Lake Views

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A Not-for-Profit
Life Care Community

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LVT Summer Plans

Florida residents are bracing themselves for above normal temperatures and below normal rainfalls this summer with threats of Hurricanes continuing through November 30. Here's a glimpse at how LVT neighbors are spending this sizzling summer. Some are traveling near and far and many are 'sticking around here.'

Sixty family members and friends are traveling vicariously with Bob and Eileen Geremia to Alaska. LVT friends welcome regular e-mails and photos under the pseudonyms of Ma and Pa Geremia.

Pulling an 18-foot trailer behind their new jeep, they plan to spend 10 weeks and drive roughly 13,000 miles so Bob can put his feet in the Arctic Ocean.

Eileen admits it's the smallest trailer they've towed and the refrigerator is dorm size, which raises concern. Imagine living in an 18-foot space with someone else for over two months. Fear not, this is their eighth RV. "There's a star gazing window over the bed so I can't sit up without hitting my face," remarked Eileen.

Ila and Wallace King are traveling to Anchorage, Alaska for fresh salmon and halibut.

Ila and Wallace King are also Alaska bound in search of wild Salmon and Halibut. "A few years ago we considered going on a fishing expedition there but what if we didn't catch any fish," said Ila. So, they are flying to Anchorage to buy fresh fish.

The fish costs less at the Market and there's no shipping fee since they are carrying seafood home. Ila has a collapsible cooler and picked up a suit case at the Wearhouse to pack the fish.

It's a brief four-day getaway, but the Kings' view it as an adventure. They are staying at a Bed & Breakfast, using public transportation and taking a Glacier Cruise. As Ila said, "It's fishing but not wild fishing."

Charles and Betty Wright are taking their 25th Cruise with Grand Circle. Seventeen years ago, they cruised the Danube river from Budapest to Bucharest and they wanted to refresh their memory.

U.S. National Parks and legendary rivers appeal to Sunny Ward, who is exploring three national parks followed by a cruise along the Columbia and Snake rivers. She calls it her “last hurrah.”

For those who are staying ‘home’, they can follow the Geremia's adventures and find relief from the summer heat with indoor activities and day trips.

Judith and Ideal Baldoni enjoy day tripping with LVT. They recently toured a military museum followed by lunch. When at LVT, Judith Ann also enjoys solving jigsaw and crossword puzzles while Ideal is writing his autobiography.

Trekking a little further from home, Arlene and Pete Strack are heading to Fort Myers, where they will board a Murder Mystery Train. It’s an overnight theatrical and culinary experience.

Whether residents stay at home or escape to greener pastures this summer, make it unforgettable. It’s an ideal time to learn something new, to make new friends, to challenge yourself, to explore a new subject, and much more.

“Don't be satisfied with stories, how things have gone with others. Unfold your own myth” this summer — Rumi, The Essential Rumi.

Sunny Ward is traveling to National Parks and Legendary Rivers. The Grand Teton is one of the highlights of her adventure.

By *Mary Pat (LVT Resident)*

QUENCH Your Thirst

When the temperatures rise, drinking enough water is critical. Whether you're active outside or just sitting in the sun, stay hydrated to keep your blood pumping and your muscles working. Water is the one nutrient we can't survive without for more than a few days.

MAKE HYDRATION A HABIT:

- Sip throughout the day. Always keep a re-usable water bottle within arm's reach.
- Eat water-rich foods like vegetables and fruit.
- Drink water before, during and after a work out.
- When feeling hungry, drink a glass of water.
- Drink fluid when thirsty.

More than half of your body is composed of water. On hot days, your body loses water through sweating. Replenishing your fluids will help your body continue critical functions so you can feel great and enjoy the day.

"Water is the driving force for all nature."
~ Leonardo da Vinci

By Bouchard Total Wellness

LVT Piecemakers

Most of our quilt patterns are designs passed down through generations of quilters. They are cherished and creative helping quilters to experience new found inspiration and joy in new techniques.

The Piecemakers had a wonderful new experience recently. We invited Susan Thames, owner of Miss Bessie's Quilt Shop, our local quilt store in Umatilla, to share her latest creative adventure. Susan has been working on applying and securing a patent for her new technique, Pop Top. Her Pop Top demo highlighted an easy innovative way to create quilt blocks that are time saving and colorful. The unexpected twists and turns of each block allows the quilter to use the block in many different ways. The Pop Top tutorial was fascinating and showed us how to cut quilt blocks much faster than we have traditionally done.

