

Shavings

The Magazine of

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

January 2020

2020

Happy New Year

Let your eyes look straight ahead; fix your gaze directly before you. Give careful thought to the paths for your feet and be steadfast in all your ways. Do not turn to the right or the left; keep your foot from evil.

Proverbs 4:25-27

2020happynewyear

From The Executive Director



The end of 2019 was a blur of year-end projects, holiday events, and food ... lots of food. Does anyone else feel like they could use a long weekend to recover? Our team of dedicated employees pulled together to create a wonderful Christmas celebration for all to enjoy. From the Christmas tree lighting to the Christmas Gala to the Sounds of the Season, our team members exceeded expectations. We are blessed to have this group of dedicated individuals!

The inaugural Winter Fest was our chance to take a short break from the Christmas “grind” to say “THANK YOU” to our employees for helping to make 2019 a year to remember. There was snow in the forecast, the human snow globe was an instant hit, and Frosty stole the show. Most importantly, this short break from the holiday “grind” produced smiles and laughter.

The future is very bright for the Estates! Please join me in praying for God’s continued guidance and blessings in the New Year as we continue our journey. With our team of dedicated employees and residents, 2020 is certain to be a year to remember! May God bless all of us in 2020!

- Brian Robare, CEO & Executive Director



MEET YOUR NEW NEIGHBORS

Monty & Obie Cale, K-108, Phone: (352) 942-0641

Monty is originally from Georgia, but grew up in Lakeland and Obie is originally from North Carolina. Monty served in World War II until experiencing an injury in Germany. As a rockhound, Monty enjoys digging up stones and even made his wife's wedding ring! Obie was a budget analyst for the U.S. Navy. They have been married for three years and enjoy traveling and going on cruises.



David & Pat Bowen, G-409, Phone: (352) 333-3092

David is originally from Lakeland and Pat is originally from Arkansas, but grew up in Lakeland. David worked for the Department of Children and Families (DCF) for ten years. Pat was a financial manager for the U.S. Navy for thirty years. They have been married for twenty years and enjoy reading and spending time with their four children and grandchild.

Betty Page, H-204, Phone: (863) 853-1219

Betty is originally from New York state. Betty enjoyed being a homemaker raising her four children, and later worked as a school picture photographer for ten years before retiring. She enjoys quilting, singing, and spending time with her nine grandchildren. Betty was in chorus for twenty-seven years and looks forward to joining the Estates Chorus.



Ronald & Rita Doolittle, J-414, Phone: (863) 660-4430

Ron is originally from Michigan and Rita is originally from Iowa, but grew up in Georgia. Ron served forty-three years as a pastor in the Church of the Nazarene. Rita was a registered nurse for twenty years. They have been married for sixty years and enjoy traveling and being with their five grandchildren.

WELCOME TO YOUR NEW HOME

Resident Spotlight: Bill and Annabelle Fisackerly



As we all anticipate what is in store for this new year, Annabelle and Bill want to inspire us to keep a "2020 perspective" on God's plans to open new opportunities that will replace our past assignments and roles. When they moved to the Estates 15 years ago, God did just that for them and they believe this is what has extended their lives. They experienced the reassignment from 60 years of Pastoral ministry in the Methodist Church, to supporting the many spiritual events and volunteer activities here in our community. They also saw an open door at Lakeland Volunteers in Medicine (LVIM), and have dedicated over 24,000 hours to this healing ministry, as Bill enthusiastically refers to it. The stories they shared of how this organization has helped give new life, health and hope to so many individuals, brought tears of joy to Bill's eyes! Bill and Annabelle's 64 years of marriage has filled their lives with a hard-working knack for merging ministry, artistry and love. Their five children have expanded the family to fifty, with three more great-grandchildren on the way. Annabelle said, "This wonderful growth

makes family get-togethers more challenging, but even if we are unable to be with our children often, they continue to carry on many of the same traditions we did, and that makes us happy." Bill said, "We had a difficult change a few months back, when we decided to sell the car. What made giving our car up a little easier was that we could still keep our independence utilizing the transportation provided here to meet our needs." Annabelle and Bill have seen a lot of positive changes at The Estates over the years, and one they really enjoy, is meeting all of the vibrant, new residents moving in that fill the void of their many friends who have gone on to be with the Lord. They are expecting to live worry-free in 2020, knowing they will be taken good care of, and as some of their ministries have come to a close, they look forward to what else God wants them to do, and pray you will do the same!

