

# CountrySide Chronicle

MONTHLY NEWS CALENDAR

NOVEMBER 2019

We are so thankful for our Veterans!



## From the Director's Desk

I am THANKFUL for.....

I have had an amazing 2019 so far.

I married the most amazing woman. I added her beautiful daughter to the list of "my kids" which is now "OUR kids".

Moved my new bride to Florida and we have started building our life together.

I still believe I am the most blessed man in the world.

I am ever THANKFUL for my two sons, they are truly the best hunting and fishing "buddies" any man/father could ask for. They have grown into fine young men. Not to mention the fact that they are successful in their own right. Both of them bought their first homes this year.

I am THANKFUL to have a job that I love. A wise person once said, "if you love your job, you will never work a day in your life". Pretty sure it was Mark Twain.

I am THANKFUL to work with a group of people that amaze me every day with their level of commitment to their jobs. This goes from the Department Director level all the way to latest new hire.

I am THANKFUL to have the honor of being the Director of a community with so many amazing people. All of our residents have an amazing story to tell. You just have to make the time to listen. I promise you will hear funny stories, some tragic ones too. But you will also hear the most wonderful stories of friendship, loyalty, and true love that should inspire us all to do better...at everything.



Make sure you tell the people who you are THANKFUL for how much they mean to you.

You will make a difference for them. You will change their day. You may inspire them to make a difference in someone else's day today.

*Charlie*

### RESIDENT SPOTLIGHT

## Mary & Nick Knezevic

Meet Nick and Mary Knezevic – they have been married 65 years, with 2 children and 5 grandsons! They have both served our country in the military. Nick was a Safety Officer, pilot, and in Aircraft Maintenance in the Air Force, serving in Korea and Vietnam. Mary served as a Personnel Specialist in the Air Force, which is where they met. They traveled to Germany, Alaska, and France while serving. When asked what they liked most about each other, Mary says Nick always was neat and clean, he kept the house well maintained, the car tidy, and was always willing to help. Nick says Mary is a great cook, wonderful mother, and she was also very good at keeping things neat and organized. Mary held the full-time job as Mom while the children were young and then went on to work as a travel agent. They moved to Florida in 1991 and were snowbirds for many years. Their life motto is ALWAYS say "I love you, God bless you and pleasant dreams" before you go to bed. Nick and Mary, thank you for your service to our country and we are honored to have you as part of our family at CountrySide Lakes.

## Bella's Corner

Follow Bella's photos & videos

 @CSL32127

## Thankful for Our Best Friend

Dogs. There's a reason we call them man's best friend. We can learn so many things from a dog's behavior, personality, demeanor, resiliency, and most importantly, the willingness to provide their family members with unconditional love, loyalty, and companionship down to their very last breath. You come in the door from a long day's work. The dog doesn't judge you; he doesn't care how you're dressed or if you've just had a really bad day. No matter the situation, your dog is happy to see you. You are greeted with the same enthusiasm each and every time you walk in that door. A dog has the ability to live in the present moment. They don't regret the past or worry about the future. If we can learn to appreciate and focus on what's happening in the here and now, we'll experience a richness of living.



## Four Paws for a Strong Beat *How Dogs Can Benefit Heart Health*

By Jane Sandwood

An estimated 48% of U.S. households has a dog, according to the Bark, which is good news for our health. Responsible dog owners are compelled to exercise daily to meet the needs of their furry friends, which has considerable benefits to both physical and mental health. Regular exercise has a positive impact on all elements of health, from strengthening the immune system to reducing stress, but spending time with dogs can offer particular benefits to our hearts.

### Getting Active for a Healthy Heart

Dogs need regular exercise, and so does your heart. A study at Binghamton University found that walking at a moderate intensity improves cardiovascular risk factors, while research published in the Journal of Preventive Medicine showed that dog owners walk an average of 300 minutes per week, compared to 168 minutes walked by non-dog owners. Many dog owners also explore new activities with their pets, including running, cycling and swimming, all of which have a positive effect on heart health. Regular exercise also reduces the risk of obesity, which in turn has implications for heart health: obesity is linked to high blood lipids, high blood pressure, and metabolic syndrome, all of which can put pressure on the heart and increase the risk of cardiovascular disease. Daily dog walking can improve all of these risk factors, leaving us with healthy hearts and happy dogs.

