

Orchard

HEIGHTS

Gracious Retirement Living

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

APRIL 2020

ORCHARD HEIGHTS STAFF

Managers..... DAVE & BJ DREW

Assistant Managers STEVE & KIMBERLY ROGERS

Executive Chef OSCAR M. GUZMAN

Activity Coordinator YVONNE KECK

Maintenance JOE O'FARRIL

Transportation ED 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

Mark Your Calendar! Senior Prom 2020 Is Around the Corner!

If you are a new resident in Orchard Heights, you have probably heard about our "Senior Prom," yes, it is lots of fun! For some of us the opportunity to go to prom for the first time, or to be voted Prom Queen or King!

Prom 2020's Theme is Roaring Through the '20s, so get ready to have a wonderful time!

Save the Date:

Thursday, May 14th



Chef's Corner

During March's Chef's Corner Chef Oscar presented a scrumptious Cajun shrimp with a cheddar biscuit. Finger-licking GOOD!

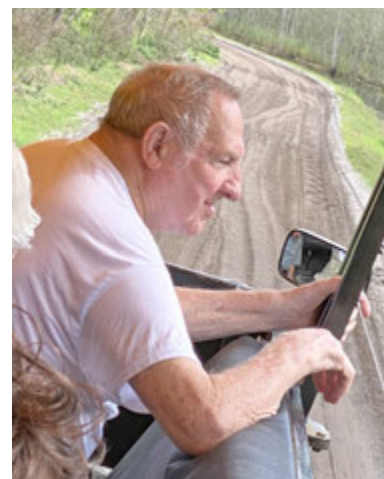
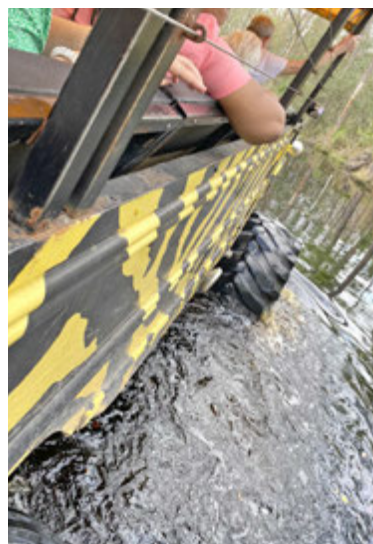




This-n-That, Here-n-There



As a grand finale for our Hawthorn Adventure, we took a little ride down the swamps.



After a year in Florida, Bob got to finally see a live gator!



Baby loving on Mama as we explored Florida on a monster truck!



Destination: Boston's Fish House!

Mardi Gras 2020



Michael was crowned as King of Mardi Gras 2020!
Long live the king!



Let's party with Emy!



Good times, good friends, good food



St. Patrick's Day

Great times at Orchard Heights! What fun to hear your lovely voices singing to "Danny Boy." Thank you Dave for a great time!



Marylly, having a little fun



Marcia rocks the house!



Oh my, John, I did it again!



We love our Riley!



Who knew Flo has such a sweet voice?

Eat a Rainbow Every Day!



Fruits and vegetables offer astounding health benefits, but did you know that different color groups represent the different benefits they can provide? Each color class offers its own unique set of phytochemicals, which not only gives them their beautiful color, but also their powerful nutrients. It's really so convenient that nature has color-coded everything for us!

When you focus on eating a variety of fruits and vegetables you end up eating more of what's good for you and less of what's not (starchy, processed foods). Here are a couple great reasons to color up your plate and eat the rainbow:

Maximize nutrition

Every shade in the produce section represents a variety of different health benefits. To summarize simply: the more variety of color, the more variety of health benefits your body will harvest. Try to include a mix of: red, green, blue/purple, yellow/orange and white (think cauliflower, onions and garlic).

Avoid boredom

Not only are you providing your body with a wide variety of nutrients and health benefits by eating the rainbow, but you are also saving yourself from boredom! We often fall into patterns and can find ourselves eating the same types of fruits and vegetables. And while any amount of veggie and fruit consumption is better than none at all, it is a lot more fun to shake things up! Eating more colorfully can be inspiring and help to get you excited to try new foods! This will also help you to learn how to prepare different fruits and vegetables in new ways and hopefully keep you motivated about healthy eating and healthy living in general. Veggies aren't just for salads and fruits don't have to be eaten on their own. It is time to think outside the box and get creative in the kitchen!

