

SANDHILL COVE

RETIREMENT LIVING

CHRONICLE

An LCS Community



LCS



Celebrating 33 Years October 2026



"Live Oak by 110 South" quilting by Barbara Uttormark

Employees of the MONTH

Magarette Renoir and Dieumila Jean-Baptiste, Housekeepers, are the Sandhill Cove Employees of the Month for October.

Margarette and Dieumila were jointly nominated for this award in recognition of their outstanding work cleaning apartments after window replacements. They have consistently worked long hours each day while exemplifying our Hospitality

Promises through their dedication and positive attitude. Their nomination was submitted by Alex Sanabria, EVS Manager, and Errol Shippy, Custodian.



Margarette says what they both enjoy about working for Sandhill Cove is, “We come in happy and we go home happy.” Dieumila agrees.

Magarette came to Florida from Haiti 26 years ago. Her previous work experience was in the hotel industry in Ft. Lauderdale. She started at Sandhill Cove in 2019.

Dieumila came to Sandhill Cove in 2018. She previously worked at the Jensen Beach Marriott and prior to that in a citrus packing house. She has been in Florida 25 years, also arriving from Haiti.

When they are not working, they both enjoy cooking, spending time with their families and attending services and socials at church.

Carl Samuels, Dietary Aide is the Water’s Edge Employee of the month for October.

Carl works in both the Clubhouse Waterfront Dining Room and in Dietary Service at Water's Edge. Mr. Pete Morrissey nominated Carl for this award. Mr. Morrissey says, “If you look up

courteous or helpful in the dictionary, Carl's picture is in both places.” Shawn Perrigo, Executive Director, agreed with the nomination stating that Carl can often be seen dancing and singing with the residents as he goes about his work in Water's Edge.



Carl enjoys working at Sandhill Cove because of his interactions with the residents. He says there is never a dull moment and he enjoys laughing with them. He also enjoys the generous benefits the company provides and has been a recipient of the Sandhill Cove Foundation scholarship. He is currently finishing his business degree and may want to pursue law in the future.

Carl was born and raised in Florida. He grew up in Ft. Lauderdale and moved to the Treasure Coast six years ago. He enjoys music, has played drums and reads music. He enjoys a good joke and likes to have a good time. He is also very family oriented.

Carl is very honored to receive this award.

Congratulations Margarette, Dieumila & Carl October 2026 Employees of the Month!



“Finding a Road to Somewhere”

Oprah Winfrey was born in Kosciusko, Mississippi. She lived on a dirt road with her grandmother and later moved to Wisconsin with her mother. The family was so poor that Oprah wore dresses made from potato sacks. Oprah Winfrey was clearly on the “road to nowhere”.

The good news was that Oprah learned to read at the age of three and later earned the nickname “The Preacher” for reciting Bible verses in church. Her grandmother, Hattie May, encouraged Oprah to speak in public. It was Hattie May who “gave me a sense of myself” says Oprah. She later won an oratory contest that helped her earn a full scholarship at Tennessee State University.

Oprah majored in Communications and just like that her journey that appeared to be going “nowhere” was going “somewhere”. And fast.

She ended up being the hostess of the highest rated television talk show in the US, won several Emmy awards and later appeared in major Hollywood movies including *The Color Purple*.

Much like the Oprah Winfrey story, the Sandhill Cove Foundation helps employees and the children of employees of Sandhill Cove get off “the long road to nowhere”. While most of these did not experience the extreme poverty or grim life of Oprah Winfrey, many had little hope of getting the learning experience needed to be successful. For them, the idea of an advanced education seemed out of reach.

And, while a future success like that of Oprah Winfrey is unlikely, the young people connected to Sandhill Cove have had their lives changed by the Foundation. They have shed the shackles of a seemingly bleak future and are now on the “road to somewhere”.

Every month, from now until the awards ceremony, Sandhill Cove Foundation will tell a story in the Chronicle about our scholarship students. Residents will see how their generosity created a future for these young people. We hope you'll enjoy reading about these journeys as much as we have enjoyed making them possible.



Sandhill Cove Foundation, Inc.
Changing lives.

Happy Birthday!

Rosemary Brewer	October 04
Lowell Kafer	October 05
Charlotte Biggs	October 06
Marina Sheehey	October 06
Katherine Dunne	October 08
Jim Whittemore	October 09
Helen Breault	October 10
Kathie Kryla	October 13
James Rines	October 14
Julie Bennett	October 18
Peter Bisulca	October 21
Stephen Grimble	October 25
Mary Baysinger	October 29
Shirley Kelley	October 29
Claire Reed	October 29
Barbara Grimmer	October 31
Herb Harkins	October 31
Joan Sweeney	October 31

Birthday Luncheon

October Birthdays: Please let us know if you are able to attend the Birthday Luncheon at 12:00pm on **Thursday, October 8** in the Waterfront Dining Room. Please sign up in the Activity Book.

