

# Cypress Springs

## Gracious Retirement Living

9085 Town Center Parkway • Bradenton, FL 34202 • Phone (941) 366-6870 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

JUNE 2019

### CYPRESS SPRINGS STAFF

Management Team .....DON DAHLING &  
CHERYL STEFANO  
Management Team ..... STEVE & DEBI WILKINS  
Executive Chef .....SEAN MARTIN  
Activity Coordinator .....LINDA BRITT-SMITH  
Maintenance .....REX GREEN  
Transportation .....MICHAEL LENIART

### TRANSPORTATION

**Monday, 9:30 a.m.-3 p.m.:** Local Shopping

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

**Wednesday:** Resident Outings

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

**Friday, 9:30 a.m.-3 p.m.:** Local Shopping

### SALON

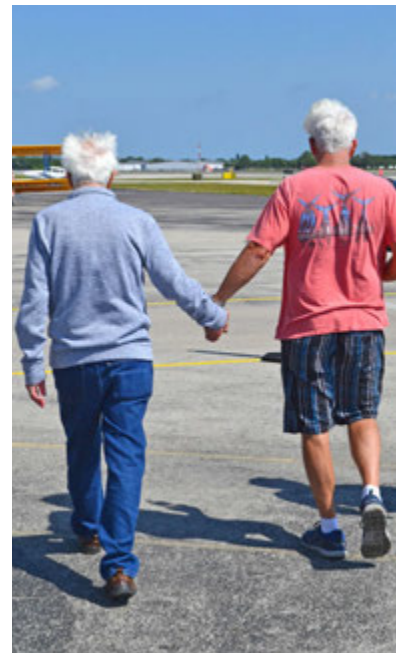
**Hours:** Monday, Tuesday, Wednesday,  
Thursday & Saturday, 10 a.m.-4:30 p.m.

**Telephone:** 941-357-6113

**HAWTHORN**  
SENIOR LIVING

## Father Knows Best!

God took the strength of a mountain,  
The majesty of a tree,  
The warmth of a summer sun,  
The calm of a quiet sea,  
The generous soul of nature,  
The comforting arm of night,  
The wisdom of the ages,  
The power of the eagle's flight,  
The joy of a morning in spring,  
The faith of a mustard seed,  
The patience of eternity,  
The depth of a family need,  
Then God combined these qualities,  
When there was nothing more to add,  
He knew his masterpiece  
was complete,  
And so, he called it ... Dad.  
—Author Unknown



*Richard and son, Todd*



*Dave with family*





## Cinco de Mayo

Cinco de Mayo, or the fifth of May, is a holiday that celebrates the date of the Mexican army's 1862 victory over France at the Battle of Puebla during the Franco-Mexican War. The day is also known as Battle of Puebla Day. While it is a relatively minor holiday in Mexico, in the United States, Cinco de Mayo has evolved into a commemoration of Mexican culture and heritage, particularly in areas with large Mexican-American populations.

Chef Sean prepared a truly Mexican feast for all to enjoy. Some residents dressed up for the occasion. Ruth dressed up as Frida.

Frida Kahlo de Rivera was a Mexican artist who painted many portraits, self-portraits and works inspired by the nature and artifacts of Mexico. Inspired by the country's popular culture, she employed a naive folk art style to explore questions of identity, postcolonialism, gender, class and race in Mexican society.



*Lilla, Ruth and Bobbie*

## Mother's Day Tea

Forty-three ladies attended the first Mother's Day Tea in the Dining Room at 3 p.m. Some residents brought their own tea cups, others shared their tea cup collections with their friends. More than one resident commented that, "Tea tastes better in teacups!"

Residents sampled a variety of teas. Some favorites were the Pomegranate and Acai Berry Herbal teas.

The event was such a success, we will do it again soon!







