

Lake Forest Park

Lifestyle

Lake Forest Park
SENIOR LIVING AT LAKESIDE

Like Us 

Independent Living

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

May 2015

From Tracy

Mother's Day is one of my favorite holidays. Every year we celebrate our mothers with candy, flowers, gifts and cards.

I know, as a mother of three grown children (and one grandson), that what most of us moms really want ... is more time with our children!

Of course, we enjoy the pampering, the "Oh, honey, go sit down, I'll do the dishes" from our husbands and kids, but mostly we want more time.

So this month, spend quality time with your mom. Flowers and cards are nice, too!

Have a great month and join us for our Mother's Day activities.

Tracy

Our Family at Lake Forest



Gin



Arletta



John and Rachel



Kris and Linda

(Photos continued on back)

LAKE FOREST PARK

SENIOR LIVING AT EASE

INDEPENDENT LIVING

MAY 2015

Locations

Clubhouse, CH

Dining Room, DR

Library, LIB

Lobby, LBY

Lounge, L

Reserve at the Clubhouse, RCH

Reserve at the Main Building, RMB

To Be Announced, TBA

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

Birthdays

Gin Farris, 11th

Charles Powell, 13th

Eleanor Diebner, 15th



Don White, 19th

Bob Tryon, 25th

Norma Yoak, 26th

Cathy Green, 26th

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					10:45 Easy Dance Rehearsal (Come and Join!), CH ¹ 11:30 Activities Pep Rally, DR 1:00 Mah-Jongg, CH 3:00 Test Your Eyesight, CH 3:00 Craft: Summer Wreaths, CH 5:00 Birthday Potluck, CH 6:30 Poker, CH	9:00 Social Breakfast, CH ² 3:00 Bingo, CH 6:00 Kentucky Derby: In the Lounge, L 6:30 Mexican Train Dominoes, CH
James Brown's Birthday ³ 9:30 Bus Goes to Churches, RMB 10:00 Church Service, L 4:30 Soulful Dinner in Main Dining Room, DR	10:00 Let's Construct the Dollhouse, CH ⁴ 10:45 Social Walk/Exercise by the Lake, CH 1:00 Craft: Mexican Maracas, CH 2:00 Sequence, CH 3:00 Meditation by the Lake, CH 6:30 Mexican Train Dominoes, CH	10:15 Teachers' Breakfast (For Retired Teachers), CH ⁵ 1:00 Cinco de Mayo Social, CH 3:00 Residents Meeting, CH 4:00 Activities Meeting, CH 6:30 Poker, CH	10:30 Wii Tennis Tournament, CH ⁶ 11:30 Cooking Demo, With Chef Joe, DR 12:45 Church Service, AR 1:30 Hot Fudge Sundae Social, CH 3:00 Bingo, CH 6:15 Bridge, CH	Give a Hug Day ⁷ 10:30 Craft: Flowers in a Jar, CH 1:00 Chair Yoga, CH 3:00 Life Insurance Presentation: Food and Raffle, CH 6:30 Cribbage, CH	10:45 Easy Dance Rehearsal (Come and Join!), CH ⁸ 1:00 Mah-Jongg, CH 2:30 Big Bash Bingo (With Prizes), CH 4:00 Happy Hour With Cupcakes, CH 6:30 Poker, CH	9:00 Social Breakfast, CH ⁹ 1:00 Lunch Outing: Lorenzo's, RCH 3:00 Bingo, CH 6:00 Armchair Travel Social, L 6:30 Mexican Train Dominoes, CH
MOTHER'S DAY ¹⁰ 9:30 Bus Goes to Churches, RMB 10:00 Church Service, L 11:00 Mother's Day Lunch in Dining Room, DR 3:00 Cribbage, CH	Fred Astaire's Birthday ¹¹ 10:00 Let's Construct the Dollhouse, CH 10:45 Social Walk/Exercise by the Lake, CH 2:00 Sequence, CH 3:00 Family Tree Social, CH 6:30 Mexican Train Dominoes, CH	10:45 Social Walk/Exercise by the Lake, CH ¹² 11:00 Picnic by the Lake, RCH 1:00 Classic Hymn Sing, CH 2:00 Tea With Emily Post, CH 6:30 Poker, CH	Waitstaff Appreciation Day ¹³ 10:45 Social Walk/Exercise by the Lake, CH 12:45 Church Service, AR 1:00 Share and Tell: Famous Criminals, CH 3:00 Bingo, CH 6:15 Bridge, CH	10:00 Library Outing, RMB ¹⁴ 10:30 Chair Yoga, CH 2:30 Off to Greece, With Norma, CH 4:00 Hand Massage Social, CH 4:30 Dinner Outing: The Tiki Bar, RCH	10:45 Easy Dance Rehearsal (Come and Join!), CH ¹⁵ 1:00 Mah-Jongg, CH 2:00 Parkinson's Awareness Walk, CH 4:00 (Meet and Greet) Happy Hour, CH 6:30 Poker, CH	9:00 Social Breakfast, CH ¹⁶ 3:00 Bingo, CH 6:00 Cannes Film Festival Night, L 6:30 Mexican Train Dominoes, CH
Joe Turner's Birthday ¹⁷ 9:30 Bus Goes to Churches, RMB 10:00 Church Service, L	10:00 Let's Construct the Dollhouse, CH ¹⁸ 10:45 Social Walk/Exercise by the Lake, CH 1:00 Community Outreach: Flags for Memorial Day, CH 2:00 Sequence, CH 3:00 New York Stock Exchange Social, CH 5:00 Chef's Choice Potluck, CH 6:30 Mexican Train Dominoes, CH	10:30 Volleyball Fun, CH ¹⁹ 1:00 Classic Hymn Sing, CH 4:30 Pie Party (Bring a Dinner or Dessert Pie), CH 6:30 Poker, CH	9:30 Movie Theater and Lunch Outing, RCH ²⁰ 10:45 Social Walk/Exercise by the Lake, CH 12:45 Church Service, AR 1:00 Backyard Games, CH 3:00 Bingo, CH 6:00 Jimmy Stewart Movie Night, CH 6:15 Bridge, CH	1:00 Makeup Social for Main Event, CH ²¹ 6:00 Main Event: Dancing With the Seniors, CH	Wig Out Day ²² 1:00 Mah-Jongg, CH 2:30 Salad Bar Social, CH 4:00 Happy Hour With Live Entertainment, CH 6:30 Poker, CH	9:00 Social Breakfast, CH ²³ 9:30 Trip to the Farmer's Market, RMB 3:00 Bingo, CH 6:30 Mexican Train Dominoes, CH
9:30 Bus Goes to Churches, RMB ²⁴ 9:30 Indy 500: Gates Open at 9:30 a.m. in the Lounge, L 10:00 Church Service, L	MEMORIAL DAY ²⁵ 11:00 Memorial Day Cookout, DR 2:00 Sequence, CH 6:30 Mexican Train Dominoes, CH	10:45 Social Walk/Exercise by the Lake, CH ²⁶ 1:00 Classic Hymn Sing, CH 2:30 French Open Social, CH 4:15 Pizza Dinner (Guys Only), RCH 6:30 Poker, CH	8:00 Healthy Breakfast in the Dining Room, DR ²⁷ 10:45 Social Walk/Exercise by the Lake, CH 12:45 Church Service, AR 3:00 Bingo, CH 6:15 Bridge, CH	10:00 Library Outing, RMB ²⁸ 10:00 90 and Over Social, CH 2:00 Reader's Theater, CH 6:30 Cribbage, CH	1:00 Mah-Jongg, CH ²⁹ 2:30 Name That Kennedy, CH 4:00 Get Into the Greek, Happy Hour, CH 5:00 A Neighborhood Scavenger Hunt, CH 6:30 Poker, CH	9:00 Social Breakfast, CH ³⁰ 1:30 Countdown to Summer, Social, L 3:00 Bingo, CH 6:30 Mexican Train Dominoes, CH
9:30 Bus Goes to Churches, RMB ³¹ 10:00 Church Service, L						

