



# Happy Halloween

**“Halloween on Parade”**  
Don't miss Forest Trace's annual parade of costumed residents and staff members.  
11:00 a.m.

**Candy Station Open**  
Indulge your sweet tooth  
12:00 Noon

**Cocktail Time**  
Enjoy some special Halloween concoctions along with spookey treats  
1:00 p.m.

**Early Dinner**  
A holiday feast for your enjoyment!  
1:00-4:30 p.m.

**Special Halloween Show Starring Lou Villano!**  
Early showtime at 6:00 p.m.



**Wednesday, October 31st**



# Pacifica Forest Trace Happenings

Celebrate *Pinktober*

**SPECIAL BREAST CANCER MONTH EVENT**

Wednesday, October 17th • 7:00 p.m. • See details on page 3



## A Warm Welcome to October and the Excitement it Brings!

You have to agree that we are all very lucky to live in Florida where the temperature is warm all year round. However, we all share a sigh of relief when October comes our way. We welcome fall with open arms, ready to breathe in the slightly cooler air once more and look forward to seeing our snowbird friends who flew the coop for the summer.

We have many more things to look forward to in October. A special **Family Night** program featuring a visit by “F.D.R.” awaits, as does the return of popular lecturer **Liz Reynolds**. There are lots of enticing lectures, superb outings and, of course, plenty of entertainment.

This all leads to the last day of the month and our spooktacular time at Halloween. The fun begins at 11:00 a.m. and continues right through a wonderful show with Lou Villano at 6:00 p.m. There's going to be a lot of good, old-fashioned fun and we guarantee you'll have a boo-tiful time.

We don't want you to miss a thing, so make sure you look inside for all the details of our October Festivities. Happy October everyone!




**PACIFICA**  
SENIOR LIVING  
FOREST TRACE

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

**(954) 572-1800**

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

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

**OCTOBER 2018**

## NOTEWORTHY EVENTS

### Reflecting Upon the High Holy Days

The Jewish New Year provided us with a wonderful turn-out of residents and we were grateful to have



Cantor Ronit Rubin join Rabbi Albert Slomovitz in officiating at our services. There was a distinctive energy emanating from Cantor Rubin, as she sang the Rosh Hashanah prayers which inspired us in an upbeat fashion! She encouraged the congregation to clap and sing along and provided us with an enjoyable complement to Rabbi Slomovitz.

Rabbi Slomovitz has authored a new book, entitled *A New Look at the Rabbi Jesus: Jews and Christians Reconnected*. We look forward to better understanding the historical connections between Christians and Jews.

His evening discussion group, which fell on September 11th, was insightful in the depth of anti-semitism today. Let us say "Amen!" and look forward to having them back again next year! L'Shana Tova!

Last but not least, we thank our own Robin Netscher for blowing the Shofar during the Jewish High Holy holidays. His background as a professional trumpet player certainly afforded him the great breath control needed to blow the ram's horn!

His evening discussion group, which fell on September 11th, was insightful in the depth of anti-semitism today. Let us say "Amen!" and look forward to having them back again next year! L'Shana Tova!



### Holocaust Survivors Band

The New Holocaust Survivor Band was the perfect addition to our calendar as they performed between Rosh Hashanah and Yom Kippur. Made up of Holocaust survivor, Ruby Sosnowicz, his daughter Chana Rose and other children of survivors, they spoke of stories and sang songs of Jewish history. Our Forest Trace audience wouldn't let them go and posed for pictures after the show.



### Veterans Club

Sunday, October 28th • 11:00 a.m.

Forest Trace Veterans and spouses crowded the Clubhouse Bar for the first Veterans Club meeting in September. Thirty-five people signed in to the group. Discussions did lead to some emotional rhetoric pertaining to the goals of the Club, but all in all, Dr. Norman Gordon and Mike Morris spearheaded some ideas: getting Veteran's group speakers to attend our meetings, helping new and younger veterans from more recent military struggles and, of course, going out for social events just for Vets. It's a new beginning for the Pacifica Forest Trace Veterans Club, and we hope we can create a group of people who share a very special brotherhood in America's history!

Don't miss the next gathering on Sunday, the 28th.

### Book Club

Sunday, October 14th • 11:00 a.m.

For those of you who love to read, we invite you to our new Book Club, put in motion by residents Sydelle Mitchell and Rita Goldman. It will take place on October 14th, at 11:00 a.m. in the Library. If you enjoy reading, and would like to meet with others for a lively exchange of thoughts and opinions, please join the group. Sign-up on the sheet at the Front Desk.

### Brain Train Teaser

Tuesday, October 23rd • 11:00 a.m.

Here's a puzzle based on a TV crime show:

#### "FOLLOWING ORDERS"

The following sentences are labelled 1, 2, and 3, but something is wrong with the order. It's quite a mystery! Play detective and determine what order should they be in and solve the case with WHY?

Directions: Initially, read each sentence carefully, noting more than just meaning. Then deduce the pattern to figure out the appropriate sequence - and the only correct answer.

1. Scientific evidence could offer nothing decisive.
2. Technically, his identity remains doubtful.
3. Further inspection revealed separate timelines.

