

Shavings

The Estates

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

The Magazine of

February 2019



" And now these three remain: faith, hope and love. But the greatest of these is love."

- 1 Corinthians 13:13

From The Executive Director



I have shared in the past that I receive between 200 and 300 each day and that reading and responding can be daunting. So each year, I have a plan in place to keep up with the “onslaught,” but it isn’t long before I am back to the same situation of trying to play catch up. When this happens I am relegated to deleting large groups of emails from organizations, industry experts, and other types of senior living and management resources.

Over the holidays I was working on reducing the size of my inbox and came across a newsletter by The Jon Gordon Companies that offered “20 Tips for a Positive New Year.” I loved it and felt compelled to share it with a couple of staff members. They loved it as well and encouraged me to share it with others so here it is.

1. Stay Positive. You can listen to the cynics and doubters and believe that success is impossible or you can trust that with faith and an optimistic attitude all things are possible.
2. Take a daily "Thank You Walk." You can’t be stressed and thankful at the same time. Feel blessed and you won’t be stressed.
3. Eat more foods that grow on trees and plants and less food manufactured in plants.
4. Talk to yourself instead of listen to yourself. Instead of listening to your complaints, fears and doubts, talk to yourself with words of truth and encouragement.
5. Post a sign that says "No Energy Vampires Allowed." Gandhi said, "I will not let anyone walk through my mind with their dirty feet."
6. Be a Positive Team Member. Being positive doesn’t just make you better, it makes everyone around you better.
7. Don't chase success. Decide to make a difference and success will find you.
8. Get more sleep. You can't replace sleep with a double latte.
9. Don't waste your precious energy on gossip, energy vampires, issues of the past, negative thoughts or things you cannot control.
10. Look for opportunities to Love, Serve and Care. You don’t have to be great to serve but you have to serve to be great.
11. Live your purpose. Remember why you do what you do. We don't get burned out because of what we do. We get burned out because we forget why we do it.
12. Remember, there's no such thing as an overnight success. Love the process and you’ll love what the process produces.
13. Trust that everything happens for a reason and expect good things to come out of challenging experiences.
14. Implement the No Complaining Rule. If you are complaining, you're not leading.
15. Read more books than you did in 2018.
16. Don't seek happiness. Instead live with love, passion and purpose and happiness will find you.
17. Focus on "Get to" vs "Have to." Each day focus on what you get to do, not what you have to do. Life is a gift not an obligation.
18. The next time you "fail" remember that it’s not meant to define you. It’s meant to refine you.
19. Smile and laugh more. They are natural anti-depressants.
20. Enjoy the ride. You only have one ride through life so make the most of it and enjoy it.

- Brian Robare, CEO & Executive Director

MEET YOUR NEW NEIGHBORS

Robert and Josephine Ferguson, B-203, Phone: (863) 816-4498

Robert and Josephine are originally from Pittsburgh. Before coming to The Estates, they lived in Zephyrhills. Robert owned an auto repair shop and Josephine was a bank teller. Josephine's hobbies include scrabble and walks outside for fresh air. Robert's favorite hobby is golfing.



Don and Elaine LeBlanc, J-217, Phone: (863) 606-1395

Don is originally from Hathaway, Louisiana and was sent by the Navy to Elaine's hometown in Rhode Island where they first met. Don was a math teacher for 30 years and Elaine was an office administrator for 25 years. They enjoy traveling to new places together. Their favorites so far have been Alaska, Europe, Grand Canyon and Italy.



Tom and Ann Holloway, K-103, Phone: (863) 701-2656

Tom is originally from West Palm Beach and Ann is from Alabama. They have been married for 56 years. Ann was a purchasing agent for a mental health center for 20 years before retiring and Tom was a sales representative at Upjohn. Tom likes to fish and Ann likes to sew. They both enjoy being outdoors.



Sydney and Phyllis Jackson, D-204, Phone: (863) 859-7681

Sydney is originally from New Jersey and Phyllis is from Delaware. They have been married for 28 years. Sydney was a staff chemist for a pharmaceutical company for 36 years and Phyllis was a homemaker. Together they enjoy working with the Florida Trail Association, and traveling. Their favorite place traveled so far is New Zealand.



