

# Shavings

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

Arise, shine, for your light has come, and the glory of  
the Lord has risen upon you. Isaiah 60:1



## From The Executive Director



Many of our residents have heard me use the phrase “there are a lot of moving parts” when describing the operations of the Estates. Each of us has to do their part to keep operations running smoothly and efficiently. If the cook doesn’t prepare an item on time . . . the server cannot deliver the item to the table. If a part to repair an item isn’t ordered timely or delivered on schedule, the repair is delayed. One breakdown affects the next step in the process.

With so many moving parts to focus on each day I occasionally miss some of the “non-crisis” type of things that occur at our community. Admittedly, a lot of my daily attention is focused on issues that need to be repaired or corrected, but there are so many great things happening here every day that deserve praise and recognition.

Recently, I learned of a group of ladies who gather each year for six to eight weeks to make quilts for residents in The Manor and Villa. These ladies, Marjorie Ford-Brisbin, Barbara Gault, Janet Armstrong, Pat Bradford, Judy Douce, and Dottie Holmstrom, were never asked to do this . . . they saw a need and took action. Is there a more powerful example of our community than our many volunteers to want to make a difference in the lives of others?

Even though there will always be a lot of moving parts, areas needing improvement, and problems to troubleshoot, maybe we all need to pull over for a few minutes, turn off the engine, and take time to find and recognize the countless small acts of kindness that occur here every day. These selfless acts tell the story of The Estates better than any ad in the newspaper or TV commercial ever could.

“Thank You” ladies for quilting your way into the hearts of our community!

- **Brian Robare, CEO & Executive Director**



On the back cover: A beautiful overhead shot of the front fountain taken by Judy Fuller’s son, Bill Knepper.

## MEET YOUR NEW NEIGHBORS



**Al Eason & JoAnn Whipple, A-418, Phone: (863) 224-3081**

Al was born in Hogansville, Georgia and JoAnn in Elmira, New York. Al spent his career as a decorated helicopter pilot serving in the Vietnam War. JoAnn spent her career of 25 years in the United States Army. While JoAnn likes to read and play games, Al enjoys attending baseball games and is a Legion Volunteer. They join us from their home in Winter Haven.

**Pedro Cortinas, K-205, Phone: (863) 940-2071**

Pedro was born in Luling, Texas. He spent his career in the military, serving in the Marine Corp for four years followed by the Coast Guard for 24 years during the Vietnam War. Pedro enjoys visiting friends and watching boxing on TV. His motto is “Take it easy”! Pedro joins us from his home in Lakeland.



## The Good Samaritan Fund

The balance of the **GOOD SAMARITAN FUND** is \$368,497.65. As of June 30th, 2018, \$57,555.73 has been used to help residents. Monies are taken from the interest earned.

### Memorials, Honorariums & Donations

The Estates would like to thank the following individuals for their generosity during the month of June 2018: American Veterans Post 32 Corp, Kellie Stargel Campaign, Olive Carter Trust, PHM Group, Mr. & Mrs. Brian Robare, Mr. & Mrs. John Thompson, Mr. & Mrs. Matthew Thompson and Woodmen Life Association of Central Florida.





## Arthritis and You

Arthritis is the painful inflammation and stiffness of joints and the leading cause of disability in the United States. Affecting 54 million adults, it is the leading cause of work disability, chronic pain, inactivity and other limitations in older adults. The simple activities of daily living like dressing, bathing, walking or climbing stairs may be affected.

Symptoms may range from mild to severe and include swelling, pain, and stiffness, decreased range of motion, redness and warmth at the joint site.

Treatments for arthritis include medications to address inflammation and pain, arthritis friendly exercise like yoga and Tai Chi, and applications of cold and heat therapies. Foods like fish, nuts, fruits, vegetables, beans, seeds, ginger, turmeric and olive oil are said to be beneficial with this disease. Maintaining a proper weight and staying active are also important. Increased body fat can strain your joints. According to the Arthritis Foundation, every pound of excess body weight exerts four pounds of pressure on your knee joints. To put that in perspective...if you are twenty pounds overweight your knees are enduring eighty pounds of excess pressure! So, even a small weight loss will have exponential benefit.

