

livfun

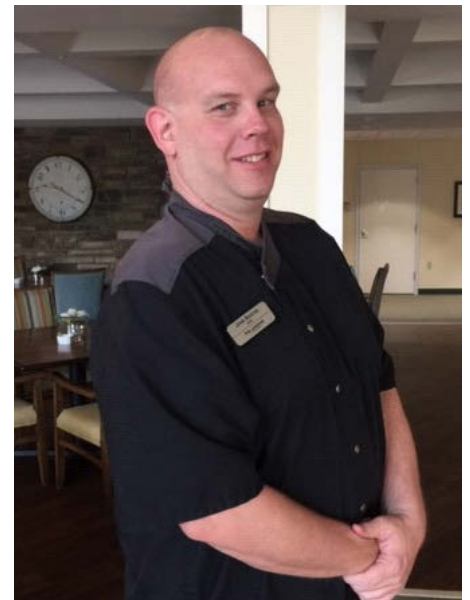
The Landing of Lake Worth

JULY 2020 · STORIES OF OLD GLORY



Cooking with Class, Chef John Raychel

John was born on July 6, 1978 in Edison, N.J., to Nancy Raychel and John Raychel. John is the oldest of three siblings followed by Donn, who is a principal for an elementary school in New Jersey and Michael, a New Jersey State Trooper. John is very proud of his siblings and will talk about them any chance he gets. John grew up in Edison on a street with all boys, so when he wasn't in school, he was out on the street playing ball until the streetlight came on. However, during the summer months when his mother was not teaching, John would spend the afternoons either in the kitchen with her learning how to cook family recipes handed down from generation to generation or watching various cooking shows. When John was in high school, he applied to Johnson and Wales University in Rhode Island and was accepted immediately. John was in the graduating class of 2000 with a B.A. degree in Culinary Arts and Hotel Management. While in school, John cooked for many celebrities as well as worked along one of his professors on a weekly cooking segment on the afternoon news in Providence, R.I. After graduation, John worked in various country clubs and resorts in both New Jersey as well as Florida honing his craft, until he was introduced to the assisted living side of the business from his neighbor. John has been working this side of the culinary field for close to 20 years now and has not looked back. John is aspiring to become a regional director of culinary in the assisted living community arena so he can impart his knowledge, on a statewide or possibly a nationwide scale, to communities with quality of food and customer service. When John is not at work, he likes to spend time with his 1-year-old puppy Trooper, watch sports including his favorite teams (NY Yankees and NY Giants), play golf, spend time with friends and family, enjoy happy hour with friends and of course, nap.



A 'Beautiful' Tribute

Expressing national pride "from sea to shining sea," the stirring anthem "America the Beautiful" turns 125 this month.

The song's lyrics are the words of a poem written by Katharine Lee Bates, who was an English professor at Massachusetts' Wellesley College. In 1893, while on a trip to Colorado, Bates visited Pikes Peak, and was struck by the view of natural beauty from the mountain and, in her words, "the sea-like expanse of fertile country ... under those ample skies."

Inspired, she finished her poem during the trip, but didn't publish it until two years later. The first version appeared in a weekly Massachusetts newspaper, The Congregationalist, on July 4, 1895.

For a while, "America the Beautiful" was sung to the melodies of various folk tunes, including "Auld Lang Syne." But it was a hymn titled "Materna," composed in 1882 by Samuel A. Ward, that became the most common music for Bates' lyrics and is still used today.

"America the Beautiful" has become a patriotic standard and is often played at national celebrations and sporting events.

Simple Stretching Moves

Stretching on a regular basis helps to strengthen your muscles and increase your range of motion, which can make everyday physical activities easier. The following stretches are simple ones that can even be done from bed. Check with your health care provider before beginning a new routine.

Hands – Spread out your fingers and extend them until you feel a stretching sensation at the base of each finger. Then touch each finger, one at a time, to your thumb. Repeat with your other hand.

Wrists and arms – With your palm facing down, rest your forearm on a flat surface, such as a table or a bed. Rotate your wrist toward your pinky finger so that your palm is facing inward and hold for 10 seconds. Next, rotate your wrist in the other direction with your palm facing outward and hold for 10 seconds. Be sure to keep your forearm on the flat surface throughout the exercise.

