



# *Lake Views*

**June, Volume 10, Number 06**

Ginger and Gimpy  
Join  
Lakeview Terrace



*Pekin Ducks*

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**The Monthly eMagazine of Lakeview Terrace, Altoona FL.**

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# Contents



3	In The Spotlight The Essence of LVT	7	Summer Reading
5	Man Eating Myths	8	LVT Events & Activities
6	Library News....	10	Happening at Lakeview...

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## Do You Know June Is:

National Iced Tea Month

Great Outdoors Month

Dairy Month

Alzheimer's and Brain Awareness Month



## In The Spotlight The Essence of LVT

“We all have a fragrance, a smell, an aroma about us that is noticeable to those around us,” explained Eunice Sundberg at a recent LVT Ladies Social. She succinctly transformed the aroma of perfume to the scent of a person — each one has an essence — a spirit, a soul, a heart, a basic quality.

Eunice has relished the fragrance of perfume since was a young girl. She would walk though the old department stores, where the perfume counters permeated the air with perfectly blended spices, florals, woods, and mosses. Each has its own fragrance and so do people according to Eunice.



Eunice, Jane and Jean

LVT residents, for example have a shared scent. It’s what sums up the heart and soul of the community. “It is the basic nature of our character,” said Eunice. And, the essence of LVT amplifies the spirit of kindness. Eunice calls it a “A God Thing.”

Whether one believes in God or not, there’s a common thread amongst LVT residents. It is a theme shared by all religions and Buddhists alike. Compassion is the common denominator that unites the world’s faiths. The ability to put ourselves into the place of others is the heart of all religions and ethical systems.

LVT started as a Christian Community but it changed hands over the years, dropping the focus of religious persuasions. But the essence of its residents has remained the same. it’s a spirit of kindness, gratitude, compassion and humility. The sheer number of volunteers prove it. There are 526 people living here and over 250 volunteer their time and energy. They don’t volunteer once or twice a year. They volunteer daily — creating a unique community.

Only one-third of Adult Americans formally volunteer at least once a year.

“Here, volunteers are our foundation,” said Susan Martin, Resident Life Coordinator. “We offer recreational, wellness, educational programs and more — all through the leadership of volunteers. They are the core of our activities.”

Look at Walter Galloway and John Johnson. They are outstanding examples of how LVT residents give back. They were named Volunteers of the Year for their contributions to Independent Living. They spend countless hours maintaining the community garden, pet cemetery and dog park. If someone needs a helping hand in their garden, Walt is on the spot, helping dig up a garden or plant vegetables and flowers.

At the Wearhouse, John prices and sells residents’ donations from Estate sales and donations. The revenue from the Wearhouse benefits employees and residents alike. Proceeds are used for employee scholarships and to help support sundry programs, including the golf course and Wearhouse itself.

The Healthcare Facility also benefits from the generosity and compassion of their neighbors. Bill Crabtree leads a weekly exercise class. He gets more participation than any other Assisted Living activity. That’s why he was named Volunteer of the Year by Healthcare Facility .

Volunteering gives one a sense of purpose and it’s rewarding. It’s who we are at LVT. The Christian legacy continues to shape the heart of LVT. As Eunice said, “it’s a God thing.”



Abby, Bill and Vivian

By Mary Pat, LVT Resident

## MAN EATING Myths

There is an old saying that, "the way to a man's heart is through his stomach." This proverb hints at a truth that implies the idea that men like to eat and eat a lot.

There are also cultural messages of "man-sized" portions or a "hungry-man" expectation that guides people's behavior. It's true that men usually require more calories than women, but the recommended breakdown of carbohydrate, protein and fat are the same.

### The Essentials Of A Healthy Diet For People Are To:

Eat when hungry and stop when full.

Choose fruits, vegetables, whole-grains, protein and dairy sources that are low in saturated fat.

Avoid trans-fats, excessive sodium and added sugar.

Shatter the myth that meat is manly, or overeating is masculine, and eat foods that will fuel a life you desire based on your personal values.

# RECIPE

### Teriyaki Portabella Mushroom

2 portabella mushrooms, cleaned and stems removed

2 tablespoons teriyaki sauce

2 pineapple rings

One red pepper seeded and cut in half lengthwise.

Fire up the grill. Spread teriyaki sauce over the mushrooms, pepper and pineapple. Grill the mushrooms and peppers to the grill and cook 5-6 minutes per side and the pineapple 3 minutes per side.

Layer the mushroom with the pepper and top with pineapple.

Can be served over brown rice.

## Library News

There is no formal rule for the naming of groups of animals and birds. In addition to the familiar, more common names, many also have inventive, fanciful, descriptive names. Try to guess the animals or birds that fit into the imaginative group names below. (Hint: The animal and bird names are listed alphabetically and the answers are at the bottom.

- |                              |                    |
|------------------------------|--------------------|
| 1) A Congregation            | 19) A Shadow       |
| 2) A Troop                   | 20) A Scold        |
| 3) A Kaleidoscope            | 21) An Ascension   |
| 4) A Coalition               | 22) A Conspiracy   |
| 5) A Band                    | 23) A Prowl        |
| 6) A Sedge                   | 24) A Barrel       |
| 7) A Paddling                | 25) A Romp         |
| 8) A Soar                    | 26) A Parliament   |
| 9) A Gang                    | 27) A Pandemonium  |
| 10) A Business               | 28) An Ostentation |
| 11) A Charm                  | 29) A Prickle      |
| 12) A Flamboyance            | 30) A Host         |
| 13) A Skulk                  | 31) A Mustering    |
| 14) A Skein (when in flight) | 32) A Lamentation  |
| 15) A Tower                  | 33) An Ambush      |
| 16) A Thunder                | 34) A Pack         |
| 17) A Cry                    | 35) A Destruction  |
| 18) A Cackle                 |                    |

And, finally, if you observe a “Magic,” you are among the lucky few to have seen a bunch of Unicorns!

