



Diamonds & DENIM FAMILY NIGHT

Wednesday, May 15th



Are you ready for a rip-roaring evening of food, cocktails and lots of fun? Join us on a very special Family Night this month on the 15th. **DJ Steve Michaels** and **The Forest Trace Line Dancers** will reimagine the theater into a dance hall!

Dungaree-wearing ladies and gentlemen, cowboy hats, boots and layers of rhinestones, diamonds and glitter are the attire for the evening! We encourage you to come out and learn new dance steps. A winner for the best-dressed "Diamonds and Denim" outfit will be called by the Line Dance Judges.

Don't forget to call in your families and friends to enjoy our Famous Family Night: hors d'oeuvres, cocktails, dinner and dance! Sign up at the Front Desk.



SPECIAL HOLIDAY OBSERVANCES

Mother's Day

Sunday, May 12th

*"God could not be everywhere,
and therefore he made mothers."*

—RUDYARD KIPLING

What a wonderful proverb Rudyard Kipling wrote, but maybe, just maybe we can do better? This year let's try to find the best-ever proverb about Mothers in honor of Mothers Day. Put your thinking caps on and write down what a Mother means to you. It can be just a few lines. Put your submission in the box on the Hostess Desk and be sure to include your name and apartment number. The best proverbs will be featured on our Facebook page for the world to see. Here's a few examples of what we are looking for.

*"To the world you are a mother,
but to your family you are the world."*

"Nothing is really lost until your mom can't find it."

"A mother understands what a child does not say."

We have planned a wonderful day in honor of Moms! We have our usual Exercise Class in the morning followed at 11:00 a.m. by a Painting Class with Sally Parker. Enjoy the warm melodies of **Barrie Blyth** beginning at 1:30 p.m. as you sip a Mimosa or Bloody Mary in the Card Room.

We have a special **Mother's Day Dinner** at the earlier time of 1:00 to 4:30 p.m., which will enable our employees to have a Mother's Day dinner of their own. Then, at 6:00 p.m. we have the ultimate treat, entertainer **Don Stansfield**, who will round out a very special day.

Pacifica Forest Trace wishes you a happy Mother's Day!

Memorial Day

Monday, May 27th



Memorial Day, originally called Decoration Day, is a day of remembrance for those who have died in our nation's service. In 1915, inspired by the poem *In Flanders Fields*, Moina Michael replied with her own poem:

*We cherish too, the Poppy red
That grows on fields where valor led,
It seems to signal to the skies
That blood of heroes never dies.*

She then conceived of an idea to wear red poppies on Memorial Day in honor of those who died.

You can make sure to have a poppy to wear for Memorial Day if you attend **Adam Pockrass' Craft Class** on Sunday, the 19th.



On Memorial Day, the 27th, start your day with **Jamie's Memorial Day Talk** at 11:00 a.m. Enjoy cocktails along with delightful piano tunes from **Barrie Blyth** beginning at 1:30 p.m. We have an early dinner served between 1:00 and 4:30 p.m., which will allow our staff to spend some holiday time with their families.

Enjoy a memorable ending to the holiday with an early performance—at 6:00 p.m.—by the renowned **Cameo Barbershop Quartet**.

Pacifica Senior Living Forest Trace

The Merry Month of May

Did you know that in 80 countries May Day is an official holiday? Did you know within any calendar year, no other month begins on the same day of the week as May? Did you know that May is the only month in which a president of the United States has not died? The bird of May is the Nightingale, the flower is lily of the valley and the birthstone is the emerald.

There are also 15 "national days" to celebrate in May, some very silly and some that mean a great deal to a lot of people. The most important one in our eyes is that May is **Older Americans Month**. Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since JFK has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute

in some way to older persons in their communities. Older Americans Month is celebrated throughout America.

This year's theme for Older Americans Month is **Connect, Create**. This encourages older adults and their communities to **connect** with friends, family, and services that support participation. They can **create** by engaging in activities that promote learning, health, and personal enrichment. Time, talent and life experience to benefit others are examples of that which seniors can **contribute**. Communities that encourage the contributions of older adults, such as Pacifica Senior Living Forest Trace, are stronger! By engaging and supporting all community members, we recognize that older adults play a key role in the vitality of our neighborhoods, networks and lives.



PACIFICA
SENIOR LIVING
FOREST TRACE

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

(954) 572-1800

www.PacificaForestTrace.com



www.facebook.com/PacificaSeniorLivingForestTrace

MAY 2019



WHAT'S YOUR VIEW? The Green New Deal

by Liz Reynolds, *host of "What's Your View?"*

The Green New Deal is a non-binding Congressional resolution that offers a roadmap to fight climate change. Like President Franklin D. Roosevelt's New Deal with its experimental economic and social programs, the Green New Deal aims to create millions of new renewable energy jobs by using cutting edge, low carbon technologies to transition from a fossil fuel economy to a 100% clean energy economy by 2030. Clean energy sources include wind, solar and water but NOT natural gas, nuclear power, "biomass" or "clean coal." Making clean energy a human right is an ambitious goal. Scientists say that we have the technology to accomplish it by 2030 but 2050 is more realistic.

The resolution includes the following suggestions: (according to *Time Magazine*, April 1, 2019):

- Supplying 100% of the country's electricity from renewable and zero emissions resources. (Only 17% of U.S. electricity comes from renewables now.)
- Digitizing the nation's power grid. (The U.S. military has already invested \$30 billion on smart grids.)
- Stimulating clean technologies. (The Dept. of Energy received \$15 billion for research and development in 2018.)
- Upgrading every building for energy efficiency.
- Growing manufacturing by expanding zero-emission factories.
- Overhauling transportation by expanding high speed rail and investing in clean transportation.
- Removing pollution and greenhouse gas emissions by improving manure-management methods in farming.
- Creating systems to ensure access to healthy food. (In 2017, 15 million Americans lacked secure food options.)

Nowhere does the plan suggest that Americans would have to give up their plane travel, their cows or their hamburgers as President Trump has tweeted.

