

# Shavings

The Magazine  
of

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

October  
2021



HAPPY  
Fall

*"For with you is the fountain of life, in your light we see light."  
- Psalm 36:9*

# From The Executive Director



The world changed in March of last year and 2020 will be remembered as a year of lockdowns, fear, anxiety and – yes – toilet paper shortages.

We know now that the true toll of the pandemic cannot be measured solely by case counts and deaths. The pandemic impacted most every facet of our life and we lived each day with the goal of not contracting the virus and trying to keep it off our campus. Many of us stopped looking forward to the possibilities of the future because we were just trying to get through each day.

Admittedly, it is difficult to look forward with anticipation when you are overburdened with daily life, but challenging times often offer some wonderful reminders of what is important.

We were reminded that life is fragile, a hug is priceless and that a virtual visit or phone call is good, but an in-person visit is spectacular.

We were reminded of the importance of communication. It can alleviate fear and provide comfort when it is needed most. A phone call, email, or letter may be just what the recipient needed to get through the day.

We were reminded of the power of family and that the unwavering support we offer each other will be one of the main reasons we will make it through this pandemic. Please know that the handwritten notes of encouragement meant more than you will ever know and helped to carry us through the worst of the pandemic.

We were reminded that we are stronger and more resilient than we thought we were. We adapted and persevered and we did it together.

We have leaned on our faith to get us through the toughest times. We put our faith in God and prayed for each other and our community. We took comfort knowing that when no one had an answer, He did.

The last quarter of 2021 holds promise – the promise of ending another “unforgettable” year and the promise of a better year ahead. The “reminders” of the past 19 months have strengthened our resolve and our Estates’ family and, together, we can make 2022 a year unlike any other.

- *Brian Robare, CEO & Executive Director*

# MEET YOUR NEW NEIGHBORS



## **Jorge Figueroa, J-419, Phone: (863) 648-1354**

Jorge is originally from Puerto Rico. Sixty-three years ago, after moving to New York, he met his wife at a party where they danced and listened to music. Jorge was a salesman for forty-two years while his wife worked as a housewife. He moved to the Estates to be closer to his wife who lives in Valencia Hills. He enjoys music more than anything! We are so happy to welcome Jorge to the Estates at Carpenters.

## **Carl & Betty Baron, F-420, Phone: (863) 738-0829**

Carl & Betty are originally from Missouri. One night Betty's brother invited his buddy Carl over for dinner where the couple first met, and the rest as they say, is history. Carl worked as a CPA and Financial Advisor, while Betty worked in an office setting. They come to us from High Vista in Davenport. Carl enjoys investments, watching the Chiefs with his wife and shuffleboard. Betty enjoys cardmaking and watching the Kansas City Chiefs with her husband. Please join me in welcoming the Barons to the Estates family.



## **Nancy & Jerome Pearlman, J-316, Phone: (863) 858-7202**

Nancy and Jerry are originally from New Jersey. They met at the State University of New York when Jerry approached Nancy about developing a first-year chemistry course on video. They both worked in executive roles: Jerry for forty-five years and Nancy for thirty-five years. We are excited to welcome the Pearlmans into our community!

# Bandsaw Box Demonstration

Bandsaw boxes look exotic but they're relatively easy. Richard Weyer will demonstrate a great gift idea just in time for Christmas. Come see the demonstration at the Carpenter's Shop on **Monday, October 18th at 10:30 a.m.**



## MEMORIALS, HONORARIUMS, AND DONATIONS

The Estates would like to thank the following individuals for their generosity during the month of August 2021: Brian Robare, John Thompson, and Matt Thompson.



# Are You Living an Active Life?

What was I doing, I sometimes say, am I just coming home, or going away?

My joints are so achy, my eyes, getting bad, I have more pills than I've ever had.

How can I get out of this rut that I'm in? Feeling so old seems such a sin.

I think I will try those Active Aging things and see what kind of changes it brings.

Being social I hear is one of the ways, to combat old age and get through this phase.

Eat healthy foods and cut down on cake. More fruits and veggies, I shall partake.

I'll go for a walk or join Marco's class, this rickety old body will be a thing of the past.

I'll challenge my brain to learn something new, to keep sharp as a tack is what I shall do.

One nap a day is always ok to re-energize and get on with my day.

Volunteer here or there, just get up and get going so my mind, heart and soul can keep growing.

If I do this all right, it's a gift I'll be giving, to myself as I age, to make these good years worth living!

