

Lake Forest Park

Lifestyle

Lake Forest Park
SENIOR LIVING AT LAST

Like Us 

Independent Living

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

July 2015

Our Lake Forest Park Family



Lee



Emma

(Photos continued on back)

These Feet Were Made for Walkin’

No matter what your mobility, it is important to take care of your feet, even if you don’t walk very often or you are in a wheelchair. A foot problem can sometimes lead to more serious problems for the body.

Here are some tips on how to keep your feet feeling good:

- Maintain good foot hygiene.
- Trim toenails regularly, and be sure to trim them properly to avoid ingrown toenails. A pedicure or your podiatrist can help with this.
- Wear proper shoes. Make sure they are comfortable and protective.
- Inspect your feet every day. This means taking a seat and looking them over well; if you have difficulty doing this, ask a friend, family member or CNA to help.
- It is especially important that people with diabetes inspect their feet daily. Diabetes sometimes causes a loss of sensation in the feet, so you may have a cut, scrape or infection on your foot that has gone unnoticed. Without treatment, these problems can worsen, so it is important to catch them right away.

Your feet have carried you through life, and they deserve a little tender loving care. Make every day Healthy Feet Day!

My door is always open,

Tracy

JULY 2015

Locations

Activity Room, AR
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

Nora Macie, 12th
Debbie LaRoche, 18th
Elsie Gordon, 30th

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			10:45 Social Walk/ Exercise by the Lake, CH	10:45 Social Walk/ Exercise by the Lake, CH	11:30 Lunch Outing: Applebee's, RCH	INDEPENDENCE DAY 9:00 Social Breakfast, CH
		5	6	7	8	9
9:30 Bus Goes to Churches, RMB 10:00 Church Service, L 6:00 Patriotic Movie Matinee, L	Give a Kiss to a Loved One (National Kissing Day) 10:00 Let's Construct the Dollhouse, CH 10:45 Social Walk/Exercise by the Lake, CH 2:00 Sequence, CH 6:30 Mexican Train Dominoes, CH	10:45 Social Walk/ Exercise by the Lake, CH 1:00 <i>Uncle Sam Singalong, CH</i> 2:00 <i>Name That TV Show Social, CH</i> 3:00 Residents Meeting, CH 4:00 Activities Meeting, CH 6:30 Poker, CH	10:00 <i>Baking: Blueberry Muffins (Nat. Blueberry Month), CH</i> 10:45 Social Walk/Exercise by the Lake, CH 12:45 Church Service, AR 1:00 A Trip to Heathcote Botanical Gardens, RCH 3:00 Bingo, CH 6:15 Bridge, CH	2:00 <i>Craft: A String of Stars, CH</i> 3:30 <i>Presidential Facts Social, CH</i> 6:30 Cribbage, CH 10:00 Library Outing, RMB 2:30 Off To: Scandinavia, With Norma, CH 4:30 Dinner Outing: Courtine's, RCH	1:00 Mah-Jongg, CH 2:30 Big Bash Bingo (With Prizes), CH 4:00 Summer Block Party Happy Hour, CH 6:30 Poker, CH	4 11 Tour de France 9:00 Social Breakfast, CH 3:00 Bingo, CH 6:00 <i>Armchair Travel, L</i> 6:30 Mexican Train Dominoes, CH
12	13	14	15	16	17	18
9:30 Bus Goes to Churches, RMB 10:00 Church Service, L 3:00 Cribbage, CH 6:00 Patriotic Movie Matinee, L	10:00 Let's Construct the Dollhouse, CH 10:45 Social Walk/Exercise by the Lake, CH 2:00 Sequence, CH 6:30 Mexican Train Dominoes, CH	10:45 Social Walk/ Exercise by the Lake, CH 11:00 Picnic by the Lake, RCH 1:00 Classic Hymn Sing, CH 2:00 Pizza and Learn About Home Health, CH 3:00 <i>Summer Wreath Making, CH</i> 6:30 Poker, CH	10:45 Social Walk/ Exercise by the Lake, CH 12:45 Church Service, AR 1:00 <i>Craft: Summer Tie-Dye, CH</i> 3:00 Bingo, CH 6:15 Bridge, CH	9:30 Movie Theater and Lunch Outing, RCH 6:00 Main Event: Bubba's BBQ (Featuring Bubba's Band), CH	1:00 Mah- Jongg, CH 2:00 Residents' Council Meeting, CH 4:00 Happy Hour Kitchen Shower (See Sign-up Book), CH 6:30 Poker, CH	Tour de France 9:00 Social Breakfast, CH 3:00 Bingo, CH 6:30 Mexican Train Dominoes, CH
19	20	21	22	23	24	25
9:30 Bus Goes to Churches, RMB 10:00 Church Service, L 6:00 Patriotic Movie Matinee, L	Tell a Joke (Nat. Tell a Joke Day) 10:00 Let's Construct the Dollhouse, CH 10:45 Social Walk/Exercise by the Lake, CH 2:00 Sequence, CH 5:00 Potluck With Theater Performance, CH 6:30 Mexican Train Dominoes, CH	10:00 <i>Novel Reminiscing Chat (Hemingway's B-Day), CH</i> 10:45 Social Walk/Exercise by the Lake, CH 1:00 Classic Hymn Sing, CH 2:00 <i>Ice Cream Social (Nat. Ice Cream Month), CH</i> 3:00 Come Ask An Attorney (Medicaid, VA, Estate, Etc.), CH 6:30 Poker, CH	10:45 Social Walk/ Exercise by the Lake, CH 12:45 Church Service, AR 2:00 <i>Baseball Social (Nat. Baseball Month), CH</i> 3:00 Bingo, CH 6:15 Bridge, CH	1:00 <i>A Presentation on Beating the Summer Heat, CH</i> 10:00 Library Outing, RMB 2:00 Reader's Theater With Norma, CH 6:30 Cribbage, CH	10:00 Craft: Gift Bag Making, CH 1:00 Mah-Jongg, CH 4:00 Happy Hour (Grilled Fruit for Nat. Grilling Month), CH 6:30 Poker, CH	9:00 Social Breakfast, CH 10:00 <i>Shooting Marbles for National Pioneer Day, AR</i> 3:00 Bingo, CH 6:30 Mexican Train Dominoes, CH
26	27	28	29	30	31	
9:30 Bus Goes to Churches, RMB 10:00 Church Service, L 6:00 Patriotic Movie Matinee, L	10:00 Let's Construct the Dollhouse, CH 10:45 Social Walk/Exercise by the Lake, CH 2:00 Sequence, CH 3:00 Come Ask An Attorney (Medicaid, VA, Estate, Etc.), CH 6:30 Mexican Train Dominoes, CH	10:45 Social Walk/ Exercise by the Lake, CH 1:00 Classic Hymn Sing, CH 3:00 <i>Putt Putt Tournament, CH</i> 4:15 Pizza Dinner (Be Sure to Sign Up), RCH 6:30 Poker, CH	National U.S. Postal Day 10:45 Social Walk/Exercise by the Lake, CH 12:45 Church Service, AR 1:30 Community Outreach: Card Making, CH 3:00 Bingo, CH 6:15 Bridge, CH	10:45 Social Walk/Exercise by the Lake, CH 1:00 "Gone With the Wind" Afternoon Movie, CH	10:00 Puzzle Day (Come and Build the Puzzle), CH 1:00 Mah-Jongg, CH 2:30 Donate School Supplies to Orphans, CH 4:00 Happy Hour With Live Entertainment, CH 6:30 Poker, CH	

