



Lake Views

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Librarian Jean Agnew has a passion for reading.



Frank Kowalick frequents the library three to four times a week.



Martha Cook, a library volunteer and avid reader of mysteries.

www.LakeviewTerrace.com

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Do You Know June Is:

National Iced Tea Month

Great Outdoors Month

Dairy Month

Alzheimer's and Brain Awareness Month



LVT Armchair Travel

'Books are the plane, and the train, and the road. They are the destination and the journey. There are home— Anna Quindlen, American Author.

Every month, residents borrow over 300 books from LVT library. This doesn't include books taken from Lake County Library, e-books like Kindle, and Audible books. Reading is certainly a way residents here travel when they are home.

While some residents take vacation to various destinations over the summer, others remain at LVT. Regardless, books take them to places all over the world during sundry time periods—thanks to the pleasure of reading.

Librarian Jean Agnew, for example, has spent a lot of time in Wyoming with Joe Picket — the leading character in C.J. Box's series of that name. "I've read all of his books because he writes fantastic fiction."

Box is just one of countless authors Jean has read over the years. She's read so many books that she tracks them on a spreadsheet. Surprisingly, she finishes every book she starts with the exception of one or two.

If asked, Jean will make recommendations based on what she has read as well as "recommendations I've received....not just on my personal preferences."

An avid reader and library volunteer, Martha Cook is also a fan of C.J. Box and other mystery writers. David Baldacci tops her list with *Memory Man*. "He has wonderful plots and good characters...unfortunately, he hasn't written about the memory man (Amos Decker) in awhile. "I want him to come back. He was obsessed with solving problems."

"It's chiefly what I do, said Frank Kowalick, who frequents the library four to five times per week. Like many residents, he prefers large print books. "That's the disadvantage of older books, they are small print, and my eyes tire easily now."

Clearly, LVT residents like to read as is evident not only in library usage, but there are three book clubs, one of them audible. Originally, there was only one group but it became too big so Nancy Richards branched off and started a second group.

"The librarian in Leesburg services the book clubs," explained Nancy. "There are kits of 12 books with author information and discussion questions. But we don't stick strictly to the list."

LVT library subscribes to a literary service where it receives eight to nine books per month — most are in large print for the comfort of reading without eye strain. Many are best sellers by popular authors like John Grisham and David Baldacci, but every now and then, a new writer pops up on the shelves.

Looking for romance, espionage, poetry, historical fiction, politics, check the library. *A Gentleman in Moscow* by Amor Towles is a captivating historical novel that follows the story of Count Alexander Rostov, who is sentenced to house arrest in a grand hotel in 1920s Moscow. It manages to be a little bit of everything.

Jean and her husband Bob with 16 volunteers man the desk, shelve the books, and "are all willing to help in any capacity here." Just ask them for a recommendation.

By Mary Pat (LVT Resident)

Seasonal Produce: S•U•M•M•E•R

Before we know it, the hot temperatures will return, and we will be getting our daily dose of Vitamin D. Don't let your summer health benefits end there! Eating more fruits and vegetables will help you feel good, look good and stay healthy. It can even reduce your chances of a stroke or heart attack. If you enjoy a healthy and seasonal diet, it's good to be prepared for the change in seasons by knowing what produce will be at its best.

Summer squash. Zucchini is one of the best parts of summer because you can add it to almost any dish. It can be grilled as a side, added to a sandwich for some greatness, or roasted and put on a pizza!

Fruits and berries. Blueberries, cherries, peaches, plums and raspberries are great summer snacks! They can also be added to salads and drinks or baked into a tart!

Watermelon. The watermelon is the summer staple. You can't think of this melon without thoughts of backyard BBQs. It can be enjoyed by itself, in a drink, as a salad or even grilled.

Veggies. Corn, broccoli, green beans and tomatoes are in their prime during summer months, so stock up! We all know how great corn on the cob is, but grill up the rest for some great sides or salads. Prepare a healthy snack by dressing it with a little olive oil and lemon.

