

# Shavings

The Magazine of **The**  **Estates** January 2019  
A T C A R P E N T E R S



# 2019

## HAPPY NEW YEAR

" Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead. I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus."

- Philippians 3:13-14



# From The Executive Director



The beginning of 2019 provides all of us with the opportunity to imagine the possibilities for the New Year. Each of us, individually and as a part of the Estates' family, should take a moment to imagine the changes we need to make to improve our lives, to improve the daily experiences of our employees, and to improve the lifestyle and services for everyone who calls our community their home.

What will our community look like 12 months from now? What will we accomplish? What will be different? What aren't we doing that we should be doing? What are we doing that we shouldn't be doing anymore? There are so many questions to consider when developing our roadmap for the New Year.

The continued transition of our community goes beyond repairs, renovations, and improvements. It includes a reigniting of our passion to maintain and improve every aspect of working and living at The Estates. Do you remember what the Lobby used to look like? Do you remember when we didn't offer bi-monthly housekeeping? Let's go a bit further back ... do you remember the "old" library or what the hallways used to look like? The amount of change and the impact of these changes over the last 5-7 years are truly amazing. Is it possible to keep it going? The short answer is an emphatic "YES!"

The beauty of the future is that we have a chance to direct and guide our efforts to achieve the desired outcomes. Through the efforts of our dedicated staff, our commitment to transparency and working with our residents, and our resiliency (and a little bit of stubbornness), the next chapter in the history of this community will be amazing!

So what's in store for 2019? The plans are still being finalized, but we believe that the New Year will be one of the best in the history of our community. If we imagine the possibilities, set our plan, and focus on our objectives we can accomplish all of our goals.

At this point you may be asking, "Can it be that easy?" Yes, if we work together to accomplish our goals and prayerfully move The Estates in a direction we couldn't even imagine ten years ago.

**- Brian Robare, CEO & Executive Director**

*On the back cover: Highlights from the month of December featuring the Annual Christmas Gala, Tree Lighting and 2018 Cops for Kids program.*

# MEET YOUR NEW NEIGHBORS

## **Owen and Nancy Smith, M-307, Phone: (863) 255-3500**

Owen is originally from Michigan and Nancy is from Kansas. This year they celebrated 33 years of marriage. Owen was in the Real Estate business for 20 years. Nancy was also involved in Real Estate and worked with the Delta Air Lines. Together they enjoy walking and attending church.



## **Virginia Glass, B-309, Phone: (407) 484-9208**

Virgina was born and raised in Lakeland. She was a kindergarten teacher for 32 years. Virgina taught at five schools in Lakeland. She enjoys genealogy and traveling. Her favorite places she visited were Europe and Alaska.

## **Charles Cannon, C-319, Phone: (863) 245-6323**

Charles is originally from Lake Wales. He was a Special Agent Accountant in the FBI. Charles was the youngest on the team at that time. Charles enjoys listening to the news and spending time with his children and grandchildren.



## **Evelyn Stock, F-418, Phone: (863) 288-4355**

Evelyn was born in Woodstock Illinois. She was a homemaker for most of her life raising her three children while her husband made their living on the road. She was also a school bus driver for eight years. Evelyn enjoys listening to music and spending time with her seven grandchildren and nine great-grandchildren.

## **George and Sharon Eshleman, I-114, Phone: (813) 752-0284**

George is originally from South Carolina and Sharon is from Illinois. This year they celebrated 48 years of marriage. George was in the Air Force, and also worked for Graybar Electric. Sharon worked in many positions with a concrete products company. Together they enjoy games and golfing.





## INFLUENZA UPDATE

We are beginning to hear of confirmed cases of the flu across the country and in Polk County.

The Centers for Disease Control are urging those that have not yet received the flu vaccine to do so immediately. The Wellness Clinic has the vaccine available for residents and you may stop by during our posted hours.

In addition to getting vaccinated, the Florida Department of Health also recommends you take everyday precautions to prevent the spread of influenza and other respiratory viruses

- Wash your hands often with soap and water (if soap is not available, use an alcohol-based sanitizer).
- Avoid touching your eyes, nose and mouth.

•If you do get sick, stay home until fever-free for at least 24 hours (without the use of fever-reducing medication).

•Don't wait to seek medical attention. Anti-viral medications are available, that if appropriate, need to be prescribed in the first 1-2 days of noticing symptoms. These medications can greatly lessen your symptoms and help prevent serious flu complications.

As a reminder, if you are shut in your apartment due to sickness, please call the Wellness Clinic and a "sick-tray" can be delivered to your room.

