

# Shavings

*The Magazine of* **The**  **Estates** *July 2018*  
A T C A R P E N T E R S



**“Now the Lord is the Spirit, and where the Spirit of the Lord is,  
there is freedom.” 2 Corinthians 3:17**

# From The Executive Director



It is hard to believe that we have passed the midpoint of 2018! The constant events and projects at the Estates certainly keep things moving at a brisk pace for all of us.

For several months (I know, it seems like several years) we have been transforming our Lobby into the “showcase” of our community. We heard many comments along the way and kept asking for patience until the furniture and pictures were put out. What a difference! The impact of these “finishing touches” is amazing and our prospects agree as we received more deposits in June than in any other month this year.

Even though the contractor still has punch list items to complete before receiving final payment, we are working hard to place the furniture and hang the artwork in the elevator areas. If you’ve been paying attention (and I know you have) you are seeing changes happen every week. We are making progress toward our goal of making your home more beautiful, but it is a slow and tedious process to do it correctly.

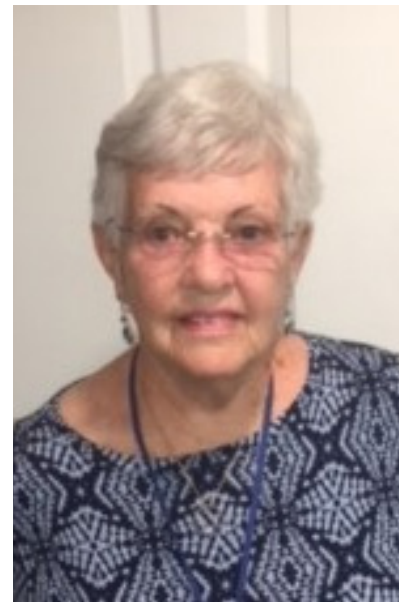
There are many more projects planned before the end of the year, including the installation of new flooring in the common areas of the Manor and a complete remodel of the Villa common areas. With over 560,000 square feet of interior space it seems like there is always more to do. Our list of improvements and upgrades to our campus could fill this entire publication, but we must continue to be patient and demonstrate sound financial stewardship of the resources of the organization.

You may remember that past Shavings’ articles have shared that one of the measures of any organization is whether it is better today than it was a year ago. Even though we are only at the midpoint of 2018, we are off to a great start at being able to answer this question with a resounding “YES” when we look back at 2018.

- Brian Robare, CEO & Executive Director

On the back cover: Images of residents and staff from the Charleston trip and annual Fishing Tournament taken by resident, Marge Kozak.

# MEET YOUR NEW NEIGHBORS



**Shirley E. Aust, F-318, (863) 660-1177**

Shirley was born in Pawtucket, Rhode Island, but grew up in East Greenwich. She met her late husband as a senior in high school, and they were married for sixty-four years. While assisting her husband in his various professions, Shirley worked part-time as an optical assistant, in youth ministry, and co-owned a hearing aid company. Some of her many hobbies include crafts, traveling, and Wii bowling. Shirley lived in Sandpiper with her husband for twenty-two years and now joins us at the Estates.

## Exercise and Stretching Can Relieve Arthritis Pain

It is estimated that in the United States alone, 52.5 million adults suffer from some form of arthritis. For some, arthritis means pain. For some, it means lack of movement and for others it may be a combination of both. For most people, the thought of more discomfort and pain might make exercise the last thing you want to do if you suffer from arthritis, but giving your joints a little workout can actually provide some long-term benefits. Although arthritis may limit the flexibility and endurance of the joint, UCLA rheumatologists say “exercise is a major key to preserving and improving the arthritis patient’s quality of life”. The key is to increase the muscle mass around the joint. Adding a little bit of muscle mass around the injured joints will aid the joint with more stability. The more support the less work the joint has to do.

## REDUCE ARTHRITIS AND INFLAMMATORY PAIN

**Turmeric**  
Circumin, the active compound in this spice, is what makes it so powerful for healing.

**Cherries**  
Contain substances called anthocyanosides which are very effective at lowering uric acid levels.

**Ginger**  
Prepare by making a tea from the roots.

**Pineapple**  
Contains the anti-inflammatory bromelain

**Omega-3 Foods**  
Try freshly ground flax seeds, chia seeds (unground), and hemp seeds.

**Raw Apple Cider Vinegar**  
Pour a tablespoon or two into four to eight ounces of purified water.

*The Pharmacy* Source: [NaturalSociety.com](http://NaturalSociety.com)

If you are starting a program of exercising you should consult your doctor, then listen to your body when exercising. In the beginning, some pain is normal in the localized joint region. If the pain goes on for more than two hours, the pace at which you started is too much for the joint. Simply reduce the time, exertion or method of exercise. Feel free to make an appointment with me so I can help customize a fitness plan utilizing our new low impact fitness equipment and the many low impact classes such as Water Workout, Sit & Get Fit, Yoga and Strength Training that are offered. Whatever your needs may be, I can discuss with you the wellness resources that are available to help.

