



Lakehouse West

NEWSBIT



December 2022

Events & Entertainment



Start the Holiday Season off with good cheer at our Christmas Tree Lighting

Thursday, December 1
4:00 pm- Great Hall
Featuring the Lakehouse West
Patriot Singers! Directed by Peg
Smith. Full bar after performance.



**Church of The Palms,
Friday, December 2, 6:30 pm - Great Hall**

Holiday Fund

**Holiday Fund
Celebration**
Tuesday,
December 13
3:00 p.m.
Great Hall

Lakehouse West Residents and Staff get
together to share in the spirit of the holidays.
Punch and cookies served.



LAKEHOUSE WEST RESIDENT CHORUS HOLIDAY PROGRAM & WINE SOCIAL

Tuesday, December 12
4:30 pm, Great Hall
Directed by
Sharon Ohrenstein

Holiday Gala at Lakehouse West



Wednesday, December 7
Great Hall - 4:30 pm

Cocktails & Appetizers.

Entertainment by the
Patricia Dean Trio.

Decadent Dinner in
the Dining Room.

Men: Jackets & Ties

Ladies: Dress to impress!



Hanukkah Celebration

Hosted by
Larry & Barbara Olson
Monday, December 19
4:00 p.m. Great Hall

Join your friends and neighbors for the Hanukkah
Celebration in the Great Hall.
Sign up in the Events Book.



*Lakehouse West Holiday Elves
will deliver gifts to residents in
their apartments on the morning
of Friday, December 16.*



Happy Beats Percussion Ensemble Holiday Program & Wine Social

Tuesday, December 20
4:30 pm, Great Hall
Directed by Jim Rosati



Holiday Lights Tour

Thursdays, December 15 & 22
Bus leaves at 6:30 p.m.
Sign up in the Events Book

The Holidays



Saturday, December 24 -Great Hall
4:30 - 6:00 pm Cocktails at the bar and piano music by Joe Thayer in the Great Hall.
5:00 Dinner served as usual in the Dining Room.



Saturday, December 31 - Great Hall
5:00 - 6:00 pm Cocktails at the Bar and piano music by Eddie Tobin in the Great Hall
6:00 pm Upscale Dinner in the Dining Room.
7:30 - 9:00 pm Variety Show by Paul Golden in the Great Hall.
9:00 pm Champagne Toast in the Great Hall.
Men: Jackets & Ties - Ladies: Dress to impress!



Sunday, December 25 - Dining Room
11:30 - 12:00 pm Bloody Marys & Screwdrivers available at the Bar with seating in Dining Room.
11:30 - 1:00 pm Piano music by Robbie Rose in the Dining Room.
12:00 pm Holiday meal served. Dinner Dress. This is a One-meal day.



Sunday, January 1 - Dining Room
11:30 - 12:00 pm Bloody Marys & Screwdrivers available at the Bar with seating in Dining Room.
11:30 - 1:00 pm Piano music by Robbie Rose in the Dining Room.
12:00 pm Holiday meal served. Dinner Dress. This is a One-meal day.



Friday, 12/02, **Orchestra at Van Wezel**, bus departs at 6:30 pm. Sign up.
Thursday, 12/08, **Holley Hall- Great Escapes**, bus departs 6:30 pm. Sign up.
Saturday, 12/10, **Asolo Rep “Cabaret”**, bus departs 1:00 pm. Sign up.
Thursday, 12/15, **Holiday Lights Tour**, bus departs 6:30 pm. Sign up.
Friday, 12/16, **Sarasota Music Club- “A Classic Holiday Morning”**, bus departs 9:45 am. (Free Event) Sign up.
Thursday, 12/22, **Holiday Lights Tour**, bus departs 6:30 pm. Sign up.
Thursday, 12/29, **Brunch/Lunch out: Millie's**, bus departs 12:00, Sign up.

Listen & Learn

No Residents' Association Meeting In December

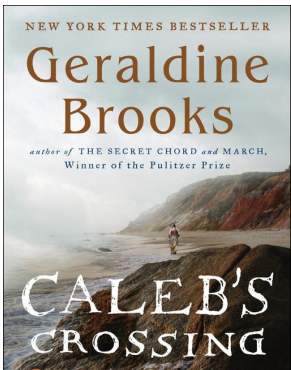
Reports are given by Residents' Association Board Members and the Executive Director.