H A P P Y *Anniversary*

Dick & Claire Reed 10/01
Tom & Jane Gilson 10/05
Jerry & Janet Raider 10/06
Ron & Rita Nelson 10/16
Stuart & Pam Levy 10/18
Macon & Rosemary Brewer 10/24
Gerald & Marika Appell 10/31



*Welcome to
Sandhill Cove!*

John & Mallory Waterman
GN 2218
Stuart & Pam Levy
WS 216

Sandhill Cove Resident Meetings

Food & Beverage Comm. - October 1 @ 1:00pm, Pavilion
Life Enrichment Comm. - October 9 @ 2:00pm, Pavilion
Landscape Comm. - October 12 @ 2:00pm, Pavilion
HMS Comm. - October 15 @ 1:00pm, Pavilion
Health Care Comm. - October 19 @ 2:00pm, Pavilion
Finance Comm. - October 23 @ 1:00pm, Pavilion

Residents' Council - October 23 @ 2:30pm, Pavilion
Cup of Joe w/ Perrigo - October 28 @ 2:00pm, Pavilion
Closed meetings:
Foundation B.O.D. - October 21 @ 10:00am
Scholarship Comm. - no meetings until November

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, October 1** and **Thursday, October 15** at 2:00pm. Sign up in the Activity Book.

Country Western Day

Dust off your boots and break out your denim! **Friday, October 2** is Country Western Day at Sandhill Cove! Residents and staff are encouraged to wear their favorite country western attire all day, including jeans—in honor of Lee National Denim Day! Mosey on over to the Clubhouse Atrium from 11:00am to 12:00pm and give Line Dancing a try! No experience is necessary—learn a few steps, enjoy the music and have some fun.

Voter Assistance

Martin County Elections Representatives will be available to help residents check their voter registration status, request a Vote-by-Mail ballot, and answer questions about voting and the upcoming November election on **Friday, October 2** from 12:00–1:00pm in the Clubhouse Atrium.

Friday Night Movies

In Community Connections. Sign up in Activity Book.

-October 2 - The Upside @ 7:00pm

-October 9 - The Intern @ 7:00pm

-October 16 - It's Complicated @ 7:00pm

-October 23 - Arsenic & Old Lace @ 7:00pm

Sunday Football in the Lounge

Don't watch the games alone! Join your neighbors in the Lounge on **Sunday, October 4** for a full day of football! We'll kick things off at 9:30am with the Indianapolis Colts vs. Washington Commanders, playing live from London. Then, at 1:00pm, stick around for the Green Bay Packers at Tampa Bay Buccaneers. Everyone is welcome. Also, be sure to check out the Chicken Wing Contest during brunch. Who will be crowned Chicken Wing Champ??

LCS

Life+ Launch Party!

Explore, participate, and learn something new as we kick off LCS Life+ at Sandhill Cove on **Monday, October 5**, at 11:30am - 1:00pm in the Clubhouse Atrium. Visit all four Life+ pillar stations: Longevity, Nutrition, Connection, and Movement to be entered into a drawing for a special Life+ giveaway! Test your grip strength at "What's Your Grip?", try food and drink options thoughtfully selected to support healthy aging and cognitive wellness, add your thoughts to our Life+ Community Wall, and discover more about your balance with the Better Balance Challenge featuring Zibrio.

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Life+ Million Step Club

Residents and staff are invited to kick off the Million Step Club in the Card Rooms on **Tuesday, October 6** at 9:30am before heading out for our Community-Wide Walk! The Life+ Million Step Club is all about moving more, connecting with one another, and celebrating healthy living together—one step at a time. Whether you walk a little or a lot, every step counts toward our community goal! Water's Edge residents will walk at 11:00am. After the walk, enjoy Life+ Smoothies, full of brain-healthy, energy-boosting, and immunity-supporting ingredients, in the Clubhouse Atrium at 11:00am.

Online Lecture: The War in North Africa Part 1

Join us on **Tuesday, October 6** at 2:00pm in the Community Connections Room for a one-hour live, online lecture and Q&A exploring the opening phase of World War II's battles in North Africa. In the first lecture of this three-part series, historian Dr. Spencer Jones takes us back to 1940, when France had fallen and Britain stood alone against the Axis. Follow the dramatic beginnings of the North African campaign, from Italy's invasion of Egypt to the sweeping British to the Commonwealth victory in Operation Compass. Space is limited. Sign up in the Activity Book.

LCS

Life+ Medicare Presentation

On **Tuesday, October 6** at 3:00pm in the Pavilion, join us for the for the Annual Medicare Presentation to help you better understand your health insurance and answer any questions you may have. Staff from Sandhill Cove and Water's Edge explain how your coverage works, and an expert from Serving Health Insurance Needs for Elders (SHINE) will provide guidance on open enrollment.

