

# STEEPLECHASE

## GRACIOUS RETIREMENT LIVING

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

OCTOBER 2020

### STEEPLECHASE STAFF

Managers.....JAMES & JENNI EMERY  
Assistant Managers ..... KEVIN & ANGELA TOOF  
Executive Chef .....TIM WHITE  
Sous Chef .....MYRANDA FOUNTAIN  
Activity Coordinator ..... CINDY CRUZ  
Transportation .....JOSH CURFMAN  
Transportation .....JOHN WEISNER

### TRANSPORTATION

**Monday, 9 a.m.-3 p.m.:** Shopping  
**Tuesday, 9 a.m.-3 p.m.:** Dr. Appointments  
**Wednesday, 9 a.m.-?:** Wonderful  
To Be Out Wednesdays  
**Thursday, 9 a.m.-3 p.m.:** Dr. Appointments  
**Friday, 9 a.m.-3 p.m.:** Shopping  
**Saturday, As Needed:** No Scheduled  
Transportation/Special Outings Only  
**Sunday, 9:30 a.m.:** Church

HAWTHORN  
SENIOR LIVING

## Some Familiar Faces Here at Steeplechase

Ellen is new here at Steeplechase. She loves to golf; when she first met her husband he was an avid golfer and entered many tournaments. She met him in 1991 and he loved golf so much she made sure to practice her skills as much as possible to be the best and to make sure he knew she knew what she was doing! After the first six years of their relationship they got married in Hawaii! Then four years later they were doing amateur theater at Oak Run. They performed on cruises and loved to dance! After she lost her husband in 2019 she moved here to Steeplechase to help relieve herself of house upkeep and to make life a lot easier. She loves living here at Steeplechase.



Meet Ellen

Florence has been here at Steeplechase since October 2015! When she decided to move here she lived in New York and then moved straight to Florida to Steeplechase! She has two children, a son and a daughter, and two grandchildren. One of her favorite hobbies is knitting; she has made some fantastic sweaters, scarves and outfits that she's very proud of! In New York she was born on 96th street in the Bronx, and she lived on West 96th Street before she moved here to Florida! How cool! She's very energetic for being 100 years young! This January she will be 101! She is constantly dancing every time we have live music. She can easily follow the music so well with her walker. She loves all the music we have here at Steeplechase! Part of her philosophy of life is "Life is too hard, why make it harder — find humor wherever you can" and "the more you laugh the healthier you will be."



Meet Florence



## Meet Sarah From Legacy!

She was born and raised in Arizona and moved to Florida eight years ago and is now proud to call it home. She graduated from the University of Florida with a master's in occupational therapy in December 2019.

She chose to pursue a career in occupational therapy because she enjoys connecting with people on a personal level and helping them regain their independence and ability to do the everyday activities that make them who they are. In her free time she enjoys outdoor activities like kayaking, hiking, biking, camping and spending time with her three pets – a dog, a cat and a snake.



## Celebrating Sukkot at Steeplechase

Every year we have special guests from the Shalom Sisterhood in The Villages, Florida. They come and do an amazing presentation. But this year because of COVID we will be having a DVD presentation of Sukkot. Please join in on October 2nd, which is the first day.

### History of Sukkot:

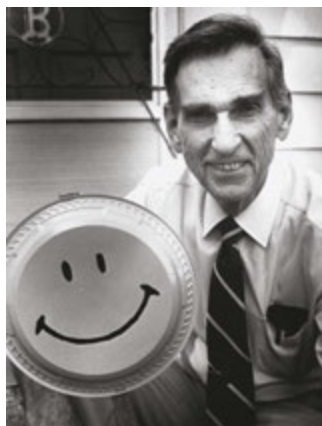
Five days after Yom Kippur, the Jew is commanded to observe the Feast of Tabernacles. Sukkot is one of the three Pilgrimage Festivals, the origin of which dates back to very ancient times. Like Pesah and Shavuot, it was celebrated as an agricultural festival long before it was associated with any specific events in Jewish history. Sukkot was originally a harvest festival at which time the farmer would celebrate the reaping of the seasonal fruit and the gathering of the vintage. The celebration also signified the closing of the agricultural year. It was customary for the farmer to dwell in a booth for protection against wild beasts. Later the holiday took on a historical meaning. The booths served to recall the frail shelters that the Hebrews inhabited during their sojourn in the wilderness. Thus it became customary to build temporary quarters every year to recall the Exodus.

