

CountrySide Chronicle

MONTHLY NEWS CALENDAR

JANUARY 2020

Happy Holidays at CountrySide Lakes!



From the Director's Desk

Happy New Year! Welcome 2020! So many people thought the world would end at Y2K. Here we are 20 years after that! Yay Humans!

Let our goal for 2020 be to make a difference every day. Our management team ends every meeting with those very words. "Make a difference for someone today". We laugh and say that someone can be yourself. But the importance of making a difference is equally as important as getting things accomplished every day. When you are able to make a difference for someone it lifts your spirit and theirs and it fills your

soul with the desire to make a bigger difference the next time. Making a difference can be as simple as a good morning hello. It can take as little as two words....Good Morning.

2019 was an amazing year, your generosity, compassion, and love for our community made a difference that will last for a very long time. Each new year brings new challenges and I encourage you to face those challenges head on. Be present in your life and your loved one's lives. Life is about living each day to the fullest, so why not play a little Bingo, or gamble a dime or two at



Blackjack, be present in your own life. Turn off your "auto pilot" and get involved, try something new.

All of us at CountrySide Lakes look forward to making a difference in your life every day, it is our privilege and our honor. Let's all have a great 2020!

Charlie

RESIDENT SPOTLIGHT

Julia Iaconis

Julia Iaconis moved here from Holly Hill where she owned a house for ten years. She is originally from Seneca Falls New York. She worked for Seneca Ordinance and depot as a forklift operator. She met her husband there and they raised three children. Their children all live in Florida and Julia has eight grandchildren and five great grandchildren. She likes to play cards and loves watching Wheel of Fortune. Her dream vacation would be to see real bullfighting in Spain. We are glad you are here Julia and we look forward to you being part of our family!



Bella's Corner

Follow Bella's photos & videos

@CSL32127



Bella's friend Otto got to see Santa!!!



CULINARY CORNER



Chef's Table Menu January 16th

Sign-up with the Concierge to join us!

1ST COURSE

Tiger prawn shrimp with cocktail sauce and lemon braised asparagus

2ND COURSE

Rustic Caesar salad with brioche crouton
Sweet orange sorbet and candied orange slices

3RD COURSE

Beef Wellington, roasted baby carrots, and fingerling potatoes

4TH COURSE

Blueberry lavender cheesecake with a raspberry compote

Activities and Events

Travel troupe is back, come share stories of your travels as we finish out the United States and head overseas!



Culture Class begins this month! Come enjoy learning about music art, and history – a decade each month.



THANK YOU, for all your generous donations to Cudas Unhooked and the Barracks of Hope.

Your kindness is immeasurable. It warms our hearts that we can make an impact in our community because of your giving hearts. We have the perfect vision for the new year of 2020! Lets continue to make the world a better place by making a difference in each others lives with kindness and friendship, and making a difference to those in our community. Our residents are the very best and we appreciate each and everyone of you.



Steph's
Ladies of Love
feeding our nation with love and kindness

CROCKPOT COOKOFF

\$10 ENTRY FEE

\$5.00 GUEST TASTING FEE

& ENJOY A FREE BEER!

SATURDAY FEBRUARY 8TH

From 3pm until 5pm

COUNTRYSIDE LAKES

941 VILLAGE TRAIL PORT ORANGE, FL
32127

CONTACT STEPHANIE 386-307-0290 OR
SLYNCH@COUNTRYSIDELAKES.COM



BRING YOUR BEST CROCKPOT DISH!