- Cheri Shrader, Director of Nursing

## Intentional Wellness

Since the beginning of 2021 there has been a shift of people being more health conscious. This past year has shown many that their health is truly the most important thing and that individuals must make intentional decisions to improve their well-being. Wellness is derived from our ability to understand, accept and act upon our capacity to lead a purpose-filled and engaged life. The International Council on Active Aging categorizes wellness into seven main categories; Intellectual, Physical, Social, Spiritual, Vocational, Emotional and Environmental. For many of us, we tend to do well in one to three of these areas, but most do not have a holistic grasp of wellness. Though many have taken the first steps on their wellness journey, some do not know where to start or have very little direction. With Active Aging Week falling in October, this is a wonderful time to get started.

<p><b>Active Aging Week Activites</b></p>	<p><b>Monday, October 4th</b></p> <hr/> <p>11:00: Zumba Gold - AUDITORIUM</p> <p>2:00: Every Body Moves - AUDITORIUM</p>	<p><b>Tuesday, October 5th</b></p> <hr/> <p>11:00: Chair Volleyball - AUDITORIUM</p>	<p><b>Wednesday, October 6th</b></p> <hr/> <p>2:00: Taking Inventory on Your Well Being - AUDITORIUM</p>
<p><b>Thursday, October 7th</b></p> <hr/> <p>11:00: Park Walk &amp; Picnic - BUS</p> <p>2:00: Power of Purpose - AUDITORIUM</p>	<p><b>Friday, October 8th</b></p> <hr/> <p>2:00: Brain Health Matters - AUDITORIUM</p>	<p><b>Saturday, October 9th</b></p> <hr/> <p>Wellness Scavenger Hunt - ALL DAY</p>	<p><b>Sunday, October 10th</b></p> <hr/> <p>Wellness Scavenger Hunt - ALL DAY</p> <p>CyberCycle Challenge - FITNESS CENTER</p>

- Marco Silvera, Wellness Coodorinator

# C.H.E.R.A NEWS

Several of your fellow residents have expressed an interest in how CHERA finances and manages its operations. First thing you should know is CHERA operates as a 501©(3) not-for-profit corporation. CHERA maintains several investments and bank accounts to manage its money. To start, an endowment called the CHERA Scholarship Fund from which the interest is earned can only be spent on scholarships for employees. This endowment was started back in 1988 when a resident named Jack Johnson wrote a booklet about the history of the Estates named The Carpenter's Court and sold copies through the gift shop. He earned \$1500 as seed money to start the scholarship fund. Any money earned from this fund as well as donations from residents is deposited into the CHERA Non-Scholarship Fund bank account. Checks are written from this account when scholarships are awarded to employees. CHERA also maintains a checking account where all money that CHERA earns from various money-making endeavors is deposited to pay its operating expenses like charitable donations, church and chapel speaker's fees and other expenses approved by the CHERA Board of Directors. Lastly, a savings account is maintained for excess funds to earn a return from investments like CD's and Bonds.

The CHERA Resident's Club maintains a checking account for deposits of donations that are not tax deductible. Checks are written to give graduating employees a \$100 gift as well as a gift of appreciation at Christmas. Since tipping is not allowed, this is how residents say thank you for a job well done all year long.

- *Tom Austin, Chairman, Financial Advisory Committee*

## Resident Spotlight: Mary & Bob Bucklin


Mary and Bob Bucklin have lived at the Estates for almost two years. They both come from Michigan's Upper Peninsula, "About as far north as you can get without being in Canada," according to Mary. Mary grew up on a small farm near L'Anse, Michigan that had a population of about two thousand residents. Bob grew up in Marquette, Michigan a town of about eighteen thousand citizens. Both have large extended families. They met and were married while students at what was then called Northern Michigan College. They both received Bachelor of Science Degrees, Bob in Biology and Chemistry and Mary in Home Economics. Bob received a Master of Arts Degree from Michigan State University as well as a Master of Arts Degree and a Doctor of Philosophy Degree from the University of Michigan. Mary received a Master of Arts Degree from the University of Michigan. They both are certified as educators. They have four children, one adopted when she was seven years old. Three are graduate engineers and have moved to other parts of the country. Mary's career led her to the position of Director of Counseling in a public school system. Bob began his career as an educator teaching Biology. He later became a research scientist with a major pharmaceutical firm, a staff psychologist at Eastern Michigan University, a college dean and for many years a licensed psychologist in private practice and a clinical director of a hospital based mental health unit. Mary and Bob are currently co-chief executive officers of a privately held investment firm. Mary and Bob both have published books on Amazon. Mary's is about growing up on a farm titled 42 Acres of Memories and the other about travels and life of a fifteen-year-old who left Poland and traveled to the United States titled The Trials and Tribulations of John and Catherine Dudo. Bob's recent publication, Dr. Bob's Prescription for Accumulating Wealth is also available on Amazon. Once the children had left home, Bob and Mary looked to warmer climates. After vacationing in Florida, it looked like a good choice. They began in Dustin and eventually moved to Zephyrhills where they lived for over twenty years.