Resources: <https://www.cdc.gov/features/arthritis-exercise/index.html>

- Marco Silveira, Wellness Coordinator

# SHINGLES: Common Symptoms

Shingles is a disease that affects the nerves causing pain and blisters. It is caused by the varicella-zoster virus which is the same virus responsible for chickenpox. Most of us have had the chickenpox, but the virus remains in our bodies, living and hiding in nerve cells. For reasons not fully understood, these dormant viruses can reactivate years later producing an outbreak of shingles. Doctors have no way of telling who will get this disease, but there are some predisposing factors. Unfortunately, your risk increases greatly as you age, and if you suffer from a condition that suppresses your immune system such as radiation treatments, cancer drugs, organ transplant, daily stress or a simple cold. One out of every three people 60 years or older will get shingles in their lifetime! We should familiarize ourselves with some of the common symptoms of shingles:



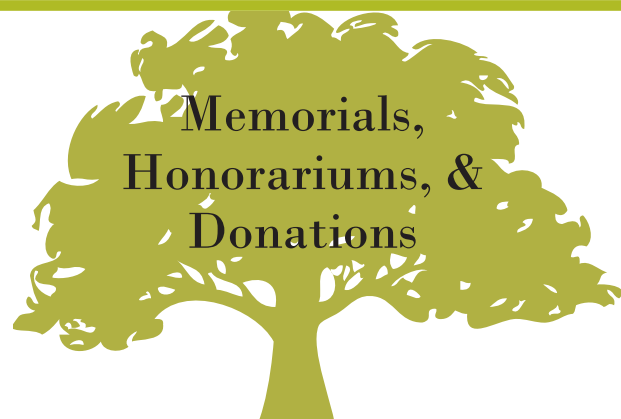
- Fluid-filled blisters and rash causing severe pain
- Chills, fever, headache, and stomach upset
- Burning, tingling, or a numbness sensation of the skin
- Skin sensitive to touch

Unfortunately, everyone does not recover entirely from shingles and even after the rash and blisters are gone some individuals are left with long lasting pain called PHN (post-herpetic neuralgia). If you notice any of these symptoms visit your physician immediately as skin infections, scarring, and even blindness can occur if the blisters are near or in the eye area. The good news is there is a vaccine that the CDC recommends for healthy adults over the age of 50 called Shingrix consisting of two injections, two to six months apart. Ask your doctor if this is right for you.

Resources: <https://www.cdc.gov/vaccines/vpd/shingles/public/shingrix/>  
- Kelley Benfield, RN, Director of Nursing Wellness Clinic

## The Good Samaritan Fund

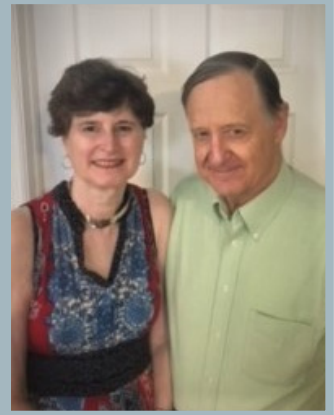
The balance of the **GOOD SAMARITAN FUND** is \$368,3682.51  
As of May 31, 2018, \$57,540.59 has been used to help residents.



The Estates would like to thank the following individuals for their generosity during the month of May 2018:

Janet Armstrong, Barrow & Powers,  
Gilliam Wadell, Mr. & Mrs. Brian Robare  
Mr. & Mrs. John Thompson, Mr. & Mrs.  
Matthew Thompson

## Resident Spotlight: John & Anita Callahan



Taking on new challenges has never stopped John and Anita Callahan. Both were born in the San Francisco Bay area of California but took different routes to Virginia Tech where they met. Anita grew up as an Army brat and embraced its nomadic lifestyle living in Arkansas, Oklahoma, Maryland, and Germany. In the third grade Anita was missing her Dad due to a cost-cutting move where the Army had limited families living together overseas. A determined Anita wrote President John Kennedy and soon after broadcast journalist Walter Cronkite covered many of the family reunions and Anita's family was interviewed. John, on the other hand, grew up in New Jersey enjoying boating and water skiing. He did a tour in the Navy as a Radioman and was stationed in Puerto Rico and New London, Connecticut. He then studied at Virginia Tech where he worked with the Intel microprocessors that became part of the Personal Computers of the future.