### Psychosocial Support and Recover

In addition to helping with the prevention of heart problems, dog ownership has been associated with recovery from cardiovascular disease. The companionship and loyalty offered by the animal is thought to motivate those recovering from a cardiovascular event on their road to recovery. Their ability to reduce stress and their need for gentle exercise are also helpful factors for those recovering from heart disease.

Dog ownership is often associated with a healthy lifestyle, simply because of the exercise the animals require. However, the benefits they can offer to heart health reach far beyond exercise, and spending time in the company of dogs can help our hearts in a holistic way. An estimated 48% of U.S. households has a dog, according to the Bark, which is good news for our health. Responsible dog owners are compelled to exercise daily to meet the needs of their furry friends, which has considerable benefits to both physical and mental health. Regular exercise has a positive impact on all elements of health, from strengthening the immune system to reducing stress, but spending time with dogs can offer particular benefits to our hearts.

# CULINARY CORNER



## Chef's Table Menu November 14th Only

Sign-up with the Concierge to join us!

### 1<sup>ST</sup> COURSE

Toasted Brie Flatbread | Cranberry and Bourbon Glazed Walnuts  
Carrot Apple Soup Shooter

### 2<sup>ND</sup> COURSE

Sweet Potato Soufflé | Spiced Creme Fraiche | Lavender Melon Sorbet

### 3<sup>RD</sup> COURSE

Orange Glazed Cornish Hen | Braised Green Beans  
Whipped Potatoes | Cranberry Dressing

### 4<sup>TH</sup> COURSE

Pumpkin Fireball Cake | Chocolate Cordial | Caramel Brittle



# Activities and Events

**Bible Study** is back along with a daily devotional – spirituality gives us the opportunity to reflect and collect courage for challenges.



There are some great activities that have been around for a long time, just because you don't see them on the schedule doesn't mean they are not available.

We will always have **Personal Trips** (Monday - Friday) – book your outing with the front desk at least 72 hours in advance.



**Catch up on your reading** and dive into new stories with books in our library!



We have greeting cards located in the library for everyone to use. If you have extra cards please share them. You can send a friendly note, a get well wish, or a happy birthday message!

**CountrySide Players Club** Do you like to sing, act, or direct? Join our new Players Club and you will be entertaining us this December with a one-of-a-kind Christmas show.



**Board Games, Darts, Billiards and Puzzles** are on the 3rd floor and available for you anytime.



**The Dock and the Putting Green** are always waiting for you.



# November 1-14, 2019

Activities are shown in red.  
Wellness classes are in blue.

