

## Julius and Pat



Active Aging Week Ended with a BANG at the drum circle on Friday, September 27th. Julius and Pat had a wonderful time drumming in good company.

## Join the Winter Variety Show Rehearsals!



Have you always wanted to be in the Lime Light? Lake Forest Park is holding rehearsals for our Winter Variety Show on Tuesdays. We are looking for Residents to sing Holiday Songs, read poetry, or tell jokes. Check your Calendar and Bulletins for more details.

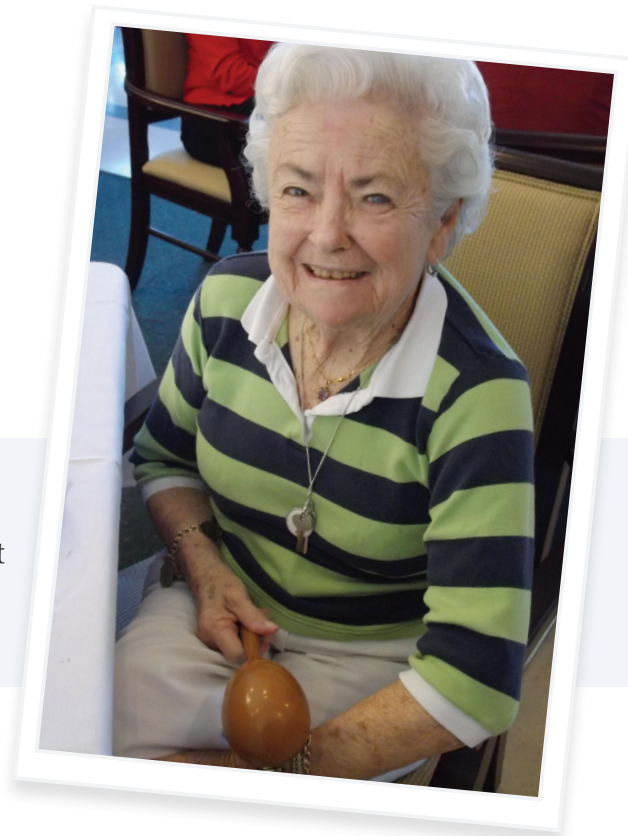
## Betty

Betty is getting in touch with her rhythmic roots at Lake Forest Park's Active Aging Week: The Finale: Wine, Seniors, and Song.

## It's that Time Again



The days are getting shorter now.  
I feel a snow flake on my brow.  
The leaves are crackling as I run,  
The squirrels' searching almost done.  
The turkey's restless in the pen,  
Oh! No! I see my breath again!  
It makes a person take a pause  
And think about old Santa Claus!!!



# Lake Forest Park Lifestyle

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

November 2013



## Being Thankful is Good for Your Heart

Having a grateful attitude and a positive outlook on life has a favorable effect on your health.

There are many reasons to practice being thankful consistently other than just during the month of November or at your Thanksgiving Day Dinner. Scientists have found that people who practice being grateful regularly, experience many health benefits including:

1. Smoother and coherent heart rhythms.
2. Reduced risk of cardiovascular disease.
3. Stronger immune system.
4. Higher sense of attentiveness, alertness & energy.
5. Less physical pain.
6. Longer more restful sleep.
7. Better able to handle stressful situations.
8. Healthier relationships with others.
9. Better physical fitness.
10. Fewer feelings of sadness and depression.

To experience many of these benefits try to become consciously aware of what you are thankful for in your life. There are ways you can do this; the key is to pick something that works for you and to stick with it. Some ideas you might try are:

1. Write in a gratitude journal every night before going to bed.
2. Upon waking in the morning think about everything you are thankful for before getting out of bed.
3. See how many things you can think of to be grateful for and appreciate while doing one of your daily routines like brushing your teeth or taking your dog for a walk.

Studies have found that people who focus on what they are grateful for everyday for one week straight can experience the benefits up to a six-month period.

## Seniors and Seniors Art Show

Wini is working on creating centerpieces with two of the Seniors from John Carroll High School at the Seniors and Seniors Art Show on Friday, September 27th.



