

# STEEPLECHASE

## GRACIOUS RETIREMENT LIVING

12029 County Road 103 • Oxford, Florida 34484 • Phone (352) 259-0493 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

### MAY 2019

#### STEEPLECHASE STAFF

Managers..... DARRYL & LAURA SCHULTZ  
Assistant Managers ..... TOM & TONI HEDGES  
Executive Chef.....TIM WHITE  
Sous Chef ..... RICH OAKS  
Activity Coordinator ..... CINDY CRUZ  
Maintenance Coordinator.....MICHAEL KEATING  
Transportation .....JOSH CURFMAN & JOHN WEISNER

#### TRANSPORTATION

**Monday & Friday, 9 a.m.-3 p.m.:** Shopping

**Tuesday & Thursday, 9 a.m.-3 p.m.:**  
Doctor Appointments

**Wednesday, 9 a.m.-?:**  
Wonderful to Be Out Wednesdays

**Saturday, As Needed:**  
No Scheduled Transportation/Special Outings Only  
**Sunday, 9:30 a.m.:** Church

**HAWTHORN**  
SENIOR LIVING

### St. Patrick's Day and Mardi Gras

St. Patrick's Day — what a day filled with music and great food!  
We had so much fun! Everyone was dressed to impress!

Mardi Gras was exciting!  
Xavier Musique was a blast, they really brought the full feeling of being in New Orleans!

*(Pictures continue on Page 2.)*



Pug and Jennie



Alice enjoying her St. Patrick's Day



Ruthy and Jennie





## St. Patrick's Day and Mardi Gras (Continued)



*Everyone enjoying the music*



*Ricky having a blast*



*Xavier Musique*



*Alice enjoying everyone singing  
Happy Birthday to her*

## Outdoor Safety Tips

Sunshine and warm temperatures lure many of us outdoors this time of year. Keep these safety tips in mind when you head outside:

**Stay out of the sun** — If possible, avoid the sun when it's at its hottest, from 10 a.m. to 4 p.m. Instead, plan outdoor activities for the early morning or evening, when it's cooler. If you do go out during the heat of the day, try to stay in shaded areas.

**Use sunscreen** — Protect your skin by slathering on sunscreen with a sun protection factor of 30 or higher every two hours. Reapply it more often if you are swimming or perspiring.

**Dress appropriately** — To help stay cool, wear lightweight, loose-fitting clothing in light colors. A wide-brimmed hat and sunglasses will provide added sun protection.

**Stay hydrated** — Drink plenty of water and decaffeinated beverages throughout the day, and don't wait until you are thirsty to reach for a glass. Fruits and vegetables are also good sources of fluids.







## The History of Memorial Day

Observed with ceremonies and parades, Memorial Day honors the men and women who gave their lives while serving in the U.S. military.

After the Civil War ended in 1865, people in various cities began decorating the graves of fallen soldiers with flowers, flags and wreaths. This inspired Maj. Gen. John A. Logan, the head of a veterans organization, to designate May 30, 1868, as Decoration Day, a national day of remembrance. It's believed that date was chosen because it didn't fall on the anniversary of any battle, and spring flowers would be in bloom all over the country.

On that first Decoration Day, a large ceremony was held at Arlington National Cemetery in Washington, D.C. Officials gave speeches, and more than 5,000 people placed small American flags on the graves of 20,000 Civil War soldiers.

After World War I, Decoration Day was expanded to honor fallen soldiers from all wars. An act of Congress officially renamed it Memorial Day in 1967, and one year later, a public law made it a federal holiday to be celebrated on the last Monday in May.



## Windsong Flute Ensemble

The Windsong Flute Ensemble was a delight to hear! Since most of those who make up the group are snow birds, we will be waiting for their wonderful performance until fall!



