

Orchard

HEIGHTS

Gracious Retirement Living

3650 South Highway 27 • Clermont, FL 34711 • Phone (352) 242-2235 • www.seniorlivinginstyle.com

AUGUST 2019

ORCHARD HEIGHTS STAFF

Managers.....DAVE & BJ DREW
Executive Chef.....OSCAR M. GUZMAN
Activity CoordinatorYVONNE KECK
MaintenanceJOE O'FARRIL
TransportationED PREMO

TRANSPORTATION

Monday, 9 a.m.-Noon: Shopping

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

Wednesday, 9 a.m.: Outing

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

Friday, 9 a.m.-Noon: Shopping

HAWTHORN
SENIOR LIVING

Adrenaline Rush

Florida's summer heat can be a bit brutal, so we seek for indoor adventures. Thanks to Shirley M.'s suggestion, we found this wonderful venue at Lake Square Mall. The staff at the Adrenaline Rush Raceway were so accommodating and kind. Looking forward to another visit soon!



Evan ready for the race



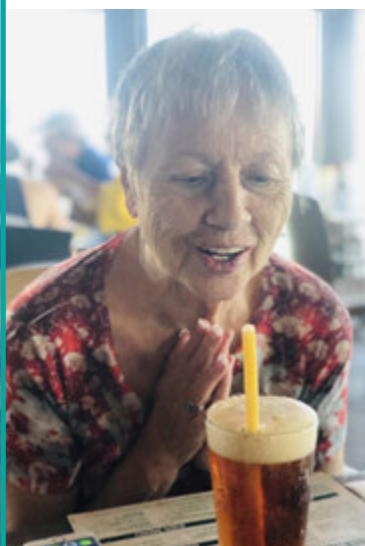
On your mark, get set and go!



... and the winner is ... Chuck!



This-n-That, Here-n-There



Eva's body surfing left her longing for a taste of home.



Cocoa Beach, Florida



Nothing like "The Salt Life"



Swimming, sun, fun — now some grub at Joe's Crab Shack



The Rentschler Family came from all over the country to celebrate Don's 90th.



Great style, but no cigar!



Ms. Maria, winner of the Pass the Tissue contest



Happy 4th of July

The Orchard Heights residents enjoyed an all-day 4th of July Celebration. Beginning with “The Star-Spangled Banner” and a brief speech by our Manager Dave Drew who reminded us of the great privilege and blessings of being an American.

We continued with Minute to Win It Games or the more brainy the All-American History Trivia Challenge.

We worked up quite an appetite after all the action. Chef Oscar and his team did not disappoint! Barbecued fall-off-the-bone ribs, chicken, corn on the cob, beans and all the fixings; and the crown jewel dessert, individual cheesecake — yummy!

Wait! It’s not over yet! For supper, cheeseburgers, hot dogs and fries while in a “drive-in” movie, accompanied by root beer floats, popcorn and candy.

Good times!



Dave explaining the Toilet Paper Bowling Strategies



Dave the photo bomber



“The Star-Spangled Banner” led by Pamela Henton



Come and get it! Game winners pick their prizes.



Supper and a movie, “Independence Day”



These are our trivia wizards answering American History questions.



Outstanding!

AUGUST 2019 Birthdays

Ed Mitchell, 1st
Vincent Fiore, 2nd
Barbara Lefkowitz, 2nd
Anita Ancel, 2nd
Bettie Issac, 9th
Wayne Etheridge, 10th
Joe Lyford, 13th
Noni Maxwell, 13th
Lucy Cannizzaro, 16th
Therese Bahl, 16th
Betty Wimberly, 19th
Jean D. Homberger, 21st
Cindy Etheridge, 23rd
Shirl Giles, 28th
Ludi Hickman, 29th

Anniversaries







Jim & MaryAnn Oddo, 8/25/1999

Locations

Activity Room, AR
Atrium, AT
Billiards Room, BR
Bistro, Bistro
Chapel, CH
Computer Center, CC
Dining Room, DR
Fire Pit, FP
Fitness Center, FC
Front Lobby, Lobby
Grand Piano, GP
Grandma's Kitchen, GK
Library, LIB
Main Entrance
Canopy, Canopy
Movie Theater, MT
Raised Bed Gardens, Garden
Shuffleboard Court, SC
Sitting Arbor, SA
Swimming Pool, Pool
TV Room, TV

