



Lakehouse West

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Summer Sun Setting on Siesta

September 2021

Events & Programs

HAPPY LABOR DAY

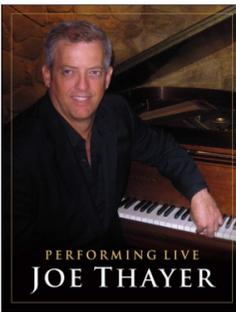
Monday, September 6



A day to celebrate the hard working men & women of America, both past and present.

11:30– The Dining Room opens for Screwdrivers & Bloody Mary’s, while Joe Thayer entertains you.

Lunch is served at your reservation time.



With a relaxed piano style and engaging voice, Joe Thayer caters to any crowd's musical tastes. His repertoire includes the classics of great singers and song writers. No matter what the venue, Joe always knows the right tunes to play.

Joe plays from 11:30-1:30 pm

12:00 & 12:30 pm-Labor Day Lunch



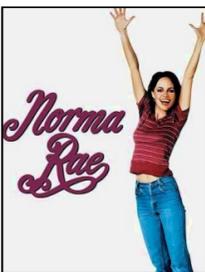
Starter- Tossed Garden Salad with a Champagne Vinaigrette Dressing.

Entrée- BBQ Chicken & Baby Back Ribs served

with Corn on Cob, Potato Salad, & Baked Beans.

Dessert- Strawberry & Blueberry Shortcake.

2:30 & 7:15 pm, Holiday Movie: Norma Rae



In an Oscar-winning performance, Sally Field is unforgettable as Norma Rae Webster, the real-life Southern millworker who revolutionizes a small town and discovers a power within herself that she never knew she had.

She organizes her fellow factory workers to fight for better conditions and wages.

Piano Bar Sing-Along with Lee Dougherty Ross

Thursday, September 9

4:30 pm—5:30 pm

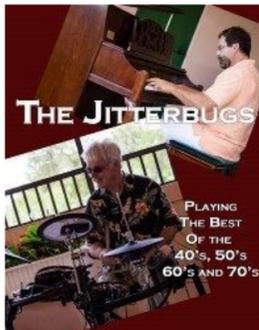
Great Hall



Join Lee in the Great Hall for a sing along with her, while enjoying a cocktail.

Lee Dougherty debuted at age 12 as a piano soloist with the Norfolk Virginia Symphony Orchestra and later performed the Rachmaninoff 2nd Piano Concerto with the Eastman Rochester Symphony. She graduated from Eastman School of Music with a double major in both piano and voice. Lee’s singing career includes performances at Carnegie Hall, Alice Tully Hall and the Broadway stage in New York, Queen Elizabeth Hall in London and The Kennedy White House.

The Jitterbugs Duo & Cocktails– 4:30-5:30 pm Thursday, September 23—Great Hall



The Jitterbugs Duo featuring Dan Dembicki (piano) & Robert Newton (drums) play the best of the 40’s, 50’s, & 60’s. A lively and familiar selection that is sure to keep you tapping your fingers and toes!

Out n’ About

Tuesday, September 7 – Dinner Out.

Schnitzel Kitchen – Authentic German Cuisine. Bus leaves at 5:00 p.m. – sign up in Events Book.

Wednesday, September 15 – **SRQ Art Museum**

Bus leaves at 1:30 pm, sign up in Events Book.

Tuesday, September, 21 – Dinner Out.

Roessler’s Restaurant – Continental Cuisine. Bus leaves at 5:00 p.m. – sign up in Events Book.

Talks & Lectures

Residents' Association Meeting

Friday, September 3
10 a.m.– Great Hall

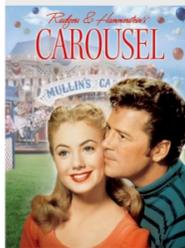
Reports are given by the Lakehouse West Residents' Association Board Members and the Lakehouse West Executive Director. Questions are taken and comments are heard. Coffee & Danish provided.



Performing Arts Lecture Series

by Sharon Ohrenstein
Topic: Rogers & Hammerstein's
Carousel

Friday, September 17
3:00 p.m. Card Room



Join Sharon as she discusses the music, and behind the scenes facts, of the beloved film "Carousel" by Rogers and Hammerstein.

Listen to music, view film clips and learn facts about this production.

Fall Friday, September 10
11:30 am- Card Room
Prevention



Health Lecture
by Albert Perez, PTA



A Music Listening, Lecture, & Related Film Program

by Joan Rubinstein



*The Music of
Johann S. Bach*

Tuesday, September 14
1:30 pm, Card Room
Sign up in Events Book



Johann S. Bach was a German composer and musician of the late Baroque period. He is known for instrumental compositions. He is regarded as one of the greatest composers in the history of Western music.

