

# Shavings

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



*May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit. - Romans 15:13*

# From The Executive Director



From June 1st to November 30th my most visited website is the National Hurricane Center. I put my finely honed meteorological skills to use and monitor the disturbances off the coast of Africa. I read the forecast advisories, wind speed probabilities, and review the updates on the cone of uncertainty. I do all of this for two reasons. First, I need to be informed to ensure that our community is prepared and second, because I simply cannot stop myself from worrying about the uncertainty that comes with a storm churning somewhere out in the Atlantic Ocean. The unknown can be a very scary thing.

At the last Town Hall meeting we shared some exciting plans that included some new construction and refurbishment and repurposing of existing space. As always, some residents were excited that The Estates was continuing on our journey of repositioning the community and others were less enthusiastic about some of the planned changes.

At this meeting we shared that we would be working with an architectural firm that specialized in senior living and that all of the ideas presented during the Town Hall meeting were hopes and dreams and that no decisions had been finalized. It is this uncertainty that creates anxiety for many of us.

For those who have never been through this type of process, the master planning process creates the roadmap to ensure we are prepared. The architects will introduce concepts, share what they are seeing in the world of senior living, and solicit feedback from the residents and staff who are participating in the process. The final product is a collaborative effort that sets the course for our change journey. As I have stated in the past, The Estates will continue to reinvent itself over the coming years as we attempt to improve service and amenity offerings to our existing residents and to remain an attractive option for individuals considering our community. We must continue to change to be relevant!

Our success during Hurricane Irma and all the past and future storms that may threaten our community is the result of our preparation and collaboration. Despite the uncertainty that comes with a named storm, we make certain that we are prepared (master planning) and work together to achieve a fantastic outcome. Over the years I have come to believe that there is nothing we cannot achieve if we commit to working together!

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

# MEET YOUR NEW NEIGHBORS

## **Robert and Winifred Markarian, J-221, Phone: (845) 702-2010**

Bob and Winnie are originally from Massachusetts. They met when they were partnered as bridesmaid and groomsman in 1965 and have been husband and wife for 53 years. Bob was in education, K-12, for 43 years and Winnie was a Massage Therapist for 20 years. She also volunteered her services during 9/11 as a second responder. Together they enjoy reading and card playing. Bob also likes skeet target shooting with a shot gun.



## **Russell Fullerton, J-220, Phone: (863) 333-2921**

Russell is from Punxsutawney, Pennsylvania where Ground Hog Day is truly celebrated! He has two daughters, one dog and one cat. Russell worked with air craft for 30 years. He worked for Piper Aircraft and the City of Lakeland for 12 years before retiring. He enjoys golfing and sports, especially watching baseball.

## **Charlotte Ryan, K-309, Phone: (352) 234-0275**

Charlotte is originally from Macon, Georgia and has three children. Before retiring, she was a secretary, but her main job was a wife and mother. Charlotte enjoys plants, animals, cooking, reading, and she enjoyed tennis for many years. She is happy to be at the Estates and is thankful for all the friendly neighbors.



## **Barbara Martin, K-409, Phone: (678) 361-8509**

Barbara is from Dunedin, Florida. She moved in with her poodle mix, Sundae. She graduated from Mercer University with her MBA in Finance. Before retiring, she worked for the U.S. Securities and Exchange Commission for ten years. Prior to that, her entire career was in the security industry. Barbara enjoys reading and theatre arts.

