

Shavings

The
Magazine
of

The  Estates
A T C A R P E N T E R S

October
2020

hello,
autumn

*"Rejoice in the Lord your God, for he has given you the autumn rains in righteousness. He sends you abundant showers, both autumn and spring rains, as before."
Joel 2:23*

From the Executive Director



What do you see when you look at the picture above?

Most people focus on the young girl picking flowers. A smaller number focus on the dilapidated buildings in the background. Very few see both. The power of hope and optimism is a wonderful thing.

In October we will reach the seven-month anniversary of the World Health Organization declaring a pandemic. Little did we know what was ahead of us on this journey.

Together, we have learned so much. The risk of infection when interacting with others has always been present, but we have been reminded of the need to take precautions when doing so. We always knew the importance of washing our hands frequently, yet this pandemic reminded us to be more committed to do so correctly. Above all, we were reminded of the importance of social connectedness. Many took their families for granted in the past – a mistake that none of else will make when this is all over.

At the beginning of the pandemic I used to long for a return to normal but that changed several months ago. Now, I focus on the promise of the future. I believe that that is what we all must do today.

We cannot be anchored in the old way of doing things. We cannot allow this way of thinking to cause us to miss opportunities. We must focus on the future, improve upon what we do best, and change what is no longer relevant. The pandemic has provided us with a clean slate on which to imagine tomorrow.

I would suggest that the question is not how The Estates returns to “normal,” but what are we going to become. Let’s “reframe the picture” and remember that the power of hope and optimism is a wonderful thing.

- *Brian Robare, CEO & Executive Director*

Active Aging Week

October 5th - October 11th

DATE	EVENT	LOCATION	TIME
Mon. Oct. 5th	- Social Connections & Our Health	19TH HOLE	2:00 P.M.
Tues. Oct. 6th	- Your Brain Health Matters - Cranium Crunches	19TH HOLE	2:00 P.M.
Wed. Oct. 7th	- Physical Activity for Brain Health	19TH HOLE	2:00 P.M.
Thurs. Oct. 8th	- Hydrate to Fuel Your Mind & Body - Reflections	19TH HOLE	2:00 P.M.
Fri. Oct. 9th	- The Benefits of Lifelong Learning	19TH HOLE	2:00 P.M.
Sat. 10th - Sun. 11th	- Community Scavenger Hunt	OUTSIDE *Forms in the Fitness Room*	ANY

Active Aging Week takes place October 5th through the 11th. This week challenges society's diminished expectations of aging by showing that regardless of age or health conditions, adults over 50 can live a life as full as possible in all areas—physical, social, spiritual, emotional, intellectual, vocational, and environmental.

We will be holding our regularly scheduled classes and events, while adding some highlighted classes and programs. You will also see the return of Cranium Crunches and our brand new Reflections class.

MEMORIALS, HONORARIUMS AND DONATIONS

The Estates would like to thank the following individuals for their generosity during the month of August 2020:

Shirley Amack, Janet Armstrong, Theresa Bare, Mr.&Mrs. Brazelton, Jill Burgess, Burger 21, Mr.&Mrs. Byrd, Ervine Byrnes, Charles Cannon, Jeannine Casey, Roz Coleman, Virginia Collier, Faye Drew, Jackie Fairchild, Jane Fawcett, Mr.&Mrs. Ferguson, Bonnie Geohagan, Mr.&Mrs. Hanson, Bertilou Hatton, Catherine Head, Rochelle Iovino, Donna Johnston, Henry Karr, Alita Keller, MaryAnn Kleintop, Jane Kramer, Mr.&Mrs. LeBlanc, Marge Lehman, Mr.&Mrs. Lewis, Nancy Lynette, Barbara Martin, Frances Martin, Mr.&Mrs. Martinez, Lou McCraney, Rodney Merkert, Mr.&Mrs. Nathan Mitchell, Mr.&Mrs. Mylis, Althea Nye, Vivian Pemberton, Mr.&Mrs. Pendarvis, Mr.&Mrs. Pesta, Tam Polson, Ann Pryor, June Rhone, Mr.&Mrs. Rindge, Mr.&Mrs. Brian Robare, Mr.&Mrs. Sarbaugh, Mr.&Mrs. Spencer, Betty Sutton, Mr.&Mrs. Tayntor, Natalie Thiele, Mr.&Mrs. John Thompson, Mr.&Mrs. Matt Thompson, Betty Vocelle, Bernice Wood