The Pianist Thursday, September 16
1:30 pm, Film in Theater



Famed Polish pianist Wladyslaw Szpilman struggles to survive the Nazi tyranny during World War II in this drama based on his memoirs. Featuring the music of Bach.

Town Hall Talks Lecture Series presents: "The Terra-Cotta Army of China"

by Abraham "Abe" Zeewy

Wednesday, September 22
11:00 a.m. Meeting Room
Sign up in the Events Book

Historical details and description of fascinating terra-cotta figures and artifacts discovered in China.



LIVING BETTER WITH HEARING LOSS

by Barbara Chertok

Tuesday, September 28
2:00—3:30 pm Card Room

Your journey to "Living Better With Hearing Loss" is one I would like to help you take. Join me for my workshop and learn about hearing aids, cochlear implants, hearing lops, captioning, lip-reading, and other related topics.



Featured Performance

AFTERNOON DELIGHT BARBERSHOP QUARTET

Thursday, September 2

3:30 p.m. Great Hall



The popular Afternoon Delight Quartet features two members, Lead Dick Zarfos and Bass Jim Woods, who have won senior quartet state championships and have placed 11th in international competition. A third member, Baritone Vernon Sievers, is an original member of the doo-wop group “The Heartbeats”, which appeared in the movie American Graffiti. The fourth quartet member is Tenor Bob Amer who has performed with the University of Notre Dame Glee Club. The quartet has been together for eight years, and has performed at luncheons, banquets, parties, and retirement communities in Sarasota, Venice, and Bradenton. The quartet has also appeared in concert with The Sarasota Chorus of the Keys, and on ABC 7’s Suncoast View. The quartet is known for their very smooth sound, their wide range of beautiful songs, and their fun-filled performances.

Did you know that the barbershop quartet originated in an actual barber shop? The barbershop style of music is first associated with black southern quartets. Each barbershop actually had its own quartet. The first written use of the word barber shop, as in referring to the harmonizing, came about in 1910 along with the publication of the song “Play That Barbershop Chord”. Barbershop harmony can trace its beginnings all the way back to the birth of traditional Western music. These chants were originally sung in unison, but over the years they slowly began adding harmony. There was no sheet music at this time, so the singers sang solely based on listening. During this era, the local barber was more than just a hair dresser. Barber’s also pulled teeth, and performed minor surgeries. Barbershops slowly became a place for the town to gather and play instruments and sing while waiting for their turn. At the turn of the century, amateur male singers would gather in quartets to perform at parties and picnics. Often time’s barbershop quartets would perform at Minstrel shows as a way to pass time, since no equipment was necessary.

Let The Games Begin!

The sports season at Lakehouse West is fast approaching. Sports are a very popular and important part of the Lakehouse West community. The sign ups are now posted on the bulletin board near resident mailboxes. If you are interested in playing-sign up!

This is a great way to get some fresh air, exercise and make some new friends, while having fun! Even if you do not play, show up for the games and cheer them on! A meeting will be held soon for new residents to explain more details about the sports program. (The date and time to be announced) See below for this season's weekly sports schedule.



Shuffleboard - Mondays – 9:00 & 9:30 a.m. – starting October 11.

Golf - Tuesdays - 9:00 & 9:30 a.m. - starting October 12.

Bocce - Wednesdays – 9:00 & 9:30 a.m. - starting October 13.

Bocce - Thursdays – 9:00 & 9:30 a.m. - starting October 14.



When it comes to sports at Lakehouse West, sometimes you are a player, sometimes you are a spectator, and sometimes you are both! Whatever the case, the important part is that you are involved in our Lakehouse West community. So, sign yourself up to be on a team or show up and give your friends and neighbors your support by cheering them on!

Spectators/Players pictured above left to right: Richard Miller, Barbara Olson, Joyce Goacher, Shelly Burgan (the Goacher's daughter), Jerry Goacher, Lowell Brinnen, Carol Brinnen

In The Spotlight

Sara Gold left NYC when she was 20 years old, and moved to Miami where her parents were moving to. She enrolled at the University of Miami earning both her Bachelor and Master degrees in education, followed by 32 years as a 6th grade teacher in Miami Public schools.



Sara met her husband, Ignacio Arbelaez, an Engineer, and they were married for over 40 yrs. before his death in September of 2020. Sara has one son, Dana, who lives in Sarasota with his daughter. As Sara settles into Lakehouse West with her dog, Coco, she hopes to join a bridge game, attend Albert's exercise class, and enjoy some of the special programs here at Lakehouse West. She's also looking forward to having lunch or dinner in the Dining Room soon.

Welcome Sara!