# November 2013

## 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

Activities Subject to Change

Hair Dresser Judi: 772-460-6188

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<b>3</b>  9:30 Bus to Church ( R ) 10:15 Music Hour (LBY) 1: 00 Afternoon Movie Matinee (L) 3:00 Left, Right, and Center (AR) 6:00 Evening Movie (L) 6:00 Game Club (AR)	<b>4</b>  9:30 Exercise (L) 10:15 Bus to Wal-Mart ( R ) 10:15 What's New in the News? (L) 1:15 Walgreen's Shopping ( R ) 2:00 Puzzlers (L) 3:30 Backwards Spelling Bee (L) 6:00 Evening Moving (L) 6:00 Game Club (AR)	<b>5</b> 8:30 Medical Appointments ( R ) 9:15 Armchair Fitness (L) 10:15 Veteran's Call Bingo (AR) 2:00 Winter Variety Show Rehearsal (LBY) 3:30 Short Stories and Snacks (L) 6:00 Evening Moving (L) 6:00 Game Club (AR)	<b>6</b> 9:15 Line Dancing (L) 10:15 Banking, Publix, and Local Shopping ( R ) 10:15 Paint-By-Numbers (AR) 12:45 Church Services (AR) 1:30 Left, Right, & Center (AR) 3:30 Pumpkin Pie Milkshakes (AR) 6:00 Evening Moving (L) 6:00 Game Club (AR)	<b>7</b> 9:15 Armchair Fitness (L) 10:15 Therapy Dog Thursday with Gin and GiGi (LBY) 1:00 Scrabble with Jane (AR) 3:00 Bingo for Store Bucks (AR) 6:00 Evening Moving (L) 6:00 Game Club (AR)	<b>8</b> 9:30 Sitterise (L) 9:30 Morning Movie Matinee (L) 1:20 Store Open (AR) 1:40 Jokes and Funny Stories (AR) 2:30 Happy Hour w/ Hobo Jim (LBY) 6:00 Evening Moving (L) 6:00 Game Club (AR)	<b>9</b> 9:15 Treasure Hunt for Prizes (LBY) 10:00 Morning Music Hour (LBY) 3:00 Bingo: Bring your Nickels (AR) 6:00 Evening Moving (L) 6:00 Game Club (AR)
<b>10</b>  9:30 Bus to Church ( R ) 10:15 Music Hour (LBY) 1:00 Afternoon Movie Matinee (L) 3:00 Left, Right, and Center (AR) 6:00 Evening Movie (L) 6:00 Game Club (AR)	<b>11</b> 9:15 Chair Dancing (L) 10:45 Veteran's Day Celebration (CH) 3:30 Puzzle Books (L) 6:00 Evening Moving (L) 6:00 Game Club (AR)	<b>12</b> 8:30 Medical Appointments ( R ) 9:15 Armchair Fitness (L) 10:00 Beading with Jan (AR) 2:00 Winter Variety Show Rehearsal (LBY) 3:30 Board Games with the DATA Teens (L) 6:00 Evening Moving (L) 6:00 Game Club (AR)	<b>13</b> 9:15 Line Dancing (L) 10:15 Bus to Wal-Mart ( R ) 10:15 Hymn Sing-Along with Mary (LBY) 12:45 Church Services (AR) 1:30 Left, Right, & Center (AR) 2:30 Laughing Lady Nancy Visits (DR) 6:00 Evening Moving (L) 6:00 Game Club (AR)	<b>14</b> 9:15 Armchair Fitness (L) 10:15 Who, What, or Where am I? (L) 1:00 Scrabble with Jane (AR) 3:00 Bingo for Store Bucks (AR) 6:00 Evening Moving (L) 6:00 Game Club (AR)	<b>15</b> 9:30 Music and Moves (L) 10:15 Crafter's Corner: Autumn Leaf Clothespin Magnets (AR) 1:20 Store Open (AR) 1:40 Jokes and Funny Stories (AR) 2:30 Happy Hour with Jack Hudson (LBY) 6:00 Evening Moving (L) 6:00 Game Club (AR)	<b>16</b> 9:15 Armchair Fitness (L) 10:00 Manicures *LIMIT 5* (AR) 2:00 Trivia for Store Bucks (L) 3:00 Bingo: Bring your Nickels (AR) 6:00 Evening Moving (L) 6:00 Game Club (AR)
