



Lake Views

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Photo credit - Bill Collins

www.LakeviewTerrace.com

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Contents

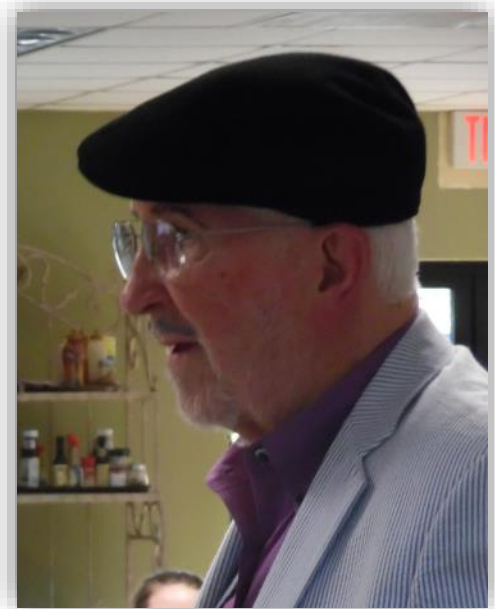
- | | | | |
|---|-------------------------------|----|-------------------------|
| 3 | Happening at Lakeview... | 7 | Spring Fresh Foods |
| 4 | Exercise and Daylight Savings | 8 | In The Spotlight at LVT |
| 5 | LVT Events & Activities | 10 | Ladies Social Snapshot |
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Happening at Lakeview...

When he was just a young guy, in his early 20s, working as a Foreign Service Officer at the American Embassy in Quito, Charlie Woolfolk was asked to play an old guy in an upcoming production of *Tender Trap*. It was the beginning of a life-long love of theater.

“I was amazed with myself,” admits Charlie Woolfolk. Acting came “naturally” to him. Years later, while teaching at Rutgers University, the theater department asked him to play an elderly guy in *Hotel Baltimore*. From there, he was sought after to play numerous roles at the University. When he retired, he found the Ice House Theater in Mount Dora, where he participated in several plays over the years.



Charlie Woolfolk previous LVT mystery play.

At LVT, residents have enjoyed him impersonating Mark Twain, as well as directing and acting in a mystery play here. Now, he’s directing a Murder Mystery Party at LVT on March 21.

Although there’s no script. Charlie rehearses major characters to improvise, a theatrical technique, which proved to be successful in *Casablanca* and *Star Wars*.

The venue is Lady Lux Casino, where a murder takes place. It involves a combination of improvisational acting, story telling and problem solving.

Guests are invited to gamble, savor specially made appetizers by Chef Angel, and imbibe — wine, beer and soft drinks will be served. Many residents are playing major characters, including a High Roller, Banker, Security Manager, Magician and Showgirl. Regardless, everyone who attends the party is a character at the Lady Lux Casino.

Residents are encouraged and invited to dress up or down and gamble the night away. It’s a spectacular opportunity to feel like you are in Las Vegas. And, it all takes place at LVT Community Center.

By Mary Pat (LVT Resident)

Exercise and DAYLIGHT SAVINGS

While there are benefits to springing forward, adjusting to an hour can be abrupt for your body.

Here are a few simple adjustments to help adapt your work out to the time shift.

Get a good night's sleep before the time change. A restful night during the weekend of the time.

Adjust your sleep schedule. For a few days before the time change, go to bed and wake up 10 to 15 minutes earlier than normal. This allows your body to adjust slowly, rather than throwing your system into shock on Sunday morning by sleeping too late or not getting enough sleep.

Stick to your same exercise schedule. This will help you transition to the new schedule faster.

Keep your alarm clock away from your bed. This is a simple but effective trick to get you out from under the covers when your internal clock isn't fully adjusted.



