



Lake Views



January, Volume 10, Number 01



*Goodbye
2022*



*Hello
2023*



www.LakeviewTerrace.com

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Contents

3	In The Spotlight Looking Forward - 2023 Lakeview Terrace	7	Christmas Cocktail Party
5	Healthy Eating Obstacles	8	Create The Life You Want
6	Library News....	9	LVT Events & Activities
		11	Happening at Lakeview...



In The Spotlight

Looking Forward—2023 Lakeview Terrace

Tis the Season to celebrate, to show gratitude, to reflect, and to imagine what the new year will bring. Lakeview Terrace residents have a lot to look forward to on its campus.

"We want to make your life more fulfilling," explained Chris Sefjack, Executive Director, as he described the renovations underway at the Community Center. It will accommodate numerous venues — featuring a new Bistro with a pizza oven, an additional restaurant, a full-service Beauty Salon, Activities, Craft Room, Library, Billiard Room, and more. That's what LVT residents can expect this year. It's part of major renovations of the Community Center.

"Our residents tell us what they want and we listen to them," said Chris. "If it's a reasonable request and cost effective, we will attempt to implement it."

For example, when Sam Samuels and Jim Martin wanted a Billiard Room, it was included in the renovations. They are buying two Brunswick pool tables with overhead lights. They're just waiting for the renovations to be completed for delivery and installation.

What a colossal addition to the Community Center this will be. "The tables are beautiful," said Jim." Both he and Sam lost their wives and are commemorating them with an engraved plaque on each table. "I used to shoot pool two to three times a week," said Jim, who plans to play every afternoon soon.

Chris sees LVT as "one big, happy family. Staff and residents intermingle. Everybody waves to one another."

When Chris first came here three years ago, he thought he stepped back in time of Green Acres because it is such a beautiful, peaceful countryside setting with two lovely lakes and numerous birds.

What makes Lakeview special is the leadership role residents play in various activities. A lot of programs are resident driven, everything from the golf course and residents' academy to Boggy Bears and the mini-golf course. Susan Martin, Resident Life Coordinator, champions numerous undertakings and assists residents implement the various clubs and groups, such as VIP (Visually Impaired Persons) and Quilters' Group to meet their goals.

With all the improvements being made at LVT, everyone can find their niche. "There's something for everyone," said Leslee Stephens, Wellness Coordinator. "Some people like to do everything. Some people like to quilt."

New resident Billie Czech used to participate in a Walking Exercise Video Program before moving here. She suggested it to Leslee, Leslee listened. The video is on the schedule two days a week starting in January.

It was a record breaking sales year for Marketing Counselor Michelle Connolly, who is seen driving a golf cart with visitors every day — waving and greeting residents along the way. Our current occupancy is 95%, up five percent this year from this time last year. By the end of the year, 3 more homes will be occupied.

Management is hustling to complete renovations and accommodate all of our residents by this Spring.



Christopher Sefjack, Executive Director



Community rooms and billiard room framing completed.

By Mary Pat, LVT Resident

Healthy Eating OBSTACLES

Conquering challenges by expecting and preparing for obstacles is an empowering strategy to overcome them. Common barriers to diet changes are described below, including ideas and tips to face them head on:

Limited time. Manage time by planning, prepping, and using time-saving tricks like buying pre-cut produce, using a slow-cooker, or doubling recipes to ensure leftovers, can help to guarantee you will have healthy options available.

Mindset. Setbacks will happen at some point. Plan for mistakes by aiming for progress, not perfection, and when obstacles do happen, just keep going forward.

Feeling deprived. Reinforce a positive outlook by embracing a natural curiosity to try new foods. Instead of giving up all the foods you like, learn to eat a variety of foods.

Affordability. Fresh produce can cost more, so consider frozen and canned options for cooking simple, inexpensive, healthy meals at home.