Eating plenty of fruits and vegetables is always great, but when you focus on seasonal produce, it's even better. When shopping locally and seasonally, you get the most nutrients because the produce is "younger" and hasn't lost its luster. As the weather changes, be sure to get educated and be prepared so you can enjoy the best of the season!

RECIPE

Zucchini Carpaccio

2 large zucchini	1 avocado
2 Tbsp Extra Virgin Olive Oil	1 lemon
pinch of salt & ground pepper	¼ cup pine nuts

Cut zucchini lengthwise into paper-thin slices. Slice avocado and arrange on a large plate in overlapping layers with the zucchini slices. Grate ½ tsp of lemon peel and squeeze 1 tablespoon of the lemon juice into a small bowl. Stir with a whisk and add olive oil, salt and pepper. Drizzle over the

In The Spotlight LVT Shuffleboard

Shuffleboard is trending at Lakeview Terrace, where residents are ‘shuffling’ on the two recently refurbished courts. “They were old and cracked,” said Marilyn Hall, who pauses on her morning walks with her husband, Bob, to shuffle around the courts. She made a suggestion to Residents’ Association (RA) Board to have them restored. That got the disc sliding nicely along the 52-foot long court.

Ila King, RA Vice President, sent a query to residents. Forty-two people responded that they were interested in playing Shuffleboard. Shortly thereafter, Alberto and the Maintenance Team made it happen.

Many residents have played shuffleboard on cruise ships without knowing how to score. Gene Bouley played at the Plantation and shows new players how to tally their points. Novices like Arlene Strack are enjoying themselves. She and her husband Pete come out on Saturday evenings. “It’s something to do and fun to get outdoors” — meeting neighbors, exercising, and having a good time.



Gene Bouley explains scoring to Bobbi Jensen, Arlene Strack and Joe Texter.

Gene’s wife Kay Shaw is “not touching the scoreboard” because Gene finds fault with her if she places scores in the wrong box. It doesn’t really matter. As Bert Bicknell said, “it’s all about having fun.”



Gene Bouley keeps scores

“It’s good to learn something new,” echoed Joe Texter, “even if you get the scores all messed up.”

Shuffleboard is a popular game in retirement communities because it helps improve balance while having fun. Players become more confident in their movements and are able to step away from using a cane or walking stick. It’s also good for hand/eye coordination. And, it’s a great social activity.

The objective of the game is to slide, by hand, all four of one's weights alternately against those of an opponent so that they reach the highest scoring area without falling off the end of the board into the alley. Furthermore, a player's weight(s) must be farther down the board than his opponent's weight(s), in order to be in scoring position.

The earliest references to shuffleboard appear in Tudor England. Henry VIII played 'shovillabourde' for stakes. Custom 'shovillabourde' tables were kept in wealthy century households until the 17th century.

"We do our best to fulfill the interest of our residents," said Leslee, Wellness Coordinator, who tries various activities to serve residents. "Some of them don't work" but she's willing to give different events a try. She slotted two mornings, one afternoon, and one evening on the fitness calendar for residents to rally with neighbors. There's no commitment. No need to sign up. Just show up.



Leslee and Jane Bicknell congratulate each other.

LVT neighbors meet on the Shuffleboard courts: Tuesdays and Thursdays at 8:30 a.m.; Friday afternoon at 1:30 p.m.; and Saturday evening at 7:00 p.m. These are suggested times to meet up, but the courts are open anytime. There are even lights for evening play.



Arlene and Pete Strack shuffling.

By Mary Pat (LVT Resident)

Stretching In The Morning Goes A Long Way

We all have our morning routines – a cup of coffee or tea, a warm glass of lemon water or maybe even meditation. However, there is another simple thing we should be doing every morning to kick the day off in a healthy way – **STRETCH!** The benefits of stretching are physical and mental. It will get your blood flowing to your organs and oxygen to your brain.

Pick areas to focus on. The areas of your body that need a muscle “reset” each morning are the neck, upper and lower back, hip flexors and legs.

Be gentle. Be careful not to push your muscles too hard, and always move in a pain-free range.

Use your breath and mind. Breathe deeply and into your lower belly. While stretching, think about positive things. This will work together with stretching to give you a clear and positive mind for the day ahead.