But the plan has faced pushback from the conservative right

and from labor unions. The conservatives believe the plan is too socialistic and would be too expensive. The labor unions criticize it because there is little definitive information on how we would transition from thousands of oil and gas jobs to renewable energy jobs. However, while the U.S. has only created 786,000 renewable jobs, China has already created 3.8 million and Europe has created 1.2 million jobs in renewables, so there is great potential.

The biggest hurdle is the cost. However, two recent climate change reports, one from the Trump Administration and one from the United Nations, show that the U.S. will be experiencing life-threatening food shortages, heat waves, droughts, flooding, hurricanes, rises in sea level, and the death of our coral reefs sooner than we expected. So instead of spending trillions on disasters, with the Green New Deal, we would be spending trillions on new jobs, improved infrastructure and transportation, energy efficiency programs and anti-poverty programs all designed to prevent disasters.

The Green New Deal has begun to sprout by sparking a national discussion of climate change; and giving politicians the opportunity to push climate legislation. Nearly all of the Democratic presidential hopefuls have endorsed a version of the Green New Deal. Nancy Pelosi has created a House select committee to pursue climate legislation. Republican Lindsey Graham has created the Roosevelt Conservation Caucus that is looking at market-based approaches to environmental problems. Recently, a coalition of corporations has announced plans to lobby for carbon tax legislation to raise revenues for research into clean energy technologies. States like California, New York and New Mexico are pushing ahead to achieve carbon-free electricity. There is a lot happening. And it will be fascinating to watch the role the Green New Deal plays in the 2020 election.

I'm looking forward to talking with you further about the Green New Deal in our current events program on Monday, **May 6th**. Hope to see you there.



Your Pacifica Forest Trace Management Team



Campbell Epes III.....Executive Director
Suzie Grossman.....Sales Director
Robin Hammer.....Sales Associate
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

RESIDENT SPOTLIGHT

Rose Boyarsky

When you see Rose Boyarsky sitting anywhere on the Forest Trace property, she is always engaged in reading and writing. As a Holocaust survivor, she knows the meaning of family, traditions and the gift of giving back to the community. She has always been a philanthropist to causes that help others in need. She remains a benefactor to the Jewish Federation of Broward County and the state of Israel.

Quoting Rose from an article that was written in the *Chai Times*: "It's a Jewish tradition to help. Because of the Holocaust, I felt even more of a need to help."

We glad to have Rose among us and thank her for all the good work she does.

WELCOME

JONAH & HELEN COHEN
MAX SELEZNOW
IRWIN WEINER
MARGARITA FERRO

Welcome
and thanks
for choosing
Pacifica
Forest
Trace



CELEBRATING MAY BIRTHDAYS

ESTHER FELDMAN.....1ST	ANNELIE SUFFIN.....8TH	ANITA KRAMER.....17TH
EVELYN MARSON.....2ND	MILDRED RICHARDS.....10TH	FRANCES THOMSEN.....17TH
VICKI ZUCKERMAN.....2ND	THELMA KINZBRUNNER.....12TH	YVETTE PATEK.....20TH
BEVERLY MORRIS.....2ND	MARIA METZGER.....14TH	JOAN SOLOROW.....21ST
ROSE BOYARSKY.....3RD	DEBBIE KOSTER.....15TH	DEANNA MENDELSON.....23RD
HERB CHERMAK.....3RD	LIBBY FLECHNER.....15TH	ELANA SALOMON.....23RD
MILLIE FAIRWEATHER.....6TH	SARAH PASS.....15TH	CAROLYN WILLIAMS.....25TH
DORIS SAMSON.....6TH	ESTHER PORTER.....15TH	ELAINE RICHMOND.....27TH
SYLVIA BEEKMAN.....7TH	GARY LAND.....16TH	STANLEY GUBERMAN.....27TH
MILDRED HERSHKOWITZ.....7TH	DELMAR NEWLIN.....16TH	HELEN BIER.....28TH
DAVID VELEN.....7TH	MAUREEN SILVERMAN.....16TH	LARRY ROSS.....30TH
LAURA SOBERMAN.....8TH	MORTIMER GEISLER.....17TH	SANDRA SPRINGER.....31ST

MAY EMPLOYEE BIRTHDAYS

CRAIG THOMAS — Security.....1ST	RITA SAVAGE — Dining Room.....24TH
JAIDEN DACRES — Dining Room.....10TH	ERIC BLACK — Kitchen.....25TH
DAYSHA THORNTON — Assisted Living.....14TH	ROBIN HAMMER —
SHONTAY BENNETT — Assisted Living.....15TH	Sales Director.....29TH
CEDRIC HILAIRE — Dining Room.....16TH	



SO MANY CLASSES TO KEEP YOUR MIND STRONG!

Line Dancing Class

Mondays at Noon

Make sure you check out Ellen Schwarz's Line Dance class on Mondays at noon in the Theater. Best of all, with line dancing, no partner is necessary! Ellen believes that dancing is one of the best things you can do for your mind and your body. We are preparing our Line dance skills for our **Family Night, "Diamonds & Denim"** event on **May 15th!** So, come out and practice!

Charcoal Art Lessons

Fridays, May 17th and 24th • 11:00 a.m.

Instructor Debora Haley has a knack for sharing her knowledge of art with others in a fun and interesting way. This allows almost everyone to enjoy the creative outlet of charcoal art. Catch her on a new day this month, Friday—the 17th and 24th. All supplies are provided, you need only bring your creativity.

Mah Jongg Madness!

Ruth Martin and Lana Waltzer have spearheaded a new and improved Mah Jongg group. If you're interested in obtaining more information or joining the group, please call Ruth at 954-741-7645 or Lana at 828-230-0259.

Tai Chi Classes

Saturdays, May 4th and 18th • 11:00 a.m.

Tai Chi Classes (*pronounced Tie-Chee*) will be held in the Theater on two Saturdays, the 4th and 18th. One of the main benefits of Tai Chi is its ability to reduce stress and anxiety. It was originally developed for self-defense but has evolved into a graceful form of exercise that's now used for stress reduction and a variety of other health conditions.

