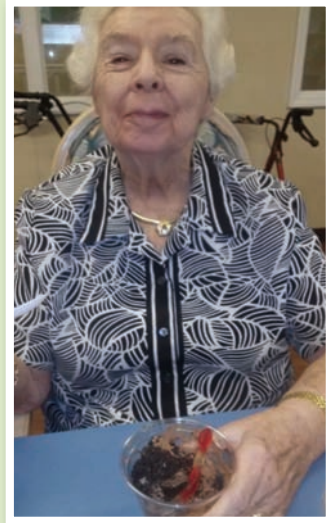


Gummy Worms

Did you know that Gummy Worms have a National Holiday? Well, they do! We created this delicious, fun (and I'll admit, slightly creepy) dessert called Dirt Cups using Chocolate Mousse, smashed Oreo Cookies, and Gummy worms. MM-mm good!



It's Happy Hour

You never know what you're going to find at Happy Hour at Lake Forest Park! Activities Directors Joann and Dora planned a surprise for the Residents and invited a magician, The Amazing Cheverini, to dazzle everyone with his prestidigitation! Doves appeared and disappeared! He juggled lights, which seemed to appear from thin air! The Amazing Cheverini, shown in the picture, is revealing the secrets of the universe using his crystal ball. Everyone left this Happy Hour feeling very happy and excited, which is what Happy Hour is all about!



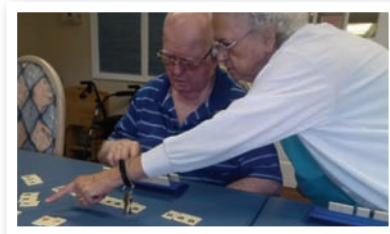
Beading Creations

Beading with Jan is always a big hit here at Lake Forest Park! Jan comes each month with a new jewelry design for the Residents to make and take home with them to wear. Here are Eleanor, Winnie, Ann, and Herb having a great time making beautiful bead creations!



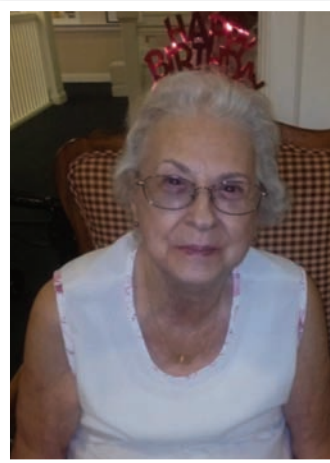
Rummikub

Have you ever played Rummikub? Bertie was kind enough to teach us all how to play. It's so much FUN and very easy! If you love to play Rummy, you will love Rummikub! Here is Bertie, showing Herb how to play a number on an existing run.



Birthday Bertie

Here is Bertie celebrating her birthday at our August Birthday Party. Our amazing Chef Joseph created sweet Cake Pops (frosted cake on lollipop sticks) which made the party so special for everyone.



Lake Forest Park Lifestyle

Assisted Living

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

September 2014

Lake Forest Park Welcomes Our New Executive

We would like to welcome Tracy McKinnie, our new Executive Director, to Lake Forest Park! She comes to us from Ohio with a plethora of knowledge and experience. If you have any questions, or concerns, do not hesitate to go to her door.

The Activities and Programming Department would like to welcome all of our new Residents and their Families. Please invite your neighbors and Family Members to come to the activities, socials, and parties with you. We love to see new faces!

September marks the beginning of Fall on **Tuesday, Sept. 23rd**. With the beginning of Fall comes all of the things we enjoy: crisp air, wearing sweaters; delicious and crisp apples; pumpkin patches; scare crows; and sumptuous desserts made with cinnamon, spice, and everything nice. Look out for Autumn-Themed crafts and activities on this month's calendar!

A day to remember is **Patriots Day on Sept. 11th**. Lake Forest Park is going all out with a prayer from our Resident Minister, Bruce Armstrong; a Patriotic Sing-Along, a visit from the local high school's R.O.T.C, flag folding, and scrumptious Patriotic desserts! We honor our Countries fallen heroes on this day: members of the armed forces, firefighters, and police personnel. Be sure to mark this day of remembrance by wearing Red, White, and Blue! Grandparent's Day is on **Sunday, Sept. 7th at 1PM**. Rootbeer Floats will be served in the Lounge. Invite your family members, and please sign up to attend on the Activities Table across from the Mailboxes in the Main Building.

