

# THE BUZZ



The Fountains at Lake Pointe Woods  
3260 Lake Pointe Blvd  
Sarasota, FL 34231

\*It's that time of year again....Flu season will be here soon. To protect yourself from the flu, make sure you sign up to get a flu vaccination on Wednesday, September 19th from 10:30 am - 12:00 pm in the Ice Cream Parlor. Our associates will also be receiving Flu vaccines this year. We did not have a case of the flu last year, so let's keep this going with no cases this year either!



## Watermark University

The goal of Watermark University is to provide meaningful opportunities for our residents to learn, teach and grow. We would like to extend an invitation for you to join any of our many Watermark University class offerings. Watermark University classes focus on the dimensions of well-being: Physical, Social, Intellectual, Spiritual, Emotional, Environmental, and Vocational. Submit all the questions you always wanted to ask about life here at the Inn and Paige will answer them at an instructive Q&A seminar. Fire safety? Pond management? Temperature in the Upper Lounge? Join us and ask those burning questions and prepare to put all that's lingering to rest. We will notify you when the date is finalized.

## Special Events & Outings

- 9/3 Intro to Harvard
- 9/4 Jobs & Career Stories
- 9/5 Trivia with Jill
- 9/6 UTC Scenic Tour & Lunch
- 9/7 Hands & Nails
- 9/10 Musical Bingo
- 9/11 Wii Wheel of Fortune
- 9/12 Baila Miller: Yiddish Language
- 9/14 Memory Lane
- 9/17 Managing Sarasota's Growth
- 9/18 Players Theater: Annie Get Your Gun
- 9/19 Lunch @ Cafe Del Sol
- 9/21 Health Chat
- 9/23 Pathways to Well-Being
- 9/24 Bird Lady of Sarasota
- 9/25 Resident Council Voting
- 9/26 Nerd Staff Makeovers
- 9/27 Health Treasure Hunt
- 9/28 Snacks Around the World

# thrive!

@ WATERMARK RETIREMENT COMMUNITIES



## Remember in September

As we enter into another month and we start another season, we can reflect on what has happened this year. So much is going on in our community! As you take a look in this month's Thrive Newsletter you will see the vast amount of opportunities

to get out and enjoy so many events here at The Inn.

With the new Watermark University catalog coming out this month, we have so much to look forward to for the rest of the year. Coming up for the Fall season, you will notice a Song Structure class, Name that Tune, Diabetes 101, Flora & Fauna and many, many more. We hope you take advantage of the many courses we have to offer and they leave that lasting impression. This is our goal and we strive to achieve it daily.

## Path to Well-Being

Active Aging Week challenges society's diminished expectations of aging by showing that, regardless of age or health conditions, adults over 50 can live as fully as possible in all areas of life—physical, social, spiritual, emotional, intellectual, vocational and environmental. The objective of the annual health-promotion event is to give as many older adults as possible the means to experience wellness activities and exercise in a safe, supportive environment. It also promotes the benefits of healthier, more active lifestyles across the life span. This year, the observance will be held September 23-September 29. We will be involving you in many health conscious events! If you are interested in participating please see Melanie & Wendy in Community Life for details!

## Thriving

Every birthday is a cause for celebration and celebrate we do, as Donald Hrubciak (left) will gladly attest. These parties honor all those born in a particular month with a live musical performance and a beautifully decorated cake. Recognizing personal landmarks and achievements is all part of daily life here at The Inn. Memory Lane activities (photo and story sharing), One-Day Interviews (creating resident videos with biographical highlights) and other workshops provide a forum for sharing life experiences in a congenial setting. At the same time, our curriculum goes far beyond reflections and recollections. This month, we will hear the latest news from outer space during a presentation from a top NASA consultant. The Bird Woman of Sarasota, known for her lively aviary, will help us celebrate new beginnings with newly hatched baby love birds.