John often studied at the library with a group that included Anita and would walk Anita back to her dorm and offered her the use of his highly prized programmable scientific calculator and the rest was history. The pair received their engineering bachelor's degrees and continued studying. John earned a Masters in Business Administration and took all the classes for a Masters in Electrical Engineering, a Doctorate in Computer Engineering, and a Doctorate in Finance. Anita earned a Masters and then a Doctorate in Management Science and Engineering at Stanford where she was Founder and President of her Industrial Engineering firm offering consulting services in factory layout and cost reductions. While they have no children of their own, Anita graduated many Doctoral students and acted as the chairperson of the department of Industrial Engineering and Engineering Management at the University of South Florida in Tampa. One of her graduates calls her Mom and another Sis. After spending many years doing what they love, the pair was inspired to move to a CCRC by Anita's Dad's example. The Estates was their ideal location to move due to its excellent reputation, apartment customization and having assisted living and skilled nursing convenient to their apartment. After losing her voice, Anita studied Sign Language and has joined the CHERA Chorus as their first signing member. The Callahans are a wonderful addition to our community and we are thrilled that they chose us as their new home.

- Sharon Larson, Resident Lifestyle Director

SALON & SPA SERVICES  
THE ESTATES AT CARPENTERS  
Matura  
SALON & SPA MANAGEMENT  
Ageless Beauty  
Appointments Call Ext. 115