#### BRAIN-tertainers TIP:

*Look at spelling tricks for the last sentence.*

Come to the next "All Aboard the Brain Train" class for the answers and more puzzles—plus practical tips and memory tricks—in an enjoyable hour of "BRAINtertainment," energizing mental activities designed with fun in mind!

### POKER GROUP BEGINNING

Just a reminder that a new Poker group will start on Tuesdays, Fridays and Sundays at 7:00 p.m. Call Willie and Sandee for more details at (954) 804-0129.

### DEAR SUZY



SUZANNE JUSTER

### It's So Hard to Say Goodbye

This is a very hard article to write as it is to say goodbye...goodbye to all my friends I have made over the past four years...goodbye to all the places and times I have held so dear...goodbye to the environs so lush and beautiful...and of course...goodbye to my beloved pool!

However, it has been a true pleasure writing *Dear Suzy* these past years. I thank all the generous contributors who have enhanced these articles. I so enjoy researching the wise words and poetry of the sages of time and sharing them with you.

Speaking of sharing, I think it is very appropriate and effective to conclude, as I have so many times of the years, with a contribution from my dear friend, Charles Klein. The title is...

#### DO YOU LIKE GETTING OLDER?

*As I have aged I have become kinder to myself and less critical of myself. I've become my own best friend.*

*I have seen too many leave this world too soon before they understand the great freedom that comes with aging.*

*I know I am sometimes forgetful. But then again, some of life is just as well forgotten and, I eventually remember the important things.*

*I am so blessed to have lived long enough to have my hair turn grey, and to have my youthful laughter be forever etched on my face. So many have never laughed, and so many died before their hair could turn silver.*

*As you get older it's easier to be positive. You care less about what other people think. I don't question myself anymore. I even learned the right to be wrong.*

*So I like being old; it has set me free. I like the person I've become. I am not going to live forever, but while I am still here, I will not waste time lamenting what could have been, or worrying what will be. And I shall eat dessert every single day I feel like it!*

—Love, Suzy

*A Note from Jamie...* We must now say goodbye to Suzanne Juster and wish her well in her new endeavors. The articles she penned in our monthly newsletter were always heartfelt, enjoyable and educational. She is an inspiration to all of us, having written positive articles on the art of aging! Never negative, always probing ways to enrich one's life, flashing a great smile as she left her daily pool exercises. That is how I remember "Dear Suzy." Good luck, Suzy, we know that you will make new friends, wherever you go and you will always continue to be the best that you are!

Much love from all of us at Pacifica Forest Trace!

### Welcome New Friends to Pacifica Forest Trace

Lillian and Murray Koph  
Mary Workman  
Nellie Vynckier

Pamela Wojtowicz  
Richard Panerali  
Eleanor Sausner

Nancy Herna  
Alice Shlevin  
Ann Kaplan

Marvin and Brenda Goss

Thank you for choosing Forest Trace as your new home.

### Celebrating October Birthdays

BENJAMIN BERMAN .....2ND	SHIRLEY FISCHLER .....9TH	EVELYN MEISTER .....15TH
DOTTIE GOODMAN .....4TH	ESTHER SCHWARTZ .....11TH	ERNEST ELIAS.....15TH
TERENIA KATAVOLOS.....4TH	MORRIS BROWN .....12TH	BETTY SCHIFF .....18TH
JUDY KRONSTADT .....5TH	EDWARD WEIDERHORN .13TH	ALFRED WILKAT.....19TH
ELEANOR WEINBERG .....8TH	SHIRLEY VAXER .....13TH	MURRAY SATNICK .....24TH
NINO SERRO.....8TH	IRVING JABLON .....14TH	ALICE WALTERS.....30TH

May You Enjoy a Truly Wonderful Day!

### OCTOBER EMPLOYEE BIRTHDAYS

JOHN CAMPBELL — Kitchen.....3RD	LEONNE GELIN — Housekeeping.....18TH
STEPHEN FORNATARO — Director of Environmental Services ...5TH	SHARON GARDENER-WALCOTT— Assisted Living .....24ND
CONCEPTIA GUERRIER — Assisted Living..... 13TH	PASCAL OKOH — Kitchen.....26TH
ZAIDA SEPULVEDA — Housekeeping..... 13TH	ROMELLO FOLKES — Dining Room.....28TH
	ROSALYN CAMPBELL — Dining Room .....29TH

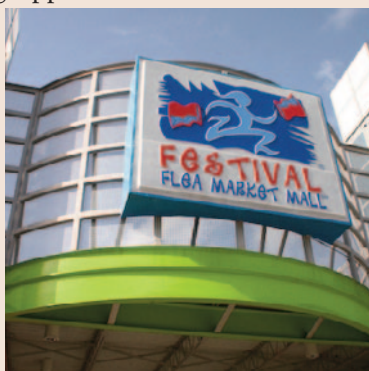


## WONDERFUL CHOICES TO GET OUT AND ABOUT!

### Lots of Shopping Plus Dinner and Lunch Outings Make For a Wonderful October!

We've combined some great shopping opportunities along with requested lunch and dinner outings to create a wonderful array of outings during October.

