

STEEPLECHASE

GRACIOUS RETIREMENT LIVING

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

MAY 2020

STEEPLECHASE STAFF

Managers.....JAMES & JENNI EMERY
Assistant Managers KEVIN & ANGELA TOOF
Executive ChefTIM WHITE
Community Sales SHELLEY BOWMAN
Sous ChefMYRANDA FOUNTAIN
Activity Coordinator CINDY CRUZ
Maintenance Coordinator.....JEREMY WEBER
TransportationJOSH CURFMAN
TransportationJOHN WEISNER

TRANSPORTATION

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

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

Doctor Appointments

Wednesday, 9 a.m.-?:

Wonderful to Be Out Wednesdays

Saturday, As Needed:

No Scheduled Transportation/Special Outings Only

Sunday, 9:30 a.m.: Church

HAWTHORN
SENIOR LIVING

Therese's Baby Hats! Keeping Out of Trouble!

She has been able to accomplish making 77 baby hats in these past three weeks. While she has been in her room she has kept herself busy! It takes her two and a half hours to make one baby hat. She gets so filled with joy after each hat — that one day a newborn baby will be wearing this beautiful hat. The baby's first picture at the hospital will be with her hat on. Or the mom will be able to keep her baby's head warm on the way home. How special it to be a part of that. She always sets a goal of making 1,000 baby hats by the end of each year and she feels like she will beat that again this year!





The Support of a Mother

A mother loves right from the start,
 No matter if her children are near or far apart.
 A mother gives never-ending love.
 She gives us comfort and peace like a
 beautiful dove.
 For us she will always do her best,
 Even when we put her patience to the test.
 She wipes our tears,
 Chases away our fears,
 Encourages us to follow a dream,
 No matter how far-fetched it may seem.
 Her gifts can never compare to any other.
 I am so honored to call her my mother.
 Looking back on another year,
 I was so lucky to have a mother so dear.
 So Mom, on your special day, relax and enjoy
 And always know that I couldn't have asked
 for any other
 More incredible person to call my mother.
 I love you, Mom!
 Happy Mother's Day

Written by Jodi L. Landes



Meal Times

Breakfast: 8 a.m.,

Dinner: 12:30 p.m.,

Supper: 5:30 p.m.

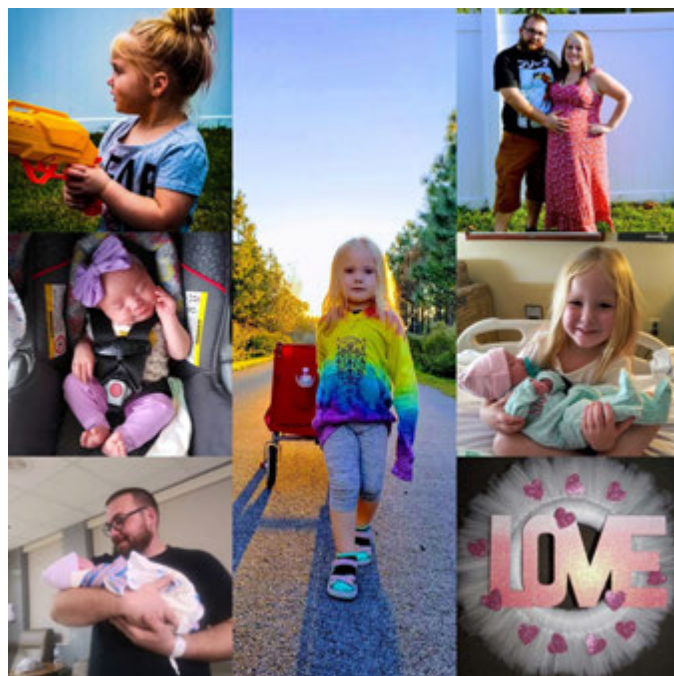
Family Time! With Chef Morgan

Chef Morgan has been working here at Steeplechase since 2012. He first started off as food prep, then when the opportunity came about he took the chef position!

As we all know Chef Morgan has two very cute girls, Avayah who is three years old and his new baby, Teyla, who is only eight weeks old!