**- Kelley Benfield, RN, DON Wellness Clinic**

Resources: <http://www.floridahealth.gov/diseases-and-conditions/influenza/>, <https://www.cdc.gov/flu/treatment/index.html>

## Resident Spotlight Archie and Frances Nagel

Archie and Frances Nagel knew from the first moment they stepped onto The Estates campus that this would be the new home they had been praying for. They became your new neighbors in March 2018 and are thrilled to be part of this community. Frances is from Charlotte, North Carolina and occasionally performed solos on a radio station in Jackson, Georgia. She graduated from Trinity Bible College (where Billy Graham is associated), and knew she was called into ministry. After marrying her former husband, they moved to Tampa and were missionaries with The Children's Bible Mission for 14 years. They taught Bible classes in seven counties of the Florida public school district, which had an awards program where over 700 children could attend camp every year. Her husband later became the Children's Pastor at Hillsdale Baptist Church in Tampa, and Frances taught at Citrus Park Christian School. She and her husband adopted two children. Archie was raised in Ellwood City, Pennsylvania where he worked in the local steel mill and drove a public school bus for 17 years. After moving to Florida with his former wife and children, he worked in maintenance at the same school where Frances taught. Both couples attended the same church, and Archie's wife became a close friend with Frances. When both of their spouses passed, Archie and Frances became best friends and have been married 12 years. Combined, they have 94 years of marriage, five children and over a dozen grandchildren. Together they lead the Villa group Bible Study every other month, where Frances teaches and Archie leads the singing, playing his 1933 Epiphone guitar. (You'll have to ask Archie about how he found this guitar a decade ago and what he had to do in order to purchase it). Together they enjoy numerous spiritual opportunities to worship and serve, and the many friendships they have formed. They commit to the exercise programs, regularly join outings and enjoy the quality entertainment provided each month. Frances and Archie look forward to connecting with you at the many social events and getting to know you.



**-Sharon Larson, Resident Lifestyles Director**

## New Beginnings

As we step into January, it is inevitable that you will hear things like, "new year, new you" and all about "resolutions", but how will we respond? Naturally a new month and an entirely new year is the perfect time to get a fresh start but most individuals tend to bite off a little more than they can chew, and many feel defeated just weeks into the year. It is important to establish healthy lifestyle changes but having a New Year's resolution stating, "I'm going to exercise 365 times this year" or "I'm not going to eat a single cookie", is not realistic. If you are starting from scratch, I encourage you to start off small with a goal that you will exercise one time per week or that you will try to meet one new friend a month. Not everyone is going to head out and climb Mount Everest in 2019, and that's okay. Creating smaller, realistic goals can be a great way to keep you motivated to persevere throughout the year. If you want to make one big goal for the year, go for it, but be sure you toss in some smaller, frequent victories that will give you the confidence to tackle bigger goals.

**-Marco Silveira, Wellness Coordinitor**

## The Good Samaritan Fund

The balance of the **GOOD SAMARITAN FUND** is \$369,953.05 As of November 30, 2018, \$57,633.11 has been used to help residents. Monies are taken from the interest earned.

### Memorials, Honorariums & Donations

The Estates would like to thank the following individuals for their generosity during the month of November 2018:

Mr. & Mrs. John Burgess, Mr. Ervine Byrnes, Mr. Ken Davis, Ms. Jane Fawcett, Ms. Ida Gillette, Mr. & Mrs. Ed Johnston, Ms. Joy Mogyorosy, Mr. & Mrs. Duke Palermo, Ms. Arleen Pierce, Ms. Blanche Pugley, Mr. & Mrs. Brian Robare, Mr. & Mrs. John Simon, Mr. & Mrs. Richard Suetterlin, Ms. Natalie Thiele, Mr. & Mrs. John Thompson, Mr. & Mrs. Matthew Thompson, Mr. & Mrs. David Vespa, Ms. Phyllis Watson, Mr. & Mrs. John Wiklinson, Ms. Bernice Wood