Ann Scimone, G-305, Phone: (813) 686-7572

Ann is originally from Michigan but grew up in Tallahassee. She was a social worker for four years and an elementary teacher in Lakeland for 34 years. Ann has two children and three grandchildren. She enjoys gardening, reading and traveling. Her favorite place traveled so far is Sicily, the boot of Italy.



Love Your Heart

February is designated as American Heart Month and is the perfect time to learn about heart disease and its prevention. Heart disease is the leading cause of death for both men and women in the United States. The most common type of heart disease is CAD (coronary artery disease) which can lead to a heart attack. The good news is there are some medications and lifestyle changes that you can make that can greatly reduce your risk.

- Manage high blood pressure and high cholesterol.
- Maintain a healthy weight - extra weight stresses your heart.
- Don't smoke, and if you do make an effort to stop.
- Manage your diabetes – uncontrolled blood sugars increase your risk of blood vessel and nerve damage associated with diabetes.
- Stay active and make heart healthy choices – choose foods low in salt, trans and saturated fats, and sugar. Eat more fruits and vegetables.

Finally, make sure you see your doctor for regular check-ups, get plenty of sleep, smile and try to reduce your stress level.

- Kelley Benfield, RN, DON Wellness Clinic

Resources: <https://www.cdc.gov/features/heartmonth/index.html>

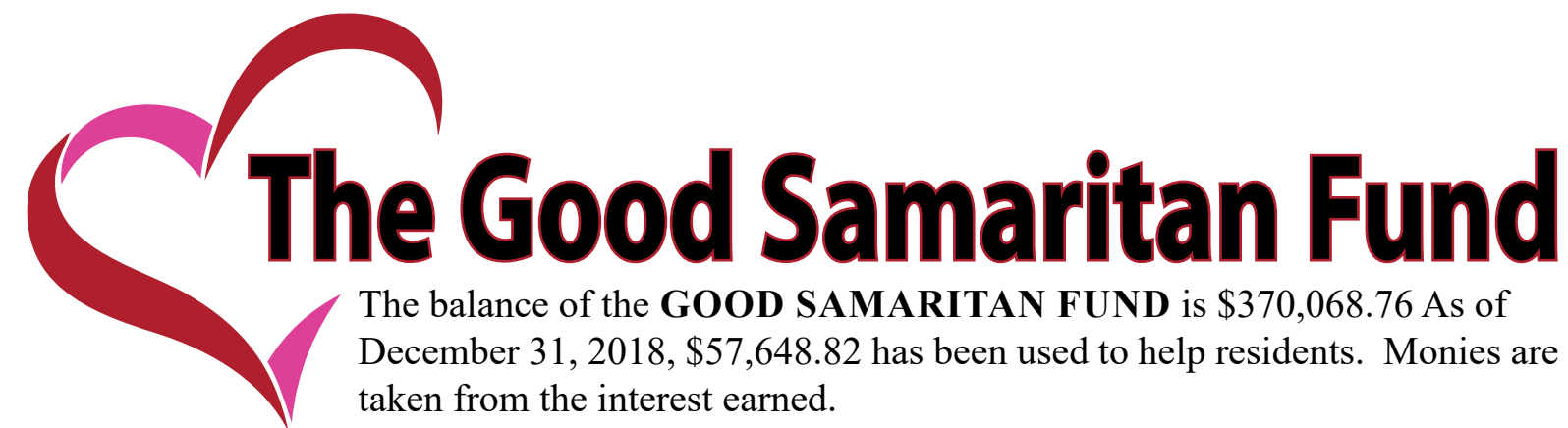


Resident Spotlight Bernice Wood

Bernice would say that prayers, her sense of humor, and living at The Estates, have helped her live a long and vibrant life. She was born during the pioneer days of the Great Depression and was raised on a dairy farm in Vermont with one sister and lots of cousins. Since there were no school buses, she recalls her father taking them to school each morning when he took the milk to the creamery, but then they would have to walk home. The winters were cold, but the snow allowed an enjoyable ride to the two room schoolhouse in a one horse open sleigh. Bernice graduated from the State Teachers College and taught for two years as the only school teacher, where she remembers many winter days starting a fire to stay warm.