We're heading to the Galleria Mall, the Lakes Mall, The Promenade and Coral Ridge Mall. Plus, we have a trip (with an early departure) to the popular Festival Flea Market Mall where you'll browse over 500 shops. You've requested a visit to Kohl's, so we've arranged a trip this month. We'll even make a stop for groceries at the



local Whole Foods Market! There's a nice selection of meal outings like Olive Garden for lunch on the 7th, lunch at Mario the Baker on the 16th, and a dinner excursion to P.F. Chang's on the 24th.

We can't do without a trip to the casino every month and this month we visit the Coconut Creek Seminole Casino on the 31st.

Remember to sign up for your favorite trips as space is limited.

## October Outings at a Glance

Wednesday	October 3rd	1:00 p.m.	Kohl's at Coral Square Mall
Saturday	October 6th	1:00 p.m.	The Promenade
Sunday	October 7th	12:00 noon	Festival Flea Market Mall
Wednesday	October 10th	1:00 p.m.	Lunch Outing—Olive Garden
Saturday	October 13th	1:00 p.m.	Galleria Mall
Sunday	October 14th	TBA	Local Movie
Tuesday	October 16th	1:00 p.m.	Lunch Outing—Mario the Baker
Saturday	October 20th	1:00 p.m.	Lakes Mall
Sunday	October 21st	1:00 p.m.	Whole Foods Market
Wednesday	October 24th	4:30 p.m.	Dinner Outing—P.F. Chang's China Bistro
Saturday	October 27th	1:00 p.m.	Coral Ridge Mall
Sunday	October 28th	TBA	Local Movie
Wednesday	October 31st	10:30 a.m.	Seminole 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  
Michelle Slagel .....Sales Director  
Owano Boothe .....Director of Dining & Catering  
Jamie Danger .....Entertainment Director

Stephen Fornataro .....Director of Environmental Services  
Rani Persad .....Director of Finance  
Pearl Osilaja McKenzie .....Director of Resident Services

## THE BEST OF OCTOBER'S EVENTS AND ACTIVITIES

### Celebrate *Pinktober* SPECIAL BREAST CANCER MONTH EVENT

Wednesday, October 17th • 7:00 p.m.

October is National Breast Cancer Awareness Month and we here at Pacifica Senior Living Forest Trace will do our best to help the cause. Can you imagine the world without cancer? It is difficult, we know, but as the old proverb says: "A journey of a thousand miles begins with but a single step."

Our own Entertainment Director **Jamie Danger** knows the importance as she had a battle with cancer. "As a Survivor myself, I'm aware of the disease every day of my life, not just in October," she notes. "It gives me a chance to remind men and women to always be pro-active about their health, as I was."



National Breast Cancer Awareness Month is an annual international health campaign, organized by major charities every October. The intention is to increase awareness of the disease. It is also a time to raise funds for research into the cause, prevention, treatment and cure. Breast Cancer is a deadly disease.

The campaign also offers information and support to those affected by breast cancer. If you

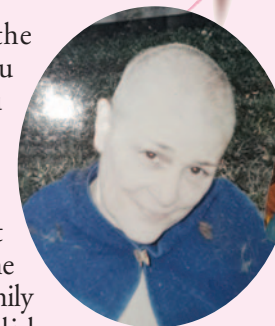
experience a cancer diagnosis, the questions are plentiful. What do you do? Where do you go? Who do you call?

Jamie turned to the American Cancer Society, which held her hand throughout the process. As a result of speaking and writing to them, she was put in touch with the Kaiser Family Foundation. They, in turn, did a documentary on Jamie and invited her to Washington, D.C. She was quite honored to be a spokesperson for the American Cancer Society's Cancer Action Network, the political arm of ACS.

So, with great humility, Jamie has created a special event to benefit a cause especially dear to her heart. Please join us on Wednesday October 17th in the Theater.

Prior to the event, we will offer raffle tickets for a \$10.00 donation per ticket. The winner of the prize will be announced that very evening.

Everyone is invited to wear pink and get a little crazy for the cause! Be part of our Pacifica Senior Living Forest Trace "Pinktober" event and work towards the goal of never having another person be subjected to breast cancer.



### Family Night Celebration Features a Visit by "F.D.R."

Sunday, October 9th • 7:15 p.m.

You're invited to a special visit with President Franklin Delano Roosevelt right here at Pacifica Forest Trace on our next **Family Night**. Join him as he looks back at his accomplishments as president and looks ahead to victory in World War II and rebuilding the post-war world.

Your evening with the beloved president is made possible by **Peter Small**, a former history teacher in Los Angeles and Washington, D.C. He originally developed his costumed historical impersonations for his classes. Peter has toured his historical impressionist presentation nationally

before a wide range of audiences, with performances at the Ronald Reagan and Herbert Hoover Presidential Libraries.

Peter brings his enthusiasm for his love of history to your audience. Each program features a personal encounter with an important historical figure in authentic period costume. You'll have the chance to see, hear, speak to, and question each this important historical figure in a fun and informative atmosphere.



## AN ARRAY OF GREAT ENTERTAINMENT!

### Bobby Barnett Band

Wednesday, October 3rd • 7:00 p.m.

By public demand we bring back our very own Bobby Barnett for another spectacular show. Acclaimed as both a fine musician and a great showman, Bobby brings excitement to his performance as he plays the music you love to hear. He matches his great performance on the saxophone, clarinet and flute with his singing and entertaining impressions.

