

# SANDHILL COVE RETIREMENT LIVING CHRONICLE

January



Managed by  Life Care Services



2019

*Happy New Year from Sandhill Cove*



*Painting by Sandhill Cove Resident Grace DiTerlizzi*

**SOCIAL EVENTS**

Tuesday, Jan. 1....New Years Day - Regular Dining Services in the Dining room.

Tuesday, Jan. 1 & 15....Bingo - Card Room - 7:30 p.m.

Friday, Jan. 4....Shopping & Lunch - Treasure Coast Mall - Bus departs at 10:00 a.m.

Saturday, Jan. 5 & 26....Social hour & Sing-a-long - 5:30 p.m. - Lounge

Wednesday, Jan. 9....Sandhill Coves Owner's Reception - 4:45 p.m.-6:00 p.m. - Lounge.

Wednesday, Jan. 9....Kravis Center - Musical "On Your Feet" - Bus departs at 12:30 p.m.

Thursday, Jan. 10 & 24....Dreamers Big Band rehearsals - 7:00 p.m. - Pavilion

Friday, Jan. 11....Lyric Theater - "Capitol Steps" - Bus departs at 5:30 p.m.

Saturday, Jan. 12....Cummings Library - Musician Alex Meixner - Bus departs at 1:30 p.m.

Monday, Jan. 14....Guest Speaker - Marilyn Johansen, WWII Artist - 1:00 p.m. - Pavilion

Wednesday, Jan. 16....Dine Around - 18 Seminole Street - Stuart - Bus departs 5:00 p.m.

Thursday, Jan. 17....Birthday Luncheon - 12:00 noon - Dining room.

Friday, Jan. 18....Lyric Theater - Atlantic Classical Orchestra - Bus departs 2:30p.m.

Monday, Jan. 21....Burgers & Bingo at Archie's - Ft. Pierce - Bus departs at 1:30 p.m.

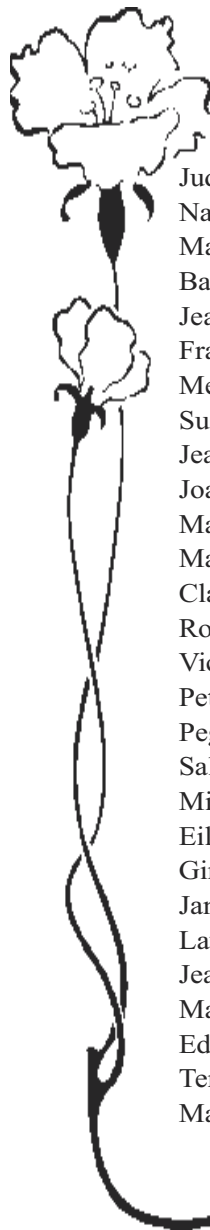
Wednesday, Jan 23....Maltz Theater - "Mama Mia" - Bus departs at 12:45 p.m.

Friday, Jan. 25....South Florida Science Center - West Palm - Bus departs at 10:00 a.m.

Sunday, Jan. 27....Kravis Center Opera Series - Bus departs at 12:45 p.m.

Wednesday, Jan. 30....Jonathan Dickinson State Park Tour & Lunch at Harry & The Natives - Bus departs 10:00 a.m. (Moderate Walking & Boat Tour Weather permitting.)

Thursday, Jan. 31....Trivia - 7:00 p.m. - Card room.



**HAPPY BIRTHDAY**

- Judith Peters.....January 1
- Nancy Carr.....January 3
- Mary Jo Boman.....January 4
- Barbara Whitman.....January 4
- Jeanne Jarden.....January 5
- Frank Hunnicutt.....January 6
- Merrill Snyder.....January 8
- Suzanne Goodwin.....January 9
- Jean Synal.....January 9
- Joan Dunn.....January 10
- Mary Ty Forbush.....January 10
- Margaret Sanborn.....January 12
- Claire Merkel.....January 14
- Roberta Moore.....January 16
- Vicki Kaweck.....January 17
- Pete Morrissey.....January 20
- Peggy Hurlbut.....January 21
- Sally Ruber.....January 22
- Michael Stern.....January 22
- Eileen Warchall.....January 22
- Ginny Genthe.....January 23
- Jan Marvin.....January 25
- Laura Chasen.....January 26
- Jean DiFederico.....January 27
- Marion Duffy.....January 28
- Edward Battey.....January 30
- Terry McCall.....January 31
- Marilyn Ufner.....January 31

**BIRTHDAY LUNCHEON**



The complimentary Birthday Luncheon is planned for Thursday, January 17 at 12:00 noon in the Sandhill Club Dining Room. If you are celebrating your birthday in January and would like to attend the luncheon, please R. S.V.P. in the Activity Book or Odyssey by Monday January 14.

