

# SANDHILL COVE

## RETIREMENT LIVING

# CHRONICLE

January



Managed by



2022



*Counted cross stitch by Sandhill Cove Resident Fran Andre*

## EMPLOYEE OF THE MONTH

### Val Mackey Hospitality



Valerie Mackey came to work at Sandhill Cove in May of 2014 as a Driver. She was nominated for Employee of the Month for the way she displays hospitality promises on the Sandhill Cove campus and out in the community. Our Life Enrichment Director, Phyllis Leclercq recently received a phone call from the Women's Club of Stuart. Val was on the bus Sunday with the Estates for the Holiday Home Tour. They told her what a great asset Val is to SHC. She went above and beyond to assist them and made the event fantastic and a pleasure. The Women's Club was very impressed with our staff.

Val works not only for Sandhill Cove, but also for a delivery service. She says she very much enjoys both of her positions. When not working, Val enjoys taking road trips and sightseeing. Another of her passions is interior decorating.

Born and raised in Jensen Beach, Florida, Val's family history is highlighted in a historical book about Martin County.

Congratulations to Val on her award for SHC Star Employee of the Month January 2022!



## BIRTHDAY LUNCHEON



The complimentary Birthday Luncheon is planned for Friday, January 21 at 12:00 noon in the Sandhill Club Dining Room. If you are celebrating your birthday in December and would like to attend the complimentary luncheon, please R. S.V.P. in the Activity Book or Odyssey by Monday, January 17th.

*Happy & Healthy January Birthday.*



Peters, Judith.....	Jan 1
Biggs, Arthur.....	Jan 3
Carr, Nancy.....	Jan 3
Whitman, Barbara.....	Jan 4
Haule, Mary.....	Jan 5
Hunnicut, Frank.....	Jan 6
Snyder, Merrill.....	Jan 8
Alix, Don.....	Jan 9
Goodwin, Suzanne.....	Jan 9
Synal, Jean.....	Jan 9
Dunn, Joan.....	Jan 10
Forbush, Mary Ty.....	Jan 10
Galfond, Marcia.....	Jan 10
Sanborn, Margaret.....	Jan 12
Merkel, Claire.....	Jan 14
Moore, Roberta.....	Jan 16
Kawecki, Vicki.....	Jan 17
Johns, Ruth.....	Jan 19
Morrissey, Pete.....	Jan 20
Stern, Michael.....	Jan 22
Warchall, Eileen.....	Jan 22
Genthe, Virginia.....	Jan 23
Von Hessert, Julianne.....	Jan 25
Chasen, Laura.....	Jan 26
DiFederico, Jean.....	Jan 27
Duffy, Marion.....	Jan 28
Kordick, Phyllis.....	Jan 28
Childers, Karin.....	Jan 29
Childers, Bruce.....	Jan 30
Mueller, Cassie.....	Jan 30
Richdale, Suzan.....	Jan 31
Mccall, Teresa.....	Jan 31
Treweek, Elaine.....	Jan 31

## DINE AROUND

The Dine Around selection this month will be to the Kee' Grill in Juno. The menu consists of delicious steaks, seafood with other specials as well as some wonderful desserts. The date of the Dine Around is Tuesday, January 18th. The bus will depart the Clubhouse at 5:00 p.m. Reservations are required. Space is limited. Be sure to sign up in the Activity book located in front of the Life Enrichment Office or on Odyssey.



## VIDEO AND DISCUSSION ON SIMON PETER WITH DR. LOWELL KAFER

This is a 7-week study led by Dr. Lowell Kafer that starts with a trip he and his wife took to Israel, then playing a DVD by Adam Hamilton to visit the sights and an in depth look at the life, faith and character of Simon Peter who had followed Jesus to change the world. Following the video, there will be a lively discussion about the implications that still relate to us today. This 7-week study will begin on Friday, January 14 at 1:30 p.m. in the Card room and will continue until Friday, February 25. Please be sure to sign up in the Activity book as space is limited.

## JANUARY CONCERT ST. MARY'S EPISCOPAL CHURCH

Transportation will be provided to St. Mary's Episcopal Church in Stuart on Thursday, January 20 at 11:30 a.m. for a wonderful concert by Cindy Camp, Carrie Fox and Brandon Glick who will perform Bach's Concerto for Oboe and violin. A sign up sheet for transportation is in the Activity book.

## ATLANTIC CLASSICAL ORCHESTRA AT THE LYRIC

Transportation to the Atlantic Classical Orchestra series for ticket holders is planned for Friday, January 28. The bus will depart the Clubhouse at 3:30 p.m. for the 4:00 p.m. performance.

## SHOPPING TRIP & LUNCH

This month's shopping trip will be to Beall's Department store located off US 1 and Cove Road. The trip is planned for Friday, January 7. Lunch will follow at Mondo's Wood Fired Pizza located on Indian Street. The bus will depart the clubhouse at 10:30 a.m. and will return at approximately 2:00 p.m.

## KRAVIS ON BROADWAY SERIES

The next show at the Kravis Center for series ticket holders is Wednesday, January 5 "Donna Summer Musical". Our bus will depart the Clubhouse at 12:30 p.m. for the matinee performance.

## SOCIAL EVENTS

Saturday, Jan. 1....New Year's Day  
Regular Dining Services.

Sun. Jan. 2....Sunday Brunch

Wed. Jan. 5....Great Decisions  
Don Hall- Card room 2:00p.m.

