

THE BUZZ



The Fountains at Boca Ciega Bay
1255 Pasadena Avenue South
St. Petersburg, FL 33707

Watermark University Faculty and Volunteer Opportunities: Residents and Families are encouraged to share their passion through teaching a Watermark University Course. Besides being good for you, keeping your brain and body active and engaged doesn't just improve your life – it's a whole lot of fun! Call Melissa in Community Life at Ext. 4155 for more information on how to become a Watermark University faculty member. A new Semester begins in May!



Watermark University

Remembering the Holocaust:
Survivor Mary Wygodski Shares Her Story - Wed, 4/26, 2pm, A

Mary Wygodski was born in Lithuania (part of Poland at the time) where she lived with her family until the arrival of the Germans in 1941. Her family was split up leaving Mary to endure forced labor in a number of concentration camp, each one with a new tragedy, unbearable working conditions, and poor food. As the only member of her family to survive the Holocaust, Mary has made it her mission to share her story so more people can understand the atrocities experienced during that time.

Special Events & Outings

- 4/2 St. Pete Beach Presents *Radio Episodes*, 5:45pm
- 4/6 Publix, Dollar Tree & Bank, 1:30pm
- 4/7 Breakfast on Anna Maria Island, 8:00am
- 4/10 Ice Cream on the Beach, 1:30pm
- 4/12 Sunset Stroll on the Beach, 5:30pm
- 4/13 Games in the Park, 3:30pm
- 4/14 Picnic & Stroll at Botanical Gardens, 10:00am
- 4/19 Let's Go to the Beach!, 9:30a-3pm
- 4/20 Dolphin's Landings Boat Tour, 2p
- 4/21 Book Buddies at Temple Beth-El
- 4/21 St. Pete Museum of History: Schrader's Cooperstown, 1:30pm
- 4/24 Games in the Park with Friends, 1:30pm
- 4/26 Lunch at Red Lobster, 10:00am
- 4/28 Sunset Stroll on the Beach, 5:30p

Visit our blog at <http://bocaciegabay.watermarkcommunities.com/join-the-talk>



1255 Pasadena Avenue South • St. Petersburg, FL 33707
1-727-381-5411 • www.watermarkcommunities.com
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INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE



The Gardens

April 2017



Spring Into Easter: Egg Hunt & Easter Parade

Spring has sprung, and new life has begun! Join us to Spring into Easter with an Easter Parade and Egg Hunt, and don't forget to invite the family! The kids, and adults if they'd like, can find the hidden eggs to fill their baskets while enjoying delicious lemonade, homemade Easter cookies and basking in the beauty of spring. There will be music, games and our favorite Girl Scouts! What better way to spend Saturday the 15th from 1:00pm-3:00pm than with your Fountains' Family, and our local Easter Bunny, who will be available for pictures after the parade. Join Community Life at 10:30 in the Courtyard to help hide the eggs for the kids! It's guaranteed to be a hoppy & fun time!

Path to Well-Being

Health Tips from BAYADA

How to Prevent Urinary Tract Infections:

1. Drink Water – Half your body weight in ounces OR Eight 8 oz glasses a day; caffeinated and alcoholic beverages do not count.
2. Good Hygiene – Wipe from front to back after urinating or bowel movements
3. Stay Dry – Change soiled garments as soon as possible
4. Keep Basic – Avoid deodorant sprays or powders in genital area which can be an irritant



Thriving

At The Fountains at Boca Ciega Bay, we decided we would celebrate International Women's Day closer to home by supporting women in our local community at a local Domestic Abuse Shelter. Most of these women left with only a backpack and not much else, so our Community Life Department, along with residents and associates, collected over \$200 worth of supplies (toiletries, baby food, feminine products, etc.) to donate in addition to clothing, bags, and other supplies. Our residents gathered together to pack all of the bags to be delivered and we took our bus to the shelter to unload. Once all of our donations were on a cart, they weighed in at 132 pounds! We couldn't think of a better way to celebrate women and we are so proud of all who took their time to support this cause.

