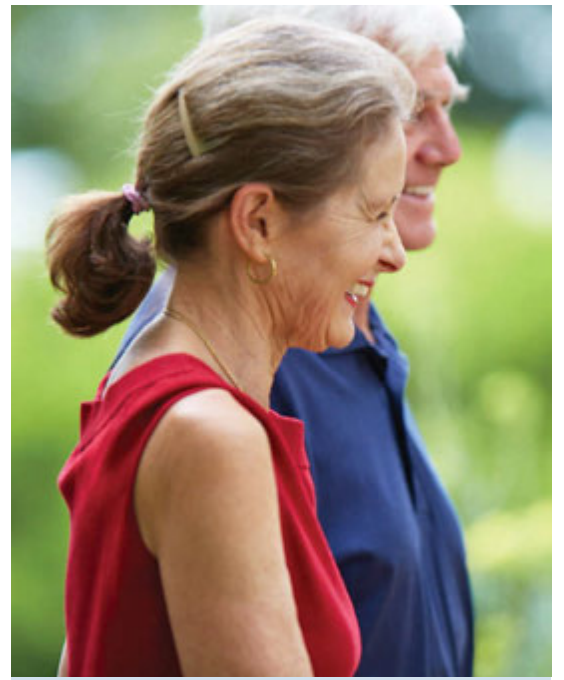


# GOOD Life News

at Cypress Palms

JUNE 2017

[www.cypressalf.com](http://www.cypressalf.com)



## Basic Cell Phone

Are you having a hard time using your cell phone? Do you need someone to help you with basic cell phone problems you just can't seem to understand? Please join us for an informative class on cell phones every Wednesday at 1 p.m. Bring your cell phone and your questions!



## Zumba Gold for Seniors

Come check out our new fun and upbeat exercise class, designed specifically for seniors!

### Zumba Gold is perfect for:

Active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity.

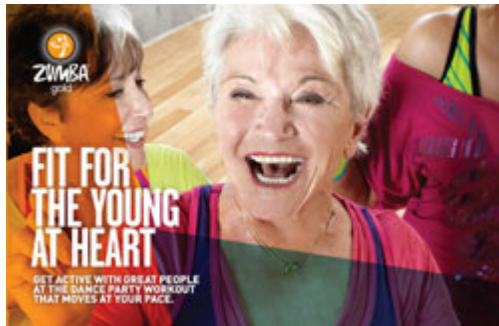
### How It Works

The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

### Benefits

Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!

Don't miss Zumba Gold on June 7 and 21, at 10:15 a.m.!



## Crocheting and Knitting Club

Are you interested in learning how to knit or crochet? Do you already know how? This club is perfect for you! Come join Anna in Life Enrichment for our new Knitting and Crocheting Club! Come up to the Fourth Floor Library every other Friday, June 9 and June 23, at 3:30 p.m., to join a great group of ladies for a relaxing and fun time! We will be making scarves and blankets, among other things! Please contact Life Enrichment for more information!



**Our Talk.  
Our Walk.  
Every Day!**

## National Safety Month

Summer's start is a great time to think about safety. Warm weather may be calling people outside, but outdoor activities also open the door to potential accidents. The National Safety Council designates June as National Safety Month – a great time to reconsider how we can “Keep Each Other Safe,” this year's theme. You may be surprised to hear that one in three people over 65 falls each year, making it the leading cause of injuries for the age group. Exercise can be the first defense against falls. FIT Functional Fitness® offers various programs that can help increase muscle and bone strength!

## Father's Day

Please join us for a marvelous Father's Day Lunch to celebrate our wonderful Fathers on June 18 at 12 p.m. We will be serving Pork Belly Skewers, Grilled Ribeye Steak with Bourbon Glazed Shrimp, Twice Baked Potatoes, Sautéed Baby Carrots and Chocolate Lava Cake for dessert! A saxophonist will be there to give us a phenomenal performance! If you would like to sign up for this lunch, please contact the Front Desk by June 12!



## Resident Spotlight: Marie A!

Marie has been a resident of Cypress Palms for a year and a half and has lived in Clearwater for the past 50 years. Marie is originally from West New York, N.J., where she also attended school and met and married her husband of 57 years, Walter. After graduation, Marie worked in NYC for Prentice Hall Publishing Co. She even "dabbled" in the theater and had a role in "All About Eve!"

Marie and her husband had four children together, as well as three grandchildren and one great-grandson!

For many years, Marie was an avid tennis player. She played weekly across the street at the Largo Rec Center. From the tennis courts she watched The Palms of Largo being built and often joked with her tennis ladies, "I guess that's where we will all end up some day!"

When not playing tennis, she loved gardening and still misses her large lawn and lake front home. She had many visitors: geese, swans, sea gulls and a white pelican!

Her most valued companions were her two red dachshunds, Greta and Colonel Klink. They both lived long and happy lives! Thus, Marie is a patron of the local SPCA. She is also a patron of the Mortan Plant Foundation.

At Cypress Palms, Marie enjoys Bingo and Pokeno. Her family would like to thank the entire staff here for taking such good care of their mother!



## Theme Day Fridays!

Please join us every Friday for the different themes!

June 2: Blue

June 23: Pink

June 9: Purple

June 30: Yellow

June 16: Green

## New Neighbor Welcome

Please welcome:

Mary Anna T.

Betty K.

Peggy W.

Janis S.

Rose M.