Often described as meditation in motion, Tai Chi promotes serenity through gentle, flowing movements. Tai chi is low impact and puts minimal stress on muscles and joints, making it generally safe for all ages and fitness levels. In fact, because Tai Chi is a low-impact exercise, it may be especially suitable if you're an older adult who otherwise may not exercise. When learned correctly and performed regularly, Tai Chi can be a positive part of an overall approach to improving your health. The benefits may include: decreased stress, anxiety and depression; improved mood; increased energy and stamina; improved flexibility, balance and agility.

We welcome Jeff Smoley, who has 59 years of martial arts training, as our instructor.

MAY OUTINGS AT A GLANCE

DAY	DATE	TIME	DESTINATION
Saturday	May 4th	12:00 noon	Town Center Mall in Boca Raton
Sunday	May 5th	12:00 noon	Stein Mart
Tuesday	May 7th	4:30 p.m.	Dinner Outing—P.F. Chang's (First Group)
Wednesday	May 8th	12:00 noon	Schakolad Chocolate Factory (\$15.00)
Saturday	May 11th	12:00 noon	Galleria Mall
Sunday	May 12th	NO TRANSPORTATION — MOTHER'S DAY	
Wednesday	May 15th	4:30 p.m.	Dinner Outing—P.F. Chang's (Second Group)
Saturday	May 18th	12:00 noon	Festival Flea Market Mall
Sunday	May 21st	12:00 noon	American Thrift Store
Saturday	May 25th	12:00 noon	Westfield Broward Mall
Sunday	May 26th	TBA	Local Movie

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.

OBSERVANCES, CLUBS AND MUCH MORE!

Holocaust Remembrance Day

Thursday, May 2nd

Holocaust Remembrance Day will be observed on Thursday, May 2nd. In the Jewish calendar, a holiday begins on the sunset of the previous day, so observing Jews will celebrate Holocaust Remembrance Day beginning at sunset of Wednesday, May 1st.

The survivors of the Holocaust have been invited this year to join the **Katz Yeshiva High School** for a luncheon and a tribute to all of those who shared in the horrific experience. This day is a day for people around the world to remember the six million Jews and millions of other minorities who were killed by the Nazis during World War II. Now, in the next century, as the final remaining Holocaust survivors diminish, we endeavor to keep alive the memory of their suffering. Please sign up at the Front Desk if you are a survivor and would like to join this outing.

Evening Book Reviews

Tuesday, May 14th and 21st • 7:00 p.m.

There have been so many request from our residents to have more book reviews. We will add 7:00 p.m. slots for **Veronica Fuchs** (*Me, After You*) and **Goldie Witrock** (*The Rothschild Dynasty*) on the 14th and 21st.

Changes and Challenges

Monday, May 13th • 1:00 p.m.

Lonnie Polsyn, LCSW, will continue her monthly "Changes and Challenges" Support group, on Monday, May 13th in the Library at 1:00 p.m. All are invited.

Book Club Meeting

Sunday, May 19th • 11:00 a.m.

There has been a change to the meeting schedule of our **Forest Trace Book Club** for May and June. Due to a holiday conflict, the next meeting will take place on Sunday, **May 19th**. At that time there will be a discussion of *Where the Crawdads Sing* by Delia Owens. If you have been having trouble obtaining this book you now have an extra week. As usual, the meeting will take place at 11:00 a.m. in the Library.

On Sunday, **June 23rd**, you're invited to the discussion of *The Weight of Ink* by Rachel Kadish.

Research is taking place to select July/August Summer Reading titles. Watch this space for more information. Enjoy reading!

PRISM Computer Training at Forest Trace

Friday, May 24th • 11:00 a.m.

The **University of Miami Miller School of Medicine** will be conducting a field trial here at Pacifica Forest Trace. The objective of the research study is to test and evaluate the impact of a **Personalized Reminder Information and Social Management** (PRISM), a tablet computer system designed to support social connectivity, memory, skill building, access to community resources and to support the well-being and quality of life of older adults. Participants will receive a computer tablet that is theirs to keep, cellular internet access and one-on-one computer training.

Might you be interested in this endeavor? Catch the introductory lecture on Friday, May 24th, at 11:00 a.m. in the Theater.



LOUNGE
LIZARDS

IN ATRIUM LOBBY
Tuesdays & Thursdays at 2:30 p.m.

The party is always happening on Tuesday and Thursday afternoons in the Atrium Lobby. This month, welcome new "lizard," **Barrie Blyth**, to our Lobby music series.

- Thursday, May 2nd — Carl Evans
- Tuesday, May 7th — Ted McDermott
- Thursday, May 9th — Dragan
- Tuesday, May 14th — Dragan
- Thursday, May 16th — Barrie Blyth
- Tuesday, May 21st — Ted McDermott
- Thursday, May 23rd — Pedro Paulo
- Tuesday, May 28th — Gene Fabian
- Thursday, May 30th — Barrie Blyth



LECTURE HIGHLIGHTS FOR MAY

Russia, U.S. Diplomatic History

Wednesday, May 1st • 11:00 a.m.



Peter Levine facilitates this **Nova Southeastern University Lifelong Learning Lecture**. This will be an overview of the major trends of Russia's history and how Russia (as part of the U.S.S.R.) has interacted with the U.S. in the past. The discussion will include what is happening today and what the forecast is for the future.

Liz Reynolds Bids Adieu

Monday, May 6th • 11:00 a.m.

Snowbird Liz Reynolds is here for her final current events session of the season on the 6th. Among topics is the Green New Deal. See page 2 for an article that will prepare you for the discussion.

The Art of Living Well

Tuesday, May 7th • 11:00 a.m.

Our life is like a piece of art—one we are continually working on. We want to keep improving it and making it beautiful. There is an art to living well, regardless of your circumstances. Even Stephen Hawking, the famous physicist who was incapacitated from Lou Gehrig's disease said, "However difficult life may seem, there is always something you can do." We not only want to enjoy the length of our years but also the depth. Creating happiness, contentment and meaning is an art form—the art of living well! Join **Linda Sauget** for another of her life-changing programs.