Changes in the Fall

As many of you know, we change as we age-also known as, "The Seasons of our Life." First we have childhood, with those great carefree days when we have no clue what responsibility is like. Great times! Turn the page and we are young adults as we begin to experience what it is like to have the fun and laughter of that time, while also experiencing reality and possible disappointment. Then we cannot forget those days of adulthood. From the time you are grateful for finding true love and starting a family, to working hard to enjoy retirement. Some say those are the toughest years. What comes next? Your "Senior" years. Relaxation and retirement. A season to finally reap the rewards of all the years of hard work getting to this point. Ahh...BINGO, travel, grandchildren, friendships and waking up whenever you feel like it. Freedom to do exactly what you want!

But WAIT...Stop the train!! It is 2020 and what on Earth happened? Suddenly BINGO has been abruptly disbanded. Travel has been put on hold. Grandchildren now exist on Facetime and friendships are all 6 feet apart...or more! Now, you not only wake up whenever you feel like it, but you are nearly forced to be lazy! You no longer go out the door without a face covering and even need one on in your own apartment at times. You have one hanging by the door, one in your purse, one in your car and one in the laundry! I know this because I do too. In order to celebrate, you must look at someone on an iPad screen or watch someone drive by your window. Travel consists of only necessary doctor's appointments and even shopping is reduced to bags being delivered to your door. I think the worst thing of all is the need for togetherness and the longing for a hug that has been suspended indefinitely. This is not what you expected or worked so hard for.

But what I have discovered after spending many years with all of you is this - You all are the smartest, most resourceful, toughest and most positive generation ever! What I have witnessed over the past several months is a group of amazing retirees doing what is necessary to survive to see this mess to the end. YOU are our inspiration! YOU keep us going! YOU keep us coming back! We want to be like YOU! So, this season of your life is here and 2020 is not what you expected, but you are handling it like the Champs that you are. We will still spend this Fall of 2020 together, but we will have to MAKE the feeling of togetherness happen. With a few adjustments (and we should be used to those by now), we can have a wonderful autumn and happy holidays here at the Estates. Just remember this one thing - when this is over, look out, because I am coming for my HUG!!!

- Cheri Shrader, Director of Nursing



The Good Samaritan Fund

The balance of the **GOOD SAMARITAN FUND** is \$383,319.64.
As of August 31, 2020, \$60,972.24 has been used to help residents.
Monies are taken from the interest earned.

Fall Reflections

Living in Florida for most of my life, autumn has always been just a word on the calendar. Growing up close to the beach, you can imagine I did not spend much time playing in piles of leaves. My only taste of fall during my childhood came from our neighbor who had a red maple on his property. I remember getting excited when the wind would blow a few leaves into our yard and I would try to catch them. It was not until I traveled to Minnesota for college that I had a deeper appreciation of fall.

Many people see fall as the season for carving pumpkins, playing in the leaves, and drinking Pumpkin Spice Lattes - and there is nothing wrong with that! But experiencing a true fall for the first time gave me a completely new sense of appreciation and an opportunity for more meaningful reflection. Fall is a season of transition and change. What was, is now on the way out - to prepare for a new beginning. Fall is where I catch myself looking back at my year and reflecting on what is to come. Reflecting on one's life can be a powerful tool to help people decompress, heal, and even break down barriers that once held them back.

When COVID-19 shut everything down, we started delivering activity packets, and in those packets, I added self-reflection exercises. These exercises encouraged you to vent, reflect, discover, and appreciate all aspects of your life. Starting in October, we will be starting a class called Reflections. Here, we will tap into different aspects of emotional wellness and learn how to reflect daily with friends in a small group setting. Learn techniques on an important psychological exercise that can help you grow, develop your mind, and extract value from past experiences. Call Ext. 180 for class information and to signup.

- *Marco Silveira, Wellness Coordinator*

Resident Spotlight: Janet Armstrong

Janet Armstrong has been at the Estates for almost ten years. She is originally from Illinois where she spent most of her life. Janet lived a typical childhood...well typical for those times. Her dad was a mail-carrier, her mom was a stay at home mom, and her grandma was always close by. She lived in a small town that was trying to recover from the Depression. One of her earliest childhood memories was when she would wait for her father on the corner of the street for him to pick her up on his bicycle. She would sit on the crossbars and they would ride home together. Janet also talked about how her father would even break protocol when it came to delivering some of the mail. If he saw a letter in the next day's mail that needed to be delivered to a neighbor with a son in the war, he would stop by and deliver the letter early.