## In Your Easter Bonnet

Easter Sunday was spent with a beautiful Brunch Buffet prepared by Chefs Sean and Justin. The Easter Bunny surprised the residents with a visit and a chocolate treat. After the meal, there was judging by visiting Regional Chef Justin for the Easter Bonnets with five deserving winners. We had our Third Annual four-story Indoor Easter Egg Hunt which started at 2 p.m., as residents located eggs that were filled with candy or a lucky ticket. Tickets were traded in for bigger prizes. Eunice was lucky to find more than one egg filled with lucky tickets. Veronica and George were the big winners with a prize consisting of a Chef-prepared meal in the Private Dining Room.



*Alice with Easter Bunny  
(aka, son-in-law)*



*Eunice with prizes*



*Rosie, Veronica and Lilla*

## Linger Lodge Outing

Al Roker named it one of the "Top Five Weirdest Restaurants in America." Forbes.com also named it as one of the "Ten Unusual Restaurants Around The World." Linger Lodge began life as a fish camp back in 1945. A restaurant was soon added which has, over the years, become one of the state's archetypal "Old Florida" eating places. It serves what is known as "swamp food:" alligator, frog and catfish, in addition to burgers, shrimp and grouper.

You are seated comfortably on a big screened porch with an idyllic view of the Braden River. We watched as several

kayaks paddled by. The décor has been cleaned up by new owners, but retains much of the famous old taxidermy collection. Foxes, birds, bobcats, a giant alligator and perhaps a few more snakes than actually necessary adorn the walls. If a restaurant ever needed a "trigger warning" at the door, this is it.



*Don and Linda*



*Ann and Marlene*



JUNE 2019

Birthdays

Marjorie Martin, 1st  
Isabelle Cerillo, 5th  
Gemma Arme y, 6th  
Katy Koch, 7th  
Jean McMurran, 8th  
Eula Russell, 11th  
Donna Fusco, 16th  
Joan Koffler, 18th  
Ed Mielak, 20th  
Linda Castracani, 26th  
Jo Whittier, 28th

Locations

2nd Floor Billiards, BR  
4th Floor Deck, 4th Fl  
Activity Room, AR  
Atrium, A  
Bistro, B  
Chapel, CH  
Dining Room, DR  
Library, LI  
Outside Fireplace, OF  
Pool, P  
Theatre, TH

Movies

Shown every day  
at 2 and 7 p.m.

“The sun does not  
shine for a few  
trees and flowers,  
but for the wide  
world’s joy.”

