STEEPLECHASE
GRACIOUS RETIREMENT LIVING

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

AUGUST 2020

STEEPLECHASE STAFF

Managers	JAMES & JENNI EMERY
Assistant Managers	KEVIN & ANGELA TOOF
Executive Chef	TIM WHITE
Community Sales	SHELLEY BOWMAN
Sous Chef	MYRANDA FOUNTAIN
Activity Coordinator	CINDY CRUZ
Maintenance Coordinator	SHAWN CRAWFORD
Transportation	JOSH CURFMAN
Transportation	JOHN WEISNER

TRANSPORTATION

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

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

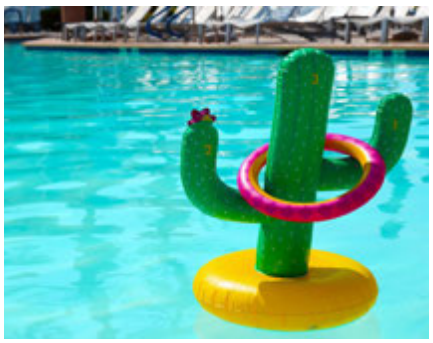
Legacy Health Talk August 20th

The topic of bladder control can be extremely sensitive, embarrassing and upsetting. About 25 million Americans have bladder control problems. For many of those people, incontinence episodes can be drastically reduced and even cured. There are typically three ways to manage incontinence: Behavioral techniques, medication and surgery. Examples of behavior interventions include: Bladder re-training, relaxation training, clothing adaptations, environmental changes/modification, dietary management, and pelvic floor exercises. Did you know Legacy healthcare has a continence management program that addresses many of the above mentioned behavioral techniques? This program has helped many individuals achieve positive results.

Neil will be having a Legacy Health Talk. He will also be having Prune Pudding for anyone who attends. Don't miss out! Meet Neil in the Activity Center, at 3:30 p.m.

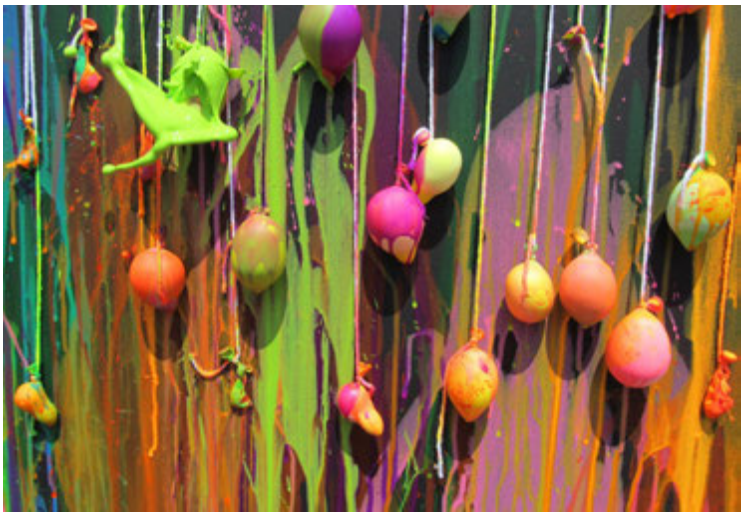
Pool Party With Cornerstone, August 11th

Let's stay cool with a Pool Party! August 11th, Cornerstone will be hosting a Pool Party! They will be bringing ice cream and we will be having live music out by the Tiki Bar! They will also be have a raffle prize, so make sure to show up for the fun! Meet out by the pool on August 11th, at 3 p.m.



Water Balloon Painting, August 7th

Let's create something fun! This craft will be outside and we will be throwing balloons filled with paint to create a fantastic piece of art! Meet Cindy by the Garden Boxes, at 3:30 p.m.

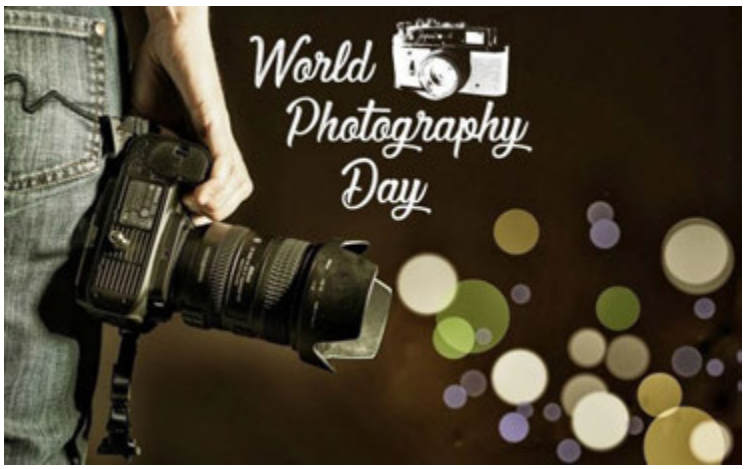


Angie Movie Night Every Tuesday, at 7 p.m.