# WELCOME TO YOUR NEW HOME





## Resident Spotlight: Anne Helzer

In honor of Active Aging week we are highlighting an inspiring lady, who in spite of some physical limitations, has refused to let them limit her joyful, active lifestyle. Anne was an energetic child, taking tap and ballet lessons and enjoying gymnastics, when at the age of 12, she simply turned her neck quickly in school, and her body began to weaken with pain. During the next 19 months, Anne's condition did not improve and her diagnosis left multiple doctors stupefied, until a Miami specialist discovered a rare area where her neck was broken in three places. After the first fusion surgery failed, Anne, at the age of 14, was faced with the difficult decision to allow this doctor to perform a rare and dangerous surgery with a 0% success rate, and operate through her mouth to repair her neck. It was a miraculous success! Anne believed God had protected her and she was determined to rise above her limitations and enjoy living her life! She began by becoming the second owner of a 1964½ rare model blue mustang which she drove to High School and kept in mint condition, until selling it in 2016. She worked for her father's Hot Air Balloon business "Apple Annie", named after her, and was the vehicle crew member who followed the balloon to its landing. She reinvented her love for dancing by becoming an avid "Dancing with the Stars" fan, and organized some of our ladies to join her on a trip to Orlando to watch "Val and Maks" perform live. She was part of Disney's "Shake Down Crew" in 1971 before it opened, has travelled by RV all over the USA, has enjoyed success as a Branch Accounting Coordinator for Travel Agencies, Emergency Communication Specialist, and the list goes on. Anne currently is a Test Proctor for those completing degrees and certifications, and she volunteers in our Flea Market, hall checks and resident move ins. Anne will be using her intrigue for reading Tom Clancy espionage novels to be one of our suspects in this month's "Who Done It?" party. She utilizes Marco's help to customize the fitness equipment to enhance her wellness and wants to inspire you too. Do not let your limitations define you, but rather let them redirect you to a new experience and active lifestyle to enjoy!

*- Sharon Larson, Resident Lifestyles Director*



# The Good Samaritan Fund

The balance of the **GOOD SAMARITAN FUND**

is \$374,495.41 As of August 31, 2019, \$57,772.64 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 August 2019:**

Badcock Furniture, Gayle Cather, John Goddard Produce, Marine Corps of Lakeland, Lou McCraney, Panera Bread, Charles Paulk, The Estate of Margaret Taylor, John Thompson, Matt Thompson, Miriam Thompson.



## *Skin Tears - How and Why*

Have you ever bumped your hand or arm and when you look down it is bleeding? The next thing you know, you are headed to the Wellness Clinic for first aid to see if they can put you back together. This is called a skin tear and that is exactly what has happened. You literally tore your skin! Fragile thinning skin is common among seniors. As we get older, the layers of skin become thinner and more fragile. The skin loses elasticity, collagen and fatty tissue. This is the perfect situation for this type of injury. Besides aging, here are some of the reasons that your skin becomes so fragile:

- The sun, UV light can deteriorate the collagen and elastin which in turn contributes to the thinning.
- Corticosteroids, (examples: Prednisone, Hydrocortisone, and some inhaled medications).
- Blood thinning or antiplatelet medications, (Examples: Coumadin, Eliquis, Plavix, Xarelto, Aspirin) can lead to bruising and tearing.
- Dry skin. There are many reasons for dry skin. Sun exposure, medications and smoking are just a few.

Although you can not do much about the medications prescribed to you by your physician, you can; however, try to prevent sun exposure and dry skin. Apply sunscreen and wear a sun hat to shade your ears, face and scalp. Moisturize, don't scratch. Use good moisturizing creams daily on your arms and legs. Wear long sleeves to protect the skin. Do not use hot water for your bath or shower. Very hot water dries the skin. Avoid harsh skin cleansers and soaps. Wash gently with a washcloth, don't scrub too hard. If they are properly taken care of, skin tears can heal within a few weeks. You can count on your nurses in the Wellness Clinic to keep an eye on them for you.

Resource: [www.healthline.com](http://www.healthline.com)

*- Cheri Shrader, Director of Nursing*

## *Getting Active*

October is a big month at The Estates, and is all about redefining "active". We kick off the month with Active Aging Week, which runs from October 1<sup>st</sup> through October 7<sup>th</sup>. All week there will be events covering all aspects of wellness. During this week, you will have the opportunity to earn raffle tickets as you participate in classes and events throughout the community. We will close the week with a celebration and prizes. During our Active Aging Week celebration, we will be participating in another National CyberCycle Challenge! This is where our community competes against the other 199 communities worldwide for the title. We will have seven days to bike as many miles as we can. If you are interested in participating on our community team challenge, come to the Fitness Center to receive your personal pin so you will be rewarded for your efforts.