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p><b>01</b></p> <p>9:00 Sunday School - ECR</p> <p>10:15 CHERA Worship - AUD Rev J.C Powell United Methodist</p> <p>11:15 to 1:30 Buffet - MDR</p> <p>1:30 Hand &amp; Foot - C/D 3rd FL</p> <p>4:00 Idea Exchange - CR</p> <p><b>6:00 Hymn Sing-a-Long - CR</b></p>	<p><b>02</b></p> <p>9:00 Group Exercise-AUD</p> <p><b>10:00 Petco - BUS</b></p> <p><b>10:00 Nine Hole Golf-Wedgewood</b></p> <p>10:30 Walmart - BUS</p> <p><b>11:00 Tenzi's - CR</b></p> <p>12:30 Local Shopping - BUS</p> <p>1:00 Wii Bowling-GR</p> <p>1:30 Mah Jongg - A/B 3rd FL</p> <p><b>2:00 Prophecy Series - AUD</b></p> <p>6:00 Scrabble - F/G 3rd FL</p> <p>6:30 Bingo - AUD</p>	<p><b>03</b></p> <p>9:00 Cranium Crunches - AUD</p> <p><b>10:30 Catholic Service - Villa</b></p> <p>11:00 The Word &amp; Music - PDR</p> <p><b>11:30 Passport to America-AUD/Lobby</b></p> <p>2:00 Estates Golf - 19th Hole</p> <p><b>3:00 Documentary-AUD</b></p> <p><b>6:30 Movie: American President-AUD</b></p>	<p><b>04</b></p> <p>8:30 Intercessory Prayer - ECR</p> <p>11:00 Ping Pong -GR</p> <p>1:00 Wii Bowling - GR</p> <p><b>2:00 Concert Reception - CR</b></p> <p><b>3:00 Patriotic Concert - Lobby</b></p> <p>3:00 Ladies Bible Study - AUD</p> <p>6:00 Bridge - MDR</p> <p>6:15 Mexican Train F/G-3rd</p> <p><b>6:30 Patriotic Movie: "Dave"- AUD</b></p>	<p><b>05</b></p> <p>9:00 Gentle Yoga - AUD</p> <p>9:30 Publix Shopping - BUS</p> <p><b>10:00 Early Bird Theatre-BUS</b></p> <p>10:00 Sit &amp; Get Fit - AUD</p> <p>10:15 FLICRA Meeting - ECR</p> <p>11:00 Body Balance - AUD</p> <p>12:00 Wii Golf - GR</p> <p>1:00 Scrabble - F/G 3rd</p> <p>2:00 Banks - BUS</p> <p>6:30 Chapel - AUD</p>	<p><b>06</b></p> <p>9:00 Group Exercise - AUD</p> <p>10:00 Lakeland Square Mall - BUS</p> <p>10:00 Post Office - BUS</p> <p>1:00 Hand &amp; Foot - C/D 3rd</p> <p>1:00 Manipulation Cards -F/G 3rd</p> <p>1:00 Wii Bowling - GR</p> <p><b>2:00 Twistee Treat - BUS</b></p> <p>6:00 Pinochle - AUD</p> <p><b>6:30 Piano with Spess - Lobby</b></p>	<p><b>07</b></p> <p><b>9:00 to 11:00 Flea Market - A421</b></p> <p>12:00 Wii Sports -GR</p> <p>12:00 to 2:00 Buffet - MDR</p> <p><b>3:00 Beyond the Tassel - AUD</b></p> <p>4:00 to 6:00 Buffet - MDR</p> <p>6:00 Movie &amp; Popcorn - AUD "Meagan Leavey"</p>	
<p><b>08</b></p> <p>9:00 Sunday School - ECR</p> <p>10:15 CHERA Worship - AUD Rev. James Cummings Presbyterian</p> <p>11:15 to 1:30 Buffet-MDR</p> <p>1:30 Hand &amp; Foot - C/D 3rd FL</p> <p>4:00 Idea Exchange - CR</p>	<p><b>09</b></p> <p><b>8:00 Yappy Hour - Dog Park</b></p> <p>9:00 Group Exercise - AUD</p> <p>10:30 Walmart - BUS</p> <p><b>12:00 Lunch n' Learn - AUD</b></p> <p><b>12:30 Local Shopping - BUS</b></p> <p>1:00 Wii Bowling - GR</p> <p>1:30 Mah Jongg - A/B 3rd FL</p> <p><b>2:00 Prophecy Series - AUD</b></p> <p>6:00 Scrabble - F/G 3rd FL</p> <p>6:30 Bingo - AUD</p>	<p><b>10</b></p> <p>9:00 Cranium Crunches - AUD</p> <p>10:00 Sit &amp; Get Fit - AUD</p> <p>10:00 Foshee Jewelers - Lobby</p> <p>11:00 The Word &amp; Music - AUD</p> <p><b>1:00 Bean Bag Baseball - AUD</b></p> <p>2:00 Estates Golf - 19th Hole</p> <p><b>3:00 Armchair Travel - AUD</b></p> <p><b>6:30 Dance Class (Tango) - AUD</b></p>	<p><b>11</b></p> <p>8:30 Intercessory Prayer - ECR</p> <p>8:45 Group Exercise - AUD</p> <p><b>10:45 Aqua Volleyball - Pool</b></p> <p>11:00 Ping Pong -GR</p> <p><b>11:00 Marketing Luncheon - AUD</b></p> <p>1:00 Wii Bowling - GR</p> <p>1:30 Walmart - BUS</p> <p>3:00 Ladies Bible Study - AUD</p> <p><b>4:00 ROMEO(Ford's Garage) - BUS</b></p> <p>6:00 