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Life+ Taste of Martin County

The Taste of Martin County, a premier food and spirits tasting event takes place on **Tuesday, October 6** at Atlantic Aviation from 5:30pm–8:30pm. Executive Chef Aron and his team will be showcasing a special dish to more than 700 attendees. As part of LCS Life+, residents are encouraged to take the Life+ Taste Challenge—explore the event and find one food you've never tried before! The bus departs the Clubhouse at 5:00pm. Admission includes entry to the event and food and drink tastings; additional beverages will be available for purchase. Reserved seats will be available for Sandhill Cove residents who attend. Tickets are \$70 per person and will be purchased in advance and billed to your resident account. Sign up in the Activity Book.

Craft Class

If you enjoy crafting, creating, or simply lending a helping hand, please join Angela on **Wednesday, October 7** and **Wednesday, October 21** from 11:00am–12:00pm in the Art Room for a special craft class to create the Wellness Advent Calendars. No crafting experience is needed—just bring your creativity and willingness to help!

LCS

Life+ Expert Next Door

Join us at 12:00pm in the Pavilion on **Wednesday, October 7** for our Life+ Expert Next Door Showcase, where our resident experts will each take 10–15 minutes to share a skill, hobby, personal passion, or area of expertise with their neighbors. While you listen and learn, enjoy a selection of MIND-inspired snacks. Sign up in the Activity Book to help us with a head count, but all are welcome!

LCS

Life+ Pavilion Presents

A Life+ special Edition of Pavilion Presents will be held on **Wednesday, October 7** at 2:00pm in the Pavilion. This one-hour event will feature videos with a focus on the Life+ program's four pillars: Longevity, Nutrition, Movement, and Connection. Sign up in the Activity Book recommended, but not required. All are welcome.

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Life+ Sunset Qi Gong

End your day on **Wednesday, October 7** with a peaceful Sunset Qi Gong session at 7:00pm led by our own resident Qi Gong expert, Jon Hillen. Gather outside on the Sports Complex and unwind with gentle, meditative movements designed to calm the mind, loosen the body, and restore energy. No experience is necessary.

Ladies Bible Study

Ladies Bible Study returns on **Thursday, October 8** at 10:00am in the Conference Room. Join us for fellowship, meaningful discussion, and reflection as we grow together in faith. For more information, please contact Genie Buchanan.

LCS

Life+ Lunch & Learn

Enjoy a delicious lunch while learning how simple choices involving food and movement can make a difference in how we feel on **Thursday, October 8** at 11:30am in the Card Rooms. The Life+ Lunch & Learn: Move Your Mood will demonstrate how good nutrition and staying active can help support a healthier mood, increased energy, better sleep, and overall well-being. Sign up in the Activity Book.

LCS

Life+ Talks: Less Can Be More

On **Thursday, October 8** at 2:00pm in the Community Connections Room, join us for LCS Life+ Talks: Less Can Be More. Dr. Daniela Moga, whose research focuses on medication use in older adults and developing strategies to safely optimize treatment regimens, will dissect why taking multiple medications can sometimes become a concern as we age, and how medications may affect balance, energy, mood, and overall quality of life. Sign up in the Activity Book.

LCS

Life+ Wine & Connections

Stop by, enjoy a glass of red wine, meet someone new, catch up with a neighbor, and enjoy good conversation at Wine & Connections on **Thursday, October 8** at 4:00pm in the Community Connections Room. There is no agenda and no formal presentation. Raise a glass we celebrate the Connection pillar of LCS Life+!

LCS

Life+ Lecture: Planning Ahead

In a one-hour live online lecture, senior living expert Shari Ross will explore the emotional barriers that can make planning for future support difficult and share gentle, practical strategies for getting started on **Thursday, October 8** at 7:00pm in Community Connections. Learn how to move from uncertainty and avoidance toward thoughtful, informed planning before decisions become urgent. Space is limited; sign up in the Activity Book.

LCS

Life+ Tea Social

Gather with friends and neighbors for an Art of Tea Experience featuring a wonderful selection of hot and iced teas on **Friday, October 9** at 12:00pm in the Clubhouse Atrium for a special LCS Life+ Tea Social. Enjoy Earl Grey Crème, Egyptian Chamomile, Moroccan Mint, Peach White, and Apricot Escape, along with an assortment of sweet and savory treats.

LCS

Life+ Grand Celebration!

Bring LCS Life+ Launch Week to a close with our Life+ Grand Celebration on **Friday, October 9** from 4:00–7:00pm. This special evening will transform the Clubhouse into an interactive dining experience celebrating all four Life+ pillars—Longevity, Nutrition, Movement, and Connection. Adding to the celebration, enjoy live music from The Driftwoods from 4:30–7:30pm. This is more than dinner—it's a chance to graze, explore, enjoy live music, dance, and connect with neighbors. Please note that there will be no regular Waterfront dinner service. The Cove will be open for normal dinner service.