Dining Schedule

8 a.m. — Breakfast
12:30 p.m. — Dinner
5:30 p.m. — Supper
(Unless otherwise announced.)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<div>Clowning Around Day1</div> <div>9:00 Our Daily Bread, CH</div> <div>9:30 Laughter Yoga, AR</div> <div>10:00 Happy Hour, GK</div> <div>10:30 Free Blood Pressure Screening, AR</div> <div>11:45 Residents' & Chef's Meeting, DR</div> <div>2:00 Volleyball, AR</div> <div>3:00 Orchard Heights Derby, AR</div> <div>7:00 Action Movie Night, MT</div> <div></div>	<div>2</div> <div>9:00 Our Daily Bread, CH</div> <div>9:30 Tai Chi, AR</div> <div>10:00 Happy Hour, GK</div> <div>1:30 Canasta, BR</div> <div>2:00 Bean Bag Baseball with Maurice, AR</div> <div>3:00 Bingo, AR</div> <div>7:00 Date Night Flick: Romance, MT</div> <div></div>	<div>3</div> <div>9:00 Our Daily Bread, CH</div> <div>9:30 Chair Exercise, AR</div> <div>10:15 Aqua-Robics with Ashley, Pool</div> <div>2:00 Left, Center, Right, AR</div> <div>2:00 Penny Poker, BR</div> <div>2:00 Bridge, BR</div> <div>2:30 Afternoon Matinee, MT</div> <div>4:00 Men's Bible Study with Pastor Bill, LIB</div> <div>4:00 Sit N Stitch with Cliffa, AR</div> <div>7:00 Flick Night, MT</div>
<div>4</div> <div>9:30 Non-Denominational Sunday Service, MT</div> <div>10:30 Morning Movie, MT</div> <div>2:00 Wii Bowling, AR</div> <div>2:00 Penny Poker, BR</div> <div>2:00 Women's Bible Study, CH</div> <div>3:00 Bingo Resident Volunteer, AR</div> <div>7:00 Father Brown — Series, MT</div>	<div>5</div> <div>Staycation Begins</div> <div>9:00 Our Daily Bread, CH</div> <div>9:30 Chair Exercise, AR</div> <div>10:00 Happy Hour, GK</div> <div>2:00 Volleyball, AR</div> <div>3:00 Penny Poker, BR</div> <div>4:00 An Evening with Steve Sternberg, DR</div> <div>7:00 Comedy Night, MT</div>	<div>6</div> <div>Cabana Day, Pool</div> <div>9:00 Our Daily Bread, CH</div> <div>10:00 Catholic Communion, CH</div> <div>10:00 Happy Hour, GK</div> <div>10:30 Oceans of Lotion, Pool</div> <div>11:00 Resort-Style Refreshments, Pool</div> <div>11:45 Residents' & Managers' Meeting, DR</div> <div>1:30 Bridge, BR</div> <div>2:00 Zumba with Bonnie, AR</div> <div>3:00 "T" for Tuesday Bingo, AR</div> <div>7:00 Drama Night at the Movies, MT</div>	<div>7</div> <div>9:00 Our Daily Bread, CH</div> <div>9:30 Chair Exercise, AR</div> <div>9:30 Hard Rock Cafe & Casino, Lobby</div> <div>10:30 Art Class with George, AR</div> <div>2:00 Trivia with Kristina, AR</div> <div>4:00 Wii Bowling</div> <div>7:00 Western Wednesday at the Movies, MT</div>	<div>8</div> <div>9:00 Our Daily Bread, CH</div> <div>9:30 Fit-Beat Drumming, AR</div> <div>10:00 Happy Hour, GK</div> <div>10:30 Free Blood Pressure Screening, AR</div> <div>2:00 Volleyball, AR</div> <div>3:00 Orchard Heights Derby, AR</div> <div>7:00 Action Movie Night, MT</div>	<div>9</div> <div>End of Staycation</div> <div>9:00 Our Daily Bread, CH</div> <div>9:30 Tai Chi, AR</div> <div>10:00 Happy Hour, GK</div> <div>1:30 Canasta, BR</div> <div>2:00 Bean Bag Baseball with Maurice, AR</div> <div>3:00 Bingo, AR</div> <div>5:00 Sock Hop, DR</div> <div>7:00 Date Night Flick: Romance, MT</div> <div></div>	<div>10</div> <div>9:00 Our Daily Bread, CH</div> <div>9:30 Chair Exercise, AR</div> <div>10:15 Aqua-Robics with Ashley, Pool</div> <div>2:00 Left, Center, Right, AR</div> <div>2:00 Penny Poker, BR</div> <div>2:00 Bridge, BR</div> <div>2:30 Afternoon Matinee, MT</div> <div>4:00 Men's Bible Study with Pastor Bill, LIB</div> <div>4:00 Sit N Stitch with Cliffa, AR</div> <div>7:00 Flick Night, MT</div> <div></div>