Galloping to Victory

Each spring, fans of American horse racing are chomping at the bit during the three races that comprise the Triple Crown of Thoroughbred Racing: the Kentucky Derby, the Preakness Stakes, and the Belmont Stakes. Get a leg up on the action with these facts about the ultimate equestrian prize.

Elusive achievement: Winning all three races of the Triple Crown in a single season is considered the pinnacle achievement for a racehorse. Only 11 steeds have earned the honor, the first being Sir Barton in 1919.

Decades of drought: The last horse to win the Triple Crown was Affirmed in 1978, but there have been several close calls. Most recently, in 2014, California Chrome won the Derby and the Preakness, but came in fourth place at Belmont.

Still standing: In 1973, Secretariat made headlines when he became the first Triple Crown winner in 25 years. He also ran all three races in record times that have yet to be broken.

Tracking the tracks: The three events are run on dirt tracks of varying distances. The Derby at Churchill Downs in Louisville, Ky., is a 1 1/4-mile race, the Preakness at Baltimore's Pimlico Race Course is 1 3/16 miles, and Belmont Park in Elmont, N.Y., is the longest at 1 1/2 miles.

Sign-up Book

Just so you know, there is a sign-up book in the clubhouse for any of our events that have an "RCH" next to them. The book is on the right, as soon as you walk in. This helps us to better plan, to know who will be attending the events, and to know who we need to pick up for our outings. Also, for our weekly transportation, the sign-up sheets are in the main lobby toward the right, when you walk in the main doors. Please ask the concierge if you need any assistance. Thank you so much!

Good Sense at the Salad Bar

With all-you-can-eat offerings, a salad bar is considered an easy way to make a healthy meal. But not all ingredients are nutritious picks. Here's how to build a better salad.

Begin with greens: Think outside the bowl when you begin. Often, low-calorie iceberg lettuce is the go-to at salad bars, but spinach, kale, spring mix and romaine pack a heftier nutritional punch. The darker the leaf is, the better.

Pile on the veggies: Since they're loaded with nutrients, fill your plate with fresh vegetables. Choose a colorful mix to get the most vitamins and minerals. Pass on options that are marinated.

Put in some protein: Look for chicken, turkey, fish, eggs, beans and tofu to provide some protein, which will help you feel full and satisfied. Just be sure to stick to a single serving, which is about the size of a deck of cards.

Dress it smartly: Steer clear of calorie-laden creamy dressings. Opt for heart-healthy olive oil and vinegar or black pepper, herbs and lemon for a boost of flavor.

Top it off: A serving of nuts, seeds and fresh fruit not only increases nutrition, but adds flavor and texture to your salad. Avoid croutons and bacon bits.

Our Family at Lake Forest (Continued)



A picnic by the lake



Jean