*Happy and Healthy January Birthday.*

## EMPLOYEE OF THE MONTH

### John Pariury Security Officer



John joined Sandhill Cove in May, 2018 as a Security Officer. John served in the Army for 22 years from 1968 to 1990. He was a commercial pilot and used to participate in military air shows in Germany.

Currently residing in Port Saint Lucie, he has been married for 20 years. He has a daughter, a son and 5 grandchildren. His wife has 3 children, 2 sons, 1 daughter and 3 grandchildren. John's son lived in San Francisco and configured cars for self-driving.

John enjoyed the following hobbies: fishing, hiking and camping. Presently he doesn't have the time to enjoy the great outdoors.

John shared the following story with me during the interview, he was born in Indonesia and raised in Holland. He came to America in 1962 and lived in the following states: Texas, Massachusetts and here. John joined the Army Reserve in 1968 and he was stateless until 1986.

John enjoys the entire environment at Sandhill Cove and that the Residents are fascinating people with great diverse backgrounds.

John's supervisor, Kurt LaPlante, had this to say about John: "John responded to a medical emergency for one of our residents and he used effective communication and proper procedure while performing his duty." A job well done and worth "Star Employee of the Month"!

Please join us in congratulating John on being selected as the Employee of the Month for January.



## DINE AROUND

The dine around selection this month is to Eighteen Seminole Street located in downtown Stuart. This quaint restaurant is delightful as it was an old style Florida cottage converted to a restaurant. The menu consists of homemade Italian dishes, seafood and desserts. The date for the dine around is Wednesday, January 16. The bus will depart the Clubhouse at 5:00p.m. Reservations can be made in the Activity book or on Odyssey.



## WATERFRONT WELLNESS

### 5 STAR FIT CLUB

Begin the new year with a 5-star start this January? Join NIFS 5-Star Fit Club and find the motivation you need to reach your next fitness goal. This incentive program is 3 weeks long and includes a personalized assessment and exercise prescription, an interactive workshop where you'll learn how to effectively change your habits and routine, and a chance to win prizes at the end of it all. Sign up with Kerry in the Wellness center no later than Sunday, January 6th!

### Ways to earn Stars

- \*Make a appointment for a Senior Fitness Evaluation
- \*Make an appointment for an Individualized Exercise Prescription
- \*Attend 2 group exercise classes
- \*Have 5 Individual Fitness Center Visits
- \*Attend a Habits and Goals Workshop (Learn how to create and maintain healthy habits moving into the new year)

Individuals with the most Stars will be entered into a drawing to earn weekly prizes. Let's start the New Year off with our best foot forward!

### Gentle Walkers

Starting this month, we are looking for volunteers to help our residents in Assisted living get outside and enjoy the fresh air. We need 8-10 people on Tuesdays from 11-12pm to help transport and spend some quality time with our fellow residents. Please see Kerry if you are interested in volunteering.

### Group Exercise Classes

Are you interested in improving your balance, strength and mobility? Have you had a chance to take one of our new group exercise classes? Group exercise is a great way to get started on an exercise program and stay motivated. There are different levels that will suit anyone's exercise needs. If you are unsure of what class might be appropriate for you, see Kerry for recommendations.

### Mindful Meditation

Being Mindful is about living in the present moment and being grateful for what we have. We all have challenges in our life, but if you can take a moment each day to breathe deeply, sit quietly, smile and laugh, and be accepting of your circumstances, you will find your way to happiness. Come join our Mindful Meditation classes on Tuesdays and Thursdays at 10:45.

**Kerry O'Donoghue, Wellness Director**  
**Mimi Augustin, Health Fitness Specialist**  
**772-283-7775 ext. 225**



2019 ELISABETH LAHTI CONCERT SERIES  
AT THE CUMMINGS LIBRARY

The Alex Meixner Band-Join Grammy nominated accordionist, trumpeter, and vocalist Alex Meixner and his band for an afternoon of outrageously energetic polka music , gypsy folk music, and unique covers of popular American music from the last 70 years. The date is Saturday, January 12, complimentary tickets and transportation are available. The bus departs the Clubhouse at 1:30 p.m.Be sure to sign up in the Activity book.

TREASURE  
COAST MALL  
SHOPPING &  
LUNCH

The monthly shopping trip will be to the Treasure Coast Mall located in Jensen Beach, on Friday, January 4. Many of the retailers will be offering after Christmas sales. The bus will depart the Clubhouse at 10:00 a.m. and return at approximately 2:00 p.m. Be sure to sign up in the Activity Book or on Odyssey.

CUP OF JOE


The monthly meeting with the Executive Director will be held on Wednesday, January 9, at 2:00 p.m. in the Pavilion. Be sure to join us for this informative update. New Residents are invited to attend for a brief introduction as new members to our Community. This meeting will be televised on Channel 63 at 1:00 p.m. on Thursday, January 10.