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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p><u>Color Code Key:</u></p> <p>Black: Regularly Scheduled In House Activities/Events            Blue: Resident Committees            Green: Special Activities/Events            Burgundy: Outings/Excursions            Plum: Movie Showings</p>		<p><u>Theme Days!</u></p> <p>September 26th: Nerd Day</p>		<p>Dear Inn Residents:</p> <p>Please be sure to check the Daily Sheets or flyers on our bulletin boards for any Thrive schedule updates. Our goal is to keep you well informed. Thank you!</p> <p>Community Life Department</p>		<p>10:00 Move that Body URL            11:00 All About Words L            3:00 Scrabble with Beth AR            6:00 Saturday Night Movie: The American President            7:30 Movie FTV</p>	
<p>10:00 Sing-a-long Hymns LIB            1:00 Sunday Stroll AR            2:30 Old Fashioned Bingo AR            4:00 Catholic Mass KWA            6:00 Sunday Night Movie: The Aviator</p>	<p><u>Happy Labor Day!</u></p> <p>10:00 Movement Monday with Melissa URL            10:30 Intro to Harvard AR            1:00 Tai Chi L            1:30 Labor Day &amp; Worker's Rights AR            6:00 Mexican Train Dominoes URL</p>	<p>10:00 Stretch &amp; Strength URL            10:30 Musical Bingo AR            1:30 Jobs &amp; Career Stories AR            6:00 Rummikub AR            7:30 Movie FTV</p>	<p>10:00 Warm Up Wednesday with Melissa URL            10:30 Mini Massages L            1:00 Catholic Communion ICP            1:30 Pet Therapy with Gage &amp; Maggie L            2:30 Walking Wednesday L            3:30 Jeopardy URL            6:00 Trivia with Jill L</p>	<p>10:00 Total Brain Health AR            10:30 Lunch Outing: UTC &amp; Lunch (*SU)            1:30 Comedy at the Movies C            2:00 Chair Yoga KWA            2:30 ROM exercise L            3:00 Pattern Bingo AR            6:30 Evening Chimes URL            7:30 Movie FTV</p>	<p>10:00 Fitness Fridays with Melissa URL            1:00 Hands &amp; Nails AR            2:30 OneDay Interviews AR            3:00 Wii Bowling (*SU) L            6:00 Friday Night Movie: The Best Of Jack Benny</p>	<p>10:00 Move that Body URL            11:00 All About Words L            1:30 Ice Cream Social ICP            3:00 Scrabble with Beth AR            6:00 Saturday Night Movie: Alfred Hitchcock            7:30 Movie FTV</p>	
<p>10:00 Church Service URL            1:00 Sunday Stroll AR            2:30 Old Fashioned Bingo            4:00 Catholic Mass KWA            6:00 Sunday Night Movie: The War with the Army</p>	<p>10:00 Movement Monday with Melissa URL            10:30 Musical Bingo AR            1:30 Games Galore URL            6:00 Mexican Train Dominoes URL</p>	<p>10:00 Resident Council AR            1:30 Wii Wheel of Fortune L            6:00 Rummikub AR            7:30 Movie FTV</p>	<p>9:30 Publix/Target Shopping (*SU)            10:00 Warm Up Wednesday with Melissa URL            1:00 Catholic Communion ICP            1:00 Baila Miller: Yiddish Language &amp; Jewish Culture KWA            1:30 Pet Therapy with Gage &amp; Maggie L            1:30 Brain Fitness AR            2:30 Walking Wednesday L</p>	<p>10:00 Total Brain Health AR            10:30 Carole Holland Lecture MR            1:30 Comedy at the Movies C            2:30 ROM exercise L            3:00 Pattern Bingo AR            6:30 Evening Chimes URL            7:30 Movie FTV</p>	<p>10:00 Fitness Fridays with Melissa URL            10:30 Memory Lane AR            1:00 Spanish Class AR            1:30 OneDay Interview AR            2:00 Hands &amp; Nails AR            3:00 Wii Bowling (*SU) L            6:00 Friday Night Movie: Andre Rieu Live at the Royal Albert Hall</p>	<p>10:00 Move that Body URL            11:00 All About Words L            3:00 Scrabble with Beth AR            6:00 Saturday Night Movie: The Shadow Riders            7:30 Movie FV</p>	
