

SANDHILL COVE

RETIREMENT LIVING

CHRONICLE



Managed by  Life Care Services® Celebrating 33 Years August 2026



Caretta Caretta, acrylic paint on canvas by Jerry Rice



Employees of the MONTH

Franchot Pean, Inventory Specialist, is the Sandhill Cove Employee of the Month for August.

Franchot started at Sandhill Cove in March 2025 after working for nearly a decade as Data Technician and Quality Analyst in the health care system in Broward County, Florida.

Franchot has an associate's degree in software development. When he is not working, he enjoys



coding, programming crypto bots, and playing basketball. Franchot also enjoys spending time with his girlfriend. They like to travel and most recently visited Atlanta and his girlfriend's family in Curacao.

He was nominated for this award for keeping our maintenance inventory up and running and the maintenance team well supplied with parts and tools. He has a willingness to help other staff members in any way and at times also assists with the supply room at Water's Edge.

Tara Reed, Dietary Server, is the Water's Edge Employee of the Month for August.

Tara has been employed in our community since July 2004. Yes! She just passed 22 years of outstanding service in our Dietary department! When she started at Sandhill Cove, she was attending Martin County High School.

Health Center Administrator, Erin Montegut nominated Tara for this award. Erin said that Tara consistently practices the Hospitality Promises with her residents and co-workers and is a true food service professional. Tara is known for providing excellent customer service to the residents of



Water's Edge. She is accurate, knowledgeable and shows a willingness to assist new hires.

Tara stated that she loves being around our residents.

The Registered Dietitian and Nutrition Manager, Janine Killeen, added, "Tara goes

above and beyond to provide the best care to our residents and is sincere about it."

Congratulations Franchot & Tara August 2026 Employees of the Month!

Sandhill Cove Resident Meetings

Food & Beverage Comm. - August 6 @ 1:00pm, Pavilion

Landscape Comm. - August 10 @ 2:00pm, Pavilion

Cup of Joe w/ Perrigo - August 12 @ 2:00pm, Pavilion

Life Enrichment Comm. - August 14 @ 2:00pm, Pavilion

Health Care Comm. - August 17 @ 2:00pm, Pavilion

HMS Comm. - August 20 @ 1:00pm, Pavilion

Finance Comm. - August 28 @ 1:00pm, Pavilion

Residents' Council - August 28 @ 2:30pm, Pavilion

Closed meetings:

Foundation B.O.D. - no meetings until September

Scholarship Comm. - no meetings until November



A Man for All Seasons

Not long ago, the Sandhill Cove Foundation lost the first President of its Board of Directors, and the United States lost one of its WWII heroes. His name was Jack Brauntuch.

Jack was 101 years old. But if you met him, you'd never know it. Jack had an uncanny ability to engage in a dialogue that quietly turned into a monologue moving seamlessly from topic to topic without stopping.

More than 80 years ago, Jack Brauntuch helped storm Omaha Beach. He was in the second wave of infantrymen to hit the beach, a beach full of fear and chaos, exploding bombs and screaming voices. "But," says Jack, "that was our job. We had to soften up the German front before the next wave of allied infantrymen arrived."

Jack Brauntuch received the Purple Heart and a Bronze Star for his service. He knew he was lucky. So, when he came back home, he went to Columbia University. That helped prepare him for a very successful career in a variety of executive positions with high profile, not-for-profit organizations.

Jack came to Sandhill Cove in 2013 after serving as Executive Director of the JM Charitable Foundation. When the Sandhill Cove Foundation started in 2015, Jack became the President, bringing his extraordinary philanthropic experience, vision and leadership to the fledgling organization. Jack served for several years on the Foundation Board and then, after formally stepping down, he continued to share his wisdom and counsel with those who followed.

Recently, the JM Foundation made a significant donation to the Sandhill Cove Foundation in honor of Jack Brauntuch. This remarkable generosity reflects the dedication and expertise Jack Brauntuch brought to that organization before he set foot at Sandhill Cove.

We are profoundly grateful for this gift and for everything Jack has done for our Foundation. Without his wisdom and leadership, we might never have been able to provide more than \$1.5 million in scholarships that helped change the lives of more than 300 Sandhill Cove employees and their children. And Jack's legacy will continue to make a difference for generations to come.

Thank you, Jack, for believing in the Foundation's mission, for investing in our people and for giving them a future they never dreamed possible.