BRIDGE CLUB  
TOURNAMENT

I LOVE BRIDGE



Sandhill Cove will host the annual Bridge Tournament on Saturday, January 12, 2019 at 9:00 a.m. in the Card Room. We will post the winners in our next weekly newsletter. Good luck to all of our Bridge Players.



**Join  
SANDHILL  
COVE  
Discovering  
Fascinating  
Central Florida**

**April 15 - 17, 2019 - for 2 nights/ 3 days**

Package Includes

- Kennedy Space Center
- Lunch with an Astronaut
- Ocala Horse Farm Tour
- Silver Springs State Park & Glass Bottom Boat Tours
- St. John's River Luncheon Cruise
- Package also includes:
  - Round trip Motor coach Transportation
  - 2 nights accommodations at the Hilton Ocala Hotel
  - Hotel tax and round trip luggage handling
  - 2 breakfasts - 2 lunches - 1 dinner





**PACKAGE PRICE PER PERSON**  
\$698 – Double Occupancy  
Singles please add a supplement of \$225

**A Deposit** of \$250 per person is required to hold your reservation confirmed.  
Optional Non-refundable Medical Cancellation Insurance is suggested and the premium is to be paid at time of deposit. Premium - \$58 per person additional.  
\*\*\*Make checks payable to Isings Travel (checks only please).\*\*\*

**Final payment** is due no later than February 1, 2019. After which time payments become non-refundable and the above suggested cancellation insurance will then provide protection should you have to cancel based on a doctor verified medical reason.

**Activity Level Moderate** - This tour requires walking up to a mile, throughout the Space Center, Horse Farms and Silver Springs.

**FOR RESERVATIONS & INFORMATION CONTACT**  
**Isings Travel - Carol or John**  
(561) 395-4181 or 1-800-562-7672  
Mailing Address: 2441 N. Federal Highway,  
Boca Raton, FL 33431

**H. ISINGS TRAVEL 1-800-562-7672**



## WE CHANGE LIVES

These six people spend many hours each year helping educate young adults, but they don't teach a single class.

### **They're door openers**

Each of the six serves on the Scholarship Committee of the Sandhill Cove Foundation, Inc., a tax-exempt organization providing employees and their children financial help in pursuing a two or four-year college education or licensed technical/industrial training. They work tirelessly to interview and qualify potential recipients and open doors to opportunities most candidates could not pursue on their own.

### **They're guidance counselors**

All Committee members are college graduates with diverse work experiences in industry, medicine and academia. All have also held a variety of volunteer positions in charitable organizations. Each offers a unique perspective that can help guide young recipients in the right direction. One member is even a certified guidance counselor and school psychologist who had a career helping young people make good decisions.

### **Everybody wins**

Clearly, every scholarship recipient is a winner. At the same time, providing scholarships to qualifying employees and their children helps the donors enhance their own quality of life as residents of Sandhill Cove. This is a win-win for everybody involved.

### **You can help**

Every year we ask our Sandhill Cove residents to contribute to the Foundation. Residents give generously. In 2018, we awarded 32 scholarships. Please plan to contribute to our scholarship program to help our employees and thank the six people pictured here for their hard work.

*Sandhill Cove Foundation, Inc.  
Changing lives one employee at a time.*

Left to Right Nancy Treece, Kathy Garlington, Bobbie Spilman, Ellyn Capper, Standing Les Applegate, Roger Folts.