All in the Family Changed TV

Wednesday, May 8th • 11:00 a.m.

We had never seen or heard television content like this before! Creators Norman Lear and Bud Yorkin chose to tackle the hot issues of the day via colorful characters we came to love: Archie, Edith, Gloria and Michael—The Bunker Family. Once a week, for nine seasons, the nation entered the Bunker home, experiencing their discussions, as well as their sometimes, loud arguments! And, we learned together. Join **Harry Getzov** for this entertaining session.

Book Review: Jaffa Beach

Wednesday, May 10th • 11:00 a.m.

Fedora Horowitz, born in Romania, is a professional musician who continued her musical career in Israel and the United States. Living amongst Arabs and Jews in Israel inspired her to write this love story. It is set in the volatile context of the founding of the State of Israel, and the concomitant rise of the Palestinians longing for a homeland. Join popular book reviewer **Goldie Witrock** for this session.

Life and Music of Gus Kahn

Saturday, May 11th • 11:00 a.m.

With songs like, "It Had To Be You," "Makin' Whoopie," "Toot, Toot, Tootsie" and "You Stepped out of a Dream," you'll be thoroughly entertained by **Harry Getzov's** look at composer **Gus Kahn**.

Judy Garland, Get Happy

Monday, May 13th • 11:00 a.m.

Gloria Shapiro looks at the life and times of the legendary Judy Garland. She was embraced by all who saw and heard her, but at what emotional expense?

Don Rickles: "Mr. Warmth"

Tuesday, May 14th • 11:00 a.m.

Using insult as his weapon of choice and a quick, knowing smirk as his defense, Rickles delighted audiences from sold-out Vegas showrooms to late-night TV to Hollywood roasts with a brand of aggressively caustic humor that targeted everyone from unknowns, to big-name celebrities. Let Rabbi **Paul Offenkrantz** take you down memory lane.

How Ebola Came to the U.S.

Wednesday, May 15th • 11:00 a.m.

Nova Lifelong Learning presents "Medical Mysteries—How Ebola Found its Way into the U.S." with **Dr. Shamiksha Presad**. The recent Ebola virus disease epidemic in Guinea, Liberia and Sierra Leone, and, it's subsequent cases found in the U.S., demonstrates that there is a need for education and awareness regarding this topic. We will be discussing the measures being taken to control its spread.

The History of Comedy, Pt. 1

Monday, May 20th • 11:00 a.m.

Before there were movies and television, comedy had to be personal and on a stage. Shakespeare had funny plays. Burlesque made us laugh. They were the beginnings that led to comedy on radio, movies and television. **Bob Herman** will make you laugh as he presents the things that made folks laugh right up to the present time.

Inflation/Deflation

Wednesday, May 22nd • 11:00 a.m.

Inflation or deflation? Which one is more difficult to contain? You'll be amazed at the answer. People love to have prices going lower so what's so wrong? Will the Federal Reserve increase interest rates? Is this good or bad for us?

Come and listen to **Professor Rudy Berberian** give a great explanation of these two important economic concepts.



THERE'S ALWAYS LOTS OF MUSIC AND SONG!

Peter Salzer as George Burns

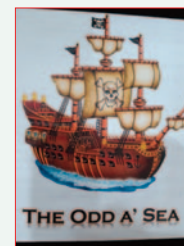
Saturday, May 4th • 7:00 p.m.

You are not looking at George Burns, but rather a great actor, performer and impersonator! Peter Salzer first played the part of George Burns in "Dreams of Broadway" at the Tropicana in Atlantic City in 2001. He co-starred in the movie "Revenge is a Promise," which was released in 2016. He appeared opposite Phillip Seymour Hoffman in the movie version of the Tony Award-winning play *Doubt*. He was featured in an episode of *The Sopranos* and as Manny Kimmel in the History Channel series *Breaking Vegas*. His film career includes featured parts in many independent movies. Don't miss this show, as Peter invokes the wonderful and memorable life and times of George Burns.



Sunrise Senior Theater Group

Sunday, May 5th • 2:00 p.m.



Forest Trace presents The Sunrise Senior Theater Group performing their first production, a one act play called *Odd a' Sea*. This is a floating fantasy about six aging, female pirates who once ruled the high seas! It is a comedy, all done in rhyme, presented by senior citizen Thespians from our local community. You will be amazed at what a group of seniors can do in their golden years! Don't miss it!

Andrea Garofalo

Wednesday, May 8th • 7:00 p.m.

Andrea's love and passion for music make him unique and one of a kind in his industry. His music honors the Masters of song: Pavarotti, Bocelli, and his most beloved Enrico Caruso. In addition to being a solo performer, he is the founder of The Legendary Tenors and Canada's Three Tenors. He travels extensively throughout Canada and the U.S. performing, not only as himself, but also as Enrico Caruso. He honors this master by singing his famous songs, while dressed in his full 1920's attire.

He is a versatile entertainer who has mastered the art of Opera, yet enjoys performing Pop, Folk and Broadway.

Bobby Barnett Trio

Saturday, May 11th • 7:00 p.m.

Be prepared to sing and dance the night away with the versatile music of America's greatest songs! Bobby is an entertaining bandleader who has mastered the art of making people happy! Along with drummer **Joe Belanger** and pianist **Bobby Weiner**, you will be in for a good old time!



Don Stansfield

Sunday, May 12th • 6:00 p.m.

This Mother's Day, we bring back a young man who captures the heart of all who see and hear him. Don possesses a unique sound and a gift that enables him to engage and connect with his audience. He definitely will bring you back to a time when the crooners "ruled the roost" and captured the hearts of America. And, he will capture your heart!

Diane Rosenbaum

Saturday, May 18th • 7:00 p.m.