The annual Breast Cancer Bake Sale will be held on Friday, October 4<sup>th</sup> from 12 p.m. - 2 p.m. in the Community Room. This is a community-wide effort where both residents and staff team up to raise money for the American Cancer Society for breast cancer research. Whether you love to bake, have a sweet tooth or just want to contribute to the cause, this is a great opportunity to get active and be involved.

*- Marco Silveira, Wellness Coordinator*

Sunday	Monday	Tuesday	Wednesday
October			
		<b>Active Aging Week Day 1</b> <b>Cyber Cycle Challenge Begins</b> Ping Pong All Day - GR <b>9:00 Brain Fitness Fuel - AUD</b> 10:00 Sit & Get Fit - AUD 10:30 The Catholic Service - Villa 1:00 Bean Bag Baseball - AUD <b>3:00 Growing Bolder Competition - AUD</b> <b>6:30 Classical Dual Piano Concert - AUD</b>	<b>Active Aging</b> 8:30 Intercessory Pr 9:00 Group Exercis 10:00 Sit & Get Fit <b>11:00 Billiards Com</b> 1:00 Wii Bowling - 1:30 Walmart - BUS 2:00 Ladies Bible S <b>4:00 ROMEO: My</b> 6:00 Bridge - MDR 6:00 Mexican Train
<b>Active Aging Week Day 6</b> Billiards All Day 9:00 Sunday School - CR 10:15 CHERA Worship - AUD Rev. Norman Bradney Assemblies of God 11:15 to 2:30 Buffet - MDR <b>1:30 FSC: Biloxi Blues - BUS</b> 1:30 Hand & Foot - C/D 3rd FL 2:00 Mah Jongg - A/B 3rd FL <b>5:00 "Suspicion" - AUD</b>	<b>Breast Cancer Bike-A-Thon - FC</b> 9:00 Drum Fit - AUD <b>10:00 Nine Hole Wedgewood Golf</b> 10:30 Walmart - BUS <b>10:30 CHERA Chorus - AUD</b> 11:00 Billiards - GR <b>11:30 The Silent Singers - AUD</b> 12:30 Local Shopping - BUS 1:00 Wii Bowling - GR <b>2:00 Bible Study - CR</b> <b>3:00 Guest Speaker:</b> <b>Sheriff Grady Judd - AUD</b> 6:30 Bingo - AUD	Strength Training all day - FC 10:00 Water Workout - Pool 10:00 Foshee Jewelers - CR <b>3:00 to 5:00 Flea Market - AUD</b> <b>Furniture Sale C217   Ladies Boutique D304</b> Ping Pong All Day - GR Billiards All Day - GR Putting All Day - 19 <sup>th</sup> Hole	<b>8:30 to 1:30 Flea M</b> <b>Furniture Sale C217  </b> 8:30 Intercessory Pr <b>9:00 Journeying Th</b> 11:00 Billiards - GR 1:00 Wii Bowling - 1:30 Walmart - BUS 3:00 Ladies Bible S 6:00 Bridge - MDR 6:00 Mexican Train
Billiards All Day 9:00 Sunday School - CR 10:15 CHERA Worship - AUD Dr. David Braselton 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 <b>3:00 "War Room" - AUD</b> <b>5:00 "Strangers on a Train" - AUD</b>	9:00 Group Exercise - AUD <b>10:30 CHERA Chorus - AUD</b> 10:30 Walmart - BUS 11:00 Billiards - GR <b>11:30 The Silent Singers - AUD</b> 12:30 Local Shopping - BUS 1:00 Wii Bowling - GR 1:30 Mah Jongg - A/B 3rd FL <b>2:00 Bible Study - AUD</b> <b>2:30 The Hub "Hands