Sunday	Monday	Tuesday
<p><b>Events in red bold print with an asterisk* require Reservations.</b></p> <p><i>Committee Meetings are in Blue bold italics.</i></p>		<p><b>1 New Years Day</b> 7:30pm Bingo, Card Room B</p> 
<p><b>6</b>   </p> <p><b>8:30 - 10:30am *Transportation to churches in Palm City</b> 12:00pm Catholic Services on Channel 243 2:00pm Open Bridge, Card Rm</p>	<p><b>7</b>   </p> <p><b>8:00-3:00pm *Transp to Prof Offices</b> 9:00am Bocce Ball 9:30am Bible Study, Card Rm A 10:00am Hustlers <i>10:00am F&amp;B Cmte, Conf Rm</i> 1:00pm Canasta, Card Rm B <i>2:00pm Landscape Cmte, Conf</i> 6:30pm Dominoes, Card Rm B</p>	<p><b>8</b>   </p> <p><b>9:00am *Publix Transportation</b> 9:00am Croquet Practice <b>10:30am Mktg Cmte, Card Rm Terr</b> <b>11:00am *Publix Transportation</b> 1:00pm Duplicate Bridge <b>1:30pm *Walgreens Transportation</b></p>
<p><b>13</b>   </p> <p><b>8:30 - 10:30am *Transportation to churches in Palm City</b> 12:00pm Catholic Services on Channel 243 2:00pm Open Bridge, Card Rm</p>	<p><b>14</b>   </p> <p><b>8:00-3:00pm *Trans to Prof. office</b> 9:00am Bocce Ball 9:30am Bible Study, Card Rm A 10:00am Hustlers 1:00pm Canasta, Card Rm B 1:00pm guest speaker Marilyn Johansen, Pavilion 6:30pm Dominoes, Card Rm B</p>	<p><b>15</b>   </p> <p><b>9:00am *Publix Transportation</b> 9:00am Croquet Practice <b>11:00am *Publix Transportation</b> 1:00pm Duplicate Bridge <b>1:30pm *Walgreens Transportation</b> 7:30pm Bingo, Card Room B</p>
<p><b>20</b>   </p> <p><b>8:30 - 10:30am *Transportation to churches in Palm City</b> 12:00pm Catholic Services on Channel 243 2:00pm Open Bridge, Card Rm</p>	<p><b>21 Martin Luther King, Jr.</b>   </p> <p><b>8:00-3:00pm *Trans to Prof. offices</b> <i>9:30am HMS Cmte, Conf Rm</i> 9:00am Bocce Ball 9:30am Bible Study, Card Rm A 10:00am Hustlers 1:00pm Canasta, Card Rm B <b>1:30pm *Archie's Burgers &amp; Bingo</b> <i>3:00pm Healthcare Cmte, Water's Edge</i> 6:30pm Dominoes, Card Rm B</p>	<p><b>22</b>   </p> <p><b>9:00am *Publix Transportation</b> 9:00am Croquet Practice <b>11:00am *Publix Transportation</b> 1:00pm Duplicate Bridge <b>1:30pm *Walgreens Transportation</b></p>
<p><b>27</b>   </p> <p><b>8:30 - 10:30am *Transportation to churches in Palm City</b> 12:00pm Catholic Services on Channel 243 <b>12:45pm *Kravis Center Opera Series, "La Traviata"</b> 2:00pm Open Bridge, Card Rm</p>	<p><b>28</b>   </p> <p><b>8:00-3:00pm *Transp to Prof Offices</b> 9:00am Bocce Ball 9:30am Bible Study, Card Rm A 10:00am Hustlers 1:00pm Canasta, Card Rm B <i>2:00 pm Bookworms Meet, Library</i> 6:30pm Dominoes, Card Rm B</p>	<p><b>29</b>   </p> <p><b>9:00am *Publix Transportation</b> 9:00am Croquet Practice <b>11:00am *Walmart Transportation</b> 1:00pm Duplicate Bridge <b>1:30pm *Walgreens Transportation</b></p>