1	2	3	4	5	6	7	8	9	10	11	12	13	14
Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
8:30 am Daily Devotional Atrium	8-11:00 am Walmart, Publix Concierge Desk	9:00 am Coffee & Conversation Lobby	8:30 am Daily Devotional Atrium	9:00 am Leap Of Faith Thrift Store Shop til you drop! Atrium	8:30 am Daily Devotional Atrium	9:00 am Personal and Doctor Trips Concierge	8:30 am Daily Devotional Atrium	8-11:00 am Walmart, Publix Concierge Desk	9:00 am Coffee & Conversation Lobby	<b>VETERANS DAY</b>	9:00 am \$5 Paparazzi Jewelry with Lunia Atrium	8:30 am Daily Devotional Atrium	9:00 am Billiards Billiards Room
WALMART Grocery Orders for Saturday Delivery Atrium	9:00 am Stretch Exercise Area	10:00 am No Group Liturgy Activity Area	9:00 am Stretch Exercise Area	10:15 am Tone & Strength Exercise Area	9:00 am Stretch Exercise Area	Billiards Billiards Room	9:00 am Billiards Billiards Room	9:30 am Bingo Bonanza with Stephanie Dining Room	10:00 am NO Group Liturgy Activity Area	9:00 am Stretch Exercise Area	10:00 am Music with Sam Lobby	9:00 am Stretch Exercise Area	9:00 am Puzzles Billiards Room
9:00 am Stretch Exercise Area	9:30 am Church of Epiphany Activity Area	10:30 am Countryside Church Exercise Area	9:30 am Bingo W Rosie Dining Room	11:00 am Circuit workout Exercise Area	10:00 am Our Lady of Hope Mass & Anointing Activity Area	10:00 am Animal Planet Atrium	10:00 am Visit with Kittens 2nd Floor Activities	11 am - 4:00 pm MOBILE MINI MALL TO SHOP Til you Drop! Lobby & Atrium	10:30 am Countryside Church Exercise Area	9:30 am Spanish Class Dining Room	11:00 am Tone & Strength Exercise Area	10:00 am Spanish Class Dining Room	10:00 am Animal Planet Atrium
10:00 am UNO Atrium	10:00 am Music with Randy Lobby	12-3:00 pm Ornament Crafts Atrium	Spanish Class 2nd Floor Activities	12:00 pm WALMART Orders for Wednesday Delivery Atrium	10¢ BlackJack Atrium	11:00 am Circuit workout with Stephanie Exercise Area	1:00 pm Visits with Bella Door-to-Door	3:00 pm Happy Hour Atrium	1:00 pm Music with Josh Mabe Lobby	10:00 am Music with DeLuna Atrium	11:00 am Circuit Workout with Stephanie Exercise Area	10:30 am Visits with Bella Door-to-Door	12:45 pm Hand and Foot Activity Area
1:00 pm Music with Chuck Atrium	Puzzles Billiards Room	3:00 pm Happy Hour Atrium	Visits with Bella Door-to-Door	1:00 pm Trivia Atrium	1:00 pm Circuit workout with Stephanie Exercise Area	12:45 pm Hand and Foot Activity Area	1:00 pm Countryside Players Club Rehearsal 2nd Floor Activities	6:00 pm Guys and Gals Gamble 25¢ LRC 10¢ Blackjack 10¢ Roulette Atrium	2:00 pm Dominoes Atrium	1:00 pm Music with Rocky Lobby	12:00 pm WALMART Orders for Wednesday Delivery Atrium	11:00 am Circuit Workout with Stephanie Exercise Area	1:00 pm Music with Jeff Lobby
Visits with Bella Atrium	11:00 am Lunch Bunch with Mark Lobby	6:00 pm Music with Dan and Debbie Atrium	Shopping: Big Lots Concierge Desk	12:45 pm Hand and Foot Activity Area	1:00 pm 10¢ Roulette Atrium	1:00 pm Music with Michael T Lobby	WALMART Grocery Orders for Saturday Delivery Concierge	6:00 pm Guys and Gals Gamble 25¢ LRC 10¢ Blackjack 10¢ Roulette Atrium	3:00 pm Happy Hour Atrium	1:00 pm Music with Rocky Lobby	12:45 pm Hand and Foot Activity Area	11:00 am Circuit Workout with Stephanie Exercise Area	2:00 pm Dominoes Atrium