During the interview, we talked about your Kindergarten classmates that would ultimately be your classmates until the day you graduated high school. She even keeps in contact with those classmates to this day. One of them stuck out to her so much that after she attended college for two years to be a teacher, she ended up marrying him! Her husband was in the service for two years during the Korean War and the Cold War. While deployed, Janet wanted to return to school; however, that all changed when she ended up having their first child. She lived with her father while her husband was stationed in New Mexico and took a provisional test to become a substitute teacher. Not liking the uncertainty of substituting, she became a teacher aid for three years, and went back to school for two more years. Over time, her husband became a shop and electronics teacher at a local high school for seventeen years and then a principal for what Janet called a consolidated school including only 3rd, 4th, and 5th graders for another seventeen years. Janet also worked in a Learning Center for sixteen years at a school called Beulah Park in what is now Zion, Illinois. When Janet's three sons grew up and were living in other places, her and her husband thought it would be the perfect time to have an early retirement and move to Plant City, Florida to be closer to their son that lived there. When her husband started to fall ill, they decided to start searching for assisted living facilities and found the Estates. Janet's husband still did not think it was time to move in yet, so they held off. Unfortunately, after some time, her husband passed from Lou Gehrig's disease. Janet then decided to go back to the Estates to put down a deposit but told them that she would not be moving in until she came back from her dream vacation, which was visiting Australia and New Zealand. Janet says that she is grateful for the Estates, because of all the activities that are provided for her, the most wonderful residents, and says that while living here, "You always feel included and always welcome." When I asked to interview Janet, she said that she did not know why I chose her, because she feels that, "everyone has similar stories because we all lived through the same things just in different places and with different people." However, after hearing her story and writing this article, I believe that her story is very special and unique, and I enjoyed every minute of talking with her.