Bernice met and married U.S Army Coast Guard, Bob Macon, who volunteered for the "First Special Service Force", which was very dangerous, and the only combined U.S and Canadian training unit. After basic training, the soldiers were required to do mountain climbing, skiing, parachute jumping, and hand to hand combat. They lost a lot of men but never lost a battle, and after the war, Bernice and Bob went to many reunions to stay connected. In 1959 they moved to Tampa with their four daughters and became members of the Forest Hill Presbyterian Church for 31 years. Bob was a Deacon and Bernice was a Women's Circle member, Sunday School teacher, and taught school for ten years. Bernice attended USF to become a social worker and graduated in 1963. She worked as a supervisor for a special state program (WIN) that provided training and employment for many. Bernice and Bob moved to Lakeland and were married for a total of 59 years. In 2004, Bernice moved to The Estates where she had seven friends currently living. In 2006 she met and married Charles Wood and they had five years together. This past Christmas, Bernice attended five family gatherings which included ten great-grandchildren. Bernice stays actively involved in the Book Club, the weekly Ladies Bible Study, and serves on the New Neighbors Welcome team. Laughter is good for the soul, and she invites you to ask to hear one of her jokes, or a miracle story that she believes is the direct answer to prayer.

- Resident Lifestyles Department



The Good Samaritan Fund

The balance of the **GOOD SAMARITAN FUND** is \$370,068.76 As of December 31, 2018, \$57,648.82 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 December 2018:

Mr. & Mrs. Bob Hoagland, Ms. Alita Keller, Mr. & Mrs. Brian Robare, and Mr. & Mrs. John Thompson.

Keep It Movin'

Our bodies are the most complicated machines known to man consisting of many important and interconnected systems. One of these systems is our circulatory system. This system has the important task of carrying oxygen-rich blood to our tissues and organs so they can function properly. Most of the time this system is like clockwork, but there are times, however, when our circulatory system doesn't operate as it should. There are red flags that indicate a poor or weakening circulatory system. Your body begins to show signs of tingling, numbness, cramping and throbbing or stinging pains in your limbs. The first step is to always consult with your physician, but there are things that you can do to help your body function at optimal levels. Eating a diet consisting of healthy fats, omega-3 fatty acids, nuts and citrus are not only good for your circulation, but also aid in the reduction of inflammation. Along with diet, physical exercise is also a great way to keep your body in good working order. Exercises like yoga have been shown to compress and decompress veins through stretching and deep breathing, which can potentially improve circulation. Deep diaphragmatic breathing pushes blood flow toward the chest and into the heart. A healthy cardiovascular system is important for proper circulation.

