



Lake Views



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Do You Know October Is:

Breast Cancer Awareness Month

Cookie Month

National Pizza Month

Seafood Month



LVT Artist- Crabtree

‘The object of art is not to reproduce reality but to create a reality of the same intensity’ - Alberto Giacometti.

Talented residents abound at LVT, from artists and writers to woodworkers and quilters. The Crabtrees, for example, epitomize artistic talent here - Bill’s acrylic nature scenes evoke the countryside at its best while Linda’s exquisite quilts reflect a cozy country bedroom.

Before moving here three years ago, they lived in Meadows of Dan, VA, where both were inspired to practice their craft. Bill had his own art studio where he painted the natural splendor of (and around) the Blue Ridge Parkway. While Bill painted - Linda quilted.

“If something inspires me, I want to paint it,” said Bill, who misses the mountains and scenery in Virginia, particularly around the Blue Ridge Parkway - where most of his work originated.

For example, a scene of prancing deer in winter brings to mind the beauty of fresh fallen snow in a Virginia meadow. Linda recalls taking the pictures - they cropped and merged three views to capture the scene. The light blues and gray colors soothe and cool one’s imagination.

Bill recalls seeing a house in the distance. It was opaque during the year but “when it snowed you could see that farm and it inspired me.”

“My mother had me sketching when I was a child. She was pretty good at it. I thought I could sell art some day.” It’s not surprising he was an engineering draftsman in the Navy for four years. And, he did sell some of his prints at the Nature gift shop in Blue Ridge.



Bill and Linda proudly display their creativity.

While Bill was an artist all of his life, it wasn't until 2008 that Linda bought her first sewing machine and became a quilter. "A neighbor asked if I knew where there was a quilt shop and I took her. I walked out with a pattern, fabric, and thread."

While being an Artist is a 'lonely business' for Bill, Linda enjoys quilting because it's fun and social. As a member of a church quilters, Linda created and donated quilts to non-profit organizations like battered women housing.

She meets with a quilting group here twice a month sewing handmade quilts for the Assisted Living Facility (ALF) and Boggy Bears. Last year, the group donated two handmade pillowcases to each ALF resident.

Living Space at LVT hinders Bill's ingenuity but he portrayed the Front Porch at the Prince of Whales restaurant, St. Augustine. He considers it one of his best works.



A sewing alcove off the living room.



A reading corner at entrance to their apartment with Bill's artwork.



Linda with handmade table runner and Bill's painting.

By Mary Pat, LVT Resident

CRUSH Candy Temptation

Face it, after the little goblins have stopped ringing the doorbell, there is going to be some Halloween candy left over. You could immediately throw it in the trash or put it down the garbage disposal that night. You could take it to work, but then you would probably eat it there.

HERE ARE A FEW IDEAS TO MINIMIZE THE LURE OF CANDY:

For starters. Wait until the last minute to buy the Halloween candy so you can't be tempted too soon. Don't buy the candies that you love the most. Eat a good healthy dinner before the trick-or-treaters start ringing the bell.

The day after Halloween. Decide how you will divide the leftovers – and set a “candy quota,” such as one candy bar per day or eight pieces of candy corn - you decide. Put all the other candy up on a high shelf where you won't see it. Decide when you will have your treat each day, and take your time savoring the flavor. If you really love your candy, it will be hard to do, so have a healthy low-calorie snack available in case you are tempted to go over that daily candy quota.

If you are on a diet. Remember, it can take as little as 100 calories a day to sabotage your diet. If you do eat a little candy each day, it's a good idea to increase your exercise at the same time.

Some people don't have the self-control to portion out leftovers. If you don't want to throw it all away, try using up the remaining candy in a recipe for a dessert dish the kids can take to school or you can leave in the office kitchen



Happening at Lakeview...

Active Aging Week



MONDAY 10/7

8:00 AM - KICK OFF Active Aging week with a Smoothie Bar

1:00 PM - Boggy Bear Stuffing



TUESDAY 10/8

SUPER FOOD TUESDAY

All Menu items will feature SUPER foods.

1:30 PM - Question & Answer Session with Admin



WEDNESDAY 10/9

11:00 Ballot Updates - City of Umatilla

5:00 PM - Wine Down Wednesday



THURSDAY 10/10

10:30 AM - Trout Lake Nature Center Presentation

3:00 PM - Ladies' Social



FRIDAY 10/11

10:00 AM - Balance Assessments

2:00 PM - "Technology Term" Spelling Bee

Trunk or Treat

Wednesday, October 30th

4:00 pm - 6:00 pm

Join us for our 5th annual Trunk or Treat!

We are inviting all residents to bring your golf cart or car to the “festival” to pass out candy to our invited guests, the children of Altoona Charter School and their families. Enjoy some music and food and socialize with our staff and the children in the community.

Awards for the “Scarecrow Contest” will be presented at 6:00 PM. Plan to join us for some tricks and treats.



Kindness of Strangers

Why not be the reason someone smiles today? Kindness and generosity are linked to greater life satisfaction, stronger relationships and better mental and physical health. Acts of kindness are powerful experiences that create moments of awe, wonder and a sense of “rightness,” which makes us feel immensely grateful to be alive.

THERE ARE THREE POTENTIAL POSITIVE EFFECTS FROM A RANDOM ACT OF KINDNESS:

1. The positive effect on the recipient (the person who is having kindness bestowed upon them).
2. The positive effect on the giver (the person performing the kind act).
3. A passer-by (a person who happens to witness the experience).

Witnessing an act of kindness can lead to a renewed faith in human nature, a sense of sheer goodness, an increased desire to help someone and an increased sense of connection with others.



Special Days & Extra Fun



FIRST FRIDAY FUN BINGO

Friday, October 4th at 10:00 AM



BOGGY BEAR STUFFING

Monday, October 7th at 1:00 PM

Come join us and stuff some "future smiles"

LADIES SOCIAL

Thursday, October 10th at 3:00 PM

Heart of Florida Model A Club Show

Including other Antiques & Roadsters

Friday, October 11th

IPHONE CLASS

Monday, October 14th at 1:00 PM

HEARING CLINIC W/ DR. JIMMY

Tuesday, October 15th at 10:00 AM

TruEar Hearing

David Berardi

Magic Show

Friday, October 18th
at 2:00 PM



IPADS, TABLETS & MORE!

Monday, October 21st at 1:00 PM



TRIP TO HARD ROCK CASINO

Wednesday, October 23rd



MEN'S SOCIAL

Thursday, October 24th at 3:00 PM

ANDROID CLASS

Monday October 28th at 1:00 PM



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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