Need some ideas? Stand up straight, clasp hands together and round upper back for an upper back stretch. For a great spinal twist, lie on the ground with arms out at the sides, cross one leg over the other (intending to touch your knee to the ground), while turning your head in the opposite direction. From a standing position, bend down and touch the ground for a hamstring and lower back stretch.

Adding a few stretches to your morning routine can make a huge impact on the rest of your day. Not only will it reset your muscles, it will also calm your mind, wake you up and make you healthier

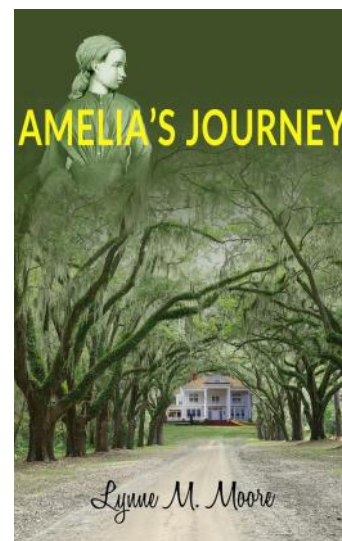
Happening at Lakeview...

"Meet the Author"

Join our very own Lynne "Suga" Moore (resident) on Wednesday, June 12th at 1:00 PM in the Auditorium as she unveils her most recent book "Amelia's Journey".

Synopsis: Bijou LeMoyne has everything. The bloody Civil War is over, and life is returning to normal on her family's plantation in Bayou St. John, north of New Orleans. The daughter of wealthy emigres who fled from the French Revolution for fear of losing their lives, she lacks for nothing.

A beautiful young woman, strong-willed and prideful, she risks everything in pursuit of the forbidden. The result is a shameful secret which shapes the remainder of her life and, if revealed, would cost her everything.



Friday
June 21st

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. Join us in our Alzheimer's Awareness Day activities.

8:00 AM Morning Sunrise Stretch on the Terrace

9:00 AM Exercise Class - with a few special guests.

10:00 AM Bingo Extreme! - \$10 per person. This isn't your traditional LVT bingo. We are going all out with real bingo cards and dabbers! Prizes will be given to the winners, but there will be a BIG prize that you do not want to miss out on! The money raised for this event will go back to the Alzheimer's Association.

1:30 PM Wii Bowling Glow Fun - Back by popular demand! The Wellness Center will be blacked out and glowing! Wear your neon colors and get ready to play a unique game of bowling.

2:00 PM Classical Piano with Mike Farona

LVT Events & Activities Highlights



Saturday, June 1st
IceHouse Theater in Mount Dora

Tuesday, June 4th
Dinner at Drifters in Astor

Wednesday, June 5th at 2:00 PM
Absolute Law Group Presentation

Thursday, June 6th at 10:30 AM
Resident's Academy in the Auditorium

Thursday, June 6th at 1:00 PM
D Day Remembrance Video

Thursday, June 6th at 5:00 PM
Birthday Bash in the Bistro



Friday, June 7th at 10:00 AM
Card Making w/ Jackie in the Game Room

Friday, June 7th at 2:00 PM
Trivia in the Pub



Monday, June 10th at 1:00 PM
iPhone Class in the Media Room

Tuesday, June 11th at 1:30 PM
General Information Session in the Auditorium

Wednesday, June 12th at 1:00 PM
"Meet the Author" in the Media Room

Thursday, June 13th at 9:00 AM
Men's Social Father's Day Breakfast

Thursday, June 13th at 1:00 PM
Resident Portal Tutorial in the Media Room

Thursday, June 13th at 2:00 PM
Resident Portal Tutorial in the Media Room

Friday, June 14th ~ Flag Day

Friday, June 14th
Trip to Military Museum and
Lunch at Corky Bells in Palatka

Friday, June 14th at 10:00 AM
"Oral Health" presentation w/ Dr. Young
in the Auditorium