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>January</div>		<div>Happy New Year01</div> <div>10:30 Catholic Service - Villa</div> <div>11:00 The Word &amp; Music - AUD</div> <div>11:30 to 3:00 New Years Buffet - MDR</div> <div>2:00 Estates Golf - 19th Hole</div> <div>3:00 Comedy/Music Show - AUD</div> <div>6:00 Movie: New in Town -AUD</div>	<div>02</div> <div>8:30 Intercessory Prayer- ECR</div> <div>9:00 Group Exercise - AUD</div> <div>10:00 Sit &amp; Get Fit - AUD</div> <div>11:00 Ping Pong - GR</div> <div>1:00 Wii Bowling - GR</div> <div>1:30 Walmart - BUS</div> <div>3:00 Ladies Bible Study - AUD</div> <div>4:00 ROMEO Reececliff - BUS</div> <div>6:00 Bridge - AUD</div> <div>6:00 Mexican Train - F/G 3rd</div>	<div>03</div> <div>9:00 Gentle Yoga - AUD</div> <div>9:30 Publix Shopping - BUS</div> <div>10:00 Sit &amp; Get Fit - AUD</div> <div>11:00 Body Balance - AUD</div> <div>12:00 Wii Golf - GR</div> <div>2:00 Banks - BUS</div> <div>6:30 Chapel - AUD</div>	<div>04</div> <div>9:00 ICE at Gaylord Palms - BUS</div> <div>9:00 Group Exercise - AUD</div> <div>10:00 to 12:00 Flea Market - A421</div> <div>1:00 Wii Bowling - GR</div> <div>1:00 Hand &amp; Foot - C/D 3rd</div> <div>6:00 Pinochle - AUD</div> <div>6:30 Manipulation Cards - AUD</div>	<div>05</div> <div>9:00 to 11:00 Flea Market - A421</div> <div>12:00 Wii Sports -GR</div> <div>12:00 to 2:00 Buffet - MDR</div> <div>3:00 Beyond the Tassel: Nutrition Made Easy - AUD</div> <div>4:00 to 6:00 Buffet - MDR</div> <div>6:00 Movie &amp; Popcorn - AUD</div> <div>"Get Smart"</div>
<div>06</div> <div>9:00 Sunday School - CR</div> <div>10:15 CHERA Worship - AUD</div> <div>Rev. Norm Bradney</div> <div>Assemblies of God</div> <div>11:15 to 2:30 Buffet-MDR</div> <div>1:30 Hand &amp; Foot - C/D 3rd FL</div> <div>2:00 Mah Jongg - A/B 3rd FL</div> <div>4:00 Idea Exchange - CR</div>	<div>07</div> <div>9:00 Group Exercise - AUD</div> <div>10:30 Walmart - BUS</div> <div>10:30 CHERA Chorus - AUD</div> <div>12:30 Local Shopping - BUS</div> <div>1:00 Wii Bowling - GR</div> <div>1:30 Mah Jongg - A/B 3rd FL</div> <div>2:00 Nine Hole Wedgewood Golf</div> <div>2:00 Group Bible Study - AUD</div> <div>6:00 Scrabble - F/G 3rd FL</div> <div>6:30 Bingo - AUD</div>	<div>08</div> <div>9:00 Cranium Crunches - AUD</div> <div>10:00 Sit &amp; Get Fit - AUD</div> <div>10:00 Foshee Jewelers - CR</div> <div>10:00 Bealls 15% off - BUS</div> <div>11:00 The Word &amp; Music - AUD</div> <div>1:00 Bean Bag Baseball - AUD</div> <div>2:00 Estates Golf - 19th Hole</div> <div>3:00 Documentary - AUD</div> <div>6:30 Conner McWhirter Concert - AUD</div>	<div>09</div> <div>8:30 Intercessory Prayer- ECR</div> <div>8:45 Group Exercise - AUD</div> <div>11:00 Ping Pong - GR</div> <div>11:00 Marketing Luncheon - AUD</div> <div>1:00 Wii Bowling - GR</div> <div>1:30 Walmart - BUS</div> <div>3:00 Ladies Bible Study - AUD</div> <div>6:00 Bridge - MDR</div> <div>6:00 Mexican Train - F/G 3rd</div> <div>7:00 Candidate Meet and Greet -AUD</div>	<div>10</div> <div>7:15 CHERA Advisory - PDR</div> <div>9:00 Audiologist - Wellness Clinic</div> <div>9:00 Gentle Yoga - AUD</div> <div>9:30 Publix Shopping - BUS</div> <div>10:00 Sit &amp; Get Fit - AUD</div> <div>11:00 Body Balance - AUD</div> <div>12:00 Wii Golf - GR</div> <div>2:00 Resident /Board Meeting - AUD</div> <div>2:00 Banks - BUS</div> <div>3:00 Armchair Travel - AUD</div> <div>6:15 FSC: Civil War Lecture - BUS</div> <div>6:30 Chapel - AUD</div>	<div>11</div> <div>8:30 Busch Gardens - BUS</div> <div>1:00 Wii Bowling - GR</div> <div>1:00 Hand &amp; Foot - C/D 3rd</div> <div>3:00 Cooking Show - CR</div> <div>Mediterranean Sea</div> <div>6:00 Pinochle - AUD</div> <div>6:30 Manipulation Cards - AUD</div>	<div>12</div> <div>12:00 Wii Sports - GR</div> <div>12:00 to 2:00 Buffet - MDR</div> <div>3:00 Beyond the Tassel: Nutrition Made Easy - AUD</div> <div>4:00 to 6:00 Buffet - MDR</div> <div>6:00 Movie &amp; Popcorn - AUD</div> <div>New Release "Operation Finale"</div>