Godspeed, Jack Brauntuch



Luau Dinner & Polynesian Performance



Aloha! Join us on **Monday, August 3**, for a Luau Party! The evening starts with Happy Hour in the Clubhouse from 4:00pm to 5:00pm. Buffet dinner will begin at 5:00pm in the Pavilion. At 6:15pm, enjoy an exciting Polynesian performance featuring both male and female dancers. Residents will have the chance to learn the dances and take photos with the dancers. Tropical attire encouraged. Make reservations at the Hostess Desk or over the phone.

Mystery Lunch

Where we're going, no one knows!! Jump on the bus **Tuesday, August 4** for a flavorful Mystery Lunch. The bus departs from the Clubhouse at 12:00pm. Sign up in the Activity Book. Don't miss out on this delicious mystery!

Pavilion Presents

Experience another amazing installment of Pavilion Presents on **Wednesday, August 5** at 2:00pm in the Pavilion. Enjoy Ted Talks and more on the big screen. Sign up in the Activity Book recommended, but not required.

Bake Sale to Benefit Walk to End Alzheimer's

Treat yourself to a delicious selection of baked goods on **Thursday, August 6** from 9:00am to 12:00pm in the Clubhouse Atrium. All proceeds will benefit Alzheimer's research through the Treasure Coast's Walk to End Alzheimer's.

Spintopia Game Time!

Spin the wheel and test your word-solving skills in the Community Connections Room for Spintopia, a fun, fast-paced game that's just like Wheel of Fortune! We'll play on **Thursday, August 6** and **Thursday, August 20** at 2:00pm. Sign up in the Activity Book.

Age Well Lecture: Medications

Managing medications is an important part of healthy aging. Dr. Nicole Brandt, a geriatric pharmacy expert, will outline age-friendly approaches to understanding prescriptions and strategies for having meaningful conversations with healthcare teams, ensuring medication plans are safe, effective, and aligned with personal health goals on **Thursday, August 6** at 2:00pm in Card Room A. Space is limited; sign up in the Activity Book to reserve your seat.

Friday Night Movies

-**August 7** - Tammy & the Bachelor @ 7:00pm
Community Connections Rm. Sign up in Activity Book
August 14 - Romancing the Stone @ 7:00pm
Community Connections Rm. Sign up in Activity Book
-**August 21** - Peggy Sue Got Married @ 7:00pm
Community Connections Rm. Sign up in Activity Book
-**August 28** - The Karate Kid (1984) @ 7:00pm
Community Connections Rm. Sign up in Activity Book

Shopping at the Garden's Mall

Look for the latest fashion, a special gift, or just stroll the shops at the Garden's Mall on **Monday, August 10**. Bus departs the Clubhouse at 9:30am. Lunch is on your own. Sign up in the Activity Book.

Aging with Grace & Wisdom

Join us on **Monday, August 10** at 2:00pm in the Community Connections Room for Aging with Grace & Wisdom, led by Laura Morgan, Grief Counselor. This thoughtful, guided group offers residents an opportunity to explore how change and loss can shape growth, resilience, and deeper understanding. No prior experience or sharing is required. Participants are welcome to listen, reflect, and engage at whatever level feels most comfortable.

Couples Anniversary Dinner

We are pleased to invite you to a special Couples Anniversary Dinner on **Tuesday, August 11** at 5:00pm in the Coral Reef Room. This invitation-only event is a chance to celebrate milestones and cherished memories in an intimate dining experience. Please RSVP with the Life Enrichment Office by Friday, August 7. We look forward to celebrating this special occasion with you!

New Resident Breakfast

We are delighted to host an exclusive New Resident Breakfast on **Wednesday August 12** at 9:30am in the Waterfront Dining Room. This invitation-only gathering is a special opportunity for new residents to meet one another, while also connecting with key staff members. Enjoy a delicious breakfast in a welcoming setting while learning more about our vibrant community. Please RSVP to Life Enrichment to confirm your attendance.

Jewelry-Making Craft

Get creative at our Jewelry-Making Craft on **Wednesday, August 12** and **Wednesday, August 26** from 11:00am to 12:00pm in the Art Studio. No experience or sign up needed. Bring your creativity!

Bingo for Brain Fitness

Stimulate your memory and refine your mental agility on **Wednesday, August 12** from 12:30pm to 1:30pm in the Card Rooms with BINGO for Brain Fitness. Join the fun before attending Cup of Joe with Perrigo at 2:00pm.

Wine Pairing Dinner

The Culinary Team invites you to a special five-course wine pairing dinner in The Cove on **Wednesday, August 12** at 5:30pm. Limited space available; reservations at the Hostess Desk required. Don't miss this flavorful dining experience!