Legs – Lie on your back and bend your knees so that your feet are flat on the bed. Lift one leg, supporting your thigh with your hands if needed. Rotate your lifted ankle in a clockwise motion, then counterclockwise. Repeat the exercise with your other leg.

Body stretch – Lie on your side with your legs together and knees bent. Extend both arms in front of your chest, palms pressed together. Imagine your arms are the covers of a book, then “open the book” by lifting the top arm and stretching toward the other side of your body as far as you comfortably can. Slowly return your arm to the closed position. Repeat three to five times.

Patriotic Movie Picks

Enjoy the Fourth of July with these movies that celebrate the red, white and blue.

“Yankee Doodle Dandy” (1942) – This biographical musical stars James Cagney as Broadway entertainer George M. Cohan, who composed the celebrated tunes “You’re a Grand Old Flag” and the World War I anthem “Over There.”

“The Longest Day” (1962) – With an all-star international cast that includes John Wayne, Richard Burton and Sean Connery, this drama follows the 1944 D-Day invasion from multiple points of view.

“Glory” (1989) – Denzel Washington and Morgan Freeman star in this Civil War drama about one of the first African American regiments in the Union Army.

“Independence Day” (1996) – An invasion by space aliens, a Fourth of July mission, and a rousing speech about saving mankind make this action movie a favorite decades after it premiered.

“Miracle” (2004) – This feel-good film is the inspiring true story of the U.S. men’s hockey team win over the Soviet Union at the 1980 Winter Olympics. Kurt Russell plays U.S. coach Herb Brooks.

“Captain America: The First Avenger” (2011) – With a superhero sporting red, white and blue and a World War II setting, this Marvel Comics adventure radiates American pride.

“Hidden Figures” (2016) – Based on true events, this film follows the lives of three female African American mathematicians who work at NASA during the 1960s space race. The trio overcomes obstacles and helps in the mission to make John Glenn the first American to orbit the Earth.

July Birthdays

Steve Klein, 18th

Freda Nelson, 19th

Lillian Yablonsky, 22nd

Janet Davis, 26th

THE LANDING OF LAKE WORTH

9948 Woodwind Lane
Lake Worth, Florida 33467
561-433-6002

Staff

General Manager
Amie Crisp

Sales Manager
Wrendi Morris

Sales Advisor
Kaylyn Graydon

Executive Chef
John Raychel

Health and Wellness Director
Amelia Bates, LPN

Memory Care Program Manager
Fiona Campbell, RN

Office Manager
Carly Speerin

Program Supervisor
Rona Eisenon

Concierge
Mairgreg Blackburn

Driver
Roland Aguilera

Plant Operations Supervisor
Tyler Richardson

Opal Programming Supervisor
Debra Parker

A Message From Leisure Care

While managing the changes brought on by the coronavirus, we continue to adjust our daily routines to keep our residents and staff happy and healthy. Thank you for doing your part in making a positive difference. As you know, we are following ongoing social distancing directives, based on guidelines from state and local jurisdictions as well as the Centers for Disease Control and Prevention. Due to our modified schedule of activities, we are using this space to provide you with additional activities.

For updates, visit www.leisurecare.com/communication-plan. Please contact your management team if you have any questions.

Patriotic Pillow Craft

Make a festive throw pillow in just a few minutes!

Materials:

- 1 red 20-inch bandana
- 1 blue 20-inch bandana
- 18-inch pillow insert
- Four rubber bands
- Scissors
- Red, white or blue ribbon

Directions:

Spread out one bandana and lay the pillow insert on top of it. Place the second bandana on top of the pillow. Use the rubber bands to bind the bandanas together at each of the four corners so that the pillow is secure inside the cover. Cut four pieces of ribbon several inches long and tie bows around the corners to hide the rubber bands.

Logic Problem: And the Winner Is ...

Five people ran a footrace: Mitch, Kyle, Joy, Leslie and Gwen. Based on the following clues, can you figure out what order the runners finished?

- Mitch was neither first nor last.
- Joy beat Mitch, and Mitch beat Gwen.
- Kyle was neither first nor last.
- Kyle beat Leslie, and Gwen beat Kyle.

Secret Superheroes

Match these superheroes to their alter egos.

| Superhero | Name |
|---------------------|------------------|
| 1. Captain America | A. Britt Reid |
| 2. Superman | B. Diana Prince |
| 3. Wonder Woman | C. Steve Rogers |
| 4. The Green Hornet | D. Clark Kent |
| 5. Daredevil | E. Linda Danvers |
| 6. Supergirl | F. Matt Murdock |

Sudoku

The object of the game is to fill all the blank squares with the correct numbers.