As always, if you feel you may be experiencing arthritis symptoms, please follow up with your doctor or you may call Florida's Arthritis Foundation local office at 813-968-7000.

**-Kelley Benfield, Director of Nursing, Wellness Clinic**

*Resources: [www.arthritis.org](http://www.arthritis.org)*

## AGE IN PLACE

Aging in place is a term used to describe a person living in the residence of their choice, for as long as they are able, as they age. Here are some helpful tips to proactively monitor your health and maintain the best possible quality of life:

- **Think small:** install grab bars, single handled faucets, "comfort height" toilets, rollout shelves in the kitchens and better lighting.
- **Make it accessible:** home modifications can make your home easier to maneuver and can prevent falls such as removing area rugs and making sure hallways and doorways are easily accessible.
- **Use Technology for Support:** there is a number of existing tools available that can help you stay in touch with family, caregivers, and the community, as well as monitor your health.
- **Do a Home Safety Check:** plan to do a complete safety check on your home and anticipate any problem areas for you.
- **Utilize Community Resources:** some residents choose to hire private caregivers or companions to assist them with things they can no longer do in an independent setting. This is just one of many available community resources

**- Chelcia Inman, Director of Nursing, Health Center**

*Resources: <http://www.ageinplace.org/>*

## Resident Spotlight: Pat Hartley

When you meet Pat, her smile and energy immediately radiate her zest for life, and her ambitious spirit to stay active and live with purpose. Pat moved to The Estates in 2006 and from the start became one of our many valuable volunteers serving regularly in the community.

Pat grew up in Erie, Pennsylvania and is a diehard Steelers Fan and sports enthusiast. I will never forget the first time I saw Pat sporting her Steelers jersey at our football tailgating party, and proudly announced that they have won six Super Bowls to date.

Pat has two boys, one living in Beaver Falls, PA and the other in Seffner, FL. She has four grandchildren and one and ½ great grandchildren. As a Registered Nurse, Pat has worked in various roles and one of her favorites was at Florida Southern College for fifteen years, where she attended most of the sports activities and all of their quality theatre productions.

For fifteen years Pat was on Sandpiper's bowling league and she is now part of our weekly Wii Bowling. Pat plays Pinochle, Bridge, Pig-it and Hog-it (you'll have to ask her how to play), and she runs Bingo every Monday night. Pat has managed our Gift Shop for several years with JC Powell's help picking up the supplies and ten cashier volunteers. Pat is retiring and ready to pass the leadership baton on to another resident with the gift of organization and a heart to serve. As a convenience to residents and employees, our gift shop has a variety of items based on interest and needs.

Being a volunteer is one of Pat's greatest joys in life as this is where she has found purpose and met some of her best friends. She encourages everyone to get involved somewhere in our community. Pat's years as a nurse has stirred a new passion and area of service, as she would like to train to become a Clown for Hospice, to bring joy and hope to children.

**- Sharon Larson, Resident Lifestyles Director**



## Community Carnival

We will be sponsoring a Community Carnival in honor of National Night Out on Tuesday, August 7th. National Night Out is an annual community building campaign that promotes police and community partnerships and neighborhood camaraderie in an effort to make our neighborhoods a safer place to live. We will have fun classic carnival games, ice cream, music, popcorn, hotdogs and more! Come and join the fun and receive helpful information on what you can do to continue to keep yourself and others safe.