## October 2nd Is World Smile Day!

First started in 1999 by the creator of the smiley, Harvey Ball, the holiday celebrates the intent behind the now universally recognized icon – to bring a smile of the faces of people around the world. The purpose of the holiday was the move away from the commercialization of the smiley and to use it as a symbol of kindness and affection.

The smiley made its debut in 1963 as a way to increase the morale of the employees of a life insurance company. Today, it is one of the most popular nonverbal ways to convey joy, happiness and cheer. The smiley face began as a bright yellow circle with two dots to represent eyes and a black line that represents a smiling mouth.

Join in the fun October 2nd at the Pumpkin Pie Dip class with Cindy for some smiles and great eats!







## October 17th — Scarecrow Social

In honor of Scarecrow Saturday we will be having a fun Scarecrow Social filled with games and prizes! This will be a great time to talk about scarecrows and if anyone has ever lived on a farm and had one before!

Did you know that the origins of the scarecrow have been traced back to ancient time? For thousands of years scarecrows have helped humans save their crops from crows and other hungry mouths and provided an outlet for human creativity. Scarecrows are as old and as mysterious as human nature and have been useful friends to humans since the mists of early time.

Scarecrow genealogy is rooted in a rural life style. The Egyptians used the first scarecrows in recorded history to use to protect wheat fields along the Nile River from flocks of quail. Egyptian farmers installed wooden frames in their fields and covered them with nets. Then they hid in the fields, scared the quail into the nets and took them home to eat for dinner.

Greek farmers in 2500 B.C. carved wooden scarecrows to look like Priapus, the son of the god Dionysus and the goddess Aphrodite, who supposedly was ugly enough to scare birds away from the vineyards and ensure good harvests. They painted their wooden scarecrows purple and put a club in one hand to scare away the birds and a sickle in the other for a good harvest.



## Wear It Pink Day!

Support breast cancer research with Ashley from Caption Call!

This is very important for breast cancer research. On this day we wear pink to help raise funds for research to help fight breast cancer. Ashley from Caption Call will be hosting a chitchat about breast cancer and how the research has helped so many. Her mother has fought breast cancer so this day is very important to her and to many in the building. Show support and show up and wear pink for the day!



## National Cat Day: Celebrate with Ashley!

Calling all cat lovers! Whether you own a cat or just love cats let's celebrate the day with a fun Cat Social! Ashley and her husband own a wonderful cat; she always says her husband loves the cat more than her. But we all know cats are amazing creatures and love to be around humans since Egyptian times.

Today is a day to encourage the adoption of cats from shelters. Owning a cat may improve your health!

Make sure to meet Ashley in the Activity Center for snacks and prizes! Also if you have any pictures of feline friends we encourage you to bring them!





OCT 2020

Birthdays

Norbert B., 3rd  
Pug G., 4th  
Jerrine B., 9th  
Sylvia B., 12th  
Prez C., 15th  
Stanley S., 15th  
Yvonne F., 16th  
Ann B., 19th  
Joyce W., 20th  
Shirley W., 22nd  
Barbara S., 23rd  
Jody S., 25th  
Murielle B., 28th