- Each row of 9 numbers must include all digits 1 through 9 in any order
- Each column of 9 numbers must include all digits 1 through 9 in any order.
- Each 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 9 | | 1 | | | 7 | | | 3 |
| | | 4 | 2 | | 5 | | | 6 |
| 6 | | | | 1 | | | | |
| 8 | | | | 6 | | 5 | | 4 |
| | 4 | | | | | | 7 | |
| 1 | | 6 | | 9 | | | | 8 |
| | | | | 3 | | | | 5 |
| | | | 9 | | 6 | 3 | | |
| 4 | | | 8 | | | 7 | | 9 |

Sundae Edition

Q: Why did the news reporter go to the ice cream parlor?

A: She wanted to get the scoop!

THE 50 STATES

Words go left, right, up, down, not diagonally, and can bend at a right angle. Every letter is used only once.

A I N V I R
R M N A N G

I Z E S O T A H A W N E W M O T F K E I
N O C O N N E C I A O R E E C E L S B N
O N T T U C I T D I N O G X I N O A R I
R A E X A S O H A I E E S S E N R A G A
T N A O K L A C O L O N C S I W I D E A
H E D A M O H O D A R E O N S I N L O I
C V A N E W H A E I Y W O H A N A O R G
A R O L I N A M R N O R K I I S I U M I
P E N N S Y L P I D N A M O F I L A C S
Y W A I N A V S H I A I A T O R N I A S
O M I N G S I P P I E N V N S N I R U O
M I S S I S N M N M D A E O O O A H I M
S A S N A K E I A A N N R M U R T A O O
M Y K R E J W C G R A I L O T T O T W N
A K E S R R A H I Y L A A R H H K U A T
S C N E H K A N S A S L K A C D A A N A
S U T Y O D E D E L A A S I L L I N O A
A N G T O N I E R A W A W E S T V I I T
C I H S A W S L A N D L A I N I G R S O
H U S E T T S A M A B A S O U T H D A K

| | | | | |
|-------------|-----------|---------------|----------------|---------------|
| ALABAMA | HAWAII | MASSACHUSETTS | NEW MEXICO | SOUTH DAKOTA |
| ALASKA | IDAHO | MICHIGAN | NEW YORK | TENNESSEE |
| ARIZONA | ILLINOIS | MINNESOTA | NORTH CAROLINA | TEXAS |
| ARKANSAS | INDIANA | MISSISSIPPI | NORTH DAKOTA | UTAH |
| CALIFORNIA | IOWA | MISSOURI | OHIO | VERMONT |
| COLORADO | KANSAS | MONTANA | OKLAHOMA | VIRGINIA |
| CONNECTICUT | KENTUCKY | NEBRASKA | OREGON | WASHINGTON |
| DELAWARE | LOUISIANA | NEVADA | PENNSYLVANIA | WEST VIRGINIA |
| FLORIDA | MAINE | NEW HAMPSHIRE | RHODE ISLAND | WISCONSIN |
| GEORGIA | MARYLAND | NEW JERSEY | SOUTH CAROLINA | WYOMING |

Puzzle Solutions

Logic Problem: And the Winner Is ...

1st: Joy; 2nd: Mitch; 3rd: Gwen; 4th: Kyle; 5th: Leslie

Secret Superheroes

1. C; 2. D; 3. B; 4. A; 5. F; 6. E

Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 9 | | 1 | | | 7 | | | 3 |
| | | 4 | 2 | | 5 | | | 6 |
| 6 | | | | 1 | | | | |
| 8 | | | | 6 | | 5 | | 4 |
| | 4 | | | | | | 7 | |
| 1 | | 6 | | 9 | | | | 8 |
| | | | | 3 | | | | 5 |
| | | | 9 | | 6 | 3 | | |
| 4 | | | 8 | | | 7 | | 9 |