—Henry Ward  
Beecher

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<div>9:00 Wii Bowling, AR</div> <div>9:45 Practice Tai Chi DVD, AR</div> <div>10:00 Singalong Favorites, A</div> <div>11:00 Volleyball, AR</div> <div>2:00 Bingo, AR</div> <div>3:30 LCR \$ Left, Right, Center, AR</div> <div></div> <div>1</div>
<div>2</div> <div>Singalong Favorite Hymns</div> <div>9:00 Wii Bowling, AR</div> <div>10:00 Singalong Hymns, A</div>	<div>3</div> <div>Mindful Monday</div> <div>9:00 Exercise, AR</div> <div>9:30 The Rosary, CH</div> <div>10:00 Communion, CH</div> <div>10:00 Community Pool Time, P</div> <div>11:00 Volleyball, AR</div> <div>2:00 BINGO, AR</div> <div>2:00 Mah Jong, BR</div> <div>3:00 Horse Races, A</div>	<div>4</div> <div>9:00 Exercise with Legacy</div> <div>9:45 Practice Tai Chi DVD, AR</div> <div>10:00 Pastor Paul, CH</div> <div>11:00 Baseball, A</div> <div>2:00 Wizard of Oz, AR</div> <div>3:00 Water Works with Linda, P</div> <div>4:00 LCR Dice Game, AR</div>	<div>5</div> <div>8:30 Blood Pressure, AR</div> <div>9:00 Dance by Design, AR</div> <div>9:30 Social Bridge, BR</div> <div>11:00 Volleyball, AR</div> <div>2:00 Mah Jong, BR</div> <div>3:00 Horse Races, A</div> <div>4:00 Sunshine Ambassador Meeting, TH</div> <div></div>	<div>6</div> <div>9:00 Exercise with Legacy</div> <div>9:45 Tai Chi with Tom, AR</div> <div>10:30 Resident/AC Meeting, TH</div> <div>11:00 Volleyball, AR</div> <div>2:00 Entertainment Bobby, AR</div> <div>3:00 Water Works with Linda, P</div> <div>4:00 LCR Dice Game, AR</div> <div></div>	<div>7</div> <div>Wear Red and Pledge, DR</div> <div>8:30 Donuts for Dads, DR</div> <div>9:00 Exercise, AR</div> <div>10:00 Community Pool Time, P</div> <div>10:00 Dean Martin Movie Marathon, TH</div> <div>10:00 Oceans of Lotions, AR</div> <div>11:00 Baseball, A</div> <div>2:00 BINGO, AR</div> <div>2:00 Mah Jong, BR</div> <div>3:00 Horse Races, A</div> <div></div>	<div>8</div> <div>9:00 Wii Bowling, AR</div> <div>9:45 Practice Tai Chi DVD, AR</div> <div>10:00 Singalong Favorites, A</div> <div>11:00 Volleyball, AR</div> <div>12:30 Betty Picnic Day, DR</div> <div>2:00 Bingo, AR</div> <div>3:30 LCR \$ Left, Right, Center, AR</div> <div></div>
<div>9</div> <div>Singalong Favorite Hymns</div> <div>9:00 Wii Bowling, AR</div> <div>10:00 Singalong Hymns, A</div>	<div>10</div> <div>Mindful Monday</div> <div>9:00 Exercise, AR</div> <div>9:30 The Rosary, CH</div> <div>10:00 Communion, CH</div> <div>10:00 Community Pool Time, P</div> <div>11:00 Volleyball, AR</div> <div>2:00 BINGO, AR</div> <div>2:00 Mah Jong, BR</div> <div>3:00 Horse Races, A</div> <div>4:00 New Resident Round Up, AR</div>	<div>11</div> <div>9:00 Exercise with Legacy</div> <div>9:45 Practice Tai Chi DVD, AR</div> <div>10:00 Pastor Paul, CH</div> <div>11:00 Baseball, A</div> <div>2:00 Honey, Honey!, B</div> <div>3:00 Water Works with Linda, P</div> <div>4:00 LCR Dice Game, AR</div> <div></div>	<div>12</div> <div>Peanut Butter Cookie Day</div> <div>8:30 Blood Pressure, AR</div> <div>9:00 Dance by Design, AR</div> <div>9:30 Social Bridge, BR</div> <div>10:00 Make PB&amp;J Cookies, AR</div> <div>11:00 Volleyball, AR</div> <div>11:00 Barb’s Avon, A</div> <div>2:00 Mah Jong, BR</div> <div>3:00 Horse Races, A</div>	<div>13</div> <div>9:00 Exercise with Legacy</div> <div>9:45 Tai Chi with Tom, AR</div> <div>10:30 Resident/Chef Meeting, TH</div> <div>11:00 Volleyball, AR</div> <div>2:00 Entertainment: Shelly, AR</div> <div>3:00 Water Works with Linda, P</div> <div>4:00 LCR Dice Game, AR</div>	<div>14</div> <div>FLAG DAY</div> <div>Wear Red and Pledge, DR</div> <div>9:00 Exercise, AR</div> <div>10:00 Oceans of Lotions, AR</div> <div>10:00 Flip Flop Craft Project, AR</div> <div>10:00 Community Pool Time, P</div> <div>11:00 Baseball, A</div> <div>2:00 BINGO, AR</div> <div>2:00 Mah Jong, BR</div> <div>3:00 Horse Races, A</div>	<div>15</div> <div>9:00 Wii Bowling, AR</div> <div>9:45 Practice Tai Chi DVD, AR</div> <div>10:00 Singalong Favorites, A</div> <div>11:00 Volleyball, AR</div> <div>2:00 Bingo, AR</div> <div>3:30 LCR \$ Left, Right, Center, AR</div>
