



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

thrive!

@ WATERMARK RETIREMENT COMMUNITIES



Town Center

September 2018

A September to Remember...

...being able to bring to one's mind an awareness of someone or something that one has seen, known, or experienced in the past.

Watermark University

Research shows that learning and keeping our minds active and sharp supports healthy aging. This is what Watermark University is all about. The goal of Watermark University is to provide meaningful opportunities for our residents to learn, teach and grow, resulting in a life of enriched well-being. With that said, we would like to extend an invitation for you to join any of our many Watermark University class offerings and also invite you to consider teaching a class in an area you are passionate about. Don't hesitate to call or stop by the Community Life office if you are interested in becoming part of our Watermark University Faculty.

We are excited to welcome back Jules Altenberg's class, Photography as Art. The class will be held on the 4th Tuesday of the month at 2 pm in the Cinema. Learn to edit and enhance your photographs. Prerequisites: students must be tech savvy enough to send emails with attachments, have some type of photo editing software, such as light room or Photoshop elements, and must have some kind of camera option.

Chef's Choice: Apples

It's Apple Season and the air isn't the only thing getting crisper! While most varieties are available year around, now is the time when the delicious crunchy fruit is harvested. There are over 100 apple varieties grown commercially in the United States having many shapes, colors and flavors. These are 8 of the most common varieties...McIntosh, Golden Delicious, Gala, Fuji Braeburn, Pink Lady, Honeycrisp & Empire.



As another month passes and we start to enter 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 and our new Watermark University catalog you will see the vast amount of opportunities to get out and enjoy so many events here at The Fountains.

With the Fall catalog for Watermark University coming out this month, we have so much to look forward to and remember for the rest of the year. Coming up for the Fall season, you will notice a Song Structure class, Kitchen Tours, Diabetes 101, Flora & Fauna and many, many more. Once someone becomes a Watermark University Faculty Member, there ultimate goal is to create and implement a course that will leave a lasting impression for you to remember it.

We hope that you open this month's Thrive Newsletter and the Watermark University Catalog and feel that it has left that lasting impression with the material inside of them. We also hope to see you at many of these outings and classes we are offering this month and the month's to come. Just as a reminder, we are always open to suggestions and feedback about the monthly events and outings we host.



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



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THRIVING | PATH TO WELL-BEING | CHEF'S CHOICE | MONTHLY CALENDAR
SPECIAL EVENTS | THE BUZZ | OUT AND ABOUT AND MUCH MORE!

WHAT'S
INSIDE



Thriving

It's that time of year again! We are starting our Fall semester for Watermark University in September and it will conclude in December. We have an array of fascinating and intriguing new classes on the lineup card for this go around. We also have some new instructors for these classes as well! You sure will be able to find something to cater to your passion!

You will see that we are thrilled to be adding Jules Altenberg's Photography as Art class back into the mix. We will also be welcoming two sales associates, Sydney Manas and Teryn Quintanilla, to our faculty. Sydney will be teaching a Chair Yoga class once a month until the end of the year. With Sydney's background in several styles of yoga, this is sure to be a great class! Teryn will be hosting a Name That Tune: Pop Culture class. This will be a great way to have fun with your neighbors taking a musical trip down memory lane.

Watermark University is one of the great aspects of living here at the Fountains and seeing residents and staff become faculty members to teach these wonderful classes. It is a great opportunity to interact with all aspects of our community because all levels of care are encouraged to participate in every class offered in the catalog. Please take advantage of these courses and continue to Thrive within our community here at the Fountains!



Welcome Ethel LeRoy!

Ethel's early years were in Connecticut, where her parents settled when they came from Norway. World War II was upon us and her dad was sent to the South Pacific (He was in the Coast Guard.) Ethel's mother, sister and herself got to know San Francisco. She fell in love with college and her future husband. After graduation, her husband became an Air Force pilot and they lived in many places, including France and Hawaii. After retirement from the Air Force, her husband worked for American Airlines and they lived in Texas. When her husband passed away, she moved to Sarasota to be near her daughter and her family. Her son and his family live in Houston, and visit often. Perhaps the best move of all will be to the Fountains, right here in Sarasota, where she looks forward to meeting everyone!