<div>13</div> <div>9:00 Sunday School - CR</div> <div>10:15 CHERA Worship - AUD</div> <div>Rev. James Cummings</div> <div>Presbyterian</div> <div>11:15 to 2:30 Buffet-MDR</div> <div>1:00 Lakeland Band Concert - BUS</div> <div>1:30 Hand &amp; Foot - C/D 3rd FL</div> <div>2:00 Mah Jongg - A/B 3rd FL</div> <div>4:00 Idea Exchange - CR</div>	<div>14</div> <div>9:00 Group Exercise - AUD</div> <div>10:30 CHERA Chorus -AUD</div> <div>10:30 Walmart - BUS</div> <div>12:30 Local Shopping - BUS</div> <div>1:00 Wii Bowling - GR</div> <div>1:30 Mah Jongg - A/B 3rd FL</div> <div>2:00 Group Bible Study - AUD</div> <div>6:00 Scrabble - F/G 3rd FL</div> <div>6:30 Bingo - AUD</div>	<div>15</div> <div>7:00 to 7:00 Election - AUD</div> <div>9:00 Podiatrist - Wellness Clinic</div> <div>9:00 Cranium Crunches - AS</div> <div>10:00 Circuit Training - FC</div> <div>10:30 Catholic Mass - PDR</div> <div>11:00 The Word &amp; Music - PDR</div> <div>12:00 to 2:00 Taste &amp; Tour - MDR</div> <div>2:00 Estates Golf - 19th Hole</div> <div>4:00 to 6:00 Taste &amp; Tour - MDR</div> <div>7:00 Welcome Party - MDR</div>	<div>16</div> <div>8:30 Intercessory Prayer - ECR</div> <div>9:00 Group Exercise - AUD</div> <div>10:00 Sit &amp; Get Fit - AUD</div> <div>11:00 Ping Pong - GR</div> <div>1:00 Wii Bowling - GR</div> <div>1:30 Walmart - BUS</div> <div>3:00 Ladies Bible Study - AUD</div> <div>6:00 Bridge - AUD</div> <div>6:00 Mexican Train - F/G 3rd</div>	<div>17</div> <div>9:00 Gentle Yoga - AUD</div> <div>9:00 Religious Resource - ECR</div> <div>9:30 Publix Shopping - BUS</div> <div>10:00 Sit &amp; Get Fit - AUD</div> <div>11:00 Body Balance - AUD</div> <div>12:00 Wii Golf - GR</div> <div>1:00 Scrabble - F/G 3rd</div> <div>1:30 Watercolor Art Class - AS</div> <div>2:00 Birthday Dinner - AUD</div> <div>2:00 Banks - BUS</div> <div>6:30 Chapel - AUD</div>	<div>18</div> <div>9:00 Group Exercise -AUD</div> <div>10:00 to 12:00 Flea Market - A421</div> <div>10:00 Lakeside Village - BUS</div> <div>10:00 Post Office - BUS</div> <div>11:00 Park Walk &amp; Picnic - BUS</div> <div>1:00 Wii Bowling - GR</div> <div>1:00 Hand &amp; Foot - C/D 3rd</div> <div>3:00 Vespa Interview -AUD</div> <div>6:00 Pinochle - AUD</div> <div>6:30 Manipulation Cards - AUD</div>	<div>19</div> <div>9:00 to 11:00 Flea Market - A421</div> <div>12:00 Wii Sports - GR</div> <div>12:00 to 2:00 Buffet - MDR</div> <div>3:00 Beyond the Tassel: Nutrition Made Easy - AUD</div> <div>4:00 to 6:00 Buffet - MDR</div> <div>6:00 Movie &amp; Popcorn - AUD</div> <div>New Release "Alpha"</div> <div>6:30 RPF: Illusionist Show - BUS</div> <div>6:30 FSC: Magic Flute - BUS</div>
<div>20</div> <div>9:00 Sunday School - CR</div> <div>10:15 CHERA Worship - AUD</div> <div>Rev. J. C. Powell</div> <div>United Methodist</div> <div>11:15 to 2:30 Buffet - MDR</div> <div>1:30 Hand &amp; Foot - C/D 3rd FL</div> <div>2:00 Mah Jongg - A/B 3rd FL</div> <div>3:00 Matinee Movie - AUD</div> <div>"An American in Paris"</div> <div>4:00 Idea Exchange - CR</div>	<div>21</div> <div>9:00 Group Exercise - AUD</div> <div>10:30 Walmart - BUS</div> <div>10:30 CHERA Chorus - AUD</div> <div>12:30 Local Shopping - BUS</div> <div>1:00 Wii Bowling - GR</div> <div>1:30 Mah Jongg - A/B 3rd FL</div> <div>2:00 Group Bible Study -AUD</div> <div>2:00 Nine Hole Wedgewood Golf</div> <div>6:00 Scrabble - F/G 3rd FL</div> <div>6:30 Bingo - AUD</div>	<div>22</div> <div>9:00 Cranium Crunches - AUD</div> <div>10:00 Foshee Jewelers - CR</div> <div>11:00 The Word &amp; Music - AUD</div> <div>3:00 Health Talk - AUD</div> <div>Stem Cell Therapy</div> <div>2:00 Estates Golf - 19th Hole</div> <div>4:00 