Bobby has worked with pianist and top keyboard artist Bob Weiner for many years. Bob is as comfortable playing Dixieland or Klezmer as his is playing with the FAU Orchestra or performing his own one man show. You can look forward to a great show with Bobby's Band.

### Emily Ricca and Company

Saturday, October 6th • 7:00 p.m.

We are very excited to bring the beautiful Emily Ricca to our Forest Trace Theater. Emily Ricca is a ballerina who has danced professionally for Ballet de San Juan, Florida Dance Theatre, Boca Ballet Theatre and the Cuban Classical Ballet of Miami. She will have some very special guests with her so don't miss this wonderful dance program!



### Marlene and Peter

Sunday, October 7th • 2:00 p.m.

Marlene Solender and Peter Fuchs have graced our stage to rave reviews. They will thrill us again with great songs and memories from their Cole Porter songbook. It will be just "Delovely!"

### James Perkowski

Wednesday, October 10th • 7:00 p.m.

We welcome James to our Wednesday evening show! When he begins to sing, the beautiful baritone voice will melt your heart. He is a consummate professional singer, elating his audiences with both an Opera and Broadway repertoire. Enjoy and be mesmerized by the truly talented James Perkowski!

### Jimmy Barkan

Saturday, October 13th • 7:00 p.m.

Jimmy returns to our Theater with his great stage appeal, both vocally and visually. The man with the sequin jackets will "sparkle" you with his easy repertoire of crooners past and present. Forget your troubles, sit back and enjoy the Jimmy Barkan show!

### Anthony Corrado

Sunday, October 14th • 2:00 p.m.

Look forward to multi-talented instrumentalist, Anthony Corrado. He performs live shows on tenor and alto saxophones, clarinet, flute, guitar, and vocals. So come prepared for a day of music, music, music!



### Mia Vassilev

Saturday, October 20th • 7:00 p.m.

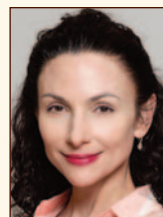


Pianist Mia Vassilev has performed throughout the U.S., Mexico, China, Germany and Italy. An active soloist, accompanist and chamber musician, she has performed with the Metropolitan Opera, Glimmerglass Opera and Florida Grand Opera. She is a frequent soloist with the Hallandale Symphonic Pops Orchestra, the Alhambra Orchestra, the Sugar Pops Orchestra, and the Klezmer Company Orchestra.

### New Horizons Big Band

Sunday, October 21st • 2:00 p.m.

Michael Balogh is the musical director of this exciting new jazz ensemble, featuring 17 talented musicians. Michael is a veteran trombonist who has played in showrooms and theaters of hot spots worldwide and with some of the greats of the era. He has hand selected an elite group of musicians from the South Florida area to form **The Horizons Jazz Big Band**. They are the best Big Band in the state and will entertain you with their cutting-edge Big Band melodies.



### Megan Basile

Saturday, October 27th • 7:00 p.m.

Charm and savoir faire are the best terms to describe this talented singer and pianist. Megan has performed in musical theatre for many years throughout the U.S. She has settled in South Florida and is a delightful addition to the entertainment industry here.

### Lou Villano

Wednesday, October 31st  
7:00 p.m.

With his singing style and personality, Lou gets you right into the mood, creating a nightclub atmosphere for all ages. From Paul Anka to Bobby Darin, Lou has made an impact in the entertainment world and has been receiving rave reviews all over. This Halloween night performance is a "must see!" show.



## EDUCATIONAL AND ENTERTAINING LECTURES

### My Hollywood Stories

Monday, October 1st • 11:00 a.m.

Join Micheal Isaacson when he presents "My Hollywood Stories" on the 1st. As a television and film composer, Michael will treat you to his personal stories of crazy times and great music, reliving forty years of Hollywood's inside stuff!

### Gen. William Jenkins Worth

Tuesday, October 2nd • 11:00 a.m.

Ed Lamont brings us an interesting presentation about General William Jenkins Worth" In the mid-19th century, the good general was one of the most famous men in America. Find out how and why Fort Worth, Texas, and Worth Avenue in nearby Palm Beach came to be named after him.

### Virtual Tour of Ellis Island

Wednesday, October 3rd • 11:00 a.m.



This month's Nova Southeastern University Lifelong Learning lecture is "The Virtual Tour of Ellis Island." Join Steven Schlesinger's he takes you on a

virtual tour of Ellis Island to experience the saga that many of our ancestors endured. Ellis Island in Upper New York Bay was the gateway for over 12 million immigrants to the United States.



### Ignite Your Passion for Life

Monday, October 8th • 11:00 a.m.

Linda Sauget invites you to "Ignite Your Passion For Life!" What brings meaning and passion to your life? What is your purpose? When we were younger, working and caring for our homes and families defined our life. We knew what we had to do and what our purpose was. What about at this stage in your life? It is never too late to have new dreams, new hopes, new goals and new skills. Linda will provide practical ideas to energize and motivate you to ignite your passion for life! It is never too late!

### The Piano Man: Billy Joel

Wednesday, October 10th • 11:00 a.m.

Eldercation lecturer Harry Getzov is bringing an entertaining session focusing on Billy Joel. The first of a two-parter, come enjoy the story of recording and performing artist, Billy Joel. He was to become one of America's most prolific songwriters and performers.