On" - TC</b> 6:00 Scrabble - C/D 3rd FL 6:30 Bingo - AUD	<b>Podiatrist - Appt. Only - WC</b> Ping Pong All Day - GR 9:00 Cranium Crunches - AUD 10:00 Sit & Get Fit - AUD 10:30 Catholic Mass - PDR <b>12:00 to 2:00 Taste &amp; Tour - MDR</b> <b>10:00 Bealls Shopping Party - BUS</b> 1:00 Bean Bag Baseball - AUD 3:00 Zeppelin Attack (Nova) - AUD <b>4:00 to 6:00 Taste &amp; Tour - MDR</b> <b>7:00 New Neighbors Octoberfest Welcome Party - MDR</b>	8:30 Intercessory 9:00 Group Exerci 10:00 Sit & Get Fi 11:00 Billiards - G 1:00 Wii Bowling 1:30 Walmart - B 3:00 Ladies Bible 6:00 Bridge - AU 6:00 Mexican Tra
Billiards All Day 9:00 Sunday School - CR 10:15 CHERA Worship - AUD Rev. Margaret Register 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 <b>5:00 "The Wrong Man" - AUD</b>	9:00 Drum Fit - AUD <b>10:00 Nine Hole Wedgewood Golf</b> 10:30 Walmart - BUS <b>10:30 CHERA Chorus - AUD</b> 11:00 Billiards - GR <b>11:30 The Silent Singers - AUD</b> 12:30 Local Shopping - BUS 1:00 Wii Bowling - GR 1:30 Mah Jongg - A/B 3rd FL <b>2:00 Bible Study - AUD</b> 6:00 Scrabble - C/D 3rd FL 6:30 Bingo - AUD	Ping Pong All Day - GR 9:00 Cranium Crunches - AUD 10:00 Foshee Jewelers - CR 10:00 Sit & Get Fit - AUD 1:00 Bean Bag Baseball - AUD <b>2:30 Arm Chair Travel - AUD</b> <b>Phyllis and Bill Gabler</b> <b>6:30 "Who Done It?" Party - AUD</b>	<b>8:00 BP Checks -</b> 8:30 Intercessory P 8:45 Group Exerci 11:00 Marketing Lu 11:00 Billiards - GR 1:00 Wii Bowling 1:30 Walmart - BU 3:00 Ladies Bible 6:00 Bridge - AUD 6:00 Mexican Tra
Billiards All Day 9:00 Sunday School - CR 10:15 CHERA Worship - AUD Rev. Fred McDaniel Assemblies of God 11:15 to 2:30 Buffet - MDR <b>1:15 TWH: Joseph &amp; the Amazing Technicolor Dreamcoat - BUS</b> 1:30 Hand & Foot - C/D 3rd FL 2:00 Mah Jongg - A/B 3rd FL <b>5:00 Game Night - CR</b>	9:00 Group Exercise - AUD <b>10:30 CHERA Chorus - AUD</b> 10:30 Walmart - BUS 11:00 Billiards - GR <b>11:30 The Silent Singers - AUD</b> 12:30 Local Shopping - BUS 1:00 Wii Bowling - GR 1:30 Mah Jongg - A/B 3rd FL <b>2:00 Bible Study - AUD</b> <b>2:30 The Hub "Hands On" - TC</b> 6:00 Scrabble - C/D 3rd FL 6:30 Bingo - AUD	Ping Pong All Day - GR 9:00 Cranium Crunches - AUD 10:00 Sit & Get Fit - AUD <b>11:30 JULIET: Mystery Lunch - BUS</b> 1:00 Bean Bag Baseball - AUD <b>3:00 Health Talk - AUD</b> <b>"How to minimize the risk of falls"</b> <b>6:15 ISO: Spooky Symphony - BUS</b> <b>6:15 FSC: Live the Questions - BUS</b>	8:30 Intercessory I 9:00 Group Exerci 10:00 Sit & Get Fit <b>11:00 FSC: Studen</b> 11:00 Billiards - GR 1:00 Wii Bowling 1:30 Walmart - BU 3:00 Ladies Bible 6:00 Bridge - AU 6:00 Mexican Tra