Path to Well-Being

Sitting at a computer seems like a sedentary activity, but as you interact with friends on Facebook or search the Internet, you're giving your brain a real workout. Studies are finding that the mental stimulation you gain from using a computer might help boost your memory and slow cognitive decline. Even if you've never touched a keyboard before and you think Twitter is a sound birds make, you could start activating dormant brain cells with just a few searches of the Internet. Learn more about the topic of "How to Keep your Mind Sharp with Technology" on Tuesday, September 18th at 10:00 am.



SEPTEMBER 2018 -SPECIAL OUTINGS & EVENTS



Downtown Venice Craft Festival - Venice, FL

Saturday, September 1st | Departure: 10:00 AM | FREE | *Sign-up

The 10th Annual Downtown Venice Craft Festival returns to Florida's west coast for a celebration of affordable art and unique crafts. Now is your chance to buy a wide variety of ceramics, jewelry, stained glass, metal works and much more. Our Green Market offers live flora, freshly popped kettle corn, gourmet spices, and sauces. Come meet and visit with some of the nation's best crafters!



Lunch Outing: Metro Diner - Sarasota, FL

Thursday, September 6th | Departure: 11:45 AM | *Sign-up

Metro Diner may not be the type of place where you'd expect contemporary culinary techniques, a commitment to creating dishes from scratch, an award-winning presentation, unique recipes and imaginative twists on old classics, but it is. It's that type of place because we cook with heart. We cook for the love of food. Feel the love when we visit them and sign up now!



Tampa Bay Rays Baseball Game - St. Petersburg, FL

Wednesday, September 12th | Departure: 11:00 AM | \$15 | *Sign-up

You can stop singing "take me out the ballgame" because we are doing just that! We will be enjoying Press Level seats while the Rays take on the Cleveland Indians. We will be able to hear the crack of the bat as the Rays put on a show. Not only will we be able to enjoy the game, but we will be able to buy some "peanuts and cracker jacks". Don't miss out on this home run of an event and sign up!



JDUB's Brewery Tour - Sarasota, FL

Saturday, September 15th | Departure: 12:30 PM | *Sign-up

Everything JDub's does is based off their core values of "Quality, Innovation and Culture." They only serve Quality beers, using Quality ingredients. They make Innovative beers (but also love making traditional ones). The Culture is that of good people who don't take themselves too seriously. If you would like to learn more about this local brewery, sign up today!