Finally, September marks Active Aging Week and an entire month dedicated to Living Well! Day-to day, Living Well is something we are already doing here, at Lake Forest Park. Be sure to attend to our free of charge activities and talks with professionals aimed at making your life healthier and more enjoyable in the month of September!

Menu Secrets from Chef Joseph Varrell

As your Chef and Food and Beverage Director, it gives me great pleasure to serve you, our Residents, or as I prefer to call you, our guests. The Month of September comes to us with a great variety of Fall Vegetables. Apples will be available in a vast supply of bright colors and crisp, luscious flavors. Look forward to seeing them incorporated into some of the entrees. Broccoli, although always delicious, is even sweeter and less bitter in the Fall. Some great Autumn entrees include Pork Loin with Pears, Baked Eggplant and Tomatoes with Mozzarella, and of course, Delicious Roasted Turkey. Thank you for all of your input. I will strive to exceed all of your expectations.

I look forward to preparing sumptuous Autumn meals designed to tempt your taste buds!

Your Chef,

Joseph William Varrell



September 2014

LOCATIONS KEY

Courtyard - CY
Flag Pole - FP
Library - LI
Lobby - LBY
Pool - Pool

Main House Front Porch - MFP
Reservations - R
Dining Room - DR
Private Dining Room - PDR
Club House - CH