Wednesday	Thursday	Friday	Saturday
<b>Active Aging Week Day 2 02</b> Prayer - ECR - AUD AUD <b>Competition - GR</b> GR S Study Social - AUD <b>Mystery Dinner - BUS</b> - F/G 3rd	<b>Active Aging Week Day 3 03</b> 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 <b>2:00 Ping Pong Competition - GR</b> 2:00 Banks - BUS 6:30 Chapel: Pastor Craig Butler - AUD	<b>Active Aging Week Day 4 04</b> 9:00 Group Exercise - AUD 10:00 Lakeland Square Mall - BUS 10:00 Tai Chi - AUD 11:00 Billiards - GR <b>12 - 2 p.m. Breast Cancer Bake Sale - CR</b> 1:00 Wii Bowling - GR 1:00 Hand & Foot - C/D 3rd <b>3:00 Guest Speaker - AUD</b> <b>Dr. DuPont, MD</b> 6:00 Pinochle - AUD 6:30 Manipulation Cards - AUD	<b>Active Aging Week Day 5 05</b> 12:00 Wii Sports - GR 12:00 to 2:00 Buffet - MDR 2:00 Billiards - GR <b>3:00 Beyond the Tassel:</b> <b>Getting Healthier &amp; Staying That Way - AUD</b> 4:00 to 6:00 Buffet - MDR 6:00 Movie & Popcorn - AUD "The Fugitive"
<b>Market - AUD 09</b> <b>Ladies Boutique D304</b> Prayer - ECR <b>Through Grief - ECR</b> GR S Study - AUD - F/G 3rd	<b>Audiologist - Appt. Only - WC 10</b> 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 Ping Pong - GR 2:00 CHERA Resident Meeting - AUD 2:00 Banks - BUS 6:30 Chapel: Gail Ingle - AUD	<b>11</b> <b>8:30 Morse Museum Boat Tour - BUS</b> 9:00 Group Exercise - AUD 10:00 Tai Chi - AUD 10:00 Lakeland Square Mall - BUS 11:00 Billiards - GR 1:00 Wii Bowling - GR 1:00 Hand & Foot - C/D 3rd <b>3:00 Cooking Show - CR</b> 6:00 Pinochle - AUD 6:30 Manipulation Cards - AUD	<b>12</b> <b>8:00 Breast Cancer Walk - BU</b> 11:00 The Hub Refresher - AUD 12:00 Wii Sports - GR 12:00 to 2:00 Buffet - MDR 2:00 Billiards - GR <b>3:00 Beyond the Tassel:</b> <b>Getting Healthier &amp; Staying That Way - AUD</b> 4:00 to 6:00 Buffet - MDR 6:00 Movie & Popcorn - AUD "The Great Escape"
<b>16</b> Prayer - ECR - AUD - AUD GR - GR - GR Study - AUD ID - F/G 3rd	<b>17</b> <b>9:00 Religious Resources - Chapel</b> <b>9:00 Annual Senior Summit - BUS</b> 9:30 Publix Shopping - BUS 12:00 Wii Golf - GR 1:00 Scrabble - C/D 3rd FL 2:00 Ping Pong - GR <b>2:00 Birthday Dinner - AUD</b> 2:00 Banks - BUS 6:30 Chapel: Rev. Mario Garcia - AUD	<b>18</b> 9:00 Group Exercise - AUD 10:00 Lakeland Square Mall - BUS 10:00 Post Office - BUS 10:00 Tai Chi - AUD <b>11:00 Indoor Volleyball - AUD</b> 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	<b>19</b> 12:00 Wii Sports - GR 12:00 to 2:00 Buffet - MDR 2:00 Billiards - GR <b>3:00 Beyond the Tassel:</b> <b>Getting Healthier &amp; Staying That Way - AUD</b> 4:00 to 6:00 Buffet - MDR 6:00 Movie & Popcorn - AUD "Double Jeopardy"
<b>23</b> <b>AUD</b> Prayer - ECR - AUD - AUD - GR - GR Study - AUD - F/G 3rd	<b>24</b> <b>8:30 Howey Mansion Tour - BUS</b> 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 <b>2:00 Book Club - CR</b> 2:00 Banks - BUS <b>6:15 FSC Lecture: Before Pioneers - BUS</b> <b>6:15 FSC: Sax for All! - BUS</b> 6:30 Chapel: Dr. Dan Morris - AUD	<b>25</b> 9:00 Exercise Group - AUD <b>10:00 to 12:00 Flea Market - A421</b> <b>Furniture Sale - C217</b> 10:00 Lakeside Village - BUS 10:00 Northside Library - BUS 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 <b>6:30 FSC: USAF Concert Band - BUS</b>	<b>26</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 <b>3:00 Beyond the Tassel:</b> <b>Getting Healthier &amp; Staying That Way - AUD</b> 4:00 to 6:00 Buffet - MDR 6:00 Movie & Popcorn - AUD "Eyes in the Night"
<b>30</b> Prayer - ECR - AUD - AUD <b>nts Perform - AUD</b> - GR - GR Study - AUD - F/G 3rd	<b>31</b> 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 Chaplain Randy Horn- AUD	<b>Gift Shop Hours</b> M-F 8:30 - 10:00 a.m. 2:00 - 3:30 p.m. <b>Matura Salon Open</b> <i>Appointments dial, ext. 115</i> <b>Water Workout, M-F 10:00am</b> <i>All Invited - Pool</i> <b>Coffee Connections - CR</b> <i>Monday - Saturday 6:30 am</i>	<b>Abbreviations Key</b> 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 TC - Technology Center, K-207 WC - Wellness Clinic, C-121

