

# Shavings

The Magazine of

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

March 2020



*In their hearts humans plan their course,  
but the LORD establishes their steps.  
Proverbs 16:9*

# From The Executive Director



Last month, I wrote that a new year provides opportunity and new possibilities. The unveiling of the Master Plan at February's Town Hall meeting provided clarification on the future direction of our community and showed what new possibilities are planned in the exciting future of The Estates!

The planned chapel will be attached and easily accessible. It will seat approximately 200 people and feature a stage, storage, and an office for our Chaplain. The Spanish mission-style design will add definition to the front of our community and the space will provide the long-needed large meeting space for events.

The reimagined dining room will result in six different dining venues, including two outdoor spaces, and at least two of these areas will be able to be used for smaller events and meetings. The planned assisted living facility with memory care will give us a state-of-the-art facility unmatched in Lakeland. The rooftop garden will allow our memory care residents to enjoy to the outdoors in a safe, controlled and secure environment.

We are about enter into the schematic design phase for these projects and will be working with the same architectural firm that guided us through the master planning process. Their knowledge and experience have proven to be invaluable!

We are continuing our work on the "other" projects as well. The Hobby Shop is in progress, the Wi-Fi will begin within the next week, the work on the new Technology Center has started ... the list seems to go on and on!

This journey will test our patience. In Romans 12:12, Paul directed us to "Be joyful in hope, patient in affliction, faithful in prayer." In this construction market, it is taking longer to complete projects. Contractors, architects, and engineers have so many opportunities for work that permit approvals are taking longer, costs are increasing, and project timelines are getting extended. It is a very challenging market, but our patience, trust in God, and fortitude will ensure that we will accomplish our goals.

Please join us as we continue our journey with faith, prayer, teamwork, dedication and, yes, patience. I am confident that we will all look back and agree that the wait was worth it!

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



# MEET YOUR NEW NEIGHBORS



**Sharon McLane, H-106, Phone: (713) 202-1684**

Sharon is originally from Pennsylvania. She has one daughter and two granddaughters. Sharon was an RN for forty-six years and in Biomedical Informatics for fifteen years. She enjoys cooking, reading, and gardening.

**Betty Snodgrass, B-404, Phone: (813) 309-3144**

Betty is originally from Wisconsin. She was married for sixty-one years and has three children. Betty was an RN for thirty years. She enjoys classical music, reading, gardening, and traveling. Her favorite place traveled so far, is Hawaii.



May the wisdom of God instruct us.  
May the hand of God protect us.  
May the Word of God direct us.

SAINT PATRICK



## *Memorials, Honorariums & Donations*

The Estates would like to thank the following individuals for their generosity during the month of January 2020: CHERA, Groupmatics, Orlando Magic, Mr. & Mrs. Brian Robare, Mr. Richard Suetterlin, Mr. & Mrs. John Thompson and Mr. & Mrs. Matthew Thompson.



## The Month of Green

What do you think of when you hear, “St. Patrick’s Day?” Maybe a shamrock or a leprechaun? How about St. Patrick himself, the patron saint of Ireland? That is fine to think of those things, but maybe we should think outside of the box. Let’s think about green foods! Not the green frosting on a cupcake or the green Jello that we all love so much. Let’s think about the good kind of green foods, like vegetables that are good for our health! It’s not as much fun as frosting and Jello, but definitely more important. We have all grown up hearing that we should eat our vegetables, but here is a fact for you: fewer than ten percent of Americans eat the recommended amount of fruits and vegetables and even fewer still choose the dark green veggies that have so many disease-fighting benefits. Although; for some people, eating green leafy vegetables is not advised due to certain side effects, the rest of us should think about it more often. Come to our March Wellness Chat on March 25, 2020 at 8:00am in the Community Room to find out more about just how good THIS green can be for you!

**- Cheri Shrader, Director of Nursing**

Resources: <https://www.everydayhealth.com>

## Staying on Course

With March upon us, this is a time of year where you either notice that you are doing a great job with your New Year’s resolution, or you find yourself in the complete opposite situation. Whatever your goals may be, it is never too late to start a resolution. As the saying goes, “it is not how many times you get knocked down that counts, it is how many times you get back up.”

