

# Lake Forest Park

## Lifestyle

Lake Forest Park  
SENIOR LIVING CENTER  
Like Us 

Assisted Living

2909 S. 25th Street • Ft. Pierce, FL 34981 • 772-466-1919 • [www.lakeforestseniorliving.com](http://www.lakeforestseniorliving.com)

February 2015

## Groundhog Day

Groundhog Day is Feb. 2. This holiday isn't just about shadows and winter weather predictions, as most of us believe. This observance, also known as Candlemas, goes way back in history to biblical times.

The Law of Moses stated that parents were obligated to bring their first born son to the church and make an offering to God on his behalf. This took place (usually) after the baby was 40 days old. This is based on the biblical teaching that Mary also presented Jesus to the Temple in Jerusalem following his 40-day period of purification. Jesus was born on Dec. 25, and when you add 40 days, you get Feb. 2!

When Jesus was presented, an old, devout Jew named Simon held the baby in his arms and said that he would be "A light to lighten the Gentiles" (Luke 2:32). This is how Feb. 2 became known as Candlemas (or Candelaria), since the 11th century, with the blessing of candles.

In the Eastern church, it is also called the Feast of the Presentation of Christ in the Temple. But it's called the Feast of the Purification of the Blessed Virgin Mary in the Western church. No matter what it's called, the celebrations both have the same format and are significant for the blessing of candles and candlelight processions.

There are those, however, who feel that forming a procession with candles really originates back to the Romans, who had a custom of going around the city in February with a candle procession. So, the candle procession wasn't created by Christians at all. But, when the Christians attempted to Christianize the Romans, they borrowed this custom of using candles in religious services. In 494 CE, Pope Gelasius I created the Feast of the Purification of the Virgin Mary. Ironically, it was also used to kindle a "brand" left over from the Yule log at Christmas.

## "My New Home" by Edna Wood

Lake Forest Park is my new home,  
I hope it's worth the price.  
It's a pretty place, the food is good,  
And the staff is very nice.

I don't have to cook and clean anymore,  
Never thought I'd live to see that.  
I am grateful each day and secretly pray  
That I won't get lazy and fat!



Edna Wood

# LAKE FOREST PARK

SENIOR LIVING AT EASE

ASSISTED LIVING

AL# 9993

FEBRUARY 2015

## Locations

- Activity Room, AR
- Clubhouse, CH
- Dining Room, DR
- Library, LIB
- Lobby, LBY
- Lounge, L
- Mainhouse Front Porch, MFP
- Private Dining Room, PDR
- Reservations, R
- To Be Announced, TBA
- West Wing Porch, WWP

## Transportation Schedule

- Monday 1:15 p.m.  
Walgreens Shopping
- Monday First and Third, 10 a.m.  
Banking and the Post Office
- Monday Second and Fourth, 10 a.m.  
Publix and Local Shopping
- Tuesday 8:30 a.m.  
Medical Appointments Begin
- Wednesday Second, 1 p.m.  
Medical Appointments, Port St. Lucie
- Wednesday 10 a.m.  
Walmart Shopping
- Thursday 8:30 a.m.  
Medical Appointments Begin
- Thursday Second and Fourth, 10 a.m.  
Library
- Sunday 9:30 a.m.  
Local Churches