- Sharon Larson, Director of Resident Lifestyles

Memorials, Honorariums & Donations

The Estates would like to thank the following individuals for their generosity during the month of November 2019:

Ervine Byrnes, Ken Davis, Jane Fawcett, Judy Fuller, Bonnie Geohagan, Virginia Glass, Doris Jackson, Donna Johnston, Frances Martin, Noah's Army, Althea Nye, Tam Polson, Arlene Pierce, Brian Robare, John Thompson, Maryann Vespa.



The Good Samaritan Fund

The balance of the Good Samaritan fund

is \$376,254.02 As of November 30, 2019, \$58,940.81 has been used to help residents. Monies are taken from the interest earned.



Oh My Aching Joints

Arthur. Have you heard of him? We sometimes joke about our joints aching and say “That Old Arthur is bothering me again.” Well Arthur, medically known as Arthritis is no joke. Arthritis means inflammation or swelling of one or more joints and usually includes joint pain and stiffness. Two common types of Arthritis are Osteoarthritis and Rheumatoid Arthritis. Osteoarthritis is normally caused by wear and tear on joints and Rheumatoid Arthritis is an autoimmune disease. This type is where the body’s immune system attacks the body’s joints. Complications can occur if arthritis is left untreated. It may lead to some of these serious complications: carpal tunnel syndrome, joint damage and joint deformities which can cause damage to nearby tendons. Widespread inflammation is another complication where inflammation can spread to other parts of the body. Come to the January Wellness Chat and find out more. Find out some of the remedies that may help and offer your experience to others!

- *Cheri Shrader, Director of Nursing*
<https://www.bing.com/TheMerkManualofGeriatrics>

Finding Your Why

What does the phrase “New Year, New You” mean to you? January is a time where people jump on a year long journey to become their best self and to take on new activities, habits and skills. As the Wellness Coordinator, I love this time of year, because setting fresh goals makes me feel as excited as a Wii bowler anticipating their first 300 game. What better time than on the first day of 2020, for all of us to make a new commitment? I believe that starting the new year with an ambitious goal is fantastic for personal growth, yet sticking with a resolution is not an easy task. Consider these tips to help bring you success:

- To help maintain focus throughout the year, set some “low-hanging fruit,” which are goals that can be reached more easily.
- Set achievable goals which have shorter time frames, as this will help you stay motivated for year long success.
- Find your "Why." Typically, the reason for the resolution is more important than the resolution itself. A common goal is to lose weight or to be more active; however, this is just scratching the surface to what the deeper reason may be, like a wedding of a grandchild, an upcoming trip or health reasons.

Whatever your “Why” may be, finding it can help you succeed in reaching it. If you would like help pin-pointing your “Why,” stop by the Fitness Center and let me assist you in setting up a personalized program to get started. Happy New Year and New You!