- *Kira Morisako, Resident Lifestyles Assistant*

Sunday	Monday	Tuesday	Wednesday
Gift Shop Hours M-F 8:30 - 10:00 a.m. 2:00 - 3:30 p.m. Salon OPEN Activity Sign-up To sign up for our Lifestyles' programs, please call ext. 114 to reserve your spot. For more details, please check the posters by the C/D, F/G, and M elevators.	<u>Abbreviations Key</u> AUD - Auditorium Art Studio (D-406) 19TH HOLE - Outside Of C/D Wing PHONE - Phone Call		
<div>04</div> ACTIVE AGING WEEK <p>7:00-6:00 Fitness Center 8:15 Daily Devotions - PHONE Phone #: (701)802-5471 Access Code: 359460# All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN</p>	<div>05</div> ACTIVE AGING WEEK <p>Fitness Center Open 24/7 8:00 Group Exercise - 19TH HOLE 8:15 Daily Devotions - PHONE 9:30 Group Exercise - AUD 10:00 Water Aerobics - POOL 10:30 Body Balance - 19TH HOLE 10:30 Target Run - BUS 11:30 Decade Series (70s) - AUD 1:00 Local Bank Run - BUS 2:00 Wii Sports AUD</p>	<div>06</div> ACTIVE AGING WEEK <p>Fitness Center Open 24/7 8:00 Chair Yoga - AUD 8:15 Daily Devotions - PHONE 9:00 Sit & Get Fit - 19TH HOLE 9:30 Publix Shopping - BUS 10:00 Water Aerobics - POOL 10:00 Drum Fit - AUD 10:00 J.U.L.I.E.T. Gathering - 19TH HOLE 1:00 Bible Study with Jim Moore- AUD 2:00 Cranium Crunches - 19TH HOLE 3:00 Bible Study with Jim Moore - AUD</p>	<div>06</div> ACTIVE AGING WEEK <p>Fitness Center Open 24/7 8:00 Sit & Get Fit - 19TH HOLE 8:15 Daily Devotions - PHONE 9:30 Sit & Get Fit - 19TH HOLE 9:30 Publix Shopping - BUS 10:00 Water Aerobics - POOL 10:30 R.O.M.E.C. - AUD 2:00 Movies - AUD 2:00 Afternoon Tea</p>
<div>11</div> ACTIVE AGING WEEK <p>7:00-6:00 Fitness Center 8:15 Daily Devotions - PHONE Phone #: (701)802-5471 Access Code: 359460# All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN</p>	<div>12</div> ACTIVE AGING WEEK <p>Fitness Center Open 24/7 8:00 Group Exercise - 19TH HOLE 8:15 Daily Devotions - PHONE 9:30 Group Exercise - AUD 10:00 Water Aerobics - POOL 10:30 Body Balance - 19TH HOLE 10:30 Target Run - BUS 11:30 Decade Series (80s) - AUD 1:00 Local Bank Run - BUS 2:00 Wii Sports AUD</p>	<div>13</div> ACTIVE AGING WEEK <p>Fitness Center Open 24/7 8:00 Chair Yoga - AUD 8:15 Daily Devotions - PHONE 9:00 Sit & Get Fit - 19TH HOLE 9:30 Publix Shopping - BUS 10:00 Water Aerobics - POOL 10:00 Drum Fit - AUD 10:00 J.U.L.I.E.T. Gathering - 19TH HOLE 1:00 Bible Study with Jim Moore- AUD 2:00 Cranium Crunches - 19TH HOLE 3:00 Bible Study with Jim Moore - AUD</p>	<div>13</div> ACTIVE AGING WEEK <p>Fitness Center Open 24/7 8:00 Sit & Get Fit - 19TH HOLE 8:15 Daily Devotions - PHONE 9:30 Sit & Get Fit - 19TH HOLE 9:30 Publix Shopping - BUS 10:00 Water Aerobics - POOL 10:30 R.O.M.E.C. - AUD 2:00 Movies - AUD 2:00 Afternoon Tea</p>