Age Well Lecture Series: The Resilient Brain

Did you know your brain never stops evolving? Join Dr. Lisa D'Angelo on **Thursday, August 13** at 11:00am in the Community Connections Room for an Age Well Lecture Series presentation exploring the science of neuroplasticity and what it means for maintaining cognitive vitality as we age. Discover the latest neuroimaging research and learn practical, evidence-based habits that can help build new neural connections, support brain health, and keep your mind sharp for years to come. Space is limited; please sign up in the Activity Book to reserve your seat.

TRIVIA Night!

TRIVIA! in the Pavilion on **Wednesday, August 19** at 6:30pm. Team members should check your name off in the Activity Book if you are participating. Teams are limited to 10 members. Trivia Buffet in the Waterfront Dining Room begins at 5:00pm.

LiveWell Lecture Series: Isometrics & Mindfulness

Discover how the powerful combination of isometric exercise and mindfulness can enhance strength, balance, focus, and overall well-being on **Thursday, August 20** at 10:00am in Community Connections. In this LiveWell Lecture Series, learn the science behind holding steady, purposeful movements while calming the mind to reduce stress and improve physical resilience. All are welcome.

Ceramics Painting

Join us on **Thursday, August 20** from 12:00pm to 1:00pm in the Art Studio for Ceramics Painting. This month, residents can choose from a variety of ceramic pieces to paint. All supplies are provided; just bring your creativity! Sign up in the Activity Book.

Norton Museum of Art & Lunch

On **Monday, August 24** travel to the Norton Museum of Art in West Palm Beach for a day of art, history, and delicious dining. Explore exhibitions, including Art & Independence: America at 250, Cursed Images: Pictures Out of Context, and Recognition of Art by Women: In Retrospect, along with the museum's outstanding permanent collection and beautiful sculpture garden. Tickets are \$15 per person; lunch available at your own expense in the museum's on-site restaurant. Bus departs the Clubhouse at 9:00am. Sign up in the Activity Book.

Dine-Around

On **Tuesday, August 25**, the Dine-Around heads to The Gafford in Downtown Stuart for a delicious evening out with friends. The bus departs the Clubhouse at 5:00pm. Sign up in the Activity Book.

Restore & Unwind Retreat

Take a break from the busyness of the day and discover simple techniques to help reduce stress, improve focus, and cultivate a greater sense of calm on **Thursday, August 27** from 10:00am to 11:00am in the Card Rooms for a relaxing Wellness Restore & Unwind Retreat focused on Mindfulness. All are welcome.

Dinner & Movie Night

On **Thursday, August 27** our Dinner & Movie Night in the Pavilion will feature "Song Sung Blue", featuring Hugh Jackman and Kate Hudson as struggling performers whose Neil Diamond Tribute act sparks romance and unexpected success. The movie will begin at 4:00pm, with a buffet-dinner served immediately following. Reservations are required and can be made at the Hostess Desk.

Understanding Hospice Care

Learn about the levels of hospice care, differences between palliative care and hospice, how hospice services are paid for, and how to recognize when it may be time for hospice on **Monday, August 31** at 2:30pm in the Pavilion. Whether you're planning ahead for yourself or seeking information for a loved one, this presentation will provide valuable insights and answer your questions. Presented by VITAS Healthcare.