<b>17</b>  9:30 Bus to Church ( R ) 10:15 Music Hour (LBY) 1:00 Afternoon Movie Matinee (L) 3:00 Left, Right, and Center (AR) 6:00 Evening Movie (L) 6:00 Game Club (AR)	<b>18</b>  9:30 Exercise (L) 10:15 Bus to Wal-Mart ( R ) 10:15 Mull it Over: Puzzlers and Cider (L) 1:15 Dollar Deals ( R ) 3:15 November Birthday Party (AR) 6:00 Evening Moving (L) 6:00 Game Club (AR)	<b>19</b> 8:30 Medical Appt. (R) 9:15 Armchair Fitness (L) 10:00 Satin Touch Club: Salted Caramel Hand Scrub (AR) 2:00 Winter Variety Show Rehearsal (LBY) 3:30 Card Games w/ the DATA Teens (L) 4:45 Murder Mystery Dinner (CH) 6:00 Evening Moving (L) 6:00 Game Club (AR)	<b>20</b> 9:15 Line Dancing (L) 10:15 Banking, Publix, and Local Shopping (R) 10:15 Crafter's Corner: Tulle Turkey Wreaths (AR) 12:45 Church Services (AR) 1:30 Left, Right, & Center (AR) 3:15 Crafter's Corner: Finish Turkey Tulle Wreaths (AR) 6:00 Evening Moving (L) 6:00 Game Club (AR)	<b>21</b> 9:15 Armchair Fitness (L) 10:15 Rowdy Roosters: Men Making Chili (AR) 1:00 Scrabble with Jane (AR) 3:00 FEAST Bingo for Store Bucks (AR) 6:00 Evening Moving (L) 6:00 Game Club (AR)	<b>22</b> 9:30 Stretch and Massage (L) 10:15 Spiritual Selections: Gratitudes and Blessings (L) 1:20 Store Open (AR) 1:40 Jokes and Funny Stories (AR) 2:30 Happy Hour with Marshall (LBY) 6:00 Evening Moving (L) 6:00 Game Club (AR)	<b>23</b> 9:15 Armchair Fitness (L) 10:15 Pokeno (AR) 2:00 Ice Cream Social (LBY) 3:00 Bingo: Bring your Nickels (AR) 6:00 Evening Moving (L) 6:00 Game Club (AR)
<b>24</b>  9:30 Bus to Church ( R ) 10:15 Music Hour (LBY) 1:00 Afternoon Movie Matinee (L) 3:00 Left, Right, and Center (AR) 6:00 Evening Movie (L) 6:00 Game Club (AR)	<b>25</b>  9:30 Exercise (L) 10:15 Scenic Drive with Leon (R ) 10:15 Horse Racing Game (L) 11:15 Lunch Out: Cracker Barrel (R) 3:15 Welcome Social Beary Cozy Tea Party (AR) 6:00 Evening Moving (L) 6:00 Game Club (AR)	<b>26</b> 8:30 Medical Appointments ( R ) 9:15 Armchair Fitness (L) 10:30 Socrates Café (L) 2:00 Winter Variety Show Rehearsal (LBY) 3:30 Short Stories and Snacks (L) 6:00 Evening Moving (L) 6:00 Game Club (AR)	<b>27</b> 9:15 Line Dancing (L) 10:15 Bus to Wal-Mart ( R ) 10:30 Mull it Over: The First Thanksgiving (L) 12:45 Church Services (AR) 1:30 Left, Right, & Center (AR) 3:00 Let's Make Cranberry Sauce (AR) 6:00 Evening Moving (L) 6:00 Game Club (AR)	<b>28</b> Happy Thanksgiving! 9:15 Armchair Fitness (L) 10:00 Morning Movie: Son-In-Law (L) 1:30 Afternoon Movie Matinee: Planes, Trains, and Automobiles (L) 6:00 Evening Moving (L) 6:00 Game Club (AR)	<b>29</b> 9:15 Line Dancing (L) 10:15 Beary Fun Sing-Along (L) 1:20 Store Open (AR) 1:40 Jokes and Funny Stories (AR) 2:30 Rat Pack Happy Hour (LBY) 6:00 Evening Moving (L) 6:00 Game Club (AR)	<b>30</b> 9:15 Armchair Fitness (L) 10:00 Manicures *LIMIT 5* (AR) 2:00 Puzzlers (L) 3:00 Bingo: Bring your Nickels (AR) 6:00 Evening Moving (L) 6:00 Game Club (AR)