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
				<div>10:30 Exercise with Neil From Legacy, AC 1</div> <div>11:00 Pumpkin Pie Dip!, AC</div> <div>11:45 Med Go Medical Equipment, AT</div> <div>1:30 Legacy Blood Pressure Check, AC</div> <div>2:00 Bingo!, AT</div> <div>7:00 Trivial Pursuit, AC</div>	<div>10:30 Chair Cardio with Deb, AC 2</div> <div>10:30 BB Baseball, AT</div> <div>2:15 Bingo!, AT</div> <div>3:30 Sukkot DVD Presentation, AC</div> <div>6:45 Netflix Movie Night, TV</div> <div>7:00 Wii Bowling, AC</div>	<div>9:00 Veterans Social Coffee &amp; Doughnuts!, AC 3</div> <div>10:00 Adult Coloring and Music Therapy, AC</div> <div>10:30 DIY Toilet Paper Pumpkin Craft, AC</div> <div>12:15 Word Games &amp; Brain Teasers, DR</div> <div>2:15 Bingo!, AT</div> <div>4:30 Live Oaks Church Inspirational Video/Music, AC</div> <div>7:00 Game of Hearts, CR </div>
<div>11:30 Chuch Service with Pastor Schultz, CH 4</div> <div>2:00 Rummikub, CR</div> <div>3:00 Ping Pong, TB</div> <div>6:45 Classic Movie, TV</div> <div>7:00 Mexican Train/Flexible Rules, CR</div> <div>7:00 Night Bingo with James!, AC </div>	<div>10:30 Exercise with Deb, AC 5</div> <div>11:30 Angels Blood Pressue Clinic with Nurse, AT</div> <div>2:00 Rummikub, CR</div> <div>2:00 Horse Racing with Judy, AC</div> <div>2:30 Rolling LRC, BR</div> <div>7:00 Game of Billiards, BR</div>	<div>10:30 Chair Stretch with Deb, AC 6</div> <div>2:00 Bingo with Judy, AT</div> <div>7:00 Wii Bowling, AC</div> <div>7:00 Movies &amp; Snacks with Angie, TV</div>	<div>10:00 Outing: Chocolate Kingdom Museum 7</div> <div>2:00 Mexican Train/By the Rules, AC</div> <div>7:00 Game of Billiards, BR</div>	<div>10:30 Exercise with Neil From Legacy, AC 8</div> <div>1:30 Legacy Blood Pressure Check, AC</div> <div>2:00 Bingo!, AT</div> <div>3:30 Pumpkin Patch/Games/Prizes/Roasted Pumpkin Seeds, AC</div> <div>7:00 Trivial Pursuit, AC</div>	<div>10:30 Chair Cardio with Deb, AC 9</div> <div>10:30 BB Baseball, AT</div> <div>2:15 Bingo!, AT</div> <div>6:45 Netflix Movie Night, TV</div> <div>7:00 Wii Bowling, AC </div>	<div>10:00 Adult Coloring and Music Therapy, AC 10</div> <div>10:00 Thankful Pumpkins Craft!, AC</div> <div>12:15 Word Games &amp; Brain Teasers, DR</div> <div>2:15 Bingo!, AT</div> <div>4:30 Live Oaks Church Inspirational Video/Music, AC</div> <div>7:00 Game of Hearts, CR</div>
<div>11:30 Chuch Service with Pastor Schultz, CH 11</div> <div>2:00 Rummikub, CR</div> <div>3:00 Ping Pong, TB</div> <div>6:45 Classic Movie, TV</div> <div>7:00 Mexican Train/Flexible Rules, CR</div> <div>7:00 Night Bingo with James!, AC</div>	<div>COLUMBUS DAY 12</div> <div>10:30 Exercise with Deb, AC</div> <div>11:30 Angels Blood Pressue Clinic with Nurse, AT</div> <div>2:00 Rummikub, CR</div> <div>2:00 Horse Racing with Judy, AC</div> <div>2:30 Rolling LRC, BR</div> <div>7:00 Scrabble, AC</div> <div>7:00 Game of Billiards, BR</div>	<div>10:20 Crossword, Sudoku, Word Search, TV 13</div> <div>10:30 Chair Stretch with Deb, AC</div> <div>11:00 Live Music: Petrina, TB</div> <div>1:30 Rose Blood Pressure Check/Devoted Angels, AC</div> <div>7:00 Wii Bowling, AC</div> <div>7:00 Movies &amp; Snacks with Angie, TV</div>	<div>8:30 Outing: Hard Rock Casino 14</div> <div>2:00 Mexican Train/By the Rules, AC</div> <div>7:00 Game of Billiards, BR</div>	<div>10:30 Exercise with Neil From Legacy, AC 15</div> <div>1:30 Legacy Blood Pressure Check, AC</div> <div>2:00 Bingo!, AT</div> <div>7:00 Trivial Pursuit, AC </div>	<div>10:30 Chair Cardio with Deb, AC 16</div> <div>10:30 BB Baseball, AT</div> <div>2:15 Bingo!, AT</div> <div>6:30 Live Music: The Village Cowboy, TB</div> <div>6:45 Netflix Movie Night, TV</div> <div>7:00 Wii Bowling, AC </div>	<div>10:00 Adult Coloring and Music Therapy, AC 17</div> <div>10:00 Scarecrow Social, AT</div> <div>10:30 Live Music: Mark Raisch, TB</div> <div>12:15 Word Games &amp; Brain Teasers, DR</div> <div>2:15 Bingo!, AT</div> <div>4:30 Live Oaks Church Inspirational Video/Music, AC</div> <div>7:00 Game of Hearts, CR</div>