- *Marco Silveira, Wellness Coordinator*

Sunday	Monday	Tuesday	Wednesday
<i>January</i>			
		<u>Abbreviations Key</u> AUD - Auditorium AS - Art Studio, D-406 C - Chapel, K-106 CR - Community Room ECR - Estates Conference Room FC - Fitness Center GR - Game Room MDR - Main Dining Room PDR - Private Dining Room WC - Wellness Clinic, C-121	<i>Happy New Year</i> Walk Across America 8:30 Intercessory Prayer 3:00 Classical Tenebrae 6:00 Bridge - AUD 6:00 Mexican Train
Billiards All Day - GR 9:00 Sunday School - CR 10:15 CHERA Worship - AUD Dr. Dan Morris Southern Baptist 11:15 to 2:30 Buffet - MDR 1:30 Hand & Foot - C/D 3rd FL 2:00 Mah Jongg - A/B 3rd FL	05 9:00 Drum Fit - AUD 10:30 Walmart - BUS 10:30 CHERA Chorus - AUD 11:00 Billiards - GR 11:30 The Silent Singers - AUD 12:30 Local Shopping - BUS 1:30 Mah Jongg - A/B 3rd FL 2:00 Dr. David Jeremiah - AUD "Life Beyond Amazing Series" 2:00 Nine Hole Golf - BUS 6:00 Scrabble - C/D 3rd FL 6:30 Bingo - AUD 6:30 RPF: The Bronx Tale - BUS	06 Ping Pong All Day - GR Strength Training all day - FC 9:00 Cranium Crunches - AS 10:00 Sit & Get Fit - AUD 10:30 Catholic Service - Villa 1:00 Bean Bag Baseball - AUD 2:00 Putting Tournament - 19th Hole 2:30 Kaleidoscope Presentation - AUD 4:00 Dinner Out: Carrabba's - BUS	07 8:45 Group Exercise 8:30 Intercessory Prayer 9:00 Journeying Through the Bible 11:00 Billiards - GR 11:00 Marketing Luncheon 1:30 Walmart - BUS 3:00 Ladies Bible Study 4:00 ROMEO: Our Love Story 6:00 Bridge - AUD 6:00 Mexican Train
Billiards All Day - GR 9:00 Sunday School - CR 10:15 CHERA Worship - AUD Rev. Robert Thorn United Methodist 11:15 to 2:30 Buffet - MDR 1:00 TWH: I Love You - BUS 1:30 Hand & Foot - C/D 3rd FL 2:00 Mah Jongg - A/B 3rd FL	12 9:00 Group Exercise - AUD 10:30 Walmart - BUS 10:30 CHERA Chorus - AUD 11:00 Billiards - GR 11:30 The Silent Singers - AUD 12:30 Local Shopping - BUS 1:30 Mah Jongg - A/B 3rd FL 2:00 Dr. David Jeremiah - AUD "Life Beyond Amazing Series" 6:00 Scrabble - C/D 3rd FL 6:30 Bingo - AUD	13 Ping Pong All Day - GR Strength Training all day - FC 9:00 Cranium Crunches - AUD 10:00 Foshee Jewelers - CR 10:00 Beall's - BUS 10:00 Sit & Get Fit - AUD 12:00 to 2:00 Taste & Tour of Asia - MDR 1:00 Bean Bag Baseball - AUD 2:00 Putting Tournament - 19th Hole 4:00 to 6:00 Taste & Tour of Asia - MDR 6:30 Violin/Piano Concert: Alfonso and Michelle - AUD	14 8:30 Intercessory Prayer 9:00 Group Exercise 10:00 Sit & Get Fit - AUD 11:00 Billiards - GR 11:30 JULIET: Aztec Legend 1:30 Walmart - BUS 3:00 Ladies Bible Study 6:00 Bridge - AUD 6:00 Mexican Train
Billiards All Day - GR 9:00 Sunday School - CR 10:15 CHERA Worship - AUD Rev. Richard Dunn Assemblies of God 11:15 to 2:30 Buffet - MDR 12:45 America's Sweethearts - BUS 1:00 Lakeland Concert Band - BUS 1:30 Hand & Foot - C/D 3rd FL 2:00 Mah Jongg - A/B 3rd FL	19 9:00 Drum Fit - AUD 10:30 Walmart - BUS 10:30 CHERA Chorus - AUD 11:30 The Silent Singers - AUD 12:30 Local Shopping - BUS 1:30 Mah Jongg - A/B 3rd FL 2:00 Dr. David Jeremiah - AUD "Life Beyond Amazing Series" 2:00 Nine Hole Golf - BUS 3:00 Activities Week Surprise - CR 6:00 Scrabble - C/D 3rd FL 6:30 Bingo - AUD	20 Podiatrist - Appt. Only - WC Ping Pong All Day - GR 7:30 Kennedy Space Center Trip - BUS 9:00 Cranium Crunches - AS 10:00 Ladies Boutique - D304 10:30 Catholic Mass - PDR 2:00 Putting Tournament - 19th Hole 3:00 Arm Chair Travel: Dr. Robert Hicks - AUD 7:00 New Neighbors Welcome Party - AUD	21 8:30 Intercessory Prayer 8:45 Group Exercise 11:00 Marketing Luncheon 11:00 Billiards - GR 11:00 Activities Week 1:30 Walmart - BUS 3:00 Ladies Bible Study 6:00 Bridge - AUD 6:00 Mexican Train
26 Billiards All Day - GR 9:00 Sunday School - CR 10:15 CHERA Worship - AUD Rev. Odell Miley United Methodist 11:15 to 2:30 Buffet - MDR 1:30 Hand & Foot - C/D 3rd FL 2:00 Mah Jongg - A/B 3rd FL	27 9:00 Group Exercise - AUD 10:30 Walmart - BUS 10:30 CHERA Chorus - AUD 11:30 The Silent Singers - AUD 12:30 Local Shopping - BUS 1:00 Wii Bowling - GR 1:30 Mah Jongg - A/B 3rd FL 2:00 Dr. David Jeremiah - AUD "Life Beyond Amazing Series" 5:00 Ladies Botique - D304 6:00 Scrabble - C/D 3rd FL 6:30 Bingo - AUD	28 Ping Pong All Day - GR Strength Training all day - FC 9:00 Cranium Crunches - AUD 10:00 Foshee Jewelers - CR 10:00 Sit & Get Fit - AUD 1:00 Bean Bag Baseball - AUD 2:00 Putting Tournament - 19th Hole 6:30 "The Granny" Live Presentation - AUD	28 8:00 Wellness Clinic 8:30 Intercessory Prayer 9:00 Group Exercise 10:00 Sit & Get Fit - AUD 11:00 Billiards - GR 1:00 Wii Bowling 1:30 Walmart - BUS 3:00 Ladies Bible Study 6:00 Bridge - AUD 6:00 Mexican Train

