

## Our Family Night Tradition Continues in 2018



### January Family Night!

Wednesday, January 17th • 7:00 p.m.

The focus on our first Family Night of 2018 is, appropriately enough, family and friends. With what's going on in today's world, some have lost the joy of spending that special time with people who care. So on the 17th, why not invite your family and friends to join you for a special night of great food and entertainment, for an unbelievable price of **just \$10**.

You and your guests will enjoy an **extended happy hour** from 4:00 to 6:30 p.m., featuring live music, complimentary drinks and hot hors d'oeuvres, a gourmet meal and great entertainment with the perfect couple for the first Family and Friends Night of the New Year, **Marc and Rio!**

Remember to book early. Reservations for dinner guests might not be available on the day of the event, so please sign up at the Front Desk in advance to book your tables and please limit your guest list to eight people.

### Amazing Entertainers Marc and Rio Frost

Showtime is 7:00 p.m.

Marc Alexander Frost, a Baritenor, originally from Detroit, has been singing professionally since the age of six. He has entertained audiences for the past 21 years in both opera and Broadway productions that are truly too numerous to mention. His warm colorful tones and amazing interpretations make for a truly unforgettable evening. Marc has a way of weaving a tapestry that will hold an audience spellbound.

His wife, Rio Leader Frost, a Coloratura Soprano, was born in Kenya, Africa. She is the daughter of professionally and internationally renowned parents. Her mother was a ballerina with the Ballet Rombert in London. Her Father is

the extremely well known comedian Jerry Leader.

Together this duo has performed and lived all over the globe. Rio has performed with the Gold Coast Opera, Songs of Broadway and other touring companies. She brings with her a freshness to the duo; her lovely smile and crisp vocal tones are a true asset. She has performed Carrie in *Carousel*, Minnie Fay in *Hello, Dolly*, and is an area soloist. Her lovely sounds, graceful demeanor round out this fabulous duo.

The end of their show always brings a smile to everyone's face as they introduce some of their talented children to the stage. It is truly the perfect way to finish off Family Night.

### Even More Great "Kodak" Moments

*Remembering all the good times of 2017.*



# Pacifica Senior Living Forest Trace

Happy New Year



## Looking Forward to a Fabulous New Year!

Before delving into the New Year, let's take a moment to reminisce about some of the highlights of 2017. We introduced **Family Nights**, which were a smash hit, and we aim to carry on with these special events throughout 2018. Our **themed nights** were fun—who can forget our evenings in **Italy, France, Ireland, Spain** and **Britain**. Our splendid **Mardi Gras** and Family Night celebration of **Halloween** were truly memorable!

Another highlight of course was **Veterans Day** with The Hollywood Hills Cadets. **Passover** and the **High Holy Days** were superb, even though we didn't have our usual grandiose theater for the services, and what a great job our Maintenance staff did creating our lake in front of the Main Entrance for the Kiddush.

The Weinbaum youngsters will be back with us

in 2018 with some more great intergenerational programs. We had to include Libby Gurian in our "Kodak moments" as she was the first person in Weinbaum history to finish building the giant Jenga. Quite a feat!

We also had to include our wonderful **Pacifica Forest Trace Chorus**. Not only did they perform a great show for you, but they also brought the house down performing at the Northwest Focal Center.

We had our trials and tribulations to live through in 2017 with the Clubhouse renovations and new elevators but we made it through. Now, as we begin 2018, we have the **Clubhouse Grand Opening** soon along with new, exciting shows and activities.

The management and staff of Pacifica Senior Living Forest Trace wish you a very happy and healthy 2018.



**PACIFICA**  
SENIOR LIVING  
FOREST TRACE

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[www.PacificaForestTrace.com](http://www.PacificaForestTrace.com)



[www.facebook.com/PacificaSeniorLivingForestTrace](https://www.facebook.com/PacificaSeniorLivingForestTrace)

**JANUARY 2018**



# News and Muses

# Odds and Ends



CAMPBELL EPES III

## FROM THE EXECUTIVE DIRECTOR Big Events in 2018!

May I be one of the first to wish everyone a "healthy and happy New Year." Like many of you I am greatly looking forward to 2018! We will very soon have back into operation our magnificent new Clubhouse. We are planning a **Grand Opening** to show off the newly renovated and completed community showcase! Right now we are completing the finishing touches, adding the new art work, installing new media and sound systems, as well as just making sure everything is just about perfect. It has been a long journey to get us to this point and I assure you the finish product is well worth the wait.

We are also glad to say that we are leaving the elevator construction behind in 2017. The final completion date for the elevator work in the North Tower is set for the week of January 8th. The elevator crews have been working very hard and are right on target to meet this completion date. I am not sure which project we are more excited to see completed, both are equally great!

The new year will also bring us some more new and needed renovations and construction! By March (maybe even earlier) we will begin renovations to the Card Room, Kaye's Korner and the Assisted Living Common areas. The teams that are now completing the Clubhouse will move to the Main Building once they have completed their work out back. We have already received most of the new furniture for these projects. They arrived as early holiday gifts for us all. So, 2018 will again be a year full of change for us. We promise, as we are making these improvements to your home, that we will minimize their impact on our day to day activities.

"Living Life Grateful!" Welcome to my personal theme for 2018. Did you know that gratitude has been scientifically proven to strengthen your immune system and make you happier and more optimistic, as well as less lonely and isolated? It's true, and although science has just recently caught up to this fact, the Buddhists have known it for years. Rather than focusing on what I don't have, I focus on what I do have. I am lucky to have this job, I am lucky to have my family, and I am lucky to have your friendship. Human nature is to want what we don't have and to dwell on the negatives—instead of celebrating what we do have and focusing on what's going well.

Here's the thing: being grateful has the power to block out negative emotions. You can't really pay attention to what's missing or what's not going well if you only let your mind pay attention to what is. Weather changes, possessions come and go, and experiences — both good and bad — all come to an end. But our attitude of gratitude allows us to be fully present in every moment and to enjoy every last one.

## Fun with Horticulture

Tuesdays, January 2nd, 16th, 30th  
1:00 p.m.

