÁK Symphony No. 8 Pianist Joyce Yang, a favorite of Sarasota audiences, returns to our stage as soloist in Mozart's Piano Concerto No. 24. One of Mozart's most striking concertos, the work rolls with a stormy turbulence



APRIL 18, 2024

Derek Hough – Symphony of Dance

The show features high-energy choreography, stunning stage production, astounding versatility, and Derek's magnetic stage presence.



APRIL 24, 2024

The Rocket Man Show

This is Elton! Crash land into your seat with THE ROCKET MAN SHOW, starring Scotsman Rus Anderson – Elton John's official 70's body double as featured in the 'Farewell Yellow Brick Road' world tour.



APRIL 27, 2024

Johnny Mathis: The Voice of Romance Tour

"There are a number of good singers, a smaller handful of truly great singers, and then there's Johnny Mathis." – Barbra Streisand Best-known for his supremely popular hits like "Chances Are," "Too Much, Too Little, Too Late" and "Misty," JOHNNY MATHIS has recorded 80 albums, including 7 Christmas albums, and has sold millions of records worldwide.





Where Every Frame Tells a Story

APRIL 5-14, 2024

The Sarasota Film Festival (SFF) makes its highly anticipated return to Sarasota, Florida, from April 5th to April 14th, 2024. As one of the globe's premier regional festivals, SFF presents a dazzling array of cinematic treasures, featuring over 200 films spanning across genres including features, documentaries, shorts, and family-friendly selections. Beyond screenings, attendees can indulge in engaging conversations with film luminaries, mingle with celebrity guests, partake in exciting events and parties, and take part in educational programs aimed at nurturing the craft of filmmaking. Get ready for an unforgettable celebration of the art of cinema at the 26th Sarasota Film Festival!



SEASONAL TASTING

April 17, 2024

Experience an evening of live music, delectable cuisine, and breathtaking vistas! Indulge in a tantalizing tasting event featuring the finest restaurants of University Town Center (UTC), all in support of the forthcoming Mote Science Education Aquarium (Mote SEA). Savor complimentary wine, beer, and an array of mouthwatering small bites while enjoying a front-row seat to the construction of Mote SEA. Don't miss out!

Date: Wednesday, April 17, 2024 Time: 6:00 p.m.

Location: Finish Tower at Nathan Benderson Park (outdoor event)

Ticket Price: \$125 [CLICK HERE](#)- [SEASONAL TASTING](#)

Inspired living

BAY PARK YOGA SATURDAY MORNING

Located on the back lawn of the Van Wezel!

Please check The Bay Sarasota's Facebook or Instagram channels for cancellation notices due to weather.

Need to destress or just relax? Join us for Bay Park Yoga, on Saturday mornings from 9:00 - 10:30 am. This free yoga session is instructed by Erin Hurter. If you plan to attend, make sure you bring your own yoga mat and water bottle.

"It's okay to take a break."



Discover Tranquility and Adventure at Turtle Beach

Surf into Adventure with SURFit USA:
Kayaking and Paddleboarding Excursions in Sarasota



Escape the hustle and bustle of Siesta Key and discover the serene beauty of Turtle Beach, just a short distance away. Accessible via the Sarasota County trolley, Turtle Beach offers a tranquil escape for kayaking and paddleboarding enthusiasts. At this idyllic spot, we provide single and double kayak rentals, stand-up paddleboards, and even surfboard rentals when the waves are right. Navigate the picturesque waterways with ease, guided by our maps and local insights, ensuring you don't miss the chance to encounter wildlife. Explore mangrove islands teeming with birds and aquatic life, glide through natural mangrove tunnels, and venture across grass flats in search of fascinating creatures. Keep an eye out for friendly manatees, especially during the spring and summer months. After your adventure, unwind on a secluded beach or catch some waves on our surfboards, all while enjoying peace of mind with our provided safety equipment. Turtle Beach is your gateway to an unforgettable aquatic experience on Siesta Key. [CLICK HERE FOR ADVENTURE!](#)



Health & wellness

In Sarasota, the pursuit of health and wellness isn't just a lifestyle choice – it's a way of life embraced by the entire community. From the pristine shores to the bustling streets, Sarasota exudes an energy that promotes vitality, mindfulness, and balance.

In celebration of Sarasota's dedication to the healthy lifestyle, we're delighted to share a recipe that embodies the essence of nourishment and well-being.



Clean eating

Acai Bowl

Acai (pronounced ah-sah-ee)

What is acai good for and why should you eat it?

Acai berries are very high in antioxidants and can reduce the amount of bad cholesterol in your blood. The berries are also great for strengthening the immune system and getting rid of free radicals when used within a day after cutting.

Some studies have shown that the Acai berry is good for the heart muscles. When eaten raw or turned into a juice, Acai berries are one of the best natural foods you can eat for sustained energy. Acai is also great for healthy skin and promotes weight loss.