-Marco Silveira, Wellness Coordinator

"How To Improve Circulation ." Health, Mind & Body, 2 Jan. 2019, pp. 8-8.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<div>01</div> 9:00 Group Exercise - AUD 10:00 to 12:00 Flea Market - A421 10:00 Lakeland Square Mall - BUS 10:00 Tai Chi - AUD 11:00 Pet Picnic Outing - BUS 1:00 Wii Bowling - GR 1:00 Hand & Foot - C/D 3rd 6:00 Pinochle - AUD 6:30 Manipulation Cards - AUD	<div>02</div> 9:00 to 11:00 Flea Market - A421 12:00 Wii Sports -GR 12:00 to 2:00 Buffet - MDR 3:00 Beyond the Tassel: Nutrition Made Easy - AUD 4:00 to 6:00 Buffet - MDR 6:00 Movie & Popcorn - AUD "The Intern"
<div>03</div> 9:00 Sunday School - CR 10:15 CHERA Worship - AUD Rev. Fred Zufal Assemblies of God 11:15 to 2:30 Buffet-MDR 1:30 Hand & Foot - C/D 3rd FL 1:30 Lakeland Band - BUS 2:00 Mah Jongg - A/B 3rd FL 6:00 Super Bowl & Popcorn - AUD	<div>04</div> 9:00 Group Exercise - AUD 10:30 Walmart - BUS 10:30 CHERA Chorus - AUD 12:30 Local Shopping - BUS 1:00 Wii Bowling - GR 1:30 Mah Jongg - A/B 3rd FL 2:00 Nine Hole Wedgewood Golf 2:00 Group Bible Study - AUD 3:00 Armchair Travel - AUD 6:00 Scrabble - F/G 3rd FL 6:30 Bingo - AUD	<div>05</div> 9:00 Cranium Crunches - AUD 10:00 Sit & Get Fit - AUD 10:30 Catholic Service - Villa 11:00 The Word & Music - AUD 12:00 to 2:00 Chinese New Year - MDR 1:00 Bean Bag Baseball - AUD 2:00 Estates Golf - 19th Hole 3:00 China's Rainbow Bridge - AUD 4:00 to 6:00 Chinese New Year - MDR	<div>06</div> 8:30 Intercessory Prayer- ECR 9:00 Group Exercise - AUD 10:00 Sit & Get Fit - AUD 11:00 Ping Pong - GR 11:00 Marketing Luncheon - AUD 1:00 Wii Bowling - GR 1:30 Walmart - BUS 3:00 Ladies Bible Study - AUD 4:00 ROMEO Red Lobster - BUS 6:00 Bridge - MDR 6:00 Mexican Train - F/G 3rd	<div>07</div> 7:15 CHERA Advisory - PDR 9:00 Gentle Yoga - AUD 9:30 Publix Shopping - BUS 10:00 Sit & Get Fit - AUD 11:00 Body Balance - AUD 12:00 Wii Golf - GR 1:00 Scrabble - F/G 3rd 2:00 Banks - BUS 2:00 Resident/Board Meeting - AUD 6:15 FSC: Florida Lecture - BUS 6:30 Chapel - AUD	<div>08</div> Polk Games Registration Due 9:00 Group Exercise - AUD 10:00 Tai Chi - AUD 10:00 Lakeland Square Mall - BUS 11:00 Park Walk and Lunch - BUS 1:00 Wii Bowling - GR 1:00 Hand & Foot - C/D 3rd 2:00 Library Presentation - AUD 3:00 Cooking Show - CR 6:00 Ballet Magnificat - BUS 6:00 Pinochle - AUD 6:30 Manipulation Cards - AUD	<div>09</div> 12:00 Wii Sports - GR 12:00 to 2:00 Buffet - MDR 3:00 Beyond the Tassel: Nutrition Made Easy - AUD 4:00 to 6:00 Buffet - MDR 6:00 Movie & Popcorn - AUD "Where the Heart is"