Ladies' Football Huddle



Ladies, gather with fellow football fans at 12:30pm in the Coral Reef Room on **Sunday, October 11** to watch the Las Vegas Raiders take on the New England Patriots and on **Sunday, October 18** to watch the Carolina Panthers take on the Philadelphia Eagles. Sign up in the Activity Book, and bring your \$5 cash to participate in a football contest.

Mystery Lunch

Where we're going, no one knows!! Jump on the bus **Monday, October 12** 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!

Peanut Island Day Trip

Join us on **Tuesday, October 13** for a fun trip to Peanut Island! Enjoy a short shuttle boat ride to this beautiful island, where you'll find shaded areas, crystal-clear water, and great opportunities for snorkeling or relaxing. There is a paved walking trail that loops around the island for a scenic stroll. Buses depart the Clubhouse at 9:00am. Cost: \$25 per person (includes shuttle boat transportation). We'll provide a bagged lunch and plenty of water, so just bring sunscreen and a sense of adventure! *Please Note: Due to the boat transfer, walkers and scooters cannot be accommodated.* Sign up in the Wellness Book (located next to the gym).

Bingo for Brain Fitness

Stimulate your memory and refine your mental agility on **Wednesday, October 14** from 12:30pm to 1:30pm in the Card Rooms with BINGO for Brain Fitness.

Flu Shot Clinics

Flu shots will be available in Community Connections on **Wednesday, October 14** and **Friday, October 16**, from 1:00pm to 3:00pm. Please sign up for your time slot at the Guest Services to reserve your appointment.

U.S. Marine Band at the Kravis

On **Wednesday, October 14**, join us on a special trip to the Kravis Center to see "The President's Own" United States Marine Band perform in. The concert is free; Sandhill Cove has secured 14 resident tickets. All ticket holders must be seated before 7:15pm. The bus will depart the Clubhouse promptly at 5:45pm. Sign up in the Activity Book.



Pink Doughnut & Bagel Day

Enjoy a selection of bagels and sweet pink doughnuts on **Thursday, October 15** at 9:30am in the Clubhouse Atrium for Pink Bagel & Doughnut Day. This special event is dedicated to supporting Breast Cancer Awareness and we encourage you to make a donation in support of this important cause.

Ceramics Painting

Join us on **Thursday, October 15** from 12:00pm to 1:00pm in the Art Studio for Ceramics Painting. This month, residents will paint ceramic pumpkins in the spirit of fall and Halloween. All supplies are provided; just bring your creativity! Sign up in the Activity Book.

Alzheimer's Awareness Breakfast

Come hungry and help support a great cause on **Friday, October 16** from 7:00–9:00am at Water's Edge for a Alzheimer's Awareness Fundraiser Breakfast. A \$5 donation will fill your belly and bring us closer to our \$4,000 fundraising goal. We'll also have \$5 raffle tickets for a chance to win a mini-Igloo cooler! No sign-up required!

iPhone Photography Club

The resident-run iPhone Photography Club will meet **Friday, October 16** at 10:00am in Community Connections. Host John Hayes will cover the basics of iPhone photography, teach how to use AI tools to enhance and edit photos, and share tips for capturing standout pictures of your grandchildren.

League of Women Voters

Friday, October 16 at 2:00pm in the Pavilion, the League of Women Voters will provide residents with information to help them better understand what will appear on the ballot and prepare to make their own informed voting decisions at the November elections. The League conducts voter-education programs and describes itself as nonpartisan. Sign up in the Activity Book so we can have an approximate head count.

Kids Take Over the Kitchen!

Kids Take Over the Kitchen on **Saturday, October 17** from 12:00pm to 1:30pm in the Clubhouse Atrium!! Enjoy a variety of sweet and savory treats lovingly prepared and served by some of our staff's children. Share smiles and enjoy some tasty creations from our youngest chefs!