Recipe

Ingredients

1 cup coconut water or apple juice

1 large banana sliced

1 1/2 cup of frozen berries (strawberry, raspberry, blueberry, etc)

1/2 cup Vanilla Greek yogurt

1 Tablespoon honey

1 frozen packet of Acai berry puree (broken into pieces)

Assorted toppings such as sliced almonds, berries, shredded coconut, granola, chia seeds, sliced banana, mint springs etc)

Directions:

Place the apple juice or coconut water, banana, yogurt honey, and acai puree in a blender. (use frozen fruit and a powerful blender to make it thick and creamy)

Blend until thoroughly combined and smooth. add extra water if needed.

Pour smoothie into 2 deep bowls

Arrange the desired toppings over your smoothie bowls and serve. This is the fun part. You can be as creative as you like with the toppings or you can choose to enjoy the acai bowl as is.

I recommend drizzling some honey over everything.



Sarasota Sunshine Salad

Ingredients

- 2 cups mixed greens (such as spinach, kale, and arugula)
- 1 cup cherry tomatoes, halved
- 1/2 cucumber, sliced
- 1/4 red onion, thinly sliced
- 1/4 cup sliced almonds
- 1/4 cup crumbled feta cheese (optional)
- Juice of 1 lemon
- 2 tablespoons extra virgin olive oil
- Salt and pepper to taste

Directions

1. In a large bowl, combine the mixed greens, cherry tomatoes, cucumber, red onion, sliced almonds, and crumbled feta cheese (if using).
2. In a small bowl, whisk together the lemon juice and extra virgin olive oil to create the dressing. Season with salt and pepper to taste.
3. Drizzle the dressing over the salad and toss gently to coat evenly.
4. Serve immediately and enjoy the vibrant flavors of Sarasota's sunshine-infused salad!

This refreshing salad is not only delicious but also packed with nutrients to fuel your body and uplift your spirits – just like the vibrant community of Sarasota itself. Cheers to health, happiness, and the Sarasota way of life!



Local Restaurants

Explore some of the best in our area



01

Meliora

1920 Hillview St, Sarasota, FL 34239

(941) 444-7692

[Meliora website](#)

Meliora (MEH-lee-OR-ah). Meaning: Latin term for BETTER. The dream team, Owners Drew Adams (Executive Chef) and Bruce Price (General Manager) originally from the DC area. Drew is a chef in some of Washington's best-loved and Michelin-starred restaurants. And Bruce with experience on the operations side of the business. Everything; the food, the cocktails, the service, and the vibe are exceptional.



02

Baker & Wife

2157 Siesta Dr. Sarasota

941.960.1765

Baker & Wife is a comfortable, casual cafe committed to fresh, high quality food and driven by their passion for handcrafted cuisine and cocktails. Inspiration is sourced globally, ingredients are sourced locally. This unique perspective on comfort food is the epitome of baker & wife: simple, delicious, and it just feels good.



03

ART & CENTRAL

611 Central Ave, Sarasota, FL 34236

941.306.2356

[Arts and Central website](#)

Arts & Central, where the casual meets the creative in delightful harmony.

We've perfected the craft of preparing gourmet dishes without the fuss. Our atmosphere is both laid-back and welcoming, where friends and neighbors come together to relish mouth-watering creations amidst relaxed vibes.

Embark on a culinary journey where laid-back ambiance intersects with gourmet pleasures.

REAL ESTATE



ST. PETERSBURG – SHORE ACRES

\$499,000

Discover your dream home in Shore Acres, NE St. Petersburg! This renovated 4-bedroom gem offers a modern kitchen with solid wood cabinetry, stainless steel appliances, and granite countertops. Upgraded in 2023 with luxury vinyl plank floors, baseboards, and trim, the home exudes a fresh, contemporary vibe. Convenient features include an interior laundry room and new stainless kitchen appliances. The fenced yard, swim spa, and proximity to Tampa Bay make it a private oasis. CALL 941-233-6000 TO VIEW.

SARASOTA: EXCLUSIVE GATED COMMUNITY \$ 959,000

Welcome to Red Hawk Reserve, an esteemed gated community nestled in Sarasota. Built by Luxury home builder U.S. homes, situated elegantly on a corner lot, this residence showcases 4 bedrooms, 3 baths, a den, and a 3-car garage, spread across over 3,600 sq ft on a captivating homesite overlooking a serene private preserve. The upgraded Oxford model, celebrated for its expansive living spaces and practicality, stands out within the neighborhood. CALL 941-233-6000 TO VIEW



SARASOTA NEW CONSTRUCTION

\$ 749,995



The Bayhaven Model, a stunning coastal-inspired residence featuring 4 bedrooms, 3.5 baths, and thoughtful design elements throughout. This exquisite home boasts a primary suite conveniently located on the first floor, along with a versatile office space. Ascend to the second floor to discover a spacious loft/bonus room, offering endless possibilities for relaxation or entertainment. CALL 941-233-6000 TO VIEW

WOW MOMENTS



“

“Even if you just change one life, you’ve changed the world forever.” –
Mike Satterfield

We take great joy in acknowledging and commemorating extraordinary moments within our Sarasota community, initiated by our valued members or neighbors. Whether it's a small gesture of kindness or an extraordinary display of going above and beyond, we cherish these "WOW" moments that enhance our community spirit.

We invite you to share any experiences that have left a lasting impact on you or someone you know. Please feel free to direct message us with your stories, as we eagerly await to celebrate and honor these remarkable instances together.