Dinner Outing: Cassariano Italian Eatery - Venice, FL

Tuesday, September 25th | Departure: 5:30 PM | *Sign-up

The restaurant's name is a combination of both partners names; Luca Cassani and Antonio Pariano, both born and raised in Northern Italy. After years working together in the restaurant business both Luca & Antonio made the decision to venture out on their own and open Cassariano Italian Eatery. Cassariano is the perfect blend of Bistrò flavors and fine cuisine. Join us for this authentic cuisine adventure!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Dear Town Center Residents:</p> <p>Please be sure to check the "Week at a Glance" 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>Color Code Key:</p> <p>Black: Regularly Scheduled In House Activities/Events Blue: Resident Committees Green: Special Activities/Events Red: Outings/Excursions Plum: Movie Showings</p>		<p><u>Resident Committee Meetings</u> Mon. 3rd - 10:00 - Library - Lib. Mon. 3rd - 11:00 - Housekeeping- BK Tues. 11th - 1:30 - Town Hall - KWA Mon. 17th - 10:00 - Hospitality - TL Tues. 18th - 11:00 - Dining - MR Thurs. 27th -10:00-Maintenance-TL Fri. 28th - 10:30 - Activities - 2</p>		<p>9:00 Shuffleboard - SC 10:00 Billiards - BR 10:00 Downtown Venice Craft Festival - SU* 7:30 Movie - FTV</p>
<p>8:15 Church Shuttle - SU* 9:15 Church Shuttle - SU* 1:30 Movie - C 4:00 Catholic Mass - KWA</p>	<p><u>Happy Labor Day!</u></p> <p>9:00 Movement Magic - AL URL 10:00 Library Committee - Lib. 11:00 Housekeeping Committee - BK 11:30 - 2:00 Labor Day BBQ - PS 1:30 Movie - C 7:00 Bingo - TL 7:30 Poker - 3</p>	<p>9:00 Balance and Strength - AL URL 10:00 Water Aerobics - PS 1:30 Play Readers - 2 2:00 Stronger Senior Core Fit. - FTV 7:30 Movie - FTV</p>	<p>9:00 Movement Magic - AL URL 9:30-11:30 Collette in the Gym - FC 10:00 Artist in Studio - AS 12:30 Pavilion Mall/Trader Joes - SU* 4:00 Happy Hour - TL 7:30 Poker - 3</p>	<p>9:00 Balance and Strength - AL URL 11:00 Tai Chi - 2 11:45 Lunch Outing: Metro Diner (University) - SU* 1:30 Comedy at the Movies - C 2:00 Chair Yoga - AL URL 2:00 Stronger Senior Core Fit.-FTV 7:30 Movie - FTV</p>	<p>7:30 SMH Lab Draw Clinic - 3 - SU* 8:45 Movement Magic - AL URL 10:00 Water Aerobics - PS 10:00 Bible Study - TL 11:00 Prayer Group - TL 12:00 Men's Club: CareerEdge Initiative - KWA 1:30 Movie - C 4:00 Happy Hour - TL</p>	<p>9:00 Shuffleboard - SC 10:00 Gulf Gate Library/Beneva Village Shopping - SU* 10:00 Billiards - BR 1:00 Walmart Shopping - SU* 2:00 Yacht Club - CB 7:30 Movie - FTV</p>
<p><u>Rosh Hashanah Eve</u></p> <p>8:15 Church Shuttle - SU* 9:15 Church Shuttle - SU* 12:30 Sarasota Opera Film: Queen of Spades 1:30 Movie - C 4:00 Catholic Mass - KWA</p>	<p><u>Rosh Hashanah Holiday</u></p> <p>9:00 Movement Magic - AL URL 10:30 Palmer Ranch/Sprouts/Mall - SU* 11:30 Blood Pressure Checks - 2 1:30 Movie - C 4:00 Happy Hour - TL 7:30 Poker - 3</p>	<p>9:00 Balance and Strength - AL URL 10:00 Water Aerobics - PS 10:30 Rosh Hashona Service - 3 - SU* 1:30 Town Hall Meeting - KWA 2:00 Stronger Senior Core Fit. - FTV 7:30 Movie - FTV</p>	<p>9:00 Movement Magic - AL URL 10:00 Artist in Studio - AS 11:00 Tampa Bay Rays Baseball Game - SU* 12:30 Pavilion Mall/Trader Joes - SU* 1:00 Baila Miller: Verdi's Nabucco - KWA 1:30 Blackjack - TL 2:30 Adept Audiology - 2 - SU* 4:00 Happy Hour - TL 7:30 Poker - 3</p>	<p>9:00 Balance and Strength - AL URL 10:30 Carole Holland Lecture - MR 11:00 Tai Chi - 2 11:00 Swap Shop - TL 1:30 Comedy at the Movies - C 1:30 Book Club: The Tea Girl of Hummingbird Lane - 2 2:00 Stronger Senior Core Fit.-FTV 7:30 Movie - FTV</p>	<p>7:30 SMH Lab Draw Clinic - 3 - SU* 8:45 Movement Magic - AL URL 10:00 Bible Study - TL 11:00 Prayer Group - TL 1:30 Movie - C 4:00 Happy Hour - TL</p>	<p>9:00 Shuffleboard - SC 10:00 Billiards - BR 12:30 JDUB's Brewery Tour - SU* 7:30 Movie - FTV</p>