Some words of wisdom that have guided Bob and Mary throughout their lives, "know the value of hard work and listening to the people around you" and "everyone has a story." I am honored to have had the opportunity to interview this lovely couple and I hope when you see them walking about the community, you take the time to listen and learn more about them. Their story is definitely worth a read or a listen.

- *Kira Morisako, Resident Lifestyle's Assistant*

Sunday	Monday	Tuesday	Wednesday
<p><b>Abbreviations Key</b>            AUD - Auditorium            CR - Community Room            MDR - Main Dining Room            PDR - Private Dining Room            GR - Game Room            AS - Art Studio, D-406            FC - Fitness Center            C - Chapel, K-106            THE SHOP - Woodshop            19TH HOLE - Outside C/D</p>	<p><b>Gift Shop Hours</b>            M-F 8:30 - 10:00 a.m.            2:00 - 3:30 p.m.  <b>Salon OPEN</b>            For more details, please check            the posters by the C/D, F/G,            and M elevators.</p>	<p style="text-align: center;"><b>October</b></p> 	
<p>11:00 CHERA Worship: <b>03</b>            Rev. J.C. Powell - AUD            1:30 Hand, Knee &amp; Foot -            C/D 3rd Floor            Fitness Center Open 24/7            All Day Swimming            All Day Outdoor Activities            Game Room OPEN            Art Studio OPEN</p>	<p><b>Active Aging Week 04</b>            9:00 Group Exercise - AUD            10:00 Catholic Rosary - PDR            10:00 Water Aerobics - POOL            10:00 Body Balance - AUD            11:00 Silent Singers - CR  <b>11:00 Zumba Gold - AUD</b>            1:00 Wii Bowling League - GR  <b>2:00 Every Body Moves - AUD</b>            6:00 Scrabble - C/D 3rd Floor            6:30 Bingo - AUD</p>	<p><b>Active Aging Week 05</b>            8:00 Coffee Social - CR            9:00 Gentle Yoga - AUD            10:00 Drum Fit - AUD            10:00 Water Aerobics - POOL  <b>11:00 Chair Volleyball - AUD</b>            1:00 Bible Study with Jim Moore -            AUD            2:00 Reflections - CR            2:30 Bible Study with Gayle Moore-            AUD</p>	<p><b>Active Aging</b>            9:00 Strength Circu            9:30 Walmart Run            10:00 Water Aerob  <b>11:00 Marketing I</b>            AUD            11:00 Intercessory            1:00 Wii Bowling I  <b>2:00 Your Well Be</b>  <b>3:00 Concert Hou</b>            6:00 Bridge - AUD            6:15 Mexican Train</p>
<p>11:00 CHERA Worship: <b>10</b>            Rev. Robert Houlihan - AUD            1:30 Hand, Knee &amp; Foot -            C/D 3rd Floor            Fitness Center Open 24/7            All Day Swimming            All Day Outdoor Activities            Game Room OPEN            Art Studio OPEN  <b>CyberCycle Challenge - FC</b>  <b>Wellness Scavenger Hunt</b></p> <p style="text-align: right;"><b>Active Aging Week</b></p>	<p>9:00 Group Exercise - AUD <b>11</b>            10:00 Catholic Rosary - PDR            10:00 Water Aerobics - POOL            10:00 Body Balance - AUD            11:00 Silent Singers - AUD            1:00 Wii Bowling League - GR  <b>2:00 Yappy Hour - DOG PARK</b>            6:00 Scrabble - C/D 3rd Floor            6:30 Bingo - AUD</p>	<p>8:00 Coffee Social - CR <b>12</b>            9:00 Gentle Yoga - AUD            10:00 Drum Fit - AUD            10:00 Water Aerobics - POOL            10:00 Foshee Jewelers - CR            1:00 Bible Study with Jim Moore -            AUD            2:00 Reflections - CR            2:30 Bible Study with Gayle Moore-            AUD</p>	<p>9:00 Group Exercis            9:30 Walmart Run            10:00 Water Aerob            10:00 Tai Chi - AU  <b>10:00 Journey Th</b>            11:00 Intercessory            11:00 Bean Bag Ba            1:00 Wii Bowling  <b>2:00 Music Hour</b>            6:00 Bridge - AUD            6:15 Mexican Train</p>