The 50 States

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|---|--|--|---|
| | | | | | | |
| <p>8:00 ● Sunday Soothing Sounds 5</p> <p>10:00 ● TELEVISED CHURCH SERVICES</p> <p>10:30 ● Sunday Stretch</p> <p>11:00 ● Fresh Air in the Outdoor Garden with Relaxing Music</p> <p>1:15 ● Relax & Recharge</p> <p>3:30 ● '40s Music & Light Refreshment</p> <p>4:30 ● Calming Hands</p> <p>6:30 ● Unwind with the Classics</p> | <p>8:00 ● Sounds of Music 6</p> <p>10:15 ● Shake It Up & Shake It Out</p> <p>11:00 ● Reminisce in the Garden</p> <p>1:15 ● Relax & Recharge</p> <p>2:00 ● Sharpen Your Senses</p> <p>3:15 ● Parachute Pop Up</p> <p>4:00 ● HAPPY HOUR WITH PHIL ADAMS</p> <p>4:30 ● Calming Hands</p> <p>6:30 ● Relaxation Melodies</p> | <p>8:00 ● Musical Melodies 7</p> <p>10:00 ● ELDER GROW HORTICULTURE</p> <p>11:00 ● Fresh Air in the Outdoor Garden with Relaxing Music</p> <p>11:30 ● Move & Groove</p> <p>1:15 ● Relax & Recharge</p> <p>2:00 ● Think 'N Sync</p> <p>3:00 ● MUSIC THERAPY</p> <p>4:30 ● Calming Hands</p> <p>6:30 ● Unwind with the Classics</p> | <p>8:00 ● Waking Up to the Oldies 1</p> <p>10:15 ● Light & Lively Fitness</p> <p>11:00 ● Reminisce in the Garden</p> <p>12:00 ● LUNCH WITH GENERAL MANAGER AMIE</p> <p>1:15 ● Relax & Recharge</p> <p>2:00 ● SCENIC DRIVE TO THE BEACH</p> <p>4:00 ● HAPPY HOUR WITH GIOVANNI</p> <p>4:30 ● Calming Hands</p> <p>6:30 ● Music & Memories</p> | <p>8:00 ● Good Morning Music 2</p> <p>10:15 ● Sit & Stretch</p> <p>11:00 ● Fresh Air in the Outdoor Garden with Relaxing Music</p> <p>1:15 ● Relax & Recharge</p> <p>1:45 ● Singalong with Tino</p> <p>2:00 ● Creative Art</p> <p>3:00 ● Singalong</p> <p>4:30 ● Calming Hands</p> <p>6:30 ● Unwind with the Classics</p> | <p>8:00 ● Relaxing Piano Music 3</p> <p>10:15 ● Morning Moves</p> <p>11:00 ● Reminisce in the Garden</p> <p>1:15 ● Relax & Recharge</p> <p>2:00 ● SHABBAT SERVICE</p> <p>2:00 ● Stack it up</p> <p>3:00 ● HAPPY HOUR WITH MUSIC</p> <p>4:30 ● Calming Hands</p> <p>6:30 ● Relaxation Melodies</p> | <p>INDEPENDENCE DAY 4</p> <p>8:00 ● Saturday Jazz Tunes</p> <p>10:30 ● Let's Get Physical</p> <p>11:00 ● Fresh Air in the Outdoor Garden with Relaxing Music</p> <p>12:00 ● JULY 4TH BBQ</p> <p>1:15 ● Relax & Recharge</p> <p>2:00 ● Musical on Netflix</p> <p>3:30 ● Root Beer Floats & '30s Music</p> <p>4:30 ● Calming Hands</p> <p>6:30 ● Unwind with the Classics</p> |
| <p>8:00 ● Sunday Soothing Sounds 12</p> <p>10:00 ● TELEVISED CHURCH SERVICES</p> <p>10:30 ● Sunday Stretch</p> <p>11:00 ● Reminiscing in the Garden</p> <p>1:15 ● Relax & Recharge</p> <p>3:30 ● '40s Music & Light Refreshment</p> <p>4:30 ● Calming Hands</p> <p>6:30 ● Unwind with the Classics</p> <p>7:00 ● Calming Hands</p> | <p>8:00 ● Sounds of Music 13</p> <p>10:15 ● Shake It Up & Shake It Out</p> <p>11:00 ● Reminisce in the Garden</p> <p>1:15 ● Relax & Recharge</p> <p>2:00 ● Sharpen