Bridge - AUD</p> <p>6:15 Mexican Train F/G-3rd</p>	<p><b>12</b></p> <p>7:15 CHERA Advisory</p> <p>9:00 Gentle Yoga - AUD</p> <p>9:30 Publix Shopping - BUS</p> <p>10:00 Sit &amp; Get Fit - AUD</p> <p>11:00 Body Balance - AUD</p> <p>12:00 Wii Golf - GR</p> <p>1:00 Scrabble - F/G 3rd</p> <p><b>2:00 CHERA Board Meeting - AUD</b></p> <p>2:00 Banks - BUS</p> <p>6:30 Chapel - AUD</p>	<p><b>13</b></p> <p>9:00 Group Exercise - AUD</p> <p>10:00 Library - BUS</p> <p><b>10:00 to 12:00 Flea Market - A421</b></p> <p>10:00 Lakeside Village - BUS</p> <p><b>11:00 Mall Walk &amp; Lunch - BUS</b></p> <p><b>11:30 JULIET (First Watch) - BUS</b></p> <p>1:00 Hand &amp; Foot - C/D 3rd</p> <p>1:00 Wii Bowling - GR</p> <p>1:00 Manipulation Cards - F/G 3rd</p> <p><b>3:00 Cooking Show - CR</b></p> <p>6:00 Pinochle - AUD</p> <p>6:30 Manipulation - AUD</p>	<p><b>14</b></p> <p><b>9:00 to 11:00 Flea Market - A421</b></p> <p>12:00 Wii Sports - GR</p> <p>12:00 to 2:00 Buffet - MDR</p> <p><b>3:00 Beyond the Tassel - AUD</b></p> <p>4:00 to 6:00 Buffet - MDR</p> <p>6:00 Movie &amp; Popcorn - AUD "The Queen"</p>	
<p><b>15</b></p> <p>9:00 Sunday School - ECR</p> <p>10:15 CHERA Worship - AUD Rev. Robert Thorn United Methodist</p> <p>11:15 to 1:30 Buffet-MDR</p> <p>1:30 Hand &amp; Foot - C/D 3rd FL</p> <p><b>3:00 Matinee Movie "Do You Believe" - AUD</b></p> <p>4:00 Idea Exchange - CR</p>	<p><b>16</b></p> <p>9:00 Group Exercise-AUD</p> <p><b>10:00 Nine Hole Golf-Wedgewood</b></p> <p>10:30 Walmart - BUS</p> <p><b>11:00 Card Making Class - AS</b></p> <p>12:30 Local Shopping - BUS</p> <p>1:00 Wii Bowling-GR</p> <p>1:30 Mah Jongg - A/B 3rd FL</p> <p><b>2:00 Prophecy Series - AUD</b></p> <p>6:00 Scrabble - F/G 3rd FL</p> <p>6:30 Bingo - AUD</p>	<p><b>17</b></p> <p>9:00 Cranium Crunches- AUD</p> <p>10:00 Sit &amp; Get Fit - AUD</p> <p>10:00 Beall's 15% off - BUS</p> <p><b>10:30 Catholic Mass - PDR</b></p> <p>11:00 The Word &amp; Music -AUD</p> <p><b>1:00 Bean Bag Baseball - AUD</b></p> <p>2:00 Estates Golf - 19th Hole</p> <p><b>3:00 Documentary- AUD</b></p> <p><b>7:00 New Neighbor's Welcome-MDR</b></p>	<p><b>18</b></p> <p>8:00 Blood Pressure Check-AUD</p> <p>8:30 Intercessory Prayer- ECR</p> <p>9:00 Group Exercise - AUD</p> <p><b>10:00 Sit &amp; Get Fit - AUD</b></p> <p>11:00 Ping Pong - GR</p> <p>1:00 Wii Bowling - GR</p> <p>1:30 Walmart - BUS</p> <p>3:00 Ladies Bible Study - AUD</p> <p>6:00 Bridge - AUD</p> <p>6:15 Mexican Train - F/G 3rd</p>	<p><b>19</b></p> <p>9:00 Religious Resource - ECR</p> <p>9:00 Gentle Yoga - AUD</p> <p>9:30 Publix Shopping - BUS</p> <p>10:00 Sit &amp; Get Fit - AUD</p> <p>11:00 Body Balance - AUD</p> <p><b>12:00 and 4:00 Birthdays - PDR</b></p> <p>12:00 Wii Golf - GR</p> <p>1:00 Scrabble - F/G 3rd</p> <p>2:00 Banks - BUS</p> <p>6:30 Chapel - AUD</p>	<p><b>20</b></p> <p>9:00 Group Exercise - AUD</p> <p><b>9:00 Wycliffe Bible Tour - BUS</b></p> <p>10:00 Lakeland Square Mall - BUS</p> <p>11:00 Northside Library - BUS</p> <p>1:00 Wii Bowling - GR</p> <p>1:00 Hand &amp; Foot - C/D 3rd</p> <p>1:00 Manipulation Cards- F/G 3rd</p> <p>6:00 Pinochle - AUD</p> <p>6:30 Manipulation Cards - AUD</p>	<p><b>21</b></p> <p>12:00 Wii Sports - GR</p> <p>12:00 to 2:00 Buffet - MDR</p> <p><b>3:00 Beyond the Tassel - AUD</b></p> <p>4:00 to 6:00 Buffet - MDR</p> <p>6:00 Movie &amp; Popcorn - AUD "Sweet Home Alabama"</p>	