Wed. Jan. 5....Kravis Center- "Summer" the  
Musical - Bus departs the Clubhouse 12:30 p.m.

Thurs. Jan. 6.... Indian River College lecture  
series - 10:00 a.m. Card room. Topic- Biowarfare.

Fri. Jan 7.... Shopping & Lunch at Beall's Dept.  
Store - Bus departs the Clubhouse at 10:30 a.m.

Sat. Jan. 8....Intra Club Bridge Tournament  
9:00 a.m. Card room

Sat. Jan. 8....Complimentary concert Cummings  
Library -Bus departs clubhouse at 1:30 p.m.

Tues. Jan 11....Historic Tour of Downtown Stuart  
& Lunch at Riverwalk  
Bus departs Clubhouse at 10:00 a.m.

Wed. Jan 12....Cup of Joe with Perrigo  
2:00 p.m. Pavilion.

Fri. Jan. 14....Lowell Kafer Religious Series  
1:30 p.m. Card room

Sat. Jan. 15 & 29....Social Hour Sing-along  
5:30 p.m. Lounge.

Tues. Jan. 18....Dine Around - Kee' Grill- Juno  
Bus departs Clubhouse at 5:00 p.m.

Wed. Jan. 19....Genealogy Class  
3:00 p.m. Card room.

Wed. Jan. 19....Trivia Night 7 :00 p.m. Pavilion

Thurs. Jan. 20....St. Mary's Episcopal Church  
Bach's Concerto - Bus departs at 11:30 a.m.

Fri. Jan. 21....Complimentary Birthday Luncheon  
12:00 noon - Dining room.

Mon. Jan. 24....Movie Mania  
"The Railway Man" 1:30 p.m. Card room

Wed. Jan. 26....Mystery Lunch ???  
Bus departs 10:30 a.m.

Thurs. Jan 27....Boca Raton Museum & Lunch  
Bus departs at 9:00 a.m.

Jan. 28....Lyric Theater Atlantic Classical Orch.  
Series Bus departs 3:30 p.m.

*Have a Happy & Healthy 2022  
from the Staff*

## RESIDENTS' HOSTING THE EMPLOYEE HOLIDAY LUNCHEON



## 2021-2022 IRSC DISTINGUISHED LECTURE SERIES ON CURRENT ISSUES

We will be offering once again this year the televised Lecture Series from Indian River State College. The monthly series will be televised on Thursdays for those who subscribe in the Card room at 10:00am or you may access from your home on your computers or laptops. You will receive an e-mail from the College with the link. The lecture for January 6 will be presented by Dr. Barry J. Elrick, Ph.D. on Biowarfare.



## From Phyllis Leclercq Director of Life Enrichment 2022 Year at a Glance

**\*\*Events & Location Subject to Change\*\***

January	1	New Year's Day- Regular Dining Service Dining room
February	6	Sunday - Super Bowl Party 6:00 p.m. in the Pavilion
	14	Monday - Valentine's Day Party *Reservations - 5:00 pm Pavilion (Albert Miller)
March	16	Wed. St. Patrick's Dinner Party - Irish Music & Vocal Kindred Kilts 5:00 pm Inside & Outside Dining -* Reservations required.
April	17	Easter Sunday Dinner - Dining Room * Reservations - 1:00 & 4:00 pm
	28	Thursday, Caribbean Night- Pavilion, Cove Bistro, Poolside 5:00 pm Reggae Band - Brian Allan - Poolside
May	7	Kentucky Derby Party - 5:00 pm Pavilion
	8	Mother's Day Dinner- 1:00 & 4:00 pm Dining Room* Reservations
	20	Fri. Service of Remembrance - 2:00 pm Card Room A & B
	30	Memorial Day BBQ - Monday 1 :00 pm & 4:00 pm Reservations
June	19	Father's Day Cocktail Party - Sunday 5:00 PM Lobby & Dining Room Reservations
July	4	Mon. July 4th BBQ Picnic- Buffet 1:00 pm and 4:00 pm Dining room Reservations
August	11	Thurs. Country Western Dinner Party - Wed. 5:00 pm in the Pavilion Reservations
September	5	Monday Labor Day - Seafood Fest Buffet, 1:00 - 4:00pm Dining Room Reservations
October	31	Employee Costume Contest -Mon. 2:00 PM - Clubhouse
	31	Halloween Costume Party - Mon. 5:00 PM in the Pavilion-Alan Kan
November	11	Fri. Veteran's Day Tribute & Flagraising- 3:00 p.m.
	17	Thurs. 29TH Year Anniversary Dinner Party 5:00 P.M. Pavilion Reservations
	24	Thurs. Thanksgiving Day Buffet - 1 pm & 4:00 PM Dining Room Reservations
December	15	Holiday Dinner Party - Thurs. 5:00 PM - 8:00PM -Pavilion Reservations
	25	Sunday, Christmas Day Brunch Dining Room Reservations
	31	Sat. New Year's Eve Dinner Party- Sat.- 5:00 pm in the Pavilion Reservations

Note: Additional Social Gatherings: Gourmet Dinners, Wine Tasting Seminars, Birthday & Croquet Luncheons & Twilight Dinners, Book Club Luncheon, New Residents Breakfast, Men's Football Huddles, New Residents Social, Mix & Mingle Buffets, Anniversary Couples Monthly Dinners, Trivia Night, Bridge Tournament Luncheon.