By Bouchard Insurance

LVT Events & Activities Highlights



Friday, March 1st at 9:00 AM
AARP Tax Aide Appointments @ LVT

Friday, March 1st at 2:00 PM
Trivia in the Pub

Saturday, March 2nd
"Playing on the Porches" at Barberville

Monday, March 4th at 1:00 PM
Boggy Bear Stuffing in the Media Room

Wednesday, March 6th at 2:30 PM
"Functional Fitness Assessments" @ LWC

Thursday, March 7th at 10:30 AM
Residents' Academy in the Auditorium

Thursday, March 7th at 5:00 PM
Birthday Bash in the Bistro

Friday, March 8th at 9:00 AM
AARP Tax Aide Appointments @ LVT

Friday, March 8th at 10:00 AM
Card Making w/ Jackie in the Game Room

Friday, March 8th at 2:00 PM
Trivia in the Pub

Monday, March 11th at 9:00 AM
Painting with Mark in the Media Room

Monday, March 11th at 1:00 PM
iPhone Class in the Media Room

Tuesday, March 12th at 1:30 PM
Residents' Association Meeting

Tuesday, March 12th
Dinner @ Longhorn Steakhouse in Mt. Dora

Wednesday, March 13th at 2:00 PM
Aphasia Support Group
in the Multi-Purpose Room

Thursday, March 14th at 3:00 PM
Ladies' & Men's Social in the Bistro

Friday, March 15th at 9:00 AM
AARP Tax Aide Appointments @ LVT

Friday, March 15th
Lunch at Cracker Barrel in The Villages

Friday, March 15th at 2:00 PM
Lucky's Mini Golf Tournament
at the Community Building

Saturday, March 16th at 1:00 PM
Weekend Movie in the Auditorium

Tuesday, March 19th ~ 7 am – 7 pm
Presidential Primary Election in the Auditorium

Tuesday, March 19th
Dinner at Aunt Catfish's in Port Orange

Wednesday, March 20th at 3:00 PM
Ladies' Billiards in the Billiard Room

Thursday, March 21st at 10:30 AM
Residents' Academy in the Auditorium

Thursday, March 21st at 2:00 PM
Ocala National Forest Presentation
in the Auditorium

Thursday, March 21st at 5:00 PM
Murder Mystery Party in the Bistro

Friday, March 22nd at 9:00 AM
AARP Tax Aide Appointments in the Media
Room

Friday, March 22nd at 2:00 PM
Old Time Radio Club Performance in the Au-
ditorium

Saturday, March 23rd at 10:30 AM
Bingo Fun in the Auditorium

Monday, March 25th at 1:00 PM
Android Class in the Media Room

Tuesday, March 26th
Mall Shopping to Paddock Mall in Ocala

Tuesday, March 26th at 4:00 PM
Karaoke in the Pub

Wednesday, March 27th
Trip to Hard Rock Casino in Tampa

Thursday, March 28th at 10:00 AM
Olsen Law Group Presentation in the Auditorium

Friday, March 29th at 9:00 AM
AARP Tax Aide Appointments in the Media
Room

Friday, March 29th at 2:00 PM
Good Friday Service in the Auditorium

Saturday, March 30th
IceHouse Theater in Mount Dora

Keep Active (Physical)

Mon, Wed & Fri.

Total Body Exercise 9:00 AM

Tuesday

Walking Class 8:55 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 8:00 AM

Bridge 12:30 PM

Mahjongg 1:00 PM

Scrabble 2:00 PM

Bingo 6:00 PM

Tuesday

Euchre 1:30 PM

Bridge 5:30 PM

Pickleball 6:30 PM

Wednesday

Golf 8:00 AM

Cornhole 1:30 PM

Mahjongg 5:00 PM

Poker 5:30 PM

Rummikub 6:00 PM

Thursday

Bridge 12:30 PM

Straight Dominoes 2:00 PM

Pennies From Heaven 5:30 PM

Euchre 5:30 PM

Hand & Foot 6:00 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 12:30 PM

Dubs Cards 1:00 PM

Sunday

Pennies from Heaven 1:30 PM

Pickleball 2:00 PM

Keep Exploring (Clubs/ Groups)

2nd Monday

Happy Bookers 10:00 AM

4th Monday

Novel Bunch Book Club 10:00 AM

1st Tuesdays

Choo Choo Club 4:00 PM

Tuesdays

Boggy Bear Workshop 1:00 PM

Men's Glee Club 3:00 PM

3rd Tuesday

Poetry Group 3:00 PM

Wednesdays

Ladies' Chorus 11:00 AM

Crochet 3:00 PM

3rd Wednesdays

Chicken Liver Club 11:30 AM

4th Wednesday

Veterans Group 2:00 PM

2nd Wednesday

Quilting Group 1:00 PM

2nd Thursday

Outdoor Club 2:00 PM

4th Thursday

Quilting Group 10:00 AM

Fridays

Wood Carving 1:00 PM

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

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

Wednesdays

Bible Study 9:45 AM

Fridays

Men's Bible Study 10:00 AM

2nd & 4th Friday

Communion 1:30 PM

3rd Friday

Mass & Confession 2:00 PM

3rd Thursday

Presbyterian Service 2:00 PM

* Activities and times subject to change.

SPRING Fresh Foods

Spring is a great time to start getting creative with your produce, including where you buy it. In addition to the grocery store, explore options such as farmer's markets and Community Supported Agriculture (CSA) Programs.

Here are a few of our favorite produce options to try as the weather gets warmer.