<p><b>22</b></p> <p>9:00 Sunday School - ECR</p> <p>10:15 CHERA Worship - AUD Rev. George Garner American Baptist</p> <p>11:15 to 1:30 Buffet - MDR</p> <p>1:30 Hand &amp; Foot - C/D 3rd FL</p> <p>4:00 Idea Exchange - CR</p>	<p><b>23</b></p> <p>9:00 Group Exercise - AUD</p> <p>10:30 Walmart - BUS</p> <p><b>11:00 Strength Circuit - FC</b></p> <p>12:30 Local Shopping - BUS</p> <p>1:00 Wii Bowling- GR</p> <p>1:30 Mah Jongg - A/B 3rd FL</p> <p><b>2:00 Prophecy Series - AUD</b></p> <p>6:00 Scrabble - F/G 3rd FL</p> <p>6:30 Bingo - AUD</p>	<p><b>24</b></p> <p>9:00 Cranium Crunches - AUD</p> <p>10:00 Sit &amp; Get Fit - AUD</p> <p>10:00 Foshee Jewelers - Lobby</p> <p><b>10:00 Ladies Boutique - D304</b></p> <p>11:00 The Word &amp; Music - AUD</p> <p><b>11:00 Rowing for Hearts - FC</b></p> <p><b>1:00 Bean Bag Baseball - AUD</b></p> <p>2:00 Estates Golf - 19th Hole</p> <p><b>6:30 Lecture: Robert Ripley - AUD</b></p>	<p><b>25</b></p> <p>8:30 Intercessory Prayer - ECR</p> <p>8:45 Group Exercise - AUD</p> <p><b>10:00 Yankees vs. Rays Game - BUS</b></p> <p><b>10:45 Aqua Volleyball - Pool</b></p> <p>11:00 Ping Pong - GR</p> <p><b>11:00 Marketing Luncheon - AUD</b></p> <p>1:00 Wii Bowling - GR</p> <p>1:30 Walmart - BUS</p> <p>3:00 Ladies Bible Study - AUD</p> <p>6:00 Bridge - AUD</p> <p>6:15 Mexican Train - F/G 3rd</p>	<p><b>26</b></p> <p>9:00 Gentle Yoga - AUD</p> <p>9:30 Publix Shopping - BUS</p> <p>10:00 Sit &amp; Get Fit - AUD</p> <p><b>11:00 Advanced Body Balance - AUD</b></p> <p>12:00 Wii Golf - GR</p> <p>1:00 Scrabble - F/G 3rd</p> <p><b>1:30 M Building Bash - M Bldg 3rd</b></p> <p>2:00 Banks - BUS</p> <p><b>2:00 Book Club - CR</b></p> <p>6:30 Chapel - AUD</p>	<p><b>27</b></p> <p><b>8:30 A Day in Clermont - BUS</b></p> <p>9:00 Group Exercise - AUD</p> <p>10:00 Lakeland Square Mall - BUS</p> <p><b>10:00 to 12:00 Flea Market - A421</b></p> <p><b>11:00 Strength Circuit - FC</b></p> <p><b>12:00 Lunch n' Learn - AUD</b></p> <p>1:00 Hand &amp; Foot - C/D 3rd</p> <p>1:00 Manipulation Cards - F/G 3rd</p> <p>1:00 Wii Bowling - GR</p> <p>6:00 Pinochle - AUD</p> <p>6:30 Manipulation Card - AUD</p>	<p><b>28</b></p> <p><b>9:00 to 11:00 Flea Market - A421</b></p> <p>12:00 Wii Sports - GR</p> <p>12:00 to 2:00 Buffet - MDR</p> <p><b>1:00 Cinemark Matinee - BUS</b></p> <p><b>3:00 Beyond the Tassel - AUD</b></p> <p>4:00 to 6:00 Buffet - MDR</p> <p>6:00 Movie &amp; Popcorn - AUD "I Can Only Imagine" New Release</p>	
<p><b>29</b></p> <p>9:00 Sunday School - ECR</p> <p>10:15 CHERA Worship - AUD Rev. Don Richardson Assemblies of God</p> <p>11:15 to 1:30 Buffet - MDR</p> <p>1:30 Hand &amp; Foot - C/D 3rd FL</p> <p>4:00 Idea Exchange - CR</p>	<p><b>30</b></p> <p>9:00 Group Exercise - AUD</p> <p>10:30 Walmart - BUS</p> <p><b>11:00 Card Making Classes - AS</b></p> <p>12:30 Local Shopping - BUS</p> <p>1:00 Wii Bowling - GR</p> <p>1:30 Mah Jongg - A/B 3rd FL</p> <p><b>2:00 Prophecy Series - AUD</b></p> <p>6:00 Scrabble - F/G 3rd FL</p> <p>6:30 Bingo - AUD</p>	<p><b>31</b></p> <p>9:00 Cranium Crunches - AUD</p> <p>10:00 Sit &amp; Get Fit - AUD</p> <p>11:00 The Word &amp; Music - AUD</p> <p><b>1:00 Bean Bag Baseball - AUD</b></p> <p>2:00 Estates Golf - 19th Hole</p> <p><b>6:30 Resident Talent Show - AUD</b></p>				<p><b>Gift Shop Hours</b> M-F 8:30 - 10:00 a.m. 2:00 - 3:30 p.m. *****</p> <p><b>Matura Salon Open</b> <i>Appointments dial, ext. 115</i> *****</p> <p><b>Water Workout, M-F 10:00am</b> <b>All Invited-Pool</b></p>	<p><b>Abbreviations Key</b> AUD - Auditorium AS - Art Studio, D-406 C - Chapel, K-106 CR - Community Room ECR - Estates Conference Room FC - Fitness Center GR - Game Room, D-402 MDR - Main Dining Room PDR - Private Dining Room TC - Technology Center, K-207</p>

