

“Empowered Possibilities” Living Your Best Life at Any Age

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**~ Dale Lind ~
See page 3 for article**

Upcoming Events for October

October 4

Audibel's "Digital Technology
Available for Hearing" Coffee Social

Blessing of the Animals

October 11

Kiddie Castle Daycare
Halloween Trick-or-Treat Coffee Social

October 12

Golf Challenge
Residents and staff play together

October 17

Super Noggin Workshop
on Mental Exercises

October 18

"African Safari" w/Dot Gray Coffee Social

October 20

Putting Tournament

October 27

Oktoberfest w/Pumpkin Contest,
the Melotones Band, Stilt Walker, Antique
Cars, Vendors, Bake Sale, 50/50, German
Food & Beer. A wonderful Fall Celebration!

October 28

Waterman Divas go to Season's 52

Line Dancing every Wednesday
Computer Classes on October 10 & 24

Coming in November



First Annual Gala Event & Jazzy Auction

Waterman Communities Foundation Inc., is hosting its First Annual Gala Event and Jazzy Auction on November 3, 2011, from 5:00 p.m. until 8:00 p.m., right here in Waterman Village. The event includes entertainment by the Mount Dora Jazz Orchestra, dancing, great food and drinks, and a silent auction. The Gala has a "Mardi Gras" theme so feel free to dress in your favorite Mardi Gras attire. Of course, if you don't have Mardi Gras attire, just wear your favorite dancing shoes! There will be several items up for auction and a great time will be had by all. There will be complimentary valet parking provided and a make-over event earlier that day provided by Dillard's, with goodie bags provided to all participants. Tickets for the event are \$75.00 each and are on sale now! Just come by Alison Brown's office in the Executive Office Building or give her a call at 383-0051 x329.



Volunteer Celebration

"Marjorie Kinnan Rawlings"
by Karen Devaos

November 2

LadyFinger Concerts
w/8 hands each concert

Chico's Fashion Show

Kevin McEwen, CIC
President

Phone: (352) 383-8164
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(888) 383-7899

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“Empowered Possibilities” – Living Your Best Life at Any Age

Dale Lind has written a book that is currently being published. He gave 2 weeks of discussions on the subject in the Fellowship Hall to residents and staff. It is based on his experience and what is incorporated in the lifestyle at Waterman Village and Waterman Cove. It is an acronym for

“E” Engage in meaningful activities

“M” Matter & make a difference

“P” Preserve, enhance physical fitness

“O” Optimize quality of life

“W” Worship and put faith in a Higher Power outside yourself

“E” Expand brain power

“R” relate to and connect with others

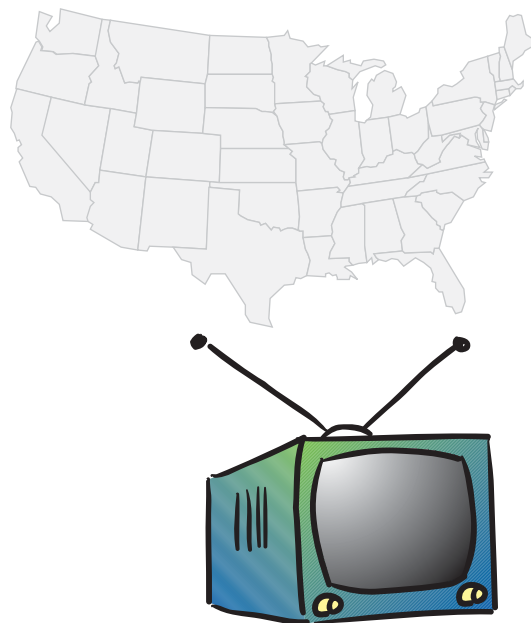
These principles are for occupational, self worth, physical, emotional, spiritual, intellectual and social wellness.

We look forward to more on this holistic approach to life.

Victor Hartman, a resident, attended all of the sessions and said “It was so fascinating; I just had to come back for more. Dale is such a good speaker.”



Photos by Sheri DiCarlo



World Book Facts:



In the United States (as of 2007)

There are: 163.2 million telephone users
 255 million cell phone users
 4,789 AM Radio Stations
 8,961 FM Radio Stations
 2,218 Television Broadcast Stations
 316 million Internet hosts (2008)

Just thought you might want to know

Lazy, Hazy Days of Summer in the Bridgewater

(OK, the days were hazy, but definitely not lazy.)

by Anne Hein, Activities Director • Photos by Yvonne Staab



Eldina Henrich and Jack Cunningham enjoy some homemade key lime pie.

August took Bridgewater residents on imaginary trips to Florida places of interest. Ponce de Leon might have looked for the Fountain of Youth near St. Augustine. However, if you could have seen residents singing songs from their youth, you would have known, for sure, that the Fountain of Youth had been discovered in Mount Dora. We also visited Key West and enjoyed homemade key lime pie. Lunch in the Bistro, which certainly is one of Florida's culinary favorites, was enjoyed as well.



Valerie Brown and Charlotte Bowman at the Key West party



Clara Brewer and Christine Sebastian enjoy a special lunch at the Bistro.