Wednesday	Thursday	Friday	Saturday
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<p><b>2</b> </p> <p><b>8am-3pm *Trans to Prof. offices</b>            9:00am Art Class, Art Studio            10:00am Hustlers            1:00pm Rummy Cube &amp; Mahjong</p>	<p><b>3</b> </p> <p><b>8am-3pm *Trans Prof. offices</b>            9:00am Croquet Practice            10:00am Travelogue, Card Rm A            1:00pm Hustlers  <b>1:00pm Needleworker's Guild, Lib.</b>            2:15pm English as a Second Language, Card Room A</p>	<p><b>4</b> </p> <p><b>10:00am *Shopping &amp; Lunch - Treasure Coast Mall</b>  <b>3:00pm How the Body Works, Card Room B</b>            7:00pm Bridge, Card Rm B    <b>Check the Wellness Calendar for all exercise classes</b></p>	<p><b>5</b> </p> <p>9:00am Croquet Practice            9:00am Ping Pong, Pavilion            9:30am Chipping, Putting, Horseshoes &amp; Shuffleboard            11:00am Deep Thinkers Chess, Lounge            1:00pm Hustlers            3:00pm &amp; 7:00pm Saturday In-House Movie, Card Rm A -- "Bridge On The River Kwai"            5:30pm Social Hour Sing-A-Long</p>
<p><b>9</b> </p> <p><b>8am-3pm *Trans to Prof. offices</b>            9:00am Art Class, Art Studio            10:00am Hustlers  <b>12:30pm *Kravis Center "On Your Feet"</b>            1:00pm Rummy Cube &amp; Mahjong  <b>2:00pm Cup of Joe with Perrigo, Pavilion</b>            5:45 pm Owners Reception, Clubhouse Lounge</p>	<p><b>10</b> </p> <p><b>8am-3pm *Trans Prof. offices</b>            9:00am Croquet Practice            10:00am Travelogue, Card Rm A            1:00pm Hustlers  <b>1:00pm The Needleworkers Guild</b>  <b>1:30pm Caregivers Support Group, Card Room B</b>            2:15pm English as a Second Language, Card Room A  <b>7:00pm Dreamer's Big Band Rehearsal, Pavilion</b></p>	<p><b>11</b> </p> <p><b>5:30pm *Lyric Theatre "Capital Steps"</b>            7:00pm Bridge, Card Rm B    <b>Check the Wellness Calendar for all exercise classes</b></p>	<p><b>12</b> </p> <p>9:00am Croquet Practice            9:00am Ping Pong, Pavilion  <b>9:00am Annual SHC Bridge Tournament, Card Rooms A&amp;B</b>            9:30am Chipping, Putting, Horseshoes &amp; Shuffleboard            11:00am Deep Thinkers Chess            1:00pm Hustlers  <b>1:30pm *Cummings Library - Alex Meixner</b>            3:00pm &amp; 7:00pm Saturday Movie, Card Rm A -- "12 Angry Men"</p>
<p><b>16</b> </p> <p><b>8am-3pm *Trans to Prof. offices</b>            9:00am Art Class, Art Studio            10:00am Hustlers            1:00pm Rummy Cube &amp; Mahjong  <b>2:00pm Genealogy Club, Card Room A</b>  <b>3:00pm SHC Foundation Board of Directors Meeting - Conf. Rm</b>  <b>5:00pm *Dine Around - 18 Seminole Street</b></p>	<p><b>17</b> </p> <p><b>8am-3pm *Trans to Prof. offices</b>            9:00am Croquet Practice            10:00am Travelogue, Card Rm A  <b>12:00noon *Birthday Luncheon</b>            1:00pm Hustlers  <b>1:00pm The Needleworkers Guild, Library</b>  <b>1:00pm Library Cmte, Conf Rm</b>  <b>2:00pm Social Committee, Conf Rm</b>            2:15pm English as a Second Language, Card Room A</p>	<p><b>18</b> </p> <p><b>12:30pm *Lyric Atlantic Classical Orchestra</b>            7:00pm Bridge, Card Rm B    <b>Check the Wellness Calendar for all exercise classes</b></p>	<p><b>19</b> </p> <p>9:00am Croquet Practice            9:00am Ping Pong, Pavilion            9:30am Chipping, Putting, Horseshoes &amp; Shuffleboard            11:00am Deep Thinkers Chess, Lounge            1:00pm Hustlers            3:00 &amp; 7:00pm Saturday In-House Movie, Card Rm -- "Night Of The Iguana"</p>
<p><b>23</b> </p> <p><b>8am-3pm *Trans to Prof. offices</b>            9:00am Art Class, Art Studio            10:00am Hustlers  <b>12:45pm *Maltz Theatre - "Mamma Mia"</b>            1:00pm Rummy Cube &amp; Mahjong</p>	<p><b>24</b> </p> <p><b>8am-3pm *Trans to Prof. offices</b>            9:00am Croquet Practice  <b>9:00am Finance Cmte, Conf Rm</b>            10:00am Travelogue, Card Rm A            1:00pm Hustlers  <b>1:00pm The Needleworkers Guild, Library</b>            2:15pm English as a Second Language, Card Room A  <b>7:00pm Dreamer's Big Band Rehearsal, Pavilion</b></p>	<p><b>25</b> </p> <p><b>9:30am Residents' Council, Conference Rm</b>    <b>10:00am *South Florida Science Center, West Palm Beach</b>            7:00pm Bridge, Card Rm B    <b>Check the Wellness Calendar for all exercise classes</b></p>	<p><b>26</b> </p> <p>9:00am Croquet Practice            9:00am Ping Pong, Pavilion            9:30am Chipping, Putting, Horseshoes &amp; Shuffleboard            11:00am Deep Thinkers Chess, Lounge            1:00pm Hustlers            3:00 &amp; 7:00pm Saturday In-House Movie, Card Rm A -- "Forrest Gump"            5:30pm Social Hour Sing-A-Long, Clubhouse Lounge</p>
<p><b>30</b> </p> <p><b>8am-3pm *Trans to Prof. offices</b>            9:00am Art Class, Art Studio            10:00am Hustlers  <b>10:00am *Tour of Jonathan Dickinson Park &amp; Lunch at Harry and the Natives, Hobe Sound</b>            1:00pm Rummy Cube &amp; Mahjong</p>	<p><b>31</b> </p> <p><b>8am-3pm *Trans to Prof. offices</b>            9:00am Croquet Practice            10:00am Travelogue, Card Rm A            1:00pm Hustlers  <b>1:00pm The Needleworkers Guild, Library</b>            2:15pm English as a Second Language, Card Room A  <b>7:00pm *Trivia Night, Card Room</b></p>	<p><b>CROQUET CLUB NEWS</b></p> <p><b>E</b>ffective January 1, 2019 Don Bailey will retire as President of the Croquet Club. He will be succeeded by Fran Atwood. Lilly Ann Bailey will be the Vice President. Their term will be 3 years. Don will continue to be available for lessons in croquet for those who would like to improve their game. You may call Don at 283-0742 if you are interested in lessons.</p>	



## Upcoming Theater Events & Concerts 2019

Kravis Center – Wed. January 9, “On Your Feet” ....Bus departs at 12:30p.m.  
 Lyric Theater –Fri. Jan.11, “Capitol Steps”....Bus departs the Clubhouse at 5:30 p.m.  
 Lyric Theater Fri. Jan. 18, Atlantic Classical Orchestra....Bus departs the Clubhouse at 2:30 p.m.  
 Maltz Jupiter Theater –Wed. Jan. 23, “The Mamma Mia”....Bus departs at 12:45p.m.