<div>16</div> <div>FATHER’S DAY</div> <div>Singalong Favorite Hymns</div> <div>9:00 Wii Bowling, AR</div> <div>10:00 Singalong Hymns, A</div> <div></div>	<div>17</div> <div>Mindful Monday</div> <div>9:00 Exercise, AR</div> <div>9:30 The Rosary, CH</div> <div>10:00 Communion, CH</div> <div>10:00 Community Pool Time, P</div> <div>11:00 Volleyball, AR</div> <div>2:00 BINGO, AR</div> <div>2:00 Mah Jong, BR</div> <div>3:00 Horse Races, A</div> <div>4:00 Spelling Bee Happy Hour!, AR</div>	<div>18</div> <div>9:00 Exercise with Legacy</div> <div>9:45 Practice Tai Chi DVD, AR</div> <div>10:00 Pastor Paul, CH</div> <div>10:30 Resident/Manager Meeting, AR</div> <div>11:00 Baseball, A</div> <div>2:00 Honey, Honey!, B</div> <div>3:00 Water Works with Linda, P</div> <div>4:00 LCR Dice Game, AR</div> <div></div>	<div>19</div> <div>8:30 Blood Pressure, AR</div> <div>9:00 Dance by Design, AR</div> <div>9:30 Social Bridge, BR</div> <div>11:00 Volleyball, AR</div> <div>2:00 Mah Jong, BR</div> <div>3:00 Horse Races, A</div>	<div>20</div> <div>Ice Cream Soda Day</div> <div>9:00 Exercise with Legacy</div> <div>9:45 Tai Chi with Tom, AR</div> <div>11:00 Volleyball, AR</div> <div>12:00 Alex’s Everything \$5, A</div> <div>2:00 Entertainment Matt with Linda, P</div> <div>3:00 Water Works with Linda, P</div> <div>4:00 LCR Dice Game, AR</div> <div></div>	<div>21</div> <div>SUMMER BEGINS</div> <div>Wear Red and Pledge, DR</div> <div>Purple for Alzheimer’s</div> <div>9:00 Exercise, AR</div> <div>10:00 Oceans of Lotions, AR</div> <div>10:00 Community Pool Time, P</div> <div>11:00 Baseball, A</div> <div>2:00 BINGO, AR</div> <div>2:00 Mah Jong, BR</div> <div>3:00 Horse Races, A</div>	<div>22</div> <div>9:00 Wii Bowling, AR</div> <div>9:45 Practice Tai Chi DVD, AR</div> <div>10:00 Singalong Favorites, A</div> <div>11:00 Volleyball, AR</div> <div>2:00 Bingo, AR</div> <div>3:30 LCR \$ Left, Right, Center, AR</div>
<div>23</div> <div>Singalong Favorite Hymns</div> <div>9:00 Wii Bowling, AR</div> <div>10:00 Singalong Hymns, A</div>	<div>24</div> <div>Mindful Monday</div> <div>9:00 Exercise, AR</div> <div>9:30 The Rosary, CH</div> <div>10:00 Communion, CH</div> <div>10:00 Community Pool Time, P</div> <div>11:00 Volleyball, AR</div> <div>2:00 BINGO, AR</div> <div>2:00 Mah Jong, BR</div> <div>3:00 Horse Races, A</div>	<div>25</div> <div>9:00 Exercise with Legacy</div> <div>9:45 Practice Tai Chi DVD, AR</div> <div>10:00 Pastor Paul, CH</div> <div>11:00 Baseball, A</div> <div>2:00 Honey, Honey!, B</div> <div>3:00 Water Works with Linda, P</div> <div>4:00 LCR Dice Game, AR</div>	<div>26</div> <div>8:30 Blood Pressure, AR</div> <div>9:00 Dance by Design, AR</div> <div>9:30 Social Bridge, BR</div> <div>11:00 Volleyball, AR</div> <div>2:00 Mah Jong, BR</div> <div>3:00 Horse Races, A</div> <div></div>	<div>27</div> <div>Sunglasses Day</div> <div>9:00 Exercise with Legacy</div> <div>9:45 Tai Chi with Tom, AR</div> <div>11:00 Volleyball, AR</div> <div>2:00 Across the U.S. with Chris Wells, AR</div> <div>3:00 Water Works with Linda, P</div> <div>4:00 LCR Dice Game, AR</div>	<div>28</div> <div>Wear Red and Pledge, DR</div> <div>9:00 Exercise, AR</div> <div>10:00 Oceans of Lotions, AR</div> <div>10:00 Community Pool Time, P</div> <div>11:00 Baseball, A</div> <div>2:00 BINGO, AR</div> <div>2:00 Mah Jong, BR</div> <div>3:00 Horse Races, A</div> <div></div>	<div>29</div> <div>9:00 Wii Bowling, AR</div> <div>9:45 Practice Tai Chi DVD, AR</div> <div>10:00 Singalong Favorites, A</div> <div>10:30 Barb’s Avon, A</div> <div>11:00 Volleyball, AR</div> <div>2:00 Bingo, AR</div> <div>3:30 LCR \$ Left, Right, Center, AR</div>
<div>30</div> <div>Singalong Favorite Hymns</div> <div>9:00 Wii Bowling, AR</div> <div>10:00 Singalong Hymns, A</div>						