## Joke Corner

"Mom, thanks for providing me with love that's as never-ending as your voicemails." — Damien Fahey

"My kids brought me breakfast in bed on Mother's Day: an Egg McMuffin. I was just relieved that I wouldn't have to clean the kitchen." — Melanie White





MAY 2019

Birthdays

Seldon J., 3rd  
Jean D., 4th  
Dagmar M., 18th  
Ted S., 22nd  
Marie P., 22nd  
Gordon E., 26th  
Dolores D., 28th

Locations

Activity Room, AC  
Atrium, AT  
Billiards Room, BR  
Cabana, CB  
Card Room, CR  
Chapel, CH  
Craft Room, CM  
Dining Room, DR  
Fire Pit, FP  
Fireplace Dining Room, FPDR  
Garden Boxes, GB  
Grandma's Kitchen, GK  
Lanai, LA  
Library, LI  
Pool, PL  
Tiki Bar, TB  
TV Room, TV  
Wellness Center, WC

Breakfast: 8 a.m.,  
Dinner: 12:30 p.m.,  
Supper: 5:30 p.m.

“Age is not how  
old you are,  
but how many  
years of fun  
you’ve had.”  
—Matt Maldre

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<div>MAY DAY1</div> <div>10:00 Butterfly Rainforest Outing</div> <div>11:00 Volleyball, AT</div> <div>2:00 Game of Billiards, BR</div> <div>2:00 Mexican Train/ By the Rules, AC</div> <div>2:00 Mobile Mini Mall, AT</div> <div>3:00 Dance by Design!, AC</div> <div>7:00 Bring a Buck Bingo, AC</div>	<div>2</div> <div>Wear Pink</div> <div>10:30 Fitness with Todd, AC</div> <div>1:30 Blood Pressure Check, AC</div> <div>1:30 Entertainment! Karen Hall Trio, AT</div> <div>2:00 Derby Races, AC</div> <div>3:00 Knitters &amp; Loomers, AC</div> <div>3:30 Singalong with Deb, DR</div> <div>7:00 Trivial Pursuit, BR</div>	<div>3</div> <div>Wear Red</div> <div>9:00 Legacy Pool Exercise, PL</div> <div>10:30 Chair Cardio, AC</div> <div>11:00 Volleyball, AT</div> <div>2:00 Bring a Buck Bingo, AC</div> <div>3:30 Prayer Partners Bible Discussion, CH</div> <div>4:00 Cinco de Mayo Craft, Flower Making, AC</div> <div>6:45 Movie Night, TV</div> <div>7:00 Wii Bowling, AC</div> <div></div>	<div>4</div> <div>11:00 Bible Study for Everyone, CH</div> <div>12:15 Word Games &amp; Brain Teasers, DR</div> <div>2:00 Wii Bowling, AC</div> <div>3:30 Catholic Rosary &amp; Communion, CH</div> <div>7:00 Game of Hearts, AC</div> <div></div>
<div>5</div> <div>11:30 Services: Pastor Schultz, CH</div> <div>12:30 Cinco de Mayo Celebration!, DR</div> <div>2:00 Bring-a-Buck Bingo, AC</div> <div>2:00 Rummikub, CR</div> <div>2:00 Entertainment/ Buddy Mitchell, AT</div> <div>3:30 Ping Pong, TB</div> <div>6:45 Classic Movie, TV</div> <div>7:00 Mexican Train/ Flexible Rules, AC</div>	<div>6</div> <div>10:30 Chair Yoga, AC</div> <div>11:00 Volleyball, AT</div> <div>2:00 Bring a Buck Bingo, AC</div> <div>2:00 Rummikub, CR</div> <div>3:30 Table Top Shuffleboard, BR</div> <div>6:45 Gaither Inspiration Hour, TV</div> <div>7:00 Scrabble, BR</div>	<div>7</div> <div>10:00 Artistic Coloring, BR</div> <div>10:30 Chair Stretch, AC</div> <div>11:30 BB Baseball, AC</div> <div>2:00 Rolling LRC, BR</div> <div>2:00 Mother’s Day Bookmark/Card Making Craft, AC</div> <div>7:00 Wii Bowling, AC</div> <div>7:00 Men’s Bible Study in the Tiki Bar, TB</div>	<div>8</div> <div>8:30 Hard Rock Casino</div> <div>11:00 Catholic Services, CH</div> <div>11:00 Volleyball, AT</div> <div>2:00 Game of Billiards, BR</div> <div>2:00 Mexican Train/ By the Rules, AC</div> <div>3:00 Dance by Design!, AC</div> <div>4:00 New Resident Meet and Greet, AC</div> <div>7:00 