

A Heartfelt Message from Sandy



It is with a heavy heart that I have to bid a fond farewell to my Forest Trace family. I can't quite believe I've been here for more than 18 years. Yes, I was young and thin back then!

I have met many wonderful people over the years that I will always fondly remember. I have learned a lot from you and your life experiences. I have always put my heart and soul into everything I did at Forest Trace. Hopefully, I pleased most of you, most of the time. I realized a long time ago you can't please all of the people all of the time, although I never stopped trying! You, my residents, are my family whom I shall miss dearly. The managers and staff have also become part of life.

Why then, you might ask, am I leaving? I didn't plan on retiring right now but sometimes life changes when you least expect it. I am fortunate enough to have found the love of my life at this grand old age of 65 and I want to enjoy every minute of this exciting new time of my life. At the time when snowbirds are usually settling down to one place, I am becoming one. I'll be spending winters in Florida and summers in New Hampshire. I'll still be singing and maybe once in a while I can come and sing for you.

It's nice of you to say things like "you'll never be replaced," however I remember 18 years ago the same words were said to my predecessor and look what happened! I wish you all good health and happiness and thank you for all the years of happiness you've brought me.

All my love,

—Sandy Warren, Director of Entertainment



HEALTH FAIR

Friday, March 2nd • 10:00 a.m.-Noon



We are pleased to announce that in honor of National Health Month we are presenting our annual Health Fair on Friday, March 2nd. Join over 25 experts who will be on hand covering a wide range of health topics and offering related services. There will be complimentary blood pressure checks, balance testing and AMX imaging. There will be information available on nutrition, hearing aids, osteoporosis, lymphedema, stroke, diabetes, posture fitness, mental health and ophthalmology, to name but a few.

Pharmacies will be represented by My Care Pharmacy and Walgreens. Christin will also be there representing Holy Cross Hospital and Dr Koch's medical group. Eric from the Veterans Administration will be answering questions regarding veterans' benefits. Any insurance questions will be answered by Furity. Florida Medical will also represent and Dr. Stein, our dermatologist, and Dr. Ressler, our podiatrist, will be on hand to help you in any way they can.

With dozens of **door prizes** to be won, **free giveaways** and interesting displays, this is an event not to be missed.

The Health Fair is arranged each year by **Comprehensive Wellness**, which provides the wonderful services in our Wellness Center. It is a Certified Medicare Home Health Agency that provides a wide range of home healthcare services.

Good health is essential to maintaining your quality of life and full enjoyment of your retirement years. Allow Comprehensive's on-site professional team to become familiar with you and your health needs and design a continuum of preventive and routine health services vital to your individual health.

You may be surprised at the vast array of services available, so pop in, see them and educate yourself on how to spend more time enjoying your retirement years and less time worrying about your health.

Forest Trace wishes you all a very healthy March!

Your Pacifica Forest Trace Management Team



Campbell Epes III.....Executive Director
Sandy WarrenEntertainment Director
Michelle SlagelSales Director
Robin Hammer.....Sales Director
Owano BootheDirector of Dining & Catering

Stephen FornataroDirector of Environmental Services
Rani PersadDirector of Finance
Pearl Osilaja McKenzieDirector of Resident Services

The Grove

Assisted Living at
Pacifica Senior Living Forest Trace



What a Grand Opening it Was!

Last month's Grand Re-Opening of the Pacifica Senior Living Forest Trace Clubhouse was truly an exciting event. In addition to our management team, Tamarac Mayor **Harry Dressler**, Pacifica Senior Living Vice President of

Operations **Carl Knepler** and Lauderhill Mayor **Richard J. Kaplan** helped cut the ribbon. Check the back page for photos of stellar entertainer **Chris MacDonald**, who opened the Theater with his *Memories of Elvis* show.

HAPPY ST. PATRICK'S DAY

St. Patrick's Day is here again on Saturday, **March 17th**. Wear green and have some good old fashioned Irish fun. You'll see some Irish delights on the dinner menu including corned beef and cabbage and shepherd's pie.

At 7:00 p.m., make sure your wearing the "green" and come on over to the Theater for a great show featuring **Phil and Lauri Adams**, who'll be doing a little tribute to the Irish as well as their own wonderful selection of songs.

