

# Lake Forest Park

## Lifestyle

Lake Forest Park  
SENIOR LIVING

Like Us 

Assisted Living

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

December 2015

## Merry Melodies

Along with decorations and get-togethers, music is an essential part of the holiday season. Take note of the stories behind some seasonal standards you've been hearing and singing for years.

**"Jingle Bells"** — James Lord Pierpont, a church organist, wrote this rousing song in 1857 for a Thanksgiving service. Originally titled "The One Horse Open Sleigh," its upbeat melody and catchy chorus invoke an iconic image of winter fun.

**"Deck the Halls"** — Known for its festive "fa-la-la" refrain, this tune's melody dates back to 16th century Wales. In 1862, lyricist Thomas Oliphant created English lyrics that focused on the decorations and merriment of the holiday season.

**"Let It Snow"** — It was a hot summer day in 1945 when the hit songwriting duo of Sammy Cahn and Jule Styne wrote this love song about a couple homebound by a blizzard. Short but sweet, it was a hit with postwar America.

**"Rudolph the Red-Nosed Reindeer"** — This character was created in 1939 by writer Robert May as part of an advertising campaign for department store Montgomery Ward. Songwriter Johnny Marks set May's story to music, singing cowboy Gene Autry recorded it in 1949, and it quickly flew to the top of the charts.

**"Silver Bells"** — Describing sidewalks of shoppers and blinking streetlights, the sights and sounds of the city are featured in this sentimental ballad. It was performed as a duet by Bob Hope and Marilyn Maxwell in the 1951 movie "The Lemon Drop Kid."

## Dear Lake Forest Residents, Family and Friends,

I would like to first thank all of the amazing residents and staff at Lake Forest Park for supporting my new endeavor as executive director. The cards, flowers, food, letters, prayers and love have made what could have been a nerve-wrenching start a smooth, joyful transition. I will strive to make this community the best of the best.

The holidays are a time for traditions and a time to get together with family and friends. Some of the greatest traditions are simple, and it involves laughter and love. Take pictures, create a scrapbook or go outside and enjoy just being in the moment.

# LAKE FOREST PARK

SENIOR LIVING AT EASE

ASSISTED LIVING

AL# 9993

## DECEMBER 2015

### 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
- To Be Announced, TBA
- 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

- Betty Anders, 3rd
- Wil Dodson, 8th
- Mary Mason, 13th
- Tony Montenegro, 20th
- Fran McCann, 28th

