

Oh long dark journey

Oh cold grey days and silent nights

Yet against a midnight sky

A glimmering star forever beckons

Ah beautiful promise

Ah sweet glimpse of freedom

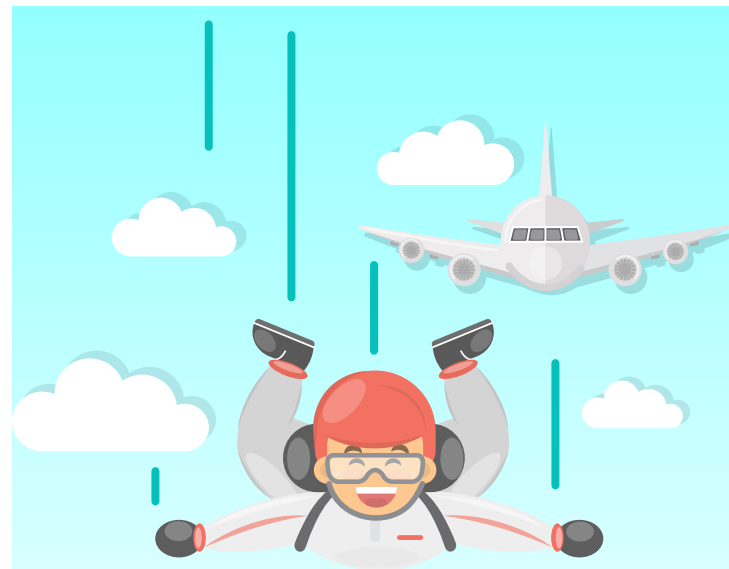
by Clelia 'Cee' Cannarella



Delores Englert	02/06/1929
Rose Malfa	02/07/1927
Edward Boestler	02/10/1929
George Tsakon	02/15/1935
Nicholas Stiliha	02/18/1922
Lorraine Edwards	02/28/1931

Have you ever heard of a group called “Jumpers Over Seventy?” This pack of skydiving enthusiasts hail from all across the nation, and show the world that age is no barrier when it comes to following your passions. This group of divers is eager to break world records, trying also to tackle records for distinct age groups.

According to the United States Parachute Association’s annual skydiving survey, there were 38,555 registered members of the USPA in 2016, with 19 percent of skydivers being over the age of 50, and 17 percent over age 60. The survey was distributed earlier this year. Turns out, skydiving is pretty popular among retirees. In fact, it’s one of those “practice makes perfect” sort of hobbies. The more jumps divers do, the easier it is to control one’s body. This makes flying high in the sky a fun, relaxing endeavor, and not a stressful exertion on the body. Sounds kind of exciting, doesn’t it?