# EVENTS

Entertainment

Information

Trip

Sports

## 03 | Passport to America 11:30-1:30 - Locations Vary

Residents and staff are invited to pick up their customized Estates Passports in the Lobby and have it stamped at tasting stations that represent highlights from USA history. Turn it in for prizes.

## 05 | Early Bird Dinner Theatre 10:00am - BUS

Join us to see a delightful comedy about four southern women who meet while trying to escape their day-to-day routines, and reclaim enthusiasm for life. Enjoy a delicious four course luncheon before the show. Details and sign up posted on board at C-118.

## 06 | Twistee Treat Ice Cream 2:00pm - BUS

Want to beat the Florida heat? Cool off with a Summer Sizzle ice cream cone from Twistee Treat. Sign up with a friend in C-118.

## 10 | Tango Dance Class 6:30pm - Auditorium

Join us for an exciting lesson by professional instructors "Care to Dance." Everyone is invited to watch or participate with instructors on the dance floor!

## 11 | R.O.M.E.O Dinner 4:00pm - BUS

Men will be dining at "Ford's Garage" Lakeland's newest restaurant which features a classic carshow atmosphere and a creative extensive food selection. Sign up and view their unique menu in C-118.

## 13 | J.U.L.I.E.T Lunch 11:30am - BUS

Ladies will be enjoying lunch together at the famous "First Watch." This easy going breakfast and lunch spot includes a full menu featuring fresh seasonal items! Sign up and view menu in C-118.

## 17 | New Neighbors Welcome 7:00 - MDR

Come welcome our newest residents to the Estates! This special night will feature Big Band hits played by the St. Dennis Band, refreshments and raffle prizes. Join us!

## 20 | Wycliffe Bible Translators Tour 9:00am - BUS

Take a tour of the inspiring organization that translates the Bible for nations all over the world. Delicious lunch experience follows at the famous Hash House in Orlando.

## 23-27 | Fitness Blitz Week 11:00am - Fitness Center

Take your routine up a notch with a new daily challenge. Ten bonus points for the "Be Fit Challenge". Build stamina with Strength Circuits, Aqua Volleyball, Lunch n' Learn, and Advanced Body Balance classes.

## 24 | Lecture: Ripley's Believe it or Not 6:30pm - Auditorium

Historian Dave Robinson returns with the intriguing true story of Ripley's life and passion. You do not want to miss this.

## 27 | A Day in Clermont 8:30am - BUS

Sign up for this fun filled day. Take a tour of the Presidents Museum, see views from the Citrus Tower, and enjoy a picnic lunch at Citrus Park with fresh produce, honey, and homemade items.

## 31 | Resident Talent Show 6:30pm - Auditorium

Our most anticipated annual event has a few spots left for you to showcase your talent. Call Sharon Larson at ext 113 to discuss performing your comedy, music, or other talent. Donations for CHERA Employee Scholarship Fund will be collected.

# Sun Safety

Summer weather is great for relaxing with family and friends. Being outside for pool parties, barbecues, and beach trips are what make summertime fun. Too much outdoor time, however, can lead to problems like sunburn. The sun's ultraviolet rays can damage your skin in as little as 15 minutes. Here are a few tips on how to keep your skin protected while enjoying the outdoors this summer:

- **Seek Shade**-you can reduce your risk of skin damage and skin cancer by seeking shade under an umbrella, tree, or other shelter. However, even when in the shade, the best and safest option is to use sunscreen or wear protective clothing when you're outside.
- **Wear Protective Clothing and Gear**-when possible wear long-sleeved t-shirts and long pants to provide protection from UV rays. Darker colors offer more protection than lighter colors and clothes made from tightly woven fabric offer the best protection. Some clothing certified under international standards will have information on its UV protection factor. A typical t-shirt has an SPF factor of less than 15, to put into perspective when planning your attire for the outdoors. Large brim hats provide shade for your entire head. If you wear a baseball cap you will need to protect the back of your head (neck and ears). Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. Sunglasses that block both UVA and UVB rays offer the best protection.
- **Sunscreen**-use a broad spectrum sunscreen with at least SPF 15 before you go outside, even on slightly cloudy or cool days. Remember sunscreen works best when combined with other items to prevent UV damage.

Skin cancer is the most commonly diagnosed cancer in the United States. Most cases are preventable.

References: <https://www.cancer.org/healthy/be-safe-in-sun.html>; [www.cdc.gov](http://www.cdc.gov)  
- Chelcia C. Inman, RN, Director of Nursing, Health Center

## Villa & Manor July Recreational Schedule

All performances will be held in the Villa Dining Room at 10:00 am

### Outings for July

07/05 - Walmart 2:00pm  
07/12 - Olive Garden 11:30am  
07/19 - Lakeland Mall 2:00pm  
07/26 - Drive Around 2:00pm

### Musical Entertainment

07/06 - Doug Mewhorter  
07/13 - Dave & Penny Stull  
07/20 - Eddie Rivers  
07/27 - Dave Smith

## Villa Sunday Service Schedule

07/01/2018 - Communion Service, Chaplain Randy Horn  
07/08/2018 - Sue Kain  
07/15/2018 - Reverend Bill Allen  
07/22/2018 - Dawn Horn, Chaplain Randy's Wife  
07/29/2018 - Reverend Courtney Harding



**Estates Residents**

- Everett Goodman . . . . .02
- Jerry Swope. . . . .02
- Eugene Trachtenbarg. . . .02
- Steve Janicki. . . . .03
- Diane Thompson. . . . .04
- Bernice Wood. . . . .05
- Barbara Gault. . . . .06
- Jean Tayntor. . . . .06
- Mildred Courtoy. . . . .09
- Catherine Head. . . . .09
- Betty Sutton . . . . .09
- Sue Brown . . . . .10
- Robert Edwards. . . . .10
- Robert Dawson. . . . .10
- Tam Polson . . . . .13
- Linda Williams . . . . .13
- Jane Fawcett. . . . .14
- Elaine Howell . . . . .15
- Connie Perez . . . . .15
- Genivieve Vanzant . . . . .25
- Alta Berges. . . . .26
- Jo Ellen League . . . . .28
- Joyce Blackwell. . . . .29