Horticulturist and radio personality **Robert Bornstein** will be here with three new and very enjoyable programs. First, on **January 2nd**, he'll show you how to grow your own tomatoes. On **the 16th**, experience one of his most popular programs when he teaches flower arranging. "The Plant Clinic" is in session on **the 30th**, so bring in your plants for ID, transplanting, some tender loving care from the Plant Doctor or just to show it off! Robert will also be helping you make pressed flower note cards, suitable for all occasions with real pressed flowers. All supplies are included.

## Circle of PHIE

Saturday, January 13th • 11:00 a.m.

**Suzanne Juster** has been wanting **Gladys Julian** as her guest speaker for quite a while. "Front Desk Gladys," as we all fondly know her, has been a successful marathon runner for many years, having the strength and audacity to train, diet and fly to all parts of the U.S. and even overseas to compete. She has finished the course of 61 marathons! Personally, we think that if Gladys can sit at the Front Desk every day here at Forest Trace and keep people happy, she can do anything! Come and say hello in a more casual setting on **the 13th** at 11:00 a.m.

## New Year, New Friends



Sheila Ruggiero      Millie Herschkowitz  
Sidney Lazarus      Sandy Meryerowitz  
Sam & Esther Porter  
Abraham Rockow & Rhoda Wild

*We thank them for choosing Pacifica Senior Living Forest Trace as their new home!*

# "Kodak Moments" from a Great 2017!

*Many of you have asked if you could have a picture of our holiday decorations to send to your families. What better way to accommodate your requests than to put the pictures here in this newsletter, so your families get to see everything that goes on here at Forest Trace. Enjoy pictures from our Hanukkah and Christmas displays and some of the great times we had in 2017.*





# News, Views and Milestones, Too!

## DEAR SUZY



SUZANNE JUSTER

New and fresh beginning...here we go again. What is the first word that enters our minds... resolutions! I'm going to lose x number of pounds. I'm going to exercise every day.: I'm going to clean the "attic, garage, basement, my closet, my desk etc." This may last a week or maybe at best two.

So this year let's take a new approach. There is a wonderful piece of wisdom, I'd like to share with you this year. It's entitled,

### JUST FOR TODAY

Just for today I will try to live through this day only, and not tackle my whole life problem at once. I can do something for twelve hours that would appall me if I felt that I had to keep it up for a lifetime. Just for today I will be happy.

This assumes to be true what Abraham Lincoln said, that "Most folks are as happy as they make up their minds to be."

Just for today I will exercise my body and soul I will do somebody a good turn; and not get found out: if anybody knows of it, it will not count.

Just for today I will have a quiet half hour all to myself and relax During this half hour I will try to get a better perspective of my life.

Just for today I will be unafraid, especially I will not be afraid to enjoy what is beautiful. And to believe that as I give to the world, So the world will give to me.

Now you see, these are not long term life goals...just for today!

As Eleanor Roosevelt my mentor always wrote, "With each new day comes new strength and new thoughts."

Still my friends, I can't resist: eat your healthy fruits and veggies, stay away from fats, limit carbohydrates, guard against falls, get enough sleep! Here we go again. Happy New Year!

—Love, Suzy



## PACIFICA SENIOR LIVING FOREST TRACE DAY

Thanks to **Mayor Kaplan** for presenting a special proclamation awarded us the "Caring Star of 2018," an award given to the top senior living communities in the nation for five 5-star consumer ratings (the highest possible score) What an honor to have December 15th proclaimed as "Pacifica Senior Living Forest Trace Day" by the Mayor.

## RESIDENT AND STAFF MILESTONES

### January Resident Birthdays

CHARLES KLEIN...2ND	BOBBIE COHEN .....6TH	VIRGINIA SPENCER ..15TH	FRANK CAPUOZZI....27TH
NETTIE GROSS .....3RD	IDA CHAIT.....9TH	MILLIE SMILOVITCH...15TH	MAXINE SCHWARTZ .27TH
RUTH EPSTEIN .....3RD	ROSE TURCHIN .....10TH	IRVING KARLITZ.....15TH	ABBY RICH .....27TH
PEPPY GOLDBERG...4TH	THELMA PULTMAN ...12TH	JERRY BELL.....19TH	SHIRLEY BERGER .....28TH
MARION HAGEN.....5TH	RHODA LASER .....12TH	DAVID FOSTER.....22ND	BOBBIE BARNETT .....30TH
GOLDIE LEVITZ.....5TH	MURRAY SATNICK....14TH	JUDITH KRAMER .....24TH	DRORA ELAZAR.....31ST
	ANNE POLLIN .....14TH	SHIRLEY TLUMAK ....25TH	

### JANUARY EMPLOYEE BIRTHDAYS

SONIA CAMPBELL— Assisted Living .....1ST	WENDY HANNA— Dining Room .....20TH
PAUL CASY— Kitchen .....7TH	RACHELLE GILOT— Assisted Living .....21ST
DALE HENDRICKS— Dining Room .....7TH	KEROLAND ROCK— Dining Room .....22ND
RENE VALESCOT— Dining Room .....7TH	MILLER WENTWORTH — Kitchen Supervisor .....22ND
ORAINIE DIXON — Dining Room .....8TH	NORMA CHAMBERLAIN— Dining Room.....23RD
WILBERT GEORGES— Maintenance .....8TH	OWANA BOOTHE — Director of Catering...27TH
CHRISTINE SMITH— Housekeeping .....8TH	LEXY THOMAS— Housekeeping.....28TH
EXER VIXAMAR— Transportation.....9TH	ANNMARIE WHYTE— Housekeeping .....29TH
MALGRACE MUCIAL— Housekeeping..... 20TH	MELISSA PETITBO— Dining Room .....30TH



# Get Out and About With These Great Excursions

Step into a new casino experience on Wednesday, **January 10th**. With 900 Las Vegas-style slot machines, Blackjack, Roulette and Craps, **The Casino at Dania Beach** is the closest you will get to Vegas without leaving your backyard. This casino at the site of the Dania Jai Alai fronton, boasts the greatest selection of your favorite games in a new, clean and friendly facility that raises the bar in the casino scene.



