



# Lake Views



**December 2019, Volume 6, 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:

National Bingo Month

National Write A Friend Month

National Egg Nog Month

National Pear Month



## In The Spotlight

### Breaking Ground at Lakeview Terrace

It was a groundbreaking event. Literally! On Thursday, November 7<sup>th</sup>, we at Lakeview Terrace held a community-wide reception hosting local dignitaries, business owners, and vendors. We are in the midst of Phase 5, our newest construction project.

We came together to celebrate the construction of The Clubhouse, which will encompass approximately 30,000 square feet. Situated across from the Living Well Center, this beautiful building will offer our residents a daily state-of-the-art dining experience in the Banquet Hall.

The Grill Room will house a full bar. Additional seating will be accommodated on the adjoining, expansive terrace, running the length of the Clubhouse. No doubt, postcard-perfect views will delight residents and their visitors alike.

Two intimate dining rooms will be made available for reserving special events with family and friends. The Clubhouse will have a dedicated area for auditorium-style entertainment, complete with a stage. This Auditorium/Multi-Purpose Hall will also be utilized for community events and activities. The Executive Director and Assistant Director will have offices adjacent to the Lobby and Reception Area.

Welcoming our guests, Executive Director Christopher Sefjack expressed gratitude for the contribution and support of local government as Lakeview Terrace sets its sights on an exciting next chapter.

Kaye Adams, Mayor of the City of Umatilla, spoke about the longtime relationship with Lakeview Terrace and how appreciative the City is of the contribution Lakeview Terrace makes to the community.

Lake County Community Chairwoman Leslie Campione reflected on how much Lakeview Terrace has grown during the time she has been in service to the City of Umatilla and Lake County Board of Commissioners. Leslie said Lakeview Terrace has a great economic impact on the North Lake County area.





A local jazz duo with vocals filled the air with favorites from the 60's through today. Our Food and Beverage staff provided a gracious array of refreshments and hors d'oeuvres, making the special evening even more memorable.

Under a crisp, white tent, guests enjoyed a beautiful presentation of spanakopita, scallops wrapped in bacon, shrimp cocktail shooters, and delectable charcuterie. Bar selections included our signature cocktail for the evening, Lakeview Crown Apple. Colorful petit fours and mini dessert shooters were also a hit.

Many of those in attendance posed with a golden-tipped shovel under the "We're Diggin' It" photo booth, and took a fun memory of the evening home with them.

We appreciate the efforts of our staff in creating an atmosphere conducive for celebration and sharing the spirit of Lakeview Terrace. We thank everyone in attendance who joined our community to mark this milestone with us.



By Heather Presley

## LVT Library

This season, don't get your tinsel in a tangle! Here's advice for your Christmas letter to Santa – Just remember that no one can ever have too many books or too much chocolate!

And now for a couple of Christmas jokes:

#1 A customer walked into a store looking for Christmas lights. They showed her their top brand, but—wanting to make sure each bulb worked—she asked them to take the lights out of the box and plug them in. They did, and each one lit up. “Great,” she said. They carefully placed the string of lights back in the box. But as they handed them to her, she looked alarmed. “I don't want *this* box,” she said abruptly. “It's been opened.”

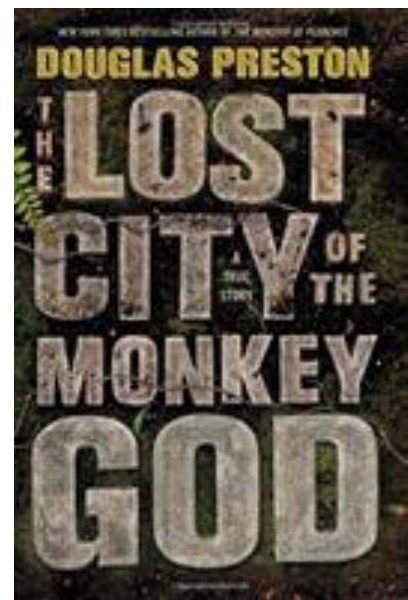
#2 A family was putting out cookies for Santa on Christmas Eve and Mom accidentally dropped one. “No problem,” she said, dusting it off and placing it back on the plate. “You can't do that,” her four-year-old said. “Don't worry, honey. Santa will never know,” responded Mom. The boy said, with a look, “So he knows if I've been bad or good, but he doesn't know the cookie fell on the floor?”

By Anne Wix and Joanie Perciballi, Librarians

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The **Novel Bunch** will discuss *The Lost City of the Monkey God* by Douglas Preston this month. This best seller is a riveting narrative of a TRUE adventure that takes readers deep into the Honduran rain forest. This journey leads to a discovery of a lost civilization and culminates in a stunning medical mystery.

