



# *Lake Views*



**December 2018, Volume 5, Number 12**



*Wishing you a joyous Holiday Season  
and best wishes for the New Year!*

**[www.LakeviewTerrace.com](http://www.LakeviewTerrace.com)**

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



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## Do You Know December is:

Bingo Month

Write a Friend Month



## ***From the President of the Residents Association***

The Board had its first meeting with the new Executive Director, and if our first impression is accurate, the LVT residents will be very happy. Chris Sefjack appears to be proactive and on top of things. I would also like to congratulate the winners of the election and wish the new Board well.

Happy Holidays to everyone at LVT, and best wishes for the New Year!

## ***Greetings From Your Executive Director***

Over the past few weeks I have had the opportunity to meet a lot of residents and staff. I want to thank everyone for a warm and gracious welcome to the Lakeview Terrace Community. I truly believe one of the greatest attributes that this community possesses is the family-like environment that has been created here and how recognizable it is in such a short period of time. As the holidays approach, I wanted to wish everyone health and happiness during this joyest time of year.

Christopher

## In The Spotlight At LVT UP TO PAR

Our residents were at it again! The Community Lounge was bursting with color mid-November, as Lakeview Terrace held its Annual Craft Fair. Over one dozen residents participated in this event. The Fair provided residents with an opportunity to share their talents with others, showcasing the products of their creativity. The array of items ran the gamut, from home goods, jeweled items, 3-dimensional artwork, and apparel...just to name a few.

It was evident that every item was lovingly crafted with care, and patience. Staff and residents alike enjoyed not only browsing, but purchasing! Many remarked they loved the vast array of wonderful, unique gifts just in time for the upcoming holiday season. Taking a chance to win, many purchased raffle tickets for beautiful quilts, the proceeds of which will benefit Boggy Creek.

The creativity of our residents could not be contained indoors, as our community delighted in the opening of our new Mini Golf Course. The idea for a course was designed and proposed by Bob Bradshaw to the Residents Association. The votes were in, and the Association gained Management approval.

Along with Bob, many resident volunteers lead a concerted effort to bring this idea to fruition. For example, Petty Wolfson added flair to the hazards. She hand painted each hazard to represent various clubs within our community. After you take a swing and head over to retrieve your golf ball, be sure to look down into the hole for an added surprise! We recognize Harold Ely, Jim Williams, Walt Leesch, Kathy Bradshaw, Susan Lane, Bernie Greenberg, Pat Orr, Frank Cole, Ellie White, Nancy Richards, Nancy Nase, Peggy Wolfson, Bill Laurita, Dave McGrath, Alan Lane, Ideal Baldoni, and Charles Woolfolk for their fine efforts.

The spirit of community here at Lakeview Terrace is certainly up to par, and then some! Thank you for all you do.

by Heather Presley



## Annual Craft Fair



## Mini Golf Course



## Sampling Of Lakeview Terrace Activities

- Dec. 1st LVT Neuropathy Support Group  
“The Nutcracker” at Lake Sumter State College
- Dec. 2nd “The Carolers” at First United Methodist Church  
Hanukkah Begins
- Dec. 4th Howey Mansion Tour, Howey-in-the-Hills  
Men’s Glee Club
- Dec. 5th Movie: Victoria & Abdul
- Dec. 6th LVT Resident’s Academy with Bob Bradshaw-Branding of America  
Nature Club: Pearl Harbor  
Golf Cart Parade at LVT  
Beacon Salon Series: A Brief History of the Worst Ways to Cure Everything, Leesburg
- Dec. 8th Cracker Christmas Parade in Umatilla  
Altamonte Mall Shopping Trip
- Dec. 10th Hanukkah Ends  
Wii Bowling
- Dec. 11th A Christmas Variety Show at LVT
- Dec. 12th A Christmas Carol at the Orlando Shakespeare Theater
- Dec. 13rd Dinner at Oakwood Smokehouse & Lake Concert Band Holiday in Mt. Dora
- Dec. 14th Stetson Mansion: Christmas Spectacular, Deland
- Dec. 15th Wreaths Across America, Bushnell  
Lake County Chorus at LVT
- Dec. 16th LC Swing: Annual Christmas Swing, Leesburg
- Dec. 17th Readers’ Theatre Presents: “An Altuna Christmas” at LVT
- Dec. 18th Christmas Feast & Gala at LVT
- Dec. 19th Movie: White Christmas
- Dec. 20th LVT Resident’s Academy: Richard Stephenson: Finding the USS Monitor  
Golden Girls Christmas Sing-A-Long



Dec. 21st Men's Glee Club: A Musical Christmas  
Lori Gill and the Notebenders Christmas Show, Leesburg