<div>10</div> 9:00 Sunday School - CR 10:15 CHERA Worship - AUD Rev. James McClain Assemblies of God 11:15 to 2:30 Buffet-MDR 1:30 Hand & Foot - C/D 3rd FL 2:00 Mah Jongg - A/B 3rd FL 3:00 Matinee Movie - AUD "Dave"	<div>11</div> 9:00 Group Exercise - AUD 10:30 CHERA Chorus -AUD 10:30 Walmart - BUS 12:30 Local Shopping - BUS 1:00 Wii Bowling - GR 1:30 Mah Jongg - A/B 3rd FL 2:00 Group Bible Study - AUD 6:00 Scrabble - F/G 3rd FL 6:30 Bingo - AUD	<div>12</div> 9:00 Cranium Crunches - AUD 10:00 Foshee Jewelers - CR 11:00 The Word & Music - AUD 2:00 Estates Golf - 19th Hole 3:00 Children's Choir - AUD 5:00 Cinemark Movie Outing – BUS 6:00 ISO: Symphony in D Minor - BUS 7:00 Hall Monitor's Meeting - AUD	<div>13</div> 8:30 Intercessory Prayer - ECR 9:00 Group Exercise - AUD 10:00 Plant City Sculptures & Lunch - BUS 10:00 Sit & Get Fit - AUD 11:00 Ping Pong - GR 1:00 Wii Bowling - GR 1:30 Walmart - BUS 3:00 Ladies Bible Study - AUD 6:00 Bridge - AUD 6:00 Mexican Train - F/G 3rd	<div>14</div> <i>Happy Valentine's Day</i> 9:00 Gentle Yoga - AUD 9:00 Audiologist - Wellness Clinic 9:30 Publix Shopping - BUS 10:00 Sit & Get Fit - AUD 11:00 Body Balance - AUD 12:00 Wii Golf - GR 1:00 Scrabble - F/G 3rd 1:30 Watercolor Art Class - AS 2:00 Banks - BUS 6:30 Chapel - AUD	<div>15</div> 9:00 Group Exercise - AUD 10:00 to 12:00 Flea Market - A421 10:00 Lakeland Square Mall - BUS 10:00 Post Office - BUS 10:00 Tai Chi - AUD 11:00 Indoor Volleyball - AUD 1:00 Wii Bowling - GR 1:00 Hand & Foot - C/D 3rd 6:00 Pinochle - AUD 6:30 Manipulation Cards - AUD	<div>16</div> 9:00 to 11:00 Flea Market - A421 12:00 Wii Sports - GR 12:00 to 2:00 Buffet - MDR 3:00 Beyond the Tassel: Nutrition Made Easy - AUD 4:00 to 6:00 Buffet - MDR 6:00 Movie & Popcorn - AUD "The Lost Valentine"
<div>17</div> 9:00 Sunday School - CR 10:15 CHERA Worship - AUD Ms. Sue Kain Disciples of Christ 11:15 to 2:30 Buffet - MDR 1:30 Hand & Foot - C/D 3rd FL 1:45 Jesus Christ Superstar - BUS 2:00 Mah Jongg - A/B 3rd FL	<div>18</div> 9:00 Group Exercise - AUD 10:30 Walmart - BUS 10:30 CHERA Chorus - AUD 12:30 Local Shopping - BUS 1:00 Wii Bowling - GR 1:30 Mah Jongg - A/B 3rd FL 2:00 Group Bible Study -AUD 2:00 Nine Hole Wedgewood Golf 6:00 Scrabble - F/G 3rd FL 6:30 Bingo - AUD	<div>19</div> 9:00 Cranium Crunches - AUD 10:00 Town Hall - MDR 10:00 Sit & Get Fit - AUD 10:00 Bealls 15% off - BUS 10:30 Catholic Mass - PDR 11:00 The Word & Music - AUD 1:00 Bean Bag Baseball - AUD 2:00 Estates Golf - 19th Hole 3:00 The Himalayas - AUD 4:00 Tokyo Japanese Dinner - BUS	<div>20</div> 8:30 Intercessory Prayer - ECR 8:45 Group Exercise - AUD 11:00 Ping Pong - GR 11:00 