Bring a Buck Bingo, AC</div>	<div>9</div> <div>Wear Pink</div> <div>10:30 Fitness with Todd, AC</div> <div>1:30 Blood Pressure Check, AC</div> <div>2:00 Derby Races, AC</div> <div>3:00 Knitters &amp; Loomers, AC</div> <div>3:00 Beading with Barbara, AC</div> <div>7:00 Trivial Pursuit, BR</div>	<div>10</div> <div>Wear Red</div> <div>9:00 Legacy Pool Exercise, PL</div> <div>10:30 Chair Cardio, AC</div> <div>11:00 Volleyball, AT</div> <div>2:00 Bring a Buck Bingo, AC</div> <div>3:30 Prayer Partners Bible Discussion, CH</div> <div>6:30 Entertainment! The Village Cowboy, AT</div> <div>6:45 Movie Night, TV</div> <div>7:00 Wii Bowling, AC</div>	<div>11</div> <div>10:00 Mother’s Beauty Day Nail Polish/Craft, AC</div> <div>11:00 Bible Study for Everyone, CH</div> <div>12:15 Word Games &amp; Brain Teasers, DR</div> <div>2:00 Art with Freda, AC</div> <div>3:30 Catholic Rosary &amp; Communion, CH</div> <div>7:00 Game of Hearts, AC</div>
<div>12</div> <div>MOTHER’S DAY</div> <div>10:30 Entertainment/ Buddy Mitchell, DR</div> <div>11:00 Mother’s Day Brunch, DR</div> <div>11:30 Services: Pastor Schultz, CH</div> <div>2:00 Bring-a-Buck Bingo, AC</div> <div>2:00 Rummikub, CR</div> <div>2:00 Mother’s Day Massage, TB</div> <div>3:30 Ping Pong, TB</div> <div>6:45 Classic Movie, TV</div> <div>7:00 Mexican Train/ Flexible Rules, AC</div>	<div>13</div> <div>10:30 Chair Yoga, AC</div> <div>11:00 Volleyball, AT</div> <div>2:00 Bring a Buck Bingo, AC</div> <div>2:00 Rummikub, CR</div> <div>3:30 Table Top Shuffleboard, BR</div> <div>3:30 Legacy Health Chat, AC</div> <div>6:45 Gaither Inspiration Hour, TV</div> <div>7:00 Scrabble, BR</div>	<div>14</div> <div>10:00 Artistic Coloring, BR</div> <div>10:30 Chair Stretch, AC</div> <div>11:30 BB Baseball, AC</div> <div>2:00 Rolling LRC, BR</div> <div>7:00 Wii Bowling, AC</div> <div>7:00 Men’s Bible Study in the Tiki Bar, TB</div>	<div>15</div> <div>10:00 Target Outing/Lunch</div> <div>11:00 Volleyball, AT</div> <div>2:00 Game of Billiards, BR</div> <div>2:00 Mexican Train/ By the Rules, AC</div> <div>3:00 Dance by Design!, AC</div> <div>4:30 Resident/Manager Meeting, DR</div> <div>7:00 Bring a Buck Bingo, AC</div>	<div>16</div> <div>Wear Pink</div> <div>10:30 Fitness with Todd, AC</div> <div>11:00 Resident/Activity Coordinator Mtg., AC</div> <div>11:30 Chef/Resident Mtg., AC</div> <div>1:30 Blood Pressure Check, AC</div> <div>2:00 Derby Races, AC</div> <div>3:00 Beading with Barbara, AC</div> <div>3:00 Connect Hearing Aid Checks, CR</div> <div>3:00 Knitters &amp; Loomers, AC</div> <div>3:30 Singalong with Deb, DR</div> <div>7:00 Trivial Pursuit, BR</div>	<div>17</div> <div>Wear Red</div> <div>9:00 Legacy Pool Exercise, PL</div> <div>10:30 Chair Cardio, AC</div> <div>11:00 Volleyball, AT</div> <div>2:00 Bring a Buck Bingo, AC</div> <div>3:30 Prayer Partners Bible Discussion, CH</div> <div>6:45 Movie Night, TV</div> <div>7:00 Wii Bowling, AC</div>	<div>18</div> <div>11:00 Bible Study for Everyone, CH</div> <div>12:15 Word Games &amp; Brain Teasers, DR</div> <div>2:00 Art with Freda, AC</div> <div>3:30 Catholic Rosary &amp; Communion, CH</div> <div>7:00 Game of Hearts, AC</div> <div></div>
