

Lake Forest Park

Lifestyle

Lake Forest Park
SENIOR LIVING AT 55+
Like Us 

Assisted Living

2909 S. 25th Street • Ft. Pierce, FL 34981 • 772-466-1919 • www.lakeforestseniorliving.com

February 2016

Dear Residents, Family and Friends,

Thank you so much for making this the best possible job to work at. It is a delight to come here day after day, knowing that I am able to spend my time with such amazing people. In fact, when I come here I actually feel as if I am coming to be with another part of my own family. It is a joy to be with you, and I am grateful to be in this position.

There are many enjoyable things that are going to be on the calendar this month, so be sure to look them over and come to as many events as possible. Also, there are going to be some interesting things on TV this month such as the Super Bowl, the Daytona 500 and the Grammys.

Once again, it is a joy to be able to serve you. If there is anything I can do for you, please let me know.

Have a great month,

Tanya Ingram

EXECUTIVE DIRECTOR

Our Lake Forest Family



Fran



Pat



Carol



Pat



Bob and Birdie

LAKE FOREST PARK

SENIOR LIVING AT EASE
ASSISTED LIVING
AL# 9993

FEBRUARY 2016

Locations

- 1st Floor Porch, 1stFP
- 2nd Floor Porch, 2ndFP
- Activity Room, AR
- Clubhouse, CH
- Dining Room, DR
- Library, LIB
- Lobby, LBY
- Lounge, L
- Mainhouse Front Porch, MFP
- Private Dining Room, PDR
- Reservations, R
- West Wing Porch, WWP