RISK-TAKING RETIREES

ARBOR OAKS

OUR MANAGEMENT TEAM

Karen Gibbons
Executive Director

Fara Linton
Nursing Director

Brenna Gibbons
Activities Director/Business Manager

Brian Walker
Food Service Director

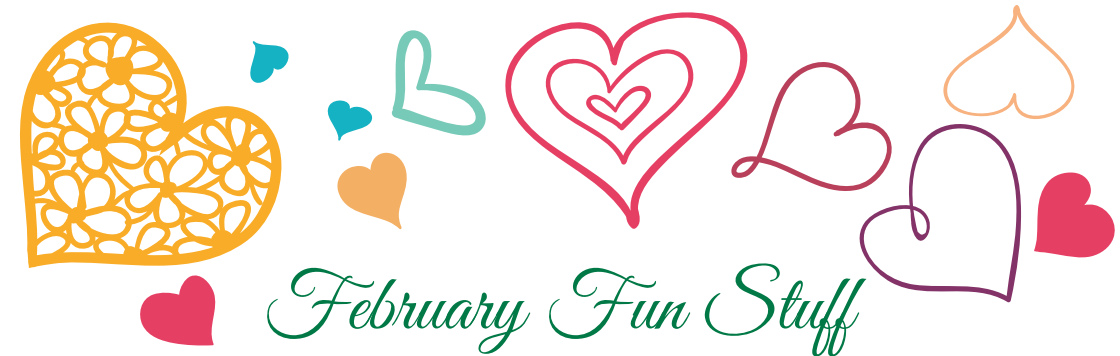
Trevor Gibbons
Dining Room Supervisor

ARBOR OAKS
AT GREENACRES
An Assisted Living Residence
561-432-4700

February 2018

News

3400 JOG ROAD • GREENACRES, FL 33467



- 04..... Dave will regale us with song during the dinner hour.
09..... Jewelry Show in the lobby at 10:30.
13..... Mardi Gras at Arbor Oaks will be celebrated in the dining room during lunch.
14..... Valentine’s Day with Alfonso delighting us with music and song at 12:00 noon.
16..... Chinese New Year’s will be celebrated during lunch.
20..... Lion Country Safari trip (Sign up at the reception desk).
22..... Margarita Day in the Ice Cream Parlor at 1:30pm.

February Dates to Celebrate

- 02..... Groundhog Day
02..... National Wear Red Day
03..... Feed the Birds Day
04..... Super Bowl Sunday (Super Bowl 52)
09..... National Pizza Day
12..... Lincoln’s Birthday
13..... Mardi Gras (Fat Tuesday)
14..... Ash Wednesday
14..... Valentine’s Day
16..... Chinese New Years (the Year 4716)
18..... National Drink Wine Day
19..... Presidents’ Day
20..... Love Your Pet Day
20..... Cherry Pie Day
22..... Washington’s Birthday
22..... National Margarita Day
24..... National Tortilla Chip Day

Birthstone: Amethyst | **Flower:** Violet | **Zodiac:** Aquarius & Pisces

BLACK HISTORY MONTH:

HONORING RICHARD WRIGHT



Author of “Native Son,” “12 Million Black Voices: A Folk History of the Negro in the United States,” “Black Boy” and numerous other works, Richard Nathaniel Wright was born on a Mississippi plantation in 1908. Wright is known as an exceptionally political writer, focusing largely on the plight of black men and women in America. His struggles were so vast, in fact, that he eventually moved to France and joined the Communist Party.

Wright experienced excessive hardship just trying to obtain an education. He was 12 years old before he actually had the chance to attend school regularly. But it didn’t take long for Wright to begin excelling in the classroom and on paper. The Southern Register published Wright’s first piece, “The Voodoo of Hell’s Half-Acre,” when he was only 15 years old.

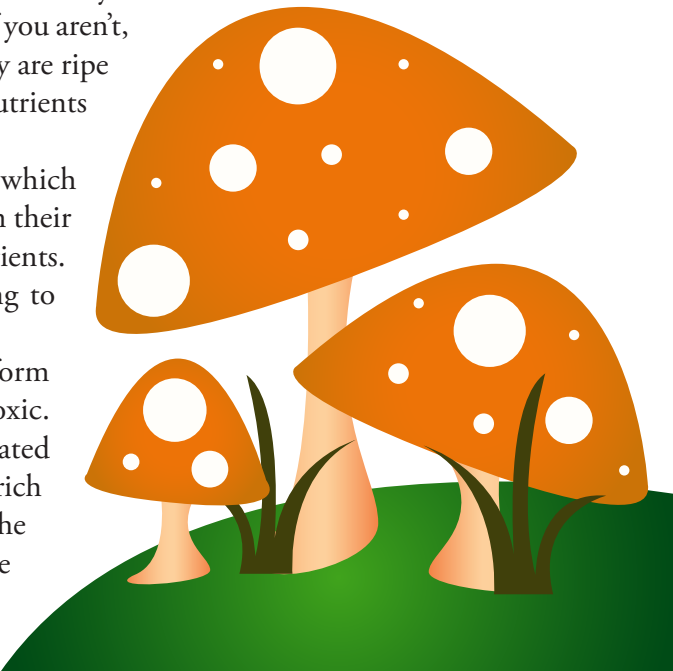
Growing up as a black man in the South, Wright faced more than just racial bias. He also faced religious persecution. So, like many, he moved to the North as soon as he could. Wright lived in Chicago for a short time and then New York, where the author was not only was able to improve his craft but also engage with other like-minded individuals. He was awarded the Guggenheim Fellowship, and shortly after, completed “Native Son.” The novel was the first book authored by a black writer to ever be chosen as a Book of the Month Club read. From there, his career continued to move forward, as he achieved international acclaim. He settled in France in 1946 and passed away in 1960.