OCTOBER

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		
4 Ping Pong "open play", Community Connections 8:45am *Trans. to Holy Redeemer Church 9:30am-4:00pm Watch Sunday Football, Club Lounge 10:15am *Trans. to Holy Redeemer Church 10:30am *Trans. to Presbyterian Church 11:00am Chicken Wing Contest, Sunday Brunch	5 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  11:30am LCS Life+ Launch Party!!! Clubhouse Atrium 1:00pm Mixed Bridge, Card Room A	6 8:30am Croquet 9:00am *Publix Transportation 9:00am Circuit Class, Pavilion 9:30am Life+ Million Step Club, Crd Rms 10:00am Tai Chi Class, Pavilion 11:00am *Publix Transportation 11:00am Smoothies, Clubhouse Atrium 11:00am Life+ Water's Edge Walk 11:00am Balance Class, Pavilion 12:45pm Duplicate Bridge, Card Rms 1:00pm Rummikub, Game Room 1:00pm Seated Strength/ Core, Pavilion 1:30pm *Walgreens Transportation 2:00pm *Lecture: WWII in Africa, CmmCnct 3:00pm *Medicare Presentation, Pavilion 5:00pm *Taste of Martin County, Stuart
11 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 12:30pm *Ladies' Football Huddle, Raiders vs Patriots, Coral Reef Room	12 8:45am Plank Zone, Pavilion 9:00am *Publix Transportation 9:00am Movin' & Groovin', Pavilion 10:00am Aqua Blast Class, Pool 10:00am Balance Class, Pavilion 11:00am Gentle Stretch/Core, Pavilion 11:00am *Publix Transportation 12:00pm *Mystery Lunch???, Clubhouse 1:00pm Mixed Bridge, Card Room A 1:30pm *Walgreens Transportation 2:00pm Landscape Committee, Pavilion	13 8:30am Croquet 9:00am Circuit Class, Pavilion 9:00am *Peanut Island Day Trip 9:30am Corn Toss, Card Rm A 10:00am Tai Chi Class, Pavilion 11:00am Balance Class, Pavilion 12:45pm Duplicate Bridge, Card Rms 1:00pm Seated Strength/ Core, Pavilion 1:00pm Rummikub, Game Rm
18 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 12:30pm *Ladies' Football Huddle, Panthers vs Eagles, Coral Reef Room	19 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 Health Care Committee, Pavilion	20 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 5:00pm *Couples Anniversary Dinner, Coral Reef Rm TBD *Sunset River Cruise, Sandhill Dock
25 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 12:30pm *Men's Football Huddle, Dolphins vs. Jets, Coral Reef Room	26 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	27 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 2:00pm *Lecture: WWII in Africa- Part 2, Cmmnty Cnct 5:00pm *Dine Around: Casa Bella