### News and Views

Mondays, October 15th, 22nd  
11:00 a.m.



Liz is back from her snow-bird living and will grace us this month with the good, bad and the ugly of today's news. How will the Florida vote affect the outcome of the 2018 mid-term elections? How have the Democrats and Republicans transformed themselves to do battle? Will women voters and candidates make a difference? Will Steve Bannon rally the Trump base?

First, shee will focus on the Florida candidates, the November ballot, the amendments and issues facing Floridians: the blue-green algae crisis affecting our beaches and tourism, oil drilling off the coast, rising sea levels, tariffs on Florida products and senior citizen issues. Then, she will move on to the national issues affecting the vote: tax cuts, economic growth, trade penalties, immigration changes, Social Security and Medicare cuts, pharmaceutical costs, the Supreme Court and women's rights.

### Know Who You're Voting For

Tuesday, October 16th • 11:00 a.m.

Ed Portner will be speaking on the upcoming November elections and will discuss the candidates, their ideas and agendas. He know about politics and encourages you to "Know Who You're Voting For."

### They Made America Better

Wednesday, October 17th • 11:00 a.m.

Margery Marcus, Ed.D, examines the heroes, both well-known and unsung, who created better working conditions here in America over the past 118 years.

### Music of Frank Loesser

Sunday, October 28th • 2:00 p.m.

You'll be "Getting to Know American Songwriters" with entertainment attorney, artist/personal manager, songwriter's son, and author of the award-winning book, *gOLD*, Harry J. Getzov. The series profiles popular songwriters and offers clips from some of their most famous songs that you know and love. You know the performers of your favorite songs, but what about the songwriters?



The Music of Frank Loesser (Part 1) takes a look at the American composer, librettist, and lyricist, who achieved major success writing for Broadway musicals, culminating in the 1962 Pulitzer Prize-winning *How to Succeed in Business Without Really Trying*. From the songs of WWII to Hollywood movies scores, Frank Loesser was truly an American songsmith!

# Pacifica 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



**PACIFICA**  
SENIOR LIVING  
FOREST TRACE

# October 2018

AL Atrium Lobby JDR Jennie's  
AR Activity Room Dining Room  
B Bar LIB Library  
CH Clubhouse PG Putting Green  
CR Card Room PL Pool  
DR Dining Room TH Theater

Monday 1	
10:00	Yoga with Satya AR
11:00	Lecture with TH MICHAEL ISAACSON— "My Hollywood Stories"
1:00	Duplicate Bridge with CH Margery Pecoraro
2:15	Trivia with Sally LIB
4:00-6:00	Happy Hour AL Complimentary Drinks and Snacks
7:00	Residents' Choice Movie— JDR "A Quiet Place" [THRILLER—PG13]
7:15	Cash Bingo AR Coffee and Chat Follows AL

Tuesday 2	
9:00	Circuit Training Class GYM
9:30-10:30	Large Print Library LIB
10:00	Work Out with Curtis TH
1:00	Lecture with ED LAMONT— TH "Gen. William Jenkins Worth"
1:00	Horticulture Fun JDR with Robert
2:30	Lounge Lizards with AL GENE FABIAN
2:30-3:00	Blood Pressure Check LIB
4:00-6:00	Happy Hour AL Complimentary Drinks and Snacks
7:00	Movie Night— TH "RBC" [DOCUMENTARY—G] Coffee and Chat Follows AL

Wednesday 3	
9:30	Shopping Spree—Avon CH
10:00	Exercise with Marian TH
11:00	Nova Lifelong Learning TH with STEVE SCHLESINGER— "Ellis Island: The Immigrant Experience"
1:00	Depart: Kohl's AL at Coral Square Mall
1:00	Blackjack AR
1:30	Charity Knitting Club LIB
2:00	Blackjack AR
3:00	Word Fun with Robin LIB
4:00-6:00	Happy Hour AL Complimentary Drinks, Snacks
7:00	Performance— TH THE BOBBY BARNETT BAND Coffee and Chat Follows AL

Thursday 4	
9:00	Circuit Training Class GYM
9:00-10:00	Large Print Library LIB
9:30-2:00	Shopping Spree— CH Marzee's Boutique
10:00	Work Out with Curtis TH
11:00	Chorus Rehearsal with TH Jamie and David
12:30	Music Appreciation— TH "Don Giovanni" (Mozart Opera)
2:30	Lounge Lizards with AL RICH HERNANDEZ
2:30-3:00	Blood Pressure Check LIB
4:00-6:00	Happy Hour AL Complimentary Drinks, Snacks
7:00	Residents' Choice Movie— TH "Bride Wars" [COMEDY—R]
7:15	Cash Bingo AR Coffee and Chat Follows AL

Friday 5	
10:00	Exercise with Linda TH
10:00	Putt a'Round PG with Campbell
11:00	Comprehensive Wellness TH Wellness Talk
1:00	Blackjack with Robin AR
2:00	Blackjack with Robin AR
2:15	Trivia with Judy LIB
4:00-6:00	Happy Hour AL Complimentary Drinks, Snacks
7:00	Friday Night Movie— JDR "Modern Times" [CLASSIC]
7:15	Shabbat Services TH with Cantor Bill Wood Coffee and Chat Follows AL