MUSHROOMS AGAINST AGING

You’ve all heard about antioxidants and their benefits. But are you all incorporating them into your diets? That’s the question at hand. If you aren’t, consider mushrooms as your primary source of antioxidants. They are ripe with glutathione and ergothioneine, two of the most powerful nutrients when it comes to anti-aging properties.

There are so many types of mushrooms, it’s hard to know which species are better for you. It turns out that most mushrooms retain their properties when cooked, and thus retain the majority of their nutrients. But the best type to ingest is the porcini mushroom, according to research published in “Food Chemistry.”

Some experts believe that some of the free radicals which form when the body oxidizes food to produce energy are actually toxic. These toxins play a key role in the development of diseases related to aging like Alzheimer’s and coronary heart disease. But food rich in glutathione and ergothioneine play a key role in warding off the toxins. Mushrooms are among those foods. So why not incorporate them into your daily routine? It will do more good in the long run than you might think!



Mardi Gras’ roots lie in the Christian calendar, as a last day of indulgence before Lent begins on Ash Wednesday. What is less known about Mardi Gras is its relation to the Christmas season and Carnival.

Carnival comes from the Latin words carne vale, meaning “farewell to the flesh.” Like many Catholic holidays and seasonal celebrations, it likely has its roots in pre-Christian traditions based on the seasons. As early as the middle of the second century, the Romans observed a Fast of 40 Days, which was preceded by a brief season of feasting, costumes and parties.

The Carnival season kicks off with the Epiphany, also known as Twelfth Night, which falls on January 6, twelve

days after Christmas. Epiphany celebrates the visit of the Wise Men bearing gifts for the infant Jesus. In cultures that celebrate Carnival, Epiphany kicks off a series of parties leading up to Mardi Gras.

Mardi Gras came to the New World in 1699, when a French explorer arrived at the Mississippi River, about 60 miles south of present day New Orleans. He named the spot Point du Mardi Gras because he knew the holiday was being celebrated in his native country that day. Mardi Gras literally means “Fat Tuesday” in French. The name comes from the tradition of slaughtering and feasting upon a fattened calf on the last day of Carnival.

A	E	N	F	I	E	T	H	E	R	S	C	O	R	L	L	E	B	F	I	E
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A	A	R	S	H	E	C	A	A	A	L	Z	L	N	H	A	C	H	F	R	Q

- BALL
- BEADS
- CARNIVAL
- COINS
- FEATHERS
- FRENCH QUARTER
- JAZZ
- KING CAKE
- KREWE
- LOUISIANA
- MASQUERADE
- NEW ORLEANS
- PARADE