Your Senses</p> <p>3:15 ● Parachute Pop Up</p> <p>4:00 ● HAPPY HOUR WITH ARNIE STEINBERG</p> <p>4:30 ● Calming Hands</p> <p>6:30 ● Relaxation Melodies</p> | <p>8:00 ● Musical Melodies 14</p> <p>11:00 ● Sit & Stretch</p> <p>11:00 ● Fresh Air in the Outdoor Garden with Relaxing Music</p> <p>1:15 ● Relax & Recharge</p> <p>2:00 ● Think 'N Sync</p> <p>3:00 ● MUSIC THERAPY</p> <p>4:30 ● Calming Hands</p> <p>6:30 ● Unwind with the Classics</p> | <p>8:00 ● Waking Up to the Oldies 15</p> <p>10:15 ● Light & Lively Fitness</p> <p>11:00 ● Reminisce in the Garden</p> <p>1:15 ● Relax & Recharge</p> <p>2:00 ● SCENIC DRIVE TO THE BEACH</p> <p>4:00 ● HAPPY HOUR WITH MARIO</p> <p>4:30 ● Calming Hands</p> <p>6:30 ● Music & Memories</p> | <p>8:00 ● Good Morning Music 16</p> <p>10:15 ● Sit & Stretch</p> <p>11:00 ● Fresh Air in the Outdoor Garden with Relaxing Music</p> <p>1:15 ● Relax & Recharge</p> <p>2:00 ● Creative Art</p> <p>3:00 ● MUSIC THERAPY</p> <p>4:30 ● Calming Hands</p> <p>6:30 ● Unwind with the Classics</p> | <p>8:00 ● Relaxing Piano Music 17</p> <p>10:15 ● Morning Moves</p> <p>11:00 ● Reminisce in the Garden</p> <p>1:15 ● Relax & Recharge</p> <p>2:00 ● SHABBAT SERVICE</p> <p>2:00 ● Stack it up</p> <p>3:00 ● HAPPY HOUR WITH MUSIC</p> <p>4:30 ● Calming Hands</p> <p>6:30 ● Relaxation Melodies</p> | <p>8:00 ● Saturday Jazz Tunes 18</p> <p>10:30 ● Let's Get Physical</p> <p>11:00 ● Fresh Air in the Outdoor Garden with Relaxing Music</p> <p>1:15 ● Relax & Recharge</p> <p>2:00 ● Musical on Netflix</p> <p>3:30 ● Root Beer Floats & '30s Music</p> <p>4:30 ● Calming Hands</p> <p>6:30 ● Unwind with the Classics</p> |
| <p>8:00 ● Sunday Soothing Sounds 19</p> <p>10:00 ● TELEVISED CHURCH SERVICES</p> <p>10:30 ● Sunday Stretch</p> <p>11:00 ● Fresh Air in the Outdoor Garden with Relaxing Music</p> <p>1:15 ● Relax & Recharge</p> <p>2:00 ● FAMILY FUN DAY WITH ENTERTAINMENT</p> <p>3:30 ● '40s Music & Light Refreshment</p> <p>4:30 ● Calming Hands</p> <p>6:30 ● Unwind with the Classics</p> | <p>8:00 ● Sounds of Music 20</p> <p>10:15 ● Shake It Up & Shake It Out</p> <p>11:00 ● Reminisce in the Garden</p> <p>1:15 ● Relax & Recharge</p> <p>2:00 ● Sharpen Your Senses</p> <p>3:15 ● Parachute Pop Up</p> <p>4:00 ● HAPPY HOUR WITH DON STENSFIELD</p> <p>4:30 ● Calming Hands</p> <p>6:30 ● Relaxation Melodies</p> | <p>8:00 ● Musical Melodies 21</p> <p>10:00 ● ELDER GROW HORTICULTURE</p> <p>11:00 ● Fresh Air in the Outdoor Garden with Relaxing Music</p> <p>11:30 ● Move & Groove</p> <p>1:15 ● Relax & Recharge</p> <p>2:00 ● Think 'N Sync</p> <p>3:00 ● MUSIC THERAPY</p> <p>4:30 ● Calming Hands</p> <p>6:30 ● Unwind with the Classics</p> | <p>8:00 ● Waking Up to the Oldies 22</p> <p>10:15 ● Light & Lively Fitness</p> <p>11:00 ● Reminisce in the Garden</p> <p>1:15 ● Relax & Recharge</p> <p>2:00 ● SCENIC DRIVE TO THE BEACH</p> <p>2:00 ● Scenic Drive</p> <p>4:00 ● HAPPY HOUR WITH ARNIE STEINBERG</p> <p>4:30 ● Calming Hands</p> <p>6:30 ● Music & Memories</p> | <p>8:00 ● Good Morning Music 23</p> <p>10:15 ● Sit & Stretch</p> <p>11:00 ● Fresh Air in the Outdoor Garden with Relaxing Music</p> <p>1:15 ● Relax & Recharge</p> <p>1:45 ● Trivia with Jackie</p> <p>2:00 ● Creative Art</p> <p>4:00 ● Animal Kingdom Documentary on Netflix</p> <p>4:30 ● Calming Hands</p> <p>6:30 ● Unwind with the Classics</p> | <p>8:00 ● Relaxing Piano Music 24</p> <p>10:15 ● Morning Moves</p> <p>11:00 ● Reminisce in the Garden</p> <p>1:15 ● Relax & Recharge</p> <p>2:00 ● Puzzle Partners</p> <p>2:00 ● SHABBAT SERVICE</p> <p>3:00 ● HAPPY HOUR WITH MUSIC</p> <p>4:00 ● Animal Kingdom Documentary on Netflix</p> <p>4:30 ● Calming Hands</p> <p>6:30 ● Relaxation Melodies</p> | <p>8:00 ● Saturday Jazz Tunes 25</p> <p>10:30 ● Let's Get Physical</p> <p>11:00 ● Fresh Air in the Outdoor Garden with Relaxing Music</p> <p>1:15 ● Relax & Recharge</p> <p>2:00 ● Musical on Netflix</p> <p>3:30 ● Ice Cream Social</p> <p>4:30 ● Calming Hands</p> <p>6:30 ● Unwind with the Classics</p> |
| <p>8:00 ● Sunday Soothing Sounds 26</p> <p>10:00 ● TELEVISED CHURCH SERVICES</p> <p>10:30 ● Sunday Stretch</p> <p>11:00 ● Reminiscing in the Garden</p> <p>1:15 ● Relax & Recharge</p> <p>3:30 ● '40s Music & Light Refreshment</p> <p>4:30 ● Calming Hands</p> <p>6:30 ● Unwind with the Classics</p> <p>7:00 ● Calming Hands</p> | <p>8:00 ● Sounds of Music 27</p> <p>10:15 ● Shake It Up & Shake It Out</p> <p>11:00 ● Reminisce in the Garden</p> <p>1:15 ● Relax & Recharge</p> <p>2:00 ● Sharpen Your Senses</p> <p>3:15 ● Parachute Pop Up</p> <p>4:00 ● HAPPY HOUR WITH IVY</p> <p>4:30 ● Calming Hands</p> <p>6:30 ● Relaxation Melodies</p> | <p>8:00 ● Musical Melodies 28</p> <p>11:00 ● Fresh Air in the Outdoor Garden with Relaxing Music</p> <p>1:15 ● Relax & Recharge</p> <p>2:00 ● Noodle Ball & Oldies Music</p> <p>2:30 ● Culinary Creations with Chef John</p> <p>3:00 ● MUSIC THERAPY</p> <p>4:30 ● Calming Hands</p> <p>6:30 ● Unwind with the Classics</p> | <p>8:00 ● Waking Up to the Oldies 29</p> <p>10:15 ● Light & Lively Fitness</p> <p>11:00 ● Reminisce in the Garden</p> <p>1:15 ● Relax & Recharge</p> <p>2:00 ● SCENIC DRIVE TO THE BEACH</p> <p>4:00 ● HAPPY HOUR JOHN LOBOSCO</p> <p>4:30 ● Calming Hands</p> <p>6:30 ● Music & Memories</p> | <p>8:00 ● Good Morning Music 30</p> <p>10:15 ● Sit & Stretch</p> <p>11:00 ● Fresh Air in the Outdoor Garden with Relaxing Music</p> <p>1:15 ● Relax & Recharge</p> <p>2:00 ● Creative Art</p> <p>4:30 ● Calming Hands</p> <p>6:30 ● Unwind with the Classics</p> | <p>8:00 ● Relaxing Piano Music 31</p> <p>10:15 ● Morning Moves</p> <p>11:00 ● Reminisce in the Garden</p> <p>1:15 ● Relax & Recharge</p> <p>2:00 ● SHABBAT SERVICE</p> <p>3:00 ● HAPPY HOUR WITH MUSIC</p> <p>4:30 ● Calming Hands</p> <p>6:30 ● Relaxation Melodies</p> | |