**- Marco Silveria, Wellness Coordinator**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>Gift Shop Hours M-F 8:30 - 10:00 a.m. 2:00 - 3:30 p.m. ***** Matura Salon Open Appointments dial, ext. 115 ***** Water Workout, M-F 10:00am All Invited-Pool</div>	<div>August</div>		<div>8:30 Intercessory Prayer - ECR 11:00 Ping Pong -GR 11:00 Employee Wellness Fair - AUD 1:00 Wii Bowling - GR 3:00 Ladies Bible Study - AUD 4:00 ROMEO's: Peking House - BUS 6:00 Bridge - MDR 6:15 Mexican Train F/G-3rd</div>	<div>9:00 Gentle Yoga - AUD 9:30 Publix Shopping - BUS 10:00 Sit &amp; Get Fit - AUD 11:00 Body Balance - AUD 12:00 Wii Golf - GR 1:00 Scrabble - F/G 3rd 2:00 Banks - BUS 2:00 FLICRA Speaker: Tony Delgado - AUD 6:30 Chapel - AUD</div>	<div>9:00 Group Exercise - AUD 10:00 Post Office - BUS 10:00 to 12:00 Flea Market - A421 10:00 Lakeland Square Mall - BUS 1:00 Hand &amp; Foot - C/D 3rd 1:00 Manipulation Cards - F/G 3rd 1:00 Wii Bowling - GR 2:00 Diary Queen - BUS 6:00 Pinochle - AUD 6:30 Piano Favorites with Spess - Lobby</div>	<div>9:00 to 11:00 Flea Market - A421 12:00 Wii Sports -GR 12:00 to 2:00 Buffet - MDR 3:00 Beyond the Tassel - AUD 4:00 to 6:00 Buffet - MDR 6:00 Movie &amp; Popcorn - AUD "Apostle Paul"</div>
<div>9:00 Sunday School - ECR 10:15 CHERA Worship - AUD Rev. Richard Dunn Assemblies of God 11:15 to 1:30 Buffet-MDR 1:30 Hand &amp; Foot - C/D 3rd FL 4:00 Idea Exchange - CR 7:00 Sunday Hymn Sing-a-Long - AUD</div>	<div>9:00 Group Exercise - AUD 10:00 Pet Picnic - BUS 10:00 Nine Hole Wedgewood Golf 10:30 Walmart - BUS 12:30 Local Shopping - BUS 1:00 Wii Bowling - GR 1:30 Mah Jongg - A/B 3rd FL 2:00 Video Sermon Series - AUD 6:00 Scrabble - F/G 3rd FL 6:30 Bingo - AUD</div>	<div>10:00 Foshee Jewelers - Lobby 10:30 Catholic Service - Villa 11:30 Community Carnival - AUD 2:00 Estates Golf - 19th Hole 3:00 Documentary - AUD 6:30 Gospel Concert - AUD</div>	<div>8:30 Intercessory Prayer - ECR 8:45 Group Exercise - AUD 10:45 Aqua Volleyball - Pool 11:00 Marketing Luncheon - AUD 11:00 Ping Pong -GR 1:00 Wii Bowling - GR 1:30 Walmart - BUS 3:00 Ladies Bible Study - AUD 6:00 Bridge - AUD 6:15 Mexican Train F/G-3rd</div>	<div>9:00 Gentle Yoga - AUD 9:30 Publix Shopping - BUS 10:00 Sit &amp; Get Fit - AUD 11:00 Body Balance - AUD 12:00 Wii Golf - GR 1:00 Scrabble - F/G 3rd 2:00 CHERA Board Meeting - AUD 2:00 Banks - BUS 6:30 Chapel - AUD</div>	<div>9:00 Group Exercise - AUD 10:00 Library - BUS 10:00 Lakeland Square Mall - BUS 11:00 Community Blood Drive 11:00 Mall Walk &amp; Lunch - BUS 1:00 Hand &amp; Foot - C/D 3rd 1:00 Wii Bowling - GR 1:00 Manipulation Cards - F/G 3rd 3:00 Cooking Show: Mood Food - CR 6:00 Pinochle - AUD 6:30 Manipulation - AUD</div>	<div>12:00 Wii Sports - GR 12:00 to 2:00 Buffet - MDR 3:00 Beyond the Tassel - AUD 4:00 to 6:00 Buffet - MDR 6:00 Movie &amp; Popcorn - AUD "August Rush"</div>