For those of you who are trying to eat healthier, here are some tips on how to stay on track:

- Whenever you sit down to eat, you want to maintain a colorful plate. A plate with many colors is typically a good indicator of a nutrient dense plate - bright colored foods are best.
- Drinking small amounts of fluids consistently throughout the day is best to maintain proper hydration.

If your uphill battle is with physical fitness, and are finding it a challenge to begin, stop by the Fitness Center to have a one-on-one Wellness session to develop a plan based on your personal goals, interests and specific needs. Developing a plan for physical fitness is key to being successful. By narrowing in on key interests and goals, we can develop a plan that can facilitate your personal goals and needs.

**- Marco Silveria, Wellness Coordinator**



## The Good Samaritan Fund

The balance of the Good Samaritan fund is \$377,991.52 As of January 31<sup>st</sup>, 2020, \$59,456.89 has been used to help residents. Monies are taken from the interest earned.



## Resident Spotlight: Clem Schrock



Clem's journey to The Estates in 2013, reads like something straight out of a Beverly Lewis novel, as he was raised with nine siblings on an Amish farm in northern Indiana, where his parents were farmers. Following in the footsteps of his ancestors who settled in 1769, his family did not have modern conveniences such as electricity and motorized farming equipment, and their only means of transportation was a horse drawn buggy. Later, when he began public school, the family moved to a different Amish district where they were allowed to buy and use more modern conveniences to help with the farming.

The family spoke Pennsylvania Dutch and German in addition to English, yet dealt with many cultural issues in the public school system and modern communities. At the age of twenty, Clem made a brave decision to leave the Amish Church. He details

some of the difficult challenges that resulted from losing his association with the Amish community in his published book, Out of the Amish: One Man's Journey.

Before he wrote his book, Clem had a forty-four year trucking career which covered over four-million miles and landed him a job in central Florida, living in Lakeland. Clem attended First Assembly of God and continued to be a church member under Karl Strader's pastorate during the building and ministry years of Carpenters Home Church.

When you see Clem walking around the community with his friendly poodle, Maxwell, or at one of the many spiritual enrichment opportunities he is involved in, ask him how he found the courage and inspiration, after his retirement, to tell his story.

In June, we will have a special live interview and presentation with Clem about his book, and I am confident that you will be as inspired as I am, hearing his heart felt stories about the miracles he experienced and the joy he has found.

*-Sharon Larson, Director of Resident Lifestyles*

## Irish Bash

**Tuesday, March 17th  
2:00 p.m.**

**Community Room**

Enjoy delicious root beer floats and see if you have the "luck of the Irish"!

## Dinner Night Out: Catfish Country

Wednesday, March 25th at 4:00 p.m.

Enjoy a delicious dinner at this famous Lakeland spot. Catfish Country offers fresh seafood dishes to delight any palate.

Choose from their farm-raised catfish and salmon, Maine lobster tails and New England clam chowder. They have it all from steak to seafood! Enjoy having the ocean right at your table.