<div>19</div> <div>11:30 Services: Pastor Schultz, CH</div> <div>12:15 Entertainment/ Doc Maglio, DR</div> <div>2:00 Bring-a-Buck Bingo, AC</div> <div>2:00 Rummikub, CR</div> <div>3:30 Ping Pong, TB</div> <div>6:45 Classic Movie, TV</div> <div>7:00 Mexican Train/ Flexible Rules, AC</div>	<div>20</div> <div>10:30 Chair Yoga, AC</div> <div>11:00 Volleyball, AT</div> <div>2:00 Bring a Buck Bingo, AC</div> <div>2:00 Rummikub, CR</div> <div>3:30 Table Top Shuffleboard, BR</div> <div>6:45 Gaither Inspiration Hour, TV</div> <div>7:00 Scrabble, BR</div>	<div>21</div> <div>10:00 Artistic Coloring, BR</div> <div>10:30 Chair Stretch, AC</div> <div>11:30 BB Baseball, AC</div> <div>2:00 Rolling LRC, BR</div> <div>7:00 Wii Bowling, AC</div> <div>7:00 Men’s Bible Study in the Tiki Bar, TB</div>	<div>22</div> <div>9:30 Thrift Stores/ Lunch</div> <div>11:00 Volleyball, AT</div> <div>2:00 Game of Billiards, BR</div> <div>2:00 Mexican Train/ By the Rules, AC</div> <div>3:00 Dance by Design!, AC</div> <div>7:00 Bring a Buck Bingo, AC</div> <div></div>	<div>23</div> <div>Wear Pink</div> <div>10:30 Fitness with Todd, AC</div> <div>1:30 Blood Pressure Check, AC</div> <div>2:00 Derby Races, AC</div> <div>3:00 Knitters &amp; Loomers, AC</div> <div>7:00 Trivial Pursuit, BR</div>	<div>24</div> <div>Crazy Hat Day</div> <div>Wear Red</div> <div>9:00 Legacy Pool Exercise, PL</div> <div>10:30 Chair Cardio, AC</div> <div>11:00 Volleyball, AT</div> <div>12:00 Red Hat Society Luncheon</div> <div>2:00 Bring a Buck Bingo, AC</div> <div>3:30 Prayer Partners Bible Discussion, CH</div> <div>6:45 Movie Night, TV</div> <div>7:00 Wii Bowling, AC</div>	<div>25</div> <div>11:00 Bible Study for Everyone, CH</div> <div>12:15 Word Games &amp; Brain Teasers, DR</div> <div>2:00 Wii Bowling, AC</div> <div>3:30 Catholic Rosary &amp; Communion, CH</div> <div>7:00 Game of Hearts, AC</div>
<div>26</div> <div>11:30 Services: Pastor Schultz, CH</div> <div>2:00 Bring-a-Buck Bingo, AC</div> <div>2:00 Rummikub, CR</div> <div>3:30 Ping Pong, TB</div> <div>6:45 Classic Movie, TV</div> <div>7:00 Mexican Train/Flexible Rules, AC</div> <div></div>	<div>27</div> <div>MEMORIAL DAY</div> <div>10:30 Chair Yoga, AC</div> <div>11:00 Volleyball, AT</div> <div>12:00 Entertainment/ Doc Maglio, DR</div> <div>12:30 Memorial Day, DR</div> <div>2:00 Bring a Buck Bingo, AC</div> <div>2:00 Rummikub, CR</div> <div>3:30 Table Top Shuffleboard, BR</div> <div>6:45 Gaither Inspiration Hour, TV</div> <div>7:00 Scrabble, BR</div>	<div>28</div> <div>10:00 Artistic Coloring, BR</div> <div>10:30 Chair Stretch, AC</div> <div>11:30 BB Baseball, AC</div> <div>2:00 Rolling LRC, BR</div> <div>7:00 Wii Bowling, AC</div> <div>7:00 Men’s Bible Study in the Tiki Bar, TB</div> <div></div>	<div>29</div> <div>10:00 Mystery Outing/ Lunch</div> <div>11:00 Volleyball, AT</div> <div>2:00 Game of Billiards, BR</div> <div>2:00 Mexican Train/ By the Rules, AC</div> <div>3:00 Dance by Design!, AC</div> <div>7:00 Bring a Buck Bingo, AC</div>	<div>30</div> <div>Wear Pink</div> <div>10:30 Fitness with Todd, AC</div> <div>1:30 Blood Pressure Check, AC</div> <div>2:00 Derby Races, AC</div> <div>3:00 Knitters &amp; Loomers, AC</div> <div>7:00 Trivial Pursuit, BR</div>	<div>31</div> <div>Wear Red</div> <div>9:00 Legacy Pool Exercise, PL</div> <div>10:30 Chair Cardio, AC</div> <div>11:00 Volleyball, AT</div> <div>2:00 Bring a Buck Bingo, AC</div> <div>3:30 Prayer Partners Bible Discussion, CH</div> <div>6:45 Movie Night, TV</div> <div>7:00 Wii Bowling, AC</div>	