Answers: 1-Alligators, 2-Apes, 3-Butterflies, 4-Cheetahs, 5-Coyotes, 6-Cranes, 7-Ducks, 8-Eagles, 9-Elks, 10-Ferrets, 11-Finches, 12-Flamingos, 13-Foxes, 14-Geese, 15-Giraffes, 16-Hippopotami, 17-Hounds, 18-Hyenas, 19-Jaguars, 20-Jays, 21-Larks, 22-Lemurs, 23-Leopards, 24-Monkeys, 25-Otters, 26-Owls, 27-Parrots, 28-Peacocks, 29-Porcupines, 30-Sparrows, 31-Storks, 32-Swans, 33-Tigers, 34-Weasels, 35-Wild Cats

By Joanie (LVT Resident)



## SUMMER READING

Whether enhancing your digital experience with an e-book, or cracking open a hard copy or soft cover, there are benefits of reading books that can positively affect your life. Reading contains both physical and mental benefits, starting from childhood and continuing through the senior years. Reading books can change your brain and your body for the better!

### READING LITERALLY CHANGES YOUR MIND BY:

***Reducing stress and helping to alleviate symptoms of depression.***

Fictional reading allows a temporary escape through imagined experiences of the characters. Self-help books can offer strategies to manage stress, anxiety and depression.

***Helping to prevent age-related cognitive decline.*** The National Institute on Aging recommends reading books and magazines to keep the brain thinking clearly.

***Preparing for a good night's sleep.*** Reading as part of a regular sleep routine helps relax the mind. Choose a print book rather than reading on a device, as the lights from screens could keep you awake.

***Increasing the ability to empathize.*** Reading fiction stories that explore the inner lives of characters may heighten ability to understand the feelings and beliefs of others.

Literature can help us to learn to replace long-established, negative ways of thinking with a new healthier approach to life and to love.

## LVT Events & Activities



Thursday, June 1st at 10:30 AM  
LVT Academy “The First Florida Boom”

Thursday, June 1st at 5:00 PM  
Birthday Bash



Friday, June 2nd ~ “Disney Day”

Friday, June 2nd ~ 9:00 AM—3:00 PM  
OneBlood Bus at LVT

Friday, June 2nd  
Lunch at Stavro’s Pizza

Friday, June 2nd at 2:00 PM  
Trivia

Saturday, June 3rd at 2:00 PM  
“Moving in the Mouse House “  
with Dance Depot

Monday, June 5th at 1:00 PM  
Boggy Bear Stuffing

Tuesday, June 6th  
Dinner at Texas Roadhouse Grille

Thursday, June 8th at 3:00 PM  
Ladies’ Social

Friday, June 9th at 10:00 AM  
Card making w/ Jackie

Friday, June 9th at 2:00 PM  
Trivia

Friday, June 9th  
Orange Blossom Opry Trip

Saturday, June 10th at 10:30 AM  
Movie - “A Man Called Otto”

Monday, June 12th at 11:00 AM  
iPhone Class



Tuesday, June 13th at 1:30 PM  
General Information Session

Wednesday, June 14th ~ Flag Day

Thursday, June 15th at 9:00 AM  
Men’s Social Father’s Day Breakfast

Thursday, June 15th at 2:00 PM  
“Celebration of American Music”

Friday, June 16th at 1:30 PM  
“Professor Mental” Performance

Saturday, June 17th at 10:00 AM  
Model A Car Show

Saturday, June 24th at 10:30 AM  
Fun Bingo



Sunday, June 18th - Happy Father’s Day

Wednesday, June 21st ~ ALL DAY  
“The Longest Day”

Thursday, June 22nd at 6:00 PM  
“The Shades” Summer Dance Party

Friday, June 23rd  
Lunch at the Twisted Biscuit

Friday, June 23rd at 1:30 PM  
“A Taste of Vienna”



Monday, June 26th at 11:00 AM  
Android Class

Tuesday, June 27th  
Mall Shopping - Altamonte Mall



Thursday, June 29th  
Trip to Hard Rock Casino

**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...**



**Wednesday - June 21st**

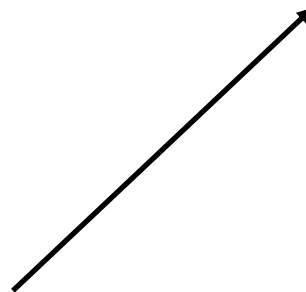
- 6:30 AM** Sunrise and Stretch
- 9:00 AM** Total Body Exercise Class
- 9:45 AM** TED TALK How to Live to be 100+
- 1:30 PM** Cornhole Tournament
- 3:00 PM** Pool Party with DJ & drinks
- 6:00 PM** Evening Wii Bowling Glow

**The Longest Day is the day with the most light - the summer solstice. On June 21, people from across the world will fight the darkness of Alzheimer's.**



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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