Once we try our own Pop Top projects we may find it becomes our go-to method for cutting quilt blocks. We enjoyed our day of learning, and acquiring knowledge to simplify our work is always appreciated.

A quilting club has a welcoming social aspect that keeps us connected to each other as well as share our skills and tips. Our day of friendship was enlightening and fun. We'll do it again.

Our next meeting is Thursday, July 11, 10 am in the Game Room. Happy 4th of July!!!

Educational presentation by Susan Thames, owner of Miss Bessie's Quilt Shop, Umatilla June 13, 2024. L-R - Members Ann Fay, Lynn VonNessen, Frances McDaniel, Winnie Olsen, Guest Holly Todd, Members Joan Krick, Roseann Spiwak Front:- Susan Thames, Miss Bessie's Quilt Shop, Umatilla

LVT Resident—Roseann

Get Exotic

Try A New Fruit or Veggie

Variety. It keeps us from getting bored. So why do people tend to buy the same fruits and vegetables at the market? Be it habit or lack of familiarity, finding and preparing new foods keeps eating interesting and ensures a well-rounded nutrient intake.

EXPLORE THE UNUSUAL SUCH AS:

Tomatillos look like green tomatoes. Cook and use for sauces and salsa.

Pumelo is the largest citrus fruit there is. Their rind is thicker than grapefruit, peels more easily, and the juicy flesh is sweeter.

White asparagus tastes the same as the green variety but is more tender.

Star fruit, also known as carambola in its native Southeast Asia, is rich in vitamin C and antioxidants and low in sugar.

Romanescu, which you will like if you enjoy cauliflower or broccoli.

Don't be afraid to try something new. In fact, make a point to try a new exotic once a week. Have fun with it. Visit local farmers markets, pick up the unfamiliar and ask what it is and how to eat it. Most vendors will offer you a taste and share their favorite ways to enjoy.

RECIPE

Star Smoothie

1 large deseeded star fruit
1 peeled banana
1 cup pineapple
½ tsp vanilla extract
8 ounces of water
(optional 2 cups spinach)

Blend on high for 30 seconds and enjoy. If adding spinach, add last.

By Bouchard Total Wellness

Celebrate Our Independence

Thursday, July 4th

Sweet summertime...and it's the Fourth of July! It's time to celebrate our independence and enjoy some of the classics of Independence Day!

We all remember watermelon, ice cream and fun yard games so let's start the day with some fun! Classic "yard" games will be played in the Clubhouse Atrium (in the air conditioning, of course!) beginning at 10:00 AM. A putting contest, checkers, corn hole and more will be the start of this fun day! We're sure there may be some extra surprises as well!

In the Auditorium at 2:00 PM our annual "Celebrate Our Independence" show featuring the Lakeview Recorder Consort, Men's Glee Club, Lakeview Ladies Chorus and a few special guests to complete our celebration! We hope that you will enjoy the day!

Veterans Club

Some of us visited the Military Museum of North Florida in Green Cove Springs last month. The museum has a building full of military artifacts Including ship models, military vehicles, uniforms, weapons, equipment, and flags. It was Established in 2007 and maintained by volunteers. Well worth the trip if you are interested in military history. We also had a nice lunch at Corky Bell's.

LVT Resident *Bryant*

The Sunshine DEBATE

It's no secret that over-exposure to the sun can be bad for your health. The sun's ultraviolet (UV) radiation damages the skin, aging it prematurely and increasing the risk of skin cancer.

THERE ARE TWO TYPES OF ULTRAVIOLET RADIATION:

- UVB rays lead to sunburn and play a key role in developing skin cancer.
- UVA rays penetrate the skin more deeply and are the culprit for wrinkling, sagging and leathering. They also worsen the carcinogenic effects of UVB rays.

Most sunscreens with an SPF of 15 or higher do an excellent job of protecting against UVB rays.

WHAT ABOUT THE BENEFITS OF THE SUN?

The same UVB wavelengths that sunscreens block also kick off the chemical reaction that produces vitamin D. Vitamin D is essential to and can boost your immune system to help fight off disease, boost metabolism and prevent bone disease.