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>8:30 Medical Appointments Begin, R</b> 9:30 Zumba Gold Chair, L 10:00 Arts and Crafts, AR <b>11:00 Community Pep Rally, DR</b> <b>1:00 Caroling With the Villa Choir, LBY</b> <b>1:30 December Birthday Party, AR</b> <b>2:00 Word Game for Fun, AR</b> 6:00 Evening Movie, L	<b>9:30 Exercise at the Lake, LBY</b> <b>10:00 Bus to Walmart, R</b> <b>12:45 Church Service, AR</b> <b>1:30 Tree Decorating, L</b> 2:30 Left, Right, Center, LIB 6:00 Evening Movie, L	<b>Nat'l Christmas Tree Lighting at the Whitehouse</b> <b>8:30 Medical Appointments, R</b> 9:30 Sittercise, L 10:00 Puzzlers 1:00 Scrabble With Jane, LIB 1:30 Play Cards 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 <b>10:00 Trip Out to the Dollar Store, R</b> <b>11:15 Picnic Out</b> 1:30 Store Open, Everything is \$1, AR <b>1:45 Jokes and Stories, AR</b> 2:30 Happy Hour, L 6:00 Evening Movie, L	9:30 Calvary Church Brings Donuts, L 10:00 Manicures With Calvary Church, AR <b>1:00 Trip Out TBA, R</b> 1:30 Word Games for Fun, L 3:00 Bingo for Nickels, AR 6:00 Evening Movie, L
<b>HANUKKAH BEGINS AT SUNSET</b> 9:30 Let's Walk, LBY 9:30 Bus to Church, 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 Yoga Exercise, L <b>10:00 Scenic Drive</b> <b>10:00 Coffee Talk Pearl Harbor Remembrance, AR</b> <b>1:00 Banking, Post Office and Walgreens, R</b> 1:30 Word Mining, L 3:00 Bingo for Nickels, AR 6:00 Evening Movie, L	<b>8:30 Medical Appointments Begin, R</b> 9:30 Zumba Gold Chair, L 10:00 Arts and Crafts, AR <b>2:00 Town Hall Residents Meeting</b> <b>2:30 Meet and Greet New Residents, L</b> <b>3:00 Word Game for Fun, L</b> 6:00 Evening Movie, L	9:30 Exercise at the Lake, LBY <b>10:00 Bus to Walmart, R</b> <b>12:45 Church Service, AR</b> <b>1:00 Medical Appointments, Port St. Lucie, R</b> 1:30 Hymn Singalong With Mary, L <b>2:30 Crafts and Singing With IRSC Kids, AR</b> 6:00 Evening Movie, L	<b>8:30 Medical Appointments, R</b> 9:30 Sittercise, L 10:00 Puzzlers <b>10:00 Trip to the Library, R</b> 1:00 Scrabble With Jane, LIB 1:30 Play Cards and Rummykub, AR <b>3:00 Festival of Trees, LBY</b> 6:00 Evening Movie, L	9:30 Exercise in Motion, L 10:00 Baking Club, AR <b>10:00 Trip Out to the Dollar Store, R</b> <b>11:15 Picnic Out</b> 1:30 Store Open, Everything is \$1, AR <b>1:30 Bible Study With Craig, LIB</b> <b>1:45 Jokes and Stories, AR</b> 2:30 Happy Hour, L 6:00 Evening Movie, L	9:30 Armchair Fitness, L <b>10:00 Dance Performance, DR</b> <b>1:00 Trip Out TBA, R</b> 1:30 Christmas Party With Real Life Church, DR 3:00 Bingo for Nickels, AR 6:00 Evening Movie, L
9:30 Let's Walk, LBY 9:30 Bus to Church, 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 Yoga Exercise, L <b>10:00 Scenic Drive</b> <b>10:00 Coffee Chat, AR</b> <b>1:00 Publix and Walgreens, R</b> 1:30 Word Mining, L <b>2:00 Hymn Sing With Ryan, L</b> 3:00 Bingo for Nickels, AR 6:00 Evening Movie, L	<b>8:30 Medical Appointments Begin, R</b> 9:30 Zumba Gold Chair, L 10:00 Arts and Crafts, AR <b>1:00 Caroling With the Villa Choir, LBY</b> <b>1:30 Come Play the Price Is Right, AR</b> 6:00 Evening Movie, L	9:30 Exercise at the Lake, LBY <b>10:00 Bus to Walmart, R</b> <b>12:45 Church Service, AR</b> <b>1:00 Tree of Lights, LBY</b> 2:30 Left, Right, Center, LIB <b>6:00 Trip to Downtown Ft Pierce to See the Lights, R</b>	<b>8:30 Medical Appointments, R</b> 9:30 Sittercise, L 10:00 Puzzlers 1:00 Scrabble With Jane, LIB 1:30 Play Cards 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 <b>10:00 Trip Out to the Dollar Store, R</b> <b>11:15 Picnic Out</b> 1:30 Store Open, Everything is \$1, AR <b>1:45 Jokes and Stories, AR</b> 2:30 Happy Hour, L 6:00 Evening Movie, L	9:30 Calvary Church Brings Donuts, L <b>9:30 Drama Performance, L</b> 10:00 Manicures With Calvary Church, AR <b>1:00 Trip Out TBA, R</b> 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 to Church, R 10:00 Church Services, L 1:00 Movie Matinee With Snacks, L 3:00 Left, Right, Center, AR 6:00 Evening Movie, L	<b>WINTER BEGINS</b> 9:30 Yoga Exercise, L <b>10:00 Scenic Drive</b> <b>10:00 Coffee Chat, AR</b> <b>1:00 Banking, Post Office and Walgreens, R</b> 1:30 Word Mining, L 3:00 Bingo for Nickels, AR 6:00 Evening Movie, L	<b>8:30 Medical Appointments Begin, R</b> 9:30 Zumba Gold Chair, L <b>10:00 Beading With Jan, AR</b> 10:00 Arts and Crafts, AR <b>3:00 Red Hat Tea</b> 6:00 Evening Movie, L	9:30 Exercise at the Lake, LBY <b>10:00 Bus to Walmart, R</b> <b>12:45 Church Service, AR</b> 1:30 Hymn Singalong With Mary, L 2:30 Left, Right, Center, LIB 6:00 Evening Movie, L	<b>CHRISTMAS EVE</b> <b>8:30 Medical Appointments, R</b> 9:30 Sittercise, L 10:00 Puzzlers <b>10:00 Trip to the Library, R</b> 1:00 Scrabble With Jane, LIB 1:30 Play Cards and Rummykub, AR 3:00 Bingo for Nickels, AR 6:00 Evening Movie, L	<b>CHRISTMAS DAY</b> <b>1:00 Movie Matinee With Snacks, L</b> <b>1:30 Cards and Rummykub, AR</b> 6:00 Evening Movie, L	<b>KWANZAA BEGINS</b> 9:30 Armchair Fitness, L 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 to Church, 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 Yoga Exercise, L <b>10:00 Scenic Drive</b> <b>10:00 Coffee Chat, AR</b> <b>1:00 Publix and Walgreens, R</b> 1:30 Word Mining, L <b>2:00 Hymn Sing With Ryan, L</b> 3:00 Bingo for Nickels, AR 6:00 Evening Movie, L	<b>8:30 Medical Appointments Begin, R</b> 9:30 Zumba Gold Chair, L 10:00 Arts and Crafts, AR <b>1:30 Let's Make Things for Our New Year's Party, AR</b> 6:00 Evening Movie, L	9:30 Exercise at the Lake, LBY <b>10:00 Bus to Walmart, R</b> <b>12:45 Church Service, AR</b> 2:30 Left, Right, Center, LIB 6:00 Evening Movie, L	<b>NEW YEAR'S EVE</b> <b>8:30 Medical Appointments, R</b> 9:30 Sittercise, L 10:00 Puzzlers 1:00 Scrabble With Jane, LIB 1:30 Play Cards and Rummykub, AR 3:00 Bingo for Nickels, AR <b>4:00 Happy New Year Party, L</b>		