A newcomer to the Florida concert stage, Diane's repertoire includes Rodgers and Hammerstein, Cole Porter, Andrew Lloyd Weber and many other famous composers. With her beautiful voice and great personality she brings charm to the stage with song, style and humor.

Marlene and Peter

Sunday, May 19th • 2:00 p.m.

As always, we are delighted when this musical duo graces the Forest Trace stage! Tracing the history of composers and their songs, it is a trip down Memory Lane with this fabulous act!

John Lariviere

Wednesday, May 22nd • 7:00 p.m.

Dawn is the founder and leader of the singing group, "The Swing Sisters." Dawn has traveled internationally and nationally, performing with many of the greats including Rosemary Clooney, the Tommy Dorsey Orchestra, Frankie Avalon and Little Anthony.

Phil and Laurie Adams

Saturday, May 25th • 7:00 p.m.

This husband and wife team will entertain you from the first song to the last! We invite you to have a fabulous musical experience again!

Chris Autore

Sunday, May 26th • 2:00 p.m.

We don't have to introduce this talented gentlemen to long-time Forest Trace residents. He's a versatile performer who is always appreciated during his visits!

Mara Joyce

Wednesday, May 29th • 7:00 p.m.

Mara brings her vivacious energy to the stage and sings your favorite songs from Broadway, yesterday and today for all to enjoy.



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

MAY 2019

AL ATRIUM LOBBY LIB LIBRARY
AR ACTIVITY ROOM PG PUTTING
CH CLUBHOUSE GREEN
CR CARD ROOM PL POOL
DR DINING ROOM TH THEATER
JDR JENNIE'S
DINING ROOM

On-Site Wellness Services

VISITING PHYSICIANS

On-Site Medical Professionals
Available by Appointment

Dr. Koch
INTERNIST
Mondays

Dr. Stein
DERMATOLOGIST
Alternate Tuesdays

Dr. Ressler
PODIATRIST
Alternate Thursdays

Dr. Goldberg
OPHTHALMOLOGIST

Myrlene Ismael-Alleyne, PA
Fridays

Wellness Center

Open 24 Hours a Day
Seven Days a Week
Call (954) 572-1117

WELLCARE REHABILITATION Physical Therapy

Available by Appointment
Call (954) 440-2696

Wednesday 1	
10:00 Shopping Spree—	CR
Avon Calling	
10:00 Exercise with Marian	TH
11:00 Nova Lifelong Learning—	TH
“Russia and the U.S.: Diplomatic History” with PETER LEVINE	
1:00 Blackjack	AR
2:00 Blackjack	AR
3:00 Word Fun with Robin	LIB
4:00-6:00 Happy Hour	CR
Complimentary Drinks, Snacks	
7:00 Town Hall Meeting	TH
with Executive Director CAMPBELL EPES	
Coffee and Chat Follows	AL

Thursday 2	
9:00-10:00 Circuit Training	GYM
9:00-10:00 Large Print Library	LIB
9:30 Shopping Spree—	CR
Stirling Jewelry with Marilyn	
10:00 Work Out with Curtis	TH
11:00 Chorus Rehearsal	TH
with Jamie and Barrie	
12:30 Music Appreciation	JDR
“Beethoven Symphony #9”	
2:30 Lounge Lizards with	AL
CARL EVANS	
2:30-3:00 Blood Pressure Check	LIB
4:00-6:00 Happy Hour	CR
7:00 Residents’ Choice Movie—	TH
“Woman in Gold” DRAMA—PG13	
7:15 Cash Bingo	CR
Coffee and Chat Follows	AL

Friday 3	
10:00 Exercise with Linda	TH
10:00 Putt a’Round	PG
with Campbell	
11:00 Health Lecture with	TH
Comprehensive Wellness	
1:00 Blackjack with Robin	AR
2:00 Blackjack with Robin	AR
2:15 Trivia with Judy	LIB
4:00-6:00 Happy Hour	CR
Complimentary Drinks and Snacks	
7:00 Friday Night Movie—	TH
“Unbroken 2” DRAMA—PG13	
7:15 Shabbat Services	CR
with Cantor Bill Wood	
Coffee and Chat Follows	AL

Saturday 4	
9:30 Depart: Walmart	AL
9:30 Depart: 44th Street	AL
10:00 Classical Exercise	TH
with Robin	
11:00 New! Tai Chi Class	TH
12:00 Depart: Town Center Mall	AL
in Boca Raton	
12:45 Wii with Robin	CH
4:00-6:00 Happy Hour	CR
Complimentary Drinks and Snacks	
7:00 Performance—	TH
PETER SALZER in a “Tribute to George Burns”	
Coffee and Chat Follows	AL

Sunday 5	
9:30 Depart: Publix	AL
10:00 Exercise with Vickey	TH
11:00 Jewelry Making and	AR
Repairs with Veronica	
12:00 Depart: Stein Mart	AL
1:00 Ice Cream Social	LIB
2:00 Sunday Showtime—	TH
Senior Thespians Perform A One-Act Play: “Odd a’ Sea”	
3:30 Word Fun with Vickey	LIB
4:00-6:00 Happy Hour	CR
7:00 Sunday Cinema—	TH
“What They Had” DRAMA—R	
Coffee and Chat Follows	AL

Monday 6	
10:00 Yoga with Andrea	TH
11:00 “What’s Your View?”	TH
with LIZ REYNOLDS	
1:00 Line Dancing with Ellen	TH
1:00 Duplicate Bridge with	CR
Margery Pecoraro	
2:15 Trivia with Marcia	LIB
4:00-6:00 Happy Hour	CR
Complimentary Drinks and Snacks	
7:00 Residents’ Choice Movie—	TH
“Collette” DRAMA—R	
7:15 Cash Bingo	CR
Coffee and Chat Follows	AL