<p>11:00 CHERA Worship: <b>17</b>            Rev. David Lee - AUD            1:30 Hand, Knee &amp; Foot -            C/D 3rd Floor            Fitness Center Open 24/7            All Day Swimming            All Day Outdoor Activities            Game Room OPEN            Art Studio OPEN</p>	<p>9:00 Group Exercise - AUD <b>18</b>            10:00 Catholic Rosary - PDR            10:00 Water Aerobics - POOL            10:00 Body Balance - AUD  <b>10:30 Bandsaw Box Demo -</b>  <b>THE SHOP</b>            11:00 Silent Singers - AUD  <b>2:00-4:00 Fall Festival -</b>  <b>FRONT PARKING LOT</b>            1:00 Wii Bowling League - GR            6:00 Scrabble - C/D 3rd Floor            6:30 Bingo - AUD</p>	<p>8:00 Coffee Social - CR <b>19</b>            9:00 Gentle Yoga - AUD            10:00 Drum Fit - AUD            10:00 Water Aerobics - POOL  <b>10:00 Watercolor Demonstration -</b>  <b>LOBBY</b>            1:00 Bible Study with Jim Moore -            AUD            2:00 Reflections - CR            2:30 Bible Study with Gayle Moore-            AUD  <b>7:30 Getting Acquainted - MDR</b></p>	<p>9:00 Strength Cir            9:30 Walmart Ru            10:00 Water Aero  <b>10:30 Author Ta</b>  <b>11:00 Marketing</b>            AUD            11:00 Intercessor            1:00 Wii Bowling            6:00 Bridge - AU            6:15 Mexican Tr</p>
<p>11:00 CHERA Worship: <b>24</b>            Rev. Greg Robinson - AUD            1:30 Hand, Knee &amp; Foot - C/D 3rd Floor            Fitness Center Open 24/7            All Day Swimming            All Day Outdoor Activities            Game Room OPEN            Art Studio OPEN</p> <hr/> <p>11:00 CHERA Worship: <b>31</b>            Rev. David Brazelton - AUD            1:30 Hand, Knee &amp; Foot - C/D 3rd Floor            Fitness Center Open 24/7            All Day Swimming            All Day Outdoor Activities            Game Room OPEN            Art Studio OPEN</p>	<p><b>25</b>            9:00 Group Exercise - AUD            10:00 Catholic Rosary - PDR            10:00 Water Aerobics - POOL            10:00 Body Balance - AUD            11:00 Silent Singers - AUD            1:00 Wii Bowling League - GR  <b>2:00 Jewelry Making - CR</b>            6:00 Scrabble - C/D 3rd Floor            6:30 Bingo - AUD</p>	<p>8:00 Coffee Social - CR <b>26</b>            9:00 Gentle Yoga - AUD            10:00 Drum Fit - AUD            10:00 Water Aerobics - POOL            10:00 Foshee Jewelers - CR  <b>10:00-12:00 National Pumpkin Day</b>  <b>AUD</b>            1:00 Bible Study with Jim Moore -            AUD            2:00 Reflections - CR            2:30 Bible Study with Gayle Moore-            AUD</p>	<p><b>8:15 Mt. Dora T</b>            9:00 Group Exer  <b>9:00 Clergy Fell</b>            9:30 Walmart Ru            10:00 Water Aero            10:00 Tai Chi - A            11:00 Bean Bag            11:00 Intercessor            1:00 Wii Bowling  <b>2:00 Birthday B</b>            6:00 Bridge - AU            6:15 Mexican Tr</p>

