



Lake Views



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The Sky Is Truly The Limit!

www.LakeviewTerrace.com

The Monthly eMagazine of Lakeview Terrace, Altoona Fl.



Contents



3	Thankful	7	Thanksgivings Past
4	In The Spotlight	9	In The News...
	The Sky Is Truly The Limit!	10	You Have The Time
5	Sampling Of LVT Activities & Events	11	Like Us On Facebook

Do You Know November is:

Aviation History Month

National Sleep Comfort Month

National Diabetes Awareness Month

National Model Railroad Month



Thankful

Sometimes life hands us lemons and it becomes difficult to be thankful. The frequently quoted inspirational writer, Antonio Casing reminds us of the benefits of being thankful even if life isn't so good. He says:

Be thankful that you don't already have everything you desire. If you did, what would there be to look forward to?

- Be thankful when you don't know something, for it gives you the opportunity to learn.
- Be thankful for the difficult times. During those times you grow.
- Be thankful for your limitations, because they give you opportunities for improvement.
- Be thankful when you're tired and weary, because it means you've made a difference.

It's easy to be thankful for the good things. A life of rich fulfillment comes to those who are also thankful for the setbacks. Find a way to be thankful for your troubles and they can become your blessings.”



In The Spotlight

The Sky Is Truly The Limit!

LVT residents John and Mary Nichols have purchased an airplane and are flying above their home at LVT. John, a longtime pilot, recently purchased the 1946 Ercoupe in Illinois and had it flown back to the Umatilla, FL, airport, where it is hangered. At over 6'4", John is a tight fit, but he loved the design from the first time he saw a photo of one for sale in the paper.



The Ercoupe is a very unusual plane. First and foremost, it has no rudder pedals! The plane is so stable none are required. It was the first plane to have a tricycle landing gear (one wheel in front). Planes before this had a small wheel in back (called "taildraggers").

The Ercoupe sold in the thousands in 1946 to pilots returning home from WW-II. The advertising of the day emphasized the ease of flight claiming it was like "driving a car", including the yoke controlling the front wheel, which makes it possible to "drive" your Ercoupe down the runway!

This Ercoupe was produced in 1946, only a few months after John was born, making John and the plane about the same age. Ironically, at one point in John's career, he was stationed in the office building across the street from the abandoned Engineering Research Corporation (Ercoupe) production buildings in Riverdale, MD. Little did he know then that he would own one of the "cozy coupes" produced there.

Any residents with an interest in aviation are welcome to seek out John or Mary, LVT's active pilots!

John came to LVT in December 2016; Mary in April 2018. They met in the gym and married there in December 2018. John and Mary say, "We love LVT and our LVT family." "This is a wonderful place to live."

Photos by Michael Rentoumis



Sampling Of Lakeview Terrace Activities & Events



ACTIVITIES at LVT

Friday, Nov. 1st at 5:00 PM

Birthday Bash

Saturday, Nov. 2nd at 1:00 PM

Lake Sumter Concert Series, Leesburg

Tuesday, Nov. 5th at 10:00 AM

“Changes in Pharmacy” in the Lounge

Thursday, Nov. 7th at 10:30 AM

Resident’s Academy

Thursday, Nov. 7th at 1:15 PM

“Treating Animals with Respect”
in the Lounge

Friday, Nov. 8th at 9:00 AM

SHINE Counseling in the Lounge

Monday, Nov. 11th at 1:30 PM

Veterans Day Program in the Lounge

Tuesday, Nov. 12th at 1:30 PM

Residents Association Meeting in the Lounge

Wednesday - Friday, Nov. 13th – 15th

LVT Craft Fair in the Lounge

Saturday, Nov. 16th at 8:30 AM

Crazy Golf Tournament on LVT Course

Monday, Nov. 18th at 10:00 AM

Card Making with Jackie

Tuesday, Nov. 19th at 9:00 AM

Ladies’ Social in the Lounge

ACTIVITIES at LVT cont.

Thursday, Nov. 21st at 10:30 AM

Resident’s Academy at the LWC

Wednesday, Nov. 20th at 5:00 PM

Beacon College Salon Series in Wildwood

Thursday, Nov. 21st at 1:30 PM

Piano Recital with Mike Farona in the Lounge

Thursday, Nov. 21st at 3:00 PM

Men’s Social in the Lounge

Saturday, Nov. 23rd at 1:00 PM

IceHouse Theatre, Mount Dora

Outings

Friday, Nov. 1st at 10:00 AM

Vietnam Veterans Wall Memorial in Down-
town Eustis with Lunch

Friday, Nov. 15th at 8:00 AM

Ponce Inlet Coast Guard Tour
Ponce Inlet Lighthouse Tour

Friday, Nov. 22nd at 8:00 AM

Disney Springs, Lake Buena Vista
(Formerly Downtown Disney)

Friday, Nov. 29th at 10:00 AM

“Tours by Nona” ICE at Gaylord Palms,
Kissimmee

Breakfast & Lunch Outings

Friday, Nov. 1st at 10:00 AM

Downtown Eustis featuring the visit to
the Vietnam Wall.

Restaurants include Crazy Gator’s,
Sol De Mexico, El Marie Pizzeria
and more!