2:15 pm Crossword with Charlie Lobby	1:00 pm Music with Uncle John Lobby	7:00 pm Movie Atrium	Visits with Bella Atrium	1:00 pm Countryside Players Club Rehearsal 2nd Floor Activities	2:00 pm Miles of Smiles going to Missouri Atrium	2:00 pm Book Club Library	Visits with Bella Atrium	WALMART Grocery Orders for Saturday Delivery Concierge	6:30 pm Movie Atrium	Shopping: Bealls Outlet Concierge Desk	12:45 pm Hand and Foot Activity Area	1:00 pm Visits with Bella Door-to-Door	3:00 pm Dominoes Atrium
3:00 pm Free Friday Happy Hour Atrium	2:00 pm Bingo with Rosie Dining Room		2:00 pm Crossword Atrium	1:00 pm Countryside Players Club Rehearsal 2nd Floor Activities	2:30 pm Spanish Class 2nd Floor	2:00 pm Bingo Dining Room	Bus Ride Concierge Desk	Visits with Bella Atrium	2:00 pm Music with Judy Locke Lobby	2:00 pm Veterans Day Social and Happy Hour Atrium	1:00 pm Hand and Foot Activity Area	2:00 pm Visits with Bella Door-to-Door	3:00 pm Dominoes Atrium
Outdoor Activity with Bella Backyard	3:00 pm Happy Hour Atrium		Outdoor Activity with Bella Backyard	2:00 pm Music with Sam Lobby	3:00 pm Happy Hour Atrium	3:00 pm Happy Hour Atrium	2:00 pm Music with Judy Locke Lobby	Bus Ride Concierge Desk	3:00 pm Music with Shannon Rae Activity Area	Outdoor Activity with Bella Backyard	1:00 pm Bocce Ball Atrium	1:00 pm Miles of Smiles going to Montana Atrium	2:00 pm Dominoes Atrium
6:30 pm Movie Atrium	6:30 pm Movie Atrium		3:00 pm Happy Hour Atrium	2:00 pm BINGO Dining Room	2:30 pm Spanish Class 2nd Floor	3:00 pm Happy Hour Atrium	2:00 pm Bingo Dining Room	Visits with Bella Atrium	6:00 pm Music with Shannon Rae Activity Area	Outdoor Activity with Bella Backyard	2:00 pm BINGO Dining Room	1:00 pm Miles of Smiles going to Montana Atrium	2:00 pm Dominoes Atrium
			Walk it Out Exercise Area	3:00 pm Happy Hour Atrium	3:00 pm Happy Hour Atrium	6:00 pm Music with Shannon Rae Activity Area	3:00 pm Happy Hour Atrium	Visits with Bella Lobby	7:00 pm Movie Atrium	3:00 pm Happy Hour Atrium	3:00 pm Happy Hour Atrium	2:00 pm Jazz with Jonathan Atrium	2:00 pm Dominoes Atrium
			6:00 pm Music With James Wise Lobby	3:15pm Bible Study 2nd Floor Activities	3:00 pm Walk it Out Exercise Area	Visits with Bella Lobby	3:00 pm Happy Hour Atrium	6:00 pm Music With Dani Lobby	7:00 pm Movie Atrium	Free Friday Happy Hour Atrium	3:00 pm Happy Hour Atrium	2:30 pm Spanish Class Activity Area	3:00 pm Happy Hour Atrium
			7:00 pm Movie Atrium	6:00 pm Music with Tennyson Lobby	Walk it Out Exercise Area	6:00 pm Music With Dani Lobby	3:00 pm Happy Hour Atrium	7:00 pm Movie Atrium	Outdoor Activity with Bella Backyard	Outdoor Activity with Bella Backyard	6:30 pm BINGO Dining Room	3:00 pm Happy Hour Atrium	3:00 pm Happy Hour Atrium
				7:00 pm Movie Atrium	6:00 pm Music With Dani Lobby	7:00 pm Movie Atrium	6:00 pm Music with Shannon Rae Activity Area	7:00 pm Movie Atrium	6:00 pm Snowman Crafts Atrium	Outdoor Activity with Bella Backyard	6:30 pm BINGO Dining Room	3:00 pm Happy Hour Atrium	3:00 pm Happy Hour Atrium
										6:30 pm Bingo Dining Room	3:15pm Bible Study 2nd Floor Activities	3:00 pm Happy Hour Atrium	3:00 pm Happy Hour Atrium
										7:00 pm Movie Atrium	6:00 pm Music with Mickey Lobby	3:00 pm Happy Hour Atrium	3:00 pm Happy Hour Atrium
											7:00 pm Movie Atrium	6:30 pm Movie Atrium	3:00 pm Happy Hour Atrium