By Rochelle Markowitz, Chair



# Sampling Of Lakeview Terrace Activities & Events



## ACTIVITIES at LVT

Monday, December 2nd at 10:00 AM  
New Year's Eve Tickets on Sale



Tuesday, December 3rd at 10:00 AM  
Christmas Crafting in the Lounge

Wednesday, December 4th at 1:00 PM  
Movie Day at LWC

Wednesday, December 4th at 5:00 PM  
Beacon College Salon Series

Thursday, December 5th at 10:30 AM  
Resident's Academy at LWC

Friday, December 6th at 8:30 AM  
Golf Cart Parade & Tree Trimming  
in the Lounge



Friday, December 6th at 5:00 PM  
Birthday Bash in Bistro

Saturday, December 7th at 10:00 AM  
Pearl Harbor Remembrance in the Lounge

Tuesday, December 10th 9:00 AM - 3:00 PM  
Blood Bus at LWC

Wednesday, December 11th at 2:00 PM  
Golden Girls Christmas Sing Along  
in the Lounge

Thursday, December 12th at 9:00 AM  
Ladies' Social in the Lounge

Saturday, December 14th at 2:00 PM  
Lake County Ladies Chorus in the Lounge

Tuesday, December 17th at 5:00 PM  
Christmas Feast

Thursday, December 19th at 10:30 AM  
Resident's Academy at LWC

Friday, December 20th at 10:00 AM  
Sweet Treats Decorating in the Lounge

Friday, December 20th at 2:00 PM  
Christmas Extravaganza in the Lounge

Wednesday, December 24th at 2:00 PM  
Christmas Eve Service in the Lounge



## ACTIVITIES at LVT cont.

Thursday, December 26th at 10:00 AM  
Bingo Fun in the Lounge

Thursday, December 26th at 3:00 PM  
Men's Social in the Lounge

Tuesday, December 31st at 6:00 PM  
New Year's Eve Party in the Lounge

## Outings



Saturday, December 7th at 2:00 PM  
Lake Sumter Concert Series

Saturday, December 7th at 5:30 PM  
Christmas Concert at First Presbyterian Church  
in Eustis

Sunday, December 8th at 7:00 PM  
Live Nativity at New Hope Presbyterian Church

Wednesday, December 11th at 6:00 PM  
Christmas Light Tour

Wednesday, December 12th at 6:00 PM  
Christmas Light Tour

Saturday, December 14th at 8:00 AM  
Cracker Christmas Parade & Festival

Sunday, December 15th at 3:00 PM  
Singing Christmas Trees in Orlando

Monday, December 16th at 6:00 PM  
Christmas Light Tour

Saturday, December 21st at 5:00 PM  
Lori Gill & Notebenders Show

Monday, December 23rd at 6:00 PM  
Christmas Light Tour



## Breakfast & Lunch Outings

Monday, December 9th at 8:45 AM  
Combat Café in Eustis



## Dinner Outings

Tuesday, December 10th at 4:00 PM  
Olive Garden in Leesburg



## WEEKLY ENTERTAINMENT/ACTIVITIES



Bridge		12:30 PM	Lounge	Monday
Mahjongg		12:30 PM	Lounge	Monday
Bingo		6:00 PM	Lounge	Monday
Bridge		6:00 PM	Lounge	Tuesday, Thursday
Boggy Bear Workshops		1:00 PM	Multi-Purpose Rm.	Tuesday
Glee Club		3:00 PM	Lounge	Tuesday
Bible Study		9:45 AM	Multi-Purpose Rm.	Wednesday
Poker, Cribbage		6:00 PM	Lounge	Wednesday
Mahjongg, Samba		6:00 PM	Lounge	Wednesday
Horse Racing		6:00 PM	Lounge	Friday
Pennies From Heaven		6:00 PM	Lounge	Thursday, Saturday
Euchre		6:00 PM	Multi Purpose Rm.	Thursday
Golf		8:30 & 10:30 AM	9 Hole Course	Saturday

## MONTHLY ENTERTAINMENT/ACTIVITIES

Men's & Ladies' Social	9:00 AM	Lounge		First Tuesday & Thursday
Boggy Creek Stuffing	12:30 PM	Lounge		First Monday
Movie		1:00 PM	Living Well Center	First and Third Wednesday
Poetry Group	1:30 PM	Conference Room		Third Tuesday
Nature Club	1:15 PM	Multi-Purpose Room		First Thursday
Dementia Caregivers	1:30 PM	Health Care Center		Second Thursday
Bereavement Group	10:00 AM	Conference Room		Third Monday
Novel Club	10:00 AM	Bistro		Fourth Monday
Veterans Group	2:00 PM	Lounge		Fourth Wednesday
Neuropathy Support	10:00 AM	Multi-Purpose Room		First Saturday

## WEEKLY SHOPPING

Every Monday 9:00 am & 1:00 pm	Four Corners in Eustis
First Tuesday 12:30 pm	Rolling Acres Plaza in The Villages
Third Wednesday 9:00 am & 1:00 pm	Walmart/Target in Mt. Dora
Fourth Wednesday 9:30 am	Mall at Millennia in Orlando
Every Thursday 9:00 am	Umatilla
First Thursday 1:00 pm	Eustis Square
Second Thursday 1:00 pm	Village Marketplace in Tavares
Third Thursday 1:00 pm	Tri-Cities Plaza/Hobby Lobby
Fourth Thursday 1:00 pm	Eustis Village



## HOLIDAY Feasting

The time between Thanksgiving and New Years is not the time to worry about trying to lose weight. Most people gain a little weight over the holidays, but it's not likely from enjoying one or two holiday meals. A feast is a special event celebrated with food. It is okay to relax and enjoy a wonderful feast on holidays. What can become a problem and lead to weight gain is eating more than usual the days between the holidays!