Wednesday	Thursday	Friday	Saturday
01 <i>New Years!</i> America Begins - FC Prayer - ECR For Vocalist - AUD - F/G 3rd	02 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 - C/D 3rd FL 2:00 Ping Pong - GR 2:00 Banks - BUS 6:30 Chapel: Rev. Dennis Waymire	03 9:00 Group Exercise - AUD 10:00 to 12:00 Flea Market - A421 Furniture Sale - C217 11:00 Billiards - GR 12:00 Wii Bowling Banquet - AUD 1:00 Hand & Foot - C/D 3rd 6:00 Pinochle 6:30 Manipulation - CR	04 9:00 to 11:00 Flea Market - A421 Furniture Sale - C217 12:00 Wii Sports - GR 12:00 to 2:00 Buffet - MDR 2:00 Billiards - GR 3:00 Beyond the Tassel: The World was Never the Same - AUD 4:00 to 6:00 Buffet - MDR 6:00 Movie & Popcorn - AUD "The Lion King"
08 e - AUD Prayer - ECR through Grief - ECR ncheon - AUD S Study - AUD thback - BUS - F/G 3rd	09 Audiologist - Appt. Only - WC 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 - C/D 3rd FL 2:00 CHERA Meeting - AUD 2:00 Ping Pong - GR 2:00 Banks - BUS 6:30 Chapel: Rev. Norman Bradney	10 11:00 Billiards - GR 1:00 Hand & Foot - C/D 3rd 2:30 Arm Chair Travel: Tanzania Dan and Barbara Fairchild - AUD 6:00 Pinochle - GR 6:30 Manipulation Cards - GR	11 11:00 The Hub Refresher - AUD 12:00 Wii Sports - GR 12:00 to 2:00 Buffet - MDR 2:00 Billiards - GR 3:00 Beyond the Tassel: The World was Never the Same - AUD 4:00 to 6:00 Buffet - MDR 6:00 Movie & Popcorn - AUD "Overcomer"
15 Prayer - ECR e - AUD AUD eca D'Oro - BUS S Study - AUD - F/G 3rd	16 9:00 Religious Resources - Chapel 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 - C/D 3rd FL 2:00 Birthday Dinner - AUD 2:00 Ping Pong - GR 2:00 Banks - BUS 6:30 FSC: Lecture - BUS 6:30 Chapel: Rev. Richard Adams	17 9:00 Group Exercise - AUD 10:00 to 12:00 Flea Market - A421 Furniture Sale - C217 10:00 Post Office - BUS 11:00 Park Walk + Picnic - BUS 11:00 Billiards - GR 1:00 Hand & Foot - C/D 3rd 3:00 Cooking Show - CR 6:00 Pinochle - AUD 6:30 Manipulation Cards - AUD	18 9:00 to 11:00 Flea Market - A421 Furniture Sale - C217 12:00 Wii Sports - GR 12:00 to 2:00 Buffet - MDR 2:00 Billiards - GR 3:00 Beyond the Tassel: The World was Never the Same - AUD 4:00 to 6:00 Buffet - MDR 6:00 Movie & Popcorn - AUD "Incident in a Small Town" 6:15 ISO: La Boheme Night at the Opera - BUS
22 Prayer - ECR se - AUD ncheon - AUD Week Event - CR US Study - AUD o n - F/G 3rd	23 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 - C/D 3rd FL 2:00 Ping Pong - GR 2:00 Banks - BUS 2:00 Activities Week Event - CR 6:30 RP Funding: Waitress The Musical - BUS 6:30 Chapel: Lighthouse Ministry	24 9:00 Group Exercise - AUD 10:00 Northside Library - BUS 10:00 Tai Chi - AUD 11:00 Billiards - GR 1:00 Hand & Foot - C/D 3rd 3:00 Activities Week Celebration - AUD 6:00 Pinochle - AUD 6:30 Manipulation Cards - AUD	25 <i>Chinese New Year</i> 10:30 Card, Tag & Bag Making - AS 12:00 Wii Sports - GR 12:00 to 2:00 Buffet - MDR 2:00 Billiards - GR 3:00 Beyond the Tassel: The World was Never the Same - AUD 4:00 to 6:00 Buffet - MDR 6:00 Movie & Popcorn - AUD "Downton Abbey"
29 Chat - CR y Prayer - ECR rcise - AUD Fit - AUD GR ng - GR BUS le Study - AUD UD rain - F/G 3rd	30 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 - C/D 3rd FL 2:00 Ping Pong - GR 2:00 Banks - BUS 5:00 Health Talk: Dr. Mulaney - AUD 6:30 Chapel: Rev. Jeannie Sweet	31 9:00 Group Exercise - AUD 10:00 to 12:00 Flea Market - A421 Furniture Sale - C217 10:00 Tai Chi - AUD 11:00 Billiards - GR 1:00 Wii Bowling - GR 1:00 Hand & Foot - C/D 3rd 6:00 Pinochle - AUD 6:30 Manipulation Cards - AUD	Gift Shop Hours <i>M-F 8:30 - 10:00 a.m.</i> <i>2:00 - 3:30 p.m.</i> 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 6:30 am</i>