# November 15–26, 2019

Activities are shown in red.  
Wellness classes are in blue.

15	16	17	18	19	20	21	22	23	24	25	26
Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
8:30 am Daily Devotional Atrium	8-11:00 am Walmart, Publix Concierge Desk	9:00 am Puttin' Around Backyard	8:30 am Daily Devotional Atrium	9:00 am \$5 Paparazzi Jewelry with Lunia Atrium	8:30 am Daily Devotional Atrium	9:00 am Billiards Billiards Room	8:30 am Daily Devotional Atrium	8-11:00 am Walmart, Publix Concierge Desk	9:00 am Coffee & Conversation Lobby	8:30 am Daily Devotional Atrium	9:00 am Personal and Doctor Trips Concierge Desk
WALMART Grocery Orders for Saturday Delivery Atrium	9:00 am Stretch Exercise Area	Coffee & Conversation Lobby	9:00 am Stretch Exercise Area	10:00 am Music with Sam Lobby	9:00 am Resident Council Meeting Atrium	9:30 am Puzzles Billiards Room	WALMART Grocery Orders for Saturday Delivery Atrium	9:00 am Dance in Your Seat or on Your Feet Exercise Area	10:00 am Sunday Brunch Dining Room	9:00 am Stretch Exercise Area	10:00 am Music with Sam Collins Lobby
9:00 am Stretch Exercise Area	9:30 am Church of Epiphany Activity Area	10:00 am Funny Videos Atrium	9:30 am Spanish Class Dining Room	10:30 am Stretch Exercise Area	10:00am Stretch Exercise Area	10:00 am Visits with Bella Door-to-Door	9:00 am Stretch Exercise Area	9:30 am Church of Epiphany Activity Area	Our Lady of Hope Group Liturgy Activity Area	9:30 am Spanish Class Dining Room	10:00 am Visits with Bella Door-to-Door
10:00 am 10¢ Blackjack Atrium	10:00 am UNO Atrium	10:30 am Our Lady of Hope Group Liturgy Activity Area	10:15 am 10¢ Left Right Center Atrium	11:00 am Circuit Workout with Stephanie Exercise Area	11:00 am Circuit Workout with Stephanie Exercise Area	12:45 pm Hand and Foot Activity Area	9:45 am Christmas Crafts Part 1 Atrium	9:45 am Mad Science Experiments Atrium	10:30 am Countryside Church Exercise Area	10:00 am 10¢ Left Right Center Atrium	10:30 am Stretch Exercise Area
Visits with Bella Door-to-Door	Puzzles Billiards Room	Countryside Church Exercise Area	Visits with Bella Door-to-Door	11:00 am Music with Tennyson Lobby	1:00 pm Music with Tennyson Lobby	1:00 pm Walks with Bella Backyard	11:00 am Circuit workout with Stephanie Exercise Area	Puzzles Billiards Room	11:00 am Lunch Bunch & MOVIE Lobby	11:00 am Visits with Bella Door-to-Door	11:00 am Circuit workout with Stephanie Exercise Area
Sign up for Five Star Pizza Party \$3.00 per person Atrium	11:30 am Pizza Party Pool Patio & Atrium	1:00 pm Music with Jiller Lobby	11:00 am Circuit workout with Stephanie Exercise Area	12:45 pm WALMART Orders for Wednesday Delivery Atrium	1:00 pm Walks with Bella Backyard	2:00 pm Bingo Dining Room	1:00 pm Christmas Crafts Part 2 Atrium	1:00 pm Music with Susie Lobby	1:00 pm Music with Pat D Lobby	11:00 am Circuit workout with Stephanie Exercise Area	11:00 am Circuit Workout with Stephanie Exercise Area
1:00 pm Music with Dino Atrium	1:00 pm SOCK HOP Lobby	3:00 pm Happy Hour Atrium	1:00 pm Music with Bobby Lobby	Hand and Foot Activity Area	Hand and Foot Activity Area	3:00 pm Happy Hour Atrium	Visits with Bella Atrium	2:00 pm Bingo Dining Room	2:00 pm Painting with a Twist Atrium	1:00 pm Music A Tribute to Neil Diamond Lobby	12:45 pm Hand and Foot Activity Area
Visits with Bella Atrium	Bingo Dining Room	6:30 pm Movie Atrium	Shopping: Bealls Outlet Concierge Desk	2:15 pm Miles of Smiles going to Minnesota Atrium	2:15 pm Miles of Smiles going to Minnesota Atrium	3:00 pm Happy Hour Atrium	Bus Ride Concierge Desk	2:00 pm Bingo Dining Room	3:00 pm Happy Hour Atrium	2:30 pm Crossword / Brain Games Atrium	1:00 pm Music with Mickey Lobby
Bus Ride Concierge Desk	3:00 pm Happy Hour Atrium		2:00 pm Bingo Dining Room	Hand and Foot Activity Area	Hand and Foot Activity Area	Walks with Bella Backyard	Visits with Bella Atrium	3:00 pm Happy Hour Atrium	3:00 pm Happy Hour Atrium	Outdoor Activity with Bella Backyard	Walks with Bella Backyard
2:00 pm Left Right Center Atrium	6:30 pm Music with Blue Velvet Lobby		Outdoor Activity with Bella Backyard	2:30 pm Spanish Class 2nd Floor	2:30 pm Spanish Class 2nd Floor	6:00 pm Music with George Gall Lobby	2:00 pm Music with Judy Locke Lobby	2:00 pm Music with Judy Locke Lobby	6:00 pm Music with Frank Lobby	2:30 pm Crossword / Brain Games Atrium	3:00 pm Music with Mickey Lobby
3:00 pm Free Friday Happy Hour Atrium	7:30 pm Movie Atrium		3:00 pm Walk it Out Exercise Area	3:00 pm Bible Study Library 2nd Floor	3:00 pm Bible Study Library 2nd Floor	3:00 pm Walk it Out Exercise Area	Visits with Bella Atrium	3:00 pm Free Friday Happy Hour Atrium	7:00 pm Movie Atrium	3:00 pm Happy Hour Atrium	3:00 pm Bible Study 2nd Floor Activities
Outdoor Activity with Bella Backyard			Happy Hour Atrium	Happy Hour Atrium	Happy Hour Atrium	Happy Hour Atrium	Visits with Bella Lobby	3:30 pm Walk it Out Exercise Area	6:30 pm Movie Atrium	Happy Hour Atrium	Happy Hour Atrium
6:30 pm Arts & Crafts Ornaments Atrium			6:30 pm Movie Atrium	Visits with Bella Lobby	Visits with Bella Lobby	Visits with Bella Lobby	3:30 pm Walk it Out Exercise Area	Outdoor Activity with Bella Backyard		6:30 pm Movie Atrium	Visits with Bella Lobby
				3:30 pm Walk it Out Exercise Area	3:30 pm Walk it Out Exercise Area	6:30 pm Movie Atrium	6:00 pm Music with Chuck Fisher Lobby	6:30 pm Movie Atrium			3:30 pm Walk it Out Exercise Area
				6:00 pm Music with Chuck Fisher Lobby	6:00 pm Music with Chuck Fisher Lobby	7:00 pm Movie Atrium	7:00 pm Movie Atrium				6:15 pm Family Feud Lobby