<div>9:00 Sunday School - ECR 10:15 CHERA Worship - AUD Dr. Andrew Permenter Assemblies of God 11:15 to 1:30 Buffet-MDR 1:30 Hand &amp; Foot - C/D 3rd FL 3:00 Matinee Movie - AUD "The Case for Christ" 4:00 Idea Exchange - CR</div>	<div>8:00 Yappy Hour - Dog Park 9:00 Group Exercise-AUD 10:30 Walmart - BUS 12:30 Local Shopping - BUS 1:00 Wii Bowling-GR 1:30 Mah Jongg - A/B 3rd FL 2:00 Video Sermon Series - AUD 6:00 Scrabble - F/G 3rd FL 6:30 Bingo - AUD</div>	<div>9:00 Cranium Crunches- AUD 10:00 Sit &amp; Get Fit - AUD 11:00 The Word &amp; Music -AUD 1:00 Bean Bag Baseball - AUD 2:00 Estates Golf - 19th Hole 3:00 Arm Chair Travel - AUD 6:30 Country Dance Class - AUD</div>	<div>8:30 Intercessory Prayer- ECR 9:00 Group Exercise - AUD 10:00 Sit &amp; Get Fit - AUD 10:00 JULIET's: Angel Tea Room - BUS 11:00 Ping Pong - GR 1:00 Wii Bowling - GR 1:30 Walmart - BUS 3:00 Ladies Bible Study - AUD 6:00 Bridge - AUD 6:15 Mexican Train - F/G 3rd</div>	<div>9:00 Religious Resource - ECR 9:00 Gentle Yoga - AUD 9:30 Publix Shopping - BUS 10:00 Sit &amp; Get Fit - AUD 11:00 Body Balance - AUD 12:00 and 4:00 Birthdays - PDR 1:00 Scrabble - F/G 3rd 2:00 Banks - BUS 6:30 Chapel - AUD</div>	<div>9:00 Group Exercise - AUD 10:00 BonWorth - BUS 10:00 to 12:00 Flea Market - A421 11:00 Northside Library - BUS 1:00 Wii Bowling - GR 1:00 Hand &amp; Foot - C/D 3rd 1:00 Manipulation Cards- F/G 3rd 6:00 Pinochle - AUD 6:30 Manipulation Cards - AUD</div>	<div>9:00 to 11:00 Flea Market - A421 12:00 Wii Sports - GR 12:00 to 2:00 Buffet - MDR 3:00 Beyond the Tassel - AUD 4:00 to 6:00 Buffet - MDR 6:00 Movie &amp; Popcorn - AUD "Elsa and Fred"</div>
<div>9:00 Sunday School - ECR 10:15 CHERA Worship - AUD Bishop Robert Fannin United Methodist 11:15 to 1:30 Buffet - MDR 1:30 Hand &amp; Foot - C/D 3rd FL 4:00 Idea Exchange - CR 6:00 Victoria Doyle Concert - AUD</div>	<div>9:00 Group Exercise - AUD 10:00 Nine Hole Wedgewood Golf 10:30 Walmart - BUS 12:30 Local Shopping - BUS 1:00 Wii Bowling- GR 1:30 Mah Jongg - A/B 3rd FL 2:00 Video Sermon Series - AUD 6:00 Scrabble - F/G 3rd FL 6:30 Bingo - AUD</div>	<div>9:00 Cranium Crunches - AUD 10:00 Foshee Jewelers - Lobby 10:00 Beall's 15% off - BUS 10:00 Town Hall - MDR 10:30 Catholic