AUGUST

Sunday	Monday	Tuesday
Events in Deep Red bold with an asterisk(*) require Reservations <i>Committee Meetings are in Blue bold italics</i> Exercise Classes are in Purple bold an asterisk(*) require Reservations Important Channel 63 Airings are in Green bold Special Events are in Black bold		
2 Ping Pong "open play", Community Connections 8:45am *Trans. to Holy Redeemer Church 10:15am *Trans. to Holy Redeemer Church 10:30am *Trans. to Presbyterian Church	3 8:45am Plank Zone, Card Rms 9:00am Movin' & Groovin', Card Rms 10:00am Aqua Blast Class, Pool 10:00am Balance Class, Card Rooms 11:00am Gentle Stretch/Core, Card Rooms 1:00pm Mixed Bridge, Card Room A 4:00pm Luau Happy Hour, Club Atrium 5:00pm *Luau Dinner, Pavilion 6:15pm *Polynesian Dancers, Pavilion 	4 8:30am Croquet 9:00am *Publix Transportation 9:00am Circuit Class, Pavilion 9:30am Corn Toss, Card Rm A 10:00am Tai Chi Class, Pavilion 11:00am *Publix Transportation 11:00am Balance Class, Pavilion 12:00pm *Mystery Lunch???, Clubhouse 12:45pm Duplicate Bridge, Card Rms 1:00pm Rummikub, Game Room 1:00pm Seated Strength/ Core, Pavilion 1:30pm *Walgreens Transportation
9 Ping Pong "open play", Community Connections 8:45am *Trans. to Holy Redeemer Church 10:15am *Trans. to Holy Redeemer Church 10:30am *Trans. to Presbyterian Church	10 8:45am Plank Zone, Pavilion 9:00am Movin' & Groovin', Pavilion 9:30am *Shopping at the Garden's Mall 10:00am Aqua Blast Class, Pool 10:00am Balance Class, Pavilion 11:00am Gentle Stretch/Core, Pavilion 1:00pm Mixed Bridge, Card Room A 2:00pm Landscape Committee, Pavilion 2:00pm Aging with Grace, Community Connections	11 8:30am Croquet 9:00am *Publix Transportation 9:00am Circuit Class, Pavilion 10:00am Tai Chi Class, Pavilion 11:00am Balance Class, Pavilion 11:00am *Publix Transportation 12:45pm Duplicate Bridge, Card Rms 1:00pm Seated Strength/ Core, Pavilion 1:00pm Rummikub, Game Rm 1:30pm *Walgreens Transportation 5:00pm *Couples Anniversary Dinner, Coral Reef Rm
16 Ping Pong "open play", Community Connections 8:45am *Trans. to Holy Redeemer Church 10:15am *Trans. to Holy Redeemer Church 10:30am *Trans. to Presbyterian Church	17 8:45am Plank Zone, Pavilion 9:00am Movin' & Groovin', Pavilion 10:00am Aqua Blast Class, Pool 10:00am Balance Class, Pavilion 11:00am Gentle Stretch/Core, Pavilion 1:00pm Mixed Bridge, Card Room A 2:00pm Health Care Committee, Pavilion	18 8:30am Croquet 9:00am Circuit Class, Pavilion 9:00am *Publix Transportation 9:30am Corn Toss, Card Rm A 10:00am Tai Chi Class, Pavilion 11:00am Balance Class, Pavilion 11:00am *Publix Transportation 12:45pm Duplicate Bridge, Card Rms 1:00pm Rummikub, Game Rm 1:00pm Seated Strength/ Core, Pavilion 1:30pm *Walgreens Transportation
23/30 Ping Pong "open play", Community Connections 8:45am *Trans. to Holy Redeemer Church 10:15am *Trans. to Holy Redeemer Church 10:30am *Trans. to Presbyterian Church 08/30 Jimmy Buffett Day! Enjoy themed items during brunch	24/31 8:45am Plank Zone, Pavilion 9:00am Movin' & Groovin', Pavilion 10:00am Aqua Blast Class, Pool 10:00am Balance Class, Pavilion 11:00am Gentle Stretch/Core, Pavilion 1:00pm Mixed Bridge, Card Room A 8/24 9:00am *Norton Museum & Lunch, West Palm Beach 8/31 2:30pm Presentation: Understanding Hospice Care, Pavilion	25 8:30am Croquet 9:00am *Publix Transportation 9:00am Circuit Class, Pavilion 9:30am Corn Toss, Card Rm A 10:00am Tai Chi Class, Pavilion 11:00am Balance Class, Pavilion 11:00am *Publix Transportation 12:45pm Duplicate Bridge, Card Rms 1:00pm Rummikub, Game Rm 1:00pm Seated Strength/ Core, Pavilion 1:30pm *Walgreens Transportation 5:00pm *Dine Around: The Gafford, Downtown Stuart
08/30 Jimmy Buffett Day		