Arbor Oaks at Greenacres

February 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				10:00 Black Jack 1 10:30 Sing-a-long w/ Marvin 1:30 Pokeno 2:30 Tee Time 3:30 Exercise w/Julie	9:30 Puzzle of the Day 2 10:00 Nifty Nails 11:00 Black Jack 1:30 Bingo 3:30 Happy Hour w/ Kenny B	9:15 Rosary 3 10:00 Exercise 11:00 Black Jack 1:30 Bingo 3:00 Ice Cream Social
10:00 Exercise 4 10:30 Catholic Communion 11:00 Black Jack 1:30 Bingo 3:00 Friendly Social Hour 5:00 Dinner w/ Dave	10:00 Exercise 5 10:30 Trivia 11:15 Book Reading 1:30 Jackpot Bingo 3:00 Ice Cream Social	10:00 Barry Painting 6 10:00 Shopping@ Publix 11:30 Lunch Outing 1:30 Chaplin Frank 2:30 Exercise w/ Julie 6:00 Bible Study	9:30 Puzzle of the Day 7 10:00 Exercise 11:00 Black Jack 1:30 Bingo 3:00 Ice Cream Social	10:00 Black Jack 8 11:00 Cardo 1:30 Crafty Thursday 2:30 Tee Time 3:30 Exercise w/Julie	9:30 Puzzle of the Day 9 10:00 Nifty Nails 11:00 Black Jack 1:30 Bingo 3:30 Happy Hour w/ Jeff Saks	9:15 Rosary 10 10:00 Exercise 11:00 Black Jack 1:30 Bingo 3:00 Baked Cookies
10:00 Exercise 11 10:30 Catholic Communion 11:00 Black Jack 1:30 Bingo 3:00 Friendly Social Hour	10:00 Exercise 12 10:30 Pencil Art & Music Therapy 11:15 Book Reading 1:30 Jackpot Bingo 3:00 Ice Cream Social	10:00 Black Jack 13 10:00 Shopping @ Target 11:00 Pokeno 12:00 Lunch Outing 12:00 Mardi Gras Lunch 1:30 Chaplin Frank 2:30 Exercise w/ Julie	9:30 Puzzle of the Day 14 10:00 Exercise 11:00 Black Jack 12:00 Valentines w/ Alfonso 1:30 Bingo 3:00 Ice Cream Social	9:30 Black Jack 15 10:30 Sing-A-Long w/ Marvin 1:30 Cardo 2:30 Tee Time 3:30 Exercise w/Julie	9:30 Puzzle of the Day 16 10:00 Barry Painting 11:00 Nifty Nails 12:00 Chinese New Year 1:30 Bingo 3:30 Happy Hour w/ Julie	9:15 Rosary 17 10:00 Exercise 11:00 Black Jack 1:30 Bingo 3:00 Ice Cream Social
10:00 Exercise 18 10:30 Catholic Communion 11:00 Black Jack 1:30 Bingo 3:00 Friendly Social Hour	10:00 Exercise 19 10:30 Trivia 11:15 Book Reading 1:30 Jackpot Bingo 3:00 Ice Cream Social	10:00 Black Jack 20 10:15 Lion Country Safari 11:00 Cardo 1:30 Chaplin Frank 2:30 Exercise w/ Julie 6:30 Bible Study	9:30 Puzzle of the Day 21 10:00 Exercise 11:00 Black Jack 1:30 Bingo 3:00 Ice Cream Social	10:00 Nifty Nails 22 11:00 Black Jack 1:30 Margarita Bash 2:30 Cornhole 3:30 Exersice w/ Julie	9:30 Puzzle of the Day 23 10:00 Exercise 11:00 Black Jack 1:30 Bingo 3:30 Happy hour w/ Larry Stang	9:15 Rosary 24 10:00 Exercise 11:00 Black Jack 1:30 Bingo 3:00 Baked Cookies
10:00 Exercise 25 10:30 Catholic Communion 11:00 Black Jack 1:30 Bingo 3:00 Friendly Social Hour	10:00 Exercise 26 10:30 Pencil Art & Music Therapy 11:15 Book Reading 1:30 Jackpot Bingo 3:00 Ice Cream Social	10:00 Black Jack 27 10:00 Shopping @ Walmart 11:00 Pokeno 11:30 Lunch Outing 1:30 Chaplin Frank 2:30 Exercise w/ Julie 6:00 Bible Study	9:30 Puzzle of the Day 28 10:15 Flower Arrangements w/ Gail 11:00 Black Jack 1:30 Bingo 3:00 Ice Cream Social			