## NOVEMBER CSL BIRTHDAYS

RESIDENTS	STAFF
<b>November 4</b> Mary Conway	<b>November 1</b> Michele Maushund
<b>November 5</b> Agnes Campbell	<b>November 19</b> Elizabeth Padilla
<b>November 8</b> Dolores Jacklets	<b>November 20</b> Brigitte Spearmon
<b>November 9</b> Donald Campbell	<b>November 30</b> Linda Fenty Andrew Leszczynski
<b>November 10</b> James Murray	
<b>November 11</b> Anne Ziegler	
<b>November 13</b> Madeleine Hodgkins	
<b>November 15</b> Dorothy Schwiegman	
<b>November 16</b> Arthur Beckman Janet Larue	
<b>November 18</b> Clarence Bloom	
<b>November 19</b> Donald Halsema	
<b>November 25</b> Arlene Chappuis	
<b>November 28</b> Clarissa Halsema	
<b>November 29</b> Barbara Johnson	

November 27–30, 2019

27 28 29 30

Wednesday	Thursday	Friday	Saturday
8:30 am Daily Devotional Atrium	<b>HAPPY THANKSGIVING</b> 9:00 am Thanksgiving Day Prayer and Messages Lobby	10:00 am Music with Dino Lobby	8-11:00 am Walmart, Publix Concierge Desk
9:00 am Stretch Exercise Area	9:30 am Billiards Billiards Room	1:00 pm Music with Rocky Lobby	9:30 am Church of Epiphany Activity Area
10:00 am Dice Dots Atrium	10:00 am Nail Salon Nurse Station	3:00 pm Free Friday Happy Hour Atrium	10:00 am Animal Planet Atrium
11:00 am Circuit workout with Stephanie Exercise Area	12:45 pm Hand and Foot Activity Area	6:30 pm Movie Atrium	11:00 am Lunch Bunch With Mark Lobby
1:30 pm Music with JJ Lobby	3:00 pm Happy Hour Atrium		1:30 pm Bingo Rosie Dining Room
2:15 pm Miles of Smiles Atrium	6:30 pm Walks with Bella Backyard		3:00 pm Happy Hour Atrium
3:00 pm Happy Hour Atrium			6:00 pm Movie Atrium
Walk it Out Exercise Area			
Visits with Bella Lobby			
6:30 pm Movie Atrium			



# GIVE THANKS.

So much to be thankful for, so many great people to hold in my heart, so many fond memories to reflect on. Everyday is a gift for each and every one of us. It is important to stay grateful through all of life, the ups and the downs. I know that each day when i wake I am thankful to get to come to work, share joy, comfort and laughs, and most of all my heart. I am thankful that my three beautiful children as living their lives the way they want to. I am thankful for my two beautiful grandsons Kason and Koen and the one who is on the way in 2020. I am thankful most of all that at 49 years old I am still getting better, better at living, laughing, loving, and forgiving. Be thankful for everything because it is all a wonderful reminder that we have a purpose in this world and it is to make it a better place! Thankful for each and every person who will read this, as I know the difference you make in my life.