Wednesday	Thursday	Friday	Saturday
	1 8:30am Croquet 8:30am Circuit Class, Pavilion 9:00am Cardio Drumming, Pavilion 10:00am Tai Chi Class, Pavilion 11:00am Balance Class, Pavilion 1:00pm Rummikub, Game Room 1:00pm Seated Strength/ Core, Card Rm 1:00pm Food & Beverage, Pavilion 2:00pm *Spintopia Game! Cmnty Cnct	2 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, Clbse Atrium 12:00-1:00pm Voter Assistance- Martin Cnty Elections, Club Atrium 1:00pm Hand & Foot, Card Rms 6:30pm Partnership Bridge, Card Rms 7:00pm *Friday Night Movie, Community Connections Country Western Day	3 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
	8 8:30am Croquet 8:30am Circuit Class, Pavilion 9:00am Cardio Drumming, Pavilion 10:00am Ladies Bible Study, Conf Rm 10:00am Tai Chi Class, Pavilion 11:00am Balance Class, Pavilion 11:30am *Life +Lunch & Learn: Move Your Mood, Card Rms 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 2:00pm *LCS Life+ Understanding Medications, Cmnty Cnct 3:00pm Marketing Ambassadors, Pavilion 4:00pm Life+Wine & Connect, Cmm Cnct 7:00pm *LCS Life+Lecture: Planning Ahead, Cmnty Cnct	9 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, Clbse Atrium 12:00pm LCS Life+Tea Social, ClbAtrium 1:00pm Hand & Foot, Card Rms 2:00pm Life Enrichment, Pavilion 4:00pm LCS Life+ Grand Celebration! Dining & Live Music Club Atrium *WF Dining will be closed; Cove will be open 6:30pm Partnership Bridge, Card Rms 7:00pm *Friday Night Movie, CmntyCnct	10 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
7 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 11:00am Advent Calendar Craft, Art Room 12:00pm *Life+ Expert Next Door Showcase, Pavilion 1:00pm Mahjongg, Card Rm B 1:00pm Tech Support, Clubhouse Atrium 2:00pm *Life+ Pavilion Presents, Pavilion 7:00pm Sunset Qi Gong, Sports Complex	15 8:30am Croquet 8:30am Circuit Class, Pavilion 9:00am Cardio Drumming, Pavilion 9:30am Pink Bagel & Doughnuts, Club Atrium 10:00am Ladies Bible Study, Conf Rm 10:00am Tai Chi Class, Pavilion 11:00am Balance Class, Pavilion 12:00pm *Ceramics Class, Art Room 1:00pm Rummikub, Game Room 1:00pm Seated Strength/ Core, Card Rm 1:00pm HMS Committee, Pavilion 2:00pm *Spintopia Game! Cmnty Cnct	16 7:00-9:00am Alzheimer's Awareness Fundraiser Breakfast, Waters Edge 8:45am Plank Zone, Pavilion 9:00am Movin' & Groovin', Pavilion 10:00am iPhone Photo Club, CmntyCnct 10:00am Library Ambassadors, Conf Rm 10:00am Aqua Blast Class, Pool 10:00am Balance Class, Pavilion 11:00am Gentle Stretch/Core, Pavilion 11:00am Line Dancing, Clbse Atrium 1:00pm Hand & Foot, Card Rms 1:00pm *Flu Shots, Community Connect 2:00pm League of Women Voters, Pavilion 6:30pm Partnership Bridge, Card Rms 7:00pm *Friday Night Movie, CmntyCnct	17 Ping Pong "open play", Community Connections 8:00am Croquet 9:30am Putting, Shuffleboard, Horseshoes 12:00-1:30pm Kids Take Over the Kitchen! Clubhouse Atrium 1:00pm Mahjongg, Card Rm B 3:30pm *Holy Redeemer Church Transport
14 8:45am Plank Zone, Card Rms 9:00am Movin' & Groovin', Card Rms 9:30am Putting 10:00am Aqua Blast, Pool 10:00am Balance Class, Card Rms 10:30am Gin Rummy, Game Rm 11:00am Gentle Stretch/Core, Card Rms 12:30pm *Bingo for Brain Fitness, CardRms 1:00pm Mahjongg, Card Rm B 1:00pm Tech Support, Clubhouse Atrium 1:00pm *Flu Shots, Community Connect 5:45pm *US Marine Band, Kravis *The Cove will be CLOSED for Lunch	22 8:30am Croquet 8:30am Circuit Class, Card Rooms 9:00am Cardio Drumming, Card Rooms 10:00am Tai Chi Class, Card Rooms 10:00am Ladies Bible Study, Conf Rm 11:00am Balance Class, Card Rooms 1:00pm Rummikub, Game Room 1:00pm Seated Strength/ Core, Card Rooms 4:00pm *Dinner & Movie: My Cousin Vinny, Pavilion *The Cove will be CLOSED for Lunch	23 8:45am Plank Zone, Pavilion 9:00am Movin' & Groovin', Pavilion 10:00am Aqua Blast Class, Pool 10:00am Balance Class, Pavilion 10:00am Community Walk to End Alzheimers', Water's Edge 11:00am Gentle Stretch/Core, Pavilion 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	24 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
21 8:45am Plank Zone, Pavilion 9:00am Movin' & Groovin', Pavilion 9:30am Putting 10:00am Aqua Blast Class, Pool 10:00am Balance Class, Pavilion 10:00am Foundation BOD, Comm Connect 10:30am Gin Rummy, Game Rm 11:00am Gentle Stretch/Core, Pavilion 11:00am Advent Calendar Craft, Art Room 1:00pm Mahjongg, Card Rm B 1:00pm Tech Support, Clubhouse Atrium 2:00pm Presentation: Physical Therapy & Medicare Part A, Pavilion 5:00pm *Trivia Buffet, Waterfront Din Rm 6:30pm *Trivia, Pavilion	29 8:30am Croquet 8:30am Circuit Class, Pavilion 9:00am Cardio Drumming, Pavilion 10:00am Ladies Bible Study, Conf Rm 10:00am Tai Chi Class, Pavilion 10:30am Mutt March, Water's Edge 11:00am Balance Class, Pavilion 12:30pm *Dirty Dancing, Kravis 1:00pm Rummikub, Game Room 1:00pm Seated Strength/ Core, Pavilion	30 8:45am Plank Zone, Card Rooms 9:00am Movin' & Groovin', Card Rooms 10:00am Aqua Blast Class, Pool 10:00am Balance Class, Card Rooms 11:00am Gentle Stretch/Core, Card Rooms 11:00am Line Dancing, Clbse Atrium 1:00pm Hand & Foot, Card Rms 2:00pm Employee Halloween Costume Parade, Clubse Lounge & Atrium 5:00pm *Resident's Halloween Costume Party, Pavilion 6:30pm Partnership Bridge, Card Rms 	31 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 
28 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 11:30am-1:00pm Chocolate Treats, Clubhouse Atrium 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 Nat'l Chocolate Day	Return Your Decorated Pumpkins to Life Enrichment Office!!		

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, October 19**. The bus departs the Clubhouse at 9:30am. Lunch is on your own. Sign up in the Activity Book.

Couples Anniversary Dinner

We are pleased to invite couples to an Anniversary Dinner on **Tuesday, October 20** at 5:00pm in the Coral Reef Room. This invitation-only event is a chance to celebrate love, milestones, and cherished memories with an elegant dining experience in an intimate setting. RSVP with the Life Enrichment Office by Friday, October 16.