Wednesday	Thursday	Friday	Saturday
<h1>October</h1> 		<p><b>01</b></p> <p>8:00 Coffee Social - CR  9:00 Group Exercise - AUD  10:00 Tai Chi - AUD  10:00 Water Aerobics - POOL  10:30 Target Run - BUS  11:00 Cranium Crunches - AUD  1:00 Local Bank Run - BUS  1:00 Wii Bowling League - GR  1:00-3:00 Flea Market - A-421  1:00-3:00 Furniture Sale - C-217  1:30 Hand, Knee &amp; Foot - C/D 3rd Floor  2:00 Tech Time - AUD  6:00 Pinochle - AUD  6:30 Manipulation Cards - AUD</p>	<p><b>02</b></p> <p>Fitness Center Open 24/7  All Day Swimming  All Day Outdoor Activities  Game Room OPEN  Art Studio OPEN  6:00 Saturday Night Movie - AUD  "October Sky"</p>
<p><b>06</b></p> <p>Prayer - CR  League - GR  ing - AUD  r - AUD</p>	<p><b>Active Aging Week 07</b></p> <p>Ping Pong ALL DAY  8:00 Coffee Social - CR  9:00 Gentle Yoga - AUD  9:30 Publix/ALDI Run - BUS  10:00 Water Aerobics - POOL  10:00 SilverFit - FC  10:00 Senior ScholarS - AUD  11:00 CHERA Chorus - AUD  <b>11:00 Park Walk &amp; Picnic - BUS</b>  1:00 Scrabble - C/D 3rd Floor  1:00-3:00 Ladies' Boutique - D-304  <b>2:00 Power of Purpose - AUD</b>  6:30 Chapel: Pastor Dennis Waymire - AUD</p>	<p><b>08</b></p> <p><b>Active Aging Week</b></p> <p>8:00 Coffee Social - CR  9:00 Group Exercise - AUD  10:00 Tai Chi - AUD  10:00 Water Aerobics - POOL  10:30 Target Run - BUS  11:00 Cranium Crunches - AUD  1:00 Local Bank Run - BUS  1:00 Wii Bowling League - GR  1:00-3:00 Flea Market - A-421  1:00-3:00 Furniture Sale - C-217  1:30 Hand, Knee &amp; Foot - C/D 3rd Floor  2:00 Tech Time - CR  <b>2:00 Brain Health Matters - AUD</b>  6:00 Pinochle - AUD  6:30 Manipulation Cards - AUD</p>	<p><b>Active Aging Week 09</b></p> <p><b>Wellness Scavenger Hunt</b>  Fitness Center Open 24/7  All Day Swimming  All Day Outdoor Activities  Game Room OPEN  Art Studio OPEN  6:00 Saturday Night Movie - AUD  "The Blind Side"</p>
<p><b>13</b></p> <p>se - AUD  - BUS  ics - POOL  D  <b>rough Grief - CR</b>  Prayer - CR  baseball - AUD  g League - GR  r - <b>LOBBY</b></p>	<p><b>14</b></p> <p>Ping Pong ALL DAY  8:00 Coffee Social - CR  9:00 Gentle Yoga - AUD  9:30 Publix/ALDI Run - BUS  10:00 Water Aerobics - POOL  10:00 SilverFit - FC  10:00 Senior Scholars - AUD  11:00 CHERA Chorus - AUD  <b>11:00 JULIETS Lunch: Outback - BUS</b>  1:00 Scrabble - C/D 3rd Floor  1:00-3:00 Ladies' Boutique - D-304  6:30 Chapel: Pastor Jon Betz - AUD  <b>7:30 CHERA Meeting - MDR</b></p>	<p><b>15</b></p> <p>8:00 Coffee Social - CR  9:00 Group Exercise - AUD  10:00 Tai Chi - AUD  10:00 Water Aerobics - POOL  10:30 Target Run - BUS  11:00 Cranium Crunches - AUD  1:00 Local Bank Run - BUS  1:00 Wii Bowling League - GR  1:00-3:00 Flea Market - A-421  1:00-3:00 Furniture Sale - C-217  1:30 Hand, Knee &amp; Foot - C/D 3rd Floor  2:00 Tech Time - AUD  <b>3:00 National I Love Lucy Day - AUD</b>  6:00 Pinochle - AUD  6:30 Manipulation Cards - AUD</p>	<p><b>16</b></p> <p>Fitness Center Open 24/7  All Day Swimming  All Day Outdoor Activities  Game Room OPEN  Art Studio OPEN  6:00 Saturday Night Movie - AUD  "Dan in Real Life"</p>