Tuesday 7	
9:00-10:00 Circuit Training	GYM
9:30-10:30 Large Print Library	LIB
10:00 Work Out with Curtis	TH
11:00 Lecture: LINDA SAUGET—	TH
“The Art of Living Well”	
1:00 Fun with Horticulture	JDR
with Robert Bornstein	
2:30 Lounge Lizards with	AL
with TED McDERMOTT	
2:30-3:00 Blood Pressure Check	LIB
4:00-6:00 Happy Hour	CR
4:30 Depart: Dinner Outing	AL
at P.F. Chang’s (First Group)	
7:00 Movie—“The Nutcracker	TH
and the Four Horsemen”	
ADVENTURE—PG13	
Coffee and Chat Follows	AL

Wednesday 8	
10:00 Exercise with Marian	TH
11:00 Eldercation Lecture	TH
with HARRY GETZOV—	
“All in the Family: Breakthrough TV”	
12:00 Depart: Schakolad	AL
Chocolate Factory	
\$15—Sign-Ups Only	
1:00 Blackjack	AR
2:00 Blackjack	AR
3:00 Word Fun with Robin	LIB
4:00-6:00 Happy Hour	CR
Complimentary Drinks, Snacks	
7:00 Performance—Vocalist	TH
ANDREA GAROFALO	
Coffee and Chat Follows	AL

Thursday 9	
9:00 Pre-Mother’s Day	CR
Shopping Spree—Fresh Rose	
Arrangement with Camille and	
Esena Luxury Skin Care	
9:00-10:00 Circuit Training	GYM
9:00-10:00 Large Print Library	LIB
10:00 Work Out with Curtis	TH
11:00 Chorus Rehearsal	TH
12:30 Music Appreciation	JDR
“Boris Gudimov” (Opera)	
2:30 Lounge Lizards—DRAGAN	AL
2:30-3:00 Blood Pressure Check	LIB
4:00-6:00 Happy Hour	CR
7:00 Residents’ Choice Movie—	TH
“Lion” DRAMA—PG13	
7:15 Cash Bingo	CR
Coffee and Chat Follows	AL

Friday 10	
9:00 Pre-Mother’s Day Shopping	CR
Spree—Sweet Treats with Andrea	
10:00 Exercise with Linda	TH
10:00 Putt a’Round	PG
with Campbell	
11:00 Book Review with GOLDIE	TH
WITROCK—“Jaffa Beach”	
Food Committee Meeting	CR
with “OB”	
12:00 Blackjack with Robin	AR
2:00 Blackjack with Robin	AR
2:15 Trivia with Judy	LIB
4:00-6:00 Happy Hour	CR
7:00 Friday Night Movie—	TH
“The Founder” DRAMA—PG13	
7:15 Shabbat Services	CR
with Cantor Ronit Rubin	
Coffee and Chat Follows	AL

Saturday 11	
9:30 Depart: Walmart	AL
9:30 Depart: 44th Street	AL
10:00 Classical Exercise	TH
with Robin	
11:00 Eldercation Lecture—“The	TH
Life and Music of Gus Kahn”	
with HARRY GETZOV	
12:00 Depart: Galleria Mall	AL
12:45 Wii with Robin	CH
4:00-6:00 Happy Hour	CR
Complimentary Drinks and Snacks	
7:00 Performance—	TH
The BOBBY BARNETT TRIO	
Coffee and Chat Follows	AL