1st Annual Monopoly Tournament



APRIL 2020

Birthdays

Jacqueline White, 6th
James Douberley, 8th
Esther Baerga, 10th
Jeffery Daniels, 16th
Bob Croyle, 19th
Carolyn Dixon, 20th
Diane Kompara, 23rd
Arlene Smith, 24th
Peggy Johnson, 29th
Charles Dinn, 29th
Betty Verba, 30th

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
						
PALM SUNDAY 5	Matinee, MT 6	Matinee, MT 7	PASSOVER BEGINS AT SUNSET 8	Matinee, MT 9	GOOD FRIDAY 10	Matinee, MT 11
8:00 Walking in the Sunshine, Lobby 9:30 Non-Denominational Sunday Service, MT 2:00 Penny Poker, BR 2:00 Women’s Bible Study, LIB 3:00 Bingo Resident Volunteer, AR 7:00 “The Crown” Series, MT	8:00 Walking in the Sunshine, Lobby 9:00 Our Daily Bread, CH 9:30 Chair Exercise with Ben, AR 10:00 Happy Hour, GK 10:30 The Stroop Test, AR 2:00 The Poker Club, BR 2:00 Volleyball, AR 3:00 Penny Poker, BR 3:00 Rummikub, Bistro 3:00 Board Games! 7:00 Comedy Night, MT	8:00 Walking in the Sunshine, Lobby 9:00 Our Daily Bread, CH 9:30 Fit-Beat Drumming, AR 10:30 Adult Coloring with Chede & Friends, Bistro 10:30 Catholic Hour of Prayer, CH 11:00 Dominoes, TV 11:45 Residents’ & Managers’ Meeting, DR 1:30 Bridge, BR 2:00 Zumba, AR 3:00 “T” for Tuesday Bingo, AR 7:00 Drama Night at the Movies, MT	Matinee, MT 8:00 Walking in the Sunshine, Lobby 9:00 Our Daily Bread, CH 9:30 Chair Exercise with Ben, AR 10:00 Get Crafty, AR 10:45 Golf Tournament, AT 2:00 The Poker Club, BR 2:00 Trivia, AR 2:45 Choir Practice, AR 3:00 Passover Seder, DR 7:00 Western Wednesday at the Movies, MT	Matinee, MT 8:00 Walking in the Sunshine, Lobby 9:00 Our Daily Bread, CH 9:30 Fit-Beat Drumming, AR 10:00 Happy Hour, GK 10:30 Free Blood Pressure Screening, AR 2:00 Volleyball, AR 3:00 Orchard Heights Derby, AR 7:00 Action Movie Night, MT	Matinee, MT 8:00 Walking in the Sunshine, Lobby 9:00 Our Daily Bread, CH 9:30 Tai Chi, AR 10:00 Happy Hour, GK 10:30 Comedy Radio, AR 1:30 Canasta, BR 2:00 The Poker Club, BR 2:00 Bean Bag Baseball, AR 3:00 Good Friday Service, AR 7:00 Special Presentation: Risen, MT 7:00 Special Showing: Risen, MT	6:45 Billy’s Rock & Roll Hour, AR 8:00 Walking in the Sunshine, Lobby 9:00 Our Daily Bread, CH 9:30 Chair Exercise with Paul, AR 10:00 Shuffleboard, SC 2:00 Bridge, BR 2:00 Penny Poker, BR 4:00 Sit N Stitch, AR 4:00 Men’s Bible Study, LIB 7:00 Flick Night, MT
EASTER 12	Matinee, MT 13	Matinee, MT 14	Matinee, MT 15	Matinee, MT 16	Matinee, MT 17	Matinee, MT 18
8:00 Walking in the Sunshine, Lobby 9:30 Easter Sunday Service, MT 2:00 Penny Poker, BR 2:00 Women’s Bible Study, LIB 3:00 Bingo Resident Volunteer, AR 7:00 “The Crown” Series, MT	8:00 Walking in the Sunshine, Lobby 9:00 Our Daily Bread, CH 9:30 Chair Exercise with Ben, AR 10:00 Happy Hour, GK 2:00 The Poker Club, BR 2:00 Volleyball, AR 3:00 Penny Poker, BR 3:00 Rummikub, Bistro 3:00 Board Games! 7:00 Comedy Night, MT	8:00 Walking in the Sunshine, Lobby 9:00 Our Daily Bread, CH 9:30 Fit-Beat Drumming, AR 10:30 Catholic Hour of Prayer, CH 10:30 Adult Coloring with Chede & Friends, Bistro 11:00 Dominoes, TV 1:30 Bridge, BR 2:00 Zumba, AR 3:00 “T” for Tuesday Bingo, AR 7:00 Drama Night at the Movies, MT	8:00 Walking in the Sunshine, Lobby 9:00 Our Daily Bread, CH 9:30 Chair Exercise with Ben, AR 10:00 Get Crafty, AR 10:45 Go Fly a Kite!, Lobby 2:00 The Poker Club, BR 2:00 Trivia, AR 2:45 Choir Practice, AR 7:00 Western Wednesday at the Movies, MT	8:00 Walking in the Sunshine, Lobby 9:00 Our Daily Bread, CH 9:30 Fit-Beat Drumming, AR 10:00 Happy Hour, GK 10:30 Chef’s Corner: Flavors of the Season, GK 10:30 Free Blood Pressure Screening, AR 2:00 Volleyball, AR 3:00 Orchard Heights Derby, AR 7:00 Action Movie Night, MT	8:00 Walking in the Sunshine, Lobby 9:00 Our Daily Bread, CH 9:30 Tai Chi, AR 10:00 Happy Hour, GK 10:30 Comedy Radio, AR 1:30 Canasta, BR 2:00 The Poker Club, BR 2:00 Bean Bag Baseball, AR 3:00 Bingo, AR 7:00 Date Night Flick: Romance, MT	8:00 Walking in the Sunshine, Lobby 9:00 Our Daily Bread, CH 9:30 Chair Exercise with Paul, AR 10:00 Shuffleboard, SC 10:30 Caregiver’s Support Group by Angels Care, CH 2:00 Bridge, BR 2:00 Penny Poker, BR 4:00 Sit N Stitch, AR 4:00 Men’s Bible Study, LIB 7:00 Flick Night, MT