*For each petal
on the shamrock
this brings a wish
your way, good health,
good luck, and happiness
today and every day!*



PACIFICA
SENIOR LIVING
FOREST TRACE

5500 N.W. 69th Ave., Lauderhill, FL 33319

(954) 572-1800

www.PacificaForestTrace.com



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MARCH 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<div><div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div><div><div><div>PACIFICA</div><div>SENIOR LIVING</div><div>FOREST TRACE</div></div></div></div><div><div><div>The Grove</div><div>Assisted Living</div><div>MARCH 2018</div></div></div></div></div>			<div><div>LOCATION CODES</div><div>(AL) Atrium Lobby</div><div>(AR) Activity Room</div><div>(CH) Clubhouse</div><div>(CR) Card Room</div><div>(LIB) Library</div><div>(JDR) Jennie’s Dining Room</div><div>(TH) Theater</div></div>		<div><div>9:00 Large Print Library (LIB)</div><div>9:30 Shopping Spree—Fashion Faze (CH)</div><div>10:15 Balloon Volleyball</div><div>10:30 Daily Chronicles and Extra</div><div>11:00 Musical Lecture—Gail Smith “Bach to Broadway” (TH)</div><div>11:00 Word Games</div><div>1:15 Showtime with Sally Sutton</div><div>2:15 P-O-K-E-N-O</div><div>7:00 Movie—“Neil” DRAMA—PG13 (JDR)</div><div>7:15 Cash Bingo (CR)</div><div>Coffee and Chat Follows (AL)</div></div>	<div><div>HEALTH FAIR 10:00 a.m.-NOON IN THE CLUBHOUSE</div><div>10:00 Good Morning</div><div>10:15 Sit and Stretch</div><div>10:30 Sing Along with Robin</div><div>1:15 Are You Smarter Than a Fifth Grader?</div><div>7:00 Friday Night Movie—“The Adjustment Bureau” THRILLER—PG13 (JDR)</div><div>7:15 Shabbat Services with Cantor Ted Katz (CR)</div><div>Coffee and Chat Follows (AL)</div></div>	<div><div>9:30-1:00 Terry’s Watch Repair and Jewelry (CR)</div><div>10:30 Jewelry Making with Merrilee</div><div>10:30 Charcoal Drawing Lessons with Art Teacher Debora (AR)</div><div>11:00 Crosswords</div><div>1:30 Bingo</div><div>2:30 Saturday Matinee</div><div>7:00 Performance—Diane King (TH)</div><div>Coffee and Chat Follows (AL)</div></div>
<div><div>10:45 Morning Exercise</div><div>11:00 Scrapbooking Fun</div><div>11:00 Jewelry Making with Veronica Fuchs (AR)</div><div>1:15 Showtime with Edie DiCaro</div><div>2:15 Sunday Matinee and Popcorn</div><div>2:30 Sunday Concert Series—Magician Gary Midnight (TH)</div><div>3:30 Word Fun (LIB)</div><div>7:00 Lecture by Matt Klauza—“Truman Capote” (TH)</div><div>Coffee and Chat Follows (AL)</div></div>	<div><div>10:15 Morning Exercise</div><div>10:30 Daily Chronicles/Extra</div><div>11:00 Cranium Crunches</div><div>11:00 “What’s Your View?” with Liz Reynolds (TH)</div><div>1:15 B-I-N-G-O</div><div>2:15 Ice Cream Treats</div><div>2:30 Trivia (LIB)</div><div>3:00 Comedy Movie</div><div>7:00 Movie—“The Artist” ROMANCE—PG13 (JDR)</div><div>7:15 Cash Bingo (CR)</div><div>Coffee and Chat Follows (AL)</div></div>	<div><div>9:30 Large Print Library (LIB)</div><div>10:15 Balloon Volleyball Exercise</div><div>10:30 Daily Chronicles and Extra</div><div>11:00 Trivia Challenge</div><div>11:00 Lecture by Anne Goldberg—“The Art of Creating Meaning and Purpose” (TH)</div><div>1:15 