Dining for Dogs - BUS</div>	<div>23</div> <div>8:00 BP Check - AUD</div> <div>8:30 Intercessory Prayer - ECR</div> <div>8:45 Group Exercise - AUD</div> <div>11:00 Ping Pong - GR</div> <div>11:00 Marketing Luncheon - AUD</div> <div>1:00 Wii Bowling - GR</div> <div>1:30 Walmart - BUS</div> <div>3:00 Ladies Bible Study - AUD</div> <div>6:00 Bridge - AUD</div> <div>6:00 Mexican Train - F/G 3rd</div>	<div>24</div> <div>9:00 Gentle Yoga - AUD</div> <div>9:30 Publix Shopping - BUS</div> <div>10:00 Sit &amp; Get Fit - AUD</div> <div>11:00 Body Balance - AUD</div> <div>12:00 Wii Golf - GR</div> <div>1:00 Scrabble - F/G 3rd</div> <div>2:00 Book Club - CR</div> <div>2:00 Banks - BUS</div> <div>6:30 Chapel - AUD</div>	<div>25</div> <div>8:30 JULIET Mount Dora</div> <div>Antiques and Lunch - BUS</div> <div>9:00 Group Exercise - AUD</div> <div>10:00 Lakeland Square Mall - BUS</div> <div>1:00 Wii Bowling - GR</div> <div>1:00 Hand &amp; Foot - C/D 3rd</div> <div>6:00 Pinochle - AUD</div> <div>6:30 Manipulation Cards - AUD</div>	<div>26</div> <div>12:00 Wii Sports - GR</div> <div>12:00 to 2:00 Buffet - MDR</div> <div>2:15 Glenn Miller Concert - BUS</div> <div>3:00 Beyond the Tassel: Nutrition Made Easy - AUD</div> <div>4:00 to 6:00 Buffet - MDR</div> <div>6:00 Movie &amp; Popcorn - AUD</div> <div>New Release "Dog Days"</div>
<div>27</div> <div>9:00 Sunday School - CR</div> <div>10:15 CHERA Worship - AUD</div> <div>Bishop Robert Fannin</div> <div>United Methodist</div> <div>11:15 to 2:30 Buffet - MDR</div> <div>12:45 Polk State Jazz Band - BUS</div> <div>1:30 Hand &amp; Foot - C/D 3rd FL</div> <div>2:00 Mah Jongg- A/B 3rd FL</div> <div>4:00 Idea Exchange - CR</div> <div>5:00 Ladies Boutique - D304</div>	<div>28</div> <div>9:00 Drum Fit - AUD</div> <div>10:00 Tampa Bay Center - BUS</div> <div>10:00 Ladies Boutique - D304</div> <div>10:30 Walmart - BUS</div> <div>10:30 CHERA Chorus - AUD</div> <div>12:30 Local Shopping - BUS</div> <div>1:00 Wii Bowling - GR</div> <div>1:30 Mah Jongg - A/B 3rd FL</div> <div>2:00 Group Bible Study -AUD</div> <div>6:00 Scrabble - F/G 3rd FL</div> <div>6:30 Bingo - AUD</div>	<div>29</div> <div>9:00 Cranium Crunches - AUD</div> <div>10:00 Sit &amp; Get Fit - AUD</div> <div>11:00 The Word &amp; Music - AUD</div> <div>1:00 Bean Bag Baseball - AUD</div> <div>2:00 Estates Golf - 19th Hole</div> <div>3:00 Documentary - AUD</div> <div>6:30 Alfonso and Michelle - AUD</div>	<div>30</div> <div>8:30 Intercessory Prayer - ECR</div> <div>9:00 Zumba Gold - AUD</div> <div>10:00 Sit &amp; Get Fit - AUD</div> <div>11:00 Ping Pong - GR</div> <div>1:00 Wii Bowling - GR</div> <div>1:30 Walmart - BUS</div> <div>3:00 Ladies Bible Study - AUD</div> <div>6:00 Bridge - AUD</div> <div>6:00 Mexican Train - F/G 3rd</div> <div>6:30 FSC: Piano Concert - BUS</div>	<div>31</div> <div>9:00 Gentle Yoga - AUD</div> <div>9:30 Publix Shopping - BUS</div> <div>10:00 Sit &amp; Get Fit - AUD</div> <div>11:00 Body Balance - AUD</div> <div>12:00 Wii Golf - GR</div> <div>1:00 Scrabble - F/G 3rd</div> <div>1:30 Watercolor Art Class - AS</div> <div>2:00 Banks - BUS</div> <div>6:30 Chapel - AUD</div>	<div>Abbreviations Key</div> <div>AUD - Auditorium</div> <div>AS - Art Studio, D-406</div> <div>C - Chapel, K-106</div> <div>CR - Community Room</div> <div>ECR - Estates Conference Room</div> <div>FC - Fitness Center</div> <div>GR - Game Room, D-402</div> <div>MDR - Main Dining Room</div> <div>PDR - Private Dining Room</div> <div>TC - Technology Center, K-207</div>	<div>Gift Shop Hours</div> <div>M-F 8:30 - 10:00 a.m.</div> <div>2:00 - 3:30 p.m.</div> <div>Matura Salon Open</div> <div>Appointments dial, ext. 115</div> <div>Water Workout, M-F 10:00am</div> <div>All Invited-Pool</div> <div>Coffee Connections - CR</div> <div>Monday - Saturday 7:00 am</div>