ACTIVITIES IN THIS SECTION ARE REGULARLY SCHEDULED		9:30 Music & Movement Monday, AR 10:00 Tender Toning with Dianne, A 10:30 Word Search, AR 11:30 Lunch Bunch, DR 1:00 Crossword Puzzles, A 1:30 Guess Who Trivia, AR 3:30 Bingo in the Courtyard, AR 4:30 Dining Club, DR 4:45 Piano with Eric, L 6:30 Poetry & Reading Corner, AR	9:30 Tone Up Tuesdays, AR 10:00 Morning Energy with V, A 10:30 Painting in the Courtyard, CY 11:30 Lunch Bunch, DR 1:30 Games & Puzzles, AR 3:30 Ice Cream & Conversation Social, KL 4:30 Dining Club, DR 6:30 Family Feud, LR	9:30 Walk to the Dock, AR 10:00 Yoga with Noa, A 10:30 Pen Pals Writing Group, KL 11:00 Catholic Mass, A 11:00 Current Events with Yolanda, KL 11:30 Lunch Bunch, DR 1:30 Sudoku's and Crosswords, AR 3:30 Wine Down with Manicures & Massage,CY 4:45 Piano with Karen, L 6:30 Bingo, AR	9:30 Gentle Yoga, AR 10:00 Music & Movement w/ Dianne, A 10:30 Golfing in the Courtyard, CY 11:30 Lunch Bunch, DR 1:30 Balloon Volleyball, KL 3:00 Rosary, Ch 3:30 Scrapbook Creations, KL 4:30 Dining Club, DR 4:45 Piano with Eric, L 6:30 Name that Tune, AR	9:30 Building Better Balance, AR 10:00 Yoga/Tai Chi with Yarrow, A 10:30 Gardening with Natacha, CY 11:00 Bell Choir, A 11:30 Lunch Bunch, DR 12:30 Bible Study & Prayer Group, CR 1:30 Cranium Crunches, AR 3:30 TGIF Card Games, KL 4:30 Dinner Club, DR 6:30 Wheel of Fortune, AR	9:30 Dance Aerobics Exercise, AR 10:00 Line Dancing, A 10:30 Cranium Crunches, CY 11:30 Lunch Bunch, DR 1:00 Sing with Bernie, L 1:30 Music & Memories, AR 3:30 Gamers Delight, KL 4:30 Dining Club, DR 6:30 Evening Entertainment, A						
SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
Watermark University Courses are Designated in "Fountains Blue" for Your Convenience.		“It is spring again. The earth is like a child that knows poems by heart.” ~ Rainer Maria Rilke		Movies are shown daily at 2:00 and 6:30 p.m. in the Movie Theater. Movie titles are displayed at the bottom of daily boxes. Check the movie synopsis book in the Lobby to see what the movie is about each day.		“April hath put a spirit of youth in everything.” ~ William Shakespeare		A new Watermark University Course Catalog is coming! Do you have an interest, passion, hobby or life event such as a trip or experience that you would like to share with the Community? See Community Life to become our newest Watermark University Faculty Member!		"Forget not that the earth delights to feel your bare feet, and the winds long to play with your hair." ~Kahlil Gibran		9:30 Dance Aerobics Exercise, AR 10:30 Cranium Crunches: Spring Trivia, CY 1:30 Music & Memories, AR 3:30 Gamers Delight, KL 6:30 Saturday Night with Will & Michelle, A Movie: Pillow Talk	