## Kentucky Derby Day



*Pete was also a winner.*



*Pierre's horse came in second.*



*John's horse came in first.*

## Oceans of Lotions

Smell different lotions and find the one you like. Sit with your friends as you massage your hands or have Linda massage them. It is not only good for your hands, but also your brain!

The sense of smell is closely linked with memory, probably more so than any of our other senses. Those with full olfactory function may be able to think of smells that evoke particular memories: the scent of an orchard in blossom conjuring up recollections of a childhood picnic, for example. One reason this might be has to do with the way your brain processes odors and memories. Smells get routed through your olfactory bulb, which is the smell-analyzing region in your brain. It's closely connected to the part of your brain that handles memory and emotion.

Join us on Fridays at 10 a.m. for Oceans of Lotions. Who knows, maybe you will be transported back to Hawaii with the scents of the fragrant flowers from the island: Plumeria or Gardenia.



*Jeanne's favorite scent*





## Ageless Aviation Dream Flights

On April 17th, six residents of Cypress Springs went on a Dream Flight over the Sarasota Bay and Longboat Key.

The Ageless Aviation Dreams Foundation is a non-profit organization established and dedicated to seniors and United States military veterans living in long-term care facilities, who have always had a burning desire to soar like an eagle. For these “Golden” individuals, we provide the opportunity to experience the thrill of an Ageless Aviation Dream Flight that includes riding in the cockpit of a 1940s Boeing Stearman, the airplane used to train many military aviators in the late thirties and early forties.

Today, many of our former United States military pilots live in senior communities. Ageless Aviation wants to take them back to a place in time when they were invincible, ruling the sky as proud military aviators.

To date, 3,675 Dream Flights have been flown. If you are interested in taking a Dream Flight, please let Linda know for next year’s flight!



Joe



Don C.



Richard



Bob F.

## OT Month

April was Occupational Therapy Month. During the month of April, the American Occupational Therapy Association (AOTA) celebrated Occupational Therapy Month and the more than 213,000 occupational therapists, occupational therapy assistants and students who work nationwide to create fuller lives for clients and their families.

Occupational Therapy is the only profession that helps people across the lifespan to do the things they want and need to do through the therapeutic use of daily activities (occupations). Occupational therapy practitioners enable people of all ages to live life to its fullest by helping them promote health and prevent — or live better with — injury, illness or disability.

Julie from Legacy spoke about the tools available to help residents keep their independence. Contact Julie if you have any questions.



Julie showing tools to help with independence.

Cypress Springs  
Gracious Retirement Living

9085 Town Center Parkway  
Bradenton, FL 34202



## Hello Sunshine!

We do believe that our home is where the heart is. Please come join us for a cold glass of lemonade and see firsthand how things are really heating up with our summer activities calendar. Give us a call for more information on any of the activities you would like to participate in or feel free to stop by to meet our caring staff and have a complimentary meal and tour.

Cypress Springs  
Gracious Retirement Living

**941-366-6870**