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p><b>1</b></p> <p><b>Super Bowl Sunday</b></p> <p>9:30 Let's Walk, LBY</p> <p>9:30 Bus to Church, R</p> <p>10:00 Church Services, L</p> <p>1:00 Movie Matinee With Snacks, L</p> <p>3:00 Left, Right, Center, AR</p> <p><b>6:30 Super Bowl Party, L</b></p>	<p><b>2</b></p> <p><b>GROUNDHOG DAY</b></p> <p>9:30 Exercise in Motion, L</p> <p>10:00 Craft, AR</p> <p>1:30 Word Mining, L</p> <p><b>1:30 Walgreens Shopping, R</b></p> <p>2:30 "Wheel of Fortune," Wii, L</p> <p><b>3:00 Bingo for Nickels</b></p> <p>6:00 Evening Movie, L</p>	<p><b>3</b></p> <p><b>8:30 Medical Appointments Begin, R</b></p> <p>9:30 Sittercise, L</p> <p>10:00 Bake a Birthday Cake, AR</p> <p>1:30 Decorate for the Birthday Party, AR</p> <p><b>3:00 Birthday Party for February, L</b></p> <p>6:00 Evening Movie, L</p>	<p><b>4</b></p> <p>9:30 Exercise and Snacks at the Lake, LBY</p> <p><b>10:00 Bus to Walmart, R</b></p> <p><b>12:45 Church Service, AR</b></p> <p>1:30 Card Games, LIB</p> <p>2:30 Left, Right, Center, AR</p> <p>6:00 Evening Movie, L</p>	<p><b>5</b></p> <p><b>Western Monarch Day</b></p> <p><b>8:30 Medical Appointments, R</b></p> <p>9:30 Sittercise, L</p> <p>10:00 Butterfly Craft, AR</p> <p>1:00 Scrabble With Jane, LIB</p> <p>1:30 Learn About Monarch Butterflies, L</p> <p>3:00 Bingo for Nickels, AR</p> <p>6:00 Evening Movie, L</p>	<p><b>6</b></p> <p><b>Girl Scout Cookie Day</b></p> <p>9:30 Exercise in Motion, L</p> <p>10:00 Baking, AR</p> <p>1:30 Store Open, Everything is \$1, AR</p> <p>1:45 Bring a Joke, Poem or Funny Story!, L</p> <p>2:30 Happy Hour, L</p> <p>6:00 Evening Movie, L</p>	<p><b>7</b></p> <p>9:30 Calvary Church Brings Donuts, L</p> <p>9:30 Manicures With Calvary Church, AR</p> <p>1:30 Coffee Hour With Snacks, L</p> <p>2:00 Games for Fun</p> <p><b>3:00 Bingo, AR</b></p> <p>6:00 Evening Movie, L</p>
<p><b>8</b></p> <p>9:30 Let's Walk, LBY</p> <p>9:30 Bus to Church, R</p> <p>10:00 Church Services, L</p> <p>1:00 Movie Matinee With Snacks, L</p> <p>3:00 Left, Right, Center, AR</p> <p>6:00 Evening Movie, L</p>	<p><b>9</b></p> <p>9:30 Exercise in Motion, L</p> <p><b>10:00 Publix and Local Shopping, R</b></p> <p>10:00 Craft, AR</p> <p>1:30 Trivia, L</p> <p>2:30 "Jeopardy," Wii, L</p> <p><b>3:00 Bingo for Nickels</b></p> <p>6:00 Evening Movie, L</p>	<p><b>10</b></p> <p><b>8:30 Medical Appointments Begin, R</b></p> <p>9:30 Sittercise, L</p> <p>10:00 Valentine Cards for Boys &amp; Girls Club, AR</p> <p><b>2:00 Town Hall Residents Meeting, L</b></p> <p>3:00 Ice Cream Social, L</p> <p>6:00 Evening Movie, L</p>	<p><b>11</b></p> <p><b>Get Out Your Guitar Day</b></p> <p>9:30 Exercise and Snacks at the Lake, LBY</p> <p><b>10:00 Bus to Walmart, R</b></p> <p><b>12:45 Church Service, AR</b></p> <p><b>1:00 Medical Appointments, Port St. Lucie, R</b></p> <p>1:30 Hymn Singalong With Mary, L</p> <p>2:30 Left, Right, Center, AR</p> <p>6:00 Evening Movie, L</p>	<p><b>12</b></p> <p><b>Lincoln's