Dinner Outings

Tuesday, Nov. 5th at 4:00 PM

Sam’s St. Johns’ Seafood, Summerfield

Friday, Nov. 8th at 3:00 PM



Tillie’s Tavern with Shopping at Peddler’s
Wagon

Tuesday, Nov. 26th at 4:00 PM

Blackwater Inn, Astor

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



We invited residents and staff of Lakeview Terrace to share some recollections of Thanksgivings past. We hope you enjoy this cornucopia of memories.



Being married to a chef has its challenges. Assisting for Thanksgiving preparation, I was given the task of snapping green beans. Well, there is no snapping! Each bean must be cut on a bias in the middle and opposite bias on each end, therefore making the bean attractive.

Gravy perfection is a 2 ½ day process in our home! I was asked to watch the gravy for just the last two hours while my hubby napped. Well, I forgot. It scalded, burned, and chunks arose! I strained the gravy, cleaned the pan, and put it back on the burner thinking Chef Connolly would be none the wiser.

Well, that was until his first bite of turkey. I have never been asked to help in the kitchen again!

- Michelle Smith Connolly, Lakeview Terrace Retirement Counselor

It was mid-WWII. Two of my four brothers, who were crew members on a nuclear submarine, were home for the holidays. They arrived home to a Christmas feast of venison and wild turkey. It was an especially joyous time for our family, because they had not been able to attend my wedding or that of my sister Betsy.

We saved gas stamps from our ration books so we could drive the 100 miles from Pulaski to Ithaca, NY. I had to look twice to recognize Jim, my youngest brother. They had great stories to tell about all the action they had been in since their enlistment.

They were filled with questions about the home front since they were away. Was the Civil War soldier still attending memorial services on the October Memorial Day at the cemetery? Can we go visit Grandma Keeney? Do they still have Saturday night dances at the local Grande Hall? Had Ted's hand healed since the corn harvester accident? Would you have time to make me fried potatoes and gravy?

The day was not long enough to catch up on things with them before they had to return to duty.

- Barbara Mandigo, Lakeview Terrace Resident since 2001

We usually had just a typical Thanksgiving Day feast with the whole family, but one year, things were changed up a bit! My family and I were living in Natchitoches, Louisiana. My parents lived in Missouri at the time. They made the trip to celebrate the holiday with us. Much to our surprise and delight, my parents presented the idea of taking our gathering away from the traditional dining room table, and onto the coast! We assembled picnic fare, packed up our three children and our boxer, Gretchen and headed south. It was a delightful and unusual holiday that we will always cherish.

Jen Troesch – Lakeview Terrace Resident since 2016

One year my father, who was the Mayor of our hometown in California, decided we were going to feed the homeless. He cooked four turkeys, and my mother and the rest of us girls made all the fixings. My father cut the turkeys and put them in aluminum pans and we headed out all over town feeding everyone we could. It was one of my best Thanksgivings ever.

Since I can remember, our family gathers together for two days making tamales at my grandmother's house for Thanksgiving. It takes a whole week to prepare the meat and other ingredients. We usually make about 1,000 of them. Yes, one thousand! Although it isn't the main course, it is a tradition I still do with my children and family every year. Quality time as a family is very important to us!

- Yvonne Cortez, Lakeview Terrace Groundskeeper



In The News.....

Nature Club

“What is the Nature Club?” The Nature Club is made up of men and women who enjoy the beauty of the lakes, gardens and wildlife found within LVT. We meet monthly to share about new wildlife seen, or share about the progress of planned new gardens. There will be speakers from time to time. Tom Scotti, from Ahopha Wildlife Rescue will speak at our next meeting, November 7 at 1:15. Now that the weather is cooler, we hope to get started on adding some native bushes and plants along the shore of Lake Quida, and developing a small butterfly garden. Please join us and share your interests and talents.



By Dick Stephenson, Chairperson

Choo Choo Club

If you have an interest in railroading or model railroading, you need to get involved with the LVT Choo Choo Club. In the Bistro, on the second Monday of almost every month, at 3:00 PM, we gather in fellowship to discuss railroading in general, the history of Florida railroading, and working on our model railroad. Did you know Altoona once had a depot? Do you know where it was located? We do! Our next meeting is November 11th; be there, if you can.

By Dick Stephenson, Chairperson



You Have The Time

When time is limited and demands seem unlimited it's hard to make exercise a priority. Make a list of all your "to-do items" and categorize them into "must-do", "should-do" and "nice-to-do". When you add 30-minutes to move your body as a "must-do", you will make the time to work it in.

The best time to work out is always going to be whenever works for you. However, starting your day with a good sweat jump starts your metabolism, helps you sleep better and starts your day on a high note. No matter where you fit in activity, a little can go a long way. Schedule mini-bouts of physical activity accumulated throughout the day. Here are a few ideas for short bursts of beneficial movement.

	At Home	At Work
Walk and Talk	Invite a friend, neighbor or family member to take a stroll around the block.	Have walk and talk meeting or walk in place while on the phone.
Sit for 60, move for 3	Fold the laundry, do the dishes, walk the dog or practice a mini yoga session.	Alternate sitting and standing throughout the day by taking breaks. Get up each hour to stretch and move for 3-5 minutes.
Exercise Anywhere	Do 10 squats while brushing your teeth, see how many crunches you can do between TV shows.	Take the stairs, do a few laps in the hallway or practice lunges holding the back of a chair.

Lack of TIME is actually lack of PRIORITIES."

Tim Ferriss



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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