He loves to spend time with his family. His wife, Amanda, and he take the girls on nature walks. Not too long ago they were on their weekly nature walk when Avayah noticed her very first deer! She was filled with joy. Not only do they have a love for nature, they also love to take the girls to arcades such as Chuck E. Cheese's! Avayah can't get enough of the fun!

His wife, Amanda, is amazing at making holiday wreaths; she loves to decorate for the holidays! Her favorite holiday is Halloween and she makes the most beautiful door decorations!





Can You Solve Them?

Here are three tough riddles! If you think you know the answer call Cindy!

I will let you know if you figured them out! Solve all three and your name will be entered to win a prize!

First Riddle:

I speak without a mouth and hear without ears. I have no body, but come alive with wind. What am I?

Second Riddle:

I have cities, but no houses. I have mountains, but no trees. I have water, but no fish. What am I?

Third Riddle:

I have keys, but no locks and space, and no rooms. You can enter, but you can't go outside. What am I?



DIFFICULT RIDDLES

When This Is All Over We Are Going to Party!



Pictures That Make You Go Awww!

Let's keep smiling — look at these super cute pictures and remember a smile is the best thing you can wear!



May Birthdays!

Happy Birthday!

Seldon J. — May 3rd

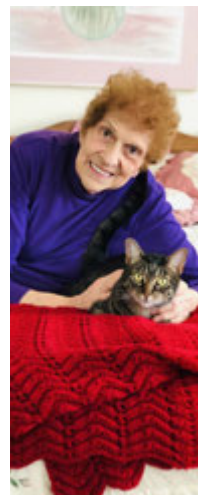
Jean M. — May 4th

Anna K. — May 15th

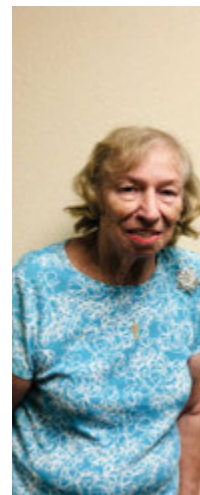
Martha B. — May 16th

Dagmar M. —
May 18th

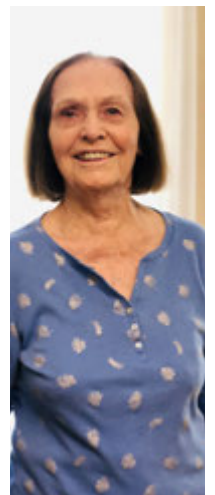
Dolores D. — May 28th



Anna



Dolores



Martha

Movie Moms

Each of the ladies listed are film characters. Can you match the mom to her movie?

- | | |
|---------------------|-------------------------------|
| 1. Winifred Banks | A. "Mamma Mia!" |
| 2. Lena Younger | B. "The Grapes of Wrath" |
| 3. Mary Bailey | C. "A Tree Grows in Brooklyn" |
| 4. Donna Sheridan | D. "Mary Poppins" |
| 5. Leigh Anne Tuohy | E. "Imitation of Life" |
| 6. Ma Joad | F. "The Blind Side" |
| 7. Lora Meredith | G. "A Raisin in the Sun" |
| 8. Katie Nolan | H. "It's a Wonderful Life" |

Feathered Friends

This is a zigzag word search. Words go left, right, up, down, and can bend at a right angle, but not diagonally. Every letter is used only once.

R	O	D	D	R	O	D	U	N	K
C	O	N	W	O	N	N	I	L	A
S	P	A	R	R	G	I	S	O	K
O	D	M	A	W	O	B	I	P	A
V	K	B	G	O	R	C	R	I	M
E	N	O	P	I	E	K	H	W	O
K	I	B	S	T	O	R	E	I	T
I	L	O	F	I	N	C	A	K	M
E	L	I	L	E	R	H	W	A	O
Q	U	A	P	E	T	M	A	C	T

BOBOLINK
CONDOR
~~CROW~~
DOVEKIE
DRONGO
DUNLIN
FINCH
IBIS
KAKAPO

KIWI
MACAW
MAGPIE
MOTMOT
PETREL
QUAIL
RHEA
SPARROW
STORK

Brain Bender: What a Doll

Amy owns a four-piece set of Russian nesting dolls. Each of the four dolls has her own name—Anastasia, Irina, Katya or Natasha. Each is painted a different color—blue, purple, red or yellow. Using the following clues, can you place the dolls in order from smallest to largest, and determine the color of each one?