<div>11</div> <div>9:30 Non-Denominational Sunday Service, MT</div> <div>10:30 Morning Movie, MT</div> <div>2:00 Wii Bowling, AR</div> <div>2:00 Penny Poker, BR</div> <div>2:00 Women's Bible Study, CH</div> <div>3:00 Bingo Resident Volunteer, AR</div> <div>7:00 Father Brown — Series, MT</div>	<div>12</div> <div>Celebrate Puerto Rico Day</div> <div>9:00 Our Daily Bread, CH</div> <div>9:30 Chair Exercise, AR</div> <div>10:00 Happy Hour, GK</div> <div>10:00 Volleyball, AR</div> <div>2:00 Understanding Your Smartphone with Kritina, AR</div> <div>3:00 Penny Poker, BR</div> <div>3:00 Understanding Your Smartphone with Kristina, AR</div> <div>7:00 Comedy Night, MT</div>	<div>13</div> <div>9:00 Our Daily Bread, CH</div> <div>9:30 Fit-Beat Drumming, AR</div> <div>10:00 Catholic Communion, CH</div> <div>10:00 Happy Hour, GK</div> <div>11:00 Adult Coloring with Chede & Friends, Bistro</div> <div>11:00 Dominoes, TV</div> <div>1:30 Bridge, BR</div> <div>2:00 Zumba with Bonnie, AR</div> <div>3:00 "T" for Tuesday Bingo, AR</div> <div>7:00 Drama Night at the Movies, MT</div> <div></div>	<div>14</div> <div>9:00 Our Daily Bread, CH</div> <div>9:00 The Appleton Museum Ocala, Lobby</div> <div>9:30 Chair Exercise, AR</div> <div>2:00 Trivia with Kristina, AR</div> <div>4:00 Wii Bowling</div> <div>7:00 Western Wednesday at the Movies, MT</div>	<div>15</div> <div>9:00 Our Daily Bread, CH</div> <div>9:30 Fit-Beat Drumming, AR</div> <div>10:00 Happy Hour, GK</div> <div>10:30 Free Blood Pressure Screening, AR</div> <div>10:30 Chef's Corner: It's all About Citrus, GK</div> <div>2:00 Volleyball, AR</div> <div>3:00 Orchard Heights Derby, AR</div> <div>7:00 Action Movie Night, MT</div>	<div>16</div> <div>9:00 Our Daily Bread, CH</div> <div>9:30 Tai Chi, AR</div> <div>10:00 Happy Hour, GK</div> <div>1:30 Canasta, BR</div> <div>2:00 Bean Bag Baseball with Maurice, AR</div> <div>3:00 Bingo, AR</div> <div>7:00 Date Night Flick: Romance, MT</div> <div></div>	<div>17</div> <div>9:00 Our Daily Bread, CH</div> <div>9:30 Chair Exercise, AR</div> <div>10:15 Aqua-Robics with Ashley, Pool</div> <div>2:00 Left, Center, Right, AR</div> <div>2:00 Penny Poker, BR</div> <div>2:00 Bridge, BR</div> <div>2:30 Afternoon Matinee, MT</div> <div>4:00 Men's Bible Study with Pastor Bill, LIB</div> <div>4:00 Sit N Stitch with Cliffa, AR</div> <div>7:00 Flick Night, MT</div>
<div>18</div> <div>9:30 Non-Denominational Sunday Service, MT</div> <div>10:30 Morning Movie, MT</div> <div>2:00 Wii Bowling, AR</div> <div>2:00 Penny Poker, BR</div> <div>2:00 Women's Bible Study, CH</div> <div>3:00 Bingo Resident Volunteer, AR</div> <div>7:00 Father Brown — Series, MT</div>	<div>19</div> <div>9:00 Our Daily Bread, CH</div> <div>9:30 Chair Exercise, AR</div> <div>10:00 Happy Hour, GK</div> <div>11:00 Seminar by Angels, MT</div> <div>2:00 Volleyball, AR</div> <div>3:00 Penny Poker, BR</div> <div>7:00 Comedy Night, MT</div> <div></div>	<div>20</div> <div>9:00 Our Daily Bread, CH</div> <div>9:30 Fit-Beat Drumming, AR</div> <div>10:00 Catholic Communion, CH</div> <div>10:00 Happy Hour, GK</div> <div>11:00 Adult Coloring with Chede & Friends, Bistro</div> <div>11:00 Dominoes, TV</div> <div>1:30 Bridge, BR</div> <div>2:00 Zumba with Bonnie, AR</div> <div>3:00 "T" for Tuesday Bingo, AR</div> <div>7:00 Drama Night at the Movies, MT</div>	