### BINGO & BURGERS AT ARCHIE’S

Once again we will journey north to Ft. Pierce for a great lunch and a fun day of Bingo and cash donated to local charities. The date will be Monday, January 21. The bus will depart at 1:30p.m. Everyone is welcome to join us! Sign up in the Activity book or Odyssey.

### PALM BEACH OPERA

Palm Beach Opera presents Giuseppe Verdi's "La Traviata" which will be held on Sunday, January 27 at the Kravis Center. The bus will depart the Clubhouse at 12:45p.m.

### JONATHAN DICKINSON STATE PARK



Come and join Phyllis and Kerry as we experience the great outdoors with a one hour guided river boat tour of the Loxahatchee river and a guided tour of Trapper Nelson’s 1930 pioneer homestead. Following our tour we will stop for lunch at Harry and the Natives. The date for our one day adventure is Wednesday, January 30. Our bus will depart the Clubhouse at 10 a.m. Please note: Moderate walking is involved. Also a Boat Tour, if weather and tide permit. Sign up in the Activity book or Odyssey.

### TRIVIA NIGHT 2019

Come join us for Trivia on Thursday, January 31 in the Card room at 7:00 p.m. Please be sure to sign up your teams in the Activity Book.

### AIRPORT / SEA PORT SERVICE

DESTINATION	JUPITER	HOBE SOUND	STUART/PALM CITY	JENSEN BEACH	PORT ST. LUCIE
PALM BEACH	\$60.00	\$65.00	\$70.00	\$75.00	\$75.00
FT. LAUDERDALE	\$120.00	\$125.00	\$130.00	\$135.00	\$140.00
MIAMI	\$150.00	\$150.00	\$150.00	\$155.00	\$160.00
ORLANDO	\$200.00	\$200.00	\$190.00	\$185.00	\$175.00
MELBOURNE	\$140.00	\$140.00	\$135.00	\$125.00	\$120.00

RC-002 revised 10-15-2015

WE ACCEPT VISA, MASTER CARD, DISCOVER & AMERICAN EXPRESS

NO 2nd PERSON FEE UNLESS ADDITIONAL PICK UP OR DROP OFF	HOURLY RATE: \$30 LOCAL \$40 OUT OF AREA	WAITING CHARGE IF PLANE IS OVER ONE HOUR LATE \$20.00 PER HOUR
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portsunlimited@gmail.com

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 Call: 772.678.2790  
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A US CARENET and LDS Partnership

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**Stuart, FL**

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 Provider #: 10-9028

#### Certified Home Health Services

- Skilled Nursing
- Home Health Aide
- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Medical Social Services
- Durable Medical Equipment (DME)

#### Private Duty Home Care Services

- 24/7 Care (CNA or Nurse)
- Homemaker Services
- Bathing & Grooming
- Social Outings
- Nurse Concierge
- Physician Appointments
- Medication Reminders
- Pill Box Management

#### Nurse Practitioner Clinic

- Monday - Friday  
9:00 am to 3:00 pm
- Saturday  
9:00 am to 1:00 pm
- Prescriptions Written
- Urgent Care • Injections
- Home Visits

**772-288-7386**

**Call for Appointment**  
**772-419-2789**



**SANDHILL COVE COMMITTEE MEETINGS**

Residents' Council - 4th Friday at 9:30 AM  
 Finance Committee - 4th Thursday at 9:00 AM  
 Social Committee - 3rd Thursday at 2:00 PM  
 Executive Director's Meeting - 2nd Wednesday at 2:00 PM  
 Sandhill Cove Foundation, Inc., Board of Directors -  
 3rd Wednesday at 3:00 PM

Landscape Committee - 1st Monday at 2:00 PM  
 Food & Bev. Committee - 1st Monday at 10:00 AM  
 Health Care Committee - 3rd Monday at 3:00 PM  
 Marketing Committee - 2nd Tuesday at 10:30 AM  
 House., Maint. & Sec. Committee - 3rd Monday at 9:30 AM  
 Library Committee - 3rd Thursday at 1:00 PM