Blackjack</div><div>2:15 Jewelry Making/ Art Fun</div><div>7:00 Music Hour with Richie Shapiro (TH)</div><div>Coffee and Chat Follows (AL)</div></div>	<div><div>10:15 Morning Exercise</div><div>10:30 Daily Chronicles/Extra</div><div>11:00 Nova Lifelong Learning with Steven Schlesinger—“Virtual Tour of NY Central Park” (TH)</div><div>11:00 Travelogue</div><div>1:15 B-I-N-G-O</div><div>3:00 Word Fun (LIB)</div><div>7:00 Town Hall Meeting with Executive Director Campbell Epes (TH)</div><div>Coffee and Chat Follows (AL)</div></div>	<div><div>9:00 Large Print Library (LIB)</div><div>9:30 Shopping Spree—Prestige Jewelry (CR)</div><div>10:15 Balloon Volleyball</div><div>10:30 Daily Chronicles and Extra</div><div>11:00 Word Games</div><div>11:00 Lecture with Linda Sauget—“A Guide to Feeling Great” (TH)</div><div>1:15 Showtime with Dragan</div><div>2:15 P-O-K-E-N-O</div><div>7:00 Movie—“Salmon Fishing in the Yemen” COMEDY—PG13 (JDR)</div><div>7:15 Cash Bingo (CR)</div><div>Coffee and Chat Follows (AL)</div></div>	<div><div>10:00 Good Morning</div><div>10:15 Sit and Stretch</div><div>10:30 Sing Along with Robin</div><div>1:15 Are You Smarter Than a Fifth Grader?</div><div>7:00 Friday Night Movie—“The Edge of Tomorrow” ACTION—PG13 (JDR)</div><div>7:15 Shabbat Services with Cantor Ted Katz (CR)</div><div>Coffee and Chat Follows (AL)</div></div>	<div><div>10:45 Morning Stretch</div><div>11:00 Crosswords</div><div>11:00 “The Circle of PHIE” with Suzanne Juster with Guest Speaker Owano Boothe (CR)</div><div>1:30 Bingo</div><div>2:30 Saturday Matinee</div><div>7:00 Performance—Jeff and Elayne (TH)</div><div>Coffee and Chat Follows (AL)</div></div>	
<div><div>10:45 Morning Exercise</div><div>11:00 Scrapbooking Fun</div><div>11:00 Painting Class with Sally (AR)</div><div>1:15 Showtime with Marcia McClaine</div><div>2:15 Sunday Matinee and Popcorn</div><div>2:30 Sunday Concert Series—Marcia McClaine (TH)</div><div>3:30 Word Fun (LIB)</div><div>7:00 Musical Lecture with Harry Getzov—“Irving Berlin” (TH)</div><div>Coffee and Chat Follows (AL)</div></div>	<div><div>10:15 Morning Exercise</div><div>10:30 Daily Chronicles/Extra</div><div>11:00 Cranium Crunches</div><div>11:00 “What’s Your View?” with Liz Reynolds (TH)</div><div>1:15 B-I-N-G-O</div><div>2:15 Ice Cream Treats</div><div>2:30 Trivia (LIB)</div><div>3:00 Comedy Movie</div><div>7:00 Movie—“Dear John” ROMANCE—PG13 (JDR)</div><div>7:15 Cash Bingo (CR)</div><div>Coffee and Chat Follows (AL)</div></div>	<div><div>9:30 Large Print Library (LIB)</div><div>10:15 Balloon Volleyball Exercise</div><div>10:30 Daily Chronicles and Extra</div><div>11:00 Trivia Challenge</div><div>11:00 Musical Lecture with Harry Getzov—“Irving Berlin” (TH)</div><div>1:15 Blackjack</div><div>2:15 Mardi Gras—Let the Good Times Roll</div><div>7:00 Sing Along with Mary-Jane (TH)</div><div>Coffee and Chat Follows (AL)</div></div>	<div><div>10:15 Morning Exercise</div><div>10:30 Daily Chronicles/Extra</div><div>11:00 Book Review with Goldie Witrock—“The Ship of Brides” (TH)</div><div>11:00 Travelogue</div><div>1:15 B-I-N-G-O</div><div>3:00 Word Fun (LIB)</div><div>7:00 