### **AVOID HOLIDAY EATING TRIGGERS THAT CAN LEAD TO EMOTIONAL OVEREATING:**

**Anxiety.** The holidays can produce a lot of anxiety. Many people eat too much fat and sugar in response to negative emotions. Recognize when you are feeling emotional and think about what you need before selfsoothing with food.

**Emotional memories.** Smells and tastes from holiday foods like pie and stuffing can bring back powerful warm and wonderful memories of childhood. Choose the foods you truly love and choose reasonable portions to enjoy.

**Habit.** See a cookie, eat a cookie. Be mindful about what you choose to enjoy as a treat and be more conscious to avoid a binge.

## Sweet Potato Pancakes

- 1 sweet potato roasted and cooled
- 2 large eggs beaten
- Dash of cinnamon
- Cooking spray

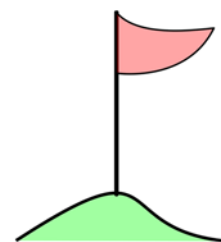


Place roasted and cooled sweet potato in a medium bowl. Remove the peel and mash. Whisk in the eggs and cinnamon. Coat a pan/griddle with cooking spray and heat over medium high heat. Spoon out ¼ cup of batter onto pan and cook 5 to 7 minutes on one side. Flip and cook another 3-5 minutes.



## LVT Memorial Golf Course

November 16<sup>th</sup> saw another morning of Crazy Golf Scramble, with participants utilizing, very definitely NOT golf related, “tools” to play with. Yes, we actually putted with a very old broom! Additionally, when you have to drive with your putter and putt with your driver, things can get very entertaining! Needless to say, everyone had a rousing good time!



As winter approaches, and the temperatures begin to cool, it becomes the PERFECT time to dust off those old clubs you may not have used in some time, or borrow a set, and GET OUT THERE! Our little jewel of a course is just waiting for you to enjoy the scenery and opportunity to join our “regulars” in enjoying the camaraderie and FUN! We don’t play very seriously, so if you are concerned that you can’t play like you used to, or that you might duff a couple shots, NOBODY CARES! We play for fun, and the love of the game!

So, what exactly do I mean by, “the love of the game”? Well, for me, it’s the opportunity to get outdoors. It’s the birds singing in the morning, the dew on the grass and the sun just coming up. It’s riding in a golf cart, (or walking), alongside a friend or neighbor and sharing the experience of doing something together that isn’t work! It’s marveling at that miracle shot when the ball actually goes where you aimed it! It’s that humbling experience when the next shot only makes it 10 feet ahead! (And the folks you are playing with don’t chide you about it because they know they might do the same thing on their next shot!) Most of all, it’s participating and doing something. It’s a once a week chance to get out of that chair, turn the TV off and PLAY at something both frustrating and glorious, at the same time!

So, do you have a bad knee? Me too! Do you suffer from Arthritis pain? Me too! ALL THE TIME! But, if I wake up on the right side of the grass on Saturday morning, I’ll do whatever it takes to get up there on the first Tee Box and swing that club! Why? Because it’s FUN! Am I going to end up one under? Two under? Even? I DON’T CARE! Why? Because it’s FUN! And, I’m moving and doing the old heart some good while enjoying all those things that I mentioned above. So PLEASE! Come on out and join us. Old experienced golfers and new, never played, golfers are all welcome. See you on the course! Until then, FORE!

# MORNING Moments

Sleep is your time to rest and morning is yours to renew your energy. Set the tone of your day with a morning routine that generates positive potential.

**A few suggestions to set yourself up for daily success are:**

- 1. Allow yourself time.** Choose a time to wake up at every day that allows you to gradually get going instead of a rushed scramble.
- 2. Replenish.** Drink a glass of water and eat a nutritious breakfast.
- 3. Engage your body.** Stretch, practice yoga poses or take a short walk.
- 4. Recharge your mind.** Read an interesting article or meditate on what you are grateful for this day.

Self-care needs to be something you actively plan for and incorporate into every day to manage stress and live your best life. Make a list of the things you'd like to try and slowly start incorporating them into your morning routine.

**“My FUTURE starts when I wake up every MORNING.”**

*Miles Davis*





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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