I reflect on the days happenings each night as I lay down. I know I am blessed beyond all measure. I have a job where my sole purpose is to ensure that other people have a good time, stay physically fit, and get the most out of life. I have always tried my best to remain thankful even in hard times as I know so many people have far more troubles than i. I get asked all the time “ how do you do what you do”? Or told I need to slow down. I do what I do for the simple joy of knowing that today I might make a difference in the life of someone else. I might bring joy to someone who is sad. I might be that ear for someone who has no one to talk to. I can’t slow down, there are so many days ahead and I have to keep facing them full steam ahead so that again with each new day I have so many more reasons to be thankful.

I truly thank you from the bottom of my heart for blessing my life with your joy, kindness, laughter, and most of all participation in all my activities!

Stephanie Lynch  
Engagement Director

We sometimes overlook the little things in life that we should be thankful for. Of course we are thankful for family, friends, health, jobs etc. But also I am thankful for waking up every day. I am thankful for the random smiles you get from strangers that make you feel good. I am thankful for, the opportunity I get to help others. I am thankful for the sweetness when my grandson says please Nonna with that tiny little voice that wraps me around his finger. I am thankful for the daily laughter and joy being apart of Countryside Lakes brings to my life. So Thank you to our residents, their families, my coworkers and of course my boss Charlie for making me smile and so happy to be apart of this amazing community.

Diane Goyette  
Director of Sales and Marketing

I am thankful for so many things, I don’t really know where to start. I am thankful for all the residents and staff here at CountrySide Lakes, you all make coming to work such an enjoyable place to be. I am thankful for the friends I have made over the past two years I have been here in Florida. The people I have had the opportunity to meet have made such an impact on my life, It seems like they have been my friends forever and not the short time I have been here. I’m also thankful for my mom, the one person who always has my back no matter what. We are lucky to be able to have so much fun together whether it’s going to the movies, pampering ourselves, or her showing up dressed as a clown on my birthday to make that day even more special. All of you have had an impact on my life and have left an imprint on my heart, and I am so thankful for that.

Michaelene Achorn  
Administrative Manager



## Interesting Events in NOVEMBER

- ❖ November 6, 1810 – Only in Australia would one find a Rum Hospital. On 6 November 1810 Lachlan Macquarie, Governor of New South Wales, gave the valuable rum monopoly to a consortium of local businessmen on condition that part of their profits were used to build the Sydney Rum Hospital, parts of which still stand today.
- ❖ November 6, 1923 – There were riots in Germany over hyperinflation. The German mark sank to 4,210,500,000,000 to the American dollar, temporarily making bank robberies and mugging crimes of the past: money was just not worth stealing anymore. A loaf of bread cost 200 million marks: workers taking their wages home in wheelbarrows was a common sight.
- ❖ November 7, 1872 – The *Mary Celeste* – not *Marie Celeste* – sailed out of New York and into maritime lore. She was later found abandoned, but tales of the table being set for a meal and still-warm cups of tea are the stuff of fantasy. The ship’s sextant and chronometer are missing, as is the only lifeboat, so apparently something caused the crew to abandon ship.
- ❖ November 10, 1871 – Welsh-born journalist Henry Morton Stanley found his quarry, the Scottish missionary and explorer David Livingstone, in present-day Tanzania, but did not say “Dr Livingstone, I presume?” The statement was invented the following year by the editor of the newspaper who had sent Stanley to Africa.
- ❖ November 14, 1889 – New York World reporter Nellie Bly set sail from New York to put Jules Verne’s 1873 novel *Around the World in Eighty Days* to the test. Making use of transport ranging from camels to Chinese junks, she completed the trip in a record 72 days, six hours, 11 minutes and 14 seconds.

## Ryan Gardner

We're lucky to have you!

Ryan is a valuable member of our housekeeping team. He started with us in 2004 and loves being part of the CountrySide Lakes family. He works so hard to keep our home clean and enjoyable. Ryan is never without a smile, or an interesting story. He loves NASCAR and most sports. Ryan loves animals and enjoys spending time with his family. Great job, Ryan – we are so lucky to have you!



 CountrySide Lakes®  
A Shepherd Senior Living Community

## MANAGEMENT STAFF

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