Nancy Graumlich wins a beautiful afghan as a door prize donated by the Orange Blossom Square Dancers.

The music appreciation for September was Puccini's opera "La Boheme." Following the opera was a lovely wine and cheese party with Mimi, one of Puccini's characters serving

"Mimi" (Anne Hein) pours a glass of wine for Valerie Brown.



The Orange Blossom Square Dancers from the Villages entertained Waterman Village residents in the Lodge. Their enthusiasm and high energy were a mood lifter. One of their group members knit a beautiful afghan for a door prize, which Bridgewater Resident Nancy Graumlich won.

"Super Noggins" Roseanne Schlegel, Norma Schloot, Jenny Flink and Valerie Brown.



Bridgewater continued



Jean Hoechst and Anne Erben wait for Anne Hein to release two of our "home grown" Monarch butterflies.

Bridgewater was immanently enriched this month by raising monarch butterflies from



Two newly released Monarch butterflies linger in Jessie's Garden.

caterpillars. We found tiny caterpillars in our butterfly garden, fed them milkweed leaves until they formed chrysalises, and then were transformed into butterflies.

As part of Assisted Living Week, Queen Anne Erben and King Dick Bleil were represented the Bridgewater royally at a luncheon at the Mission Inn with other local Assisted Living Facilities from Lake and Sumter Counties.



Queen Anne Erben and King Dick Bleil attend a special luncheon at the Mission Inn during Assisted Living Week

Educational Coffee Social w/ In House Therapies: Physical, Occupational, & Aquatics

The Waterman Rehabilitation Department is proud to announce new therapists to our out patient clinic! Beverly Acacio PT, Daire Kalmes PTA, and Jennifer Knudholt OTR



will bring experience and creativity to this department. Daire has already started an AQUATICS program both for out patient physical therapy and now for Wellness. Please call extension 303 if you are interested in getting into the pool or to set up an appointment for out patient therapy. We are also looking forward to more program development with the assistance of our new therapy company, Therapy Management Corporation.

Speaker at Coffee Social

Dr. Rienterston from Tavares Dental Excellence was a very entertaining guest speaker. He had everyone smiling.





Lunch Bunch goes to Fountain Cafe in Eustis



Dinner Bunch Steps Back in Time at Quaint Cotillion Southern Cafe in Wildwood



Rated by
Trip Advisor App
★★★★★



Birthday/ Anniversary Dance Party



Welcome Newcomers

By Dorothy Fulton, Resident Reporter

Arthur Grindle

This fine gentleman, who served in the Army during WWII, came to us from Orlando, where he was involved in real estate as well as owning a car dealership. A 30 foot mannequin on Colonial Avenue marked his area. Art also found time to serve in the State Legislature for 10 years, but it helped to fly his own plane back and forth from Tallahassee. He had received a Bachelor's Degree at LaSalle



University in Chicago, his home area, earned his master's at Rollins College. He and his late wife, Phyllis, enjoyed traveling to Europe and the Far East. Their three daughters, a son, six grandchildren currently reside throughout Florida. Many family pictures and beautiful art work decorate the Grindle apartment.

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Helen Roehm

Long time Connecticut resident, Helen and her late husband Richard, traveled through many states and were "Snowbirds" in Florida before the decision to make a permanent move. Helen



worked as an office manager of two firms in Farmington for over 30 years, one in which she established the business system approved by the company. Coming to us from the Villages, Helen located ours via the internet. She enjoys both golf and bowling. Her apartment is filled with attractive antiques and several cross-stitch articles she and her daughter created, and her collection of Hummel figurines continues to grow. The Roehm family consists of a son in Virginia, a daughter in Connecticut and three grandchildren.

Robert and Myna O'Donnell

Born in Vermont, pretty titian-haired Myna moved to Northern Maine with her family where she met Bob O'Donnell, whose family lived near the



Canadian border. Bob served in the Air Force as well as the Navy for nearly 25 years. Having attended

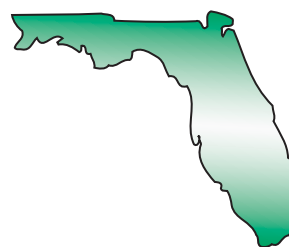
business college in Salem, Massachusetts, Myna held various civil service positions while the couple traveled from one duty station to another during much of Bob's military life. At various times, they resided in Alaska, Japan and Germany. Following his disability discharge, Bob constructed houses with a partner. He holds a Bachelor of Science from Ricker College in Houston, Maine as well as a Bachelor of Arts in Political Science from Unity College. It is an interesting fact that Myna is a direct descendant of Cotton Mather, who burned witches in Salem. A beautiful collection of art work decorates the O'Donnell apartment courtesy Myna's talented family.

Cool Facts:



On average, adults watch double the amount of TV as teenagers do.

Lemon juice can aid in reducing the swelling caused by insect bites



The state of Florida is bigger than England.





Waterman Communities, Inc.
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Mount Dora, Florida 32757
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www.watermanvillage.com

August Mystery Chef

presents

Bananas Foster

Photos by Sheri DiCarlo