<div>21</div> <div>National Senior Citizens Day</div> <div>9:00 Our Daily Bread, CH</div> <div>9:30 Chair Exercise, AR</div> <div>2:00 Trivia with Kristina, AR</div> <div>4:00 Wii Bowling</div> <div>7:00 Western Wednesday at the Movies, MT</div> <div></div>	<div>22</div> <div>9:00 Our Daily Bread, CH</div> <div>9:30 Fit-Beat Drumming, AR</div> <div>10:00 Happy Hour, GK</div> <div>10:30 Free Blood Pressure Screening, AR</div> <div>2:00 Volleyball, AR</div> <div>3:00 Orchard Heights Derby, AR</div> <div>7:00 Action Movie Night, MT</div>	<div>23</div> <div>9:00 Our Daily Bread, CH</div> <div>9:30 Tai Chi, AR</div> <div>10:00 Happy Hour, GK</div> <div>1:30 Canasta, BR</div> <div>2:00 Bean Bag Baseball with Maurice, AR</div> <div>3:00 Bingo, AR</div> <div>7:00 Date Night Flick: Romance, MT</div> <div></div>	<div>24</div> <div>9:00 Our Daily Bread, CH</div> <div>9:30 Chair Exercise, AR</div> <div>10:15 Aqua-Robics with Ashley, Pool</div> <div>2:00 Left, Center, Right, AR</div> <div>2:00 Penny Poker, BR</div> <div>2:00 Bridge, BR</div> <div>2:30 Afternoon Matinee, MT</div> <div>4:00 Men's Bible Study with Pastor Bill, LIB</div> <div>4:00 Sit N Stitch with Cliffa, AR</div> <div>7:00 Flick Night, MT</div>
<div>25</div> <div>9:30 Non-Denominational Sunday Service, MT</div> <div>10:30 Morning Movie, MT</div> <div>2:00 Wii Bowling, AR</div> <div>2:00 Penny Poker, BR</div> <div>2:00 Women's Bible Study, CH</div> <div>3:00 Bingo Resident Volunteer, AR</div> <div>7:00 Father Brown — Series, MT</div> <div></div>	<div>26</div> <div>9:00 Our Daily Bread, CH</div> <div>9:30 Chair Exercise, AR</div> <div>10:00 Happy Hour, GK</div> <div>2:00 Volleyball, AR</div> <div>3:00 Penny Poker, BR</div> <div>7:00 Comedy Night, MT</div>	<div>27</div> <div>9:00 Our Daily Bread, CH</div> <div>9:30 Fit-Beat Drumming, AR</div> <div>10:00 Catholic Communion, CH</div> <div>10:00 Happy Hour, GK</div> <div>11:00 5th Anniversary Celebration, DR</div> <div>1:30 Bridge, BR</div> <div>2:00 Zumba with Bonnie, AR</div> <div>2:00 Relation Chips & Dip, TV</div> <div>3:00 "T" for Tuesday Bingo, AR</div> <div>7:00 Drama Night at the Movies, MT</div>	<div>28</div> <div>9:00 Our Daily Bread, CH</div> <div>9:30 Chair Exercise, AR</div> <div>9:45 Exploring Leesburg, Lobby</div> <div>2:00 Trivia with Kristina, AR</div> <div>4:00 Wii Bowling</div> <div>7:00 Western Wednesday at the Movies, MT</div> <div></div>	<div>29</div> <div>9:00 Our Daily Bread, CH</div> <div>9:30 Fit-Beat Drumming, AR</div> <div>10:00 Happy Hour, GK</div> <div>10:30 Free Blood Pressure Screening, AR</div> <div>2:00 Volleyball, AR</div> <div>3:00 Orchard Heights Derby, AR</div> <div>7:00 Action Movie Night, MT</div> <div></div>	<div>30</div> <div>9:00 Our Daily Bread, CH</div> <div>9:30 Tai Chi, AR</div> <div>10:00 Happy Hour, GK</div> <div>1:30 Canasta, BR</div> <div>2:00 Bean Bag Baseball with Maurice, AR</div> <div>3:00 Bingo, AR</div> <div>4:15 Monthly Birthday Celebration by Angels Care, AR</div> <div>7:00 Date Night Flick: Romance, MT</div>	<div>31</div> <div>9:00 Our Daily Bread, CH</div> <div>9:30 Chair Exercise, AR</div> <div>10:15 Aqua-Robics with Ashley, Pool</div> <div>2:00 Left, Center, Right, AR</div> <div>2:00 Penny Poker, BR</div> <div>2:00 Bridge, BR</div> <div>2:30 Afternoon Matinee, MT</div> <div>4:00 Men's Bible Study with Pastor Bill, LIB</div> <div>4:00 Sit N Stitch with Cliffa, AR</div> <div>7:00 Flick Night, MT</div>