<p><b>20</b></p> <p>ruit - FC  in - BUS  bbics - POOL  <b>ilks - CR</b>  <b>g Luncheon -</b></p>	<p><b>21</b></p> <p>Ping Pong ALL DAY  8:00 Coffee Social - CR  9:00 Gentle Yoga - AUD  <b>9:00 Religious Resources - CR</b>  9:30 Publix/ALDI Run - BUS  10:00 Water Aerobics - POOL  10:00 SilverFit - FC  <b>10:00 Senior Scholars: History Talk - AUD</b>  <b>11:00 ROMEOS Lunch: Glory Days - BUS</b>  11:00 CHERA Chorus - AUD  1:00 Scrabble - C/D 3rd Floor  1:00-3:00 Ladies' Boutique - D-304  6:30 Chapel: Rev. Robert Houlihan - AUD</p>	<p><b>22</b></p> <p>8:00 Coffee Social - CR  9:00 Group Exercise - AUD  10:00 Tai Chi - AUD  10:00 Water Aerobics - POOL  10:30 Target Run - BUS  11:00 Cranium Crunches - AUD  1:00 Local Bank Run - BUS  1:00 Wii Bowling League - GR  1:00-3:00 Flea Market - A-421  1:00-3:00 Furniture Sale - C-217  1:30 Hand, Knee &amp; Foot - C/D 3rd Floor  2:00 Tech Time - AUD  6:00 Pinochle - AUD  6:30 Manipulation Cards - AUD</p>	<p><b>23</b></p> <p>Fitness Center Open 24/7  All Day Swimming  All Day Outdoor Activities  Game Room OPEN  Art Studio OPEN  6:00 Saturday Night Movie - AUD  "Where the Red Fern Grows"</p>
<p><b>27</b></p> <p><b>trip - BUS</b>  cise - AUD  <b>owship - CR</b>  n - BUS  bbics - POOL  AUD  Baseball - AUD  y Prayer - CR  g League - GR  <b>ash - AUD</b>  D  ain - CR</p>	<p><b>28</b></p> <p>Ping Pong ALL DAY  8:00 Coffee Social - CR  9:00 Gentle Yoga - AUD  <b>9:00 Zoo Tampa Trip - BUS</b>  9:30 Publix/ALDI Run - BUS  10:00 Water Aerobics - POOL  10:00 SilverFit - FC  10:00 Senior Scholars - AUD  11:00 CHERA Chorus - AUD  1:00 Scrabble - C/D 3rd Floor  1:00-3:00 Ladies' Boutique - D-304  6:30 Chapel: Canon John Birtch - AUD</p>	<p><b>29</b></p> <p>8:00 Coffee Social - CR  9:00 Group Exercise - AUD  10:00 Tai Chi - AUD  10:00 Water Aerobics - POOL  10:30 Target Run - BUS  11:00 Cranium Crunches - AUD  1:00 Local Bank Run - BUS  1:00 Wii Bowling League - GR  1:00-3:00 Flea Market - A-421  1:00-3:00 Furniture Sale - C-217  1:30 Hand, Knee &amp; Foot - C/D 3rd Floor  2:00 Tech Time - AUD  6:00 Pinochle - AUD  6:30 Manipulation Cards - AUD</p>	<p><b>30</b></p> <p>Fitness Center Open 24/7  All Day Swimming  All Day Outdoor Activities  Game Room OPEN  Art Studio OPEN  6:00 Saturday Night Movie - AUD  "Hocus Pocus"</p>