Saturday 6	
9:30	Depart: Walmart AL
9:30	Depart: 44th Street AL
10:00	Classical Exercise TH with Robin
11:00	Charcoal Drawing Lessons AR with Art Teacher Debora
1:00	Depart: AL The Promenade
4:00-6:00	Happy Hour AL Complimentary Drinks, Snacks
7:00	Entertainment— TH Ballerina Performance with EMILY RICCA AND COMPANY Coffee and Chat Follows AL

Sunday 7	
9:30	Depart: Publix AL
10:00	Classical Exercise TH with David
11:00	Jewelry Making AR with Veronica
12:00	Depart: Festival AL Flea Market Mall
2:00	Sunday Showtime— TH MARLENE SOLENDER AND PETER FUCHS
3:30	Word Fun with Steven LIB
4:00-6:00	Happy Hour AL
7:00	Sunday Cinema— TH "Laws of Attraction" [COMEDY—PG] Coffee and Chat Follows AL

Monday 8	
10:00	Yoga with Satya AR
11:00	Lecture with TH LINDA SAUGET— "Ignite Your Passion for Life"
1:00	Duplicate Bridge with CH Margery Pecoraro
2:15	Trivia with Sally LIB
4:00-6:00	Happy Hour AL Complimentary Drinks and Snacks
7:00	Residents' Choice Movie— JDR "Slumdog Millionaire" [DRAMA—R]
7:15	Cash Bingo AR Coffee and Chat Follows AL

Tuesday 9	
9:00	Circuit Training Class GYM
9:30-10:30	Large Print Library LIB
10:00	Work Out with Curtis TH
10:45	New Resident Meeting DR
11:30	You Be the Judge TH with Jamie
2:30	Lounge Lizards with AL TED McDERMOTT
2:30-3:00	Blood Pressure Check LIB
4:00-6:00	Happy Hour AL Complimentary Drinks and Snacks
7:00	Movie Night— TH "Tully" [COMEDY—R] Coffee and Chat Follows AL

Wednesday 10	
10:00	Exercise with Marian TH
11:00	Video Lecture with TH HARRY GETZOV—"The Piano Man: Billy Joel"
1:00	Depart: Lunch Outing AL at Olive Garden
1:00	Blackjack AR
1:30	Charity Knitting Club LIB
2:00	Blackjack AR
3:00	Word Fun with Robin LIB
4:00-6:00	Happy Hour AL Complimentary Drinks and Snacks
7:00	Performance— TH JAMES PERKOWSKI Coffee and Chat Follows AL

Thursday 11	
9:00	Circuit Training Class GYM
9:00-10:00	Large Print Library LIB
9:30	Shopping Spree— CH Prestige Jewelry
10:00	Work Out with Curtis TH
11:00	Chorus Rehearsal TH
12:30	Music Appreciation—"A Mid- TH Summer's Night Dream" (Ballet)
2:30	Lounge Lizards with AL BOB FOLSE
2:30-3:00	Blood Pressure Check LIB
4:00-6:00	Happy Hour AL Complimentary Drinks, Snacks
7:00	Residents' Choice Movie— JDR "We're the Millers" [COMEDY—R]
7:15	Cash Bingo AR Coffee and Chat Follows AL

Friday 12	
10:00	Exercise with Linda TH
10:00	Putt a'Round PG with Campbell
11:00	Wellcare Therapy TH Wellness Talk
1:00	Blackjack with Robin AR
2:00	Blackjack with Robin AR
2:15	Trivia with Judy LIB
4:00-6:00	Happy Hour AL Complimentary Drinks, Snacks
7:00	Friday Night Movie— JDR "The Great Dictator" [CLASSIC]
7:15	Shabbat Services TH 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 TH with Robin
1:00	Depart: Galleria Mall AL
4:00-6:00	Happy Hour AL Complimentary Drinks and Snacks
7:00	Entertainment— TH JIMMY BARKAN Coffee and Chat Follows AL

**Sunday 14**

9:30 **Depart: Publix** AL  
 10:00 Classical Exercise TH  
 with David  
 11:00 **Painting Class with Sally** AR  
 11:00 **Book Club** LIB  
**TBA Depart: Local Movies** AL  
 1:00 Ice Cream Social LIB  
 2:00 **Sunday Showtime—** AL  
**ANTHONY CORRADA**  
 3:30 Word Fun with Steven LIB  
 4:00-6:00 Happy Hour AL  
 Complimentary Drinks, Snacks  
 7:00 **Sunday Cinema—** TH  
**"Tags"** [COMEDY—R]  
 Coffee and Chat Follows AL

**Monday 15**

10:00 Yoga with Satya AR  
 11:00 **"What's Your View?"** TH  
 with **LIZ REYNOLDS**  
 1:00 Duplicate Bridge with CH  
 Margery Pecoraro  
 2:15 Trivia with Sally LIB  
 4:00-6:00 Happy Hour AL  
 Complimentary Drinks  
 and Snacks  
 7:00 Residents' Choice Movie— JDR  
 "Firewall" [ACTION—PG13]  
 7:15 **Cash Bingo** AR  
 Coffee and Chat Follows AL