Sunday	Monday	Tuesday	Wednesday
<b>01</b> Billiards All Day - GR 9:00 Sunday School - CR 10:15 CHERA Worship - AUD  11:15 to 2:30 Buffet - MDR <b>1:00 LCT: Matilda - BUS</b> 1:30 Hand & Foot - C/D 3rd FL 2:00 Mah Jongg - A/B 3rd FL	<b>02</b> 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 1:00 Wii Bowling - GR 1:30 Mah Jongg - A/B 3rd FL 2:00 Nine Hole Golf - BUS 6:00 Scrabble - C/D 3rd FL 6:30 Bingo - AUD	<b>03</b> Ping Pong All Day - GR 9:00 Cranium Crunches - AUD 10:00 Sit & Get Fit - AUD <b>10:30 Lenton Book Study - AS</b> 10:30 Catholic Service - Villa 1:00 Bean Bag Baseball - AUD 2:00 Putting Tournament - 19th Hole <b>6:30 Contemporary Classic Concert: Ekaterina and Hugo - AUD</b>	8:45 Group Exercise 8:30 Intercessory Prayer 11:00 Billiards - GR 11:00 Marketing Luncheon 1:00 Wii Bowling 1:30 Walmart - BUS 3:00 Ladies Bible Study <b>4:00 ROMEO's - BUS</b> 6:00 Bridge - AUD 6:00 Mexican Train <b>6:00 RPF: U.S. Navy</b>
<b>08</b> Billiards All Day - GR 9:00 Sunday School - CR 10:15 CHERA Worship - AUD  11:15 to 2:30 Buffet - MDR 1:30 Hand & Foot - C/D 3rd FL 2:00 Mah Jongg - A/B 3rd FL  <i>Daylight Savings Time</i>	<b>09</b> 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 1:00 Wii Bowling - GR 1:30 Mah Jongg - A/B 3rd FL <b>2:00 Bible study with Jim Moore - AUD</b> 2:00 Nine Hole Golf - BUS 6:00 Scrabble - C/D 3rd FL 6:30 Bingo - AUD	<b>10</b> Ping Pong All Day - GR <b>8:30 TECO Manatee Viewing - BUS</b> <b>10:30 Lenton Book Study - AS</b> 1:00 Bean Bag Baseball - AUD 2:00 Putting Tournament - 19th Hole <b>6:15 ISO: Gaelic Symphony - BUS</b> <b>6:15 FSC: Piano, Pipa &amp; Chinese - BUS</b>	8:30 Intercessory Prayer 8:45 Group Exercise <b>9:00 Journeying Through - BUS</b> 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 <b>6:30 RPF: An American</b>
<b>15</b> Billiards All Day - GR 9:00 Sunday School - CR 10:15 CHERA Worship - AUD  11:15 to 2:30 Buffet - MDR <b>1:15 Lakeland Concert Band - BUS</b> 1:30 Hand & Foot - C/D 3rd FL 2:00 Mah Jongg - A/B 3rd FL	<b>16</b> 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 1:00 Wii Bowling - GR 1:30 Mah Jongg - A/B 3rd FL <b>2:00 Bible study with Jim Moore - AUD</b> 6:00 Scrabble - C/D 3rd FL 6:30 Bingo - AUD <b>6:30 FSC: Orchestral Treasures - BUS</b>	<b>17</b> <b>7:00 to 7:00 Election - AUD</b> Ping Pong All