<p>8:15 Church Shuttle - SU* 9:15 Church Shuttle - SU* 11:30 - 2:00 Brunch - DR (TBD) 12:30 Sarasota Opera Film: Le Corsaire 2:00 Movie - C 4:00 Catholic Mass - KWA</p>	<p>9:00 Movement Magic - KWA (TBD) 10:00 Hospitality Committee - TL 10:30 Palmer Ranch/Sprouts/Mall - SU* 11:30 Blood Pressure Checks - 2 1:30 Movie - C 4:30 Happy Hour - TL 7:30 Bingo - TL 7:30 Poker - 3</p>	<p><u>Yom Kippur Eve</u></p> <p>9:00 Balance and Strength - KWA (TBD) 10:00 Water Aerobics - PS 10:00 Health & Wellness Lecture: How to Keep Your Mind Sharp with Technology - TL 10:30 - 12:00 Flu Clinic - 2/BK 11:00 Dining Committee - MR (TBD) 1:30 Play Readers - 2 2:00 Stronger Senior Core Fit. - FTV 7:30 Movie - FTV</p>	<p><u>Yom Kippur Holiday</u></p> <p>9:00 Movement Magic - KWA (TBD) 10:00 Artist in Studio - AS 10:30 Yom Kippur Services - 3 - SU* 12:30 Pavilion Mall/Trader Joes - SU* 3:00 Sipping on Spirits: Rum - MR (TBD) 4:30 Yom Kippur Services - 3 - SU* 4:30 Happy Hour - TL 7:30 Poker - 3</p>	<p>9:00 Balance and Strength - KWA (TBD) 10:30 Carole Holland Lecture - MR (TBD) 11:00 Tai Chi - 2 1:30 Comedy at the Movies - C 2:00 Stronger Senior Core Fit.-FTV 4:30 Chamber Music - Holley Hall - SU* 7:30 Movie - FTV</p>	<p>7:30 SMH Lab Draw Clinic - 3 - SU* 8:45 Movement Magic - KWA (TBD) 10:00 Water Aerobics - PS 10:00 Bible Study - TL 11:00 Prayer Group - TL 12:00 Women's Club: Marietta Museum of Art & Whimsy- DR (TBD) 1:30 Movie - C 4:30 Happy Hour - TL 7:30 Evening Entertainment: Carolyn Davis Band - L (TBD)</p>	<p>9:00 Shuffleboard - SC 10:00 Gulf Gate Library/Beneva Village Shopping - SU* 10:00 Billiards - BR 1:00 Museum Day at Ringling - SU* 2:00 Yacht Club - CB 7:30 Movie - FTV</p>
<p>8:15 Church Shuttle - SU* 9:15 Church Shuttle - SU* 12:30 Sarasota Opera Film: Don Carlo 1:30 Movie - C 3:00 Chamber Music - Holley Hall - SU* 4:00 Catholic Mass - KWA</p>	<p>9:00 Movement Magic - KWA 10:30 Palmer Ranch/Sprouts/Mall - SU* 11:30 Blood Pressure Checks - 2 1:30 Ringling Museum (New Exhibits)/Siesta Key Mall - SU* 1:30 Movie - C 4:30 Happy Hour - TL 7:30 Poker - 3</p>	<p>9:00 Balance and Strength - KWA 10:00 Water Aerobics - PS 1:30 Play Readers - 2 2:00 Photography as Art - C 2:00 Stronger Senior Core Fit. - FTV 5:15 Resident B-Day Dinner RSVP - MR 7:30 Movie - FTV</p>	<p>9:00 Movement Magic - KWA 10:00 Artist in Studio - AS 12:30 Pavilion Mall/Trader Joes - SU* 1:00 Baila Miller: Frida Kahlo - KWA 1:30 Blackjack - TL 4:30 Happy Hour - TL 7:30 Poker - 3</p>	<p>9:00 Balance and Strength - KWA 10:00 Maintenance Committee - TL 11:00 Tai Chi - 2 1:30 Comedy at the Movies - C 2:00 Stronger Senior Core Fit.-FTV 5:30 Dinner Outing: Cassarianos - SU* 7:30 Movie - FTV</p>	<p>7:30 SMH Lab Draw Clinic - 3 - SU* 8:45 Movement Magic - KWA 10:00 Bible Study - TL 10:30 Activities Committee - 2 11:00 Prayer Group - TL 1:30 Movie - C 4:30 Happy Hour - TL</p>	<p>9:00 Shuffleboard - SC 9:30 Downtown Sarasota Farmer's Market - SU* 10:00 Billiards - BR 7:30 Movie - FTV</p>
<p>8:15 Church Shuttle - SU* 9:15 Church Shuttle - SU* 12:30 Sarasota Opera Film: Don Pasquale 1:30 Movie - C 4:00 Catholic Mass - KWA</p>	<p>Artist of the Month: Artist of the Month has been postponed until further notice. If you would like more information, please see page 3.</p>	<h1>SEPTEMBER 2018</h1> <p>Town Center</p>		<p>ACTIVITY LOCATOR KEY</p> <p>*Transportation Provided 2 - 2nd Floor Card Room 3 - 3rd Floor Card Room AL - Assisted Living AS - Art Studio Bay 2 BR - 3rd Floor Billiards Room</p>	<p>BK - 2nd Floor Breakfast Room C - Cinema CB - Corniche Bridge CR - 2nd Floor Computer Room DR - Dining Room FC - Fitness Center FTV - Fountains TV Channel 195 KWA - Key West Auditorium</p>	<p>L - Lobby Lib - Library MR - Mangrove Room PS - Poolside SU - Sign Up TL - Tiffany Lounge SC - Shuffleboard WS - Woodshop</p>