Identifying what's getting in your way, leads to a much better chance of success. Working with a registered dietitian can be an added support to offer accountability, encouragement, and well researched nutritional guidance customized for you and your lifestyle.

“Yesterday’s mistakes cannot affect today’s possibilities unless you dwell on them.”

Benjamin Lotter

RECIPE

Simple Salmon Cakes

1 tbsp olive oil
14 oz salmon (2 cans Alaskan wild salmon)
1 cup wheat bread crumbs or panko
1 egg beaten
1/3 cup chopped onion
1/4 cup parsley
1 teaspoon Dijon mustard
salt and pepper

Mix all ingredients except the olive oil and make into patties. Line a baking sheet with foil, and spray with a little cooking spray. Set oven to 350° degrees. Add olive oil to pan and add patties cooking 5-10 minutes on each side until browned.

By Bouchard Total Wellness

Library News

OOPS ~ A Public Malaprop!

Although embarrassed, the senator said that for all intents and *porpoises*, he meant to take the *alligator* to the third floor. Uh Oh! Two malaprops in one sentence – AND from a famous person. The word **malaprop** comes from French “mal” meaning bad and “aprop” meaning for the purpose. The definition of malaprop is “a hilarious misuse of a word by replacing it with a wrong, but similar sounding word or phrase.” It happens in all our lives all the time but, unfortunately, there are many famous people who have committed very public malaprop gaffes. Let’s enjoy some of them!

After a losing fight in 2002, ESPN asked Mike Tyson about his future, and Mike said, "I'm fading into *Bolivian*." (*Oblivion*)

Professional baseball player Mike Smith once described his new coat as having lots of *installation*. (*Insulation*)

President George W. Bush, calling for support against terrorists stated, “We cannot let terrorists and rogue nations hold this nation hostile. (*Hostage*)

When David Letterman asked Justin Bieber about his tattoos his response was, “I’m not going for the *Sixteenth* Chapel look.” (*Sistine*)

Thomas Menino as Boston’s mayor described an unknown person as, “A man of great *statue* in our city.” (*Stature*)

Gib Lewis, the Texas Speaker of the House from 1983 to 1993, declared, “This is *unparalyzed* in the state’s history.” (*Unparalleled*)

A baseball team manager said, “It is beyond my apprehension.” (*Comprehension*)

After nearby flooding, Chicago Mayor Richard Daley told the media, “The flood damage there was so bad they had to *evaporate* the city. (*Evacuate*)

Even Donald Trump jumped on the bandwagon by announcing that, “We are going to start winning *bigly*!” (*Big League*)

But, Yogi Berra of the NY Yankees was the grand master of the malaprop:

“He hits from both sides of the plate. He’s *amphibious*.” (*Ambidextrous*)

Texas has a lot of *electrical* votes.” (*Electoral*) But, Yogi’s crowning malaprop was a weather statement meaningful to all Floridians. He grumbled, “It ain’t the *heat*, it’s the *humility*.”

Do I need to spell that one out???

By Joanie (LVT Resident)

Christmas Cocktail Party



Chef Angel and the awesome dining team!



Dancing, dancing, dancing all night long!

Create The Life You WANT

You are the only one who can change your life. If you want to initiate change, set the process in motion by acting on your heart's desire. Your thoughts and emotions have power, as do your actions.

Build momentum by getting the notion of change in your consciousness, then roll small changes into bigger improvements.

Link your desire with your emotional energy, attention and focus.

Work towards small triumphs in parts of your life where you feel courageous and strong.

Emotional, physical and spiritual aspects of our lives are interconnected. If you make a shift in one, the others are impacted as well. Meaningful and lasting changes happen when you make small movements in each area.

“The process of CHANGE begins the very moment you think about something DIFFERENTLY.”