## Outings!

### **May 1st: Butterfly Garden!**

We will be visiting the beautiful Butterfly Garden in Gainesville, Florida! I promise you won't want to miss this opportunity to see some of the most beautiful butterflies from all over the world!

### **May 8th: Hard Rock Casino!**

Always a local favorite, we will be traveling to Tampa to the Hard Rock Casino!

### **May 15th: Target Outing/Lunch!**

Now's the time to pick up any gifts or just anything you need! We will be going to Target and then lunch!

### **May 22nd: Thrift Stores and Lunch!**

We always have a blast! If you haven't been, you are missing out on a great chance to see some new things and maybe buy some stuff!

### **May 29th: Mystery Outing/Lunch!**

This is very new to Steeplechase! We will be going on a mystery outing. You will be aware of where we are headed to the second week of the month or just keep a lookout for the sign-up sheet in the Activates Center.



## Beading With Barbara

Beading with Barbara is one of the days that a lot of Steeplechase residents can't wait to come. She brings a huge assortment of all sorts of beads! We just love her patience and time she brings here at Steeplechase.

We will be seeing Barbara two times a month moving forward. Anyone who is curious or interested in making jewelry, this is the class for you!



*Beading with Barbara*

## Guess Who!

Clues:

She was 24 years old at the time this picture was taken.

She lived in California at the time this picture was taken.

She was married with two kids at the time this picture was taken.



Enjoy the beauty of the outdoors,

**SAFELY.**





## Pet Corner! Easy Recipe For Your Pet!

Elizabeth is a new resident who came to Steeplechase with two very beautiful fluffy dogs!

Gracie is full of energy and loves to play with her toys!

Rosie is a senior dog, but she doesn't let that stop her from playing with Gracie and having a great time!

Here is a great and SUPER easy recipe that any pet parent and pet will enjoy!

Easy recipe! For your pet!

### Ingredients You Need:

- 2 Apples
- 1 Cup Greek Nonfat Plain Yogurt
- Water

### Supplies:

- NutriBullet
- Ice Cube Tray
- Measuring Cups
- Knife
- Cutting Board

This recipe makes 16 treats if using a standard ice cube tray.

### Instructions — How To Make Frozen Apple Dog Treats:

1. Slice two apples into small pieces but remove the seeds and the core
2. Mix the apple slices, yogurt, and a splash of water in your NutriBullet or blender and blend until you get a liquid consistency.
3. Pour the mixture into an ice cube tray and freeze for a few hours or until hard.

The final product should look something like this. I recommend only feeding your dog one "cube" at a time. You can put the left over treats into a Tupperware container and store them in the freezer.





12029 County Road 103  
Oxford, Florida 34484



## **SPRING INTO ACTION & SHAKE OFF THOSE WINTER BLUES**

Springtime brings fresh beginnings so let today be the start of something new! Join us for one of our engaging activities or stop by for a complimentary meal and take a tour of our beautiful community. We would love the opportunity to share with you all we have to offer.

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