- When the dolls are nested, Natasha is only touching one other doll, the purple one.
- Katya is the red doll.
- The blue doll is larger than Irina, but smaller than Katya.
- The second-largest doll is not yellow.

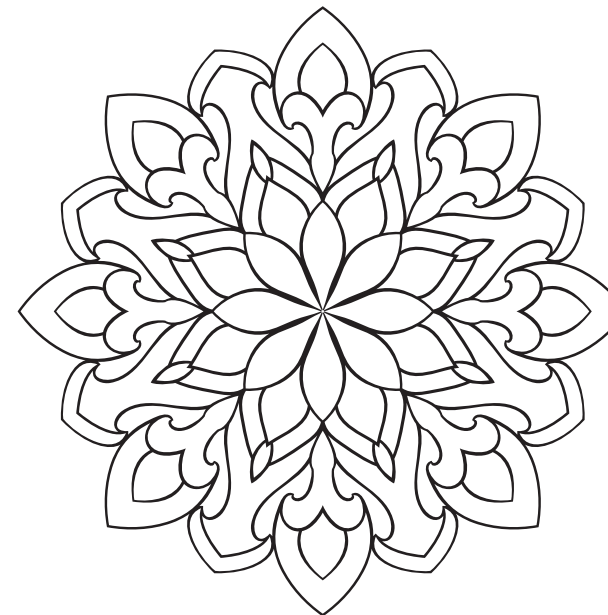


Simple Ways To Practice Mindfulness

- Savor a snack. Whether it's a crisp, fresh apple or a decadent candy bar, enjoy a snack slowly and deliberately. Close your eyes and think about the food's flavors and textures and the rhythm of your chewing.
- Enjoy nature — even from indoors. Look out your window to study birds and plants. Notice as much detail as you can. Or look at a nature photo from a book or the internet and gaze at it peacefully.
- Set aside specific times of the day to read a meaningful poem, quotation, mantra or prayer.
- Download a free guided meditation app. Search "meditation" in your device's app store to see available options.

Mandala Meditation

From a Sanskrit word meaning "circle," a mandala is a popular tool used in meditation, often representing wholeness. You may have seen a mandala without realizing what it was. Simply stated, it is a circular shape filled with repeating geometric patterns. Creating your own mandala — by drawing at least three concentric circles, then filling in the spaces between the circles with various shapes — can be therapeutic and relaxing. Coloring or painting pre-drawn mandalas has the same effect.



A Dose of Deep Breathing

Deep breathing, also known as belly breathing, can help alleviate stress, increase relaxation and lower heart rate and blood pressure. You can do it almost anywhere. Breathe in slowly through your nose for four counts until your abdomen feels fully expanded, hold your breath for one count, then exhale through your mouth for five counts. Experts recommend doing this three times an hour.

Puzzle Solutions

Movie Moms Answers

1. D; 2. G; 3. H; 4. A; 5. F; 6. B; 7. E; 8. C

Brain Bender Answers

The smallest doll, Natasha, is yellow. The second-smallest doll, Irina, is purple. The second-largest doll, Anastasia, is blue. The largest doll, Katya, is red.

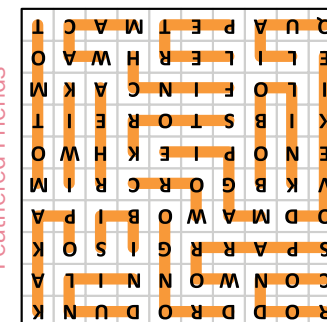
Take a Closer Look

See if you can identify 12 differences in these two illustrations.

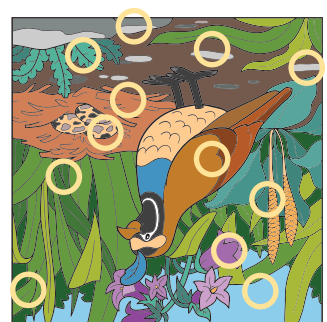
Solution can be found at the bottom of this page.