Marketing Luncheon - AUD 1:00 Wii Bowling - GR 1:30 Walmart - BUS 3:00 Ladies Bible Study - AUD 6:00 Bridge - AUD 6:00 Mexican Train - F/G 3rd	<div>21</div> 9:00 Gentle Yoga - AUD 9:00 Religious Resource - ECR 9:30 Publix Shopping - BUS 10:00 Sit & Get Fit - AUD 11:00 Body Balance - AUD 12:00 Wii Golf - GR 1:00 Scrabble - F/G 3rd 2:00 Banks - BUS 2:00 Birthday Dinner - AUD 6:30 Chapel - AUD 6:45 RPF: Finding Neverland - BUS	<div>22</div> 8:30 SeaWorld - BUS 10:00 Lakeside Village - BUS 10:00 Northside Library - BUS 1:00 Wii Bowling - GR 1:00 Hand & Foot - C/D 3rd 6:00 Pinochle - AUD 6:30 Manipulation Cards - AUD	<div>23</div> 12:00 Wii Sports - GR 12:00 to 2:00 Buffet - MDR 3:00 Beyond the Tassel: Nutrition Made Easy - AUD 4:00 to 6:00 Buffet - MDR 6:00 Movie & Popcorn - AUD New Release: "The Old Man and a Gun"
<div>24</div> 9:00 Sunday School - CR 10:15 CHERA Worship - AUD Rev. George Garner American Baptist Association 11:15 to 2:30 Buffet - MDR 1:30 Hand & Foot - C/D 3rd FL 2:00 Mah Jongg- A/B 3rd FL	<div>25</div> 9:00 Drum Fit - AUD 10:30 Walmart - BUS 10:30 CHERA Chorus - AUD 12:30 Local Shopping - BUS 1:00 Wii Bowling - GR 1:30 Mah Jongg - A/B 3rd FL 2:00 Group Bible Study -AUD 5:00 Ladies Boutique - D304 6:00 Scrabble - F/G 3rd FL 6:30 Bingo - AUD 6:45 FSC: Ballad to Moon - BUS	<div>26</div> 9:00 Cranium Crunches - AUD 9:00 Podiatrist - Wellness Clinic 10:00 Sit & Get Fit - AUD 10:00 Ladies Boutique - D304 10:00 Foshee Jewelers - CR 11:00 The Word & Music - AUD 1:00 Bean Bag Baseball - AUD 2:00 Estates Golf - 19th Hole 3:00 Health Talk - AUD "Medication Management" 6:00 Dave Smith Sing-Along - AUD	<div>27</div> 8:00 BP Check - AUD 8:30 Intercessory Prayer - ECR 9:00 Zumba Gold - AUD 10:00 Sit & Get Fit - AUD 11:00 Ping Pong - GR 11:30 JULIET Cheddars - Bus 1:00 Wii Bowling - GR 1:30 Walmart - BUS 3:00 Ladies Bible Study - AUD 6:00 Bridge - AUD 6:00 Mexican Train - F/G 3rd	<div>28</div> 9:00 Gentle Yoga - AUD 9:30 Publix Shopping - BUS 10:00 Sit & Get Fit - AUD 11:00 Body Balance - AUD 12:00 Wii Golf - GR 1:00 Scrabble - F/G 3rd 1:30 Watercolor Art Class - AS 2:00 Banks - BUS 6:30 Chapel - AUD	Abbreviations Key AUD - Auditorium AS - Art Studio, D-406 C - Chapel, K-106 CR - Community Room ECR - Estates Conference Room FC - Fitness Center GR - Game Room, D-402 MDR - Main Dining Room PDR - Private Dining Room TC - Technology Center, K-207	Gift Shop Hours M-F 8:30 - 10:00 a.m. 2:00 - 3:30 p.m. Matura Salon Open <i>Appointments dial, ext. 115</i> Water Workout, M-F 10:00am <i>All Invited-Pool</i> Coffee Connections - CR <i>Monday - Saturday 7:00 am</i>