Hailey D. D. Klein

LVT Events & Activities



Sunday, January 1st
ONE MEAL DAY

Monday, January 2nd at 12:30 PM
Boggy Creek Stuffing in the Auditorium

Tuesday, January 3rd at 4:00 PM
Dinner at Carrabbas Italian Grill

Wednesday, January 4th at 1:00 PM
OnSpot Dermatology Presentation

Thursday, January 5th at 10:30 AM
Residents Academy

Thursday, January 5th at 5:00 PM
Birthday Bash



Friday, January 6th
Wear Your Pajamas Day!

Friday, January 6th ~ Leaving at 11:00 AM
Lunch at Yalaha Bakery

Friday, January 6th at 2:00 PM
Trivia in the Bar

Monday, January 9th at 11:00 AM
iPhone Class



Tuesday, January 10th at 1:30 PM
Residents' Association Meeting

Wednesday, January 11th at 1:00 PM
VIP Meeting

Thursday, January 12th at 9:00 AM
Ladies Social

Thursday, January 12th at 11:00 AM
Truth Project Video Series

Thursday, January 12th at 1:00 PM
Lake County Manatees

Friday, January 13th at 10:00 AM
Card Making with Jackie

Friday, January 13th at 2:00 PM
Trivia in the Bar

Saturday, January 14th at 10:30 AM
Movie

Tuesday, January 17th at 10:30 AM
Hearing Clinic

Wednesday, January 18th at 2:00 PM
The Chandlers

Thursday, January 19th at 10:30 AM
Residents Academy

Friday, January 20th
Lunch at Fiesta Grande Mexican

Friday, January 20th at 2:00 PM
Trivia in the Bar



Saturday, January 21st
Lake Sumter Performing Arts Series

Saturday, January 21st
IceHouse Theater Group A in Mt. Dora

Monday, January 23rd at 11:00 AM
Android Class

Tuesday, January 24th at 9:30 AM
Mall Shopping Market Street

Wednesday, January 25th at 2:00 PM
Veterans Club - Dept. of Veterans Affairs

Wednesday, January 25th
Dinner at Oakwood Smokehouse

Thursday, January 26th at 11:00 AM
Truth Project Video Series

Thursday, January 26th at 3:00 PM
Men's Social

Friday, January 27th at 2:00 PM
Trivia in the Bar

Saturday, January 28th at 10:00 AM
Fun Bingo

Saturday, January 28th
IceHouse Theater

Monday, January 30th
OnSpot Dermatology



Keep Active (Physical)

Mon, Wed & Fri.

Total Body Exercise w/ Fall Prevention 9:00 AM

Tuesday

QiGong Walking 8:00 AM
Aqua Class 9:00 AM
Chair Yoga 10:00 AM

Thursday

Aqua Class 9:00 AM
Chair Yoga 10:00 AM

Saturday

Aqua Class 9:30 AM
Tai Chi 10:30 AM

Keep Playing (Games)

Monday

Golf 8:30 AM
Bridge 12:30 PM
Mahjongg 1:00 PM
Scrabble 2:00 PM
Cribbage 3:00 PM
Bingo 6:00 PM



Tuesday

Mahjong 1:00 PM
Bridge 5:30 PM

Wednesday

Golf 8:00 AM
Cornhole 1:30 PM
Poker 5:30 PM
Mahjongg 5:00 PM

Thursday

Bridge 12:30 PM
Straight Dominoes 2:00 PM
Pennies From Heaven 5:30 PM
Euchre 5:30 PM

Friday

Mahjongg 1:00 PM
Dominoes 2:30 PM
Pennies from Heaven 5:30 PM
Horse Racing 6:00 PM

Saturday

Golf 8:00 AM
Pennies From Heaven 1:00 PM
Dubs Cards 1:00 PM

Sunday

Pennies from Heaven 1:30 PM

Keep Exploring (Clubs/ Groups)