Meet Angie, our Assistant Manager, in the TV Room. She and Ernie, one of Steeplechase's residents, set up the TV Room with snacks and movies! It's a great way to get out of your room and enjoy a fun movie and eat some yummy snacks! Make sure to look out for it in the newsletter!

World Photo Day, August 19th

World Photography Day is celebrated every August 19th of the year. This holiday is also known as the World Photo Day or National Photography Day. It is all about celebrating the art and science of photography.
This holiday was founded in 2009 by Korske Ara, an Australian photographer. This day encourages people to pick up their cameras and take pictures of various things in the world around them. Such photos are then meant to be shared with other people around the world.



First Kiss Day, August 27th

History of National Kissing Day: No one really knows when National Kissing Day was created. However, it is believed that it was created in the United Kingdom sometime during the 19th century. Regardless of where it originated however, it has spread all over the globe and is celebrated in many different countries.

Milk and Cookies Day With Gloria From VITAS! History of the Chocolate Chip Cookie

The first chocolate chip cookie was actually made by accident in Whitman, Massachusetts in an inn called the Toll House. In 1938, Ruth Graves Wakefield one day planned on making regular chocolate cookies but got the great idea of throwing in chunks of a chocolate bar into it. Much to her surprise, the chocolate did not mix well with the cookie and instead, it filled up with tasty chunks of chocolate.

These fortunate turn of events led to the emergence of the chocolate chip cookie and the birth of the Toll House Company. As time went on, different versions of the cookie were made using white chocolate or dark chocolate, and the people wanted a variety of new recipes to enjoy!

Ruth Graves' Chocolate Chip Cookie started to get more and more famous.

Finally, Nestle reached out to her and agreed to add her recipe to their wrapper in exchange for a lifetime of free cookies — and she took it!

Chocolate chip cookies have come a long way since the Toll House Inn days, because today it is seen as a staple part of the American home. It is estimated that a person eats around 35,000 cookies in a lifetime which is crazy if you think about it. It is now available to be eaten in places like Europe and Australia, and it will only get bigger from here on out. You never know, it might just get so famous that aliens might just come to Earth — over the smell of some delicious cookies.

Let's celebrate the day with cookies and milk! Meet Gloria in the Activity Center, at 3:30 p.m., for a fun game and a raffle prize!

Lemon Meringue Pie Day and Tea Party, August 15th

Let's celebrate this delicious day with a fabulous Tea Party! Join Cindy in the Activity Center for a fun Tea Party. We will be enjoying some homemade lemon meringue pie and have fun drinking tea! Meet Cindy in the Activity Center, at 3:30 p.m.

AUGUST 2020

Birthdays

Jerry B., 8th
Nickie G., 10th
Vivian V., 12th
Arthur C., 15th
Marvel K., 16th
Shirley M., 23rd
Lou R., 23rd
Dorla Dee W., 23rd
Alice J., 23rd
Rieda B., 23rd
Emmett W., 27th
Jane H., 28th
Rosa H., 30th
Donna S., 31st

Anniversaries

Vincent & Liliane, 8/18/1982

Locations

Activity Room, AC
Atrium, AT
Billiards Room, BR
Cabana, CB
Card Room, CR
Chapel, CH
Craft Room, CM
Dining Room, DR
Fire Pit, FP
Fireplace Dining Room, FPDR
Garden Boxes, GB
Grandma's Kitchen, GK
Lanai, LA
Library, LI
Pool, PL
Tiki Bar, TB
TV Room, TV
Wellness Center, WC