<div>18</div> ACTIVE AGING WEEK <p>7:00-6:00 Fitness Center 8:15 Daily Devotions - PHONE Phone #: (701)802-5471 Access Code: 359460# All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN</p>	<div>19</div> ACTIVE AGING WEEK <p>Fitness Center Open 24/7 8:00 Group Exercise - 19TH HOLE 8:15 Daily Devotions - PHONE 9:00 Cooking Show - 19TH HOLE 9:30 Group Exercise - AUD 10:00 Water Aerobics - POOL 10:30 Body Balance - 19TH HOLE 10:30 Target Run - BUS 11:30 Decade Series (90s) - AUD 1:00 Local Bank Run - BUS 2:00 Wii Sports - AUD</p>	<div>20</div> ACTIVE AGING WEEK <p>Fitness Center Open 24/7 8:00 Chair Yoga - AUD 8:15 Daily Devotions - PHONE 9:00 Sit & Get Fit - 19TH HOLE 9:30 Publix Shopping - BUS 10:00 Water Aerobics - POOL 10:00 Drum Fit - AUD 10:00 J.U.L.I.E.T. Gathering - 19TH HOLE 1:00 Bible Study with Jim Moore- AUD 2:00 Cranium Crunches - 19TH HOLE 3:00 Bible Study with Jim Moore - AUD</p>	<div>20</div> ACTIVE AGING WEEK <p>Fitness Center Open 24/7 8:00 Sit & Get Fit - 19TH HOLE 8:15 Daily Devotions - PHONE 9:30 Sit & Get Fit - 19TH HOLE 9:30 Publix Shopping - BUS 10:00 Water Aerobics - POOL 10:30 R.O.M.E.C. - AUD 2:00 Movies - AUD 2:00 Afternoon Tea</p>
<div>25</div> ACTIVE AGING WEEK <p>7:00-6:00 Fitness Center 8:15 Daily Devotions - PHONE Phone #: (701)802-5471 Access Code: 359460# All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN</p>	<div>26</div> ACTIVE AGING WEEK <p>Fitness Center Open 24/7 8:00 Group Exercise - 19TH HOLE 8:15 Daily Devotions - PHONE 9:30 Group Exercise - AUD 10:00 Water Aerobics - POOL 10:30 Body Balance - 19TH HOLE 10:30 Target Run - BUS 11:30 Decade Series (00s) - AUD 1:00 Local Bank Run - BUS 2:00 Wii Sports AUD</p>	<div>27</div> ACTIVE AGING WEEK <p>Fitness Center Open 24/7 8:00 Chair Yoga - AUD 8:15 Daily Devotions - PHONE 9:00 Sit & Get Fit - 19TH HOLE 9:30 Publix Shopping - BUS 10:00 Water Aerobics - POOL 10:00 Drum Fit - AUD 10:00 J.U.L.I.E.T. Gathering - 19TH HOLE 1:00 Bible Study with Jim Moore- AUD 2:00 Cranium Crunches - 19TH HOLE 3:00 Bible Study with Jim Moore - AUD</p>	<div>27</div> ACTIVE AGING WEEK <p>Fitness Center Open 24/7 8:00 Sit & Get Fit - 19TH HOLE 8:15 Daily Devotions - PHONE 9:30 Sit & Get Fit - 19TH HOLE 9:30 Publix Shopping - BUS 10:00 Water Aerobics - POOL 10:30 R.O.M.E.C. - AUD 2:00 Movies - AUD 2:00 Afternoon Tea</p>