"Let's Read Good Literature"

Book Club coordinated by Marcia Frankel
Tuesday, December 6
1:30 p.m. Card Room
Discussion led by Stephanie Crissman.

Caleb's Crossing, by Geraldine Brooks is set in colonial New England, during the 1660s, and tells the story of an English girl, Bethia, whose friendship with Native American Caleb has unusual consequences; he becomes the first Native American to graduate from Harvard law school.



LIVING BETTER WITH HEARING LOSS

Lecture by Barbara Chertok

Tuesday, December 27
1:30 pm, Card Room

Topic: All I WANT FOR CHRISTMAS/HANUKKAH IS MY TWO...EARS TO HEAR BETTER

Two issues to be addressed are:
1. You have hearing aids but you don't use them.
2. You don't have hearing aids and you could use some.
If you fit the mold, attend and let's talk about it.

A Music Lecture & Related Film Series by Joan Rubinstein

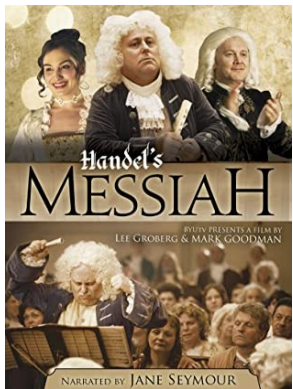
The Music of G. F. Handel
Friday, December 23
1:30 pm, Card Room



George Frideric Handel was a German-British Baroque composer well known for his operas, oratorios, anthems, concerti grossi, and organ concertos

Film: Messiah
Showing December 24, 29 & 31
1:30 & 7:15 pm - Theater

In this beautifully filmed documentary, you'll be fascinated by the story of Handel's collaboration with an adoring librettist, Charles Jennens, and how the pair struggled to create a masterpiece that has stood the test of centuries.



Performing Arts Lecture Series by Sharon Ohrenstein

Friday, December 30
1:30 pm Card Room

This month's topic: **La Boheme**



La Bohème is an opera composed by Giacomo Puccini The story is set in Paris around 1830 and shows the Bohemian lifestyle of a poor seamstress and her artist friends.



Please Note: The Bernie Ehrlich Lecture Series is taking a break for the month of December.

The Series will be back with more interesting and informative lectures in the new year. Stay tuned!

Health & Wellness

Barbara Argue RN, DON

Barbara is available in the Health Center Monday-Thursday from 8 am to 3 pm or by calling ext. 507. After hours and on weekends, there is always a nurse on duty in ALF who will respond with assistance in a medical emergency.

In this situation, 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 on Fridays or weekends.



Laboratory Services

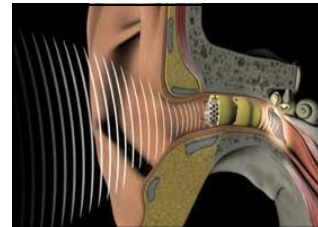
Lab draws are in the Health Center (Barbara's Office) between 7:30 and 8:00 a.m. on Tuesdays. No appointment is necessary, but you may want to review your lab slip with the Director of Nursing. Specimen cups are available in the Health Center for you to pick up that morning. Questions? Call ext. 507.



Hearing Aid Services

Fourth Tuesday of every month 9:00– 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. Sign up in Events Book.



Movement Magic w/Mike McManus
Saturdays 2:15 pm - Meeting Room



Strength & Stretching
with Albert Perez, PTA.
Wednesday 11:00 a.m. Meeting Room



Chair Yoga with Rick Rabalais,
Certified Yoga Instructor
Tuesday and Thursday
11:00 a.m.-Meeting Room



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

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 meets 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 outside the Business Office.



Did You Know?



One of the best parts of the holiday season is the goodies. Of course, you know that! But here are a few things you may not know about holiday goodies.

*** Candy Canes were invented to keep kids quiet.**

Legend has it that candy canes were invented in 1670, when the choirmaster of the Cologne Cathedral commissioned candies shaped like a Sheppard's crook so they could be handed out to children attending the church's crèche scene in order to keep them quiet. The stripes came later.

*** Sugar Plums had nothing to do with plums.**

From the Sugar Plum Fairy to visions of Sugar Plums dancing in children's heads, Sugar Plums definitely have a place in Christmas lore. But what are they exactly? You might not have guessed by their name, but these sweet treats are a type of candy. When they first came around in the 1600s, the term "plum" denoted any dried fruit, and typical Sugar Plums are made with a combination of dried fruit and spices that are rolled into balls, then coated with hard candy shell.