Performance—Marcel Rasa (TH)</div><div>Coffee and Chat Follows (AL)</div></div>	<div><div>9:00 Large Print Library (LIB)</div><div>9:30 Shopping Spree—Marina’s Boutique (CR)</div><div>10:15 Balloon Volleyball</div><div>10:30 Daily Chronicles and Extra</div><div>11:00 Word Games</div><div>1:15 Showtime with Mary-Jane</div><div>2:15 P-O-K-E-N-O</div><div>7:00 Movie—“The Impossible” DRAMA—PG13 (JDR)</div><div>7:15 Cash Bingo (CR)</div><div>Coffee and Chat Follows (AL)</div></div>	<div><div>10:00 Good Morning</div><div>10:15 Sit and Stretch</div><div>10:30 Sing Along with Robin</div><div>1:15 Nutritionists’ Chat</div><div>7:00 Friday Night Movie—“The Beguiled” DRAMA—R (TH)</div><div>7:15 Shabbat Services with Cantor Bill Wood (CR)</div><div>Coffee and Chat Follows (AL)</div></div>	<div><div>9:30 Shopping Spree—Marzee’s Boutique (CR)</div><div>10:30 Charcoal Drawing Lessons with Art Teacher Debora (AR)</div><div>10:45 Morning Stretch</div><div>11:00 Crosswords</div><div>1:30 Bingo</div><div>2:30 Saturday Matinee</div><div>7:00 Performance—Phil and Laurie Adams (TH)</div><div>Coffee and Chat Follows (AL)</div></div>	
<div><div>10:45 Morning Exercise</div><div>11:00 Scrapbooking Fun</div><div>1:15 Showtime with Adam Pockriss</div><div>2:15 Arts and Crafts with Adam</div><div>2:30 Sunday Concert Series—Bobby Barnet Band (TH)</div><div>3:30 Word Fun (LIB)</div><div>7:00 Musical Video Lecture with with Harry Getzov—“Jerome Kern” (TH)</div><div>Coffee and Chat Follows (AL)</div></div>	<div><div>10:15 Morning Exercise</div><div>10:30 Daily Chronicles/Extra</div><div>11:00 Cranium Crunches</div><div>11:00 “What’s Your View?” with Liz Reynolds (TH)</div><div>1:15 B-I-N-G-O</div><div>2:15 Ice Cream Treats</div><div>2:30 Trivia (LIB)</div><div>3:00 Comedy Movie</div><div>7:00 Movie—“Lincoln” DRAMA—PG13 (JDR)</div><div>7:15 Cash Bingo (CR)</div><div>Coffee and Chat Follows (AL)</div></div>	<div><div>9:30 Large Print Library (LIB)</div><div>10:15 Balloon Volleyball</div><div>10:30 Daily Chronicles and Extra</div><div>11:00 Trivia Challenge</div><div>11:00 Video Music Lecture with Harry Getzov—“The Life and Music of Duke Ellington” (TH)</div><div>1:15 Blackjack</div><div>2:15 Jewelry Making/ Art Fun</div><div>7:00 Performance—Forest Trace Chorus Presents “Broadway Revivals” (TH)</div><div>Coffee and Chat Follows (AL)</div></div>	<div><div>10:15 Morning Exercise</div><div>10:30 Daily Chronicles/Extra</div><div>11:00 Nova Lifelong Learning with Peter Levine—“When America Was Great” (TH)</div><div>11:00 Travelogue</div><div>1:15 B-I-N-G-O</div><div>3:00 Word Fun (LIB)</div><div>7:00 Performance—Concert Pianist Frederick Moyer (TH)</div><div>Coffee and Chat Follows (AL)</div></div>	<div><div>9:00 Large Print Library (LIB)</div><div>10:15 Balloon Volleyball</div><div>10:30 Daily Chronicles and Extra</div><div>11:00 Passover Seder Sign Up (CR)</div><div>11:00 Word Games</div><div>1:15 Showtime with Chris Autore</div><div>2:15 P-O-K-E-N-O</div><div>7:00 Movie—“Enough Said” COMEDY—PG13 (JDR)</div><div>7:15 Cash Bingo (AR)</div><div>Coffee and Chat Follows (AL)</div></div>	<div><div>10:00 Good Morning</div><div>10:15 Sit and Stretch</div><div>10:30 Sing Along with Robin</div><div>1:15 Are You Smarter Than a Fifth Grader?