Declaration Details

As freedom rings this Fourth of July, explore these facts about the Declaration of Independence.

Initial autograph: John Hancock, president of the Continental Congress, was the first to sign the document. His signature is the largest, and the term “John Hancock” remains a common expression for a signature.

Striking script: Historians say Timothy Matlack, clerk to the secretary of the Congress, is most likely the scribe who wrote out the famous script using a quill pen and ink.

Dirty details: The bottom left corner of the document is marred by a handprint whose story and identification are unknown. It, along with other soiling, has been left alone rather than risk damage by attempting to clean it.

Safe storage: During World War II, the declaration was moved from the Library of Congress and stored at Fort Knox. In 1952, it was transferred to its permanent home, the National Archives in Washington, D.C., where it is housed in a state-of-the-art case, designed to protect the antique parchment.

Colonial copies: Paper copies of the declaration were printed on the night of July 4 to be distributed throughout the Colonies. Only 26 of these versions exist today, and most are held in museums.

Frankly Delicious

Hot dogs are an all-American food favorite, and many parts of the country are known for their unique ways of topping them. Relish this cross-country tour of hot dog styles:

New York City: Mustard and onions stewed in tomato paste are what top the Big Apple’s “dirty water dogs,” named because many are sold from sidewalk carts that use hot water to keep them warm.

Chicago: The Windy City piles a lot onto a hot dog: yellow mustard, relish, chopped onions, a pickle spear, tomato slices, sport peppers and a sprinkle of celery salt, all packed in a poppy-seed bun.

Michigan: A Michigan Coney Island takes its name from the New York amusement park where hot dogs were made famous. This dog is topped with a rich, meaty chili sauce, chopped onions and mustard.

Atlanta: Order a hot dog “dragged through the garden” in Atlanta and throughout the South, and it will be covered in creamy coleslaw.

Southwest: After crossing the border from Mexico, the Sonoran became the style in Southwest cities such as Phoenix and Tucson, Ariz. There, a hot dog is wrapped in bacon and typically features pinto beans; grilled onions; fresh, chopped onions and tomatoes; jalapeño peppers or sauce; mustard; and mayonnaise, all inside a soft roll.

Our Lake Forest Park Family (Continued)



Irene



Gin and Ann



Louise and Don