THE BUZZ

Annual Flu Clinic Announcement

We will be hosting our Annual Flu Clinic this year on Tuesday, September 18th, 10:30 am to 12:00 pm in the Key West Auditorium. You should have already filled out your form to receive the vaccine and turned it into the Concierge Desk.

For your protection, we now require all associates that have direct contact with our residents to be vaccinated for the flu. This includes our nursing and housekeeping associates. If an associate declines the free vaccination, they will be required to wear a mask during the flu season.

If you have any questions, please contact Annette Siegmon, Wellness nurse at 941-929-2436.



Out and About

Happy September Birthdays!

Robert Deslongchamps	9/1
Evelyn Morfee	9/1
Wendell Hough	9/5
Mary Kella	9/6
Marge Hebert	9/11
Joan Latanision	9/11

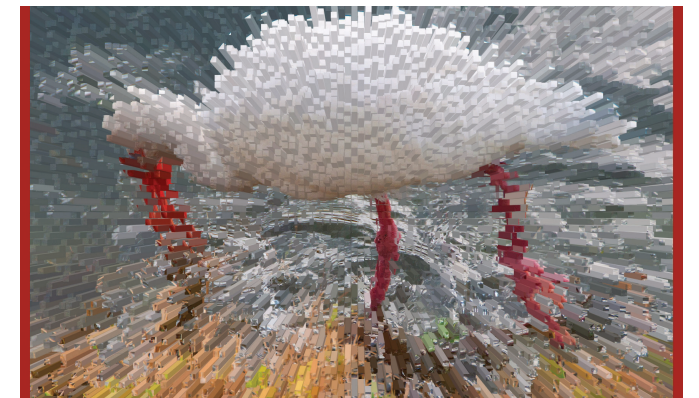
Happy September Birthdays!

Marcia Brehm	9/13
Harold Green	9/13
Mary Ann Usher	9/13
Sylvia Weiss	9/13
Evelyn Turchik	9/17
Gordon Henneberger	9/22
Bruce Lee	9/24
Bernice Fanelle	9/27
Joe Hanson	9/27
Monica Magner	9/27
Phyllis Griffith	9/29
Tam Ballard	9/30
Karen Ann Hannon	9/30
Mary Stanley	9/30



ARTIST OF THE MONTH

At The Fountains, we are surrounded and enriched by extraordinary talented residents. We have the privilege of hosting each month a different resident artists works of art. Each month we choose a resident that is either still practicing art or has previously practiced. The types of art we have featured are sculptures, water color, acrylic and pottery work. Not only do we feature the resident's artwork, but we write an article giving the readers the opportunity to understand where they came from and how they find their inspiration. We have had to postpone our celebrations of these artists until further notice due to the renovations taking place in the Lobby and Dining Room. We will announce the return of your Artist of the Month once we are complete with the renovations. Thank you for your patience.



**The Artist of the Month Reception will be postponed until further notice. Please keep an eye on the Week At A Glance and Channel 195 for updates on getting back on schedule to showcase all of our artist's work within the community.*