Feathered Friends



Take a Closer Look





Fun Days of the Month!

Every month you know we celebrate the “known” holidays, but what about the “just for fun” days. There have been times when we were celebrating just for fun days and it’s always fun to look forward to something! Here are some super fun days in May!

May 3rd: World Laughter Day!

Here are some funny jokes!

Today a man knocked on my door and asked for a small donation towards the local swimming pool. I gave him a glass of water.

At what age is it appropriate to tell my dog that he’s adopted?

I used to be in a band, we were called “Lost Dog.” You probably saw our posters.

May 7th: Take Your Best Shot Day!

Celebrating Kodak Cameras!

Remember the first time you used a disposable Kodak camera? Remember how amazing it was? Take some time to look back at some great memories in your photo albums this day!

May 10th: Lipton Tea Day!

Today is a great day to enjoy some Lipton tea, either cold or hot! Yummy! Can you recall the first time you had tea? Was it hot or cold? Were you at a picnic or enjoying a warm cup of tea on a cozy winter morning! Take the time to ask for tea today when the drink cart is coming to your room!

May 28th: Jell-O’s Anniversary!

On this day in 1897 the very first Jell-O flavors were introduced to the world. Strawberry, lemon, raspberry and orange! Jell-O is always a crowd favorite. I believe it’s because you can make it savory and sweet! Make sure to ask for Jell-O during Lunch!



May 3rd: World Laughter Day!



May 7th: Take Your Best Shot Day!



May 28th: Jello-O’s Anniversary



May 10th: Lipton Tea Day



Memorial Day by John, Our Bus Driver

When Memorial Day comes around, I think back to some special moments during my Air Force career. Of course it didn't begin as a positive event, but it sure ended quite well.

The beginning started during my last year in high school. I went to school for half a day and worked at an upscale department store parking garage the other half. One eventful day, I came home after work and told my Dad I had been fired from my job because I damaged a customer's car, bent the rear antenna on a new '58 Chevy — yikes! Anyway, when he said, "Come with me, son" I thought he had another job in line for me, but, unbeknownst to me, I was on the way to our local Post Office and the Air Force recruiter. So, within the next 30 days, I was on my way to Lackland AFB, Texas, and basic training. What had I gotten myself into?

I had a very positive Air Force experience; however, there were a couple of not-so-positive moments or experiences. One was when I was working on a missile about 30 floors up, lost my balance and headed over the railing. Fortunately, for me, my supervisor, who was a brute of a man reached out, grabbed me by my ankle and, pulled me to safety. Scary now when I think about it! Another time, when I was assigned to Southeast Asia, I was offloading a large aircraft stand down the ramp of an HH-53B (B.u.f.f) chopper when I tripped. I quickly rolled out of the way of the stand; otherwise, I would have likely been in the local stew of the day for the locals! My assignments took me to some very nice locations. Once I left basic training, I was hoping to get a North Carolina assignment since that's my home state; however, as most military folks are aware, that seldom happens. I ended up going to Beale AFB, California, which is 50 minutes north of Sacramento.

Six and half years later, my assignment came through to London, which I declined. I didn't want to go some place where it rained all the time so I elected to take the next assignment, which, as I found out, I had to take or get out of service. As it turned out, the assignment came through to Udorn, Thailand. Talk about rain! Monsoon rain! Oh well!

My next assignment was to Alexandria, Va., followed by an assignment to Cocoa Beach, Fla. Great assignment! It's where I met my wife.

After Patrick AFB, Florida, we were assigned to Stuttgart, Germany, for three years. We thoroughly enjoyed that tour.

My final tour was to the Joint Staff at the Pentagon. after that four-and-a-half-years assignment, I went to work for the Department of Defense Civil Service for another 21 years as a computer specialist in software.

I felt as though my air Force career was exciting, inspiring and totally worthwhile! I do miss the camaraderie; I do miss the interesting places around the world; and of course I miss the brotherhood!

Memorial Day is special to me, as you can tell throughout this short descriptive narrative! All is well!





12029 County Road 103
Oxford, Florida 34484



SPRING INTO ACTION & SHAKE OFF THOSE WINTER BLUES

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



352-259-0493