8:00 Walking in the Sunshine, Lobby 9:30 Non-Denominational Sunday Service, MT 2:00 Penny Poker, BR 2:00 Women’s Bible Study, LIB 3:00 Bingo Resident Volunteer, AR 7:00 “The Crown” Series, MT	Matinee, MT 20	Matinee, MT 21	EARTH DAY 22	Matinee, MT 23	Matinee, MT 24	Matinee, MT 25
8:00 Walking in the Sunshine, Lobby 9:30 Non-Denominational Sunday Service, MT 2:00 Penny Poker, BR 2:00 Women’s Bible Study, LIB 3:00 Bingo Resident Volunteer, AR 7:00 “The Crown” Series, MT	8:00 Walking in the Sunshine, Lobby 9:00 Our Daily Bread, CH 9:30 Chair Exercise with Ben, AR 10:00 Happy Hour, GK 2:00 The Poker Club, BR 2:00 Volleyball, AR 3:00 Penny Poker, BR 3:00 Rummikub, Bistro 3:00 Board Games! 7:00 Comedy Night, MT	8:00 Walking in the Sunshine, Lobby 9:00 Our Daily Bread, CH 9:30 Fit-Beat Drumming, AR 10:30 Catholic Hour of Prayer, CH 10:30 Adult Coloring with Chede & Friends, Bistro 11:00 Dominoes, TV 1:30 Bridge, BR 2:00 Zumba, AR 3:00 “T” for Tuesday Bingo, AR 7:00 Drama Night at the Movies, MT	Matinee, MT 8:00 Walking in the Sunshine, Lobby 9:00 Our Daily Bread, CH 9:30 Chair Exercise with Ben, AR 10:30 Special Earth Day Project, AR 2:00 The Poker Club, BR 2:00 Trivia, AR 2:45 Choir Practice, AR 7:00 Western Wednesday at the Movies, MT	8:00 Walking in the Sunshine, Lobby 9:00 Our Daily Bread, CH 9:30 Fit-Beat Drumming, AR 10:00 Happy Hour, GK 10:30 Free Blood Pressure Screening, AR 2:00 Volleyball, AR 3:00 Orchard Heights Derby, AR 7:00 Action Movie Night, MT	8:00 Walking in the Sunshine, Lobby 9:00 Our Daily Bread, CH 9:30 Tai Chi, AR 10:00 Happy Hour, GK 10:30 Comedy Radio, AR 1:30 Canasta, BR 2:00 The Poker Club, BR 2:00 Bean Bag Baseball, AR 3:00 Bingo, AR 4:15 Monthly Birthday Celebration by Angels Care, AR 7:00 Date Night Flick: Romance, MT	8:00 Walking in the Sunshine, Lobby 9:00 Our Daily Bread, CH 9:30 Chair Exercise with Paul, AR 10:00 Shuffleboard, SC 2:00 Penny Poker, BR 2:00 Bridge, BR 4:00 Sit N Stitch, AR 4:00 Men’s Bible Study, LIB 7:00 Flick Night, MT
8:00 Walking in the Sunshine, Lobby 9:30 Non-Denominational Sunday Service, MT 2:00 Penny Poker, BR 2:00 Women’s Bible Study, LIB 3:00 Bingo Resident Volunteer, AR 7:00 “The Crown” Series, MT	Matinee, MT 27	Matinee, MT 28	Matinee, MT 29	Matinee, MT 30		
8:00 Walking in the Sunshine, Lobby 9:30 Non-Denominational Sunday Service, MT 2:00 Penny Poker, BR 2:00 Women’s Bible Study, LIB 3:00 Bingo Resident Volunteer, AR 7:00 “The Crown” Series, MT	8:00 Walking in the Sunshine, Lobby 9:00 Our Daily Bread, CH 9:30 Chair Exercise with Ben, AR 10:00 Happy Hour, GK 2:00 The Poker Club, BR 2:00 Volleyball, AR 3:00 Penny Poker, BR 3:00 Rummikub, Bistro 3:00 Board Games! 7:00 Comedy Night, MT	8:00 Walking in the Sunshine, Lobby 9:00 Our Daily Bread, CH 9:30 Fit-Beat Drumming, AR 10:30 Catholic Hour of Prayer, CH 10:30 Adult Coloring with Chede & Friends, Bistro 11:00 Dominoes, TV 1:30 Bridge, BR 2:00 Zumba, AR 3:00 “T” for Tuesday Bingo, AR 7:00 Drama Night at the Movies, MT	8:00 Walking in the Sunshine, Lobby 9:00 Our Daily Bread, CH 9:30 Chair Exercise with Ben, AR 10:00 Get Crafty, AR 10:45 Bocce Anyone?, AT 2:00 The Poker Club, BR 2:00 Trivia, AR 2:45 Choir Practice, AR 7:00 Western Wednesday at the Movies, MT	8:00 Walking in the Sunshine, Lobby 9:00 Our Daily Bread, CH 9:30 Fit-Beat Drumming, AR 10:00 Happy Hour, GK 10:30 Free Blood Pressure Screening, AR 2:00 Volleyball, AR 3:00 Orchard Heights Derby, AR 7:00 Action Movie Night, MT		