Transportation Schedule

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

Birthdays

- Lorraine Magno, 15th
- Leona Ness, 18th
- Pat Panetta, 25th

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:30 Morning Exercise, L 10:00 Scenic Drive 10:00 Current Events Chat With Coffee and Snacks, AR 11:00 Community Pep Rally, DR 1:00 Banking, Post Office and Walgreens, R 1:30 American Folk Song Singalong (With the Guitar), L 2:15 Wii Jeopardy, L 3:00 Bingo for Nickels, AR 6:00 Evening Movie, L	GROUNDHOG DAY 8:30 Medical Appointments Begin, R 9:30 Zumba Gold Chair, L 10:00 Craft Club: Groundhog Day Theme, AR 1:30 Monthly Birthday Party, AR 3:00 Miniature Golf Tournament, L 3:00 Book Club, With Carol, AR 6:00 Evening Movie, L	9:30 Exercise and Relaxation by the Lake, LBY 10:00 Bus to Walmart, R 12:45 Church Service, AR 1:30 Classic Hymn Sing, L 2:30 Wii Bowling, L 2:30 Left-Right-Center and Other Games, LIB 6:00 Evening Movie, L	8:30 Medical Appointments, R 9:30 Balance Class w/Genesis, L 10:00 Puzzlers, L 1:00 Scrabble With Jane, LIB 1:00 Dining Committee Meeting, L 1:30 Card Playing and Rummykub, AR 3:00 Bingo for Nickels, AR 6:00 Evening Movie, L	9:30 Exercise in Motion, L 10:00 Baking Club, AR 12:00 A Fun Outing: To Be Determined, R 1:30 Store Opens, Everything is a Dollar, AR 1:45 Food and Fun, With Tonya, AR 1:45 Table-top Bowling, L 3:00 Happy Hour, DR 6:00 Evening Movie, L	A Bus Trip Out: To Be Determined, R 9:30 Calvary Church Brings Donuts, L 10:00 Manicures With Calvary Church, AR 1:30 Word Games for Fun, L 3:00 Bingo for Nickels, AR 6:00 Evening Movie, L
9:30 Let's Walk, LBY 9:30 Bus Goes to Churches, R 10:00 Church Services, L 1:00 Movie Matinee With Snacks, L 3:00 Left, Right, Center, AR 6:00 Super Bowl Gathering, L	National Wear Your Sports Jersey Week 9:30 Morning Exercise, L 10:00 Scenic Drive 10:00 Current Events Chat With Coffee and Snacks, AR 1:00 Publix and Walgreens, R 1:30 An Afternoon of Word Games, L 3:00 Bingo for Nickels, AR 6:00 Evening Movie, L	MARDI GRAS 8:30 Medical Appointments Begin, R 9:30 Zumba Gold Chair, L 10:00 Craft Club: Mardi Gras Masks, AR 2:00 Resident Town Hall Meeting, L 2:30 Meet and Greet New Residents, L 3:00 Mardi Gras Social, AR 6:00 Evening Movie, L	ASH WEDNESDAY 9:30 Exercise and Relaxation by the Lake, LBY 10:00 Bus to Walmart, R 12:45 Church Service, AR 1:00 Medical Appointments to Port St. Lucie, R 1:30 Hymn Singalong With Mary, L 2:30 Wii Bowling, L 2:30 Left-Right-Center and Other Games, LIB 6:00 Evening Movie, L	8:30 Medical Appointments, R 9:30 Balance Class w/Genesis, L 10:00 Trip to the Library, R 10:00 Puzzlers, L 1:00 Scrabble With Jane, LIB 1:30 Card Playing and Rummykub, AR 3:00 Bingo for Nickels, AR 6:00 Evening Movie, L	9:30 Exercise in Motion, L 10:00 Baking Club, AR 1:30 Store Opens, Everything is a Dollar, AR 1:45 Food and Fun, With Tonya, AR 1:45 Table-top Bowling, L 3:00 Happy Hour: Valentine's Theme, DR 6:00 Evening Movie, L	A Bus Trip Out: To Be Determined, R 9:30 Armchair Fitness, L 10:00 Singing and Crafts w/ Real Life Church, AR 1:30 Word Games for Fun, L 3:00 Bingo for Nickels, AR 6:00 Evening Movie, L
VALENTINE'S DAY 9:30 Let's Walk, LBY 9:30 Bus Goes to Churches, R 10:00 Church Services, L 1:00 Movie Matinee With Snacks, L 3:00 Left, Right, Center, AR 6:00 Evening Movie, L	PRESIDENTS DAY Grammy Awards on TV at 8 p.m. 9:30 Morning Exercise, L 10:00 Scenic Drive 10:00 Current Events Chat With Coffee and Snacks, AR 1:00 Banking, Post Office and Walgreens, R 1:30 American Folk Song Singalong (With the Guitar), L 2:15 Wii Jeopardy, L 3:00 Bingo for Nickels, AR 6:00 Evening Movie, L	8:30 Medical Appointments Begin, R 9:30 Zumba Gold Chair, L 10:00 Craft Club, AR 1:30 Bocce Ball, LIB 3:00 Main Event: Wine & Cheese Party (Non Alcoholic), DR 6:00 Evening Movie, L	9:30 Exercise and Relaxation by the Lake, LBY 10:00 Bus to Walmart, R 10:00 Who Wants to Be a Millionaire?, AR 12:45 Church Service, AR 1:30 Big Bash Bingo With Tender Touch, DR 6:00 Evening Movie, L	8:30 Medical Appointments, R 9:30 Balance Class w/Genesis, L 10:00 Puzzlers, L 1:00 Scrabble With Jane, LIB 1:30 Card Playing and Rummykub, AR 1:30 Marble Shooting Games, L 3:00 Bingo for Nickels, AR 6:00 Evening Movie, L	9:30 Exercise in Motion, L 10:00 Baking Club, AR 12:00 A Fun Outing: To Be Determined, R 1:30 Store Opens, Everything is a Dollar, AR 1:45 Food and Fun, With Tonya, AR 1:45 Table-top Bowling, L 3:00 Happy Hour, DR 6:00 Evening Movie, L	A Bus Trip Out: To Be Determined, R 9:30 Calvary Church Brings Donuts, L 10:00 Manicures With Calvary Church, AR 1:30 Word Games for Fun, L 3:00 Bingo for Nickels, AR 6:00 Evening Movie, L
9:30 Let's Walk, LBY 9:30 Bus Goes to Churches, R 10:00 Church Services, L 1:00 Daytona 500 Afternoon, L 3:00 Left, Right, Center, AR 6:00 Evening Movie, L	9:30 Morning Exercise, L 10:00 Scenic Drive 10:00 Current Events Chat With Coffee and Snacks, AR 1:00 Publix and Walgreens, R 1:30 An Afternoon of Word Games, L 3:00 Bingo for Nickels, AR 6:00 Evening Movie, L	8:30 Medical Appointments Begin, R 9:30 Zumba Gold Chair, L 10:00 Beading With Jan, AR 1:00 Homemade Card Making, AR 3:00 Red Hat Tea, AR 6:00 Evening Movie, L	9:30 Exercise and Relaxation by the Lake, LBY 10:00 Bus to Walmart, R 12:45 Church Service, AR 1:30 Hymn Singalong With Mary, L 2:30 Wii Bowling, L 2:30 Left-Right-Center and Other Games, LIB 6:00 Evening Movie, L	8:30 Medical Appointments, R 9:30 Balance Class w/Genesis, L 10:00 Trip to the Library, R 10:00 Puzzlers, L 11:00 Chili Cook Off in the Dining Room, DR 1:00 Scrabble With Jane, LIB 1:30 Card Playing and Rummykub, AR 3:00 Bingo for Nickels, AR 6:00 Evening Movie, L	9:30 Exercise in Motion, L 10:00 Baking Club, AR 12:00 A Fun Outing: To Be Determined, R 1:30 Store Opens, Everything is a Dollar, AR 1:45 Food and Fun, With Tonya, AR 1:45 Table-top Bowling, L 3:00 Happy Hour, DR 6:00 Evening Movie, L	A Bus Trip Out: To Be Determined, R 9:30 Armchair Fitness, L 10:00 Hymns and Games w/First Baptist Church, L 1:30 Word Games for Fun, L 3:00 Bingo for Nickels, AR 6:00 Evening Movie, L
The Oscars on TV at 8:30 p.m. 9:30 Let's Walk, LBY 9:30 Bus Goes to Churches, R 10:00 Church Services, L 1:00 Movie Matinee With Snacks, L 3:00 Left, Right, Center, AR 6:00 Evening Movie, L	9:30 Morning Exercise, L 10:00 Scenic Drive 10:00 Current Events Chat With Coffee and Snacks, AR 1:00 Strawberry Shortcake Social, AR 1:00 Banking, Post Office and Walgreens, R 2:00 "You Pick" Word Games, L 3:00 Bingo for Nickels, AR 6:00 Evening Movie, L					