Wednesday	Thursday	Friday	Saturday
			
			1
			Ping Pong "open play", Community Connections 8:00am Croquet 9:30am Putting, Shuffleboard, Horseshoes 1:00pm Mahjongg, Card Rm B 3:30pm *Holy Redeemer Church Transport
5	6	7	8
8:45am Plank Zone, Pavilion 9:00am Movin' & Groovin', Pavilion 9:30am Putting 10:00am Aqua Blast, Pool 10:00am Balance Class, Pavilion 10:30am Gin Rummy, Game Rm 11:00am Gentle Stretch/Core, Pavilion 11:30am-1pm Root Beer Floats, ClubAtrium 1:00pm Mahjongg, Card Rm B 1:00pm Tech Support, Clubhouse Atrium 2:00pm *Pavilion Presents, Pavilion	8:30am Croquet 8:30am Circuit Class, Pavilion 9:00am Cardio Drumming, Pavilion 9:00am-12:00pm Bake Sale to Benefit Alzheimer's Walk, Clubhouse Atrium 10:00am Tai Chi Class, Pavilion 11:00am Balance Class, Pavilion 12:00pm Open Gym, Wellness Center 1:00pm Rummikub, Game Room 1:00pm Food & Beverage, Pavilion 1:00pm Seated Strength/ Core, Card Rm A 2:00pm *Spintopia Game! Cmmnty Cnnc 2:00pm *Age Well Lecture: Medications Use & Safety, Card Rm A	8:45am Plank Zone, Pavilion 9:00am Movin' & Groovin', Pavilion 10:00am Aqua Blast Class, Pool 10:00am Balance Class, Pavilion 11:00am Gentle Stretch/Core, Pavilion 11:00am Line Dancing, Clbhse Atrium 1:00pm Hand & Foot, Card Rms 6:30pm Partnership Bridge, Card Rms 7:00pm *Friday Night Movie, Community Connections	Ping Pong "open play", Community Connections 8:00am Croquet 9:30am Putting, Shuffleboard, Horseshoes 1:00pm Mahjongg, Card Rm B 3:30pm *Holy Redeemer Church Transport
Nat'l Root Beer Float Day			
12	13	14	15
8:45am Plank Zone, Pavilion 9:00am Movin' & Groovin', Pavilion 9:30am *New Resident Brkfst, WF Dining 9:30am Putting 10:00am Aqua Blast, Pool 10:00am Balance Class, Pavilion 10:30am Gin Rummy, Game Rm 11:00am Gentle Stretch/Core, Pavilion 11:00am Jewelry Making Craft, Art Room 12:30pm *Bingo for Brain Fitness, CardRms 1:00pm Mahjongg, Card Rm B 1:00pm Tech Support, Clubhouse Atrium 2:00pm Cup of Joe with Perrigo, Pavilion 5:30pm *Wine Pairing Dinner, The Cove	8:30am Croquet 8:30am Circuit Class, Pavilion 9:00am Cardio Drumming, Pavilion 10:00am Tai Chi Class, Pavilion 11:00am Balance Class, Pavilion 11:00am *Age Well Lecture: The Resilient Brain, Community Connections 12:00pm Open Gym, Wellness Center 12:00pm *B-Day Lunch, WF Dining Room 1:00pm Rummikub, Game Room 1:00pm Seated Strength/ Core, Pavilion 1:00pm Caregiver Support, Conf Rm 3:00pm Marketing Meeting, Pavilion	8:45am Plank Zone, Pavilion 9:00am Movin' & Groovin', Pavilion 10:00am Aqua Blast Class, Pool 10:00am Balance Class, Pavilion 11:00am Gentle Stretch/Core, Pavilion 11:00am Line Dancing, Clbhse Atrium 1:00pm Hand & Foot, Card Rms 2:00pm Life Enrichment, Pavilion 6:30pm Partnership Bridge, Card Rms 7:00pm *Friday Night Movie, Community Connections	Ping Pong "open play", Community Connections 8:00am Croquet 9:30am Putting, Shuffleboard, Horseshoes 1:00pm Mahjongg, Card Rm B 3:30pm *Holy Redeemer Church Transport
19	20	21	22
8:45am Plank Zone, Pavilion 9:00am Movin' & Groovin', Pavilion 9:30am Putting 10:00am Aqua Blast Class, Pool 10:00am Balance Class, Pavilion 10:30am Gin Rummy, Game Rm 11:00am Gentle Stretch/Core, Pavilion 11:30am-1pm Potato Treats, Club Atrium 1:00pm Mahjongg, Card Rm B 1:00pm Tech Support, Clubhouse Atrium 5:00pm *Trivia Buffet, Waterfront Din Rm 6:30pm *Trivia, Pavilion	8:30am Croquet 8:30am Circuit Class, Pavilion 9:00am Cardio Drumming, Pavilion 10:00am Tai Chi Class, Pavilion 10:00am LiveWell Lecture: Isometrics & Mindfulness, Community Connections 11:00am Balance Class, Pavilion 12:00pm Open Gym, Wellness Center 12:00pm *Ceramics Class, Art Room 1:00pm Rummikub, Game Room 1:00pm HMS Committee, Pavilion 1:00pm Seated Strength/ Core, Crd Rm A 2:00pm *Spintopia Game! Cmmnty Cnnc	8:45am Plank Zone, Pavilion 9:00am Movin' & Groovin', Pavilion 10:00am Aqua Blast Class, Pool 10:00am Balance Class, Pavilion 11:00am Gentle Stretch/Core, Pavilion 11:00am Line Dancing, Clbhse Atrium 1:00pm Hand & Foot, Card Rms 6:30pm Partnership Bridge, Card Rms 7:00pm *Friday Night Movie, Community Connections	Ping Pong "open play", Community Connections 8:00am Croquet 9:30am Putting, Shuffleboard, Horseshoes 1:00pm Mahjongg, Card Rm B 3:30pm *Holy Redeemer Church Transport
Nat'l Potato Day			
26	27	28	29
8:45am Plank Zone, Pavilion 9:00am Movin' & Groovin', Pavilion 9:30am Putting 10:00am Balance Class, Pavilion 10:00am Aqua Blast Class, Pool 10:30am Gin Rummy, Game Rm 11:00am Gentle Stretch/Core, Pavilion 11:00am Jewelry Making Craft, Art Room 1:00pm Mahjongg, Card Rm B 1:00pm Tech Support, Clubhouse Atrium	8:30am Croquet 8:30am Circuit Class, Pavilion 9:00am Cardio Drumming, Pavilion 10:00am Wellness Restore & Unwind Retreat - Mindfulness, Card Rooms 10:00am Tai Chi Class, Pavilion 11:00am Balance Class, Pavilion 12:00pm Open Gym, Wellness Center 1:00pm Rummikub, Game Room 1:00pm Seated Strength/ Core, Pavilion 4:00pm *Dinner & Movie - Song Sung Blue, Pavilion	8:45am Plank Zone, Pavilion 9:00am Movin' & Groovin', Pavilion 10:00am Aqua Blast Class, Pool 10:00am Balance Class, Pavilion 11:00am Gentle Stretch/Core, Pavilion 11:00am Line Dancing, Clbhse Atrium 1:00pm Hand & Foot, Card Rms 1:00pm Finance Committee, Pavilion 2:30pm Residents' Council, Pavilion 6:30pm Partnership Bridge, Card Rms 7:00pm *Friday Night Movie, Community Connections	Ping Pong "open play", Community Connections 8:00am Croquet 9:30am Putting, Shuffleboard, Horseshoes 1:00pm Mahjongg, Card Rm B 3:30pm *Holy Redeemer Church Transport