Breakfast: 8 a.m.,
Dinner: 12:30 p.m.,
Supper: 5:30 p.m.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 **10:00 Adult Coloring and Music Therapy, AC** 12:15 Word Games & Brain Teasers, DR **7:00 Game of Hearts, CR**
2 2:00 Rummikub, CR **3:00 Ping Pong, TB** 6:45 Classic Movie, TV *7:00 Mexican Train/ Flexible Rules, CR* **7:00 Night Bingo with James!, AC**	3 **10:30 Exercise with Deb, AC** **11:30 Angels Blood Pressue Clinic with Nurse, AT** 2:00 Rummikub, CR **2:00 Horse Racing with Safer @ Home, AC** 2:30 Rolling LRC, BR **7:00 Game of Billiards, BR**	4 **10:30 BB Baseball, AT** 10:30 Chair Stretch with Deb, AC **2:00 BINGO!, AT** **3:30 Milk & Cookies Day with Gloria, AC** 7:00 Wii Bowling, AC **7:00 Movies & Snacks with Angie, TV**	5 **10:00 Outing: Lunch Out!** **11:00 Blue Ribbon Cupcake Walk at the Fair, AT** **11:30 Safer @ Home Blood Pressure Check, AC** 2:00 Mexican Train/ By the Rules, AC **2:30 Manager/Chef/ Activity Meeting, DR** **7:00 Game of Billiards, BR**	6 **10:30 Exercise with Neil From Legacy, AC** **2:00 Legacy Blood Pressure Check, AC** **2:15 Bingo!, AT** 7:00 Trivial Pursuit, AC	7 10:30 Chair Cardio with Deb, AC **2:15 Advanced Tai Chi with Vitas, AC** **3:30 Water Balloon Art Craft!, GB** **6:45 Netflix Movie Night, TV** 7:00 Wii Bowling, AC	8 **10:00 Adult Coloring and Music Therapy, AC** 12:15 Word Games & Brain Teasers, DR **7:00 Game of Hearts, CR**
9 2:00 Rummikub, CR **3:00 Ping Pong, TB** 6:45 Classic Movie, TV *7:00 Mexican Train/ Flexible Rules, CR* **7:00 Night Bingo with James!, AC**	10 **10:30 Exercise with Deb, AC** **11:30 Angels Blood Pressue Clinic with Nurse, AT** 2:00 Rummikub, CR **2:00 Horse Racing with Safer @ Home, AC** 2:30 Rolling LRC, BR 7:00 Scrabble, AC **7:00 Game of Billiards, BR**	11 *10:20 Crossword, Sudoku, Word Search, TV* **10:30 BB Baseball, AT** 10:30 Chair Stretch with Deb, AC **3:00 Pool Party with Cornerstone, PL** 7:00 Wii Bowling, AC **7:00 Movies & Snacks with Angie, TV**	12 **10:00 Outing: Lunch Out!** **11:30 Safer @ Home Blood Pressure Check, AC** 2:00 Mexican Train/ By the Rules, AC **2:30 Let's Go Fishing Game at the Fair, AT** **7:00 Game of Billiards, BR**	13 **10:30 Exercise with Neil From Legacy, AC** **2:00 Legacy Blood Pressure Check, AC** **2:15 Bingo!, AT** 7:00 Trivial Pursuit, AC	14 10:30 Chair Cardio with Deb, AC **2:15 Advanced Tai Chi with Vitas, AC** **6:45 Netflix Movie Night, TV** 7:00 Wii Bowling, AC	15 **10:00 Adult Coloring and Music Therapy, AC** 12:15 Word Games & Brain Teasers, DR **3:30 Lemon Meringue Pie & Tea Party, AC** **7:00 Game of Hearts, CR**
16 2:00 Rummikub, CR **3:00 Ping Pong, TB** 6:45 Classic Movie, TV *7:00 Mexican Train/ Flexible Rules, CR* **7:00 Night Bingo with James!, AC**	17 **10:30 Exercise with Deb, AC** **11:30 Angels Blood Pressue Clinic with Nurse, AT** 2:00 Rummikub, CR **2:00 Horse Racing with Safer @ Home, AC** 2:30 Rolling LRC, BR **7:00 Game of Billiards, BR**	18 **10:30 BB Baseball, AT** 10:30 Chair Stretch with Deb, AC **2:00 BINGO!, AT** 7:00 Wii Bowling, AC **7:00 Movies & Snacks with Angie, TV**	19 **10:00 Outing: Thrift Stores & Lunch** **11:30 Safer @ Home Blood Pressure Check, AC** 2:00 Mexican Train/ By the Rules, AC **2:30 Hoops Game at the Fair!, AT** **7:00 Game of Billiards, BR**	20 **10:30 Exercise with Neil From Legacy, AC** **11:00 Funnel Cake Decorating with Chef Tim, AC** **2:15 Bingo!, AT** **3:30 Legacy Health Talk with Neil: Prune Pudding, AC** 7:00 Trivial Pursuit, AC	21 10:30 Chair Cardio with Deb, AC **2:15 Advanced Tai Chi with Vitas, AC** **6:45 Netflix Movie Night, TV** 7:00 Wii Bowling, AC	22 **10:00 Adult Coloring and Music Therapy, AC** 12:15 Word Games & Brain Teasers, DR **2:00 Sunflower Paper Craft, AC** **7:00 Game of Hearts, CR**
23 2:00 Rummikub, CR **3:00 Ping Pong, TB** 6:45 Classic Movie, TV *7:00 Mexican Train/ Flexible Rules, CR* **7:00 Night Bingo with James!, AC**	24 **10:30 Exercise with Deb, AC** **11:30 Angels Blood Pressue Clinic with Nurse, AT** 2:00 Rummikub, CR **2:00 Horse Racing with Safer @ Home, AC** 2:30 Rolling LRC, BR 7:00 Scrabble, AC **7:00 Game of Billiards, BR**	25 *10:20 Crossword, Sudoku, Word Search, TV* **10:30 BB Baseball, AT** 10:30 Chair Stretch with Deb, AC **2:00 BINGO!, AT** 7:00 Wii Bowling, AC **7:00 Movies & Snacks with Angie, TV**	26 **9:30 Thrift Stores/ Lunch** **11:30 Safer @ Home Blood Pressure Check, AC** 2:00 Mexican Train/ By the Rules, AC **2:30 Watermelon State Fair Stars, AC** **7:00 Game of Billiards, BR**	27 **10:30 Exercise with Neil From Legacy, AC** **2:00 Legacy Blood Pressure Check, AC** **2:15 Bingo!, AT** 7:00 Trivial Pursuit, AC	28 10:30 Chair Cardio with Deb, AC **2:15 Advanced Tai Chi with Vitas, AC** **6:45 Netflix Movie Night, TV** 7:00 Wii Bowling, AC	29 **10:00 Adult Coloring and Music Therapy, AC** 12:15 Word Games & Brain Teasers, DR **7:00 Game of Hearts, CR**
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State Fair Fun Facts