On Wednesday, **January 24th**, come along to the **Broward Stage Door Theatre** to see a great revival of **Flashdance**, the 1983 American romantic drama film directed by Adrian Lyne. It

was the first collaboration of producers Don Simpson and Jerry Bruckheimer, and the presentation of some sequences in the style of music videos was an influence on other 1980s films including *Footloose*, *Purple Rain* and *Top Gun*. It became the third highest-grossing film of 1983 in the United States and had a worldwide box-office gross of more than \$100 million. Its soundtrack spawned several hit songs, including "Maniac" and the Academy Award-winning "Flashdance...What a Feeling." The stage show is getting rave reviews with critics saying it's one of best productions the Stage Door has presented.

## JANUARY OUTINGS AT A GLANCE

DAY	DATE	TIME	DESTINATION
Wednesday	January 3rd	1:00 p.m.	Stein Mart
Saturday	January 6th	1:00 p.m.	Coral Square Mall
Sunday	January 7th	12:00 noon	Festival Flea Market Mall
Tuesday	January 9th	4:30 p.m.	Dinner Outing—Outback Steakhouse
Wednesday	January 10th	10:30 a.m.	Dania Beach Casino
Saturday	January 13th	1:00 p.m.	Boca Town Center Mall
Sunday	January 14th	TBA	Local Movie
Wednesday	January 17th	1:00 p.m. 4:30 p.m.	Salvation Army Thrift Store Dinner Outing—Red Lobster
Saturday	January 20th	1:00 p.m.	The Fountains in Plantation
Sunday	January 21st	1:00 p.m.	Broward Mall
Tuesday	January 23rd	4:30 p.m.	Dinner Outing—Silver Pond Chinese
Wednesday	January 24th	1:00 p.m.	Flashdance at Stage Door Theatre
Saturday	January 27th	1:00 p.m.	The Promenade
Sunday	January 28th	TBA	Local Movie
Wednesday	January 31st	10::30 a.m.	Coconut Creek Casino

REMEMBER THAT YOU MUST SIGN-UP FOR ALL REGULARLY SCHEDULED AND TICKETED EVENTS AT THE FRONT DESK AFTER 5 P.M. WEEKDAYS OR ANYTIME WEEKENDS.

## Your Pacifica Forest Trace Management Team



Campbell Epes III.....Executive Director	Stephen Fornataro
Sandy Warren.....Entertainment Director	.....Director of Environmental Services
Michelle Slagel .....Sales Director	Rani Persad .....Director of Finance
Robin Hammer .....Sales Director	Pearl Osilaja McKenzie
Owano Boothe .....Director of Dining & Catering	.....Director of Resident Services



# A Month Filled with Amazing Entertainers



## Peter Fuchs

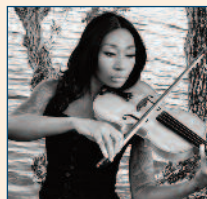
Monday, January 1st • Noon

Start the New Year with pre-dinner music by the conductor of the Coral Springs Pops and the Hallandale Symphonic Pops Orchestras—the maestro himself, Peter Fuchs. His sophisticated and inventive piano stylings have delighted audiences throughout the world. You'll love his playing and love his warm personality.

## Kizie N. Washington

Saturday, January 6th • 7:00 p.m.

Kizie is a professional violist who embarked on her musical journey on the viola at age five. During her formative years of training in New York, she had the distinct honor of performing with the New York Philharmonic at Carnegie Hall and with the Philadelphia Orchestra. She currently performs both on the violin and viola in a number of orchestras and chamber ensembles.



## Richie Shapiro

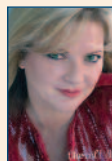
Sunday, January 7th • 2:00 p.m.

Richie is popular because he can play any song in any language. Blues, Classical, Contemporary, Folk, Jazz, Latin, Opera, Pop, Soul, Reggae, Rock, film music, you name it, he plays it and he plays it well! He also sings in Spanish, French, Portuguese and Italian.

## James Michael

Wednesday, January 10th • 7:00 p.m.

Renowned Broadway baritone James Michael is coming this month. This world-class baritone with an engaging performance style presents the widely acclaimed singing experience, "Melodies of Memories and Miracles."



## Cherrill Rae

Saturday, January 13th • 7:00 p.m.

Cherrill Rae is a world-class singer and comedienne who has headlined in Vegas and on every major cruise line. She had top ten hits in Canada as well as the top 40 in Europe and the U.S.

## Tony Mariano

Saturday, January 20th • 7:00 p.m.

An exciting entertainer with a wealth of experience, Tony has performed throughout the country and in Europe. He has a unique style of charisma and charm with a fine baritone voice.



## Asi Alisade

Tuesday, January 23rd • 7:00 p.m.

Asi Alisade is a Moscow Conservatory graduate, violinist, with more than 20 years of international playing. He plays in several local Symphony Orchestras in South Florida.

## Ricky Pen

Wednesday, January 24th • 7:00 p.m.

Israeli-born, Ricky Pen is well known as a singer with an incredible voice, charismatic personality and unique vocal ability—a quintessential performer. She has dazzled audiences internationally and in the U.S. by singing in 18 languages and playing six instruments!



## Dawn Carr

Saturday, January 27th • 7:00 p.m.

Dawn is the founder and leader of the singing group, The Swing Sisters. She has appeared on radio, commercials and on television. Dawn has traveled nationally and internationally, performing with many of the greats such as Rosemary Clooney, Frankie Avalon, Connie Francis and Little Anthony.

## Larry Brendler

Sunday, January 28th • 7:00 p.m.

We always have a great time when Larry Brendler plays for us! He is one of our most popular entertainers.



## Poppy Featuring Marion Weinberg

Wednesday, January 31st • 7:00 p.m.



Poppy is a three-piece band who have been entertaining in top nightclubs, condos, and theaters. Their leader, Marion Weinberg, is a bundle of dynamo who puts a smile on your face and makes you feel exhausted just watching her.