<div><div>Sunday12</div><div><div><div>Happy Mother's Day</div><div>NO TRANSPORTATION</div><div>10:00 Exercise with VickeyTH</div><div>11:00 Book ClubCR</div><div>11:00 Painting with SallyAR</div><div>1:00-4:30 Early DinnerDR</div><div>1:30 Cocktail Music with BARRIE BLYTHCR</div><div>3:30 Word Fun with VickeyLIB</div><div>6:00 Mother's Day Show—DON STANSFIELDTH</div><div>Coffee and Chat FollowsAL</div></div></div></div>	<div><div>Monday13</div><div><div>10:00 Yoga with AndreaTH</div><div>11:00 Lecture with GLORIA SHAPIRO—"Judy Garland, Get Happy"TH</div><div>12:00 Line Dancing with EllenTH</div><div>1:00 Duplicate Bridge with Margery PecoraroCR</div><div>1:00 "Changes and Challenges"AR</div><div>Support Group with Lonnie Poslyn, LCSWAR</div><div>2:15 Trivia with MarciaLIB</div><div>4:00-6:00 Happy HourCR</div><div>7:00 Residents' Choice Movie—"The Age of Adeline"TH</div><div>ROMANCE—PG13</div><div>7:15 Cash BingoCR</div><div>Coffee and Chat FollowsAL</div></div></div>	<div><div>Tuesday14</div><div><div>9:00-10:00 Circuit TrainingGYM</div><div>9:30-10:30 Large Print LibraryLIB</div><div>10:00 Work Out with CurtisTH</div><div>10:45 New Resident MeetingDR</div><div>11:00 Lecture with Rabbi PAUL OFFENKRANTZ—"Don Rickles: Mr. Warmth"TH</div><div>2:30 Lounge Lizards—DRAGANAL</div><div>2:30-3:00 Blood Pressure CheckLIB</div><div>4:00-6:00 Happy HourCR</div><div>7:00 Movie Night—"Little Women"DRAMA—PG13TH</div><div>7:00 Book Review with VERONICA FUCHS—"Me, After You"CR</div><div>7:00 "Lincoln"DRAMA—PG13</div><div>Coffee and Chat FollowsAL</div></div></div>	<div><div>Wednesday15</div><div><div>Diamonds & DENIM FAMILY NIGHT</div><div>10:00 Exercise with MarianTH</div><div>11:00 Nova Lifelong Learning—"Ebola In the United States"TH</div><div>with Dr. SAMIKSHA PRASAD</div><div>1:00 BlackjackAR</div><div>2:00 BlackjackAR</div><div>3:00 Word Fun with StevenLIB</div><div>4:00-6:00 Happy HourCR</div><div>4:30 Depart: Dinner Outing at P.F. Chang's (Second Group)AL</div><div>7:00 Performance—D.J. STEVE MICHAELS and the FOREST TRACE LINE DANCERSTH</div><div>Coffee and Chat FollowsAL</div></div></div>	<div><div>Thursday16</div><div><div>9:00-10:00 Circuit TrainingGYM</div><div>9:00-10:00 Large Print LibraryLIB</div><div>9:00 Shop—Marina's BoutiqueCR</div><div>10:00 Work Out with CurtisTH</div><div>11:00 Chorus RehearsalTH</div><div>12:30 Music AppreciationJDR</div><div>"Sleeping Beauty" (Ballet)</div><div>2:30 Lounge LizardsAL</div><div>with BARRIE BLYTH</div><div>2:30-3:00 Blood Pressure CheckLIB</div><div>4:00-6:00 Happy HourCR</div><div>Complimentary Drinks, Snacks</div><div>7:00 Residents' Choice Movie—"La La Land"TH</div><div>MUSICAL—PG13</div><div>7:15 Cash BingoCR</div><div>Coffee and Chat FollowsAL</div></div></div>	<div><div>Friday17</div><div><div>10:00 Exercise with LindaTH</div><div>10:00 Putt a'RoundPG</div><div>with Campbell</div><div>11:00 Charcoal Drawings Lessons with DeboraAR</div><div>1:00 Blackjack with RobinAR</div><div>2:00 Blackjack with RobinAR</div><div>2:15 Trivia with JudyLIB</div><div>4:00-6:00 Happy HourCR</div><div>Complimentary Drinks and Snacks</div><div>7:00 Friday Night Movie—"Home Again"TH</div><div>COMEDY—PG13</div><div>7:15 Shabbat ServicesCR</div><div>with Cantor Bill Wood</div><div>Coffee and Chat FollowsAL</div></div></div>	<div><div>Saturday18</div><div><div>9:30 Depart: WalmartAL</div><div>9:30 Depart: 44th StreetAL</div><div>10:00 Classical ExerciseTH</div><div>with Robin</div><div>11:00 New! Tai Chi ClassTH</div><div>12:00 Depart: Festival Flea Market MallAL</div><div>12:45 Wii with RobinCH</div><div>4:00-6:00 Happy HourCR</div><div>Complimentary Drinks and Snacks</div><div>7:00 Performance—DIANE ROSENBAUMTH</div><div>Coffee and Chat FollowsAL</div></div></div>
<div><div>Sunday19</div><div><div>9:30 Depart: PublixAL</div><div>10:00 Exercise with VickeyTH</div><div>11:00 Arts and Crafts with AdamAR</div><div>11:00 Book ClubLIB</div><div>11:00 Veterans ClubCH</div><div>12:00 Depart: American Thrift StoreAL</div><div>2:00 Sunday Showtime—MARLENE SOLENDER and PETER FUCHSCR</div><div>3:30 Word Fun with VickeyLIB</div><div>4:00-6:00 Happy HourCR</div><div>7:00 Sunday Cinema—"Only the Brave"TH</div><div>TRUE STORY—PG13</div><div>Coffee and Chat FollowsAL</div></div></div>	<div><div>Monday20</div><div><div>10:00 Yoga with AndreaTH</div><div>11:00 Lecture with BOB HERMAN—"The History of Comedy"TH</div><div>Part 1</div><div>12:00 Line Dancing with EllenTH</div><div>1:00 Duplicate Bridge with Margery PecoraroCR</div><div>2:15 Trivia with MarciaLIB</div><div>4:00-6:00 Happy HourCR</div><div>Complimentary Drinks, Snacks</div><div>7:00 Residents' Choice Movie—"St. Vincent"TH</div><div>COMEDY—PG13</div><div>7:15 Cash BingoCR</div><div>Coffee and Chat FollowsAL</div></div></div>	<div><div>Tuesday21</div><div><div>9:00-10:00 Circuit TrainingGYM</div><div>9:30-10:30 Large Print LibraryLIB</div><div>10:00 Work Out with CurtisTH</div><div>11:00 Lecture with ED PORTNER—"Is This a Dictatorship"TH</div><div>2:30 Lounge Lizards with TED McDERMOTTAL</div><div>2:30-3:00 Blood Pressure CheckLIB</div><div>4:00-6:00 Happy HourCR</div><div>Complimentary Drinks, Snacks</div><div>7:00 Book Review with GOLDIE WITROCK—"The Rothschild Dynasty"CR</div><div>7:00 "Mary Poppins Returns"TH</div><div>MUSICAL—PG</div><div>Coffee and Chat FollowsAL</div></div></div>	<div><div>Wednesday22</div><div><div>10:00 Exercise with MarianTH</div><div>11:00 Economics Lecture