Mass - PDR 11:00 The Word &amp; Music - AUD 1:00 Bean Bag Baseball - AUD 3:00 Documentary - AUD 6:30 Lecture on Bob Hope - AUD</div>	<div>8:30 Intercessory Prayer - ECR 8:45 Group Exercise - AUD 10:45 Aqua Volleyball - Pool 11:00 Ping Pong - GR 11:00 Marketing Luncheon - AUD 1:00 Wii Bowling - GR 1:30 Walmart - BUS 3:00 Ladies Bible Study - AUD 4:00 Rays Baseball Game - BUS 6:00 Bridge - AUD 6:15 Mexican Train - F/G 3rd</div>	<div>9:00 Gentle Yoga - AUD 9:30 Publix Shopping - BUS 10:00 Sit &amp; Get Fit - AUD 11:00 Body Balance - AUD 12:00 Wii Golf - GR 1:00 Scrabble - F/G 3rd 1:30 M Building Bash - M 3rd FL 2:00 Banks - BUS 6:30 Chapel - AUD</div>	<div>9:00 Group Exercise - AUD 10:00 Lakeside Village - BUS 1:00 Hand &amp; Foot - C/D 3rd 1:00 Manipulation Cards - F/G 3rd 1:00 Wii Bowling - GR 6:00 Pinochle - AUD 6:30 Manipulation Card - AUD</div>	<div>12:00 Wii Sports - GR 12:00 to 2:00 Buffet - MDR 1:00 Cinemark Movie Outing - BUS 3:00 Beyond the Tassel - AUD 4:00 to 6:00 Buffet - MDR 7:00 Big Band Concert - MDR</div>
<div>9:00 Sunday School - ECR 10:15 CHERA Worship - AUD Rev. David Lee Assemblies of God 11:15 to 1:30 Buffet - MDR 1:30 Hand &amp; Foot - C/D 3rd FL 4:00 Idea Exchange - CR</div>	<div>9:00 Group Exercise - AUD 10:30 Walmart - BUS 10:30 CHERA Chorus - AUD 11:00 Strength Circuit - FC 12:00 Lunch &amp; Learn - AUD 12:30 Local Shopping - BUS 1:00 Wii Bowling - GR 1:30 Mah Jongg - A/B 3rd FL 2:00 Video Sermon Series -AUD 6:00 Scrabble - F/G 3rd FL 6:00 Ladies Boutique - D304 6:30 Bingo - AUD</div>	<div>7:00 to 7:00 Primary Election Voting - AUD 10:00 Ladie's Boutique - D304 11:00 The Word &amp; Music - PDR 11:00 Rowing for Hearts - FC 1:30 TENZI Game - CR 2:00 Estates Golf - 19th Hole 4:00 Medieval Times Dinner - BUS</div>	<div>8:30 Intercessory Prayer - ECR 9:00 Group Exercise - AUD 10:00 Sit &amp; Get Fit - AUD 11:00 Ping Pong - GR 1:00 Wii Bowling - GR 1:30 Walmart - BUS 3:00 Ladies Bible Study - AUD 6:00 Bridge - AUD 6:15 Mexican Train - F/G 3rd</div>	<div>9:00 Gentle Yoga - AUD 9:30 Publix Shopping - BUS 10:00 Sit &amp; Get Fit - AUD 11:00 Body Balance - AUD 12:00 Wii Golf - GR 1:00 Scrabble - F/G 3rd 2:00 Banks - BUS 6:30 Chapel - AUD</div>	<div>9:00 Group Exercise - AUD 10:00 SteinMart - BUS 10:00 to 12:00 Flea Market - A421 11:00 Strength Circuit - FC 1:00 Hand &amp; Foot - C/D 3rd 1:00 Manipulation Cards - F/G 3rd 1:00 Wii Bowling - GR 6:00 Pinochle - AUD 6:30 Manipulation Card - AUD</div>	<div>Abbreviations Key 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</div>