# October Events

Entertainment

Information

Trip

**06 | Concert Hour**  
**3:00 p.m. - AUD**

Enjoy the piano stylings of Spess Neblett in the **AUDITORIUM**.

**11 | Yappy Hour**  
**2:00 p.m. - DOG PARK**

We are bringing back our paw-ty event for your furry best friends. Join us at the **DOG PARK** for some great company and delicious treats for you and your best friend.

**13 | Music Hour**  
**2:00 p.m. - LOBBY**

Join Joanne Birtch in the **LOBBY** for some popular songs from your favorite musicals on the piano.

**14 | JULIETS Lunch: Outback**  
**11:00 a.m. - BUS**

Calling all ladies! Come enjoy some great food, amazing company, and shopping at Southern Hospitality. Sign ups will be at C-118.

**15 | National I Love Lucy Day**  
**3:00 p.m. - AUD**

Oh Ricky! Join us in celebration as we honor one of the greatest TV shows in history in the **AUDITORIUM**.

**18 | Fall Festival**  
**2-4 p.m. - FRONT PARKING LOT**

Fall is here! To celebrate we will be having a celebration in the **FRONT PARKING LOT**. Enjoy games, live entertainment, delicious dessert, apple cider, and a festive costume contest.

**19 | Watercolor Demonstration**  
**10:00 a.m. - LOBBY**

One of our fellow residents, Larry Hamilton will be sharing his artistic abilities with everyone in the **LOBBY** with a beautiful watercolor demonstration.

**20 | Author Talks**  
**10:30 a.m. - CR**

Author of award winning books, John Chaplick will be in our **COMMUNITY ROOM** to discuss his published books and writing process. He will also have books that you may be able to purchase.

**21 | Senior Scholars: History Talks**  
**10:00 a.m. - AUD**

We will be having a special lecture about eight outstanding women in Florida's past at Senior Scholars brought to you by Historian Ed L'Heureux in the **AUDITORIUM**.

**21 | ROMEOS Lunch: Glory Days**  
**11:00 a.m. - BUS**

Calling all you gentleman out there! Join us for some great food and awesome company at Glory Days. Sign ups will be at C-118.

**25 | Jewelry Making**  
**2:00 p.m. - CR**

Learn how to create your own jewelry from our very own John Williams in the **COMMUNITY ROOM**.

**26 | National Pumpkin Day**  
**10:00 a.m. - 12:00 p.m. - AUD**

We will be celebrating National Pumpkin Day by having some decorating fun. We will be having a pumpkin decorating contest followed by decorating cookies in the **AUDITORIUM**.

**27 | Mt. Dora Trip**  
**8:15 a.m. - BUS**

Join us for our very first trip with Small World Tours to Mt. Dora. Enjoy the historical district of Mt. Dora complete with a trolley tour, lunch, and shopping. Sign ups and cash or checks will need to be turned in at C-118.

**28 | Zoo Tampa Trip**  
**9:00 a.m. - BUS**

Join us on our trip to Zoo Tampa at Lowry Park as we see the amazing wildlife that Tampa has to offer. Sign Ups will be at C-118.



# Health Center Update



It's October - Fall is in the air! It is time for hot chocolate, cider, more time outdoors, and cooler weather. The residents had a great time in September celebrating National Assisted Living Week! The week started with Grandparent's Day cupcakes on Sunday followed by blueberry pies and blueberry popsicles on Monday as well as ring toss fun where our residents tried their luck at getting those rings around the pole. Tuesday included purple fun facts and big money bingo along with grape soda floats. Wednesday, we enjoyed strawberry and cherry Danishes with a game of big Jenga followed by pizza on Thursday which the residents really seemed to enjoy! Friday, we had apple coffee cake and coffee and ended the day with a multicolored fun cake along with another big money bingo! Saturday, we ended our fun week with cheese puffs and some fun facts! The Health Center would like to wish everyone a happy and safe October along with a Happy Halloween!

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

## Aging and Exercise

As we age, it is more vital to maintain and improve health to prevent risks of wellness concerns later. Regular exercise, especially among older adults is critical to good health. Even moderate amounts of physical activity can have a big impact. The more you do to stay active as you age, the lower your chances are for things like a heart attack or stroke. One of the best ways to keep moving is to get at least 30 minutes of walking. If 30 minutes of walking is too much of a challenge, start with 10 minutes each day. Walking with a partner, friend, or a pet is a motivating experience. You can use a pedometer while walking and challenge yourself to beat your record each day. Weightlifting, yoga, dancing, or some other type of exercise can build endurance, strength, and flexibility. Always remember to drink lots of water throughout the day. Wearing the right footwear helps in preventing pain or injury while working out. Your workout clothes should be comfortable, breathable, and loose enough to move in. Exercise increases your mobility, energy, and alertness so that you can continue to enjoy the things that you love.

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

Source: <https://www.nytimes.com>



**ESTATES**

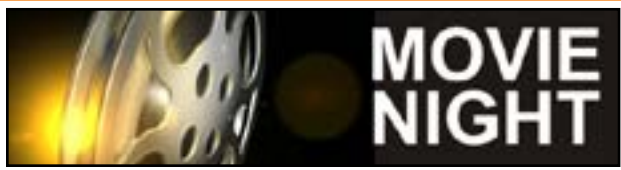
Ray Finklea. . . . .01  
 Donna Ludwig. . . . .03  
 Donald Mitchell. . . . .03  
 Chuck Nash. . . . .05  
 Charlotte Ryan. . . . .06  
 Robert Mygrant. . . . .07  
 Patricia Weyers. . . . .07  
 Alan Sokoloff. . . . .08  
 Don Dugan. . . . .09  
 Nancy Richison. . . . .09  
 Barb Andry. . . . .10  
 Irma Mirza. . . . .11  
 Jill Burgess. . . . .13  
 Bill Fraker. . . . .14  
 Ed Mylis. . . . .15  
 Thomas Holloway. . . . .20  
 Rita Doolittle. . . . .21  
 Paul Kozak. . . . .21  
 Carolyn Wing. . . . .22  
 Jewel Fuller. . . . .26  
 Mary Bucklin. . . . .27  
 Virginia Hoadley. . . . .27  
 Charlotte Smith. . . . .27  
 Betty Bennett. . . . .31