Wednesday	Thursday	Friday	Saturday
	01 Fitness Center Open 24/7 8:00 Chair Yoga - AUD 8:15 Daily Devotions - PHONE 9:00 Sit & Get Fit - 19TH HOLE 9:30 Publix Shopping - BUS 10:00 Spiritual Gathering - AUD 10:00 Water Aerobics - POOL 1:00 Women's Bible Study - AUD 2:00 Reflections Series - 19TH HOLE 3:00 Women's Bible Study - AUD	02 Fitness Center Open 24/7 8:00 Group Exercise - AUD 8:15 Daily Devotions - PHONE 9:30 Group Exercise - 19TH HOLE 10:00 Water Aerobics - POOL 10:00 Coffee Hour - 19TH HOLE 10:30 Target Run - BUS 10:30 Tai Chi - AUD 1:00 Local Bank Run - BUS 2:00 Wii Sports - AUD 2:00 Living Well Series - 19TH HOLE	03 Fitness Center Open 24/7 8:15 Daily Devotions - PHONE Phone #: (701)802-5471 Access Code: 359460# All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN
07 Fitness Center Open 24/7 8:00 Chair Yoga - AUD 8:15 Daily Devotions - PHONE 9:00 Sit & Get Fit - 19TH HOLE 9:30 Publix Shopping - BUS 10:00 Spiritual Gathering - AUD 10:00 Water Aerobics - POOL 1:00 Women's Bible Study - AUD 2:00 Reflections Series - 19TH HOLE 3:00 Women's Bible Study - AUD	08 ACTIVE AGING WEEK Fitness Center Open 24/7 8:00 Chair Yoga - AUD 8:15 Daily Devotions - PHONE 9:00 Sit & Get Fit - 19TH HOLE 9:30 Publix Shopping - BUS 10:00 Spiritual Gathering - AUD 10:00 Water Aerobics - POOL 1:00 Women's Bible Study - AUD 2:00 Reflections Series - 19TH HOLE 3:00 Women's Bible Study - AUD	09 ACTIVE AGING WEEK Fitness Center Open 24/7 8:00 Group Exercise - AUD 8:15 Daily Devotions - PHONE 9:30 Group Exercise - 19TH HOLE 10:00 Water Aerobics - POOL 10:00 Coffee Hour - 19TH HOLE 10:30 Target Run - BUS 10:30 Tai Chi - AUD 1:00 Local Bank Run - BUS 2:00 Wii Sports - AUD 2:00 Living Well Series - 19TH HOLE	10 ACTIVE AGING WEEK Fitness Center Open 24/7 8:15 Daily Devotions - PHONE Phone #: (701)802-5471 Access Code: 359460# All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN
14 Fitness Center Open 24/7 8:00 Chair Yoga - AUD 8:15 Daily Devotions - PHONE 9:00 Sit & Get Fit - 19TH HOLE 9:30 Publix Shopping - BUS 10:00 Spiritual Gathering - AUD 10:00 Water Aerobics - POOL 1:00 Women's Bible Study - AUD 2:00 Reflections Series - 19TH HOLE 3:00 Women's Bible Study - AUD	15 Fitness Center Open 24/7 8:00 Chair Yoga - AUD 8:15 Daily Devotions - PHONE 9:00 Sit & Get Fit - 19TH HOLE 9:30 Publix Shopping - BUS 10:00 Spiritual Gathering - AUD 10:00 Water Aerobics - POOL 1:00 Women's Bible Study - AUD 2:00 Reflections Series - 19TH HOLE 3:00 Women's Bible Study - AUD	16 Fitness Center Open 24/7 8:00 Group Exercise - AUD 8:15 Daily Devotions - PHONE 9:30 Group Exercise - 19TH HOLE 10:00 Water Aerobics - POOL 10:00 Coffee Hour - 19TH HOLE 10:30 Target Run - BUS 10:30 Tai Chi - AUD 1:00 Local Bank Run - BUS 2:00 Wii Sports - AUD 2:00 Living Well Series - 19TH HOLE	17 Fitness Center Open 24/7 8:15 Daily Devotions - PHONE Phone #: (701)802-5471 Access Code: 359460# All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN
21 Fitness Center Open 24/7 8:00 Chair Yoga - AUD 8:15 Daily Devotions - PHONE 9:00 Sit & Get Fit - 19TH HOLE 9:30 Publix Shopping - BUS 10:00 Spiritual Gathering - AUD 10:00 Water Aerobics - POOL 1:00 Women's Bible Study - AUD 2:00 Reflections Series - 19TH HOLE 3:00 Women's Bible Study - AUD	22 Fitness Center Open 24/7 8:00 Chair Yoga - AUD 8:15 Daily Devotions - PHONE 9:00 Sit & Get Fit - 19TH HOLE 9:30 Publix Shopping - BUS 10:00 Spiritual Gathering - AUD 10:00 Water Aerobics - POOL 1:00 Women's Bible Study - AUD 2:00 Reflections Series - 19TH HOLE 3:00 Women's Bible Study - AUD	23 Fitness Center Open 24/7 8:00 Group Exercise - AUD 8:15 Daily Devotions - PHONE 9:30 Group Exercise - 19TH HOLE 10:00 Water Aerobics - POOL 10:00 Coffee Hour - 19TH HOLE 10:30 Target Run - BUS 10:30 Tai Chi - AUD 1:00 Local Bank Run - BUS 2:00 Wii Sports - AUD 2:00 Living Well Series - 19TH HOLE	24 Fitness Center Open 24/7 8:15 Daily Devotions - PHONE Phone #: (701)802-5471 Access Code: 359460# All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN
28 Fitness Center Open 24/7 8:00 Chair Yoga - AUD 8:15 Daily Devotions - PHONE 9:00 Sit & Get Fit - 19TH HOLE 9:30 Publix Shopping - BUS 10:00 Spiritual Gathering - AUD 10:00 Water Aerobics - POOL 1:00 Women's Bible Study - AUD 2:00 Reflections Series - 19TH HOLE 3:00 Women's Bible Study - AUD	29 Fitness Center Open 24/7 8:00 Chair Yoga - AUD 8:15 Daily Devotions - PHONE 9:00 Sit & Get Fit - 19TH HOLE 9:30 Publix Shopping - BUS 10:00 Spiritual Gathering - AUD 10:00 Water Aerobics - POOL 1:00 Women's Bible Study - AUD 2:00 Reflections Series - 19TH HOLE 3:00 Women's Bible Study - AUD	30 Fitness Center Open 24/7 8:00 Group Exercise - AUD 8:15 Daily Devotions - PHONE 9:30 Group Exercise - 19TH HOLE 10:00 Water Aerobics - POOL 10:00 Coffee Hour - 19TH HOLE 10:30 Target Run - BUS 10:30 Tai Chi - AUD 1:00 Local Bank Run - BUS 2:00 Wii Sports - AUD 2:00 Living Well Series - 19TH HOLE	31  Fitness Center Open 24/7 8:15 Daily Devotions - PHONE Phone #: (701)802-5471 Access Code: 359460# All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN

EVENTS

Entertainment

Information

Special Events

Religious

If you have an interest in attending any of these events, please call ext. 114 and reserve your spot.

Every Thurs. | Spiritual Gathering
10:00 - AUD

Join Chaplain Randy Horn for some spiritual music and great fellowship in the Auditorium every Thursday.

Oct. 29 | HUB Training
1:00 - AUD

Join Jim Moore as he helps you explore our Resident Portal. Learn how to put in requests, sign up for events, and see what is happening at the Estates.

Every Thurs. | Women's Bible Study
1:00 & 3:00 - AUD

Come on a spiritual journey led by Gayle Moore and Robin Masden every Thursday in the auditorium, as you study elements of the Bible.

Every Fri. | Coffee Hour
10:00 - 19TH HOLE

Come on over to the 19th Hole and enjoy coffee and great conversations with your fellow residents. Learn about current events happening in the world and discuss them.

Every Fri. | Living Well Series
2:00 - 19TH HOLE

We have started a new series for the month of October! Our Living Well series is a program that will discuss the elements of living a nice and healthy lifestyle.

Oct. 19 | Cooking Show
9:00 - 19TH HOLE

Join us and one of our amazing kitchen staff members at the 19th Hole to learn how to prepare some delicious dishes, and have the opportunity to sample.

Every Mon. | Decade Series (60s-00s)
11:30 - AUD

Join your Lifestyles Department as we go back in time to experience the 1960s-2000s every Monday at 11:30 in the auditorium. Enjoy reminiscing the good 'ole days and even some great foods from each decade.

Every Tues. | J.U.L.I.E.T. GATHERING
10:00 - 19TH HOLE

Calling all ladies of the Estates! Please join us at the 19th Hole for some great fun with one another.

Every Tues. | Bible Study with Jim Moore
1:00 & 3:00 - AUD

Join Jim Moore every Tuesday in the auditorium as you study different elements of the Bible.

Every Wed. | R.O.M.E.O. GATHERING
10:30 - AUD

Attention all gentlemen! Join us in the Auditorium every Wednesday to enjoy some time with your fellow residents.

Every Wed. | Afternoon Tea
2:00 - 19TH HOLE

All residents are welcome to join us for an afternoon tea at the 19th Hole every Wednesday.

Every Wed. | Movies
2:00 p.m. - AUD

Grab your popcorn and enjoy a great movie in the Auditorium every Wednesday! To find out what movie we will be showing each week, check out our program sheets by the A/B, C/D, and M building elevators.

Health Center Update

“Pumpkin and Spice and everything nice. That’s what fall is made of!” The residents and staff at the Manor and Villa are looking forward to cooler weather and the fun that comes along with fall! During the month of October, we will decorate pumpkins, eat fun pumpkin spice snacks, and enjoy some hot chocolate and apple cider. The residents will also enjoy the decorations displayed to put us all in the fall spirit. We love our residents and they love all the air hugs and kisses, so keep them coming!

- *Jamie Backensto, Director of Activities, Health Center*

October

It’s FALL! Due to Covid-19 the Recreation Department in The Health Center will continue to provide one to one recreation providing in room devotionals, activity packets, door bingo, music in rooms, and walks and wheels outside for residents that would like to get out and enjoy the outside view. During this time we will continue to pray for our residents and staff and look forward to the day we will begin group recreation again!

Shine Like a Sunflower

The beginning of fall is upon us and it is time to pull out the fall décor! We have pumpkins, leaves, scarecrows, even cinnamon brooms. But the most significant fall decoration you must not forget is a sunflower. Sunflowers got their name when people noticed that the flowers tend to always position themselves towards the sun. How is that possible you may ask? Well, scientists believe that the buds and leaves of the sunflowers are heliotropic (which means they follow the sun as it rises in the east and sets in the west). However, once they have bloomed, they are no longer heliotropic and they remain fixated towards the east where the sun rises. Sunflowers are known to be tall and radiate joy. People even say that if you close your eyes, you can feel the positive radiant energy and good vibes from them, much like the feeling you get when you sit and let the warm sun bask onto your face. Before sunflowers were used as décor, back in 3000 B.C., they were picked by hunters and gatherers to use as a food source. Sunflowers also symbolize unwavering faith and unconditional love, which makes them perfect gifts for your loved ones. Chinese cultures believe that sunflowers represent longevity and good luck that is mostly attributed to their positive yellow color. Sunflowers do so much more than radiate joy. Each yellow petal, each tall stalk, and each seed of these gorgeous blooms has a rich backstory to tell. So, the next time you see a sunflower, you can remember all the wonderful things about them and take some home with you.