Friday, June 14th at 2:00 PM
Trivia in the Pub

Sunday, June 16th ~ Happy Father's Day

Tuesday, June 18th
Dinner at Red Lobster in The Villages

Wednesday, June 19th at 2:00 PM
Grief Share Bereavement Support Group

Thursday, June 20th ~ 9:00 AM - 3:00 PM
Mid State Carts Golf Cart Clinic
at Marketing Office

Thursday, June 20th at 10:00 AM
Resident Portal Tutorial in the Media Room

Thursday, June 20th at 11:00 AM
Resident Portal Tutorial in the Media Room

Thursday, June 13th at 10:30 AM
Resident's Academy in the Auditorium

Thursday, June 20th at 3:00 PM
Ladies' Social in the Bistro

Friday, June 21st ~ ALL DAY
"The Longest Day"

Saturday, June 22nd at 10:00 AM
White Elephant Bingo
in the Auditorium

Monday, June 24th at 1:00 PM
Android Class in the Media Room

Tuesday, June 25th
Mall Shopping at Altamonte Mall

Tuesday, June 25th at 4:00 PM
Karaoke in the Pub



Wednesday, June 26th
Trip to Hard Rock Casino in Tampa

Thursday, June 27th at 10 AM, 11 AM, 1 PM, 2 PM
Resident Portal Tutorials in the Media Room

Friday, June 28th at 2:00 PM
Old Time Radio Club Presentation
in the Auditorium



Keep Active (Physical)

Mon, Wed & Fri.

Total Body Exercise 9:00 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

Euchre 6:00 PM

Tuesday

Euchre 1:30 PM

Bridge 5:30 PM

Pennies from Heaven 5:30 PM

Pickleball 6:30 PM (1st/3rd)

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 1:30 PM

Pickleball 2:00 PM

Pennies From Heaven 5:30 PM

Hand & Foot 6:00 PM

Friday

Mahjongg 1:00 PM

Spinner Dominoes 1:30 PM

Pennies from Heaven 5:30 PM

Horse Racing 6:00 PM

Saturday

Golf 8:00 AM

Pennies From Heaven 12:30 PM

Bunco 1:00 PM (1st Sat. only)

Dubs Cards 1:00 PM (2nd/4th)

Sunday

Pennies from Heaven 12:30 PM

Pickleball 2:00 PM

Keep Exploring (Clubs/Groups)

2nd & 4th Monday

Radio Club 2:00 PM

2nd Monday

Happy Bookers 10:00 AM

3rd Monday

Audio Book Club 10:00 AM

4th Monday

Novel Bunch Book Club 10:00 AM

Tuesday

LVT Art Guild 10:00 AM

Boggy Bear Workshop 1:00 PM

1st Tuesday

Choo Choo Club 4:00 PM

3rd Tuesday

Travel Club 2:00 PM

Poetry Group 3:00 PM

Wednesday

Ladies' Chorus 11:15 AM

Yak & Yarn 2:00 PM

3rd Wednesday (Bi-monthly)

Chicken Liver Club 11:30 AM

4th Wednesday

Veterans Group 2:00 PM

Thursday

Men's Glee Club 3:00 PM

2nd Thursday

Outdoor Club 2:00 PM

2nd & 4th Thursday

Piecemakers 10:00 AM

Friday

Wood Carving 1:00 PM

1st Friday

Genealogy Camp 11:00 AM

2nd & 4th Saturday

Line Dancing 2:00 PM

Keep Being (Support)

3rd Wednesday

Dementia Support Group

Third Wednesday 2:00 PM

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

3rd Wednesday 1:00 PM

Walmart, Target & Aldi

Last Tuesday 9:30 AM

Mall Shopping w/ Lunch

Keep Seeking (Spiritual)

Sunday

Chapel Service 9:30 AM

Vespers 4:00 PM

Wednesday

Bible Study 9:45 AM

Friday

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.

30th LVT Wii Bowling League



CHAMPIONS





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.



200 Clubhouse Vista Road, Altoona, Florida 32702-9609
352-669-3148 • 800-343-1588
www.LakeviewTerrace.com
Contact us at lifecareinfo@LakeviewTerrace.com

Lic # 88029