## New! Sunday Afternoon Concert Series

Every Sunday at 2:30 p.m.

Pacifica Senior Living Forest Trace presents our new Sunday Concert Series. Catch four great acts this month in a leisurely setting. We kick off the series with materful vocalist **Errol Dante**, who possesses a hilarious sense of comedy on the 7th.



**Mark Bornfield** has settled in Florida after many year of performing in Las Vegas. Catch his top-notch vocals on the 14th.



**Spokey Jones** is a seasoned professional who has been creating music since childhood. He has an authentic style of blues and jazz, which, when joined with his naturally dynamic showmanship, makes for a great afternoon of music on the 21st.



**Jeanne Lyn Gray**, who rounds out the series on the 28th, offers a program of Standards, Jazz favorites and Broadway tinged with a Latin beat!

# Another Year of Thought-Provoking Lectures

## Nova Lifelong Learning

Tuesday, January 2nd • 11:00 a.m.

Join noted historian **Seth Bramson** for the "History of Discrimination in South Florida." Today, South Florida is multi-cultural and cosmopolitan. In the past there was rampant, overt discrimination against many groups including Jewish people and blacks. This lecture will include a display of the signs, booklets and brochures from the days of exclusion.

## Anne Goldberg

Tuesday, January 2nd • 7:00 p.m.

Anne Goldberg of Savvy Seniors will be here to help you "Think and Be Happy!" The conscious aging movement seeks to facilitate elders rather than old people. Studies are clear that we live longer when we are connected to others and have meaning and purpose. Aging consciously builds on the idea that seniors have the time and opportunity to harvest the wisdom of a lifetime and make an impact on the world.

## Gloria Shapiro—Book Biz

Wednesday, January 3rd • 11:00 a.m.

"Mrs. Astor Regrets: The Hidden Betrayals of a Family Beyond Reproach" is a riveting look behind the gates of the house of Astor as a famous family falls apart in public. The fate of Brooke Astor, the endearing philanthropist with the storied name, has generated worldwide headlines since her grandson Philip sued his father in 2006, alleging mistreatment of Brooke. And shortly after her death in 2007, Anthony Marshall, Mrs. Astor's only child, was indicted on charges of looting her estate. Rarely has there been a story with such an appealing heroine, conjuring up a world so nearly forgotten: a realm of lavish wealth and secrets of the sort that have engaged Americans from the era of Edith Wharton to the more recent days of Truman Capote and *Vanity Fair*.

## Harry Getzov

Wednesday, January 10th • 11:00 a.m.

Sunday, January 21st • 7:00 p.m.

Join Harry for a two-part look at "The Life and works of Rodgers and Hammerstein," a conversation about the creators of some of our favorite musicals like *Oklahoma*, *Carousel*, *South Pacific*, *The King and I* and *The Sound of Music*. Enjoy the music and learn fascinating tidbits about these amazing composers.

## Professor Rudy Berberian

Sunday, January 14th • 7:00 p.m.

"Gold" was—and still is—an adornment and a sign of affluence. It has had the allure and attraction of people in various cultures for thousands of years. As far back as 700 B.C. gold was used as money. Is it still considered valuable? Does it back the U.S. dollar? Why are people still buying gold coins? Let Professor Rudy Berberian explain it in terms you can easily understand.



## Freyda Thomas

Tuesday, January 16th • 7:00 p.m.

Freyda Thomas has been singing and lecturing on "Musical Theatre" for 10 years. She began learning about American Music as vocalist with her father, Eddie Shaw, a popular Philadelphia big bandleader from the 1950s through the 1980s. She went on to develop a long career in Broadway musicals, as either the lead or the "second lead" in many Broadway musicals, including Maria in *The Sound of Music*, Ado Annie in *Oklahoma* and Annie Oakley in *Annie Get Your Gun*. All these varied musical careers have enriched Freyda's lecturing repertoire with a vast array of knowledge about musical theatre development.

## Myrna Goldberger

Wednesday, January 17th • 11:00 a.m.

Webster's definition of "Sexual Harrassment" is: uninvited and unwelcome verbal or physical behavior of a sexual nature especially by a person in authority toward a subordinate (such as an employee or student). Myrna is looking forward to talking about this hot topic with you.

## Jerry Johnson—Veterans Benefits

Monday, January 22nd • 11:00 a.m.

Thanks to Dr. Gordon taking the reigns of the Veterans Club, we have a speaker from the U.S. Department of Veterans Affairs visiting to tell you everything you and your families need to know about Veterans benefits.

The VA is responsible for providing federal benefits to veterans and their families. Headed by the Secretary of Veterans Affairs, VA is the second-largest of the Cabinet departments and operates nationwide programs for health care, financial assistance and burial benefits. Come and let Jerry Johnson tell you if you are missing out on any Veterans Benefits.

## Professor Matt Klauza

Wednesday, January 24th • 11:00 a.m.

"The Works and Women of Charles Dickens" is a look at the English writer and social critic. He created some of the world's best-known fictional characters and is regarded by many as the greatest novelist of the Victorian era. His works enjoyed unprecedented popularity during his lifetime, and by the 20th century critics and scholars had recognized him as a literary genius. This presentation by esteemed Professor Matt Klauza brings Dickens to life with stories of his works and his women!

## Goldie Witrock—Book Review

Wednesday, January 31st • 11:00 a.m.

"Lioness: Golda Meir and the Nation of Israel" is the definitive biography of the iron-willed leader, chain-smoking political operative, and tea-and-cake-serving grandmother who became the fourth prime minister of Israel. Join Goldie Witrock to learn about her successes and her darkest hour when her nation was attacked by Egypt and Syria in 1973 during Yom Kippur.



# Pacifica Senior Living Forest Trace's Weekly Scheduled Transportation

**Sundays**  
**Church**  
 Main Lobby Departure  
*By Appointment*  
**Publix**  
 Main Lobby Departure  
 9:30 a.m.  
**Local Movie**  
 Main Lobby Departure  
 Time: TBA  
 Check Front Desk  
**or Mall Trips**  
 Main Lobby Departure  
 1:00 p.m.