# EVENTS

Entertainment

Information

Trip

Sports

## 02 | FLiCRA Guest Speaker 2:00 p.m. - AUD

City of Lakeland Manager, Tony Delgado will tell us the latest about what is happening around Lakeland, upcoming budget and projects of interest nearby.

## 06 | Pet Picnic 10:00 a.m. - BUS

Hop on the bus with your dog and enjoy play time at Lakeland's newest dog park. It features 3 different enclosures based on your dogs size and scenic trails. Owners will enjoy a picnic together and dog treats will be provided!

## 07 | Gospel Concert 6:30 p.m. - AUD

The award winning duo, Gina and Stacy Cooper are back! They will be singing some of your favorite songs that you can sing -along to. You will not want to miss this exciting concert!

## 10 | Cooking Show 3:00 p.m. - Community Room

Marco, Wellness Coordinator, will choose a secret ingredient and explain the health benefits of that ingredient. Chef will create a delicious dish that includes that secret ingredient and you will be given a taste! Limited seating is available, so sign up today.

## 14 | Country Dance Class 6:30 p.m. - AUD

Care to Dance is back with a country style round up! You will learn all the popular country style dances. All are invited!

## 15 | JULIET's Trip 10:30 a.m - BUS

Enjoy a trip to the Angel Tea Room in Dade City. They have a wide variety of hot teas, a delicious lunch menu and their famous coconut cream pie!

## 19 | Victoria Doyle in Concert 6:00 p.m - MDR

Sensational vocalist returns with your Hollywood favorites in this special music event!

## 21 | Town Hall 10:00 a.m. - MDR

All residents are welcome to attend to learn more about all the happenings at the Estates. You will not want to miss this!

## 21 | Live Lecture: Bob Hope 6:30 p.m. - AUD

Historian David Robins returns with the humor and intriguing true stories of Bob Hope's impact!

## 23 | M Building Bash 1:30 p.m. - M Bldg 3rd FL

All residents are welcome to head over to see your friends at the M building and enjoy some cool treats! Tacky tourist attire is encouraged.

## 25 | Big Band Concert 7:00 p.m. - MDR

The Fred Case Band returned with a full night of your favorite hit songs! The dance floor will be open for all who want to dance the night away. You will not want to miss this exciting evening of music and fun.

## 27 | Polk County History Museum 9:30 a.m. - BUS

Enjoy the best county museum with a genealogy center followed by lunch at Catfish County.

## 27 | Primary Election 7:00 a.m. to 7:00 p.m. - AUD

Vote in your local primary election all day in the Auditorium. Every vote counts!

## 28 | Dinner Outing 4:00 p.m. - BUS

Take a trip to Medieval Times and enjoy jousting, horsemanship & falconry plus a 4-course, utensil-free meal served in a castle-like space

## Health Center Resident Spotlight: Lottie Armstrong

Lottie Armstrong, a young 97 years, was born in Omer, Michigan to Frank and Frances Golombeski. Lottie is proud of her age because of all the many things she has accomplished in her life. Lottie has lived at The Estates for 20 years and she is very active in the Villa. She participates in church programs, bingo, entertainment programs and she visits in the community. Lottie enjoys visiting with others and inviting them to activities. She really enjoys working on "Vivid Color Kaleidoscopes." Lottie takes pride in each of her creations, paying close attention to each detail and making her art bright with colors. She has many books of her Kaleidoscopes and her wall is covered with an array of her work for others to admire. Lottie has come to consider staff to be part of the family and she really enjoys being a part of the Villa. Stop by and visit with Lottie and admire all of her "Vivid Color Kaleidoscopes!"

- *Jamie Backensto, Director of Recreation, Health Center*



## Villa & Manor July Recreation Schedule

### Outings for July

08/02 - Target - 2:00pm  
08/09 - Cracker Barrel - 11:30am  
08/16 - Polk Museum of Art - 2:00pm  
08/23 - Lakeland Square Mall - 2:00pm  
08/30 - Scenic Drive - 2:00pm

### Musical Entertainment

08/03 - Singing with Sam Kistner  
08/10 - Dave & Penny Stull  
08/14 - The Snow Birds  
08/17 - Doug Mewhorter  
08/24 - Dave Smith  
08/31 - Eddie Rivers

## Villa Sunday Service Schedule

**August 5th** - Hymn sing and history behind your favorite songs  
**August 12th** - Chaplain Randy Horn  
**August 19th** - Pastor Karl Strader  
**August 26th** - Francis Nagel, one of our Estates residents





ESTATES

Rochelle Iovino.....01	Eleanor Hankins.....21
Mildred Lemine.....02	Sarah Chaney.....26
Art Travis.....02	Marjorie Brisbin.....26
Joanne Cotton.....04	Ted Wise.....27
Charles Fitzwater.....04	Phyllis Watson.....28
Clem Schrock.....07	Irene Janicki.....29
Jackie Colson.....08	Rita Fatz.....30
Archie Nagel.....08	Doris Moore.....30
John Thompson.....08	Karen Hirsch.....31
Edward Dinkins.....09	Anita Mylis.....31
Kathryn Schulz.....09	