2nd Monday

Happy Bookers 10:00 AM
Radio Club 2:00 PM
Choo Choo Club 3:00 PM

4th Monday

Novel Bunch Book Club 10:00 AM

Radio Club 2:00 PM

Tuesdays

Boggy Bear Workshop 1:00 PM
Men's Glee Club 3:00 PM

2nd & 4th Tuesdays

Quilting Group 10:00 AM

Wednesdays

Ballroom Dancing 3:00 PM

1st & 3rd Wednesdays

Golden Girls 11:00 AM

3rd Tuesday

Poetry Group 3:00 PM

3rd Wednesdays

Chicken Liver Club 11:30 AM

4th Wednesday

Veterans Group 2:00 PM

2nd Thursday

Outdoor Club 2:00 PM

2nd Thursday Bi-Monthly

Chicken Liver Club 11:00 AM

Fridays

Wood Carving 1:00 PM (MPR)

1st & 3rd Fridays

Creative Writing Group 12:00 N
Radio Club 3:00 PM

4th Friday

Travel Club 10:00 AM

2nd & 4th Saturdays

Line Dancing 2:00 PM

Keep Being (Support)

3rd Wednesday

Dementia Support Group
Third Wednesday 11:00 AM

2nd Wednesday

Jan, March, May, Sept, Nov
V.I.P. (Visually Impaired People) 1:00 PM

Keep Going (Shopping)

Every Monday

Publix, Eustis 9:00 AM
Winn-Dixie, Eustis 1:00 PM

Every Thursday 9:00 AM

Umatilla - Save A Lot, Dollar General

2nd Thursday 1:00 PM

Village Marketplace (Tavares)
Joann's Fabric, Dollar General
Winn-Dixie,

3rd Thursday 1:00 PM

Tri-Cities Plaza (Mt. Dora)
Hobby Lobby, TJ Maxx, Ross,
Dollar Tree

4th Thursday 1:00 PM

Shop Eustis Village
Beall's, Publix, Cato, Hallmark Store

3rd Wednesday 1:00 PM

Walmart, Target & Aldi
Last Tuesday 9:30 AM
Mall Shopping w/ Lunch

Keep Seeking (Spiritual)

Sundays

Chapel Service 8:55 AM
Vespers 4:00 PM (HCC Sunporch)

Wednesdays

Bible Study 9:45 AM (MPR)

Fridays

Men's Bible Study 10:00 AM

2nd & 4th Friday

Communion 1:30 PM (HCC)

3rd Friday

Mass & Confession 2:00 PM

3rd Thursday

Presbyterian Service 2:00 PM

* Activities and times subject to change.

Happening at Lakeview...

Greetings From Your Executive Director

I hope everyone had wonderful holidays with your friends and family, whether here at Lakeview Terrace or away with them. Our 'Christmas on the Greens' in the Clubhouse was a huge success, and was called the "Best party so far at LVT"; everyone seemed to have a great time mingling, dancing, and enjoying the food and drinks.

In the Auditorium, residents chose their "one word" for the New Year such as unbelievable, humble, joyful, better, happy, grateful, engaged, generous, and many more. I am thankful for being at Lakeview Terrace and the amazing family culture that IS Lakeview Terrace. Continually, when new residents move in we hear they loved the welcoming culture they felt on their first, second, and all visits. I want to thank all residents and staff who make Lakeview Terrace what it is today.