EVENTS

Entertainment

New Class

Outing

Sports

03 Super Bowl & Popcorn 6:00 p.m. - AUD

Join your friends and fellow fans for popcorn while we watch the New England, Patriots vs. Los Angeles, Rams in footballs most exciting game! Bring your favorite cushion for comfort.

05 Chinese New Year 12-2 and 4-6 p.m. - MDR

In celebration of the Chinese new moon, there will be a special Chinese menu with traditional favorites.

FYI 05 and 19 Documentaries/Trivia 3:00 p.m. - AUD

You will not want to miss these intriguing historical videos supporting our Eastern Asia theme this month. Pick up your trivia sheets on Tuesday February 5th, at both dinner seatings. Turn in your completed sheets to Marco for a raffle drawing.

FYI 06 ROMEO 4:00 p.m. - BUS 27 JULIET 11:30 a.m. - BUS

ROMEO Monthly Men's Night Out will be at Red Lobster and JULIET Monthly Ladies Lunch will be at Cheddars. Sign up is required for both lunches.

FYI 07 and 21 Make Gift Boxes 11:00 a.m. - AS

By special request, Mary Ann Kleintop is going to demonstrate how to make her mini gift boxes which make beautiful candy gift holders for any occasion.

07 Florida Lecture 6:15 p.m. - BUS

Privateers of the Americas explores the history of the 1800's seafarers, and is presented by author David Head, who also lectures at the University of Central Florida. The event is free.

FYI Beyond the Tassel Saturdays 3:00 p.m. - AUD

Nutrition Made Easy is a life long lecture series presented by professors through video. Be inspired with the health benefits of eating better.

08 Ballet Magnificat 6:00 p.m. - BUS

Ballet Magnificat presents "The Hiding Place", an exciting true story of Corrie Ten Boom who hid Jewish friends during the Holocaust. This inspiring and heart warming ballet drama ignites hope in all circumstances. Sign up is required.

12 Cinemark Movie Outing 5:00 p.m. - BUS

Enjoy a fun night at the movie theatre with friends, at a discounted price. There will be several movies to choose from and will be posted prior to the outing. Sign up is required for ticket purchase.

13 Sculpture Tour and Lunch 10:00 a.m. - BUS

Join us as we view J. Steward Johnson's sculptures in downtown Plant City and enjoy lunch at the Brick House. This is a mild walking tour and walkers and scooters are welcome.

19 Tokyo Japanese Dinner Outing 4:00 p.m. - BUS

In honor of the Eastern Asia theme this month, our dinner outing takes us to experience sitting together around a large grill, while the chef cooks dinner in an entertaining demonstration. Sign up is required for reservations.

22 SeaWorld Day Trip 8:30 a.m. - BUS

This is our final trip to SeaWorld for annual pass holders. Others are welcome to join us at regular ticket prices. Call the Lifestyles Department for details and to confirm your place on the bus.

26 Dave Smith Sing-a-long 6:30 p.m. - AUD

Whether you sing, whistle or just like to listen, you will not want to miss this enjoyable hour of favorite music tunes. Songbooks and lyrics will be available as this talented pianist, guitarist and vocalist engages you in the fun!

Valentine's Day Balloon Sale

The Recreation Department in the Health Center is selling bouquets! Each bouquet includes a mylar balloon, personalized gift tag, a treat box with your choice of Hershey Kisses or sugar-free chocolates and a stuffed animal. If you would like to place an order, fill out the Valentine's Day balloon form that is located at the Front Desk or the Manor or Villa Nurse's Station. Please place your order by Monday, February 11, 2019. The bouquets will be ready at noon on Wednesday, February 13th. Delivery is available for the Manor and Villa residents only. If you have any questions, please see Jamie Backensto in the Recreation Department for more information.

Cost : \$5.00

- **Jamie Backensto, Director of Recreation**

Villa & Manor February Recreation Schedule

Outings for February

02/07 - Walmart - 2:00pm
02/14 - Lunch at Bob Evans -11:30am
02/21 - Target - 2:00pm
02/28 - Afternoon at the park - 2:00pm

Musical Entertainment

02/01 Eddy Rivers Sings 10:00 a.m.
02/08 Dave and Penny Sing 10:00 a.m.
02/14 *Happy Valentine's Day*
02/15 Doug Mewhorter Shares 10:00 a.m.
02/22 Music with Dave Smith 10:00 a.m.

Events for February

02/05 Snowbirds Perform 2:30pm
02/11 Good Shepherd's Chaplain 10:30am
02/12 Ms.Carol Mears sings at 10:30am
02/12 Town Hall Meeting for the Villa at 2:30pm
02/14 Valentine's Day Party
02/16 Nancy and Natalie Play the Piano 4:00pm
02/19 Grand Cards by Comfort Keepers 10:00am
02/25 February Birthday Party 12:00pm
02/26 Home Instead Game Day 2:30pm

Sunday Services

02/03 Rev. Karl Strader
02/10 Frances Vaughn
02/17 Rev. Norman Bradney
02/24 Chaplain Randy and Dawn Horn