HAPPY Anniversary

Bruce & Karin Childers 08/07
 Paul & Barbara Uttormark 08/12
 Tom & Beth Coleman 08/16
 Pat & Betsy Lee 08/22
 Terry & Cec Malish 08/25
 Bill & Judy Miller 08/27
 Bill & Marina Sheehey 08/27
 Carol & Vincent Pianalto 08/30
 Tom & Kay Clements 08/31



Welcome to
Sandhill Cove!

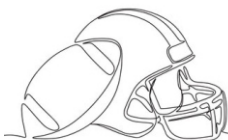
Glory Wills WS 303
 Jackie Holfelder GN 2233

Happy Birthday!

Kay Clements	August 03
Marilou Doll	August 06
Dick Reed	August 06
Linda Sugnet	August 06
Gail Nansen	August 07
June Tozzo	August 07
Gail Morrell	August 08
Carol Pianalto	August 08
Glory Wills	August 10
Cheryl Porter	August 11
Mary Jane Bolter	August 12
Terry Malish	August 13
Peggy Sheldon	August 21
Ron Nelson	August 25
Sue Morrissey	August 27
Frances Rines	August 27
Don Hall	August 28
Macon Brewer	August 29
Judy Miller	August 29
Jerry Abbott	August 30
Beth Coleman	August 30
Dollie Hunnicutt	August 30

Birthday Luncheon

August Birthdays: Please let us know if you are able to attend the Birthday Luncheon at 12:00pm on **Thursday, August 13** in the Waterfront Dining Room. Please sign up in the Activity Book.



Calling all Football Fans!

The NFL season is almost here, so be on the lookout for Football Huddle dates and times. Separate Men's Huddle and Ladies Huddle events will be offered, with the first games kicking off in September. Enjoy food & drinks while cheering on your team with fellow fans in the Coral Reef Room.

Give ping pong a try! Join us every Saturday and Sunday, all day long, in the Community Connections Room for friendly games and plenty of fun. All skill levels are welcome. Paddles and balls are provided. Looking for a partner or more information? Please contact resident Bill Hamilton.