CHILI, SOUP, STEW? UP TO YOU



\$100 GRAND PRIZE ALL PROCEEDS GO TO

BARRACKS OF HOPE & CUDAS UNHOOKED

January 1-14, 2020

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

1	2	3	4	5	6	7	8	9	10	11	12	13	14
Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
9:00 am Coffee & Conversation Lobby	9:00 am Personal and Doctor Trips Concierge	Walmart Grocery Orders for Saturday Delivery Atrium	8-11:00 am Walmart, Publix Concierge Desk	9:00 am Coffee & Conversation Lobby	9:00 am Stretch Exercise Area	9:00 am Coffee & Conversation Lobby	9:00 am Stretch Exercise Area	9:00 am Billiards Billiards Room	Walmart Grocery Orders for Saturday Delivery Atrium	8-11:00 am Walmart, Publix Concierge Desk	9:00 am Coffee & Conversation Lobby	9:00 am Stretch Exercise Area	9:00 am Stretch Exercise Area
Billiards Billiards Room	Billiards Billiards Room	9:00 am Stretch Exercise Area	9:00 am Stretch Exercise Area	10:00 am NO Group Liturgy Activity Area	10:00 am 10¢ Blackjack Atrium	10:00 am Stretch, Tone & Strengthen Exercise Area	10:00 am Our Lady of Hope Mass & Anointing Activity Area	Puzzles Billiards Room	9:00 am Stretch Exercise Area	9:00 am Stretch Exercise Area	10:00 am Funny Videos Atrium	10:00 am Animal Planet Atrium	10:00 am Stretch, Tone & Strengthen Exercise Area
Puzzles Billiards Room	Puzzles Billiards Room	10:00 am Puzzles Billiards Room	9:45 am BOCCE Lobby	10:30 am Countryside Church Exercise Area	11:00 am Visits with Bella Door-to-Door	Visits with Bella Door-to-Door	11:00 am Tone & Strengthen Exercise Area	10:00 am Animal Planet Atrium	Puzzles Billiards Room	9:30 am Church of Epiphany Activity Area	10:00 am Our Lady of Hope Group Liturgy Activity Area	11:00 am Visits with Bella Door-to-Door	11:00 am Stretch, Tone & Strengthen Exercise Area
1:00 pm Funny Videos Atrium	10:00 am Nail Salon Pal	10:00 am 10¢ Roulette Atrium	Puzzles Billiards Room	1:00 pm Countryside Church Exercise Area	11:00 am Tone & Strengthen Exercise Area	12:45 pm Visits with Bella Door-to-Door	1:00 pm Tone & Strengthen Exercise Area	Nail Salon Nurse Station	10:00 am 10¢ Roulette Atrium	Puzzles Billiards Room	10:30 am Countryside Church Exercise Area	11:00 am Tone & Strengthen Exercise Area	11:00 am Visits with Bella Door to Door
2:30 pm Spanish Class 2nd Floor	Visits with Bella Door-to-Door	11:00 am Tone & Strengthen Exercise Area	1:00 pm 10¢ Left Right Center Atrium	1:00 pm Music with Elvis & Marilyn Lobby	1:00 pm Arts & Crafts Atrium	1:00 pm Hand and Foot Activity Area	1:00 pm Crossword Atrium	Darts Billiards Room	Visits with Bella Door-to-Door	9:45 am BOCCE Lobby	1:30 pm Bingo Dining Room	1:00 pm 10¢ Blackjack Lobby	1:00 pm Bocce Ball Lobby