<div>11:30 Chuch Service with Pastor Schultz, CH 18</div> <div>2:00 Rummikub, CR</div> <div>3:00 Ping Pong, TB</div> <div>6:45 Classic Movie, TV</div> <div>7:00 Mexican Train/Flexible Rules, CR</div> <div>7:00 Night Bingo with James!, AC</div>	<div>10:30 Exercise with Deb, AC 19</div> <div>11:30 Angels Blood Pressue Clinic with Nurse, AT</div> <div>2:00 Rummikub, CR</div> <div>2:00 Horse Racing with Judy, AC</div> <div>2:30 Rolling LRC, BR</div> <div>7:00 Game of Billiards, BR </div>	<div>10:30 Chair Stretch with Deb, AC 20</div> <div>1:30 Yellow Bag Event with Legacy!, AC</div> <div>2:15 Bingo with Judy, AT</div> <div>7:00 Wii Bowling, AC</div> <div>7:00 Movies &amp; Snacks with Angie, TV </div>	<div>10:00 Shopping: Allies &amp; Big Lots 21</div> <div>2:00 Mexican Train/By the Rules, AC</div> <div>2:30 Crafting with Rose, AC</div> <div>3:30 Bingo with John!, AT</div> <div>7:00 Game of Billiards, BR</div>	<div>10:30 Exercise with Neil From Legacy, AC 22</div> <div>11:00 Legacy Health Talk: Fall Prevention, AC</div> <div>1:30 Legacy Blood Pressure Check, AC</div> <div>7:00 Trivial Pursuit, AC </div>	<div>10:30 Chair Cardio with Deb, AC 23</div> <div>10:30 BB Baseball, AT</div> <div>2:00 Wear It Pink Day: Pink Social with Ashley, AC</div> <div>6:45 Netflix Movie Night, TV</div> <div>7:00 Wii Bowling, AC </div>	<div>10:00 Adult Coloring and Music Therapy, AC 24</div> <div>12:15 Word Games &amp; Brain Teasers, DR</div> <div>2:15 Bingo!, AT</div> <div>4:30 Live Oaks Church Inspirational Video/Music, AC</div> <div>7:00 Game of Hearts, CR</div>
<div>11:30 Chuch Service with Pastor Schultz, CH 25</div> <div>2:00 Rummikub, CR</div> <div>3:00 Ping Pong, TB</div> <div>6:45 Classic Movie, TV</div> <div>7:00 Mexican Train/Flexible Rules, CR</div> <div>7:00 Night Bingo with James!, AC </div>	<div>10:30 Exercise with Deb, AC 26</div> <div>11:30 Angels Blood Pressue Clinic with Nurse, AT</div> <div>2:00 Rummikub, CR</div> <div>2:00 Horse Racing with Judy, AC</div> <div>2:30 Rolling LRC, BR</div> <div>7:00 Scrabble, AC</div> <div>7:00 Game of Billiards, BR</div>	<div>10:20 Crossword, Sudoku, Word Search, TV 27</div> <div>10:30 Chair Stretch with Deb, AC</div> <div>1:30 Rose Blood Pressure Check/Devoted Angels, AC</div> <div>7:00 Wii Bowling, AC</div> <div>7:00 Movies &amp; Snacks with Angie, TV</div>	<div>9:30 Outing: Thrift Stores &amp; Dunkin Donuts! 28</div> <div>2:00 Mexican Train/By the Rules, AC</div> <div>3:30 Bingo with John!, AT</div> <div>7:00 Game of Billiards, BR </div>	<div>10:30 Exercise with Neil From Legacy, AC 29</div> <div>1:30 Legacy Blood Pressure Check, AC</div> <div>2:00 Cat Day Meow!/Cat Social with Ashley Prizes &amp; Fun!, AC</div> <div>7:00 Trivial Pursuit, AC</div>	<div>10:30 Chair Cardio with Deb, AC 30</div> <div>10:30 BB Baseball, AT</div> <div>3:00 Spooky Kick Off Party with Cornerstone!/Raffles/Food, TB</div> <div>6:45 Netflix Movie Night, TV</div> <div>7:00 Wii Bowling, AC</div>	<div>HALLOWEEN 31</div> <div>10:00 Adult Coloring and Music Therapy, AC</div> <div>12:15 Word Games &amp; Brain Teasers, DR</div> <div>4:00 Live Music: Xavier Musique, TB</div> <div>4:00 Halloween Pool Party!, TB</div> <div>7:00 Game of Hearts, CR</div>