- *Kira Morisako, Resident Lifestyles Assistant*

Source: <https://bloomthis.co/>

Happy Birthday

ESTATES

HEALTH CENTER

Ray Finklea.....	01
Madonna Ludwig.....	03
Donald Mitchell.....	03
Jane Williams.....	04
Chuck Nash.....	05
Charlotte Ryan.....	06
Jerry Jackson.....	07
Robert Mygrant.....	07
Nancy Richison.....	09
Barbara Andry.....	10
Irma Mirza.....	11
Jill Burgess.....	13
Bill Fraker.....	14
Ed Mylis.....	15
Sydney Jackson.....	16
Ingrid Purvis.....	16
Lucy Shirah.....	17
Dudley Colvin.....	19
Thomas Holloway.....	20
Rita Doolittle.....	21
Paul Kozak.....	21
Carolyn Wing.....	22
Joan Grinstead.....	25
Judy Fuller.....	26
Nancy Nickeson.....	26
Mary Bucklin.....	27
Virginia Hoadley.....	27
Charlotte Smith.....	27
Eleanor O'Halloran.....	28
Jim Smith.....	30
Betty Bennett.....	31

Rodger Cheetham.....	01
Harriet Murray.....	08
Patricia Dinkins.....	09
Ellen Cregar.....	11
Ruth Metzger.....	11
Edith Evans.....	15
Mary Connelly.....	23
John Simon.....	23
Nola Rudkin.....	24
Bob Olson.....	25



Upcoming Events



Cooking Show

Oct. 19th, 9:00 a.m. - 19TH HOLE



HUB Training

Oct. 29th, 1:00 p.m. - Auditorium



R.O.M.E.O. Gathering

Wednesdays, 10:30 a.m. - Auditorium



J.U.L.I.E.T. Gathering

Tuesdays, 10:00 a.m. - 19TH HOLE

THE CHAPLAIN'S CORNER

Summer is coming to an end soon, even though here in Florida we are experiencing above normal temperatures and the threat of hurricanes. Fall is around the corner and I cannot wait to feel the first cool breeze. The chilly fall air brings enthusiasm and a “get up and go” attitude that has been missing during our long hot summer. What is it about a simple change in the weather that can bring out the best in people? It is a new season, a new beginning. We have been looking for better days after 2020. The Bible also references new changes and beginnings in our lives as being seasons. Galatians 6:9 says, “And let us not grow weary in well doing, for in due season we will reap, if we do not give up.” We have not given up during this long, strenuous and painstaking road we have been on this year. Everyone has pulled together to make a rough situation better. We hope to say good-bye to this season soon and embrace a new season. We can never fully know God’s intentions for us, but we can always do our absolute best with where he has placed us right now. Ecclesiastes 3:1, “for everything there is a season and a time for every purpose under heaven.” Embrace a new season. God will always be faithful in every season.

God Bless You!

- Chaplain Randy Horn

Pumpkin French Toast



French Toast:

4 large eggs, beaten
3/4 c. milk
1/2 c. pumpkin puree
1 tsp. pure vanilla extract
1/2 tsp. pumpkin pie spice
Kosher salt
1 loaf brioche, sliced into 1”-thick slices
3 tbsp. unsalted butter, divided

Pumpkin Butter:

4 tbsp. unsalted butter, slightly softened
2 tbsp. pumpkin puree
2 tbsp. maple syrup
1/4 tsp. pumpkin pie spice
Kosher salt
Powdered sugar, for dusting
Maple syrup, for drizzling

Prep Time: 15 Minutes

Cook Time: 45 Minutes

Yields: 4-6 Servings

1.) In a shallow baking dish, whisk eggs, milk, pumpkin puree, vanilla, pumpkin pie spice, and a pinch of salt. Place bread slices into pumpkin mixture and let soak about 30 seconds per side.

2.) In a large nonstick skillet over medium-low heat, melt 1 tablespoon butter. Cook 2 slices of bread at a time until golden, 3 to 4 minutes per side. Repeat to cook all slices.

3.) Make pumpkin butter: In a medium bowl, whip softened butter with pumpkin, maple syrup, pumpkin spice, and a pinch of salt until light and fluffy.

4.) Top French toast with pumpkin butter, sprinkle with powdered sugar, and drizzle with maple syrup.

The Estates

A T C A R P E N T E R S



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