Valentine's Day

We celebrated Valentine's Day in a big way! First we had a Tribute to Johnny Cash where we not only enjoyed some of his greatest hits but also learned about the love story of June Carter and Mr. Johnny Cash, best described as a "Ring of Fire."

On Valentine's Day, we were visited by the Lost Lake Elementary Chorus — their angelic voices not only filled our building, but also our hearts with beautiful melodies that took us back in time. They made cards and flowers for our residents and yes, even chocolate!



Lost Lake Elementary School Chorus



Ms. Nancy getting treats ready for the kids



They love Paul "The Coach".



Michael is a Valentine's Day baby and these kids seized the moment and serenaded the birthday boy!



Get Ready for COVID-19 Now

Dear Resident,

We are in this together and we must all do our part and together we can get through this. Please follow the CDC recommendations below.

Have supplies on hand.

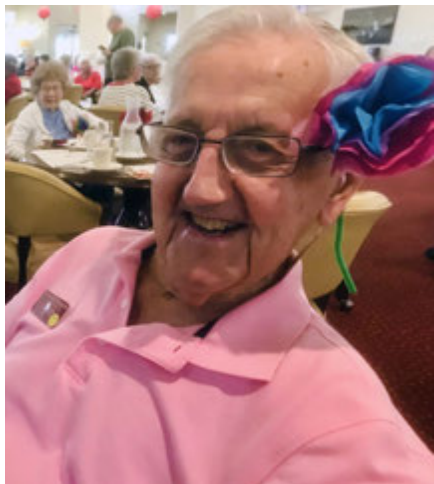
- Contact your healthcare provider to ask about obtaining extra necessary medications to have on hand in case there is an outbreak of COVID-19 in your community and you need to stay home for a prolonged period of time.
- If you cannot get extra medications, consider using mail-order for medications.
- Be sure you have over-the-counter medicines and medical supplies (tissues, etc.) to treat fever and other symptoms. Most people will be able to recover from COVID-19 at home.
- Have enough household items and groceries on hand so that you will be prepared to stay at home for a period of time.

Take everyday precautions.

- Avoid close contact with people who are sick.

Take everyday preventive actions.

- Clean your hands often.
 - Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing, or having been in a public place.
 - If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- To the extent possible, avoid touching high-touch surfaces in public places — elevator buttons, door handles, handrails, handshaking with people, etc. Use a tissue or your sleeve to cover your hand or finger if you must touch something.
- Wash your hands after touching surfaces in public places.
- Avoid touching your face, nose, eyes, etc.
- Clean and disinfect your home to remove germs: practice routine cleaning of frequently touched surfaces (for example: tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks and cell phones).
- Avoid crowds, especially in poorly ventilated spaces. Your risk of exposure to respiratory viruses like COVID-19 may increase in crowded, closed-in settings with little air circulation if there are people in the crowd who are sick.
- Avoid all non-essential travel including plane trips, and especially avoid embarking on cruise ships.



Tribute to Johnny Cash





3650 South Highway 27
Clermont, FL 34711



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.



352-242-2235