Interview by Ginny Cardozo

Elizabeth (Liz) McClory was born in Ithaca, New York and moved to Florida in 1959. She met her husband while both were employed by Raymond James in St. Petersburg. After trying out several other Florida cities, she retired to



Sarasota in 1986 and here discovered time to play golf and bridge. Eventually Liz realized that retirement community living might be helpful. One day she was shopping in Publix and met a lovely woman who was looking for some fresh flowers to decorate her apartment. She was 95, and it was her turn to have the cocktail group! Liz asked where she lived and was told "Lakehouse West". Liz resolved at that moment that she would one day live there, too. Once all the boxes and bags are unpacked, she looks forward to getting involved in Lakehouse West golf, bridge and other activities. Welcome Liz!

Prepared by Liz McClory



The Welcome Table is Back!

What happened to the Welcome Table? Many "old-timer" residents remember being invited to dine at a "welcome table" shortly after we moved in. This offered us a chance to meet other residents, and ask questions about traditions, sports, events and the various things that happen here at Lakehouse West. The pandemic eliminated many activities for a while; but, we are working hard to re-established popular and important programs.

Peg Smith is organizing Wednesday evening Welcome Tables, and is looking for resident hosts

for Wednesday dinners. The round table at the right of the step into the second level of the dining room has been the traditional location for the Welcome Table.

Lakehouse West provides complimentary wine with dinner, and residents order from the menu as usual. Conversations are usually lively and fun!

If you would like to host, or be hosted at a Welcome Table, please call Peg at 354.



Peg Smith

Health & Wellness



A Flu Shot Clinic will be held at Lakehouse West in October. You will receive a flyer including everything you need to know on September 20.

Barbara Argue RN, DON

Barbara is available in the Health Center Monday thru Friday from 8:00 a.m. to 4:00 p.m. or by calling ext. 507. After hours and on weekends there is always a nurse on duty 24 hours a day 7 days per week to provide residents' assistance in a medical emergency. In this instance, call the receptionist (#0) and ask for the nurse to call you. Please do not leave a message at extension 507, as Barbara is not available after 4:00 pm or on weekends.



Exercise (Strength & Stretching) with Albert Perez, PTA.
Monday & Wednesday 10:30 a.m.
Meeting Room



ZUMBA! with Yael Campbell, Certified Zumba Instructor
Tuesday, 9:30 a.m.- Meeting Room



Chair Yoga with Rick Rabalais, Certified Yoga Instructor
Tuesday, and Thursday—
11:15 a.m.-Meeting Room



Tai- Chi with Hope Byrnes
Wednesdays, 3:15 p.m.-
Meeting Room

Laboratory Services

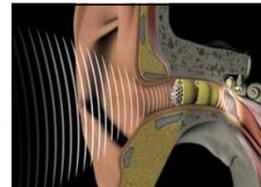
Lab draws are in the Health Center (Barbara's' Office) between 7:30 and 8:00 a.m. on Tuesdays. No appointment is necessary, but you may want to review your lab slip with the Director of Nursing. Specimen cups are available in the Health Center for you to pick up that morning. Questions? Call ext. 507.



Hearing Aid Services

Fourth Tuesday of every month 9:00 a.m.– 10:00 a.m. in the Card Room.

A representative from Gulf Gate Hearing Aid Center will check and clean hearing aids. They can also change batteries and provide batteries. No appointment is needed.



Blood Pressure Services

Residents may have their blood pressure checked at any time the Health Center is open.



Podiatrist Services

Dr. Clode visits Lakehouse West every two months He will meet with residents in their apartments. Call 507 for information.



Medical Appointment Transportation

Lakehouse West provides transportation for residents to medical appointments. Monday thru Thursday from 8:00 am—12:00 pm.

Sign up for medical appointment transportation by 3:30 pm the day before your appointment. You must provide the exact address and time for your appointment. The medical appointment sign up book is located in the Great Hall.



Hi

Resident Birthdays in September

Date	Resident Name	Apt. #
2	Beverly MacDonald	111
3	Sara Fluty	148
5	Jacqueline Garn	150
10	Carol Brinnen	137
13	Tom Kimmel	106
15	Marion Houston	243
17	Hope Byrnes	325
19	Ellen Greenspan	163
20	Monica McPhillips	210
22	Herb Kayne	303
25	Lois Foote	301
27	Dorothy Dahms	110
29	Evelyn D'Aiuto	115
29	Gerald 'Jerry' Evens	126

NEWSBITS- Best Newsletter
2017, 2018 & 2019

*Awarded by Florida Health Care
Activity Coordinators Association*

Editor & Publisher: John Dionne
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Ginny Cardozo, Writer & Editor
Ginny Coveney & Larry Olson, Editors
Stephen Martin- Bennet, photo contributor

***Making the rest of your life
the best of your life...***

Lakehouse West
Life with Style
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(941) 923-7525

www.lakehousewest.com
Assisted Living Facility License # 5850

In Memoriam



*Katie Kimmel, passed away, August 15, 2021
Joan Ward, passed away, August 16, 2021*