Christopher Sefjack, Executive Director

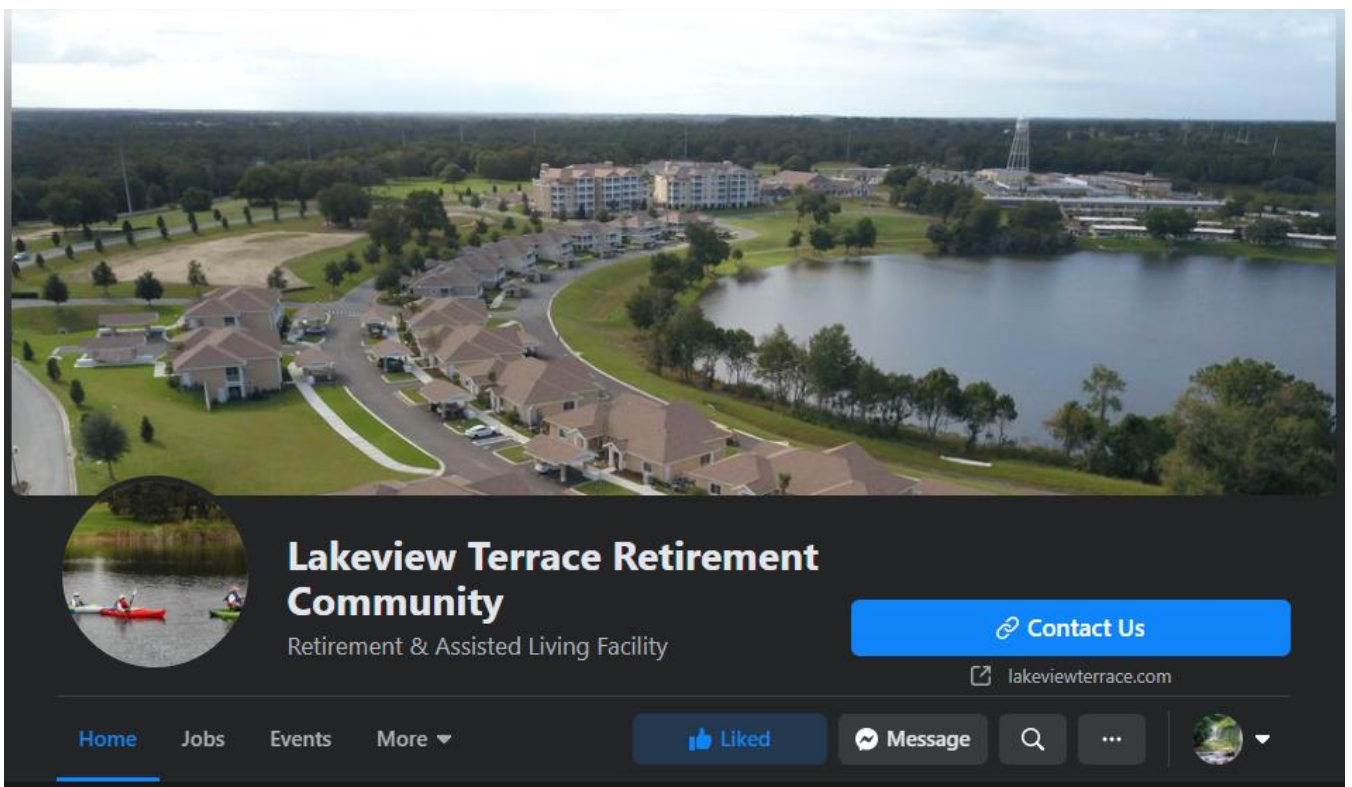
LVT Residents' Academy

<u>Date</u>	<u>Subject</u>	<u>Instructor</u>
Jan 5	Malaprops/Nonsequiter/Nonsense	Mike Farona
Jan 19	Astrobiology	Peggy Wolfson
Feb 2	German Scientists and Cold War	Bernie Guenther
Feb 16	My Plastic Brain	Bernie Greenberg
Mar 2	I Am Not a Robot	Janeane Reagan
Mar 16	Insights of JFK Assassination	Jim Harris
Apr 6	My Experience with Discoverer	Angelo Perciballi
Apr 20	LVT Poets	Peggy Wolfson
May 4	The First Florida Boom	Dale Smith
May 18	Oneida Community	Steve Tibbits



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Find us at “**Lakeview Terrace Retirement Community.**”





Lakeview Terrace Mission Statement

To Provide a Community
Where residents will feel **secure**,
Be able to enjoy **meaningful relationships**
And **activities** of interest;
Where one can be **autonomous** and
Can **live independently**,
Yet have available
Quality care and services
And, above all,
Experience joy.



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