## RESIDENT SPOTLIGHT CENTENARIANS

These residents have celebrated their “100th Birthdays” here at Sandhill Cove where they have discovered the “Fountain of Youth” and here is what they had to say:

Marian Hartenstein – “The Most Important Thing is to be Positive and Grateful for your Gifts”



Catherine Bell – “Sandhill Cove is a wonderful place to live we are very happy here. I have live here for 21 years. My husband Frank (Bud) Bell passed on 3 years ago. Sandhill Cove has added much to our lives”



Cinders Brown – “Being 100 years old is no different than being 99, just a year older”



John Tait – “Greetings. It is great to be living here at SHC. Eleven years and still rolling. Planning on a few more. Thanks to all and Stay Well.”



Interviewed by Pat Morgan and Grace Nola.

## CUP OF JOE WITH PERRIGO

The monthly meeting with the Executive Director, Shawn Perrigo will be held on Wednesday, January, 12 at 2:00 p.m. in the Pavilion. The meeting will be simulcast on Channel 63 and will also be re-aired on channel 63 Thursday, January 13 at 2:00 p.m.

## MOVIE MANIA WITH DR. PAUL AND MARIA TRUDEAU

Join us on January 24 at 1:30 p.m. for “The Railway Man”. The Railway Man is a 2013 British-Australian war film directed by Jonathan Teplitzky. It is an adaptation of the 1995 autobiography of the same name by Eric Lomax, and stars Colin Firth, Nicole Kidman, Jeremy Irvine, and Stellan Skarsgård. It premiered at the 2013 Toronto International Film Festival on 6 September 2013.



The movie is set on two timelines, the current and in the 1940s during World War II. In the movie, we meet young British soldiers who were held as war prisoners by the Japanese Military. Among the British soldiers is Eric Lomax, a signals engineer by profession. Lomax is a British officer who is captured by the Japanese in Singapore and sent to a Japanese POW camp. There he is forced to work on the Thai-Burma Railway north of the Malay Peninsula. Lomax is the main protagonist who faces severe psychological effects in the modern day due to the severe conditions he was exposed to by his Japanese masters. He survives the torture, is rescued by American soldiers, and lives to tell the story.