Blooms of Love

It's a love affair in full bloom that just keeps growing. Roses, with their soft petals and sweet scent, have charmed people of all ages and walks of life, been immortalized in art and verse and served as a longtime symbol of love and affection.

Although fossils indicate the existence of roses as far back as 35 million years, cultivation of the flower is believed to have started about 5,000 years ago in China. Roses were grown all over the Roman Empire, then introduced throughout Europe in the 18th century. Since that time, hundreds of varieties of roses have been cross-produced to create today's boundless bouquet of colors and fragrances.

Creating a new rose variety takes about 10 years of testing and development. The new rose is named by its grower. Some roses are labeled based on their color or other attributes, but many are the namesake of a famous person or celebrated place or event. Continual favorites are the Peace, Queen Elizabeth and Knock Out varieties.

Employee of the Year

Every year we choose an employee to recognize as our Employee of the Year. This employee who is chosen must demonstrate the amazing qualities which it takes to be a superb team member here at Lake Forest Park. We can say, and I'm sure you can say as well, that Rena possesses such amazing qualities, and for this reason, we have decided to make her our Employee of the Year.

Rena is a hard worker, who also has great character. She brings a

wonderful presence to the community, and she truly cares for all of the residents here. If you see Rena, be sure to congratulate her for this achievement. Thank you for all you do, Rena!



Rena

Flashback to Old-Time Movie Theaters

Many moviegoers can recall the anticipation as heavy red velvet curtains parted, revealing a big screen that would transport them to another time and place for just a few cents. Those ticket prices and screen curtains aren't the only features that have changed in today's cinemas. See if you remember these former theater traits:

Spectacular signage: Beckoning to those passing by, elaborate signs with blinking lights and large marquees displayed "now showing" movie titles and the names of the starring actors.

Uniformed ushers: Outfitted in uniforms with matching hats and carrying a trusty flashlight, the role of usher included taking tickets, helping guests to their seats and maintaining quiet.

Notable newsreels: In the era before daily TV news broadcasts, newsreels — which were shown before a feature film — gave people a way to see and hear the leading stories of the day.

Double-feature deals: Movie patrons back in the day got their money's worth thanks to double features. For the price of a single ticket, it was common practice to show a newsreel, cartoon and two movies.