9:00 Sittercise, AR 10:30 Courtyard Stroll, CY 11:30 Catholic Mass, A 1:30 Manicures & Massage, AR 3:30 Coupon Clipping & Cheese Social, KL 6:30 Maple Sugar Serenaders, A Movie: How to Steal a Million		10:00 Movie in the Theater, TH 11:30 Lunch in the Cafe' 2:00 Old Wives Tales, A 3:30 Bingo in the Courtyard, AR 5:45 St. Pete Beach Library Presents Radio Episodes, O 6:30 Acroma Therapy Movie: A Streetcar Named Desire		10:30 Painting in the Courtyard, CY 12:00 Men's Club Luncheon - Fried Chicken, F 1:00 Sterling University: All the President's Men & Women, A 1:30 Music with Diana, KL 3:30 Ice Cream & Conversation, KL 6:30 Family Feud, LR Movie: Thrill of a Romance		9:30 Walk to the Dock, D 10:30 Creative Writing with Barb, KL 1:30 Sudoku's and Crosswords, AR 3:30 Wine Down with Manicures & Massage, CY 6:30 Bingo, AR Movie: Ben-Hur		9:30 Coffee Bar Stop with Melissa, L 10:30 Golfing in the Courtyard, CY 1:30 Balloon Volleyball, KL 1:30 Publix, Dollar Tree & Bank, O 3:30 Scrapbook Creations, KL 6:30 Acroma Therapy Movie: Fences		8:00 Breakfast on Anna Maria Island, O 10:30 Gardening with Natacha, CY 1:30 Cranium Crunches, AR 2:00 Scrabble Slam with Barb, KL 3:30 TGIF Card Games, KL 4:45 Piano with Mike, L 6:30 Wheel of Fortune, AR Movie: The Notebook		9:30 Dance Aerobics Exercise, AR 10:00 Line Dancing, A 10:30 Cranium Crunches: Crosswords, CY 1:30 Music & Memories, AR 3:30 Card Games, KL 6:30 Rick Chapman Presents Dean Martin & Friends, A Movie: The Bridges of Madison County	
Palm Sunday 10:30 Crafts in the Courtyard, CY 11:30 Catholic Mass, A 1:30 Manicures & Massage, AR 3:30 Coupon Clipping & Cheese Social, KL 6:30 Sunday Evening News , LR 6:30 Performance by Moonshine Holler, A Movie: Under the Tuscan Sun		Passover Begins at Sundown No Crosswords 10:15 Spring Tea Party with Denise, KL 1:30 Ice Cream on the Beach, O 3:30 Bingo in the Courtyard, AR 6:30 Acroma Therapy Movie: The African Doctor		Hairstylist Appreciation Day! 10:00 Beauty Tips with Holly Hess, KL 10:00 Amos the Wonder Horse, LR 11:00 Egg Painting with Melissa & Lisa, A 2:00 Piano Concert with Gene, A 6:00 Veterans Get Together, F 6:30 Family Feud, LR Movie: The Graduate		Happy Birthday, Adriana! No Catholic Mass 9:30 Fishing on the Dock with Allen, D 12:00 April Birthday Luncheon, KL 2:00 Global Warming, A 3:30 Wine Down with Manicures, CY 5:30 Sunset Stroll on the Beach, O Movie: Midnight in the Garden of Good & Evil		No Sign Language 10:30 Golfing in the Courtyard, CY 2:00 April Showers Brings May Flowers Two Chefs Show, A 3:30 Games in the Park, O 6:30 Acroma Therapy Movie: Pal Joey		Good Friday 10:00 Picnic and Stroll at Botanical Gardens, O 10:30 Egg Filling for Egg Hunt, KL 11:00 Easter Bonnet Making, A 2:00 Bonworth Fashion Show, A 3:30 Ballroom Dancing with Bertha, KL Movie: The Robe		10:30 Help Hide the Eggs, CY 1:00-3:00 Spring into Easter: Egg Hunt & Parade, CY - Invite the whole family! 3:30 Checkers & Chess, KL 6:30 Saturday Evening with Steve Walker, A Movie: Saving Mr. Banks	
Happy Easter! Don't Miss the Easter Brunch at Lunch! 10:30 Courtyard Stroll, CY 11:30 Catholic Mass, A 1:30 Manicures & Massage, AR 3:30 Coupon Clipping & Cheese Social, KL 6:30 Sunday Evening News , LR Movie: Risen		9:30 Coffee Bar Stop with Barb, L 10:00 Movie in the Theater, TH 11:30 Lunch in the Cafe' 1:30 Guess Who Trivia?, AR 3:30 Bingo in the Courtyard, AR 6:30 Acroma Therapy Movie: The Dressmaker		10:00 Grandma's Kitchen with Betty Placke, 3rd Flr 1:00 Sterling University: The Bonds of Federalism, A 1:30 Games & Puzzles, AR 