3:00 pm Happy Hour Atrium	1:00 pm Music Michael T Lobby	1:00 pm Johnny Cash Tribute Lobby	2:00 pm Bingo Dining Room	2:00 pm Funny Videos Atrium	2:00 pm Shopping: Bealls Outlet Concierge Desk	2:00 pm Bocce Ball Atrium	2:00 pm Walks with Bella Backyard	1:00 pm Jazz with Jonathan Lobby	11:00 am Tone & Strengthen Exercise Area	1:00 pm Puzzles Billiards Room	2:00 pm Dominoes/Uno Atrium	2:00 pm Shopping: Ross/Walgreens Concierge Desk	2:00 pm Bocce Ball Lobby
Visits with Bella Lobby	Book Club Library	Visits with Bella Atrium	3:00 pm Happy Hour Atrium	3:00 pm Happy Hour Atrium	2:00 pm Outdoor Activity with Bella Backyard	2:00 pm Outdoor Activity with Bella Backyard	2:00 pm Bible Study Library	2:00 pm Bingo Atrium	1:00 pm Culture Class Music & Art of the 50s Atrium	1:00 pm 10¢ Left Right Center Atrium	3:00 pm Happy Hour Atrium	2:00 pm Outdoor Activity with Bella Backyard	2:00 pm Miles of Smiles with Stephanie Nevada Atrium
6:00 pm Music With Wayne Lobby	2:00 pm Bingo Dining Room	Bus Ride Concierge Desk	6:00 pm Music with Uncle John Lobby	6:30 pm Happy Hour Atrium	3:00 pm Happy Hour Atrium	3:00 pm Happy Hour Atrium	2:30 pm Spanish Class Activity Area	2:00 pm Happy Hour Atrium	1:00 pm Culture Class Music & Art of the 50s Atrium	2:00 pm Wheel Of Fortune Atrium	3:00 pm Happy Hour Atrium	3:00 pm Walk it Out Exercise Area	2:00 pm Miles of Smiles with Stephanie Nevada Atrium
7:00 pm Movie Atrium	3:00 pm Happy Hour Atrium	2:00 pm Crossword Lobby	Free Friday Happy Hour Atrium	6:30 pm Movie Atrium	3:00 pm Happy Hour Atrium	3:00 pm Happy Hour Atrium	3:00 pm Happy Hour Atrium	3:00 pm Happy Hour Atrium	Visits with Bella Atrium	3:00 pm Happy Hour Atrium	6:00 pm Music with Bill Sbrogna Lobby	3:00 pm Walk it Out Exercise Area	3:00 pm Happy Hour Atrium
	6:30 pm Movie Atrium	3:00 pm Free Friday Happy Hour Atrium	Outdoor Activity with Bella Backyard		3:00 pm Happy Hour Atrium	3:00 pm Happy Hour Atrium	3:00 pm Happy Hour Atrium	3:00 pm Happy Hour Atrium	Bus Ride Concierge Desk	3:00 pm Happy Hour Atrium	7:00 pm Movie Atrium	6:00 pm Walk it Out Exercise Area	3:00 pm Happy Hour Atrium
		6:30 pm Movie Atrium			6:00 pm Family Feud Lobby	6:00 pm Family Feud Lobby	6:00 pm Spanish Class Activity Area	6:00 pm Happy Hour Atrium	2:00 pm Music with Judy Locke Lobby	6:00 pm Wheel Of Fortune Atrium	7:00 pm Movie Atrium	6:00 pm Walk it Out Exercise Area	6:00 pm Happy Hour Atrium
							6:00 pm Music with Mickey Lobby	6:00 pm Happy Hour Atrium	3:00 pm Free Friday Happy Hour Atrium	7:00 pm Movie Atrium		6:00 pm Walk it Out Exercise Area	6:00 pm Happy Hour Atrium
							7:00 pm Movie Atrium	7:00 pm Happy Hour Atrium	Outdoor Activity with Bella Backyard			6:00 pm Walk it Out Exercise Area	6:00 pm Happy Hour Atrium
									6:30 pm Movie Atrium			6:00 pm Walk it Out Exercise Area	6:00 pm Happy Hour Atrium