Birthday</b></p> <p><b>8:30 Medical Appointments, R</b></p> <p>9:30 Sittercise, L</p> <p>10:00 President Craft, AR</p> <p>1:00 Scrabble With Jane, LIB</p> <p>1:00 Watch "Lincoln," the Movie, L</p> <p>3:00 Bingo for Nickels, AR</p> <p>6:00 Evening Movie, L</p>	<p><b>13</b></p> <p><b>World Radio Day</b></p> <p>9:30 Exercise in Motion, L</p> <p>10:00 Baking, AR</p> <p>1:30 Store Open, Everything is \$1, AR</p> <p>1:30 Make Valentines, AR</p> <p>2:30 Happy Hour, L</p> <p>6:00 Evening Movie, L</p>	<p><b>14</b></p> <p><b>VALENTINE'S DAY Library Lovers Day</b></p> <p>9:30 Armchair Fitness, L</p> <p>10:00 Singing, Music and Crafts With Real Life Church, AR</p> <p><b>11:00 Valentine's Day Lunch, DR</b></p> <p>1:30 Come Make Valentine's Day Shakes, AR</p> <p>2:00 Games for Fun</p> <p><b>3:00 Bingo, AR</b></p> <p>6:00 Evening Movie, L</p>
<p><b>15</b></p> <p>9:30 Let's Walk, LBY</p> <p>9:30 Bus to Church, R</p> <p>10:00 Church Services, L</p> <p>1:00 Movie Matinee With Snacks, L</p> <p>3:00 Left, Right, Center, AR</p> <p>6:00 Evening Movie, L</p>	<p><b>16</b></p> <p><b>PRESIDENTS' DAY</b></p> <p>9:30 Exercise in Motion, L</p> <p>10:00 Craft, AR</p> <p>1:30 Word Mining, L</p> <p><b>1:30 Walgreens Shopping, R</b></p> <p>2:30 "Wheel of Fortune," Wii, L</p> <p><b>3:00 Bingo for Nickels</b></p> <p>6:00 Evening Movie, L</p>	<p><b>17</b></p> <p><b>MARDI GRAS</b></p> <p><b>8:30 Medical Appointments Begin, R</b></p> <p>9:30 Sittercise, L</p> <p>10:00 Craft, AR</p> <p>10:00 Make Mardi Gras Masks, AR</p> <p>1:30 Decorate for Mardi Gras</p> <p><b>2:30 Mardi Gras Party</b></p> <p>6:00 Evening Movie, L</p>	<p><b>18</b></p> <p><b>ASH WEDNESDAY</b></p> <p>9:30 Exercise and Snacks at the Lake, LBY</p> <p><b>10:00 Bus to Walmart, R</b></p> <p><b>12:45 Church Service, AR</b></p> <p>1:30 Card Games, LIB</p> <p>2:30 Left, Right, Center, AR</p> <p>6:00 Evening Movie, L</p>	<p><b>19</b></p> <p><b>8:30 Medical Appointments, R</b></p> <p>9:30 Sittercise, L</p> <p>10:00 Craft, AR</p> <p>1:00 Scrabble With Jane, LIB</p> <p>1:30 Come Hear Some Short Stories, AR</p> <p>3:00 Bingo for Nickels, AR</p> <p>6:00 Evening Movie, L</p>	<p><b>20</b></p> <p><b>Love Your Pet Day</b></p> <p>9:30 Exercise in Motion, L</p> <p>10:00 Baking, AR</p> <p>1:30 Store Open, Everything is \$1, AR</p> <p>1:45 Bring a Joke, Poem or Funny Story!, L</p> <p>2:30 Happy Hour, L</p> <p>6:00 Evening Movie, L</p>	<p><b>21</b></p> <p>9:30 Calvary Church Brings Donuts, L</p> <p>9:30 Manicures With Calvary Church, AR</p> <p>1:30 Coffee Hour With Snacks, L</p> <p>2:00 Games for Fun</p> <p><b>3:00 Bingo, AR</b></p> <p>6:00 Evening Movie, L</p>