# EVENTS

Entertainment

Outing

Dinner Out

Sports

## **FYI | Active Aging Week** **September 30<sup>th</sup> - October 7<sup>th</sup>**

Get your flyer from the Fitness Center so you can participate in the Active Aging special events, and earn tickets for the end of week celebration and prizes.

### **01 | Classical Dual Piano Concert** **6:30 p.m. - AUD**

Catherine and Tao share their magnificent piano talent with classical selections from their current tour. Both are winners of numerous awards and have released a variety of solo and group CD's.

### **02 | ROMEO: Mystery Dinner** **4:00 p.m. – BUS**



The men's dinner out location will be discovered in a secret set of clues when you get on the bus – all JULIET's are also welcome to join the men.

### **11 | Morse Museum Boat Tour** **8:30 a.m. – BUS**



Enjoy a relaxing ride through three of the seven lakes on the tranquil Winter Park chain, with breathtaking views of exquisite estates and wildlife. Next, tour the world's largest Tiffany Glass collection and enjoy free time to stroll the quaint specialty shops and enjoy lunch.

### **15 | Bealls Shopping Party** **10:00 a.m. - BUS**



Receive a 15% off coupon to use in addition to the 15% Senior day discount on all items. Enjoy a refreshment table while you shop. Customized return times up to 12:00 noon. Sign up required.

### **15 | New Neighbor Welcome Party** **7:00 p.m. - MDR**

Celebrate the addition of wonderful friends at the Estates with an Oktoberfest themed party. The St. Dennis Band will perform music while you meet our newest additions to the community. Enjoy fresh baked pretzels, beverage station, sing-along and raffle.

### **22 | Arm Chair Travel** **2:30 p.m. - AUD**

Bill and Phyllis Gabler share photos, videos and exciting stories from their trip to Cambodia and Thailand. Cultural refreshments will be served.

### **22 | "Who Done It?"** **6:30 p.m. - AUD**

Collect clues that will be posted in various places around the community starting Friday, October 18th. Bring these clues with you to the Spooktacular party and hear each suspect's testimony to help solve the Murder Mystery.

### **24 | Howey Mansion Tour** **8:30 a.m. - BUS**



After 10 years of abandonment, you are invited to explore this fully restored 1925 exquisite mansion with its pivotal influence in Florida's history and fascinating stories! Buffet lunch following at the fabulous Mission Inn, Howey-In-The-Hills.

### **29 | JULIET: Mystery Lunch** **11:00 a.m. – BUS**



The ladies luncheon location will be discovered in a secret set of clues when you get on the bus – all ROMEO's are also welcome to join the ladies.

### **30 | FSC: Students Perform** **11:00 a.m. - AUD**

Enjoy a collection of recent musical vocal pieces performed by Florida Southern College students from the Theatrical Department.

### **FYI | The Silent Singers** **Every Monday 11:30 a.m. - AUD**

Enjoy singing but don't have the voice for it? Join us and learn to sing using sign language. We plan to perform a simple song for Christmas while learning basic sign language. Contact Anita Callahan at [anita.callahan@tampabay.rr.com](mailto:anita.callahan@tampabay.rr.com) or call (863) 616-9866 and leave a message.