3:30 Ice Cream & Conversation Social, KL 6:30 Family Feud, LR Movie: The Martian		9:30 - 3 Let's Go To The Beach!, O 2:00 Not Quite Chefs Try Brunch, A 3:30 Coffee & Dunkin Donuts with the Associates, LR 5:30 Games & Drinks with Friends, LR 6:30 Bingo, AR Movie: Howards End		8:00 Omelets with Melissa, KL 11:00 Tie-Dye T-Shirt Craft, CY 2:00 Autism Awareness, A 2:00 Dolphin's Landing Boat Tour, O 3:30 Scrapbook Creations, KL 6:30 Acroma Therapy Movie: My Favorite Burnette		9:30 Book Buddies at Temple Beth-El, O 10:00 Wii Bowling vs Midway Strikers, A 1:30 St. Pete Museum of History: Schrader's Little Cooperstown, O 2:00 Bay Area Hearing Specialists, A 3:30 Barbershop Quartet in the Making, KL Movie: Love in the Afternoon		Earth Day 9:30 Dance Aerobics Exercise, AR 10:30 Cranium Crunches: Earth Day Trivia, CY 1:30 Music & Memories, AR 3:30 Bird House Creations, KL 6:30 Flower Power Hippy Hour Party, A Movie: The Day After Tomorrow	
9:00 Sittercise, AR 10:30 Crafts in the Courtyard, CY 11:30 Catholic Mass, A 1:30 Manicures & Massage, AR 3:30 Coupon Clipping & Cheese Social, KL 6:30 Sunday Evening News , LR Movie: The Little Princess		Holocaust Remembrance Day 10:30 Coffee with Pigs in a Blanket, KL 1:30 Games in the Park with Friends, O 2:00 Homerun History, A 3:30 Bingo in the Courtyard, AR 6:30 Acroma Therapy Movie: Dark Passage		10:00 Dolphin Watch, D 10:30 Mom's Sweet Recipe with Jenny, 3rd 1:30 Games & Puzzles, AR 3:30 Ice Cream & Conversation Social, KL 6:30 Family Feud, LR Movie: Mr. Church		No Catholic Mass 9:30 Fishing on the Dock with Allen, D 10:00 Smoothies with Angie, KL 10:30 Lunch at Red Lobster, O 1:00 Alzheimer's Support Group, CR 2:00 Remembering the Holocaust: Survivor Mary Wygodski Shares Her Story, A 3:30 Remember Your First Kiss Social, KL Movie: Emma		10:30 Golfing in the Courtyard, CY 1:30 Homerun Happy Hour with Diana, KL 2:00 Bayada Wellness Talk - Fall Prevention and Balance, A 3:30 Scrapbook Creations, KL 6:30 Acroma Therapy Movie: Cinderella Man		10:30 Gardening with Natacha, CY 11:00 Gibbs High School Special Needs Talent Show, A 3:00 Cooking Demo with Ray, LR 5:30 Sunset Stroll on the Beach, O 6:00 Constellations in the Courtyard Movie: Mutiny on the Bounty		10:00 Line Dancing, A 10:30 Cranium Crunches: Person, Place or Thing?, CY 1:30 Music & Memories, AR 3:30 Card Games, KL 6:30 Classical Sounds with Wendy Berlanti, A Movie: Back to the Secret Garden	
9:00 Sittercise, AR 10:30 Courtyard Stroll, CY 11:30 Catholic Mass, A 1:30 Manicures & Massage, AR 3:30 Coupon Clipping & Cheese Social, KL 6:30 Sunday Evening News , LR Movie: The Maiden Heist		"I lied on my Weight Watchers list. I put down that I had 3 eggs... but they were Cadbury chocolate eggs." ~Caroline Rhea		APRIL 2017 The Gardens		ACTIVITY LOCATOR KEY A - Auditorium BO - Boat Outing CH - Chapel CL - Computer Lab CMC - Color Me Calm Room		CR - Conference Room CY - Courtyard D - Dock DR - Dining Room F - Friendship Room KL - Key Largo KWDR - Key West Dining Room		FC - Fitness Center L - Lobby LR - Living Room O- Outing P - Pool TH - Theater ER - Exam Room 2nd Floor Pelican			