EVENTS

Entertainment

Outing

Meal Outing

Sports

01 | Classical Tenor Vocalist 3:00 p.m. - AUD

Conner McWhirter studies professional vocal performance at Eastman School of Music in Rochester, New York with secondary studies in piano and violin. He studied the Italian language and Opera in Italy under world renowned tenor Chris Merrit. His pianist, Jacqueline Compton, has played for the Orlando Ballet, performed onstage at the Bob Carr and with the Bach Festival Orchestra.

07 | Kaleidoscope Presentation 2:30 p.m. - AUD

Bonnie Geohagen will present an interactive lecture and display of her Kaleidoscopes. Learn about her fascination that stirred this unique collection, along with some interesting history and facts.

07 | Dinner Out: Carrabba's 4:00 p.m. - BUS



Everyone is invited to enjoy the Italian specialty dishes, cooked in an open kitchen with an extensive menu.

10 | Cooking Show 3:00 p.m. - CR



Let us start this new year off eating healthy at our cooking show. Join us as we enjoy seared ahi tuna served with sesame kale salad.

12 | Theatre of Winter Haven 1:00 p.m. - BUS



Get your tickets for the comedy, "I Love You, You're Perfect, Now Change." Dinner will follow at Harborside for a fabulous ending to a perfect day.

14 | Taste and Tour of Asia 12:00 to 2:00 & 4:00 to 6:00 - MDR

The Dining Room will present a Chinese New Year menu at both seatings, with samplings from Thailand, Korea, Mongolia and Japan. Enjoy viewing unique décor and collectables from these areas.

14 | Violin/Piano Concert 6:30 p.m. - AUD

Alfonso Lopez is on tour from Venezuela and will be performing some new classical works accompanied by the talented Michelle Tabor on piano.

16 | FSC: Lecture 6:30 p.m. - BUS



Hop on the bus to hear George S. Lemieux and Laura E. Mize present a free lecture, "The 25 Most Important Figures who Shaped our State."