## Resident Spotlight: Robert Griffin



Mr. Robert Griffin has been at The Manor at Carpenters for two months. Mr. Griffin's wife, Dolores, visits him on a regular basis. On September 30<sup>th</sup> Mr. and Mrs. Griffin will have been married for 30 years. Between the two of them they have four children, six grandchildren and in March of 2020 their first great grandchild will be born. Mr. and Mrs. Griffin are originally from Rochester, New York and moved to Lakeland in 2002. Mr. Griffin's hobbies include playing bingo, card games of every kind, dancing, and collecting antique cars. He is still a dealer at The Lloyds of Lakeland. Mr. Griffin's first car was a '37 Mercedes Benz. When visiting the Manor, come and ask Mr. Griffin about his cars. I know he would love to share!

*- Jamie Backensto, Director of Recreation*

### Events for October

- 10/10 Resident Council - Manor at 10:30 a.m.
- 10/11 Villa Round Table - EST 11:30 a.m
- 10/14 Michael Sing - MR 10:30 p.m.
- 10/22 Game time - DR 2:30 p.m.
- 10/28 Monthly Birthday Party PDR 12:00 p.m.
- 10/29 Decorating Pumpkin Fun VL - 2:30 p.m.
- 10/31 Halloween Party 2:30/3:30 MR/VL
- 10/31 Trick or Treat Night - Manor 6:30 p.m.

### Health Center October Recreation Schedule

#### Sunday Services

- 10/06 Attorney John Nasser
- 10/13 Chaplain Randy Horn
- 10/20 Eleanor Hankins
- 10/27 Communion Service



#### Musical Entertainment

**10:00 a.m. - DR**



- 10/04 Karaoke Time
- 10/11 Music Time
- 10/18 Doug Mewhorter
- 10/25 Dave Smith

## Handwashing

Handwashing is a simple thing and the best way to prevent infection and illness. In health care settings, handwashing can prevent fatal infections from spreading from patient to patient. At home, handwashing can prevent infection from spreading from family member to family member and throughout the community. It only takes 20 seconds to wash your hands properly. Using clean, running water and regular soap is enough to remove germs. Soap is important to handwashing as it contains surfactants that help remove germs from the skin. If soap and water is not available, use a hand sanitizer. The best way to wash hands is to use soap and warm water, rub your hands together for at least 20 seconds. Some people say their ABC'S and rinse when you get to Z. Use a paper towel to touch the faucet or doorknob with your newly cleaned hands.

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





**ESTATES**

Freda Barnhart. . . . .01  
Ray Finklea. . . . .01  
Eleanor Gensheimer. . . .01  
Bobbie Blanchard. . . . .02  
Donna Ludwig. . . . .03  
Donna Mitchell. . . . .03  
Jane Williams. . . . .04  
Charlotte Ryan. . . . .06  
Jerry Jackson. . . . . 07  
Bob Mygrant. . . . .07  
Patricia Dinkins. . . . .09  
Barbara Andry. . . . .10  
Irma Mirza. . . . .11  
Jill Burgess. . . . .13  
Bill Fraker. . . . .14  
Ed Mylis. . . . . 15  
Sydney Jackson. . . . .16  
Ingrid Purvis. . . . . 16  
Lucy Shirah. . . . .17  
Dudly Colvin . . . . .19  
Thomas Holloway. . . . .20  
Paul Kozak. . . . .21  
Carolyn Wing. . . . .22  
John Simon . . . . . 23  
Nola Rudkin. . . . .24  
Joan Grinstead. . . . .25  
Robert Olson. . . . .25  
Jewel Fuller. . . . .26  
Nancy Nickeson. . . . .26  
Virginia Hoadly. . . . .27  
Charlotte Smith. . . . .27  
Eleanor O'Halloran. . . .28  
Jim Smith. . . . .30  
Betty Bennett . . . . . 31

**HEALTH CENTER**

Rodger Cheetham. . . . .01  
Dick MacCanon. . . . .06  
Harriet Murray. . . . .08  
George McCullough. . . .10  
Ruth Metzger. . . . .11  
Rena Hyde. . . . .13  
Edith Evans. . . . .15  
Mary Connelly. . . . .23

Those born in October are invited to celebrate their Birthday with a five course meal in the Auditorium on October 17<sup>th</sup> at 2:00 p.m. Find your invitation in your in-house mailbox. RSVP to Sonya Zubiller in C-118.