**SOUTH FLORIDA SCIENCE  
 CENTER AND AQUARIUM**



There is a traveling blockbuster exhibit on display this season at the Science Center the "Dinosaur Invasion" a very interactive and hands on exhibition, which allows you to experience the age of reptiles brought back to life in an indoor and outdoor environment with 20 life-size dinosaur animatronics, a multi-layered narrative, and cutting-edge research. They also have 4,000 gallons of fresh and salt water aquariums featuring both local and exotic marine life, a dedicated Florida Exhibit Hall with a Conservation Research Station, an Everglades Exhibit showcasing the richly diverse ecosystem that the Everglades water-environment supports. Our trip is planned for Friday, January 25. Our bus will depart the Clubhouse at 10 a.m. Reservations required. Admission fee is \$16.00 p.p. Sign up in the Activity book or Odyssey. Moderate walking involved.

A Full Service Florist

**Martin Downs**  
 FLORIST

2830 S.W. Mapp Road  
 Palm City, Florida 34990  
 772-220-1310  
 800-780-1310

www.martindownsflorist.com

**Lyric Theatre  
 2019 Season Line-Up**

*The Capital Steps Presents*  
**"Make America Grin Again"**  
 Friday, January 11, 2019 - Bus departs 5:30pm

**"Broadway at the Movies"**  
 Wednesday, February 6, 2019 - Bus departs 6:30pm

**"Yakov Smirnoff" - Happily Ever laughter**  
 Wednesday, February 13, 2019 - Bus departs 6:30pm

**"Live from Nashville"**  
 Monday, February 25, 2019 - Bus departs 6:30pm

**"Sicilian Tenors"**  
 Tuesday, March 26, 2019 - Bus departs 6:30pm

**BE SURE TO SIGN UP IN THE THEATRE BOOK  
 OR ON ODYSSEY**

*If you require transportation, please indicate that when  
 you sign up in the Theatre Book*

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**ATTENTION: SANDHILL COVE RESIDENTS**

**ARTIST MARILYN JOHANSEN WILL PRESENT:**

**WWII POW/BEHIND THE WIRE**

**MONDAY, JANUARY 14, 2019 AT 1:00 p.m.**

**IN THE PAVILION**

Marilyn is the daughter of a WWII POW, Eugene F. Phillips, who was held at STALAG III POW Camp from 1943—1945 and was part of "THE GREAT ESCAPE". Her presentation includes a documentary movie and historical timeline with Q&A period in a 1 1/2 hour presentation.

Marilyn has attended the 2012 and 2013 STALAG LUFT III reunions and has personally met with numerous POWs which inspired her watercolor painting series, Soldier Stories. Some of her artwork will be on display.

Join us for an afternoon of history, discovery & desserts.

RSVP to Marketing 220-1090

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## **ORGANIZED ACTIVITIES**

### **Duplicate Bridge - Card Room**

Co-Chairs: Dee Rice, Nancy Int-Hout  
Tuesdays at 1:00 p.m. Sign up in advance with partner. Singles call the chairman. Entry fee is \$2.00. Guests welcome.

### **Partnership Rubber Bridge - Card Room**

Co-Chairs: Nancy Int-Hout & Anna Snapp  
Friday evening at 7:00 p.m. Organized partnership game of Rubber Bridge, play with your own partner and chang tables every 4 hands. Tables of 4 players. Sign up in advance. Entry fee \$1.00.

### **Needle Worker's Guild**

Leaders: Maria Campbell | Louise Freeman  
Every Thursday at 1:00 PM

### **Bible Study**

Leader: Lilly-Ann Bailey | 9:30 a.m. - Mondays

### **Billiards**

Wednesday 10:00 AM, Saturday 1:00 PM  
Thursday 1:00 PM

Jeanne Marmitt - Mon. 10:00 AM | Open Games Daily

### **Bingo Games**

Co-Chair: Louise Freeman & Don Bailey  
1st & 3rd Tues. - 7:30 p.m.

### **Bocce Ball**

Mondays at 9:00 a.m.

### **Book Club**

Last Monday of the month - 2:00 p.m.

### **Chipping & Putting**

Bill & Nancy Treece, Dottie Hamilton: Saturdays - 9:30 a.m.

### **Horseshoes**

Frank Menagh: Saturdays - 9:30 a.m.

### **Ping Pong**

Jane Coutts | Saturdays - Pavilion - 9:00 a.m.

### **Mahjong**

Chair: Jean Brennan | Wed. & Sat. - 1:00 p.m. - Card Room

### **Board Rummy Cube**

Wednesdays at 1:00 p.m. - Card Room

### **SHC Croquet Club**

Pres.: Fran Atwood; VP: Lilly Ann Bailey  
Practice: Tues, Thur & Sat at 8:30 a.m.