Activity Room - AR
Lounge - L

Hair Dresser Judi
Please call for appointment
772-460-6188

Activities Subject to Change

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
|--|--|---|--|--|---|--|---|
|  | National Skin Care Month Labor Day 9:30am Exercise in Motion, L 9:30am Publix and Local Shopping, R 10am Hydration Station, L 10am Movie Matinee, L 11am Labor Day Barbeque, DR 1:15pm Walgreen's Shopping, R 1pm Movie Matinee, L 3pm Bingo, AR 6pm Evening Movie, L | 1 8:30am Medical Appointments Begin, R 9:30am Sittercise, L 10am Hydration Station, L 10:15am Categories, L 1pm Movie Matinee and Popcorn Social, L 2:30pm Left, Right, and Center, AR 3:30pm Scrabble, AR 6pm Evening Movie, L | 2 9:30am Exercise in Motion, L 10am Hydration Station, L 10am Wal-Mart, R 10:15am Mind Challenge, DR Porch 12:45pm Church Services, AR 1:30pm Left, Right, and Center, AR 2pm Activities Planning Meeting: Bring Your Ideas and Suggestions!, L 3pm Wii Jeopardy, L 6pm Evening Movie, L | 3 9:30am Sittercise, L 9:30am Outlets of Vero Shopping and Lunch Outing, R 10am Hydration Station, L 10:15am Word Jumble, AR 1:30pm Humus and Crackers, AR 2pm Resident Meeting, L 2pm Library Outing, R 3pm Bingo for Nickels, AR 6pm Evening Movie, L | 4 9:30am Exercise in Motion, L 10am Hydration Station, L 10am Rummikub, AR 10:15am The Letter Game, DR Porch 1:30pm Store Open: Everything is a Dollar!, AR 2:30pm Happy Hour with Hobo Jim, L 3:30pm Jokes and Funny Stories, L 6pm Evening Movie, L | 5 9:30am Calvary Church Brings Donuts, L 9:30am Manicures w/ Calvary Church, AR 1:15pm Jigsaw Puzzle Club, LIB 2:15pm Trivia, L 3pm Bingo for Nickels, AR 6pm Evening Movie, L | 6 |
| | 7 Grandparent's Day 9:30am Let's Walk, LBY 9:30am Bus To Church, R 10am Church Services, L 1pm Grandparent's Social: (Black Cow)Root Beer Floats, L Invite Your Family! 3pm Left, Right, and Center, AR 6pm Evening Movie, L | 8 National Assisted Living Week Sweatin' to the Oldies Birthday of the Virgin Mary 9:30am Sweatin' to the Oldies, L 10am Hydration Station, L 10am Banking and Post Office, R 10:15am Inspirational Stories, L 1:15pm Thrift Store Shopping, R 1:30pm Puzzlers, DR Porch 2:30pm Women's Right to Vote: 1920, L 3pm Bingo, AR 6pm Evening Movie, L | 9 National Assisted Living Week: Let's Make Music! 8:30am Medical Appointments Begin, R 9:30am Sittercise, L 10am Hydration Station, L 10am Beading with Jan, AR 1:30pm Autumn Tree Craft, AR 3pm Let's Make Music, L 6pm Evening Movie, L | 10 National Assisted Living Week: Spiritual Music 9:30am Exercise in Motion, L 10am Hydration Station, L 10am Wal-Mart, R 10am Hymn Sing-Along with Mary, L 12:45pm Church Services, AR 1pm - 2pm Port Saint Lucie Medical Appointments, R 1:30pm Left, Right, and Center, AR 1:30pm Patriotic Cookies, Legacy Court 3pm Wii Jeopardy, L 6pm Evening Movie, L | 11 National Assisted Living Week: Patriot's Day 9:30am Sittercise, L 9:30am K-Mart Shopping, R 10am Patriot's Day Prayer Service with Chaplain Bruce Armstrong, L 1pm - 2pm Medical Appointments, Fort Pierce, R 1pm Scrabble with Jane, L 1:30pm Cooking: Sugar Plums, Legacy Court 2:30pm History of Folding the American Flag, MHPF 3pm Bingo for Nickels, AR 6pm Evening Movie, L | 12 National Assisted Living Week: T.V. Musical Moments 9:30am Exercise in Motion, L 10am Hydration Station, L 10am Pokeno Pals, AR 10:15am T.V. Musical Trivia, MHFP 1:30pm Store Open: Everything is a Dollar!, AR 2:30pm Dessert Happy Hour with Julie Lendon-Stone, L 3:30pm Healthy Living: Skin Care, L 6pm Evening Movie, L | 13 National Assisted Living Week 9:30am Armchair Fitness, L 10am Singing Music and Crafts with Real Life Church, AR 1:15pm Jigsaw Puzzle Club, LIB 2:15pm Ice Cream Social, L 3pm Bingo for Nickels, AR 6pm Evening Movie, L |