Richard S.

## A Pink Drink

Sipping a refreshing glass of pink lemonade is the perfect way to cool off when the temperature climbs. But have you ever wondered who invented the drink, and why it's tinted pink?



Most historians have traced pink lemonade to 19th-century traveling circuses, where traditional lemonade was already a popular refreshment. Two stories of the origin of the pink version stand out. In one, Henry Allott, a teenager working at a circus concession stand, accidentally dropped red cinnamon-flavored candies into a batch of lemonade. He served the rosy-hued drink to his waiting customers, and it was a hit.

A second story claims circus worker Pete Conklin ran out of water while making lemonade. He grabbed a nearby tub of water that a performer had used to wash her pink tights, added it to his mixture, and sold it as "strawberry lemonade."

However the beverage came to be, it continues to be a popular thirst quencher. The pink lemonade sold today is usually tinted with fruit juices and extracts or red food dye.

Join us downstairs for a Pink Lemonade Social on June 29 at 2 p.m.! Clint will be our amazing entertainment as we cool off and enjoy our pink drink!

## Royal Reunion Luncheon

Cypress Palms is hosting a luncheon for former Royal Palms residents Wednesday, June 21, at noon, in the Auditorium. RSVP before June 19 to Kay Sherman, Ambassador.



Our last Royal Reunion Luncheon

## Rosary

Please note the new time of Pray the Rosary at 3 p.m. every Tuesday.

## Life Enrichment Outings

Friday, June 2 at 4 p.m.: Dinner at The Greek Island

Wednesday, June 7 at 11 a.m.: Man Cave Lunch Outing to Acropol

Wednesday, June 14 at 10 a.m.: Shopping and Lunch at Dollar Tree

Friday, June 23 at 4 p.m.: Dinner at Bob Evans

Wednesday, June 28 at 10:30 a.m.: Lunch at the Columbia

Please sign up with Life Enrichment as soon as possible, as there is limited space on the bus.

## Spirituality Spotlight

Often, I find myself in conversations with residents about their prayer lives. Some rely on traditional, familiar prayers which bring great comfort and strength. Other residents talk about "sacred experiences" they have in the course of their daily lives. Still others are searching to find what best fits in this season of life. Sometimes I suggest keeping prayer very simple, perhaps as simple as:

**One word:** Please

**Three words:** I love you

**Two words:** Thank you

**Four words:** I am very sorry

Simple words make good relationships.

Simple words make good prayers.

**It was once said:** "If the only prayer we ever say is 'Thank you' that will be enough." —Meister Eckhart.

Let us pause to say "Thank you" for the gift of life.

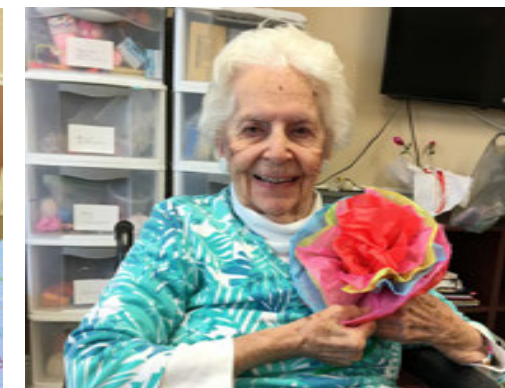
— Becca

## Creativity Corner

Come check out our creativity corner arts and crafts program every Wednesday at 2:30 p.m.! Each week, the Life Enrichment staff pick out fun and unique projects for you to create! Check out these fun photos of our residents making fiesta flowers!



Maxine G. with her fiesta flower!



Mary W. showing off her work!



The Cypress Creativity Crew!

## Employee of the Month: Michael Crawford!

William Crawford, who goes by Michael, is our Employee of the Month! Mike works the 10 a.m.-6 p.m. shift and has been with Cypress for 18 years, since 1999! His coworkers call him "The King" because of how long he has been with us! Mike always goes above and beyond his job description; always willing to help out when needed. He is hardworking, accountable and a pleasure to work with. We are lucky to have him! Congratulations, Mike!



Michael Crawford!

## Resident Birthdays

Mary W., 7th

Stephen R., 11th

June R., 15th

Jack A., 22nd

Elaine B., 30th

## Employee Birthdays

Robin Millican, 2nd

Victor Piperata, 19th

Blazenska Mead, 23rd

Jay Galletta, 25th

Miroslaw Tywoniuk, 25th

Megan Hays, 26th

Kenneth Hanke, 29th

Jasmine Green, 30th



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## Staff

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Dianna Slutzker, RN

**Life Enrichment Director**  
Jessica Hartle, CTRS

**Director of Marketing**  
Michelle Cooper

**Director of Community Relations**  
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**Resident Care Coordinator**  
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**Memory Care Coordinator**  
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**Life Enrichment Coordinator**  
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Marnie Matheny

**Executive Chef**  
Chris Lyons

**Plant Operations Director**  
Peter Sala

**Platinum Service® Ambassador**  
Kay Sherman

**Spiritual Director**  
Becca Bass

## The Morning Gazette

Each morning, come downstairs for the Morning Gazette at 9:30 a.m. and start your day off right! Join us for coffee, news stories and upcoming announcements!



## Like Us on Facebook

Go to [facebook.com/CypressALF](https://facebook.com/CypressALF) to see pictures and catch up on all the fun here at Cypress Palms. This is a great way for family members and friends to stay connected!