Wellness Activities

Plank Zone

Monday, Wednesday, Friday: 8:45am-9:00am
Pavilion

Movin' & Groovin'

Monday, Wednesday, Friday: 9:00am-9:45am
Pavilion

Aqua Blast

Monday, Wednesday, Friday: 10:00am-10:45am
Pool

Gentle Stretch & Core

Monday, Wednesday, Friday: 11:00am-11:45am
Pavilion

Circuit Class

Tuesday: 9:00am-9:30am
Thursday: 8:30am-9:00am
Pavilion

Tai Chi for Balance & Arthritis

Tuesday, Thursday: 10:00am-10:45am
Pavilion

Balance Class

Tuesday, Thursday: 11:00am-11:30am
Monday, Wednesday, Friday: 10:00am-10:30am
Pavilion

Corn Toss

Tuesday: 9:30am-10:45am
Card Room A

Seated Strength & Core

Tuesday/ Thursday: 1:00pm-1:30pm
Pavilion or Card Rms

Cardio Drumming

Thursday: 9:00am-9:30am
Pavilion

Open Gym

Thursday: 12:00pm-1:00pm
Waterfront Wellness Center

Line Dancing

Friday: 11:00am-12:00pm
Clubhouse Atrium

Wii Bowling

Open Play | Game Room
Contact Wellness Department
to assist with team placement

Life Enrichment Activities

Mixed Monday's Bridge

Monday | 1:00pm | Card Room A

Duplicate Bridge

Tuesday | 12:45pm | Card Room |
Chair: Dee Rice | Sign up in advance with partner.
Singles call the chairman. Entry fee \$2.00

SHC Croquet Club

Tuesday & Thursday 8:30am | Saturday 8:00am

RummiKub

Tuesday & Thursday | 1:00pm | Game Room

Mahjong

Wednesday & Saturday | 1:00pm
Card Room B | Gail Morrell

Ladies Bible Study

on hiatus for the summer

Hand & Foot Card Game

Friday | 1:00pm | Shirley Kelley | Card Rooms

Partnership Bridge

Friday | 6:30pm | Card Room
Co-Chairs: Flo & Linc McGurk
Organized partnership game with "Chicago" scoring.
Sign up in advance with a partner. Entry fee \$2.00

Ping Pong

Saturday & Sunday | Open Play all day
Community Connections Room | Bill Hamilton

Billiards

Saturday & Sunday | Open Play all day | Game Room

Putting

Wednesday & Saturday | 9:30am
All Levels | Jon Robb

Shuffleboard

Saturday | 9:30am | Open Play

Horseshoes

Saturday | 9:30am | Open Play

Water Quality Program

Fla. Oceanographic | Flo McGurk & Judy Johansen

Library Ambassadors

on hiatus for the summer | Fran Atwood

Design Consultation

on hiatus for the summer | Jeanne Seyer

Marketing

2nd Thursday of the month | 3:00pm | Jill Burton



Isings Travel's
*Epic Journeys
Collection*

2026

- May 16 10 nights Portugal River Cruise plus 3 nights Lisbon
- July 18 9 nights Glacier National Park & The Canadian Rockies! - *4 spaces left*
- Aug 12 12 nights Voyage of the Vikings - Iceland & Greenland Cruise
- Oct 9 8 nights Hudson River Fall Foliage Small Ship Cruise - *2 cabins left*
- Nov 1 12 nights DUBAI & Arabian Nights - *2 Rooms left*
- Nov 23 11 nights Panama Canal Thanksgiving Cruise
- Dec 10 4 nights Christmas in Quebec at the Chateau Frontenac Hotel

2027

- Feb 23 13 nights Ancient EGYPT Pharaohs, Pyramids & Nile Cruise
- Apr 7 16 nights Grand Circle Gems of Japan Cruise - *2 spaces left*
- Jun 14 14 nights Great Rail Journeys of Switzerland - *2 Rooms Left*

**** CONTACT US TO BE PLACED ON THE EARLY WAITLIST!!**

- Apr 14, 2026 8 nights Mississippi River Cruise - *Waitlist Today!*

For Reservations & Information Contact

Isings Travel

561-395-4181 or (email) Jeannev@isingstravel.com

Celebrating 60 Years of Excellence

Beautiful Flowers, Artfully Arranged



772-283-1110

3846 SE Dixie Hwy
Stuart, 34497

PARK PHARMACY

700 E Ocean Blvd | Stuart, FL 34994

(772) 287-4049

Offering For Your Convenience:

- * Free Delivery *
- * Monthly Charge Accounts *
- * 24 Hour Emergency Service *
- * Nursing Home Service *
- * Competitive Pricing *
- * Drive through convenience *

Monthly Packaging Of Medications In
"The Medicine On Time System"
*An Easy & Convenient Way To Remember To
Take Medications*

Florida Registered Pharmacist
Edward A. Justice, R.Ph.