**Health Center Residents**

- David Cowgill. . . . .01
- Joseph Weinreich. . . . .03
- Pollard Woodall . . . . .04
- Jane Green. . . . .10
- Lillian Hesketh. . . . .11
- Charles Stargel. . . . .12
- Virginia Blanton . . . . .12
- Sally Wasson . . . . .15
- Henrietta Merkert . . . . .16
- Julia Schleif . . . . .22
- Eleanor Cheetham . . . . .25
- John Esposito. . . . .31

Those born in July are invited to celebrate their birthdays and enjoy a five course meal in the Private Dining Room on July 19th. Look for your invitation in your in-house mailbox and RSVP to C-118.



**Jacksonville Jaunt**

September 13-14, 2018

Enjoy two days of a fun-filled time in the beautiful city of Jacksonville! Take a tour of Sweet Pete's Chocolate Factory and taste custom designed chocolate, attend a show at the Alhambra Dinner Theatre, and take a tour of the Anheuser Busch Brewery!

**Fixer Upper Trip**

September 17-20, 2018

Waco, Texas is the place to be! Join us for an exciting excursion centered around the hit HGTV show "Fixer Upper." You will see remodeled houses from the show, featured craftsmen, and eat at Chip and Joanna's new restaurant, Magnolia Table. You may even spot some familiar faces from the show!

**Colors of Fall**

October 15-20, 2018

Get your taste of fall on this colorful five day experience! You will spend two nights in Atlanta and three in Tennessee. You will see a few of the most popular shows, spend a day at the Dollywood Theme Park, get a guided tour of Pigeon Forge and it's surrounding communities, and cruise the Tennessee River on the famous Southern Belle Riverboat!

THE CHAPLAIN'S CORNER  
**TREASURES**

I was thinking about what really matters in this life. Is it our money, our comfort, our status? All these are important but what do we treasure the most? What we treasure, we hold close, we guard, we protect. There are only two places to lay up treasures: on this earth and in heaven. Matthew 6:19-20 says, "Do not lay up for yourselves treasures on earth, where moth and rust destroy, and where thieves break in and steal, but lay up for yourselves treasures in heaven, for where your treasure is, there your heart will be also. We are given an inheritance, incorruptible, and undefiled, and that fadeth not away reserved in heaven for you." It sounds like our inheritance and treasure has already been provided if we know the Lord and Savior. We are so blessed!

God Bless,  
Chaplain Randy Horn

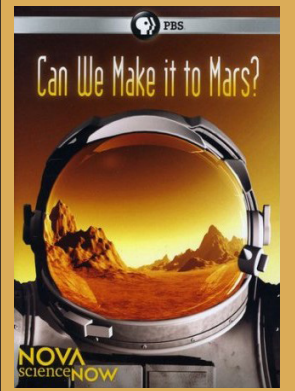


Like to Sing?  
**CHERA Chorus is having its first rehearsal for the Fall season: Monday, August 26th at 10:30am in the auditorium**  
We meet weekly and perform once a month. If you like to sing, come and join us!



**Documentaries**

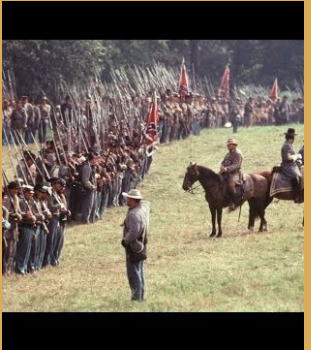
Tuesday, July 3rd  
3:00pm - Auditorium



"Can We Make it To Mars?"  
This program examines the prospect of sending humans on a trip to Mars that could last as long as two to three years.

Tuesday, July 17th  
3:00pm - Auditorium

"Gettysburg and Civil War"  
Travel back and experience one of the greatest turning points in American history where over half a million lives were lost.



**Thursday Night Chapel Schedule**

- 07/05/2018 - Harold Mintle, *Tea Time and Talk*
- 07/12/2018 - Resident Lifestyles Director, Sharon Larson, *My Life in Song*
- 07/19/2018 - Glen M. Copple, *New Hope Gospel Ministries*
- 07/26/2018 - Hymn Sing, *Stories Behind the Songs*

# The Estates

A T C A R P E N T E R S

Charleston Trip



Fishing Tournament



**You Tube**  Find us on **Facebook**

Visit us on the web at: [www.EstatesatCarpenters.com](http://www.EstatesatCarpenters.com)