January 15–26, 2020

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

15	16	17	18	19	20	21	22	23	24	25	26
Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 am Resident Council Meeting Atrium	9:00 am Billiards Billiards Room	Walmart Grocery Orders for Saturday Delivery Atrium	8-11:00 am Walmart, Publix Concierge Desk	9:00 am Coffee & Conversation Lobby	9:00 am Stretch Exercise Area	9:00 am Coffee & Conversation Lobby	9:00 am Stretch Exercise Area	9:30 am Billiards Billiards Room	Walmart Grocery Orders for Saturday Delivery Atrium	8-11:00 am Walmart, Publix Concierge Desk	9:00 am Puttin' Around Backyard
10:30am Stretch, Tone & Strengthen Exercise Area	9:30 am Puzzles Billiards Room	9:00 am Stretch Exercise Area	9:00 am Stretch Exercise Area	10:00 am Our Lady of Hope Group Liturgy Activity Area	9:30 am Spanish Class Dining Room	10:00 am Stretch, Tone & Strengthen Exercise Area	10:00 am 10¢ Roulette Atrium	10:00 am Puzzles Billiards Room	9:00 am Stretch Exercise Area	9:00 am Stretch Exercise Area	9:00 am Coffee & Conversation Lobby
1:00 pm Crossword Atrium	10:00 am Animal Planet Atrium	Puzzles Billiards Room	9:30 am Church of Epiphany Activity Area	10:30 am Countryside Church Exercise Area	10:00 am 10¢ Blackjack Atrium	10:00 am Visits with Bella Door-to-Door	11:00 am Tone & Strengthen Exercise Area	10:00 am Board Games Atrium	9:00 am Stretch Exercise Area	9:30 am Church of Epiphany Activity Area	10:00 am Sunday Brunch Dining Room
Walks with Bella Backyard	12:45 pm Hand and Foot Activity Area	10:00 am 10¢ Roulette Atrium	Puzzles Billiards Room	11:00 am Lunch Bunch Metro Diner Concierge	11:00 am Visits with Bella Door-to-Door	12:45 pm Hand and Foot Activity Area	1:00 pm Crossword Atrium	Darts Billiards Room	Puzzles Billiards Room	10:00 am 10¢ Roulette Atrium	Our Lady of Hope Group Liturgy Activity Area
Hand and Foot Activity Area	1:30 pm Bingo Dining Room	Visits with Bella Door-to-Door	9:45 am BOCCE Lobby	1:00 pm Music with Bobby Meeks Lobby	1:00 pm Tone & Strengthen Exercise Area	1:00 pm Bocce Ball Atrium	Walks with Bella Backyard	12:45 pm Hand and Foot Activity Area	Visits with Bella Door-to-Door	9:45 am BOCCE Lobby	10:30 am Countryside Church Exercise Area
2:00 pm Bible Study Library	2:00 pm Bingo Dining Room	11:00 am Tone & Strengthen Exercise Area	Puzzles Billiards Room	1:00 pm Music with Gailforce Lobby	1:00 pm Music with Bobby Meeks Lobby	2:00 pm Miles of Smiles with Stephanie New Hampshire Atrium	2:00 pm Bible Study Library	1:00 pm Funny Videos Atrium	Visits with Bella Door-to-Door	Puzzles Billiards Room	1:00 pm Countryside Church Exercise Area
2:30 pm Spanish Class 2nd Floor	3:00 pm Happy Hour Atrium	1:00 pm Culture Class Atrium	1:00 pm 10¢ Left Right Center Atrium	2:00 pm Bingo Dining Room	Outdoor Activity with Bella Backyard	3:00 pm Happy Hour Atrium	2:30 pm Spanish Class Activity Area	2:00 pm Bingo Dining Room	Visits with Bella Door-to-Door	1:00 pm 10¢ Left Right Center Atrium	1:00 pm Music with Josh Mabe Lobby
3:00 pm Walk it Out Exercise Area	Walks with Bella Backyard	Visits with Bella Atrium	2:00 pm Crossword & Brain Games Atrium	2:00 pm Bingo Dining Room	3:00 pm Happy Hour Atrium	3:00 pm Happy Hour Atrium	3:00 pm Walk it Out Exercise Area	3:00 pm Happy Hour Atrium	Culture Class Music & Art of the 70s Atrium	2:00 pm Trivia Atrium	3:00 pm Happy Hour Atrium
Happy Hour Atrium	6:00 pm Music with George Gall Lobby	Bus Ride Concierge Desk	3:00 pm Happy Hour Atrium	3:00 pm Happy Hour Atrium	Happy Hour Atrium	6:00 pm Music with Shannon Rae Lobby	6:00 pm Music with Dino Lobby	Walks with Bella Backyard	Visits with Bella Atrium	3:00 pm Happy Hour Atrium	6:30 pm Bingo Dining Room
Visits with Bella Lobby	6:30 pm Chefs Table Dining Room	2:00 pm Crossword Lobby	6:30 pm Happy Hour Atrium	6:00 pm Happy Hour Atrium	6:00 pm Family Feud Lobby	7:00 pm Movie Atrium	7:00 pm Movie Atrium	6:00 pm Music with Sam Lobby	Bus Ride Concierge Desk	6:30 pm Happy Hour Atrium	6:30 pm Music with Donna Dee Atrium
4:00 pm Roulette Atrium		3:00 pm Free Friday Happy Hour Atrium	6:30 pm Music with Blue Velvet Atrium					7:00 pm Movie Atrium	2:00 pm Crossword Lobby	6:30 pm Music with Donna Dee Atrium	
6:00 - 8:00 pm Dance Party with DJ Chris and Stephanie Lobby		Outdoor Activity with Bella Backyard							3:00 pm Free Friday Happy Hour Atrium		
		6:00 pm Music with Dani Lobby							Outdoor Activity with Bella Backyard		
		7:00 pm Movie Atrium							6:00 pm Music Chuck Atrium		
									7:30 pm Movie Atrium		

JANUARY CSL BIRTHDAYS

RESIDENTS	STAFF
January 3 Martha Coffin	January 9 Glenda Reilly
January 5 Bob Solomon	January 10 Trudy Simmons
January 6 Barbara Tillis	January 16 Leonore Fusco
January 14 Polly Dahm	January 20 Yolanda Palacio
January 15 Theresa Rosati	January 22 Cody Khorassani Nelvie Stewart Marissa Petranto
January 17 Al Hunsberger	January 25 Greg Lawrence
January 18 Jo Clark	January 27 Christina Rhodes
January 19 Gerald Anderson	January 30 Dale Holmes
January 22 Ethelyn Hamlin Charlotte Charest	
January 25 Florence Avery	
January 26 Mary Knezevic	
January 29 Olga Miller	