Get Your Heart Pumping

With age you can experience changes in your heart rate. It can become slower, irregular, or reveal an underlying condition you did not know about. Many factors like air, temperature, body position, and medication can affect heart rate. In order to improve the strength and performance of your heart rate, you have to get your heart pumping. Anything that gets you moving will get your heart pumping. Aerobic exercises safely increase your heart rate. Always begin with lower impact exercises like walking and swimming. Once this starts becoming routine, you can increase the hours and impact of your exercises. By using weights, you can begin seeing the benefits of resistance training. Initially, you can start by doing push-ups or squats while adding more weight over time. Also, by stretching you can increase your blood flow and become more flexible. By sticking to a plan of routine exercise, you can become stronger by getting your heart pumping which can also reduce your risk of many heart related illnesses.

- **Rana Khan, Director of Nursing, Health Center**



Happy Birthday

ESTATES

Wyanda Mitchell.02
John Hoadley03
Terrell Pendarvis.04
Judy Douce.06
Gail Hadley.06
Robert Jorgensen07
Don Coleman.11
Arleen Oakland11
Lynn Harrison12
Judy Rund.12
Shirley Amack13
Frank Elmore.15
Henry Karr.16
Grace Matthews.16
Mildred More.18
Edith Bradman.21
Mary Drury.21
Annabelle Weekley.21
Tom Austin.28

HEALTH CENTER

Maudie Selge05
Bea Cirri.05
James Arnold13
Dorothy Jackson.13
Nancy Matter.17
June Robins.17
Gary Sampson.18
Doris Hurt.20
Helen Irelan23

Those born in February will celebrate their birthdays and enjoy a five course meal in the Auditorium on February 21st at 2:00 p.m. An invitation will be in your in-house mailbox. RSVP to Sonya Zubiller in C-118.



Upcoming Events



Art lecture with Cynthia Peer March 12th - AUD

A visual arts presentation where Historian Cynthia Peer takes you through an exciting collection and stories of “Diego Velasquez; The Great Spanish Painter”. Doors open at 6:15 for a bonus Visual Art Show to all early birds.



Taste and Tour of North Western Europe Tuesday March 19th

Tuesday, March 19th will feature dinner selections from Ireland, UK, Spain, Belgium and Portugal at both seatings. Bring your memorabilia to display.



Rainforest Cafe March 26th - BUS

Join us for an all-inclusive dining experience in Disney Springs. Your adventure includes the interactive jungle animal shows, choice of entree, appetizer, salad, unlimited beverages, their famous volcano cake and transportation.



I am who God says I am

Knowing our identity in Christ is very important. One of the best ways to live a more victorious life is to understand what God’s word says about who we are in Him. John 1:12 says “But as many as received him to them gave he power to become sons of God.” We are God’s children. We have been redeemed and forgiven. Ephesians 1:7 says “In whom we have redemption through His blood, the forgiveness of sins, according to the riches of His grace.” Finally, we are complete in Him. Colossians 2:10 says “And ye are complete in Him, which is the head of all principality and power.” I want to remind us that we are God’s children, we are forgiven and we are complete in Him. I am who God says I am.

- Chaplain Randy Horn

Thursday Night Chapel Schedule

- February 7th - Pastor David McEntire - Pastor of the “ First United Methodist Church”
- February 14th - Special Valentine's Day Service
- February 21th - Dr. Robert Hicks - An author and retired United Air Force Colonel
- February 28th - Dr. Kumar Perry - A medical doctor that was converted from Hinduism to Christ

Inspiring Love Quotes

- ♥ If you have only one smile in you give it to the people you love. - Maya Angelou
- ♥ For it was not into my ear you whispered, but into my heart. It was not my lips you kissed, but my soul. - Judy Garland
- ♥ I know of only one duty, and that is to love. - Albert Camus
- ♥ Love shall be our token; love be yours and love be mine. - Christina Rossetti
- ♥ Love is our true destiny. We do not find the meaning of life by ourselves alone, we find it with another. - Thomas Merton



Welcome 2019

Visit us on the web at : www.EstatesatCarpenters.com