

Orchard

HEIGHTS

Gracious Retirement Living

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

NOVEMBER 2020

ORCHARD HEIGHTS STAFF

Managers..... DAVE & BJ DREW
Assistant Managers STEVE
& KIMBERLY ROGERS
Executive Chef OSCAR M. GUZMAN
Community Sales VANESSA L. MCCALL
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

We Salute Our Veterans

We take this opportunity to express our heartfelt gratitude for your service:

US Marines:

- Ginny Gillette

Air Force:

- Harvey Ellis
- Jack Greenhill
- Edward Mitchell
- Jim Douberley
- James Cameron
- James Palmer
- Dave Davidson
- Billy Jones

US Navy:

- Virgil Giles
- Evan Bigelow
- Royal Fort
- James Oddo
- John Tetrault
- Warren Turner

US Army:

- Paul Velez
- Thomas Donchez
- Richard Read
- James "Riley" McGaugh
- Gilmore Ford
- Mike Bradfield
- Bob Haas
- Robert Croyle





This-n-That, Here-n-There



Mexican Train, Tuesdays at 2 p.m., come check it out!



Kendrick's spontaneous Concerto. Bravo!



Ms. Marylou, always happy to lend a helping hand. Thank You!



Poker, anyone?



He caught it and grilled it...yum!



Happy 69th Wedding Anniversary to Sunny & Larry!



An Attitude of Gratitude

A thankful heart is a happy heart — it may sound cliché, but science says it's true. Making gratitude a regular habit boosts positive emotions and helps you be more resilient when dealing with life's challenges. These exercises in gratitude can lead to a happier you.

Keep a journal — A dedicated journal, in which you write down a few things you are thankful for each day, is a simple and effective tool for cultivating gratitude. Rereading past entries can offer a healthy perspective when you need an emotional boost.

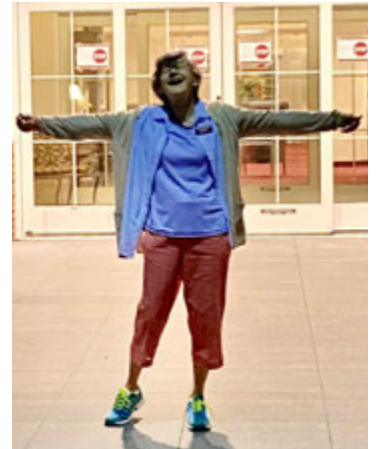
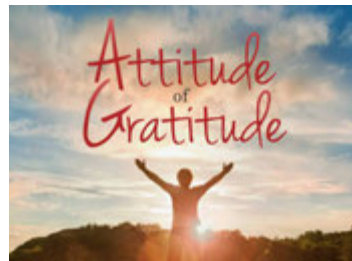
Create a collage — Put together a collage of photos of friends and family members, as well as other items that bring you joy, such as a meaningful postcard or a wise saying from a fortune cookie. Place it where you'll see it every day as a visual reminder of the good things in your life.

Say "thank you" — Express your thanks when interacting with food servers, store clerks, medical staff and customer service employees. Send personal thank-you notes to people who've left lasting impressions.

Give back — Donating your time, skills and money to those in need gives you the chance to reflect on things you may take for granted. Helping others also increases your sense of purpose and overall well-being.



We are grateful for Kevin Boje, the Best Regional Director!



Ms. Mary begins her day with an early morning walk and a grateful heart.



Ms. Jane's expression of gratitude for love and its source



NOV 2020

Birthdays













Vinnie Crawley, 1st
 Evan Bigelow, 2nd
 June Dinn, 4th
 Dave Davidson, 8th
 Mary McInerney, 8th
 Bob Hartzfeld, 14th
 Nora Cole, 15th
 Mary Pender, 15th
 Susan Kovacs, 16th
 Elaine Schalter, 16th
 Josie Palmer, 16th
 Phyllis Foote, 17th
 Ron Hallam, 17th
 Ed Beaudry, 17th
 Michael Stevens, 17th
 Aileen Davidson, 21st
 Virgil Giles, 23rd
 Chede McKinney, 27th