# JANUARY 2022

Sunday	Monday	Tuesday
<p><b>Events in Deep Red bold with an asterisk(*) require Reservations</b></p> <p><b>Committee Meetings are in Blue bold italics</b></p> <p><b>Exercise Classes are in Purple bold</b></p> <p><b>Important Channel 63 Airings are in Green bold</b></p> <p><b>Special Events are in Black bold</b></p>	<p><b>BRIDGE TOURNAMENT AT SANDHILL COVE</b></p> <p>The annual tournament will be held on Saturday, January 8 starting at 9:00 a.m. The teams that will be participating are from Clubs throughout Martin County. We wish all our players much success.</p>	
<p><b>2</b>   </p> <p>8:00am Catholic Mass, Channel 430 9:30am Ping Pong "open play", Pavilion <b>10:30am *Presbyterian Church Transportation</b> 12:00pm Catholic Services on Channel 243 1:00pm Bridge (Daunoras), GS Lounge 2:00pm Cards (Joan Williams), WS Lounge</p>	<p><b>3</b>   </p> <p>9:00am <b>Cardio Blast Class, Pavilion</b> <b>10:00am Food &amp; Beverage Cmte Mtg, The Cove</b> 10:00am Aqua Blast Class, Pool 11:00am Yoga &amp; Meditation Class, Pavilion 12:45pm Bridge, Card Room B <b>1:00pm Armchair Travelers Series "Italy: Verona, Padova, Ravenna; Rome", Channel 63</b> 1:00pm Cribbage, Clubhouse Lobby 1:30pm RummiKub, GS Lounge <b>2:00pm Landscape Cmte Mtg, The Cove</b> 2:00pm Cards, WS Lounge 2:00pm Men's Bridge, Card Room A</p>	<p><b>4</b>   </p> <p>8:00am Croquet, Croquet Court 8:30am <b>Strength &amp; Core Class, Pavilion</b> <b>9:00am *Publix Transportation</b> 9:15am Men's Circuit Class, Pavilion 10:00am Tai Chi Class, Pavilion 10:00am Bocce Ball, Croquet Court 11:00am <b>Balance Class, Pavilion</b> <b>11:00am *Publix Transportation</b> 12:45pm Duplicate Bridge, Card Rooms A+B 1:00pm RummiKub, Private Dining Room 1:15pm Bridge, GS Lounge 1:30pm Bridge, WS Lounge <b>1:30pm *Walgreens Transportation</b></p>
<p><b>9</b>   </p> <p>8:00am Catholic Mass, Channel 430 9:30am Ping Pong "open play", Pavilion <b>10:30am *Presbyterian Church Transportation</b> 12:00pm Catholic Services on Channel 243 1:00pm Bridge, GS Lounge 2:00pm Cards, WS Lounge</p>	<p><b>10</b>   </p> <p>9:00am <b>Cardio Blast Class, Pavilion</b> 10:00am Aqua Blast Class, Pool 11:00am Yoga &amp; Meditation Class, Pavilion 12:45pm Bridge, Card Room B 1:00pm Cribbage, Clubhouse Lobby <b>1:00pm Armchair Travelers "Milan &amp; Lake Como and Tuscany's Dolce Vita", Channel 63</b> 1:00pm Private Bridge, Card Room B 1:30pm RummiKub, GS Lounge 2:00pm Cards, WS Lounge 2:00pm Men's Bridge, Card Room A</p>	<p><b>11</b>   </p> <p>8:00am croquet, Croquet Court 8:30am <b>Strength &amp; Core Class, Pavilion</b> <b>9:00am *Publix Transportation</b> 9:15am Men's Circuit Class, Pavilion 10:00am Tai Chi Class, Pavilion 10:00am Bocce Ball, Croquet Court <b>10:30am Marketing Cmte Mtg, Private Dining Rm</b> <b>11:00am *Publix Transportation</b> 11:00am <b>Balance Class, Pavilion</b> 12:45pm Duplicate Bridge, Card Rooms A+B 1:00pm RummiKub, Private Dining Room 1:15pm Bridge, GS Lounge 1:30pm Bridge, WS Lounge <b>1:30am *Walgreens Transportation</b></p>
<p><b>16</b>   </p> <p>8:00am Catholic Mass, Channel 430 9:30am Ping Pong "open play", Pavilion <b>10:30am *Presbyterian Church Transportation</b> 12:00pm Catholic Services on Channel 243 1:00pm Bridge, GS Lounge 2:00pm Cards, WS Lounge</p>	<p><b>17 Martin Luther King Jr.</b>   </p> <p>9:00am <b>Cardio Blast Class, Pavilion</b> 10:00am Aqua Blast Class, Pool 11:00am Yoga &amp; Meditation Class, Pavilion 12:45pm Bridge, Card Room B <b>1:00pm Armchair Travelers "Great Hill Towns and Naples &amp; Pompeii", Channel 63</b> 1:00pm Private Bridge, Card Room B 1:00pm Cribbage, Clubhouse Lobby 1:30pm RummiKub, GS Lounge 2:00pm Cards, WS Lounge 2:00pm Men's Bridge, Card Room A <b>3:00pm Healthcare Cmte Mtg, The Cove</b></p>	<p><b>18</b>   </p> <p>8:00am Croquet, Croquet Court 8:30am <b>Strength &amp; Core Class, Pavilion</b> <b>9:00am *Publix Transportation</b> 9:15am Men's Circuit Class, Pavilion 10:00am Tai Chi Class, Pavilion 10:00am Bocce Ball, Croquet Court 11:00am <b>Balance Class, Pavilion</b> <b>11:00am *Publix Transportation</b> 12:45pm Duplicate Bridge, Card Rooms A+B 1:00pm RummiKub, Private Dining Room 1:15pm Bridge, GS Lounge 1:30pm Bridge, WS Lounge <b>1:30pm *Walgreens Transportation</b> <b>5:00pm *Dine Around - Ke'e Grill, Juno Beach</b></p>
<p><b>23/30</b>   </p> <p>8:00am Catholic Mass, Channel 430 9:30am Ping Pong "open play", Pavilion <b>10:30am *Presbyterian Church Transportation</b> 12:00pm Catholic Services on Channel 243 1:00pm Bridge, GS Lounge 2:00pm Cards, WS Lounge</p>	<p><b>24/31</b>   </p> <p>9:00am <b>Cardio Blast Class, Pavilion</b> 10:00am Aqua Blast Class, Pool 11:00am Yoga &amp; Meditation Class, Pavilion 12:45pm Bridge, Card Room B <b>1:00pm Armchair Travelers "Amalfi Coast &amp; Italy's Riviera: Cinque Terre", Channel 63 ....24th</b> <b>1:00pm Armchair Travelers "Siena, Assisi, Grand Hill Towns and Best of Sicily", Channel 63 ....31st</b> 1:00pm Cribbage, Clubhouse Lobby 1:00pm Private Bridge, Card Room B 1:30pm RummiKub, GS Lounge <b>2:00pm Bookworms Meet, Library ....31st</b> 2:00pm Cards, WS Lounge 2:00pm Men's Bridge, Card Room A</p>	<p><b>25</b>   </p> <p>8:00am Croquet, Croquet Court 8:30am <b>Strength &amp; Core Class, Pavilion</b> <b>9:00am *Publix Transportation</b> 9:15am Men's Circuit Class, Pavilion 10:00am Tai Chi Class, Pavilion 10:00am Bocce Ball, Croquet Court 11:00am <b>Balance Class, Pavilion</b> <b>11:00am *Publix Transportation</b> 12:45pm Duplicate Bridge, Card Rooms A+B 1:00pm RummiKub, Private Dining Room 1:15pm Bridge, GS Lounge 1:30pm Bridge, WS Lounge <b>1:30pm *Walgreens Transportation</b></p>