Dec. 24th Book Club: Immortalists by Chloe Benjamin  
Christmas Eve Service

**Dec. 25th Christmas**

Dec. 28th Lunch: Dora Café, Mt. Dora

Dec. 31st New Year's Eve Party



**Tour of  
Christmas Lights  
December  
5th, 11th, 19th,**

**Boggy Creek  
Cut, Sew, Stuff  
Dec. 4th & 11th**



## Weekly Entertainment

Bridge.....	12:30pm....	Lounge.....	Monday
Mahjongg.....	12:30pm....	Lounge.....	Monday
Bingo.....	6:00pm....	Lounge.....	Monday
Bridge.....	6:00pm....	Lounge.....	Tuesday, Thursday
Bible Study.....	9:45am....	Multi-Purpose Rm....	Wednesday
Poker, Cribbage.....	6:00pm....	Lounge.....	Wednesday
Mahjongg, Samba.....	6:00pm....	Lounge.....	Wednesday
Dominos.....	6:00pm....	Lounge.....	Friday
Horse Racing.....	6:00pm....	Lounge.....	Friday
Pennies From Heaven...	6:00pm....	Lounge.....	Thursday, Saturday



# Embrace The Chill

Dipping temperatures can make for refreshing workouts. The gym is warm and a great place to get sweaty, but why restrict yourself to the indoors when you can suit up and sweat it out in the energizing cold?

If you prepare properly for the weather, there are amazing benefits to a wintery workout, that include:

**Burn more calories.** Your body has to work harder to keep your temperature warm, and that ups your metabolism.

**Dose of Vitamin D.** Extra sun exposure from natural light can feel massive in the winter.

**Strengthen your heart.** Cardiovascular endurance can prepare the body for future workouts and non-exercise stresses in life.

**Boost mood and energy.** The stimulating endorphins produced by working harder to stay warm can also strengthen your sense of happiness.

## PREPARE FOR THE WEATHER:

Layer up with moisture-wicking fabrics.

Stay hydrated as sweat evaporates more quickly in the chilly, dry air.

Warm-up and cool-down to stay loose, limber and warm, to prevent painful injuries.

Wear sunscreen and sunglasses even when it's freezing (if your skin is exposed).



## In The News...

### Local Author Announces New Book

Local author and Lakeview Terrace resident Lynne 'Suga' Moore has announced the release of the second book in her memoir series. "Hey Lady!: A Memoir Of A Storyteller Book 2" will be available in January.

Originally from New Orleans, Moore discovered Umatilla in 2002 as an Olde Mill Stream RV Resort 'Snowbird'. Moore is an author, illustrator, and speaker. The first part of her memoir, "Refined Suga: Memoir Of A Storyteller Book 1" was published in May, and is added to her collection that includes children's books illustrations.



The new book will launch on January 24 at Lakeview Terrace, but the previous works are available at Amazon, Barnes and Nobles, and at the Umatilla Drug Store. The books recount Moore's experiences as a wife, mother to twelve children, surviving a fire, and more. Moore will be conducting a signing this Saturday, December 1, at Bundle of Books in Mount Dora. From 1-3 p.m. the public is invited to come to the shop at 128 W. 4th Avenue.

**Article and Photo Credit to: The North Lake Outpost, November 29, 2018**

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“Books are the plane, and the train, and the road. They are the destination, and the journey. They are home.”

by Quindlen



## Your Appetite for CHANGE

You have a massive say in the way you live your life, from how you manage your time to what you eat and drink. If you want to make a change, such as eating healthier, then you have to do more than try. It takes a mindset and willingness to alter what you eat. You can find power in assertive talk and dealing with the real circumstances that created roadblocks and effected your choices.

CIRCUMSTANCES	PUTTING UP WITH THE SITUATION	DEALING WITH FROM A NEW PERSPECTIVE
Blaming Other People	My partner overeats at night and makes it too hard for me to resist.	Just because my partner makes a snack, doesn't mean I have to eat it. I will take a bath.
My Neighborhood	The nearest grocery with fresh fruits and vegetables is too far or it's not in a safe area.	I have started a veggie garden in pots and buy frozen vegetables and fruit that I put in smoothies.
I've always been an emotional eater	My parents fed me sweets when I was sad and I'm just wired to turn to food.	I see food as a comfort, but have found other ways to soothe myself during stressful times.
Outside Influences	My work schedule is crazy and I don't have time to eat healthy.	I spend a few hours on the weekend preparing healthy meals I can easily eat during the week.

Engage in life and with food from a new perspective and move forward by being willing to make the move to a healthier way of eating.



## 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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