| 9:30am Let's Walk, LBY 9:30am Bus To Church, R 10pm Church Services, L 1pm Movie Matinee and Snacks, L 3pm Left, Right, and Center, AR 6pm Evening Movie, L | 14 Balance Awareness Week 9:30am Exercise in Motion, L 10am Hydration Station, L 10am Walgreen's Shopping, R 10:15am Name 10 Game, L 1:15pm Joy's Ice Cream Outing, R 1:30pm Puzzlers, DR Porch 2:30pm Balance Awareness, L 3pm Bingo, AR 6pm Evening Movie, L | 15 Balance Awareness Week Maintenance and Housekeeper Appreciation Day! 8:30am Medical Appointments Begin, R 9:30am Sittercise, L 10am Hydration Station, L 10:15am Mind Challenge, L 1:30pm Wii Bowling, L 2:30pm Thank You Card Craft: Staff, AR 3pm Hand and Nail Spa, L 6pm Evening Movie, L | 16 Balance Awareness Week 9:30am Exercise in Motion, L 10am Hydration Station, L 10am Wal-Mart, R 10:15am News-N- Views, L 12:45pm Church Services, AR 1:30pm Left, Right, and Center, AR 3pm Wii Jeopardy, L 6pm Evening Movie, L | 17 Balance Awareness Week National Cheeseburger Day 9:30am Library Outing, R 9:30am Sittercise, L 10am Hydration Station, L 10:15am Scattegories, L 1pm Scrabble with Jane, L 1:30pm Greek Yogurt Parfaits, Legacy Court 2:30pm Biography: Bob Hope, L 3pm Bingo for Nickels, AR 4pm Cheeseburger Dinner, DR 6pm Evening Movie, L | 18 Balance Awareness Week 9:30am Exercise in Motion, L 10am Hydration Station, L 10am Horse Racing Game: Bring Your Pennies!, AR 10:15am Animal Planet: Florida Panther, MHFP 1:30pm Store Open: Everything is a Dollar!, AR 2:30pm Happy Hour with Johnny Board Walk, L 3:30pm What Does Your Name Mean?, L 6am Evening Movie, L | 19 National Eat an Apple Day 9:30am Calvary Church Brings Donuts, L 9:30am Manicures w/ Calvary Church, AR 1:15pm Jigsaw Puzzle Club, LIB 2:15pm Puzzlers and Apple Snack, L 3pm Bingo for Nickels, AR 6pm Evening Movie, L | 20 |
| National Alzheimer's Day J. R.R. Tolkein Week 9:30am Let's Walk, LBY 9:30am Bus To Church, R 10am Church Services, L 1pm Movie Matinee and Snacks, L 3pm Left, Right, and Center, AR 6pm Evening Movie, L | 21 Intellectual Wellness Autumnal Equinox; First Day of Autumn J. R.R. Tolkein Week 9:30am Exercise in Motion, L 10am Hydration Station, L 10am Banking and Post Office, R 10:15am Alzheimer's Awareness, L 1:15pm Dollar Deals Shopping, R 1:30pm Puzzlers, DR Porch 2:30pm This Was the Year: 1969, L 3pm Bingo, AR 6pm Evening Movie, L | 22 Occupational Wellness J. R.R. Tolkein Week 8:30am Medical Appointments Begin, R 9:30am Sittercise, L 10am Hydration Station, L 1pm Hobbit: An Unexpected Journey Movie Matinee and Popcorn, L 3:30pm Reminiscing Stories: Previous Occupations, L 6pm Evening Movie, L | 23 Spiritual Wellness Remember to Register to Vote J. R.R. Tolkein Week Rosh Hashanah 9:30am Exercise in Motion, L 10am Hydration Station, L 10am Wal-Mart, R 10am Hymn Sing-Along with Mary, L 12:45pm Church Services, AR 1:30pm Left, Right, and Center, AR 1:30pm Supervisor of Elections: Voters Registration, AR | 24 Artistic Wellness J. R.R. Tolkein Week 9:30am Publix and Local Shopping, R 9:30am Sittercise, L 10am Hydration Station, L 10:15am Song Trivia, L 1pm Scrabble with Jane, L 1:30pm Paint-By-Numbers, AR 2:30pm Reminiscing: Famous Artists, L 3pm Bingo for Nickels, AR 6pm Evening Movie, L | 25 Social Wellness J. R.R. Tolkein Week 9:30am Exercise in Motion, L 10am Hydration Station, L 10am Farkle, AR 10:15am Hummingbird Craft, Legacy Court 1:30pm Store Open: Everything is a Dollar!, AR 2:30pm Happy Hour with Dave, L 3:30pm Inspirational Stories, L 6pm Evening Movie, L | 26 Family Health and Fitness Day J. R.R. Tolkein Week 9:30am Armchair Fitness, L 10:15am Make-A-Word, L 1:15pm Jigsaw Puzzle Club, LIB 2:15pm Ice Cream Social, L 3pm Bingo for Nickels, AR 6pm Evening Movie, L | 27 |
| 9:30am Let's Walk, LBY 9:30am Bus To Church, R 10am Church Services, L 1pm Movie Matinee and Snacks, L 3pm Left, Right, and Center, AR 6pm Evening Movie, L | 28 9:30am Exercise in Motion, L 10am Hydration Station, L 10am Scenic Drive, R 10:15am Current Events, L 11:15am Lunch Out: Peking Chinese Restaurant, R 2pm Walgreen's Shopping, R 1:30pm Puzzlers, DR Porch 2:30pm This Was the Year: 1973, L 3pm Bingo, AR 6pm Evening Movie, L | 29 8:30am Medical Appointments Begin, R 9:30am Sittercise, L 10am Hydration Station, L 10am Hand and Nail Spa, L 1:30pm Wii Bowling, L 3pm Party on the Porch Luau & Welcome Social, South Upstairs Porch 6pm Evening Movie, L | 30 |  | | | |