Wednesday	Thursday	Friday	Saturday
<p align="center"><b>MYSTERY LUNCH &amp; TOUR ????????</b></p> <p><b>W</b>e will travel north to our mystery destination with a little fun surprise added. The date is Wednesday, January 26. Our bus will depart the Clubhouse at 10:30 a.m. and will return at approximately 2:00 p.m. Space is limited and reservations required. Sign up in the Activity Book.</p>		<p align="center"><b>Sing-A-Long</b></p> <p align="center">Our Saturday Social Hour &amp; Special Holiday Sing-A-Long for this month will be January 15th and 29th.</p> <p align="center"><b>Come join the fun!!</b></p>	<p><b>1 New Years Day</b></p> <p>8:30am Croquet, Croquet Court 9:30am Chipping, Putting &amp; Shuffleboard 9:30am Tai Chi Practice, Cove Veranda 9:30am Ping Pong "open play", Pavilion 12:00am Cribbage, GS Lounge 12:45pm Private Bridge, Card Rm B 1:00pm Billiards, Billiard Room 1:00pm Mah Jongg, Card Room B <b>3:45pm *Holy Redeemer Church transportation</b></p>
<p><b>5</b></p> <p>9:00am Cardio Blast Class, Pavilion 10:00am Aqua Blast Class, Pool 10:00am Billiards, Billiard Room 11:00am Yoga &amp; Meditation Class, Pavilion 12:30pm Wii Bowling, Card Room A <b>12:30pm *Kravis On-Broadway "Summer"</b> 1:00pm Mah Jongg, Card Room B 1:00pm Bridge, WS Lounge <b>1:00pm *Art Class with Kelly, Art Studio</b> <b>2:00pm *Great Decisions, Card Rooms A+B</b> 2:00pm Bridge, GS Lounge</p>	<p><b>6</b></p> <p>8:00am Croquet, Croquet Court 8:30am Strength &amp; Core Class, Pavilion 9:30am Women's Bible Study, Card Room A 10:00am Tai Chi Class, Pavilion 10:00am IRSC Fielden Lecture, Card Room A 11:00am Balance Class, Pavilion 1:00pm Bridge, WS Lounge 1:00pm Rummikub, Private Dining Room <b>1:00pm Scholarship Cmte Mtg, Conference Rm</b> 1:30pm Mix Masters Bridge, Card Room B 2:00pm Bridge, GS Lounge</p>	<p><b>7</b></p> <p>9:00am Cardio Blast Class, Pavilion 10:00am Aqua Blast Class, Pool <b>10:30am *Bealls - shopping &amp; lunch, Stuart</b> 11:00am Ai Chi Class, Pool 11:00am Yoga &amp; Meditation Class, Pavilion 1:00pm Bridge, Card Room B 1:00pm Gin Rummy, Clubhouse Lobby 1:00pm Hand &amp; Foot card game, Card Room A 1:00pm Rummikub, GS Lounge <b>2:30pm Friday Movie, Channel 63 -- "Little Women" [2019][PG]--(Resident Request)</b> 7:00pm Bridge, Card Rooms A+B</p>	<p><b>8</b></p> <p>8:00am Croquet, Croquet Court <b>9:00am Interclub Bridge Tournament (six clubs competing), Card Rooms A+B</b> 9:30am Chipping, Putting &amp; Shuffleboard 9:30am Tai Chi Practice, Cove Veranda 9:30am Ping Pong "open play", Pavilion 12:00am Cribbage, GS Lounge 12:45pm Private Bridge, Card Rm B 1:00pm Billiards, Billiard Room 1:00pm Mah Jongg, Card Room B <b>1:30pm *Elisabeth Lahti Concert Series, Cummings Library</b> <b>3:45pm *Holy Redeemer Church transportation</b></p>
<p><b>12</b></p> <p>9:00am Cardio Blast Class, Pavilion 10:00am Aqua Blast Class, Pool 10:00am Billiards, Billiard Room 11:00am Yoga &amp; Meditation Class, Pavilion 12:30pm Wii Bowling, Card Room A <b>1:00pm *Art Class with Kelly, Art Studio</b> 1:00pm Mah Jongg, Card Room B 1:00pm Bridge, WS Lounge 2:00pm Bridge, GS Lounge <b>2:00pm A Cup of Joe with Perrigo, Pavilion</b></p>	<p><b>13</b></p> <p>8:00am Croquet, Croquet Court 8:30am Strength &amp; Core Class, Pavilion 10:00am Tai Chi Class, Pavilion 11:00am Balance Class, Pavilion 1:00pm Bridge, WS Lounge 1:00pm Rummikub, Private Dining Room <b>1:30pm Caregivers Support Group, The Cove</b> 1:30pm Mix Masters Bridge, Card Room B 2:00pm Bridge, GS Lounge <b>2:00pm Re-Airing of A Cup of Joe with Perrigo, Channel 63</b></p>	<p><b>14</b></p> <p>9:00am Cardio Blast Class, Pavilion 10:00am Aqua Blast Class, Pool 11:00am Yoga &amp; Meditation Class, Pavilion 11:00am Ai Chi Class, Pool 1:00pm Bridge, Card Room B 1:00pm Gin Rummy, Clubhouse Lobby 1:00pm Hand &amp; Foot card game, Card Room A 1:00pm Rummikub, GS Lounge <b>1:30pm *Lowell Kafer's Religious Lecture Series, Card Room A</b> <b>3:00pm Friday Movie, Channel 63 -- "Shane" [1953][NR]--(Resident Request)</b> 7:00pm Bridge, Card Rooms A+B</p>	<p><b>15</b></p> <p>8:00am Croquet, Croquet Court 9:30am Chipping, Putting &amp; Shuffleboard 9:30am Tai Chi Practice, Cove Veranda 9:30am Ping Pong "open play", Pavilion 12:00am Cribbage, GS Lounge 12:45pm Private Bridge, Card Rm B 1:00pm Billiards, Billiard Room 1:00pm Mah Jongg, Card Room B <b>3:45pm *Holy Redeemer Church transportation</b> <b>5:00pm Social Hour &amp; Holiday Sing-A-Long, Clubhouse Lounge</b></p>