# EVENTS

Entertainment

Information

Trip

Sports

## 01 | Comedy and Music Show 3:00 p.m - AUD

Happy New Year! Enjoy a special show to ring in 2019. Chris Lenaman will bring you laughter and music in an hour of fun!

## 01 | Movie Night: New in Town 6:00 p.m -AUD

A genuinely funny and snowy comedy starring Harry Connick, Jr. and Renee Zellweger. (97min)

## 04 | Ice at Gaylord Palms 9:00 a.m. - BUS

This spectacular ice show is a one-of-a-kind Florida event with ice statues that take you on a trip through the movie "A Christmas Story".

## 08 | Classical Vocal Concert 6:30 p.m. -AUD

Conner McWhirter returns with an hour of some of his most popular classical vocal pieces.

## 10 | Armchair Travel 3:00 p.m. - AUD

Expand your conception of the Middle East. Guest speakers Dan and Barbara Fairchild (son of Jackie Fairchild) share photos and experiences from their trip to Jordan, Oman, Abu Dhabi and Dubai.

## 15 | Taste and Tour 12:00 - 2:00 and 4:00 - 6:00 -MDR

Your Dining Services and Lifestyles Department will take you on a unique trip to Italy and France through memorabilia, trivia and delicious dinner specials. Call Resident Lifestyle's at extension 114 if you have any items or photos we can display.

## 18 | Vespa Interview 3:00 p.m - AUD

Join us to hear the amazing stories from David and MaryAnn Vespa's years in Africa, and hear how their first book came to be released. The event is set in a Talk Show Host atmosphere.

## 22 | Dining for Dogs at Sonnys BBQ 4:00 p.m - BUS

Join us for a community dinner outing where a portion of all meals purchased will support our K9's For Cops.

## 25 | Juliet's Day in Mt.Dora 8:30 a.m - BUS

All Ladies are invited for a day of shopping, optional excursions and lunch at the Lakeside Inn. Sign up with Resident Lifestyles or on the Hub.

## 26 | Glenn Miller Concert 2:15 p.m - BUS

This spectacular live band with vocalists, brings back the songs and dance classics of the 1930s and 40s. Held at Florida Southern College. Sign up for group discount.

## 29 | Alfonso and Michelle 6:30 p.m - AUD

This dynamic violin and piano duo from Venezuela, returns with a spectacular classical concert that includes original scores and favorites.

## 30 | FSC: Julian Gargiulo Piano Concert 6:30 p.m - BUS

Back by popular demand, this incredible piano virtuoso and Steinway Artist shares his unique style, irrepressible humor, and brilliant musicianship.