<p>10:00 Sing-a-long Hymns LIB            1:00 Sunday Stroll AR            2:30 Old Fashioned Bingo            4:00 Catholic Mass KWA            6:00 Sunday Night Movie: The Bachelor and the Bobby-Soxer</p>	<p>10:00 Movement Monday with Melissa URL            10:30 Managing Sarasota's Growth AR            1:00 Tai Chi L            1:30 Helping the Homeless Clothing Drive L            6:00 Mexican Train Dominoes URL</p>	<p>10:00 Stretch &amp; Strength URL            10:30 Activities Committee AR            1:30 Helping the Homeless Clothing Drive L            2:00 Let Us Get to Know You AR            3:30 Jeopardy URL            6:00 Rummikub AR            6:00 Players Theatre: Annie Get Your Gun (*SU)            7:30 Movie FTV</p>	<p>10:00 Warm Up Wednesday with Melissa URL            10:30-12:00 Flu Clinic ICP            10:45 Lunch @ Cafe Del Sol (*SU)            1:00 Catholic Communion ICP            1:30 Helping the Homeless Clothing Drive L            1:30 Pet Therapy with Gage &amp; Maggie L            2:30 Walking Wednesday L            3:00 Food Committee L</p>	<p>10:00 Total Brain Health AR            10:30 Carole Holland Lecture MR            1:30 Comedy at the Movies C            2:30 ROM exercise L            3:00 Pattern Bingo AR            6:30 Evening Chimes URL            7:30 Movie FTV</p>	<p>10:00 Fitness Fridays with Melissa URL            10:30 Health Chat AR            11:15 Award Announcements L            1:00 Hands &amp; Nails AR (*SU)            2:30 OneDay Interviews AR            3:00 Wii Bowling (*SU) L            6:00 Friday Night Movie: A History of Violence</p>	<p>10:00 Move that Body URL            11:00 All About Words L            1:30 Ice Cream Social ICP            3:00 Scrabble with Beth AR            6:00 Saturday Night Movie: Born Yesterday            7:30 Movie FTV</p>	
<p>10:00 Church Service URL            1:00 Sunday Stroll AR            2:00 Pathways to Well-Being Discussion AR            2:30 Old Fashioned Bingo AR            4:00 Catholic Mass KWA            6:00 Sunday Night Movie: From Here to Eternity</p>	<p>10:00 Movement Monday with Melissa URL            10:30 Bird Lady of Sarasota AR            1:30 Residents in Action AR            6:00 Mexican Train Dominoes URL</p>	<p>10:00 Smile &amp; Sway URL            10:30 Resident Council Voting URL            1:30 Wii Price is Right L            3:30 Jeopardy URL            6:00 Rummikub AR            7:30 Movie FTV</p>	<p><u>NERD DAY!</u></p> <p>9:30 Publix/Target Shopping (*SU)            10:00 Warm Up Wednesday with Melissa URL            10:30 Nerd Staff Makeovers L            1:00 Catholic Communion ICP            1:00 Baila Miller: Arts &amp; Humanities KWA            1:30 Pet Therapy with Gage &amp; Maggie L            1:30 Brain Fitness AR            2:30 Walking Wednesday L            3:30 Birthday Celebration L</p>	<p>10:00 Total Brain Health LIB            10:30 Health Treasure Hunt AR            1:30 Comedy at the Movies C            2:30 ROM exercise L            3:00 Pattern Bingo            6:30 Evening Chimes URL            7:30 Movie FTV</p>	<p>10:00 Fitness Fridays with Melissa URL            10:30 iPad/iphone's 101 AR            1:30 Snacks Around the World AR            2:00 One Day Interviews AR            3:00 Wii Bowling L            6:00 Friday Night Movie: Blood Work</p>	<p>10:00 Move that Body URL            11:00 All About Words L            3:00 Scrabble with Beth AR            6:00 Saturday Night Movie: The Fugitive            7:30 Movie FTV</p>	
<p>10:00 Sing-a-long Hymns LIB            1:00 Sunday Stroll AR            2:30 Old Fashioned Bingo AR            4:00 Catholic Mass KWA            6:00 Sunday Night Movie: Match Point</p>		<h1>SEPTEMBER 2018</h1> <p>The Inn</p>			<p><b>ACTIVITY LOCATOR KEY</b></p> <p>AR - Activity Room            CB - Corniche Bridge            CPR - Computer Room            C - Cinema            ICP - Ice Cream Parlor            G - Garden</p>	<p>L - Lobby            LIB - Library            KWA - Key West Auditorium            MR - Mangrove Room            MDR - Main Dining Room            PDR - Private Dining Room            PS - Pool Side</p>	<p>SC - Shuffle Board Court            SU - Sign Up            URL - Upper Resident Lounge</p>