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
DAYLIGHT SAVING TIME ENDS 1 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 Diana, MT 	2 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 Blood Pressure Checkup with Angels, Bistro 11:00 Orchard Heights "U" — History, AR 2:00 Mah Jongg, TV 2:00 The Poker Club, BR 2:00 Volleyball, AR 3:00 Penny Poker, BR 3:00 Orchard Heights "U" — Liberal Arts, AR 7:00 Comedy Night, MT 	ELECTION DAY 3 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 11:45 Residents' & Managers' Meeting, DR 1:30 Bridge, BR 2:00 Mexican Train, TV 3:00 "T" for Tuesday Bingo, AR 7:00 Drama Night at the Movies, MT	4 8:00 Walking in the Sunshine, Lobby 9:00 Our Daily Bread, CH 9:30 Chair Exercise with Ben, AR 9:30 Hard Rock Cafe & Casino, Lobby 10:00 Get Crafty, AR 2:00 The Poker Club, BR 2:00 Ambassador Meeting, LIB 3:00 Rummikub, Bistro 7:00 Western Wednesday at the Movies, MT 	5 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 Blood Pressure Screening with Four Corners, AR 11:00 Orchard Heights "U" — Spanish 11:45 Residents' & Chef's Meeting, DR 2:00 Volleyball, AR 3:00 Orchard Heights Derby, AR 7:00 Action Movie Night, MT	6 8:00 Walking in the Sunshine, Lobby 9:00 Our Daily Bread, CH 9:30 Chair Exercise, AR 9:30 Tai Chi with Gloria, AR 11:00 Zumba with Yvonne, AR 1:30 Canasta, BR 2:00 Bean Bag Baseball, AR 2:00 The Poker Club, BR 3:15 Social Friday, AR 7:00 Date Night Flick: Romance, MT	7 8:00 Walking in the Sunshine, Lobby 9:00 Our Daily Bread, CH 2:00 Bridge, BR 2:00 Penny Poker, BR 3:00 Kim Poppins' Hippy Popcorn Hour, AT 4:00 Men's Bible Study, LIB 4:00 Sit N Stitch, AR 7:00 Flick Night, MT
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“Freedom Is Not Free”

I watched the flag pass by one day, it fluttered in the breeze,

A young man in uniform saluted it, and then he stood at ease.

I looked at him in uniform — so young, so tall, so proud,

With hair cut square and eyes alert, he'd stand out in the crowd.

I thought how many men like him had fallen through the years?

How many died on foreign soil?

How many mother's tears?

How many pilots' planes shot down?

How many died at sea?

How many foxholes were soldiers' graves?

No, freedom is not free.

I heard the sound of “Taps” one night, when everything was still.

I listened to the bugler play and felt a sudden chill.

I wondered just how many times that “Taps” had meant “Amen”

When a flag had draped a coffin of a brother or a friend.

I thought of all the children, of mothers and the wives
Of fathers, sons and husbands, with interrupted lives.

I thought about a graveyard at the bottom of the sea,
Of unmarked graves in Arlington.

No, freedom is not free.

By: Major Kelly Strong



11 Interesting Facts You May Not Know About Florida

You probably know Florida is home to Disney World and is nicknamed the Sunshine State. You may even know that Key West is the southernmost point in the continental U.S. and that St. Augustine is considered the oldest city in the country. If you are interested in moving to Florida, consider enrolling in traffic school so you better understand the rules of the road. You can also check out some Virginia facts if you are planning a road trip. Now take a look at these 11 things you may not know about Florida.

1. **Toll:** Florida has more toll roads and bridges than any other state in the Union.
2. **Fern Capital:** The small town of Pierson in Northeast Florida is known as the Fern Capital of the World. Ferns from farms here are shipped worldwide and these farms can be seen everywhere in the area.
3. **Highest Point:** The highest point in Florida is only 345 feet above sea level. Britton Hill is in the Florida Panhandle. The highest point in Florida's peninsula is Sugarloaf Mountain near Clermont at 312 feet.
4. **Golf:** Florida has more golf courses than any other state and is home to the World Golf Hall of Fame and Museum in St. Augustine.
5. **Gators and Crocs:** The Florida Everglades are the only place on the planet where crocodiles and alligators live together.
6. **Go With The Flow:** Florida's largest river, the St. Johns River, is one of only a few major rivers that flow from south to north.



7. **More than Oranges:** Florida is the largest producer of watermelons in the country. It also produces the most tomatoes, strawberries and sugar.
8. **That's a LOT of Wood:** Made mostly of Florida pine, The Belleview Biltmore Resort and Spa, northwest of Tampa Bay is said to be the world's largest occupied wooden structure at 820,000 square feet.
9. **Biggest City:** You may be surprised to learn that in terms of area, Jacksonville, Florida is the largest city in the United States.
10. **Long Lines:** Sure there are long lines at Disney World. After all, annual attendance is about 17 million people. That's over 45,000 people per day on AVERAGE. Busy days will see over 100,000 (before Corona Virus).
11. **Cool!** It would make sense that mechanical refrigeration was invented in Florida. In 1851, Dr. John Gorrie of the little town of Apalachicola created the invention.



Orchard Heights University



Our dedicated students in their Spanish class.



History class, a house favorite



Ms. Anne, a master whittler.



Show and Tell: Judy shares her find during her deep sea diving in Maui at the age of 70-something.



Ms. Gloria sharing her Holland experience during Show and Tell.



Dr. Jacob's "How To" seminar



3650 South Highway 27
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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.



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