**Mondays**  
**Doctor Appointments**  
 North and South Tower  
 Departures by Reservation  
**Morning**  
**LAUDERHILL/ TAMARAC**  
**Afternoon**  
**SUNRISE/PLANTATION**  
 One week advance notice is required.  
 On the day of your appointment, please  
 check in at the Front Desk with your  
 Reservation Slip no later than 45 minutes  
 prior to your departure time.

**Tuesdays**  
**Doctor Appointments**  
 North and South Tower  
 Departures by Reservation  
**Morning**  
**CORAL SPRINGS, MARGATE,  
 LAUDERDALE LAKES,  
 HOLY CROSS HOSPITAL**  
**Afternoon**  
**SUNRISE/PLANTATION**  
 One week advance notice is required.  
 On the day of your appointment, please  
 check in at the Front Desk with your  
 Reservation Slip no later than 45 minutes  
 prior to your departure time.

**Wednesdays**  
**Doctor Appointments**  
 North and South Tower  
 Departures by Reservation  
**Morning**  
**LAUDERHILL/ TAMARAC**  
**Afternoon**  
**CORAL SPRINGS  
 MARGATE  
 LAUDERDALE LAKES**  
 One week advance notice is required.  
 On the day of your appointment, please  
 check in at the Front Desk with your  
 Reservation Slip no later than 45 minutes  
 prior to your departure time.

**Thursdays**  
**Banking**  
 Bank of America, BB&T, Chase, Sun  
 Trust, South Trust, TD Bank, Wells Fargo  
**Dry Cleaners**  
 North Tower Departure 9:15 a.m.  
 South Tower Departure 9:30 a.m.  
**Publix, CVS, Walgreens,  
 Post Office**  
 North Tower Departure  
 10:45 a.m. and 12:45 p.m.  
 South Tower Departure  
 11:00 a.m. and 1:00 p.m.  
**Tamarac Library**  
 By Reservation

**Fridays**  
**Doctor Appointments**  
 North and South Tower  
 Departures by Reservation  
**Morning**  
**SUNRISE/PLANTATION**  
**Afternoon**  
**LAUDERHILL/TAMARAC**  
 One week advance notice is required.  
 On the day of your appointment, please  
 check in at the Front Desk with your  
 Reservation Slip no later than 45 minutes  
 prior to your departure time.

**Saturdays**  
**Temples**  
 Main Lobby Departure  
 8:30 a.m.  
**Walmart Superstore**  
 Main Lobby Departure  
 9:30 a.m.  
**Shoppes of 44 Street**  
 Main Lobby Departure  
 9:30 a.m.  
**or Mall Trips**  
 Main Lobby Departure  
 12:30 or 1:00 p.m.  
*Check Schedule for Details*



**Monday 1**  
**Happy New Year**  
 9:30-11:00 Circuit Training APT.120  
 11:00 Yoga with Satya CR  
 12:00 Piano Music with  
**Maestro PETER FUCHS**  
 1:00 Duplicate Bridge with  
 Margery Pecoraro CR  
**1:00-4:30 Early Dinner** DR  
 2:30 Trivia LIB  
 4:00-6:00 Happy Hour AL  
 6:00 Residents' Choice Movie— JDR  
 "Last Holiday" [COMEDY—PG13]  
 6:15 Cash Bingo CR  
 Coffee and Chat Follows AL

**Tuesday 2**  
 9:30-10:30 Large Print Library LIB  
 10:00 Work Out with Curtis CR  
 Strength and Balance  
**11:00 Nova Lifelong Learning** CR  
**with SETH BRAMSON—**  
**"The History of Discrimination**  
**in South Florida"**  
**1:00 Fun with Horticulture—** JDR  
**Grow Your Own Tomatoes**  
 2:30-3:00 Blood Pressure Check LIB  
 4:00-6:00 Happy Hour AL  
**7:00 Lecture with** CR  
**ANN GOLDBERG from**  
**Savvy Seniors—**  
**"Think and Be Happy"**  
 Coffee and Chat Follows AL

**Wednesday 3**  
 9:30-11:00 Circuit Training APT.120  
 10:00 Musical Exercise with Sandy CR  
**11:00 "Book Biz" with** CR  
**GLORIA SHAPIRO—**  
**"Mrs. Astor Regrets"**  
 1:00 Blackjack CR  
**1:00 Depart: Stein Mart** AL  
 1:30 Charity Knitting Club LIB  
 2:00 Blackjack CR  
 3:00 Word Fun LIB  
 4:00-6:00 Happy Hour AL  
 Complimentary Drinks  
 and Snacks  
**7:00 Town Hall Meeting with** CR  
**Executive Director**  
**CAMPBELL EPES**  
 Coffee and Chat Follows AL

**Thursday 4**  
 9:00-10:00 Large Print Library LIB  
 9:30 Shopping Spree— CR  
 Fashion Faze  
 10:00 Work Out with Curtis CR  
**11:00 Fitness Lecture with CURTIS** CR  
 12:30 Music Appreciation— JDR  
 "Great Tenor Performances"  
 2:30-3:30 Blood Pressure Check LIB  
 4:00-6:00 Happy Hour AL  
 Complimentary Drinks  
 and Snacks  
 7:00 Residents' Choice Movie— JDR  
 "Anatomy of a Murder"  
 [CLASSIC—R]  
**7:15 Cash Bingo** CR  
 Coffee and Chat Follows AL

**Friday 5**  
 10:00 Workout with Curtis CR  
 10:00 Putt a'Round PG  
 with Campbell  
**11:00 Wellness Lecture by** CR  
**Comprehensive Wellness**  
 2:00 Blackjack CR  
 2:30 Trivia with Judy LIB  
 3:30 E-Mail Help LIB  
 4:00-6:00 Happy Hour AL  
 Complimentary Drinks, Snacks  
 7:00 Friday Night Movie— JDR  
 "See No Evil, Hear No Evil"  
 [COMEDY—R]  
**7:15 Shabbat Services** CR  
**with Cantor TED KATZ**  
 Coffee and Chat Follows AL