## Pumpkin Patch Fun!

Pumpkin patches are a fun tradition for everyone, from memories with family and friends to just celebrating fall. Everyone loves pumpkin patches! We will be having a pumpkin patch with games and roasted pumpkin seeds! We will be celebrating in the Activity Center; stop by at 3:30 p.m. for fun and games!



## Pumpkin Fun for October!

Yea! Pumpkin season! What a great time to do all things pumpkin and fall related! This month you will be able to join in some fun activities and culinary classes all related to pumpkins!

### **Pumpkin Pie Dip:** October 1st

If you love pumpkin pie then you have to join me in making some yummy pumpkin pie dip! We will be having a culinary class where you will learn to make pumpkin pie dip and everyone will get a chance to join in making it! We will be using gingersnap cookies to dip in and enjoy! Don't miss out!

### **DIY Toilet Paper Pumpkins Craft:** October 3rd

This craft is so cool! At the end of this craft you will be able to display this super cute pumpkin that will help you celebrate fall and pumpkins!

### **Creating Thankful Pumpkins:** October 10th

This is a great time to sit down relax and think about what we are all thankful for. This craft is a simple addition to your fall décor, and a fun reminder of all the things, big and small, that we have to be thankful for.



*DIY Toilet Paper Pumpkin Décor!*

## Ghoulishly Funny Riddles! Boo!

### **How are vampires like false teeth?**

"They both come out at night."

### **What does a ghost do to stay safe in a car?**

"He puts on his sheet belt."

### **What did the ghost teacher say to her class?**

"Watch the board, and I'll go through it again."

### **What happens when a ghost gets lost in the fog?**

"He is mist."

### **Why aren't there any famous skeletons?**

"They're a bunch of no bodies."





## Legacy Yellow Bag Event and Legacy Health Talk!

What a wonderful time to have another Yellow Bag event! The yellow bag event will be held in the Activity Center. Legacy will be handing out yellow bags filled with goodies and very important information that you can use year-round. Make sure to stop by the Activity Center October 20th at 3:30 p.m. to pick up your bag!



Legacy Health Talk: October 22nd at 11 a.m., located in the Activity Center

### The Big Four

The American Geriatric Society's Panel on Fall Prevention examined numerous studies on falls and ranked the most commonly cited risk factors. The top four, what I like to call the Big Four, are:

**Muscle Weakness** — People with muscle weakness are almost four and a half times more likely to fall than strong people.

**History of Falls** — People who have fallen at least once in the previous six months are three times more likely to fall in the next year than those who haven't fallen.

**Gait Deficit** — People who walk with a short stride, with their feet close together or with other gait impairments are nearly three times more likely to fall than are people with normal walking patterns.

**Balance Deficit** — People who exhibit difficulty maintaining their balance during walking, standing or sitting activities are nearly three times more likely to fall than those who don't have balance problems.

## Crafting With Rose From Devoted Angels

Everyone knows Rose — she is an amazing caregiver who works for Devoted Angels that has an office here in the building. Rose is known for her amazing crafts and shirt protectors. She will be volunteering her time to show you some of her fun crafts that she does in her spare time. This month she will be showing you how to make fall signs for your walkers or doors. They are just beautiful!

Meet Rose for Crafting Fun on October 21st at 2:30 p.m., located in the Activity Center!



## October 3rd — Parachutes for Soldiers Day! — Veterans Morning Coffee and Doughnuts!

### World War II Today:

October 3, 1940

U.S. Army adopts airborne, or parachute, soldiers. Airborne troops were later used in World War II for landing troops in combat and infiltrating agents into enemy territory.

This day to celebrate Parachutes for Soldiers Day we will be hosting a coffee and doughnuts veterans social! Meet in the Activity Center at 9 a.m.!







12029 County Road 103  
Oxford, Florida 34484

A photograph of various autumn-themed items including several pumpkins (orange and white), ears of corn, and gourds, arranged on a dark, textured surface.

# Fall in love...

## With Our Gracious Lifestyle

Our caring staff is here for you any time, day or night, and all utilities except phone are included in one reasonable monthly rent. We offer local, comfortable transportation for shopping, appointments and other scheduled activities. We also take care of the cooking, weekly housekeeping and maintenance, so you can spend more time with new friends and family.



**352-259-0493**