</div><div>7:00 Friday Night Movie—“A River Runs Through It” DRAMA—PG (TH)</div><div>7:15 Shabbat Services with Cantor Ted Katz (CR)</div><div>Coffee and Chat Follows (AL)</div></div>	<div><div>10:30 Morning Stretch</div><div>11:00 Crosswords</div><div>11:00 Book Club with Irene (AR)</div><div>1:30 Bingo</div><div>2:15 Saturday Matinee</div><div>7:00 Performance—Susan Ashley (TH)</div><div>Coffee and Chat Follows (AL)</div></div>	
<div><div>10:45 Morning Exercise</div><div>11:00 Scrapbooking Fun</div><div>11:00 Painting Class with Sally (AR)</div><div>1:15 Showtime—Gary Lawrence</div><div>2:15 Sunday Matinee and Popcorn</div><div>2:30 Sunday Concert Series—Glenda Grainger and Gary Lawrence (TH)</div><div>3:30 Word Fun (LIB)</div><div>7:00 Lecture with Rudy Berberian “Inflation or Deflation?” (TH)</div><div>Coffee and Chat Follows (AL)</div></div>	<div><div>10:15 Morning Exercise</div><div>10:30 Daily Chronicles/Extra</div><div>11:00 Cranium Crunches</div><div>11:00 Yiddish Hour with Cookie Blattman (TH)</div><div>1:15 B-I-N-G-O</div><div>2:15 Ice Cream Treats</div><div>2:30 Trivia (LIB)</div><div>3:00 Comedy Movie</div><div>7:00 Movie—“Selma” DRAMA—PG13 (JDR)</div><div>7:15 Cash Bingo (CR)</div><div>Coffee and Chat Follows (AL)</div></div>	<div><div>9:30 Large Print Library (LIB)</div><div>10:15 Balloon Volleyball</div><div>10:30 Daily Chronicles and Extra</div><div>11:00 Trivia Challenge</div><div>11:00 “The Brain Train” with Judy Herman (TH)</div><div>1:15 Blackjack</div><div>2:15 Jewelry Making/ Art Fun</div><div>7:00 Music Hour with Violinist Asy Alisade (TH)</div><div>Coffee and Chat Follows (AL)</div></div>	<div><div>10:15 Morning Exercise</div><div>10:30 Daily Chronicles and Extra</div><div>11:00 Lecture with Peggy Muscro—“Fascinating Stories from Our National Parks” (TH)</div><div>11:00 Travelogue</div><div>1:15 B-I-N-G-O</div><div>3:00 Word Fun (LIB)</div><div>7:00 Performance—Jimmy Barkin (TH)</div><div>Coffee and Chat Follows (AL)</div></div>	<div><div>9:00 Large Print Library (LIB)</div><div>9:30 Shopping Spree—Barbara & Mel’s Boutique (CR)</div><div>10:15 Balloon Volleyball</div><div>10:30 Daily Chronicles and Extra</div><div>11:00 Word Games</div><div>1:15 Show—Don Stansfield</div><div>2:15 P-O-K-E-N-O</div><div>7:00 Movie—“Darkest Hour” BIO-DRAMA—PG13 (JDR)</div><div>7:15 Cash Bingo (CR)</div><div>Coffee and Chat Follows (AL)</div></div>	<div><div>PASSOVER BEGINS AT SUNDOWN</div><div>10:00 Good Morning</div><div>10:15 Sit and Stretch</div><div>10:30 Sing Along with Robin</div><div>1:15 Are You Smarter Than a Fifth Grader?</div><div>4:00 Cantor Wood’s Passover Visit</div><div>5:00 Passover Dinner</div><div>6:00 Movie—“Taste of Passover” (TH)</div><div>8:00 Movie—“Taste of Passover” (TH)</div></div>	<div><div>PASSOVER</div><div>10:30 Morning Stretch</div><div>11:00 Crosswords</div><div>11:00 Veterans Club (DR)</div><div>1:30 Bingo</div><div>2:15 Saturday Matinee</div><div>7:00 Performance—Grace Azar (TH)</div><div>Coffee and Chat Follows (AL)</div></div>	