**Tuesday 16**

9:00 Circuit Training Class GYM  
 9:30-10:30 Large Print Library LIB  
 10:00 Work Out with Curtis CH  
 11:00 **Lecture by ED PORTNER—** TH  
**"Know Who You Are Voting For"**  
 1:00 **Depart: Lunch Outing** AL  
**at Mario the Baker**  
 1:00 **Horticulture Class** JDR  
**with Robert**  
 2:30 **Lounge Lizards with** AL  
**RALPH D'OVIDEO**  
 2:30-3:00 Blood Pressure Check LIB  
 4:00-6:00 Happy Hour AL  
 7:00 **Movie Night—** TH  
**"The Death of A Salesman"**  
 [DRAMA—PG]  
 Coffee and Chat Follows AL

**Wednesday 17**

10:00 Exercise with Marian TH  
 10:00-11:00 Revive Hearing LIB  
 Solutions  
 11:00 **Nova Lifelong Learning** TH  
**with MARGERY MARCUS—**  
**"They Make America Better"**  
 1:00 Blackjack AR  
 1:30 Charity Knitting Club LIB  
 2:00 Blackjack AR  
 3:15 Word Fun with Robin LIB  
 4:00-6:00 Happy Hour AL  
 7:00 **BREAST CANCER EVENT** TH  
**with JAMIE DANGER, Raffle**  
**Drawing and Speakers from**  
**American Cancer Society**  
 Coffee and Chat Follows AL

**Thursday 18**

9:00 Circuit Training Class GYM  
 9:00-10:00 Large Print Library LIB  
 9:30 Shop—Analee's Boutique CH  
 10:00 Work Out with Curtis TH  
 11:00 **You Be the Judge** TH  
 12:00 **Birthday Bash** DR  
**with LARRY BRENDLER**  
 12:30 Music Appreciation— TH  
 "Karajan" (Mozart)  
 2:30 **Lounge Lizards with** AL  
**CARL EVANS**  
 2:30-3:00 Blood Pressure Check LIB  
 4:00-6:00 Happy Hour AL  
 7:00 Residents' Choice Movie— JDR  
 "The Courageous Heart of  
 Irena Sendler" [DRAMA—NR]  
 7:15 **Cash Bingo** AR  
 Coffee and Chat Follows AL

**Friday 19**

9:30 Shopping Spree— CH  
 Bon Worth Clothing  
 10:00 Exercise with Linda TH  
 10:00 Putt a'Round PG  
 with Campbell  
 11:00 **Food Committee Meeting** TH  
**with "OB"**  
 1:00 Blackjack with Robin AR  
 2:00 Blackjack with Robin AR  
 2:15 Trivia with Judy LIB  
 4:00-6:00 Happy Hour AL  
 7:00 Friday Night Movie— JDR  
 "Careful What You Wish For"  
 [THRILLER—R]  
 7:15 **Shabbat Services** TH  
**with Cantor Ronit Rubin**  
 Coffee and Chat Follows AL

**Saturday 20**

9:30 **Depart: Walmart** AL  
 9:30 **Depart: 44th Street** AL  
 10:00 Classical Exercise TH  
 with Robin  
 11:00 **Charcoal Drawing Lessons** AR  
**with Art Teacher Debora**  
 1:00 **Depart: Lakes Mall** AL  
 4:00-6:00 Happy Hour AL  
 Complimentary Drinks  
 and Snacks  
 7:00 **Entertainment—** TH  
**MIA VASSILE**  
 Coffee and Chat Follows AL

**Sunday 21**

9:30 **Depart: Publix** AL  
 10:00 Classical Exercise TH  
 with David  
 11:00 **Arts and Crafts with Adam** AR  
 1:00 **Depart:** AL  
**Whole Foods Market**  
 1:00 Ice Cream Social CH  
 2:00 **Sunday Showtime—** TH  
**NEW HORIZONS JAZZ**  
**BIG BAND**  
 3:30 Word Fun with Steven LIB  
 4:00-6:00 Happy Hour AL  
 Complimentary Drinks, Snacks  
 7:00 **Cinema—"Jurassic World** TH  
**Fallen Kingdom"** [ACTION—PG13]  
 Coffee and Chat Follows AL

**Monday 22**

10:00 Yoga with Satya AR  
 11:00 **"What's Your View?"** TH  
 with **LIZ REYNOLDS**  
 1:00 Duplicate Bridge with CH  
 Margery Pecoraro  
 2:15 Trivia with Marcia LIB  
 4:00-6:00 Happy Hour AL  
 Complimentary Drinks  
 and Snacks  
 7:00 Residents' Choice Movie— JDR  
 "The Female Brain"  
 [COMEDY—NR]  
 7:15 **Cash Bingo** AR  
 Coffee and Chat Follows AL

**Tuesday 23**

9:00 Circuit Training Class GYM  
 9:30-10:30 Large Print Library LIB  
 10:00 Work Out with Curtis TH  
 11:00 **"The Brain Train"** TH  
**with JUDY HERMAN**  
 2:30 **Lounge Lizards with** AL  
**TED McDERMOTT**  
 2:30-3:00 Blood Pressure Check LIB  
 4:00-6:00 Happy Hour AL  
 Complimentary Drinks  
 and Snacks  
 7:00 **Movie Night—** TH  
**"The Leisure Seeker"**  
 [DRAMA—R]  
 Coffee and Chat Follows AL