Arbor Oaks at Greenacres • Evergreen

February 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				10:00 Parachute 11:00 Current Events 12:30 Lunch 2:00 Finger Painting 3:00 Refreshments 3:30 Who am I?	10:00 Exercise 11:00 Nifty Nails 12:30 Lunch 2:00 Trivia 2:30 Relaxation Station 3:30 Friendly Social hour	10:00 Kickball 11:00 Theraputic Touch 11:30 Drawing Circle 12:30 Lunch 2:00 Jokes & Riddles 2:30 Guess Who? 4:00 Classic Movie
10:00 Ball Toss 10:30 Catholic Communion 10:30 Exercise 12:30 Lunch 2:00 Spelling Bee 2:30 Smoothie 3:00 Music/Dance 4:00 Classic Movie	10:00 Exercise 11:00 Theraputic Touch 11:30 Word Games 12:00 Lunch 2:00 Relaxation Station 2:30 Bingo 3:00 Ice Cream Social	10:00 Ball Toss 11:00 Catholic Mass 11:30 Sing-A-Long 12:30 Lunch 2:00 Crafty Tuesday 2:30 Chaplin Frank 3:00 Refreshments	10:00 Exercise 11:00 Trivia 11:30 Theraputic Touch 12:30 Lunch 2:00 Water Colors 2:30 Refreshments 3:00 Instrumental Jam 4:00 Movie & Popcorn	10:00 Parachute 11:00 Current Events 12:30 Lunch 2:00 Finger Painting 3:00 Refreshments 3:30 Who am I?	10:00 Exercise 11:00 Nifty Nails 12:30 Lunch 2:00 Trivia 2:30 Relaxation Station 3:30 Friendly Social hour	10:00 Kickball 11:00 Theraputic Touch 11:30 Drawing Circle 12:30 Lunch 2:00 Bingo 2:30 Finger Painting 3:00 Ice Cream Social 4:00 Classic Movie
10:00 Ball Toss 10:30 Catholic Communion 10:30 Exercise 12:30 Lunch 2:00 Spelling Bee 2:30 Smoothie 3:00 Music/Dance 4:00 Classic Movie	10:00 Exercise 11:00 Theraputic Station 11:30 Word Games 12:30 Lunch 2:00 Bingo 3:00 Ice Cream Social	10:00 Ball Toss 11:00 Catholic Mass 11:30 Sing-A-Long 12:30 Mardi Gras Lunch 2:00 Crafty Tuesday 2:30 Chaplin Frank 3:00 Refreshments	10:00 Exercise 11:00 Trivia 11:30 Theraputic Touch 12:30 Valentines Lunch 2:00 Relaxation Station 2:30 Refreshments 3:00 Instrumental Jam 4:00 Movie & Popcorn	10:00 Parachute 11:00 Current Events 12:30 Lunch 2:00 Exercise w/ Julie 2:30 Crafty Thursday 3:00 Refreshments 3:30 Who am I?	10:00 Exercise 11:00 Nifty Nails 12:30 Chinese New Year Lunch 2:00 Relaxation Station 2:30 Bingo 3:30 Happy Hour w/ Julie	10:00 Kickball 11:00 Theraputic Touch 11:30 Drawing Circle 12:30 Lunch 2:00 Bingo 2:30 Word Games 3:00 Refreshments 4:00 Classic Movie
10:00 Ball Toss 10:30 Catholic Communion 10:30 Exercise 11:30 Refreshments 12:30 Lunch 2:00 Spelling Bee 3:00 Music/Dance 4:00 Classic Movie	10:00 Exercise 11:00 Theraputic Touch 11:30 Word Games 12:30 Lunch 2:00 Relaxation Station 2:30 Bingo 3:00 Ice Cream Social	10:00 Ball Toss 11:00 Catholic Mass 11:30 Sing-A-Long 12:30 Lunch 2:00 Crafty Tuesday 2:30 Chaplin Frank 3:00 Refreshments	10:00 Exercise 11:00 Trivia 11:30 Theraputic Touch 12:30 Lunch 2:00 Relaxation Station 2:30 Refreshments 3:00 Instrumental Jam 4:00 Movie & Popcorn	10:00 Ball Toss 11:00 Current Events 12:30 Lunch 2:00 Exercise w/ Julie 2:30 Short the Objects 3:00 Tea on the Porch 3:30 Who am I?	10:00 Exercise 11:00 Nifty Nails 12:30 Lunch 2:00 Trivia 2:30 Relaxation Station 3:30 Friendly Social hour	10:00 Kickball 11:00 Theraputic Touch 11:30 Drawing Circle 1:30 Lunch 2:00 Jokes & Riddles 2:30 Find the piece 3:00 Ice Cream Social 4:00 Classic Movie
10:00 Ball Toss 10:30 Catholic Communion 10:30 Exercise 11:30 Refreshments 12:30 Lunch 2:00 Sing-a-long w/ Julie 3:00 Music/Dance 4:00 Classic Movie	10:00 Exercise 11:00 Theraputic Station 11:30 Word Games 12:30 Lunch 2:00 Relaxation Station 2:30 Bingo 3:00 Ice Cream Social	10:00 Ball Toss 11:00 Catholic Mass 11:30 Sing-A-Long 12:30 Lunch 2:00 Crafty Tuesday 2:30 Chaplin Frank 3:00 Refreshments	10:00 Exercise 11:00 Trivia 11:30 Theraputic Touch 12:30 Lunch 2:00 Relaxation Station 2:30 Refreshments 3:00 Instrumental Jam 4:00 Movie & Popcorn			