<p><b>19</b></p> <p>9:00am Cardio Blast Class, Pavilion 10:00am Aqua Blast Class, Pool 10:00am Billiards, Billiard Room 11:00am Yoga &amp; Meditation Class, Pavilion 12:30pm Wii Bowling, Card Room A <b>1:00pm *Art Class with Kelly, Art Studio</b> 1:00pm Mah Jongg, Card Room B 1:00pm Bridge, WS Lounge 2:00pm Bridge, GS Lounge <b>3:00pm Foundation B.O.D., The Cove</b> <b>3:00pm *Genealogy Club, Card Room A</b> <b>5:00pm *Anniversary Couples Dinner</b> 7:00pm *Trivia Night, Pavilion</p>	<p><b>20</b></p> <p>8:00am Croquet, Croquet Court 8:30am Strength &amp; Core Class, Pavilion <b>9:00am HMS Cmte Meeting, The Cove</b> 9:30am Women's Bible Study, Card Room A <b>10:00am Scholarship Cmte Mtg, Private Dng Rm</b> 10:00am Tai Chi Class, Pavilion 11:00am Balance Class, Pavilion <b>11:30am *St. Mary's Church Concert "Bach Concerto", Stuart</b> 1:00pm Bridge, WS Lounge 1:00pm Rummikub, Private Dining Room 1:30pm Mix Masters Bridge, Card Room B <b>2:00pm Social Cmte Mtg, The Cove</b> 2:00pm Bridge, GS Lounge</p>	<p><b>21</b></p> <p>9:00am Cardio Blast Class, Pavilion 10:00am Aqua Blast Class, Pool 11:00am Ai Chi Class, Pool 11:00am Yoga &amp; Meditation Class, Pavilion <b>12:00pm *Birthday Luncheon, Dining Room</b> 1:00pm Bridge, Card Room B 1:00pm Hand &amp; Foot card game, Card Room A 1:00pm Gin Rummy, Clubhouse Lobby 1:00pm Rummikub, GS Lounge <b>1:30pm Friday Movie, Channel 63 -- "Giant" [1956][G]--(Resident Request)</b> 7:00pm Bridge, Card Rooms A+B</p>	<p><b>22</b></p> <p>8:00am Croquet, Croquet Court 9:30am Chipping, Putting &amp; Shuffleboard 9:30am Tai Chi Practice, Cove Veranda 9:30am Ping Pong "open play", Pavilion 12:00am Cribbage, GS Lounge 12:45pm Private Bridge, Card Rm B 1:00pm Billiards, Billiard Room 1:00pm Mah Jongg, Card Room B <b>3:45pm *Holy Redeemer Church transportation</b></p>
<p><b>26</b></p> <p>9:00am Cardio Blast Class, Pavilion 10:00am Aqua Blast Class, Pool 10:00am Billiards, Billiard Room <b>10:30am *Mystery Lunch, ?????</b> 11:00am Yoga &amp; Meditation Class, Pavilion 12:30pm Wii Bowling, Card Room A <b>1:00pm *Art Class with Kelly, Art Studio</b> 1:00pm Mah Jongg, Card Room B 1:00pm Bridge, WS Lounge 2:00pm Bridge, GS Lounge</p>	<p><b>27</b></p> <p>8:00am Croquet, Croquet Court 8:30am Strength &amp; Core Class, Pavilion <b>9:00am *Boca Raton Museum of Art "Machu Picchu Exhibit" &amp; Lunch at Luna</b> <b>9:00am Finance Cmte Mtg, The Cove</b> 9:30am Women's Bible Study, Card Room A 10:00am Tai Chi Class, Pavilion 11:00am Balance Class, Pavilion 1:00pm Bridge, WS Lounge 1:00pm Rummikub, Private Dining Room 1:30pm Mix Masters Bridge, Card Room B 2:00pm Bridge, GS Lounge</p>	<p><b>28</b></p> <p><b>9:00am Residents' Council Mtg, The Cove</b> 9:00am Cardio Blast Class, Pavilion 10:00am Aqua Blast Class, Pool 11:00am Ai Chi Class, Pool 11:00am Yoga &amp; Meditation Class, Pavilion 1:00pm Bridge, Card Room B 1:00pm Gin Rummy, Clubhouse Lobby 1:00pm Hand &amp; Foot card game, Card Room A 1:00pm Rummikub, GS Lounge <b>1:00pm Library Cmte Mtg, The Cove</b> <b>2:30pm *ACO at the Lyric Theatre, Stuart</b> <b>3:00pm Friday Movie, Channel 63 -- "From Here to Eternity" [1953][NR]--(Resident Request)</b> 7:00pm Bridge, Card Rooms A+B</p>	<p><b>29</b></p> <p>8:00am Croquet, Croquet Court 9:30am Chipping, Putting &amp; Shuffleboard 9:30am Tai Chi Practice, Cove Veranda 9:30am Ping Pong "open play", Pavilion 12:00am Cribbage, GS Lounge 12:45pm Private Bridge, Card Rm B 1:00pm Billiards, Billiard Room 1:00pm Mah Jongg, Card Room B <b>3:45pm *Holy Redeemer Church transportation</b> <b>5:00pm Social Hour &amp; Holiday Sing-A-Long, Clubhouse Lounge</b></p>