Day - GR 10:00 Foshee Jewelers - CR 10:30 Catholic Mass - PDR <b>10:30 Lenton Book Study - AS</b> <b>12:00 to 2:00 Taste &amp; Tour: Ireland</b> 2:00 Putting Tournament - 19th Hole <b>3:00 Irish Bash - CR</b> <b>4:00 to 6:00 Taste &amp; Tour: Ireland</b>	8:30 Intercessory Prayer 8:45 Group Exercise 11:00 Billiards - GR 11:00 Marketing Luncheon 1:00 Wii Bowling 1:30 Walmart - BUS 3:00 Ladies Bible Study 6:00 Bridge - AUD 6:00 Mexican Train <b>6:15 FSC: Lecture</b>
<b>22</b> Billiards All Day - GR 9:00 Sunday School - CR 10:15 CHERA Worship - AUD  11:15 to 2:30 Buffet - MDR 1:30 Hand & Foot - C/D 3rd FL 2:00 Mah Jongg - A/B 3rd FL	<b>23</b> 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 1:00 Wii Bowling - GR 1:30 Mah Jongg - A/B 3rd FL <b>2:00 Bible study with Jim Moore - AUD</b> 2:00 Nine Hole Golf - BUS 6:00 Scrabble - C/D 3rd FL 6:30 Bingo - AUD	<b>24</b> <b>Podiatrist-Appt. Only - WC</b> Ping Pong All Day - GR 9:00 Cranium Crunches - AS <b>9:30 JULIET: Shopping &amp; Lunch - BUS</b> <b>10:00 Bealls - BUS</b> 10:00 Sit & Get Fit - AUD <b>10:30 Lenton Book Study - AS</b> 1:00 Bean Bag Baseball - AUD 2:00 Putting Tournament - 19th Hole <b>3:00 Health Talk - AUD</b> <b>6:00 Lakeland Magic Game - BUS</b> <b>6:30 FSC: Hollingsworth Trio - BUS</b>	8:30 Intercessory Prayer 9:00 Group Exercise 11:00 Billiards - GR 1:00 Wii Bowling 1:30 Walmart - BUS 3:00 Ladies Bible Study <b>4:00 Dinner Out: C</b> 6:00 Bridge - AUD 6:00 Mexican Train
<b>29</b> Billiards All Day - GR 9:00 Sunday School - CR 10:15 CHERA Worship - AUD  11:15 to 2:30 Buffet - MDR 1:30 Hand & Foot - C/D 3rd FL <b>1:30 FSC: Dance Synergy - BUS</b> 2:00 Mah Jongg - A/B 3rd FL	<b>30</b> 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 1:00 Wii Bowling - GR <b>2:00 Bible study with Jim Moore - AUD</b> <b>5:00 Ladies Botique - D304</b> 6:00 Scrabble - C/D 3rd FL 6:30 Bingo - AUD	<b>31</b> Ping Pong All Day - GR 9:00 Cranium Crunches - AUD 10:00 Foshee Jewelers - CR 10:00 Sit & Get Fit - AUD <b>10:00 Ladies Boutique - D304</b> <b>10:30 Lenton Book Study - AS</b> 1:00 Bean Bag Baseball - AUD 2:00 Putting Tournament - 19th Hole <b>6:30 Disney on Piano - AUD</b>	<b>Gift Shop</b> <b>M-F 8:30 - 2:00</b> <b>Matura S</b> <i>Appointments</i> <b>Water Workou</b> <i>All Invite</i> <b>Coffee Conn</b> <i>Monday - Sat</i>