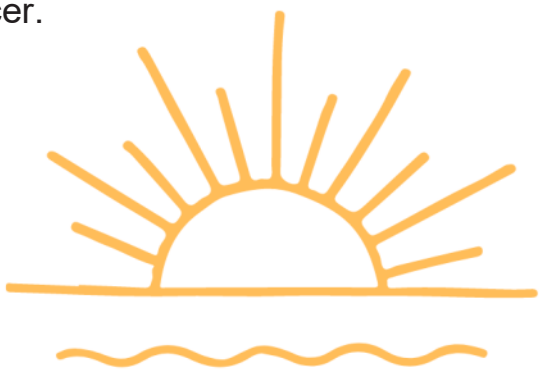
WHAT THE EXPERTS SAY – THE AMERICAN ACADEMY OF DERMATOLOGY RECOMMENDS EVERYONE USE SUNSCREEN:

- with broad-spectrum protection (from UVA and UVB rays)
- an SPF of 30 or higher
- that is water resistant

They also urge seeking vitamin D through a healthy diet that may include vitamin supplements.

THE VITAMIN D COUNCIL RECOMMENDS:

- Getting half the amount of sun exposure that it takes for your skin to turn pink. You don't need to tan or burn your skin to get vitamin D.
- Covering up to prevent too much sun exposure is an important step in protecting yourself from skin cancer.



By Bouchard Total Wellness

LVT Events & Activities Highlights

Wednesday, July 3rd at 5:00 PM
Birthday Bash in the Bistro

Thursday, July 4th at 10:00 AM
Classic Games in the Clubhouse Atrium

Thursday, July 4th at 2:00 PM
"Celebrate Our Independence"
in the Auditorium

Tuesday, July 9th at 1:30 PM
Resident's Assoc. Meeting in the Auditorium

Tuesday, July 9th ~ Leaving at 4:00 PM
Dinner at Longhorn Steakhouse in Mt. Dora

Wednesday, July 10th at 1:00 PM
V.I.P. Meeting in the Media Room

Wednesday, July 10th at 2:00 PM
TouchTown Launch Party
in the Auditorium

Thursday, July 11th at 11:00 AM
Absolute Law Group Presentation
in the Auditorium

Thursday, July 11th at 3:00 PM
Ladies Social in the Bistro

Friday, July 12th at 10:00 AM
Supervisor of Elections in the Auditorium

Friday, July 12th at 10:00 AM
Card Making in the Game Room

Friday, July 12th ~ Leaving at 11:00 AM
Lunch at Yalaha Bakery in Yalaha

Friday, July 12th at 2:00 PM
Trivia in the Pub

Monday, July 15th at 1:00 PM
iPhone Class in the Media Room

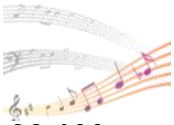
Monday, July 15th at 2:00 PM
Tips & Tools for Stressful Times
in the Media Room

Monday, July 15th at 3:00 PM
TouchTown Class in the Auditorium

Tuesday, July 16th at 10:00 AM
Hearing Clinic with TruEar Hearing
in the Multi-Purpose Room

Tuesday, July 23rd ~ Leaving at 5:00 PM
Dinner at Chris' Place in Eustis

Wednesday, July 17th at 2;00 PM
TouchTown Class in the Auditorium



Thursday, July 18th at 5:00 PM
Summer Jam Session in the Bistro

Friday, July 19th ~ Beginning at 11:30 AM
National Daiquiri Day in the clubhouse Atrium

Friday, July 19th at 2:00 PM
Professor Mental in the Auditorium

Monday, July 22nd at 1:00 PM
iPads, Tablets & More! in the Media Room

Monday, July 22nd at 2:00 PM
TouchTown Class in the Media room

Tuesday, July 23rd ~ Leaving at 9:30 AM
Mall Shopping at Seminole Towne Center
in Sanford

Wednesday, July 24th ~ Leaving at 9:00 AM
Trip to Hard Rock Casino in Tampa

Wednesday, July 24th at 2:00 PM
TouchTown Class in the Media room

Thursday, July 25th at 3:00 PM
Men's Social in the Bistro

Friday, July 26th ~ Leaving at 11:00 AM
Lunch at Cheesecake Factory in Winter Park

Saturday, July 27th ~ Leaving at 1:00 PM
IceHouse Theater in Mt. Dora

Monday, July 29th at 1:00 PM
Android Class in the Media room

Monday, July 29th at 2:00 PM
TouchTown Class in the Media Room

Tuesday, July 30th at 2:00 PM
"Morality in Democracy" in the Multi-Purpose Room

Tuesday, July 30th at 4:00 PM
Karaoke in the Pub

Wednesday, July 31st at 2:00 PM
TouchTown Class in the Media Room

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.**

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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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