19 | America's Sweethearts 12:45 p.m. - BUS



Get your tickets and sign up for transportation to this exciting Andrew Sisters Vocal Concert, performing some of your favorites, held at Polk State College.

19 | Lakeland Concert Band 1:00 p.m. - BUS



Sign up for a free concert of favorite concert band selections held at Florida Southern College's Branscomb Auditorium.

21 | Arm Chair Travel: Dr. Robert Hicks 3:00 p.m. - AUD

Incredible stories from Dr. Robert Hicks' FBI and military experiences around the world. You will be amazed at the behind the scenes, dangerous and miraculous events and photos.

21 | New Neighbors Welcome Party 7:00 p.m. - AUD

Come meet your new neighbors and welcome them to the community. Enjoy hearing their stories while enjoying fellowship, refreshments and great trumpet music played by Chuck Weirch.

24 | Activities Week Celebration Party 3:00 p.m. - AUD

You will not want to miss this fun celebration full of humor, exciting games and refreshments. Participants, please bring your sheets for the raffle.

28 | "The Granny" Live Presentation 6:30 p.m. - AUD

Betty Gray returns as "Granny" with a new soliloquy that is sure to liven up your perspective on life. You will be laughing and are sure to relate to her touching stories.

FYI | Activities Week 20th - 24th

Enjoy daily surprises and fun activities all week with the Lifestyles Department. Pick up your participation sheet from the Lifestyles Department in C-118 or in the Fitness Center. Turn it in January 24th at the celebration party!

Health Center

December was so much fun for the residents and staff! December started off with our Annual Christmas Gala where over 100 family and friends got together to spend time with each other over a great lunch prepared by our great Dining Services. Volunteer residents from The Estates did crafts with our residents, and helped decorate the Christmas trees for the Christmas season. December also brought Santa Claus and great singers to entertain the Manor and Villa residents for their Christmas parties. Each resident received a gift from our staff and monetary donations from our Estates residents. Our residents and staff would like to thank everyone that contributed this year to make their Christmas one we will remember. The Recreation Department would like to wish everyone a very safe and Happy New Year with many blessings to come in the year 2020!

- Jamie Backensto, Director of Recreation

Events for January

01/06 Visits from our Estates friendly four paws
01/08 Elvis Day
01/09 Resident Council for Manor 10:30 a.m. MR
01/10 Villa Round Table 11:30 a.m. PDR
01/13 Visits from our Estates friendly four paws
01/13 Singing from Good Shepherd 10:30 a.m. MR
01/20 Visits from our Estates friendly four paws
01/27 Birthday Party 12:00 p.m. PDR
01/27 Visits from our Estates friendly four paws
01/28 Home Instead Game Day 2:30 p.m. VDR
01/28 SPCA Visits 11:00 a.m.

Health Center January Recreation Schedule

Sunday Services

01/05 Rev. William Allen
01/12 Rev. Greg Robinson
01/19 Chaplain Randy Horn
01/26 Rev. Courtney Harding



Musical Entertainment 10:00 a.m.

01/03 Music Time
01/10 Mr. Elder Bostic
01/17 Doug Mewhorter
01/24 Dave Smith
01/31 Deborah Mims

Setting New Years Resolutions

Resolutions are promises we make to ourselves that are meant to help us refocus on what is important in life and make improvements for the upcoming year. The key to setting a New Year's resolution is maintaining the motivation you feel right now. Do not let your resolution glow bright in January, then simmer out in February. Choose goals you can actually keep year round. New Year's resolutions are the perfect opportunity for all those who have failed to start making the changes they said they would make "next week," "next month," or perhaps, "when winter starts." You should make a short list of resolutions that you can manage. Setbacks can happen, but so long as they are handled correctly, they will not impact the big goal.