Spiritual



Physical Activity



Health Services



Environmental





## EDUCATION CORNER

*“Three years, no violations, a perfect dietary record for Water’s Edge. I helped get us there. My Foundation scholarship helped make it all possible.”*

*Laine Campbell*

Laine Campbell is the Nutrition Manager at Water’s Edge overseeing a staff of fifteen and the entire dietary operation. As a Registered Dietitian, she also plans every menu and monitors clinical nutrition status to promote optimal nutrition for all residents.

This year for the third year in a row the Annual Centers for Medicare and Medicaid Services cited zero violations for the Laine’s Dietary Department at Water’s Edge. That’s zero, as in none.

This record sets Sandhill Cove apart from almost every CCRC community. Laine Campbell makes that record possible for all residents of Water’s Edge.

And the Sandhill Cove Foundation is helping Laine improve on that record every day with scholarship support for her pursuit of two master’s degrees at FAU, an MBA and an MHA (Master of Healthcare Administration).

We’re proud of Laine Campbell and her perfect three-year record at Water’s Edge. She proves the value of education every day and, in so doing, pays back the entire Sandhill Cove community for its generosity.

“Education Corner” is brought to you by the Sandhill Cove Foundation, Inc. and the many resident donors who generously support our scholarships every year.

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

## SANDHILL COVE COMMITTEE MEETINGS

Residents’ Council - 4th Friday at 9:00 AM	Food & Bev. Committee - 1st Monday at 10:00 AM
Finance Committee - 4th Thursday at 9:00 AM	Marketing Committee - 2nd Tuesday at 10:30 AM
Social Committee - 3rd Wednesday at 2:00 PM	House., Maint. & Sec. Committee - 3rd Thursday at 9:00 AM
Executive Director’s Meeting - 2nd Wednesday at 2:00 PM	Health Care Committee - 3rd Monday at 3:00 PM
Landscape Committee - 1st Monday at 2:00 PM	Library Committee - 4th Friday at 1:00 PM
Scholarship Committee - 1st Thursday at 10:00 AM	



### 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

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## 2022

- ♦ March 16 - 11 nights - Grand Southern Caribbean Cruise aboard Nieuw Statendam
- ♦ March 23 - 16 nights - Spectacular Southern Africa Tour & Safari
- ♦ April 23 - 6 nights - Springtime Flowers- at Biltmore Estate in the Smoky Mountains  
transportation directly from Sandhill Cove (no flying)
- ♦ May 11 - 8 nights - Colorado Rockies to the Red Rocks & Rocky Mountaineer Rail
- ♦ June 20 - 13 nights - Grand Alaska Land & Sea with Denali National Park
- ♦ July 21 - 9 nights - Majestic Canadian Rockies Plus Rail Journey
- ♦ Aug. 11 - 12 nights - French River Cruise plus Alsace Lorraine
- ♦ July 14 - 19 nights - Voyage of the Vikings - Including Iceland and Greenland
- ♦ Aug. 18 - 8 nights - Upper Mississippi River Cruise - St. Louis to St. Paul
- ♦ Sept. 11 - 16 nights- Alpine Rails & Trails - Switzerland, Austria & Oberammergau
- ♦ Sept. 28 - 9 nights -New England Autumn Delights - Maine, New Hampshire & Vermont

**For Reservations & Information Contact**  
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## BOCA RATON MUSEUM OF ART

Join us Thursday, January 27 to enjoy "Machu Picchu Golden Empires of Peru" at the Boca Raton Museum of Art. Embark on a journey through time and discover a culture that thrived in a mythic world. Explore the world premiere exhibition. Behold the marvels of engineering that sheltered a truly spiritual civilization and the ornate riches they once cherished. The bus will depart Sandhill Cove at 9:00 a.m. and reservations are required. Cost for admission is \$21.50 per person. Please sign up in the Activities Book.





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## "GREAT DECISIONS"

The next program will be presented Don Hall on Wednesday, January 5, at 2:00 p.m. The topic for discussion will be America vs. China presented by Don Hall. A signup sheet is in the Activity Book.

## ORGANIZED ACTIVITIES

### *Duplicate Bridge - Card Room*

Co-Chairs: Dee Rice, Nancy Int-Hout  
Tuesdays at 12:45 p.m. Sign up in advance with partner. Singles call the chairman. Entry fee is \$2.00. Guests welcome.

### *Partnership Rubber Bridge - Card Room*

Chair: Nancy Int-Hout  
Friday evening at 7:00 p.m. Organized partnership game of Rubber Bridge, play with your own partner and change tables every 4 hands. Tables of 4 players. Sign up in advance. Entry fee \$2.00.

### Bible Study

Women's Bible Study on Thursdays at 9:30am in the Card Room – Lead is Genie Buchanan

### Billiards

Wednesday 10:00 AM, Saturday 1:00 PM  
Jeanne Marmitt - Mon. 10:00 AM | Open Games Daily

### Bingo Games

Chair: Louise Freeman - Postponed for the present time

### Bocce Ball

No organized games for the Summer

### Book Club

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

### Chipping & Putting

Helen Lavery - Saturdays at 9:30am

### Cribbage

Tom Evinrude: Mondays 1:00 p.m. - Clubhouse Lobby  
Saturdays 12:00 p.m. - GS Lounge