HEALTH  
CENTER

Charles Courtoy.....10	Sirpa Hoover.....01
Angela Grilli.....10	Edward Stewart.....01
Mary Lomasney.....10	Roy Paxton.....05
Nell Morgan.....10	Julia Phillips.....09
June Rhone.....12	Jennie Martin.....16
Harlene Verkler.....13	Moira Romeo.....17
Geri Fraker.....15	Judith Sumner.....18
Joe Morawski.....16	Sophie Trueblood.....18
Helen Richard.....17	Carol Venero.....20
Louise Lee.....18	Wally Carter.....22
Maryanne Chattin.....19	
Bill Fisackerly.....19	
Melva Martinez.....19	
Jean Dowling.....20	

Those born in August will celebrate their birthdays and enjoy a five course meal in the Private Dining Room on August 16th. Look for an invitation in your in-house mailbox and return to Sharon Larson in C-118.

Upcoming  
Events

Grandparents Hall  
of Fame



September 8th

Display your grandchildrens photos in our Community Room for a time of discussion and viewing by other residents.

Grandparents Day Trip



September 9th

Bring your grandchildren to Seaworld for a fun day of adventure! Please sign up in C-118.

Fixer Upper Trip



September 17th -  
September 20th

This special trip is almost sold out! See Sharon in C-118 if you are interested.



THE  
CHAPLAIN'S  
CORNER

My wife and I recently moved from a home that we had been living in for 38 years. As you can imagine, there were things we found that had not been used or needed for many years. If we had tried to keep everything, it would have taken valuable space in our new home. Sometimes we have to lighten the load. Don't we do the same in our Christian walk? We drag baggage through life that we do not really need. Evil thoughts that hinder us. Bad habits that drag us down. Grudges that we will not let go of. Let us determine to "Lay aside every weight, and the sin which so easily ensnares us." Hebrews 12:1 Jesus will take care of our heavy burdens. Receive him today.

God Bless,  
*Chaplain Randy Horn*

Thursday Night Chapel Schedule

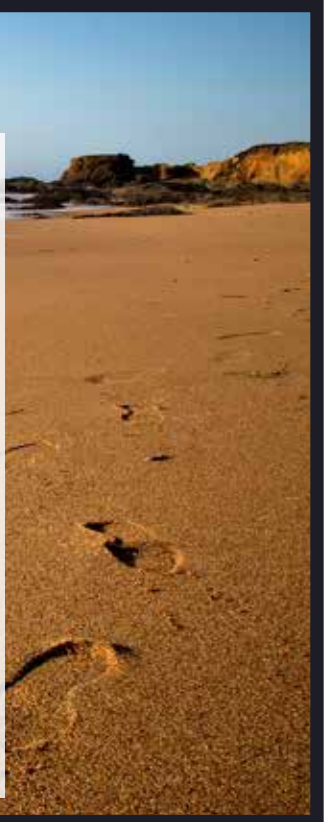
- August 2nd - Robin Masden
- August 9th - Mike Cooper, CEO of Lakeland Dream Team
- August 16th - Piano concert featuring Joanne Birtch
- August 23rd - Reverend Bill Heaston
- August 30th - Teen Challenge Orlando

The Habits of Happiness

Join us every Monday in August at 2:00 p.m. in the Auditorium for a special video sermon series the "Habits of Happiness." Dr. Rick Warren is a pastor, author and philanthropist. His book The Purpose Driven Life has been called the bestselling nonfiction hardback by Publishers Weekly, having sold more than 32 million copies.

This series is all about developing the daily habits that will make you a happy person. Through this study, you will take away then transformational habits of gratitude, forgiveness, humility, and contentment, learn ways to relieve stress, stay focused on your God-given purpose, learn how to stop comparing yourself to others and grow deeper in your relationship with Jesus. He will take us through the book of Philippians, which happens to be the happiest book in the bible!

- Chaplain Randy Horn





# The Estates

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



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