## ESTATES

Judy Pendarvis. . . . .01  
Donna Johnston . . . . .02  
Leo Plevy. . . . .04  
Ken Davis. . . . .05  
Dennis Drury. . . . .06  
Mary Ann Miller . . . . .06  
Barbara Wynn. . . . .07  
Evelyn Stock . . . . .09  
Jackie Fairchild . . . .11  
Evelyn Hoagland. . . .11  
Bob Whittaker . . . .11  
Sharen Poynter. . . .12  
Bill Brisbin. . . . .13  
Ed Dowling. . . . .13  
Elaine LeBlanc . . . .17  
Rudy Munoz. . . . .18  
Marian Randall. . . .18  
Gisele Romanace . . . .18  
Arlene Pierce. . . . .21  
Lee Martinez . . . . .22  
Buddy Mears. . . . .23  
Joe Perez . . . . .23  
Shirley Michael . . . .27  
Nikki Oakley . . . . .27  
Ina Powell . . . . .28  
Blanche Pugley . . . .28  
Robert Clarke . . . . .29

Charles Cannon. . . . .31  
Alita Keller. . . . .31

## HEALTH CENTER

Roberta Yori . . . . .01  
Hazel Gust. . . . .03  
Betty McQuagge . . . .08  
Stella Eismann. . . . .08  
Marjorie Jones. . . . .08  
Eleanora Gambino. . . .10  
Robert Elliott. . . . .20  
Carol Paige. . . . .28  
Ken Smith . . . . .28



Those born in January will celebrate their birthdays and enjoy a five course meal in the Auditorium on January 17th at 2:00 p.m. An invitation will be in your in-house mailbox. RSVP to Sonya Zubiller in C-118.



## Taste and Tour Eastern Asia

February 5th, 12:00-2:00 & 4:00-6:00

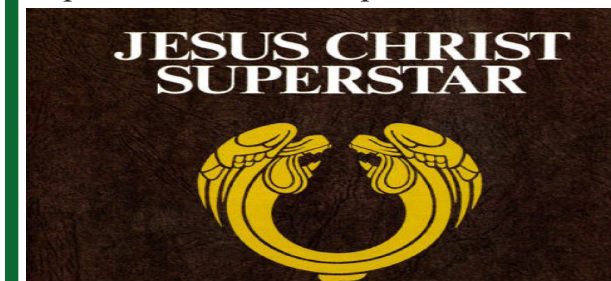
Celebrate Chinese New Year with samplings from Thailand, Korea, Mongolia and Japan with unique memorabilia and trivia. Call Resident Lifestyles if you have any items we can display.



## Hiding Place Ballet

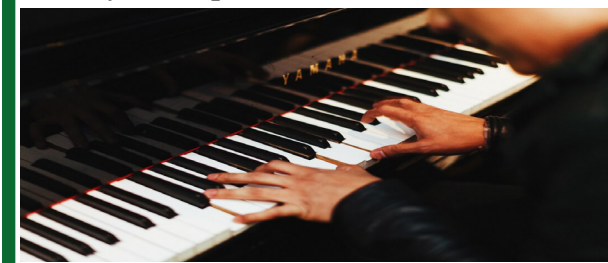
Febuary 8th, 7:00pm - FSC

A ballet based on a gripping true story of hope in the midst of despair.



February 17, 1:30pm - BUS

Florida Southern College presents this classical rock opera. Sign up with Lifestyles Department in room C-118



## The Piano Guys Concert

February 18th, 6:30pm - BUS

This spectacular quartet combines classical and pop music using piano and cello. Sign up with Resident Lifestyles in room C-118.



## Resident Spotlight: Rita Payne

Rita Payne has been at the Estates at Carpenters for 14 years. Rita grew up in Niles, Ohio and after graduating from high school became a beautician. Rita worked as a beautician for only a year and a half. After working long hours and commuting way too far she decided to go into a different profession. At the age of 21 Rita joined the Army in the Women Army Corps as a Secretary. She did not consider her job as being that important but she was chosen often to do jobs for her dictation and short hand expertise. Rita met her husband while in the military, they were both very proud members of the Army. Rita has many different hobbies. She is very active in Catholic Mass and Communion. She enjoys bingo, entertainment, sing- a- longs and exercising but her favorite activity is dancing! Rita has four daughters and she taught each one of them to dance and enjoy music. Rita continues to be very active even at her young age of 97 years old! While visiting the Villa sit down with Rita and enjoy her photo albums of her wonderful life and thank her for her service.