### Hand & Foot Card Game

Fridays 1:00pm Card Room A

### Horseshoes

TBA

### Ping Pong

Saturdays & Sundays Open Play at 9:30am - Pavilion

### Mahjong

Wednesdays & Saturdays - 1:00 p.m. - Card Room

### SHC Croquet Club

Pres.: Fran Atwood  
Every Tuesday, Thursday and Saturday at 8:30am

### Art Classes

Wednesdays in January at 9:30am - Art Studio

### Shuffleboard

Scorekeepers: Les Applegate & Jody Comas:  
Saturdays at 9:30am

### Gin Rummy

Fridays - 1:00 p.m. - Clubhouse Lobby  
leads: Tom Evinrude and John Tait

### Rummikub

Tuesdays & Thursdays at 1:00pm - Private Dining Room

*Variety of board games also available in Card Rm.*



## SANDHILL COVE COMMITTEES

**Residents' Council**  
**President - Bob Forbush**  
**Vice Pres - Bruce Childers**  
**Sec./Treas. - Mary Antaya**

**Class of 2022**

Mary Antaya  
 Maria Campbell  
 Joan Collins

**Class of 2023**

Les Applegate  
 Don Hall

Bill Sheehy

**Class of 2024:**

Justine Angland  
 Bruce Childers  
 Bob Forbush

**Finance Committee**  
**Pres/Chair - Don Hall**  
**Secretary - Sue Hershey**

**Class of 2022:**

Charles Morgan  
 Merrill Snyder  
 Michael Stern

**Class of 2023:**

Don Hall  
 Sue Hershey  
 Elmer Jacobs  
 Elaine Treweek

**Class of 2024:**

Walter Deemer  
 Bill Miller  
 Lee Morrison  
 Alan Woodruff

**Social Committee**

**Chair - Dee Rice**

Julie Bennett  
 Genie Buchanan  
 Jody Comas  
 Bobbie Deemer  
 Jean Eldridge  
 Mary Lou Haines  
 Phyllis Kordick  
 Grace Nola  
 Marina Sheehy  
 Bobbie Spilman  
 Marlene Wertheimer

**HMS Committee**  
**Chair - Helen Sebold**  
**Secretary - Jane Coutts**

Justine Angland  
 Julie Bennett  
 Mary Jane Bolter  
 Ellyn Capper  
 Karin Childers  
 Ann Coffin  
 Sherry Corbett  
 Joan Cromer  
 Jennie Falbey  
 Dolores Gross  
 Helen Lavery  
 Henry Salver  
 Mary Vaux

**Health Care Committee**  
**Chair - Mary Vaux**  
**Secretary - Gert Rodgers**

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 Carolyn Benninger  
 Ty Forbush  
 Liz Hall  
 Pete Morrissey  
 Barbara Olson  
 Pat Principe  
 Susan Richdale  
 Bill Sheehy  
 June Tozzo  
 Maria Rivera-Trudeau

**Landscape Committee**  
**Chair - Liz Hall**  
**Secretary - Lee Morrison**

Bobbie Bronson  
 Nancy Carr  
 Barbara Folts  
 Ty Forbush  
 Margaret Gray  
 Darlene Jones  
 Barbara LaMirand  
 Claire Merkel  
 Jane Shoaf  
 Joy Funston  
 Betsy Lee

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**Chair - Maria Campbell**  
**Vice Chair - Louise Freeman**  
**Secretary - Jane Matheson**

Jody Comas  
 Joy Funston  
 Margaret Gray  
 Betsy Lee  
 Marina Sheehy

**Library Committee**  
**Chair - Fran Atwood**  
**Treasurer - Dolores Gross**  
**\*RC Liaison: Mary Antaya**

Mary Jane Bolter  
 Bobbie Bronson  
 Barbara Eich  
 Muriel Franz  
 Judy Miller  
 Pat Morgan  
 Nancy Murphy  
 Grace Nola  
 Rigmor Olesen  
 Glenn Paxton  
 Mary Ann Roleke  
 Jane Shoaf  
 Joanne Stern  
 Edith Stocks  
 June Tozzo

**Marketing Committee**  
**Chair - Marina Sheehy**

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 Justine Angland  
 Genie Buchanan  
 Jane Coutts  
 Bobbie Deemer  
 Jean Eldridge  
 Darlene Jones  
 Florence McGurk  
 Lincoln McGurk  
 Bill Miller  
 Judy Miller  
 Pat Morgan  
 Riigmor Olesen  
 Barbara Olson  
 Dee Rice  
 Suzan Richdale  
 Jane Shoaf  
 Norma Wright

**FLiCRA Committee**  
**Chairman - Louise Freeman**  
 Bob Forbush  
 Jane Mace  
 Pete Morrissey

**Food & Beverage Committee**  
**Chair - Louise Freeman**  
**Secretary - Sue Hershey**

**Class of 2022**

Shirley Baer  
 Louise Freeman

**Class of 2023**

Sue Hershey  
 Darlene Jones

Betsy Lee

Judy Miller

Joanne Stern

**Class of 2024**

Bobbie Spilman  
 Jim Vaux

**SHC Foundation**  
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**Vice Pres. Merrill Snyder**  
**Sec: Jane Coutts**  
**Treasurer: Judith Peters**

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 Kathy Garlington  
 Anne Ruthling Holmberg  
 Chuck Morgan  
 Bruce Nichols  
 Helen Sebold  
 Bobbie Spilman  
 Mary Vaux  
**Special Advisors:**  
 Jack Brauntuch  
 Peter Corbett

**SHC Foundation**  
**Scholarship Committee**  
**Chair: Kathy Garlington**  
 Les Applegate  
 Ellyn Capper  
 Phyllis Kordick  
 Pat Morgan  
 Bill Sheehy  
 Nancy Treece



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## TRIVIA NIGHT

**W**e are ready to restart this fun competition and it is scheduled for Thursday, January 19 in the Pavilion at 7:00 p.m. We ask that you form your teams and list them in the Activity book along with your team's name. Rules remain the same as in the past. Let's see who will capture the Trivia Trophy this month!



RESIDENTS' HOLIDAY COCKTAIL PARTY