January 27–31, 2020

27 Monday	28 Tuesday	29 Wednesday	30 Thursday	31 Friday
9:00 am Stretch Exercise Area	9:00 am Coffee & Conversation Lobby	9:00 am Stretch Exercise Area	9:30 am Billiards Billiards Room	Walmart Grocery Orders for Saturday Delivery Atrium
10:00 am 10¢ Blackjack Atrium	10:00 am Stretch, Tone & Strengthen Exercise Area	10:00 am Roulette Atrium	10:00 am Puzzles Billiards Room	9:00 am Stretch Exercise Area
Visits with Bella Door-to-Door	Visits with Bella Door-to-Door	11:00 am Tone & Strengthen Exercise Area	10:00 am Nail Salon Nurse Station	Puzzles Billiards Room
11:00 am Tone & Strengthen Exercise Area	12:45 pm Hand and Foot Activity Area	1:00 pm Crossword Atrium	12:45 pm Hand and Foot Activity Area	10:00 am 10¢ Roulette Atrium
1:00 pm Music with Sweet Melissa Lobby	1:00 pm Bocce Ball Atrium	Walks with Bella Backyard	1:00 pm Music with Michael T Lobby	Visits with Bella Door-to-Door
Shopping: Bealls Outlet Concierge Desk	2:00 pm Miles of Smiles with Stephanie New Jersey Atrium	2:00 pm Bible Study Library	2:00 pm Bingo Dining Room	11:00 am Tone & Strengthen Exercise Area
2:00 pm Arts & Crafts Atrium	3:00 pm Happy Hour Atrium	2:30 pm Spanish Class Activity Area	3:00 pm Happy Hour Atrium	1:00 pm Culture Class Music & Art of the 80s Atrium
Outdoor Activity with Bella Backyard	6:00 pm Music with Susie & Mike Lobby	3:00 pm Happy Hour Atrium	Walks with Bella Backyard	Visits with Bella Atrium
3:00 pm Happy Hour Atrium	7:00 pm Movie Atrium	6:00 pm Walk it Out Exercise Area	6:30 pm Movie Atrium	Bus Ride Concierge Desk
6:30 pm Movie Atrium		6:00 pm Music with Frank Lobby	Free Friday Happy Hour Atrium	2:00 pm Crossword Lobby
		7:00 pm Movie Atrium	Outdoor Activity with Bella Backyard	3:00 pm Free Friday Happy Hour Atrium
			6:00 pm Music with Randy Lobby	
			7:00 pm Movie Atrium	

More Christmas Party Pics



Interesting Events in JANUARY

- ❖ January 1, 1942 - Twenty six countries signed the Declaration of the United Nations, in Washington, D.C., reaffirming their opposition to the Axis powers and confirming that no single nation would make a separate peace.
- ❖ January 3, 1959 - Alaska was admitted as the 49th U.S. state with a land mass almost one-fifth the size of the lower 48 states together.
- ❖ January 8, 1987 - The Dow Jones industrial average first topped the 2,000 mark.
- ❖ January 17, 1773 - The ship Resolution, sailing under Captain James Cook, became the first vessel to cross the Antarctic Circle.
- ❖ January 20, 1945 - Franklin Delano Roosevelt was inaugurated to an unprecedented fourth term as president of the United States. He had served since 1933.
- ❖ January 21, 1976 - The Concorde supersonic jet began passenger service with flights from London to Bahrain and Paris to Rio de Janeiro, cruising at twice the speed of sound (Mach 2) at an altitude up to 60,000 feet.
- ❖ January 24, 1972 - Japanese soldier Shoichi Yokoi was discovered on Guam after he had spent 28 years hiding out in the jungle not knowing World War II had long since ended.

Katelyn Silvano

We're lucky to have you!

Katelyn Silvano started with us this year. She has been a wonderful addition to the team. Katelyn helps cover whenever and wherever she is needed. Her happy approach to our residents and all of us make each day a little brighter. We are lucky to have you as part of our team Katelyn, keep up the great work!



CountrySide Lakes
A Shepherd Senior Living Community

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