Wednesday	Thursday	Friday	Saturday
<p>ise - AUD Prayer - ECR R ancheon - AUD - GR US Study - AUD <b>BUS</b> D in - F/G 3rd <b>avy Band - BUS</b></p> <p><b>04</b></p>	<p>9:00 Gentle Yoga - AUD <b>9:30 Strawberry Festival - BUS</b> 9:30 Publix Shopping - BUS 10:00 Sit &amp; 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 - AUD</p> <p><b>05</b></p>	<p>9:00 Group Exercise - AUD 10:00 Tai Chi - AUD 11:00 Billiards - GR 1:00 Hand &amp; Foot - C/D 3rd 1:00 Wii Bowling - GR <b>3:00 Cooking Show - CR</b> 6:00 Pinochle - AUD <b>6:00 Zach Williams Concert - BUS</b> 6:30 Manipulation Cards - AUD</p> <p><b>06</b></p>	<p><b>8:45 Restorative Yoga - AUD</b> <b>9:00 to 11:00 Flea Market - A421</b> <b>Furniture Sale - C217</b> 12:00 Wii Sports - GR 12:00 to 2:00 Buffet - MDR 2:00 Billiards - GR 3:00 Beyond the Tassel - AUD 4:00 to 6:00 Buffet - MDR 6:30 Movie &amp; Popcorn - AUD <i>A Beautiful Day in the Neighborhood</i></p> <p><b>07</b></p>
<p>Prayer - ECR e - AUD <b>through Grief - ECR</b> GR S Study - AUD a - F/G 3rd <b>merican in Paris - BUS</b></p> <p><b>11</b></p>	<p>9:00 Gentle Yoga - AUD 9:30 Publix Shopping - BUS 10:00 Sit &amp; 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 <b>6:30 FSC: Jazz Brilliance - BUS</b> <b>6:30 Covenant Players - AUD</b></p> <p><b>12</b></p>	<p>9:00 Group Exercise - AUD 10:00 Tai Chi - AUD <b>10:00 to 12:00 Flea Market - A421</b> <b>Furniture Sale - C217</b> 11:00 Billiards - GR <b>12:30 Cinemark Matinee - BUS</b> <i>I Still Believe</i> 1:00 Hand &amp; Foot - C/D 3rd 1:00 Wii Bowling - GR 6:00 Pinochle - AUD 6:30 Manipulation Cards - AUD</p> <p><b>13</b></p>	<p><b>8:45 Restorative Yoga - AUD</b> 12:00 Wii Sports - GR 12:00 to 2:00 Buffet - MDR 2:00 Billiards - GR 3:00 Beyond the Tassel - AUD 4:00 to 6:00 Buffet - MDR 6:30 Movie &amp; Popcorn - AUD <i>Cirque du Soleil: Worlds Away</i></p> <p><b>14</b></p>
<p>y Prayer - ECR eise - AUD GR ancheon - AUD g - GR BUS e Study - AUD UD ain - F/G 3rd <b>re - BUS</b></p> <p><b>18</b></p>	<p><b>9:00 Religious Resources - Chapel</b> 9:00 Gentle Yoga - AUD 9:30 Publix Shopping - BUS 10:00 Sit &amp; Get Fit - AUD 11:00 Body Balance - AUD 12:00 Wii Golf - GR 1:00 Scrabble - C/D 3rd FL <b>2:00 Birthday Dinner - AUD</b> 2:00 Ping Pong - GR 2:00 Banks - BUS <b>5:00 Baseball Spring Training - BUS</b> 6:30 Chapel - AUD</p> <p><b>19</b></p>	<p>9:00 Group Exercise - AUD 10:00 Tai Chi - AUD 1:00 Wii Bowling - GR 1:00 Hand &amp; Foot - C/D 3rd 6:00 Pinochle 6:30 Manipulation Cards - AUD</p> <p><b>20</b></p>	<p><b>8:45 Restorative Yoga - AUD</b> <b>9:00 to 11:00 Flea Market - A421</b> <b>Furniture Sale - C217</b> 12:00 Wii Sports - GR 12:00 to 2:00 Buffet - MDR 2:00 Billiards - GR 3:00 Beyond the Tassel - AUD 4:00 to 6:00 Buffet - MDR 6:30 Movie &amp; Popcorn - AUD <i>Door to Door</i></p> <p><b>21</b></p>
<p>Prayer - ECR e - AUD GR S Study - AUD <b>Catfish Country - BUS</b> n - F/G 3rd</p> <p><b>25</b></p>	<p>9:00 Gentle Yoga - AUD 9:30 Publix Shopping - BUS 10:00 Sit &amp; 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 <b>2:00 Under the Oaks Book Club - CR</b> 6:30 Chapel - AUD</p> <p><b>26</b></p>	<p>9:00 Group Exercise - AUD 10:00 Post Office - BUS <b>10:00 to 12:00 Flea Market - A421</b> <b>Furniture Sale - C217</b> 10:00 Tai Chi - AUD 11:00 Billiards - GR 1:00 Wii Bowling - GR 1:00 Hand &amp; Foot - C/D 3rd 6:00 Pinochle - AUD 6:30 Manipulation Cards - AUD</p> <p><b>27</b></p>	<p><b>8:45 Restorative Yoga - AUD</b> 12:00 Wii Sports - GR 12:00 to 2:00 Buffet - MDR 2:00 Billiards - GR 3:00 Beyond the Tassel - AUD 4:00 to 6:00 Buffet - MDR 6:30 Movie &amp; Popcorn - AUD <i>Ford vs. Ferrari</i></p> <p><b>28</b></p>
<p><b>Open Hours</b> - 10:00 a.m. - 3:30 p.m. <b>Salon Open</b> s dial, ext. 115 <b>t, M-F 10:00am</b> ed - Pool <b>ections - CR</b> aturday 6:30 am</p>	<p><b>Abbreviations Key</b> Auditorium - AUD Art Studio, D-406 - AS Chapel, K-106 - C Community Room - CR Estates Conference Room - ECR Fitness Center - FC Game Room - GR Main Dining Room - MDR Private Dining Room - PDR Wellness Clinic, C-121 - WC Puzzle Table - D406</p>	<p><b>March</b></p>	