- Rana Khan, Director of Nursing, Health Center

www.lifeleadersinstitute.org/



ESTATES

Judy Pendarvis.01
Donna Johnston.02
Leo Plevy.04
Ken Davis.05
Harley Crosby.06
Dennis Drury.06
Guy Rindge.07
Barbara Wynn.07
Evelyn Stock09
Jackie Fairchild.11
Evelyn Hoagland.11
Bob Whittaker.11
Lloyd Godwin.12
Sharen Poynter.12
Bill Brisbin.13
Ed Dowling.13
Elaine LeBlanc.17
Rudy Munoz.18
Gisele Romanace.18
Russell Fullerton.20
Arlene Pierce.21
John Martinez.22
Joe Perez.23
Shirley Michael.27
Nikki Oakley.27
Ina Powell.28
Blanche Pugley.28
Bob Clarke.29
Michael Brink.30
Ronald Hogrefe.30
Charles Cannon.31
Alita Keller.31
James Moore.31

HEALTH CENTER

Roberta Yori.01
Hazel Gust.03
Stella Eismann.08
Eleanora Gambino.10
Kathleen Hagan.14
Marian Randall.18
Louise Bryan.19
Carol Paige.28

Those born in January are invited to celebrate their Birthday with a five course meal in the Auditorium on January 16th at 2:00 p.m. Find your invitation in your in-house mailbox. RSVP to Sonya Zubiller in C-118.



UPCOMING EVENTS:



54th Superbowl Party:

February 2nd 5:00 p.m. - AUD

Sign up for a fun Pizza Party while watching this exciting NFL game on the Big Screen. The game is being played in Miami Gardens, so Florida will have football fever. Regardless of which teams compete, join us for our own fun game competitions and half-time raffle.



Special Valentines Day Dining:

February 14th 12:00-2:00 & 4:00-6:00

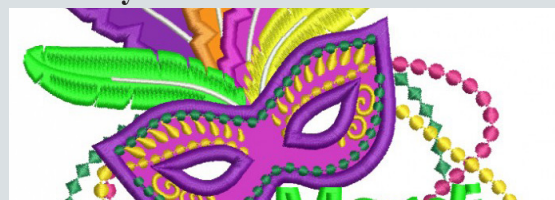
Strolling Accordionist plays your favorite songs while you dine. Enjoy a variety of decadent desserts. Order a balloon gift for your table.



Top Chef Competition:

February 24th - BUS

Sign up to be part of the studio audience watching Top Chef of Polk County as they compete for first place. Free event and transportation. Enjoy tastings as we cheer for our chefs, Dean and Gary.



Mardi Gras Party:

February 25th 6:30 p.m. - AUD

Enjoy a New Orleans Jazz Club atmosphere with Chuck Weirich. Get your fill of delectable desserts in celebration of Fat Tuesday.

Trust God in 2020

A new year is here. I am excited to see what God is going to do this year. God has planned good things for all of us in 2020. Jeremiah 29:11 "I say this because I know what I am planning for you, says the Lord. I have good plans for you, not plans to hurt you. I give you hope and a future." We are able to trust the ultimate goodness of God with optimism and hope because God created us for His purpose. We still have important work to do. We can make a positive difference in our own life and in the lives of others when we yield to God's purpose. Make this year one of the best by remembering that God has an amazing plan for you. Look with faith and expectancy for what God will do through you and in you. God still works in the lives of His people. Listen closely to God's voice and He will direct you in ways that you never thought possible.

- Chaplain Randy Horn

We just want to thank each of you that donated to this year's Cops for Christmas gift donation event! This program does two wonderful things in our community. First, it gives a wonderful Christmas to Lakeland children that would otherwise not have gifts under their Christmas tree. Second, by donating through the Lakeland Police Department, we are helping to build bridges in the Lakeland community between these families and the law enforcement community. So, it is a WIN, WIN for the entire Lakeland community! I hope that you were also able to join us for our inaugural "Cocoa, Cookies and Cops" social that we hosted before the gift presentation. Lakeland's Chief of Police, Reuben Garcia, and several of the members of the LPD stopped by to hang out with our residents and enjoy some wonderful cocoa and cookies. We plan to make this social an annual event, so be looking for it in the Shavings next year. Also, in December 2019, we were able to purchase our 20th dog for the Polk County Sheriff's Office's K9 Unit! This is a huge milestone for the Estates' signature program and we are excited to be able to assist our county law enforcement through this partnership. We are looking forward to so many things in 2020 and we hope that you are as well! Make plans to join K9s for Cops for our quarterly Dining for Dogs events and have a fun night out that gives back to our efforts to purchase dogs for the K9 Unit. We wish you all the happiest New Year, full of wonderful blessings!

- Michelle Robare, Community Relations



Annual Christmas Gala



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