## Employee Of The Month

Leon Desir, also known as everybody's favorite driver, is November's employee of the month. Leon is not just a driver but a friend to our residents, going above and beyond every time. Leon, we are truly thankful for you.



## Reindeer Games

These reindeer jokes are sure to "sleigh" you!

- Why don't you see many reindeer in zoos? Because they can't afford the admission.
- Did Rudolph go to public school? No, he was elf-taught.
- What game do reindeer play in their stalls? Stable tennis.
- How do you get into Donner's house? Ring the deer-bell.
- Which reindeer has the cleanest antlers? Comet.
- Where do reindeer like to stop for lunch? "Deery" Queen.
- What do you give a reindeer with an upset stomach? Elk-a Seltzer.

## Winter Bird-Watching

Not all birds fly south for the winter. Watch for these feathered friends this season:

**Northern cardinal:** Because they do not migrate, northern cardinals are a common sight in many backyards, making them a symbol of winter. The male cardinal is easily recognized by his bright red plumage. Both males and females have a prominent head crest, but the female's feathers are gold with a slight reddish tinge.

**Downy woodpecker:** The tap-tap-tapping you hear from this little bird — the smallest woodpecker in North America — is most likely a courtship song to attract mates, especially if heard in late winter. They also drum on tree trunks and branches to mark their territory. These birds have black wings with white spots, a white chest and back, and a patch of red (in males) or black (in females) at the back of the head.

**Chickadee:** Curious and cheerful, the Carolina chickadee makes its home throughout the Southeast. These birds are mostly gray, with a black and white head. The similar black-capped chickadee is found in northern states and has a lighter body and whitewashed wings. Both types make the familiar "chick-a-dee-dee-dee" and "fee-bee" calls.

**American goldfinch:** Many bird-watchers assume these "wild canaries" fly south for the winter, but the truth is, they stick around — they're just harder to recognize because the males' bright yellow feathers turn a dull olive color in the fall to match the females' plumage. These birds are often spotted feeding upside down.