### **Art Classes**

Wednesdays from 9:00 AM - Noon ... Doris O'Connor

### **Shuffleboard**

Scorekeeper: Jeanne Jarden | Saturdays - 9:30 a.m.

### **Canasta**

Mondays - 1:00 p.m.

### **Dominoes**

Mondays - 6:30 p.m. - Card Room

### **The Sandhill Thespians**

On hiatus until after the New Year

### **Sandhill Cove Foundation Inc.**

President: Ty Forbush | Vice President: Pete Morrissey  
Secretary: Louise Freeman | Treasurer: Keith Klarin  
Lilly-Ann Bailey | Ethel Christin | Roger Folts | Don Harper  
Anne Holmberg | Bobbie Spillman

*A variety of board games are available  
in the Card Room.*



## SANDHILL COVE COMMITTEES

**Residents' Council**  
**President - Helen Sebold**  
**Vice Pres - Louise Freeman**  
**Secretary - Barbara Folts**  
**Treasurer - George Stewart**

**Class of 2019:**

Barbara Folts  
 Helen Sebold  
 George Stewart

**Class of 2020:**

Ellyn Capper  
 Ty Forbush  
 Elmer Jacobs

**Class of 2021:**

Richard Blagbrough  
 Louise Freeman  
 Merrill Snyder

**Finance Committee**  
**Chairman - George Stewart**  
**Secretary - Robert Forbush**

**Class of 2019:**

Roger Folts  
 Donald Gross  
 Keith Klarin  
 George Stewart

**Class of 2020:**

Robert Angland  
 Robert Forbush  
 Bruce Nichols

**Class of 2021:**

William Collins  
 Peter Corbett

**FLICRA Committee**  
**Chairman - Louise Freeman**

Doris Bedell  
 Robert Forbush  
 Jane Mace  
 Pete Morrissey  
 Doris O'Connor

**Food & Beverage Committee**

**Chairman - Joan Collins**

Justine Angland  
 Lilly-Ann Bailey  
 Doris Bedell  
 Marie Bissell  
 Maria Campbell  
 Ellyn Capper  
 Mary Lou Haines  
 Joanne Hogleund  
 Pat Klarin  
 Helen Natoli  
 Glenn Paxton  
 Marilyn Sterett

**Landscape Committee**  
**Chair - Barbara LaMirand**  
**Secretary - Barbara Folts**

Genie Buchanan  
 Dolly Hunnicutt  
 Jean McKay  
 Claire Merkel  
 Robert Peters  
 Henry Salver  
 Bobbie Spilman  
 Edith Stocks  
 Norma Wright

**Social Committee**  
**Chairman - Dee Rice**  
**Co-Chair - Jody Comas**  
**Secretary - Anna Snapp**

Genie Buchanan  
 Julie Bennett  
 Jennie Falbey  
 Mary Lou Haines  
 Ty Forbush  
 Grace Nola  
 Marti Sellers

**Health Care Committee**

**Chairman - Henry Salver**

Robert Bailey  
 Ann Coffin  
 Curt Coutts  
 Joe Kelley  
 Helen Natoli  
 Robert Nordin  
 Pat Principe  
 Bobbi Spilman  
 Judy Williams

**Library Committee**

**Chair - Fran Atwood**

**Treasurer - Sarah Armellini**

Fran Atwood  
 Shirley Baer  
 Julie Bennett  
 Ruth Daunoras  
 Jean Diferico  
 Jean Eldridge  
 Dolores Gross  
 Dolly Hunnicutt  
 Nancy Int-Hout  
 Barbara LaMirand  
 Sue Morrissey  
 Nancy Murphy  
 Diane Nichols  
 Grace Nola  
 Barbara Nordin  
 Glenn Paxton  
 Edith Stocks  
 Marji Riemersma  
 Barbara Wood

**Marketing Committee**

**Chairman - Sherry Corbett**

Les Applegate  
 Shirley Baer  
 Genie Buchanan  
 Jody Comas  
 Geoffrey & Jennie Falbey  
 Joy Funston  
 Kathy Garlington  
 Mary Lou Haines  
 Patricia Hendricks  
 Marianne Hickey  
 Pat Klarin  
 Teresa McCall  
 Bruce Nichols  
 Grace Nola  
 Margie Riemersma  
 Anna Snapp  
 LaVaughn Tilton

**HMS Committee**  
**Conservation Committee is a subcommittee**

**Chairman - Bob Nordin**

Julie Bennett  
 Maria Campbell  
 Ann Coffin  
 Jane Coutts  
 Jennie Falbey  
 Helen Lavery  
 Nancy Treece

**Design Consultation Committee**  
**Chair - Maria Campbell**  
**Secretary - Barbara Nordin**

Ellyn Capper  
 Louise Freeman  
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William H. Davenport, M.D.  
 John M. Guerrero, M.D.  
 Nelson C. Klaus, III, M.D.  
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