**Saturday 6**  
**9:30 Depart: Walmart** AL  
**9:30 Depart: 44th Street** AL  
 10:00 Classical Exercise with Robin CR  
**10:30 Charcoal Drawing Lessons** CR  
**with Art Teacher Debora Haley**  
 12:30 Matinee Movie— JDR  
 "Suspicion" [DRAMA—NR]  
**1:00 Depart:** AL  
**Coral Square Mall**  
 4:00-6:00 Happy Hour AL  
 Complimentary Drinks  
 and Snacks  
**7:00 Performance—Violinist** CR  
**KIZIE WASHINGTON**  
 Coffee and Chat Follows AL

**Sunday 7**  
**9:30 Depart: Publix** AL  
 10:00 Exercise with Carol CR  
**11:00 Jewelry Making with** CR  
**Veronica Fuchs**  
**12:00 Depart:** AL  
**Festival Flea Market Mall**  
 12:30 Musical Matinee— JDR  
 "Chicago"  
 1:00 Ice Cream Social LIB  
**2:30 Sunday Concert Series—** CR  
**ERROL DANTE**  
 3:30 Word Fun LIB  
 4:00-6:00 Happy Hour AL  
 Complimentary Drinks, Snacks  
**7:00 Music Hour with** CR  
**RICHIE SHAPIRO**  
 Coffee and Chat Follows AL

**Monday 8**  
 9:30-11:00 Circuit Training APT.120  
 10:00 Yoga with Satya CR  
**11:00 What's Your View?** CR  
**with LIZ REYNOLDS**  
 1:00 Duplicate Bridge with  
 Margery Pecoraro CR  
 2:30 Trivia LIB  
 4:00-6:00 Happy Hour AL  
 Complimentary Drinks, Snacks  
 7:00 Residents' Choice Movie— JDR  
 "French Kiss!"  
 [ROMANCE—PG13]  
**7:15 Cash Bingo** CR  
 Coffee and Chat Follows AL

**Tuesday 9**  
 9:30-10:30 Large Print Library LIB  
 10:00 Work Out with Curtis CR  
 Strength and Balance  
**10:45 New Residents Orientation** DR  
**11:00 What's Your View?** JDR  
**with LIZ REYNOLDS**  
 2:30-3:00 Blood Pressure Check LIB  
 4:00-6:00 Happy Hour AL  
 Complimentary Drinks  
 and Snacks  
**4:30 Depart: Dinner Outing** AL  
**at Outback Steakhouse**  
**7:00 Sing Along with** CR  
**MARY-JANE CUNNINGHAM**  
 Coffee and Chat Follows AL

**Wednesday 10**  
 9:30-11:00 Circuit Training APT.120  
 10:00 Musical Exercise with Sandy CR  
**10:30 Depart: Dania Beach** AL  
**Casino**  
**11:00 Video Musical Lecture with** CR  
**HARRY GETZOV—"Rodgers**  
**and Hammerstein" Part 1**  
 1:00 Blackjack CR  
 1:30 Charity Knitting Club LIB  
 2:00 Blackjack CR  
 3:00 Word Fun LIB  
 4:00-6:00 Happy Hour AL  
 Complimentary Drinks, Snacks  
**7:00 Performance—** CR  
**JAMES MICHAEL**  
 Coffee and Chat Follows AL

**Thursday 11**  
 9:00-10:00 Large Print Library LIB  
 9:30 Shopping Spree— CR  
 Prestige Boutique  
 10:00 Work Out with Curtis CR  
**11:00 Chorus Rehearsal** CR  
 12:30 Music Appreciation— JDR  
 "La Boheme" (Opera)  
 2:30-3:30 Blood Pressure Check LIB  
 4:00-6:00 Happy Hour AL  
 Complimentary Drinks  
 and Snacks  
 7:00 Residents' Choice Movie— JDR  
 "About Schmidt" [COMEDY—R]  
**7:15 Cash Bingo** CR  
 Coffee and Chat Follows AL

**Friday 12**  
 10:00 Musical Exercise CR  
 with Sandy  
 10:00 Putt a'Round PG  
 with Campbell  
**11:00 Health and Wellness** CR  
**Lecture with Wellcare Rehab**  
 1:00 Blackjack CR  
 2:00 Blackjack CR  
 2:30 Trivia with Judy LIB  
 3:30 E-Mail Help LIB  
 4:00-6:00 Happy Hour AL  
 7:00 Friday Night Movie— JDR  
 "Inside Man" [THRILLER—R]  
**7:15 Shabbat Services** CR  
**with Cantor BILL WOOD**  
 Coffee and Chat Follows AL

**Saturday 13**  
**9:30 Depart: Walmart** AL  
**9:30 Depart: 44th Street** AL  
 10:00 Classical Exercise with Robin CR  
**11:00 "The Circle of PHIE" with** CR  
**SUZANNE JUSTER**  
 12:30 Matinee Movie— JDR  
 "Young Frankenstein" [CLASSIC]  
**1:00 Depart: Boca** AL  
**Town Center Mall**  
 4:00-6:00 Happy Hour AL  
 Complimentary Drinks  
 and Snacks  
**7:00 Performance—** CR  
**CHERRILL RAE**  
 Coffee and Chat Follows AL



Sunday 14	
9:30 Depart: Publix	AL
10:00 Exercise with Carol	CR
11:00 Painting Class with Sally	CR
12:30 Musical Matinee— "The Producers"	JDR
<b>TBA Depart: Local Movie</b>	AL
1:00 Ice Cream Social	LIB
2:30 Sunday Concert Series— <b>MARK BORNFIELD</b>	CR
3:30 Word Fun	LIB
4:00-6:00 Happy Hour Complimentary Drinks and Snacks	AL
7:00 Economics Lecture by <b>RUDY BERBERIAN—"Gold"</b>	CR
Coffee and Chat Follows	AL