<p><b>22</b></p> <p>9:30 Let's Walk, LBY</p> <p>9:30 Bus to Church, R</p> <p>10:00 Church Services, L</p> <p>1:00 Movie Matinee With Snacks, L</p> <p>3:00 Left, Right, Center, AR</p> <p>6:00 Evening Movie, L</p>	<p><b>23</b></p> <p>9:30 Exercise in Motion, L</p> <p><b>10:00 Publix and Local Shopping, R</b></p> <p>10:00 Craft, AR</p> <p>1:30 Trivia, L</p> <p>2:30 "Jeopardy," Wii, L</p> <p><b>3:00 Bingo for Nickels</b></p> <p>6:00 Evening Movie, L</p>	<p><b>24</b></p> <p><b>National Cupcake Day</b></p> <p><b>8:30 Medical Appointments Begin, R</b></p> <p>9:30 Sittercise, L</p> <p><b>10:00 Beading With Jan, AR</b></p> <p>1:30 Bring Your Wedding Pictures to Share, L</p> <p>2:30 Left, Right, Center, AR</p> <p>6:00 Evening Movie, L</p>	<p><b>25</b></p> <p>9:30 Exercise and Snacks at the Lake, LBY</p> <p><b>10:00 Bus to Walmart, R</b></p> <p><b>12:45 Church Service, AR</b></p> <p>1:30 Hymn Singalong With Mary, L</p> <p>2:30 Make Chili, Bring Your Recipes, AR</p> <p>6:00 Evening Movie, L</p>	<p><b>26</b></p> <p><b>Chili Cook-Off</b></p> <p><b>8:30 Medical Appointments, R</b></p> <p>9:30 Sittercise, L</p> <p>10:00 Craft With Beans, AR</p> <p><b>11:00 Chili Cook-Off Lunch, DR</b></p> <p>1:00 Scrabble With Jane, LIB</p> <p>1:30 Come Hear Short Stories, AR</p> <p>3:00 Bingo for Nickels, AR</p> <p>6:00 Evening Movie, L</p>	<p><b>27</b></p> <p>9:30 Exercise in Motion, L</p> <p>10:00 Baking, AR</p> <p>1:30 Store Open, Everything is \$1, AR</p> <p>1:45 Bring a Joke, Poem or Funny Story!, L</p> <p>2:30 Happy Hour, L</p> <p>6:00 Evening Movie, L</p>	<p><b>28</b></p> <p>9:30 Armchair Fitness, L</p> <p>10:00 Lunch at Jetty Park, R</p> <p>1:30 Ice Cream Social, L</p> <p>2:00 Games for Fun</p> <p><b>3:00 Bingo, AR</b></p> <p>6:00 Evening Movie, L</p>

## The Importance of Exercise

We can't help getting older, but we can age successfully. The more active, healthy and fit you are now, the better you will feel.

It's never too late to start exercising. Exercise is an important key to aging successfully. It's never too late to start.

As we age, muscle mass decreases. Maintaining muscle strength and mass helps burn calories to maintain a healthy weight, strengthen bones and restore balance.

Exercising and building muscle strength can help reduce symptoms of some common problems such as diabetes, back pain, depression and arthritis, as well as increase bone density and reduce falls.

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## Chili Cook-Off Contest!

On Feb. 26, we are excited to have a chili cooking contest.

We encourage employees, families and vendors to enter their best chili to be judged by the residents. On that Thursday, we will have the chili for lunch, and we encourage family members to join us. In assisted living, the residents will also make a few pots together with a combination of special recipes. Hope to see you there!



## Happy Birthday!

Let's all wish a warm happy birthday to our residents with February birthdays.

Pat Panetta — 2/25



## Butterfly Garden

We have grown monarch butterflies from eggs. We were able to watch them go from tiny caterpillars to huge caterpillars. Next, they went into gorgeous cocoons and came out as beautiful monarch butterflies. We got to hold them before they flew off into the gardens.



Linda showing us the caterpillars