Vegetables

Rhubarb - the ruby colored stalks are the edible part of this plant that has a rich, tart flavor which adds a tangy sweetness to savory dishes.

Broccoli - this green veggie can be enjoyed both raw and cooked.

Asparagus - is a low-calorie vegetable that has many nutrients.

Root Vegetables

Turnips - both their roots and leaves are safe to eat and offer many health-promoting effects.

Garlic - a favorite spice to cook with thanks to its pungent taste and aroma.

Onions - choose from a variety including yellow, red, white, purple, Spanish, and Vidalia.

Greens

Swiss chard - its leaves and stalks provide an abundance of vitamins, minerals and compounds.

Herbs - introduce spring herbs like chives, parsley, cilantro, dill, basil, lemongrass, and mint for a super-fresh take on your favorite meals.

Spinach - buy it frozen or fresh and eat it cooked or raw.

Fruits

Apricots - look like a smaller version of a peach but share the tartness of plums.

Avocados - a favorite produce of the season, they turn up in everything from salads and wraps, to smoothies.

Strawberries - bright red, juicy and sweet; enjoy raw and fresh.

“Spring is when life’s alive in everything.”

Christina Rosetti

Bouchard Total Wellness

In The Spotlight

Pete and Arlene Strack

Lake County Sheriff's Department does more than enforce the law at the County level. Normally, their primary duties include executing orders by the court, such as enforcing arrest warrants, providing security in the court, and monitoring traffic, but they do so much more.

When Lake County grew by 38.4 percent between 1990 and 2000, Lake County embraced the Community Policing concept and other community programs.

Recognized as Volunteers of the Year by Lake County Sheriff's Department, LVT residents Pete and Arlene Strack shed light on their participation. Pete was named 2023 Outstanding Volunteer of the Year for the State for his role in Florida Crime Prevention.

"Pete is an extraordinary ambassador and an integral part of the Lake County Sheriff's Office COP (Citizens on Patrol) Program," wrote Ed Nathanson, Community Relations Specialist for Lake County's Sheriff's Office in his nomination of Pete, who "is simply internally driven, discrete, adaptable, and always willing to go the extra mile regardless of the task at hand"

Nathanson's appreciation for Pete's contributions to COP are none less for Arlene. "In an era where exceptional work habits and customer service has virtually disappeared, the work that Arlene does should be held up as an example for others to emulate."

On average, Pete patrols for Lake County 20 hours a week. Arlene does office work in the Sheriff's office substation and clocks an average of 50 hours of service a month.

There are about 50 Lake County residents with cognitive disabilities that the (Sheriff's Department) COP Volunteers check on. These are residents, including kids with autism, who can't drive and have a full-time caregiver. "There's a senior watch person, who receives a call every morning. If they don't call, we go and check on them," said Pete.

When someone is in a difficult situation, Pete and the team may activate the Safety Net System, which is an antenna that receives a signal from a bracelet to identify the crisis location.

When vehicles are stopped for a motorcade of 300 or so motorcycles, who ride in support of Veterans, Pete and Arlene are usually in one of the motor units blocking an intersection.



Pete and his cop car.

Another unique program, sponsored by the Sheriff's Department is *Shop with a Cop*. "Children are selected by the school and free to shop with a law enforcement officer for clothes, toys, even food," explained Arlene. "It's a way to boost the image of law enforcement for some of these kids."

During the Christmas Holiday Season, the Lake County Sheriff's Department challenged Sumter County to raise the most money for Salvation Army. "It was for bragging rights," said Arlene. Look for her and Pete ringing the bell this year at local grocery stores.

Lake County Fair is coming up, April 5 - 14 and the Stracks will be there as the eyes, ears and extra hands to man an information booth for the Sheriff's uniform deputies.

As Nathanson wrote, the Stracks have demonstrated by their words and actions that they are positive, self-motivated individuals, with great people, organizational, leadership and multitasking skills.

LVT is proud to have this couple living in our community.



Arlene setting up for a community event.



Pete rings the bell to raise money for Salvation Army.



Keel is being escorted to his 102 years old birthday celebration.



Pete Strack with antenna for Safety Net Program.

By Mary Pat (LVT Resident)



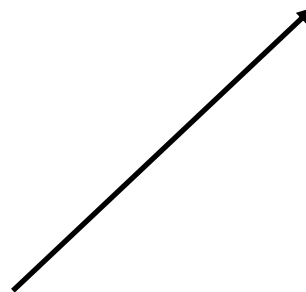
February
LADIES SOCIAL





Many of you have heard about our Facebook page, so why not jump in and “Like” and “Share” our page with a friend.

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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