Monday 15	
9:30-11:00 Circuit Training	APT.120
10:00 Yoga with Satya	CR
11:00 <b>What's Your View?</b> with <b>LIZ REYNOLDS</b>	CR
1:00 Duplicate Bridge with Margery Pecoraro	CR
2:30 Trivia	LIB
4:00-6:00 Happy Hour Complimentary Drinks, Snacks	AL
7:00 Residents' Choice Movie— "You've Got Mail" [COMEDY—PG]	JDR
7:15 <b>Cash Bingo</b>	CR
Coffee and Chat Follows	AL

Tuesday 16	
9:30-10:30 Large Print Library	LIB
10:00 Work Out with Curtis Strength and Balance	CR
11:00 <b>Let's Talk Politics</b> with <b>EDWARD PORTNER</b>	CR
1:00 <b>Fun with Horticulture</b> with <b>ROBERT BORNSTEIN— Flower Arranging</b>	JDR
2:30-3:00 Blood Pressure Check	LIB
4:00-6:00 Happy Hour Complimentary Drinks and Snacks	AL
7:00 <b>Broadway Music Show</b> with <b>FREYDA THOMAS</b>	CR
Coffee and Chat Follows	AL

Wednesday 17	
<b>FAMILY AND FRIENDS NIGHT</b>	
9:30-11:00 Circuit Training	APT.120
10:00 Musical Exercise with Sandy	CR
11:00 <b>MYRNA GOLDBERGER</b> Lecture—"Sexual Harrassment"	CR
1:00 <b>Depart: Salvation Army</b> <b>Thrift Store</b>	AL
1:00 Blackjack	CR
1:30 Charity Knitting Club	LIB
2:00 Blackjack	CR
3:00 Word Fun	LIB
4:00-6:30 <b>Happy Hour with</b> <b>Complimentary Drinks, Music,</b> <b>Hot Hors d'oeuvres</b>	CR
4:30 <b>Depart: Dinner Outing</b> <b>at Red Lobster</b>	AL
7:00 <b>STAR PERFORMANCE—</b> <b>MARC AND RIO FROST</b>	CR

Thursday 18	
9:00-10:00 Large Print Library	LIB
9:30 Shopping Spree— Marina's Boutique	CR
10:00 Work Out with Curtis	CR
11:00 <b>Chorus Rehearsal</b>	CR
12:30 Music Appreciation— "Beethoven Piano Concerto 1 and 2"	JDR
2:30-3:30 Blood Pressure Check	LIB
4:00-6:00 Happy Hour Complimentary Drinks and Snacks	AL
7:00 Residents' Choice Movie— "The Bodyguard" [THRILLER—R]	JDR
7:15 <b>Cash Bingo</b>	CR
Coffee and Chat Follows	AL

Friday 19	
10:00 Workout with Curtis	CR
10:00 Putt a'Round with Campbell	PG
11:00 <b>Nutritionists' Chat</b>	CR
1:00 Blackjack	CR
2:00 Blackjack	CR
2:30 Trivia with Judy	LIB
3:30 E-Mail Help	LIB
4:00-6:00 Happy Hour Complimentary Drinks and Snacks	AL
7:00 Friday Night Movie— "Dunkirk" [ACTION—PG13]	JDR
7:15 <b>Shabbat Services</b> with Cantor <b>TED KATZ</b>	CR
Coffee and Chat Follows	AL

Saturday 20	
9:30 <b>Depart: Walmart</b>	AL
9:30 <b>Depart: 44th Street</b>	AL
9:30 Shopping Spree— Marzee's Boutique	CR
10:00 Classical Exercise with Robin	CR
10:30 <b>Charcoal Drawing Lessons</b> with <b>Art Teacher Debora Haley</b>	CR
12:30 Matinee Movie— "Planet of the Apes" [CLASSIC—PG]	JDR
1:00 <b>Depart: The Fountains</b>	AL
4:00-6:00 Happy Hour Complimentary Drinks and Snacks	AL
7:00 <b>Performance—</b> <b>TONY MARIANO</b>	CR
Coffee and Chat Follows	AL

Sunday 21	
9:30 <b>Depart: Publix</b>	AL
10:00 Exercise with Carol	CR
11:00 <b>Arts and Crafts</b> with Adam	CR
12:30 Musical Matinee— "Pitch Perfect"	JDR
1:00 <b>Depart: Broward Mall</b>	AL
1:00 Ice Cream Social	LIB
2:30 <b>Sunday Concert Series—</b> <b>SPOOKEY JONES</b>	CR
3:30 Word Fun	LIB
4:00-6:00 Happy Hour	AL
7:00 <b>Video Musical Lecture with</b> <b>HARRY GETZOV—"Rodgers</b> <b>and Hammerstein" Part 2</b>	CR
Coffee and Chat Follows	AL

Monday 22	
9:30-11:00 Circuit Training	APT.120
10:00 Yoga with Satya	CR
11:00 <b>Veterans Benefits Program</b> with <b>JERRY JOHNSON</b>	CR
Refreshments Following	
1:00 Duplicate Bridge with Margery Pecoraro	CR
2:30 Trivia	LIB
4:00-6:00 Happy Hour Complimentary Drinks and Snacks	AL
7:00 Residents' Choice Movie— "The Mountain Between Us" [DRAMA/THRILLER—PG13]	JDR
7:15 <b>Cash Bingo</b>	CR
Coffee and Chat Follows	AL

Tuesday 23	
9:30-10:30 Large Print Library	LIB
10:00 Work Out with Curtis Strength and Balance	CR
11:00 <b>The Brain Train</b> with <b>JUDY HERMAN</b>	CR
12:00 <b>Birthday Bash</b>	DR
2:30-3:00 Blood Pressure Check	LIB
4:00-6:00 Happy Hour Complimentary Drinks and Snacks	AL
4:30 <b>Depart: Dinner Outing</b> <b>at Silver Pond Chinese</b>	AL
7:00 <b>Music Hour with</b> <b>Violinist ASI ALISADE</b>	CR
Coffee and Chat Follows	AL