# EVENTS

## Entertainment

## Outing

## Meal Outing

## Sports

03

**Contemporary Classical Concert**  
6:30 p.m. - AUD



We are privileged to have award winning guitarist, Hugo Nogueira from Brazil and renowned pianist, Dr. Ekaterina Bessmeltseva, who has performed at Carnegie Hall, debuting with a unique combined performance.

04

**ROMEO: Beef O'Brady's**  
4:00 p.m. - BUS



Men, you are invited for a night out to enjoy a great meal and time together. Since 1985, their award-winning wings have been available in twelve signature sauces, as well as signature favorites with an Irish twist.

04

**US Navy Band**  
6:00 p.m. - BUS

The US Navy Band performs a variety of music ranging from traditional choral music, including sea chanteys and patriotic fare, to opera, Broadway, and contemporary music. Come on out and listen!

06

**Zach Williams Concert**  
6:00 p.m. - BUS



Grammy Award winning Christian music artist performs at Victory Church with signing available for the visually impaired. See Anita Callahan for more details and for purchasing tickets.

10

**TECO Manatee Viewing Center**  
8:30 a.m. - BUS



Enjoy seeing these spectacular mammals and learn more at the educational center. Lunch at Apollo Beach Bistro and delicious strawberry shortcake following.

12

**Covenant Players**  
6:30 p.m. - AUD

This talented group of actors return on tour with a new show of inspiration and encouragement to enhance your spiritual walk and journey.

13

**Movie Matinee: *I Still Believe***  
12:30 p.m. - BUS



Pre-showing of a faith-based, true story about the life of Dove Award-winning singer, Jeremy Camp. Produced by creator of the hit movie, *I Can Only Imagine*.

19

**Baseball Spring Training**  
5:00 p.m. - BUS



Join us for an exciting game where the Tigers and Marlins compete. We will stay and enjoy the fireworks following the game. See Marco for more details.

24

**JULIET: Shopping and Lunch**  
9:30 a.m. - BUS



Join us for a trip to the Westfield Mall in Brandon for some great shopping and lunch at a variety of popular restaurants. Men are invited to join us on this outing for a great time together.

24

**Lakeland Magic Basketball Game**  
6:00 p.m. - BUS



Get your tickets to join us in cheering our home town team on as they compete against the Maine Red Claws. See Marco for more details.

26

**Under The Oaks Book Club**  
2:00 p.m. - CR

Everyone is invited to this bi-monthly club, which meets to discuss the previous month's book. If you are interested in participating, please call Frances Martin.

31

**Disney on Piano**  
6:30 p.m. - AUD

Spess Neblett will perform a piano concert featuring famous Disney songs. See if you can "name that tune" or sing-along to your favorites. This will be a wonderful evening with this talented artist.

**FYI**

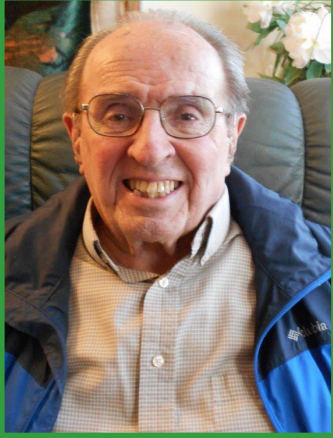
**Taste and Tour of Ireland**  
12:00 to 2:00 & 4:00 to 6:00 - MDR

For your enjoyment, our dining services team will prepare a special Irish menu available at both seatings. Wear your best green attire.



# Health Center

## *Resident Spotlight: David Cowgill*



Mr. David Cowgill has been a resident at The Estates for almost seven years. David was married to the late Sharon Cowgill for fifty-two years, and is the oldest of four children. He graduated from Michigan State University with a degree in Business Administration, “Go Spartans!” he said proudly. He worked on a cattle ranch for two summers. He was asked if he enjoyed riding horses and doing chores on the ranch and with a smile he stated, “Yes, because I knew I wouldn’t be doing it for the rest of my life!” David enjoys bingo, listening to entertainment programs, going to church programs, watching football and basketball on television and reading biographies. He loves to joke and cut up with staff and visitors. If you need a good laugh, visit with David in the Villa; you will be glad you did!