The Man Cave Event

To honor the men of the house, we had the Man Cave Event which included entertainment, pizza, wings, salad, nachos, etc. However, this being a “men only” event, one of your housekeepers, Joy, decided to crash the party, dress as a man. She went unnoticed until Wayne took a close look at her manicured hands and blew her cover.



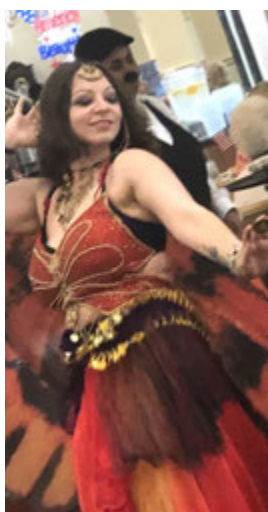
Evan, Clarence and grandson Derek, ready for the party to get started



Good friends, good times ... but there's an impostor in the house, someone pretending to be a man!



Cheers!



Good friends, good times.



Hot Fun in the Summertime

stay-cation (stā' kā SHn) —
Spent in one's home country
rather than abroad, or one
spent at home and involving
day trips to local attractions.



No need to worry about packing, security checks, and best of all,
you get to sleep in your own bed!

So buckle up and be ready for a great time!

Don't miss out on any of the fun activities that we have planned
just for you such as Cabana Day, Oceans of Lotions, pina
coladas and frozen grapes by the poolside, learn to merengue,
and don't miss the big Sock Hop Dance.

It all begins on Monday, August 5th through Friday, August 9th.

Stay tuned!

Extra, Extra, Read All About It!

Orchard Heights celebrates its 5th Anniversary!



*Luau begins at 11 a.m.
Don't miss it!*

LivingWell Journal

Laughter Is the Best Medicine!

"Laughter activates the body's natural relaxation response. It's like internal jogging, providing a good massage to all internal organs while also toning abdominal muscles." Perhaps that's why Deepak Chopra says the healthiest response to life is laughter.

Studies have found that laughter can have healing properties — and it's contagious. Here are six reasons why you should start laughing today.

- Laughter is Contagious.
- Laughter Boosts Immunity.
- Laughter Combats Depression.
- Laughter Reduces the Stress Response.
- Laughter Increases Resilience.
- Laughter Relieves Pain.

Quick Hacks to Bring More Laughter Into Your Life:

Make humor a priority by reading a funny book, watching a comedy, or listening to your favorite comedian.

Share laughter with friends. Spend more time with people who have fun.

Practice laughter yoga, which Dr. Sethi practices and teaches on occasion.

Remember that life is funny. The ability to laugh at yourself makes you attractive to others and can help relieve your own stress. Focus on finding the laughable moments in your day and then tell a friend your funny story as a way to increase the power of laughter by sharing.

Know what isn't funny. Laughing at the expense of others isn't funny. Be discerning about your humor by laughing with — not at — people.

Your ability to laugh can be cultivated with practice so start by prioritizing fun. Find occasion to be silly. Remember laughter, like smiling, is never depleted when you share it.

Mark Your Calendar: "Laughter Yoga" on Thursday, August 1st, 9:30 a.m., AR



3650 South Highway 27
Clermont, FL 34711



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.



352-242-2235