Wednesday 24	
9:30-11:00 Circuit Training	APT.120
10:00 Musical Exercise with Sandy	CR
11:00 <b>Lecture with Professor</b> <b>MATT KLAUZA—"The Life</b> <b>and the Women of Dickens"</b>	CR
1:00 <b>Depart: "Flashdance"</b> <b>at Stage Door Theatre</b>	AL
1:00 Blackjack	CR
1:30 Charity Knitting Club	LIB
2:00 Blackjack	CR
3:00 Word Fun	LIB
4:00-6:00 Happy Hour Complimentary Drinks and Snacks	AL
7:00 <b>Performance—</b> <b>RICKY PENN</b>	CR
Coffee and Chat Follows	AL

Thursday 25	
9:00-10:00 Large Print Library	LIB
9:30 Shopping Spree— Barbara and Mel's Boutique	CR
10:00 Work Out with Curtis	CR
11:00 <b>Chorus Rehearsal</b>	CR
12:30 Music Appreciation— "Un Ballo: In Mascara (Verdi)"	JDR
2:30-3:30 Blood Pressure Check	LIB
4:00-6:00 Happy Hour Complimentary Drinks and Snacks	AL
7:00 Residents' Choice Movie— "Man on a Ledge" [THRILLER—PG13]	JDR
7:15 <b>Cash Bingo</b>	CR
Coffee and Chat Follows	AL

Friday 26	
10:00 Musical Exercise with Sandy	CR
10:00 Putt a'Round with Campbell	PG
11:00 <b>BRAIN BLAST</b> <b>Group Trivia</b>	CR
1:00 Blackjack	CR
2:00 Blackjack	CR
2:30 Trivia with Judy	LIB
3:30 E-Mail Help	LIB
4:00-6:00 Happy Hour Complimentary Drinks and Snacks	AL
7:00 Friday Night Movie— "2001: A Space Odyssey" [CLASSIC—G]	JDR
7:15 <b>Shabbat Services</b> with Cantor <b>BILL WOOD</b>	CR
Coffee and Chat Follows	AL

Saturday 27	
9:30 <b>Depart: Walmart</b>	AL
9:30 <b>Depart: 44th Street</b>	AL
10:00 Classical Exercise with Robin	TH
11:00 <b>Book Club with Irene</b>	CR
11:00 <b>Veterans Club</b>	DR
12:30 Matinee Movie— "The Light Between the Oceans" [DRAMA—PG13]	TH
1:00 <b>Depart: The Promenade</b>	AL
4:00-6:00 Happy Hour Complimentary Drinks and Snacks	CR
7:15 <b>Performance—</b> <b>DAWN CARR</b>	TH
Coffee and Chat Follows	CR

Sunday 28	
9:30 <b>Depart: Publix</b>	AL
10:00 Exercise with Carol	CR
11:00 <b>Painting Class with Sally</b>	CR
12:30 Musical Matinee— "The Harvey Girls"	JDR
<b>TBA Depart: Local Movie</b>	AL
1:00 Ice Cream Social	LIB
2:30 <b>Sunday Concert Series—</b> <b>JEANNE LYNN GRAY</b>	CR
3:30 Word Fun	LIB
4:00-6:00 Happy Hour Complimentary Drinks and Snacks	AL
7:00 <b>Music Hour with</b> <b>LARRY BRENDLER</b>	CR
Coffee and Chat Follows	AL

Monday 29	
9:30-11:00 Circuit Training	APT. 120
10:00 Yoga with Satya	CR
11:00 <b>Yiddish Hour with</b> <b>COOKIE BLATTMAN</b>	CR
1:00 Duplicate Bridge with Margery Pecoraro	CR
2:30 Trivia	LIB
4:00-6:00 Happy Hour Complimentary Drinks and Snacks	CR
7:00 Residents' Choice Movie— "Victoria and Abdul" [DRAMA/BIOGRAPHY—PG13]	JDR
7:15 <b>Cash Bingo</b>	CR
Coffee and Chat Follows	CR

Tuesday 30	
9:30 Large Print Library	LIB
10:00 Work Out with Curtis Strength and Balance	TH
11:00 <b>Are You Smarter Than</b> <b>a Fifth Grader? with ROBIN</b>	JDR
1:00 <b>Fun with Horticulture</b> with <b>ROBERT BORNSTEIN— Pressed Flower Note Cards</b>	AC
2:30-3:00 Blood Pressure Check	LIB
4:00-6:00 Happy Hour Complimentary Drinks and Snacks	AL
7:00 <b>Open Mike Night</b> with <b>RALPH D'OVIDEO</b>	CR
Coffee and Chat Follows	AL

Wednesday 31	
9:30-11:00 Circuit Training	APT.120
10:00 Musical Exercise with Sandy	CR
10:30 <b>Depart:</b> <b>Coconut Creek Casino</b>	AL
11:00 <b>Book Review with</b> <b>GOLDIE WITROCK—</b> <b>"Lioness: Golda Meir"</b>	CR
1:00 Blackjack	CR
1:30 Charity Knitting Club	LIB
2:00 Blackjack	CR
3:00 Word Fun	LIB
4:00-6:00 Happy Hour	AL
7:00 <b>Performance—</b> <b>THE POPPY BAND with</b> <b>MARION WEINBERG</b>	CR
Coffee and Chat Follows	AL



**PACIFICA**  
SENIOR LIVING  
FOREST TRACE

AL ATRIUM LOBBY  
CR CARD ROOM  
DR DINING ROOM  
JDR JENNIE'S DINING ROOM  
LIB LIBRARY/KAY'S KORNER  
PG PUTTING GREEN  
PL POOL

## On-Site Wellness Services

<h3 style="color: orange;">VISITING PHYSICIANS</h3> <p>On-Site Medical Professionals Available by Appointment</p> <p><b>Dr. Koch</b> INTERNIST Mondays</p> <p><b>Dr. Ressler</b> PODIATRIST Alternate Thursdays</p> <p><b>Dr. Linden</b> CARDIOLOGIST Fridays</p>	<h3 style="color: orange;">Wellness Center</h3> <p>Open 7 Days 7:00 a.m.-9:00 p.m. Call (954) 572-2100, Ext. 30</p> <h3 style="color: orange;">WELLCARE REHABILITATION Physical Therapy</h3> <p>Available by Appointment Call (954) 440-2696</p>
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