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

## *Events for March*

03/05 Trip to Target  
03/06 Villa Round Table  
03/12 Trip to Chinese Restaurant  
03/12 Resident Council Meeting  
03/12 Mr. Bob comes to sing  
03/16 Visit from Estates Friendly Four Paws  
03/17 St. Patrick's Day Party  
03/19 Trip to Art Museum  
03/24 Home Instead Game Day  
03/24 SPCA Visits  
03/26 Drive Around Town  
03/30 Monthly Birthday Party

## **Health Center March Recreation Schedule**

### **Sunday Services**

03/01 Attorney John Naser  
03/08 MaryAnn Vespa  
03/15 Rev. Courtney Harding  
03/22 Hymn Sing  
03/29 Chaplain Randy Horn

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### **Musical Entertainment**

*10:00 a.m.*

03/06 Mr. Keith Marr  
03/13 Mr. Elder Bostic  
03/20 Doug Mewhorter  
03/27 Ms. Cynthia Cox

## *Seasonal Allergies*

Unfortunately, some of the nicest weather during the year is accompanied by allergies. Springtime can mean the beginning of allergies for people who react badly to grass and pollen. Untreated allergies are not just uncomfortable, they can lead to breathing problems, sinus infections, and a cold. A doctor can recommend a good allergy treatment and taking it regularly can help prevent more serious respiratory problems. Spring allergies usually appear during February and do not fade until the beginning of summer. The most common symptoms include runny nose, itchy and watery eyes, sneezing, coughing, sore throat, and the appearance of dark circles under the eyes. It is important to consult your doctor to get an exact read on what you are allergic to and then experiment with different over the counter medications like Claritin, Zyrtec, or Allegra. Make sure you keep your windows closed, change your AC filters routinely, and take a shower after you have been working outdoors.

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

*Resources: <https://www.medicalalertadvice.com>*

# Happy Birthday!

## ESTATES

Robert Masden. . . . .	.01
Sue Tschudy. . . . .	.01
Robert Bucklin. . . . .	.02
Betty Vocelle. . . . .	.02
Jane Kramer. . . . .	.04
Rose Schmidt. . . . .	.06
Annabelle Fisackerly. . .	.07
Theresa Hollywood. . .	.07
Bob Smith. . . . .	.09
Frances Martin. . . . .	.10
Virginia Collier. . . . .	.11
Patti Davis. . . . .	.11
Rosalin Coleman. . . . .	.12
Ronald Doolittle. . . . .	.12
Edna Thompson. . . . .	.12
MaryAnn Vespa. . . . .	.13
Virginia Glass. . . . .	.15
Ann Pryor. . . . .	.15
Gary Tidwell. . . . .	.15
Patrick Lynette. . . . .	.17
Millie Palermo. . . . .	.17
Tacy Sarbaugh. . . . .	.18
Anne Selph Hatley. . .	.20
Peggy Lewis. . . . .	.22
Janice Plevy. . . . .	.21
Dorothy Holmstrom. . .	.24
Bertilou Hatton. . . . .	.26
Katherine Kennedy. . . .	.30

## HEALTH CENTER

Betty Ball. . . . .	.04
Rita Guido. . . . .	.16
Ann Morse. . . . .	.19
James Clay. . . . .	.20
Shirley MacCanon. . . . .	.21
Deborah Carr. . . . .	.23
JoeAnn Dickson. . . . .	.30

Those born in March are invited to celebrate their Birthday with a five course meal in the Auditorium on March 19<sup>th</sup> at 2:00 p.m. Find your invitation in your in-house mailbox. RSVP to Sharon Larson in C-118.



## UPCOMING EVENTS:

# FLEA MARKET

**THE BIG ONE – AUD**

**Tuesday, April 7, 3:00 - 5:00 p.m.**

**Wednesday, April 8, 8:30 - 1:30 p.m.**

This annual sale includes our Flea Market, Ladies Boutique and Furniture Sales at great prices. Sign up with Tacy Sarbaugh to assist.