*- Jamie Backento,  
Director of Recreation*

## Villa & Manor January Recreation Schedule

### Outings for January

- 01/03 - Walmart - 2:00pm
- 01/10 - Lunch at Olive Garden -11:00am
- 01/17 - Lakeland Square Mall- 2:00pm
- 01/24 - Target - 2:00pm
- 01/31 - Scenic Trip Route - 2:00pm

### Musical Entertainment

- 01/11 Dave & Penny Sing - 10:00am
- 01/14 Chaplin Shares 10:30am
- 01/18 Music with Doug Mewhorter 10:00am
- 01/25 Music with Dave Smith 10:00am

### Events for January

- 01/04 Villa Round Table Meeting 11:30am
- 01/08 Snowbirds Perform 2:30pm
- 01/10 Resident Council / Manor 10:30am
- 01/14 Good Shepherd's Chaplain 10:30am
- 01/15 Grand Cards by Comfort Keepers 10:00am
- 01/16 Nancy & Natalie Play Piano 4:00pm
- 01/22 Home Instead Game Day 2:30pm
- 01/28 Monthly Birthday Luncheon 12:00pm

### Sunday Services

- 01/06 Reverend Harold Mintle
- 01/13 Chaplain Randy Horn
- 01/20 Dawn Horn
- 01/27 Reverend Bill Allen



## All Things New

Have you ever met a person that will never throw anything away? They never try a new restaurant, they will not get rid of that favorite chair.

Sometimes we are forced to accept new experiences God created us to grow in every aspect of our lives. The New Year will bring blessings and challenges that will mold our character either for good or bad. My prayer is, God give us grace and mercy to understand when He is working all things for our good. A new year brings a fresh start or a clean slate. We have the opportunity to choose how we will live 365 days in 2019. The Lord Jesus Christ gives us the insight to reflect on what has been in the past year and the blessing to dream about what could be in the coming year. Dream big in 2019 and let God help you make those dreams come true.

*- Chaplain Randy Horn*

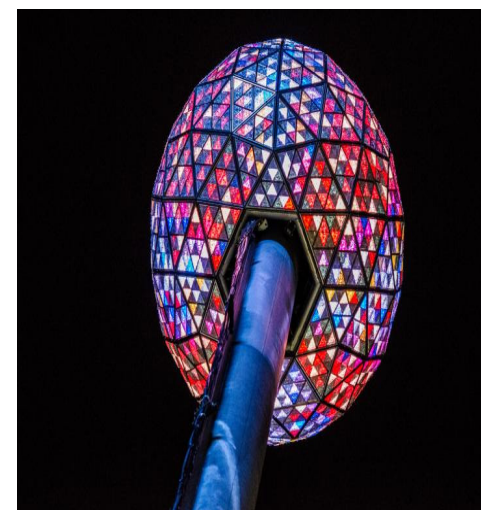
## Thursday Night Chapel Schedule

- January 3rd - Michael Van Doran, Southeastern University Professor and Author
- January 10th - Jim Cafarchio, Crestview Baptist Church
- January 17th - Anchor House Ministry, outreach ministry to young men
- January 24th - Eleanor Hankins, Missionary and Bible teacher
- January 31st - Kathleen Cooper, Musical Concert

## Tips to Sleep Tight

Sleep habits shift with age. Some seniors lose the ability to get deep rest. With aging, people sleep a little less than they used to in their younger days. If you are sleeping a little less, or wake up once at night and quickly fall back asleep, it is not a red flag. Although, it is not a bad idea to consult a doctor if you are sleeping less than six hours routinely. Poor sleep has many consequences such as sleep apnea. Obstructive sleep apnea causes repeated stops and starts in breathing during the night, and is linked to major diseases such as diabetes, heart disease, and a decline in memory and thinking. You can improve your sleep by fitting physical and social activities into your daily routine, making sure the bedroom temperature is comfortable, and by limiting exposure to artificial light. Furthermore, getting enough daylight in the morning and afternoon can also help the body's circadian rhythm. Sticking to a regular bedtime, taking warm baths, taking time to calm down before turning out the lights are just a few of the tips to sleep tight.

*-Rana Khan, Director of Nursing*

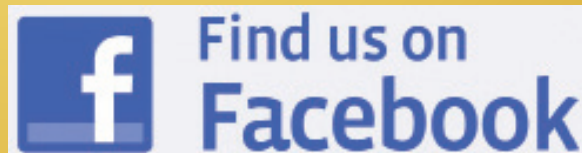


## New Year's Fun Fact

The ball has dropped every year since 1907. Times Square has lit up every New Year's Eve since nearly the turn of the 20th century. The only exceptions were in 1942 and 1943, during a wartime "dimout" in New York City. During those years, the crowds brought in January 1st with a minute of silence followed by ringing chimes.



# DECEMBER HIGHLIGHTS



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