Sunset River Cruise

We are excited to offer another Sunset River Cruise departing from our dock! On **Tuesday, October 20** (weather permitting), join us for a guided two-hour boat tour along the scenic North Fork of the St. Lucie River and the Indian River Lagoon. Residents will enjoy beverages, light snacks, desserts, and beautiful sunset views while taking in the natural beauty of our local waterways. The time that the boat will depart from our dock will be determined closer to the event date. Cost: \$65 per person, billed to resident accounts. *Please Note: This activity may not be suitable for everyone. Participants must be able to climb in and out of the boat with minimal assistance.* Space is limited to 12 residents; sign up in the Activity Book.

Physical Therapy & Medicare Part A

Learn more about how physical therapy and rehabilitation may transition through different levels of care—from a hospital stay, to Water's Edge, and ultimately to rehabilitation at home on **Wednesday, October 21** from 2:00–3:00pm in the Pavilion. The Water's Edge team will review the different components of therapy under Medicare Part A and help residents better understand what to expect throughout the rehabilitation process. Snacks will be served. All are welcome, no sign-up required.

TRIVIA Night!

TRIVIA! in the Pavilion on **Wednesday, October 21** 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.

Dinner & Movie Night

On **Thursday, October 22**, our Dinner & Movie Night in the Pavilion will feature "My Cousin Vinny", starring Joe Pesci and Marisa Tomei. This comedy follows two college kids who are falsely accused of murder in rural Alabama and rely on their inexperienced lawyer cousin to prove their innocence. The movie will begin at 4:00pm, with dinner provided immediately following. Reservations are required and can be made at the Hostess Desk.

Community Walk to End Alzheimer's

Residents, staff, and friends are encouraged to walk together in support of those living with Alzheimer's and in memory of those we have lost. On **Friday, October 23** at 10:00am we will meet at Water's Edge front entrance for the Sandhill Cove Community Walk to End Alzheimer's. No sign-up required, all mobility levels welcome.

Pumpkin Decorating Contest

Show off your creativity by decorating a pumpkin any way you choose. Traditional, spooky, silly, elegant, or completely imaginative, the choice is yours! Residents who would like to participate should sign up in the Activity Book by **Wednesday, October 21**. Then, on **Friday, October 23**, come to the Clubhouse to select your pumpkin to take home and decorate. Pumpkins must be returned by **Thursday, October 29**, so they can be displayed and judged.

Men's Football Huddle



Enjoy an afternoon of food, beer, and football while cheering on your team with fellow fans on **Sunday, October 25** at 12:30pm in the Coral Reef Room as the Miami Dolphins take on the New York Jets. Sign up in the Activity Book to reserve your spot, and bring your \$5 cash to participate in a football contest.

Online Lecture: The War in North Africa Part 2

Join us on **Tuesday, October 27** at 2:00pm in the Coral Reef Room for a one-hour live, online lecture and Q&A exploring one of the most pivotal periods of World War II in North Africa. In the second lecture of this three-part series, Dr. Spencer Jones examines 1942, the year German General Erwin Rommel, known as the "Desert Fox," came closest to achieving victory in North Africa. Space is limited, so please sign up in the Activities Book to reserve your seat.

Dine-Around

On **Tuesday, October 27**, the Dine-Around heads to Casa Bella in Stuart for a delicious evening out with friends. The bus departs the Clubhouse at 5:00pm. Sign up in the Activity Book.

Wine Pairing Dinner

The Culinary Team invites you to a specially curated multi-course wine pairing dinner in The Cove on **Wednesday, October 28** at 5:30pm. Limited space available; reservations at the Hostess Desk required. Don't miss this flavorful dining experience!



Mutt March at Water's Edge

See adorable pooches dressed up in their finest Halloween costumes as they strut their stuff on **Thursday, October 29** at 10:30am at Water's Edge for the annual Mutt March. This is always a crowd favorite, bringing smiles, laughter, and plenty of tail wags.

Kravis Center - Dirty Dancing

Get ready to have the time of your life on **Thursday, October 29**, at the first show of the 2026–2027 Kravis Center season, Dirty Dancing: The Musical. Based on the beloved film, this exciting stage production brings the unforgettable story of Baby and Johnny to life with electrifying dancing, forbidden romance, and live music. Ticket holders, please place a check mark next to your name in the Theater Book to confirm that you are planning to attend. The bus will depart the Clubhouse at 12:30pm.



Employee Costume Parade

Watch the employees of Sandhill Cove parade through the Clubhouse in their costumes on **Friday, October 30** at 2:00pm. Employees compete for prizes in the categories of Scariest, Funniest, Most Original, and Best Group. Cheer them on, enjoy the creativity, and celebrate Halloween spirit with the whole community!