**Volunteer Luncheon - MDR**

**Friday, April 24, 12:00 p.m.**

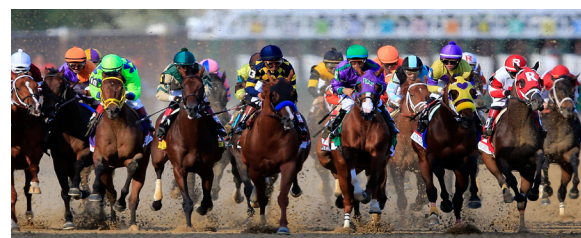
This is our special "Thank You" luncheon inviting everyone who volunteers in our community. RSVP on the HUB or in C-118.



**Archaeology Lecture - AUD**

**Tuesday, April 28, 6:30 p.m.**

Professor John Wineland from Southeastern University will be showing an interactive Armchair Travel presentation, taking us around the world to sites he has participated in excavating, including in our own state.



**Kentucky Derby Party**

**May 2, 3:00 p.m. – AUD**

Derby hats, raffles, traditional treats and lots of fun will be had watching the 2020 Race for the Roses together. This is a popular event you will not want to miss!



# Delight Yourself In God

We can always look with great expectation and faith into the coming days because, "The steps of a good man are ordered by the Lord, and he delighteth in his way," Psalm 37:23. Genuine pleasure is ordered by God and intended for our deep joy and delight. It can only be captured by knowing God, realizing He knows us, and being at rest in His presence. Neil Postman wrote a book called, Amusing Ourselves to Death, that captures the danger of chasing after pleasure, as our culture does, only to find it empty and joyless. Psalm 16:11, "You will show me the path of life; In your presence is fullness of joy; At your right hand are pleasures forevermore." We are able to delight and take pleasure in knowing God, which brings such inner peace and joy. What great and precious promises we have.

**- Chaplain Randy Horn**

## From the words of Saint Patrick

- "If I have any worth, it is to live my life for God."
- "I am certain in my heart that all that I am, I have received from God."
- "Never trust a dog to watch your food."
- "Christ before me, Christ behind me, Christ in me."
- "I prayed in the woods and on the mountain, even before dawn. I felt no hurt from the snow or ice or rain."
- "The Lord opened the understanding of my unbelieving heart, so that I should recall my sins."
- "I only seek in my old age to perfect that which I had not before thoroughly learned in my youth, because my sins were a hindrance to me."
- "I have a Creator who knew all things, even before they were made - even me, his poor little child."
- "The Lord is greater than all: I have said enough."

## Thursday Night Chapel Schedule

**March 5th**

Rev. Jim Cararchio from Crestview Baptist Church

**March 12th**

Covenant Players Drama Team

**March 19th**

Rev. Steve Polk from Lake Gibson Church of the Nazarene

**March 26th**

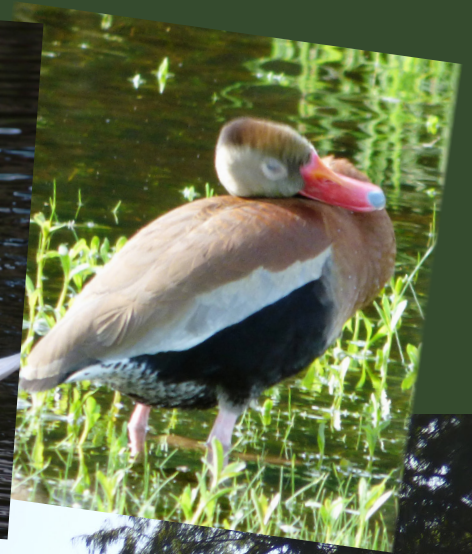
Rev. Richard Cook from Victory Church

## Strawberry Festival

Thursday, March 5th  
9:30 a.m. - BUS

**Share a delightful day enjoying fresh strawberry shortcake, The Nelson Brothers live in concert, delicious food, creative crafts and special senior pricing.**





*Photos taken by Edgar Lee*



Visit us on the web at : [www.EstatesatCarpenters.com](http://www.EstatesatCarpenters.com)