**UPCOMING EVENTS:**



**Veterans Day Service/Cookout**  
**Friday, November 8<sup>th</sup> 10:00 a.m. - AUD**  
Guest speaker Dr. Colonel Robert Hicks will inspire you at the Veterans Day Service. All veterans please sign up and list your branch and rank with Lifestyles C-118 for a special gift presentation. Cookout following at 11:00 a.m. - 19<sup>th</sup> Hole.



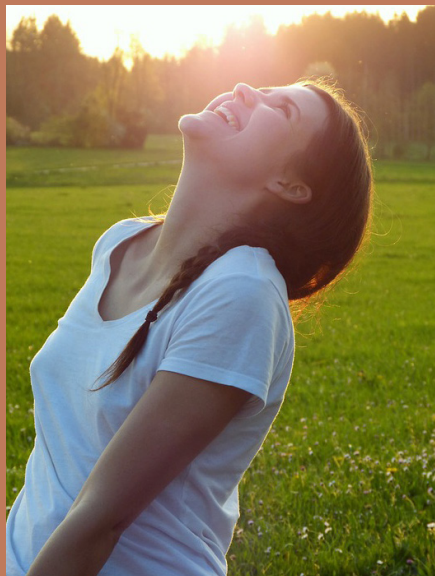
**Covenant Players**  
**Thursday, November 14<sup>th</sup> 6:30 p.m. - AUD**  
As pioneers using drama as a communication resource for the church since 1963, these performers travel throughout the world inspiring audiences with Charles M. Tanner's 3,500 original plays. You will have the opportunity to experience one of these positive and impacting messages during their visit to our community.



**America's Sweethearts**  
**Sunday January 19<sup>th</sup> 1:00 p.m. - BUS**  
Get your tickets now for the live Andrew Sisters vintage show, with vibrant harmony vocals by a New York City-based trio. Tickets will sell out for this one day show at Polk State College (863) 297-1050. Sign up for transportation.



## *A Joyful Heart*



Joy and grace are so beautifully linked together for us as Christians. We know without a doubt that we are on the receiving end of God's grace through Jesus Christ that produces joy in our minds and lives. The purpose of grace is to wipe away any fear or judgment. To wake up each morning knowing that our slate is clean and we have been born again yields joy. The inner peace to know, believe, and celebrate God's grace will always satisfy the longing in our heart. God will pick us up if we are sad and lonely. I must proclaim that is true joy.

*- Chaplain Randy Horn*

## **Thursday Night Chapel Schedule**

**October 3<sup>th</sup> - Pastor Craig Butler, Staff Pastor at Victory Church**

**October 10<sup>th</sup> - Gail Ingle, Bible Teacher and Conference Speaker**

**October 17<sup>th</sup> - Rev. Mario Garcia, The International Gideons Ministry**

**October 24<sup>th</sup> - Dr. Dan Morris, President of the Biblical Leadership Institute**

**October 31<sup>st</sup> - Chaplain Randy Horn, Special Halloween service "What are you afraid of?"**

## *Grief Support Group*

We will be studying the series, "Journeying Through Grief." Chaplain Randy Horn will be facilitating this class. Come and receive hope and encouragement the second Wednesday of each Month at 9:00 a.m. in the Estates Conference Room.

## **The Big One Flea Market**

Please join us in the Auditorium on  
October 8<sup>th</sup> from 3:00 to 5:00 p.m. and  
October 9<sup>th</sup> from 8:30 to 1:30 p.m.  
You do not want to miss this big sale!

## *Ladies Boutique*

**October 8<sup>th</sup>**  
3:00 to 5:00 p.m.

**October 9<sup>th</sup>**  
8:30 to 1:30 p.m.

The boutique will be open  
two days in October. The  
normal schedule will  
resume in November.





# Murder Mystery Train Trip



## Giving Back

*Ladies of the Boutique packed 20 bags and boxes of clothing and food for Hurricane Dorian relief in the Bahamas. Thank you to everyone who donated to help make this blessing successful!*



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