**HEALTH CENTER**

Jane Williams. . . . .04  
 Harriet Murray. . . . .08  
 Patricia Dinkins. . . . .09  
 Edith Evans. . . . .15  
 Raynell Rutherford. . . . .15  
 Ingrid Purvis. . . . .16  
 Lucy Shirah. . . . .17  
 Dudley Colvin. . . . .19  
 John Simon. . . . .23  
 Nola Rudkin. . . . .24  
 Robert Olson. . . . .25  
 Eleanor O’Halloran. . . . .28  
 Jim Smith. . . . .30



Those born in October are invited to a birthday celebration in the Auditorium on October 27<sup>th</sup> from 2:00-4:00 p.m. There will be delicious desserts and punch provided by our Dining Service department. Everyone will be able to invite one guest to attend. Find your invitation at your front door and RSVP to Kira Morisako in C-118.



**October 2nd – “October Sky”**  
 Starring Jake Gyllenhaal, Laura Dern, and Chris Cooper. The true story of Homer Hickam, a coal miner’s son who was inspired by the first Sputnik launch to take up rocketry against his father’s wishes.  
 (PG - 108 minutes)

**October 9th – “The Blind Side”**  
 Starring Quinton Aaron, Sandra Bullock, and Tim McGraw. The story of Michael Oher, a homeless and traumatized boy who became an All-American football player and first-round NFL draft pick with the help of a caring woman and her family.  
 (PG-13 - 129 minutes)

**October 16th – “Dan in Real Life”**  
 Starring Steve Carell, Juliette Binoche, and Dane Cook. Single father Dan Burns dedicates his life to his children, but one day he meets Marie at a bookstore. They get to know each other, but then Dan finds out that Marie is actually dating his brother, Mitch.  
 (PG-13 - 98 minutes)

**October 23rd - “Where the Red Fern Grows”**  
 Starring Joseph Ashton, Dave Matthews, and Renee Faia. The heartwarming and adventurous tale for all ages about a young boy and his quest for his own red-bone hound hunting dogs.  
 (PG - 86 minutes)

**October 30th - “Hocus Pocus”**  
 Starring Bette Midler, Sarah Jessica Parker, and Kathy Najimy. A curious youngster moves to Salem, where he struggles to fit in before awakening a trio of diabolical witches that were executed in the 17th century.  
 (PG - 96 minutes)

# A New Season

Fall is my favorite time of year. The humidity and heat will soon leave and there will be a pleasant change in the air. Fall represents a time for transformation both personal and environmental. It is the perfect time to reflect and embrace change. We see leaves fall leaving the trees and plants barren as if God is saying, get ready for the next season of new growth. This even pertains to your personal life. There are many reasons to begin a fresh new season in our lives. The loss of a spouse or a loved one is one of the hardest trials we will ever face. We want to see you excel in every season that you are in. It is better to walk through difficult seasons with a friend. I want to personally invite you to join us at our next "Journey Through Grief" meeting which will be held Wednesday, October 13th; 10:00 am in the Community Room. We share each other's pain and victories on this journey of life. Let a friend help carry your burden. Hope to see you there.

God Bless!

- *Chaplain Randy Horn*

## Thursday Night Chapel Schedule

October 7th	Pastor Dennis Waymire
October 14th	Pastor Jon Bretz
October 21st	Rev. Robert Houlihan
October 28th	Canon John Birtch

## Sunday Chapel Speakers

October 3rd	Rev. J.C. Powell
October 10th	Rev. Robert Houlihan
October 17th	Rev. David Lee
October 24th	Rev. Greg Robinson
October 31st	Rev. David Brazelton



# The Good Samaritan Fund

The balance of the **GOOD SAMARITAN FUND** is \$393,444.15. As of August 31, 2021, \$67,151.21 has been used to help residents. Monies are taken from the interest earned.

# The Estates

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



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