Resident Halloween Party



Get ready for a spooktacular Halloween celebration on **Friday, October 30** from 5:00–8:00pm in the Pavilion. The Residents' Halloween Costume Party – “Anything Goes!” begins with dinner at 5:00pm, followed by live entertainment from The Adams Family. Hit the dance floor, enjoy the music, and celebrate Halloween with friends and neighbors! Costumes are encouraged—and anything goes! Get creative, because prizes will be awarded for Scariest, Most Original, Cutest, and Funniest Costumes. Reservations are required and can be made at the Hostess Desk or by phone.



We're looking for a few good men and women. The life blood of our community is the connection between residents and management. Committees are what make this process work.

To be effective, resident feedback must be organized and continuous. Suggestions are better than complaints. Because gripes make noise, suggestions make change.

If you believe in our community and have ideas that could make us better, don't just share them with your neighbor. Sign up for a committee. There are seven to choose from, so you have your pick. Applications available at Guest Services and are due back by October 25.

**Make What You Think Matter
Join a Committee**



Treasure Coast's Walk to End Alzheimer's

**Be a part of the
Water's Edge Team!
Register to walk
or donate**



**Saturday
Oct. 24, 2026
Fundraising Goal: \$4,000**

Pat & Chuck Morgan

Resident Spotlight

Written by Pat Morgan



When we were married in June 1957, Chuck was serving in the Air Force, fulfilling his ROTC commitment. He left in July for Clark Air Force Base in the Philippines, and I joined him that October.

The adventure began almost immediately. I was assigned to a cabin on a Navy ship with three other women and a baby girl. We shared a bathroom with the couple in the adjoining cabin. The lieutenant assigned there decided to sleep with the troops rather than share a bathroom with seven women!



Because of bad weather, we did not make the customary stop in Hawaii. Instead, passengers disembarked in Guam and Okinawa before we arrived in Manila, where Chuck was waiting for me. As it turned out, one of my cabin mates was a good friend of

Chuck's, making the long journey feel a little smaller.

When we arrived, we lived off base until military housing became available. I cooked meals using an electric frying pan and a Coleman stove. Carabao, the Philippine water buffalo, often wandered through our yard. After that experience, moving into base housing felt absolutely luxurious.

One of the first people we met was a young Filipino man who was working to eliminate communist influence in his country. We became good friends, and he invited us to visit his family's sugar plantation, which was said to be the largest in the world. He continued his government service and eventually became President of the Philippines. His name was Benigno Aquino.

Among the other memorable experiences of our time in the Philippines was Chuck's involvement in helping a fellow squadron member build a boat from beautiful Philippine mahogany. The Air Force graciously transported the boat back to Michigan, but despite all that effort, it never made it into the water!

At one point, one of Chuck's high school classmates, Stu Sherman, was serving aboard the U.S. Navy ship Enterprise. When the ship docked in Manila, Chuck and Stu had the opportunity to catch up, a long way from their hometown of Genoa, Illinois.

After four years at Clark Air Force Base, Chuck completed his Air Force service, and we moved to Cedar Rapids, Iowa. We lived there until 2000, when we relocated to Stuart, Florida.

Resident Spotlight:

Do you have an interesting story, unique experience, or special memory you'd like to share with your friends and neighbors at Sandhill Cove? We'd love to feature you in our Resident Spotlight! Submit your story to Audram@sandhillcove.com or contact Audra at 772.223.6117.

**NATIONAL
Wii
Bowling
TOURNAMENT**

Starts October 19th

Interested in being part of a team?
**Contact Marcia or Angela
in the Wellness Office.**

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

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 | Don Hall

Duplicate Bridge

Tuesday | 12:45pm | Card Room |
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

Thursday | 10:00am | Conference Rm | Genie Buchanan

Hand & Foot Card Game

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

Partnership Bridge

Friday | 6:30pm | Card Room
Flo & Linc McGurk | Sign up in advance with a partner
"Chicago" scoring | Entry fee \$2.00

Ping Pong

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

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

Raine Gauge Reporting

Jennie Falbey | June - November

Library Ambassadors

on hiatus for the summer | Fran Atwood

iPhone Photography Club

3rd Friday of the month | 10:00am
Community Connections Room | John Hayes

Marketing Ambassadors

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

Pavilion Presents

1st Wed of the month | 2:00pm | Pavilion | Laurie Bohlke



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*Epic Journeys
Collection*

- 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

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Sandhill Cove Committees

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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:

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 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:

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 Tom Gilson
 Roy Hanover
 Jenni James
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 Liz Goldsmith
 MJ Hamilton
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 Jenni James
 Betty Mahoney
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Secretary - Jennie Falbey

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 Marilyn Foley
 Jean Hayes
 Terry Malish
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 Lee Morrison
 Cheryl Porter
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Chair - Cec Malish

Secretary - Trish Smith

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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, October 28** 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!



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