Sandhill Cove's Trusted Preferred Provider

On Site Care and Clinical Support

Call Today!
772-228-7386

Certified Home Health Services

- Skilled Nursing
- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Medical Social Worker
- Dietitian

Private Duty Home Care Services

- 24/7 Care
- Homemaker Services
- Bathing & Grooming
- Social Outings
- Nurse Concierge
- Transportation
- Medication Reminders
- Pill Box Management

License #21585096

Sandhill Cove Committees

Residents' Council

President - Stephen Kowel
Vice President - Paul Smith
Secretary - Justine Angland

Class of 2026:

Kay Clements
 Bruce Fitzgerald
 Sue Hershey

Class of 2027:

Don Hall
 Stephen Kowel

Class of 2028:

Justine Angland
 Katherine Dunne
 Terry Malish

Ex-Officio:

John Hayes

Finance Committee

Chair - Don Hall

Class of 2026:

Stephen Kowel

Class of 2027:

Sue Hershey

Class of 2028:

Justine Angland
 Tom Gilson
 Roy Hanover
 Jenni James
 Dan Lundstrom
 Pete Morrissey

Life Enrichment Committee

Judy Chamberlin
 Marsha Cetta
 Marilyn Foley
 Liz Goldsmith
 MJ Hamilton
 Sue Hershey
 Jenni James
 Betty Mahoney
 Carol Pianalto
 Vincent Pianalto
 Mary Vaux

HMS Committee

Chair - Jane Coutts

Secretary - Jennie Falbey

Mary Jane Bolter
 Sherry Corbett
 Geoffrey Falbey
 Marilyn Foley
 Jean Hayes
 Terry Malish
 Pat Morgan
 Lee Morrison
 Cheryl Porter
 Henry Salver
 Mary Ann Villalva

Food & Beverage Committee

Chair - Cec Malish

Secretary - Trish Smith

Justine Angland
 David Berger
 Marsha Cetta
 Carole Donnelly
 Marilyn Foley
 Diane Graczyk
 Liz Hall
 Anne-Marie Morton
 Maria Rivera Trudeau
 Barbara Uttormark

Health Care Committee

Chair - Mary Vaux

Carolyn Benninger
 Laurie Bohlke
 Jim Brown
 Ty Forbush
 Liz Hall
 Jenni James
 Martha O'Rourke
 Nancy Schroth

FLiCRA Committee

Chair - Fran Atwood
 Sue Hershey

SHC Foundation

Board of Directors

President - Joy Funston

Vice Pres. - Diane Graczyk

Treasurer - Helen Sebold

Secretary - Sandy Chapin

Secretary - Jon Robb

Tom Clements
 Kathy Garlington
 Jean Hayes
 Linc McGurk
 Lee Morrison
 David Shoaf
 Merrill Snyder
 Mary Vaux

Advisors

Bobbie Spilman
 Alan Woodruff

SHC Foundation

Scholarship Committee

Chair - Kathy Garlington

Les Applegate
 Joan Cromer
 Judy Johansen
 Jan Shostak
 Paul Smith
 Lynne Taddei

Landscape Committee

Chair - Rita Nelson

Secretary - Judy Johansen

Genie Buchanan
 Char Calabro
 Karin Childers
 Sherry Corbett
 Thomas Domagala
 Margaret Gray

*Applications for
 committees can be
 obtained at
 Guest Services.*



Cup of Joe with Perrigo

Join us in the Pavilion on **Wednesday, August 12** at 2:00pm for the monthly meeting with the Executive Director. The full agenda will be listed in your weekly newsletter, on the Resident Portal and on Channel 63. All are welcome to attend!



EYE CARE • SURGERY

STUART EYE INSTITUTE

OPTICAL CENTER

www.stuartheye.com (772) 287-8777

2090 S.E. Ocean Blvd. / Stuart, Florida 34996

William H. Davenport, M.D.
 John M. Guerrero, M.D.
 Nelson C. Klaus, III, M.D.
 Michael F. Carelli, O.D.
 Ryan D. O'Meilia M.D.
 Roger Romer, Optician



Sandhill Cove Retirement Living
1500 SW Capri St * Palm City, FL 34990 * 772-220-1090
www.SandhillCove.com