Here are some fun facts about state fairs from different states in the U.S.A. The state fair is a great way to spend a weekend with family and friends!

Have you ever been to a state fair?

1. Both the Texas State Fair and the Minnesota State Fair claim to have invented the corn dog! What do you think?
2. A giant butter sculpture of a cow has been an Iowa State Fair institution since 1911! Do you know anyone from Iowa? Have you ever seen a sculpture of a cow made from butter?
3. What popular state fair food has the most calories? The giant turkey leg! This fair food favorite has a whopping 1,136 calories and 54 grams of fat! Have you ever had a giant turkey leg before?
4. In 2018, Ohio's State Fair was the first to serve burgers sandwiches between two donuts and topped with onions and green peppers! Wow, would you ever try that?
5. Dr. Pepper was originally debuted at a state fair. The popular soda was unveiled at the 1904 World's Fair in St. Louis.

Do you love Dr. Pepper? Do you know someone obsessed with this popular drink?

Paper Sunflower Craft, August 22nd

Meet Cindy in the Activity Center to create a beautiful sunflower from paper. The art of creating beautiful art from paper is very rewarding. Meet Cindy in the Activity Center, at 2 p.m.

Fun at the State Fair Games and Fun for the Month

This month we will be visiting the State Fair! We will start the month of August by passing out tickets to each fun State Fair games and crafts.

August 5th: Blue Ribbon Cupcake Walk — This is a fun and exciting game! You will be active and the winner will win a fun, sweet treat! Meet Cindy in the Activity Center.

August 7th: Water Balloon Painting — This day is water balloon day! We will be using paint-filled water balloons and throwing them at a canvas to create art!

August 12th: Let's Go Fishing! — This is a state fair game. Do you remember the fish in a bowl and you had a chance to win one? Well, this will be very similar except we will not be using real fishes.

August 19th: Hoops Basketball Game — You will have a chance to shoot a basketball through a hoop to win a prize.

August 20th: Decorating Funnel Cakes With Chef Tim — Join Chef Tim in the Activity Center to decorate a funnel cake and get a chance to feel like you are at the fair for the month!

August 27th: Watermelon State Fair Eats — Who doesn't love watermelon? Join Cindy in the Activity Center for some watermelon fun!

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EQUAL HOUSING OPPORTUNITY

When the world is staying apart, we are coming together.

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