with RUDY BERBERIAN—"Inflation/Deflation"TH</div><div>1:00 BlackjackAR</div><div>2:00 BlackjackAR</div><div>3:00 Word Fun with StevenLIB</div><div>4:00-6:00 Happy HourCR</div><div>Complimentary Drinks and Snacks</div><div>7:00 Performance—JOHN LARIVIERETH</div><div>Coffee and Chat FollowsAL</div></div></div>	<div><div>Thursday23</div><div><div>9:00-10:00 Circuit TrainingGYM</div><div>9:00-10:00 Large Print LibraryLIB</div><div>9:30 Shopping Spree—Barbara and Mel's BoutiqueCR</div><div>10:00 Work Out with CurtisTH</div><div>11:00 Chorus RehearsalTH</div><div>12:00 Birthday Bash with ED HOROWITZDR</div><div>12:30 Music AppreciationJDR</div><div>"Sutherland & Pavorotti" (Opera)</div><div>2:30 Lounge LizardsAL</div><div>with PEDRO PAULO</div><div>2:30-3:00 Blood Pressure CheckLIB</div><div>4:00-6:00 Happy HourCR</div><div>7:00 Residents' Choice Movie—"Serenity"TH</div><div>THRILLER—R</div><div>7:15 Cash BingoCR</div><div>Coffee and Chat FollowsAL</div></div></div>	<div><div>Friday24</div><div><div>10:00 Exercise with LindaTH</div><div>10:00 Putt a'RoundPG</div><div>with Campbell</div><div>11:00 Charcoal Drawings Lessons with DeboraAR</div><div>1:00 Blackjack with RobinAR</div><div>2:00 Blackjack with RobinAR</div><div>2:15 Trivia with JudyLIB</div><div>4:00-6:00 Happy HourCR</div><div>Complimentary Drinks and Snacks</div><div>7:00 Friday Night Movie—"Home Again"TH</div><div>COMEDY—PG13</div><div>7:15 Shabbat ServicesCR</div><div>with Cantor Bill Wood</div><div>Coffee and Chat FollowsAL</div></div></div>	<div><div>Saturday25</div><div><div>9:30 Depart: WalmartAL</div><div>9:30 Depart: 44th StreetAL</div><div>10:00 Classical ExerciseTH</div><div>with Robin</div><div>12:00 Depart: Westfield Broward MallAL</div><div>12:45 Wii with RobinCH</div><div>4:00-6:00 Happy HourCR</div><div>Complimentary Drinks and Snacks</div><div>7:00 Performance—PHIL AND LAURIE ADAMSTH</div><div>Coffee and Chat FollowsAL</div></div></div>
<div><div>Sunday26</div><div><div>9:30 Depart: PublixAL</div><div>10:00 Exercise with VickeyTH</div><div>11:00 Painting with SallyAR</div><div>TBA Depart: Local MovieAL</div><div>1:00 Ice Cream SocialLIB</div><div>2:00 Sunday Showtime—CHRIS AUTORETH</div><div>3:30 Word Fun with VickeyLIB</div><div>4:00-6:00 Happy HourCR</div><div>Complimentary Drinks and Snacks</div><div>7:00 Sunday Cinema—"Beauty and the Beast"TH</div><div>MUSICAL—PG</div><div>Coffee and Chat FollowsAL</div></div></div>	<div><div>Monday27</div><div><div>MEMORIAL DAY</div><div>10:00 Yoga with AndreaTH</div><div>11:00 Yiddish for Fun with COOKIE BLATTMANCR</div><div>11:00 Let's Talk Memorial Day with JAMIETH</div><div>12:00 Line Dancing with EllenTH</div><div>1:00-4:30 Early DinnerDR</div><div>1:30 Cocktail Music with BARRIE BLYTHCR</div><div>6:00 Memorial Day Show—CAMEO BARBERSHOP QUARTETTH</div><div>Coffee and Chat FollowsAL</div><div>7:00 Residents' Choice Movie—"War Horse"TH</div><div>DRAMA—PG13</div></div></div>	<div><div>Tuesday28</div><div><div>9:00-10:00 Circuit TrainingGYM</div><div>9:30-10:30 Large Print LibraryLIB</div><div>10:00 Work Out with CurtisTH</div><div>11:00 "The Brain Train"CR</div><div>with JUDY HERMAN</div><div>2:30 Lounge Lizards with TED McDERMOTTAL</div><div>2:30-3:00 Blood Pressure CheckLIB</div><div>4:00-6:00 Happy HourCR</div><div>Complimentary Drinks and Snacks</div><div>7:00 Movie Night—"Denial"TH</div><div>DRAMA—PG13</div><div>Coffee and Chat FollowsAL</div></div></div>	<div><div>Wednesday29</div><div><div>10:00 Exercise with MarianTH</div><div>10:00 Depart: Casino OutingAL</div><div>(Minimum 5 Sign-Ups Req.)</div><div>11:00 Lecture with ED LAMONTTH</div><div>"Addison Mizner"</div><div>1:00 BlackjackAR</div><div>2:00 BlackjackAR</div><div>3:00 Word Fun with StevenLIB</div><div>4:00-6:00 Happy HourCR</div><div>Complimentary Drinks and Snacks</div><div>7:00 Performance—MARA JOYCETH</div><div>Coffee and Chat FollowsAL</div></div></div>	<div><div>Thursday30</div><div><div>9:00-10:00 Circuit TrainingGYM</div><div>9:00-10:00 Large Print LibraryLIB</div><div>9:30 Shopping Spree—Earline's JewelryCR</div><div>10:00 Work Out with CurtisTH</div><div>11:00 Chorus Rehearsal with Jamie and BarrieTH</div><div>12:30 Music AppreciationJDR</div><div>"La Boheme" (Opera)</div><div>2:30 Lounge LizardsAL</div><div>with BARRIE BLYTH</div><div>2:30-3:00 Blood Pressure CheckLIB</div><div>4:00-6:00 Happy HourCR</div><div>7:00 Movie—"Won't You Be My Neighbor"TH</div><div>DOCUMENTARY</div><div>7:15 Cash BingoCR</div><div>Coffee and Chat FollowsAL</div></div></div>	<div><div>Friday31</div><div><div>10:00 Exercise with LindaTH</div><div>10:00 Putt a'RoundPG</div><div>with Campbell</div><div>11:00 BRAIN BLAST TriviaCR</div><div>1:00 Blackjack with RobinAR</div><div>2:00 Blackjack with RobinAR</div><div>2:15 Trivia with JudyLIB</div><div>4:00-6:00 Happy HourCR</div><div>Complimentary Drinks and Snacks</div><div>7:00 Friday Night Movie—"The Post"TH</div><div>DRAMA—PG13</div><div>7:15 Shabbat ServicesCR</div><div>with Cantor Ronit Rubin</div><div>Coffee and Chat FollowsAL</div></div></div>	<div><div><div><div><div></div><div>PACIFICA</div><div>SENIOR LIVING</div><div>FOREST TRACE</div></div><div>MAY 2019</div><div><div>AL ATRIUM LOBBY</div><div>AR ACTIVITY ROOM</div><div>CH CLUBHOUSE</div><div>CR CARD ROOM</div><div>DR DINING ROOM</div><div>JDR JENNIE'S DINING ROOM</div><div>LIB LIBRARY</div><div>PG PUTTING GREEN</div><div>PL POOL</div><div>TH THEATER</div></div></div></div></div>