**Wednesday 24**

**FAMILY NIGHT!**  
 10:00 Exercise with Marian TH  
 11:00 **Book Review with** TH  
**GOLDIE WITROCK**  
 1:00 Blackjack AR  
 1:30 Charity Knitting Club LIB  
 2:00 Blackjack AR  
 3:15 Word Fun with Robin LIB  
 4:00-6:00 Happy Hour AL  
 4:30 **Depart: Dinner Outing** AL  
**at P.F. Chang's**  
 7:00 **Performance—** AL  
**PETER SMALL as "F.D.R."**  
 Coffee and Chat Follows AL

**Thursday 25**

9:00 Circuit Training Class GYM  
 9:00-10:00 Large Print Library LIB  
 9:30 Shopping Spree— CH  
 Barbara and Mel's Boutique  
 10:00 Work Out with Curtis TH  
 11:00 **Chorus Rehearsal** TH  
 12:30 Music Appreciation— TH  
 "Turandot" (Opera)  
 2:30 **Lounge Lizards with** AL  
**DRAGAN**  
 2:30-3:00 Blood Pressure Check LIB  
 4:00-6:00 Happy Hour AL  
 7:00 Residents' Choice Movie— JDR  
 "Big Night" [DRAMA—R]  
 7:15 **Cash Bingo** AR  
 Coffee and Chat Follows AL

**Friday 26**

10:00 Exercise with Judith TH  
 10:00 Putt a'Round PG  
 with Campbell  
 11:00 **BRAIN BLAST** TH  
**Group Trivia**  
 1:00 Blackjack with Robin AR  
 2:00 Blackjack with Robin AR  
 2:15 Trivia with Judy LIB  
 4:00-6:00 Happy Hour AL  
 Complimentary Drinks  
 and Snacks  
 7:00 Friday Night Movie— JDR  
 "Book Club" [COMEDY—PG13]  
 7:15 **Shabbat Services** TH  
**with Cantor Bill Wood**  
 Coffee and Chat Follows AL

**Saturday 27**

9:30 **Depart: Walmart** AL  
 9:30 **Depart: 44th Street** AL  
 10:00 Classical Exercise TH  
 with Robin  
 1:00 **Depart:** AL  
**Coral Ridge Mall**  
 4:00-6:00 Happy Hour AL  
 Complimentary Drinks  
 and Snacks  
 7:00 **Entertainment—Vocalist** TH  
**MEGAN BASILE**  
 Coffee and Chat Follows AL

**Sunday 28**

9:30 **Depart: Publix** AL  
 10:00 Classical Exercise TH  
 with David  
 11:00 **Veterans Club Meeting** CH  
 11:00 **Painting Class with Sally** AR  
**TBA Depart: Local Movies** AL  
 1:00 Ice Cream Social CH  
 2:00 **Sunday Musical Lecture—** TH  
**"Music of Frank Loesser," Part 1**  
**with HARRY GETZOV**  
 3:30 Word Fun with Steven LIB  
 4:00-6:00 Happy Hour AL  
 Complimentary Drinks, Snacks  
 7:00 **Sunday Cinema—** TH  
**"Incendies"** [DRAMA—R]  
 Coffee and Chat Follows AL

**Monday 29**

10:00 Yoga with Satya AR  
 11:00 **Yiddish for Fun with** TH  
**COOKIE BLATTMAN**  
 1:00 Duplicate Bridge CH  
 with Margery Pecoraro  
 2:15 Trivia with Marcia LIB  
 4:00-6:00 Happy Hour AL  
 Complimentary Drinks  
 and Snacks  
 7:00 Residents' Choice Movie— JDR  
 "Lady Bird" [COMEDY—R]  
 7:15 **Cash Bingo** AR  
 Coffee and Chat Follows AL

**Tuesday 30**

9:00 Circuit Training Class GYM  
 9:30-10:30 Large Print Library LIB  
 10:00 Work Out with Curtis TH  
 11:00 **Book Review with** TH  
**RONELLE DELMONT—"Go**  
**Back Where You Came From"**  
 2:30 **Lounge Lizards with** AL  
**RALPH D'OVIDEO**  
 2:30-3:00 Blood Pressure Check LIB  
 4:00-6:00 Happy Hour AL  
 Complimentary Drinks  
 and Snacks  
 7:00 **Showtime Starring** TH  
**ALPHONSO**  
 Coffee and Chat Follows AL

**Wed. 31**

**HAPPY HALLOWEEN!**  
 10:00 Exercise with Marian TH  
 10:30 **Depart: Seminole** AL  
**Coconut Creek Casino**  
 11:00 Forest Trace's Annual AL  
**"HALLOWEEN ON PARADE"**  
 12:00-1:00 Candy Station AL  
 1:00 Spooktacular Cocktail Time AL  
 1:00-4:30 Early Dinner DR  
 6:00 **Performance—** TH  
**LOU VILLANO**  
 Coffee and Chat Follows AL

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**PACIFICA**  
 SENIOR LIVING  
 FOREST TRACE

**October 2018**

AL Atrium Lobby JDR Jennie's  
 AR Activity Room Dining Room  
 B Bar LIB Library  
 CH Clubhouse PG Putting Green  
 CR Card Room PL Pool  
 DR Dining Room TH Theater