*** Animal Crackers were originally a Christmas treat.**

Animal crackers were first introduced around Christmastime in 1902. The string on the box was originally intended to be used to hang the boxes on Christmas trees.

*** Fruit Cake was intended to last all year.**

If you've ever received a fruitcake as a gift, you probably know that they seem to last a very long time without going bad thanks to the preservative properties of sugar and the booze they contain. Actually, that's a part of the design: they were originally intended to be baked at the end of the harvest season and saved to be eaten at the beginning of the harvest season the following year, for good luck.

*** Mince Pie was originally topped with a Jesus effigy.**

The earliest mince pies date back to medieval times if not earlier, and typically included minced meat, suet, fruits, nuts, and spices like cinnamon, cloves, and nutmeg. The pie was originally crust less, but over time a crust was added, and a pastry effigy of the baby Jesus was traditionally laid on top.

*** Where does the Christmas Cookie come from?**

This tradition started in the 1700s, when German settlers in Pennsylvania brought over the traditional unleavened, easy-to-store treat from Europe. Pliable sugar cookie dough is easy to roll and cut into shapes, which adds to its popularity at Christmas-time today.

*** Turkey wasn't always the main dish.**

Roast turkey is the main protein in a typical holiday dinner today, but back in medieval times the preferred poultry was actually peacock! Boar was also a Christmas mainstay. It wasn't until Henry VII had turkey for Christmas in the 16th century that it became the norm.



Holiday Spirit



“Is Santa Real”? or “Are You Santa”?

It’s a question so many of us have heard and it certainly tugged at our heart strings. Here’s what one parent told their child:

I know you’ve wanted the answer to this question for a long time, and I’ve had to give it careful thought to know just what to say and to tell you the truth. The answer is no. I am not Santa. There is no one Santa. The real Santa lives in the hearts of all people. I am, however, the person who fills your stockings with presents. I also choose and wrap the presents under the tree, the same way my mom did for me, and the same way her mom did for her. (And yes, Daddy helps, too.) I imagine you will someday do this for your children, and I know you will love seeing them run down the stairs on Christmas morning. You will love seeing them sit under the tree, their small faces lit with Christmas lights. This won’t make you Santa, though. Santa is more than any one person, Santa is the love of many people, and Santa’s work has gone on longer than any of us have lived. What Santa does is simple, but it is powerful. He teaches children how to have belief in something they can’t see or touch. It’s a big job, and it’s an important one. Throughout your life, you will need this capacity to believe: in yourself, in your friends, in your talents, and in your family. You’ll also need to believe in things you can’t measure or even hold in your hand. Here, I am talking about love, that great power that will light your life from the inside out, even during its darkest, coldest moments. Santa is also a teacher, and I have been his student, and now you know the secret of how he gets down all those chimneys on Christmas Eve: he has help from all the people whose hearts he’s filled with joy. With full hearts, people like Daddy and me help Santa do a job that would otherwise be impossible. Santa is love, charity, hope and happiness. I alone am not Santa, but, I am one of many Santas’, and now you are, too. As long as there is love and kindness in your heart, Santa will always be real.

Ho Ho Ho - MERRY CHRISTMAS!

Resident Birthdays in December

Date	Resident Name	Apt. #
2	Rita Hosfelt	123
8	Ronald De Anna	252
14	Bill Huber	339
15	Mary Ann Gates	145
15	Craig Riley	104
16	Sara Gold	152
18	Carol Ann Pearson	331
26	Carole (Susie) Ricco	136
27	Norma Oatway	119
29	Sallie Haberman	363
31	Joseph Perry	160

On the last Friday of every month residents sign birthday cards and donate \$1.00 for every card signed to local charities. The program is managed by the Lakehouse West Friendship Committee.



In Memoriam

Dorothy Jacobson
Passed away, November 20, 2022

NEWSBITS Staff

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

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Life with Style
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www.lakehousewest.com
Assisted Living Facility License # 5850



*The holiday season is a time to spend with family and friends sharing special memories and traditions. It's a season filled with love, laughter, and joy. It's a time to reach out to neighbors and offer good cheer, or a helping hand to those in need.
From all of us here at Lakehouse West to all of you-
Happy Holidays!*