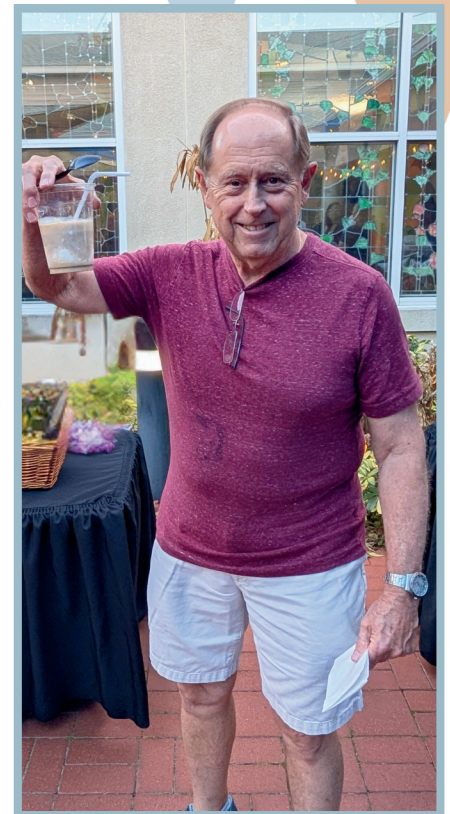


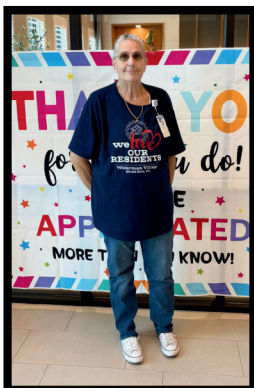
GOLF CART DRIVE-IN MOVIE SWITCHUP

While we planned to show a drive-in movie, relentless wind gusts forced us to abandon our 20-foot blow up movie screen and run for the Chapel. Our dedicated Culinary team made a quick pivot to the Chapel courtyard where residents enjoyed root beer floats before heading indoors to see the classic film *Grease* starring John Travolta and Olivia Newton-John. We want to thank Brady who set up the movie projector outdoors and tried with all his might to tether the blow up screen to the Lodge portico. We will try again in the fall on a calm day!



Employee Appreciation Day

Waterman Village Employees felt the love at the recent Employee Appreciation lunch and the Culinary team knocked it out of the park with a delicious Asian menu. Employees from every department made their way over to Lakeside to take part in the fun. Each employee was gifed with a super cool mini blue tooth speaker. Now they can all jam to their favorite tunes on their days off.





Chuck Gillespie

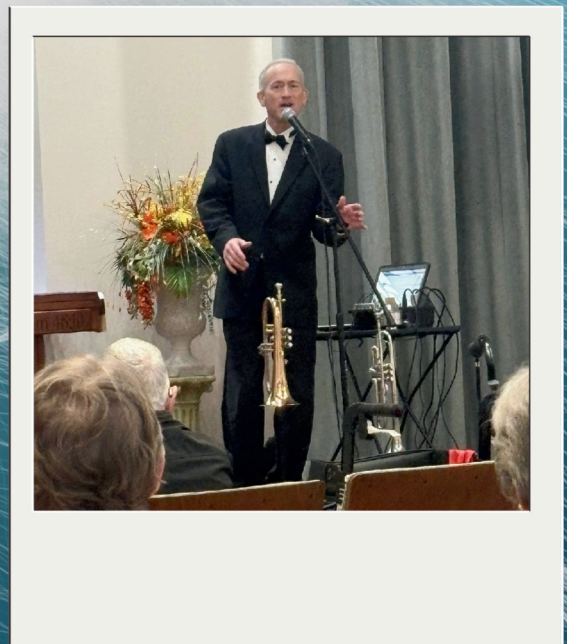
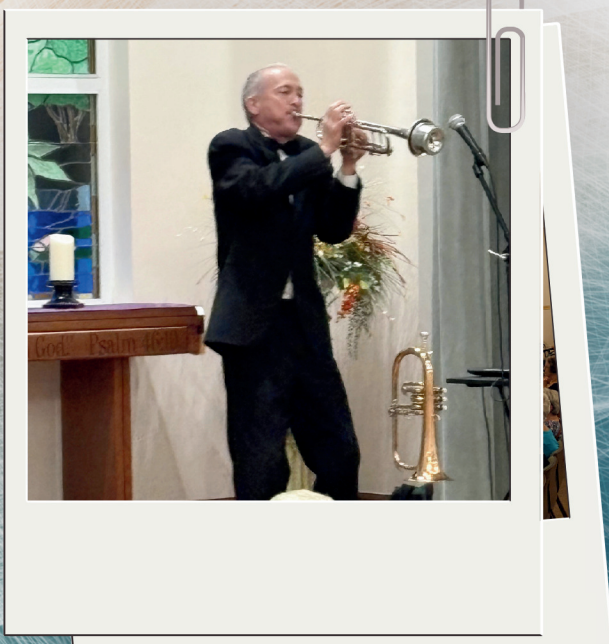
60'S Forever



Two of our favorite entertainers performed during the month of March. Chuck Gillespie (pictured above) sang a plethora of hits at his 60's Forever concert which included 500 images of popular singers from that era.

Dan Allen Hogan (pictured below) sang, danced *and* played trumpet to a number of Broadway hits and songs made popular by the crooners of the 50's, 60's and 70's.

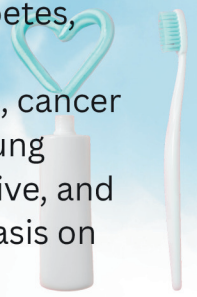
Dan Hogan



CURIOSITY CORNER - KNOWLEDGE IS POWER



Dr. Summer Young, of Eustis Lakeside Dental, gave an enlightening presentation on how Xerostomia (dry mouth), aging, and medicines affect oral health. She also discussed the affects of diabetes, cardiovascular disease, osteoporosis, kidney disease, cancer and cancer therapies. Dr. Young offers preventative, restorative, and cosmetic care with an emphasis on patient education.



Does your mood need a boost? Waterman's dynamic Wellness duo Tracy and Kelly, offered a number of tips at a recent Java Social. Their suggestions included: face-time with a friend, volunteer, join a committee, laugh, dance, read an article, spend one minute on focused breathing, take a walk, do a puzzle, meditate, write in a journal, reorganize one area of your living space.



Scott Kim of AbbVie Pharmaceuticals showed residents the VYALEV pump which treats Parkinson's Disease with a continuous flow of medication. The discreet pump offers patients more "on" time with fewer affects from the disease.



CALENDAR

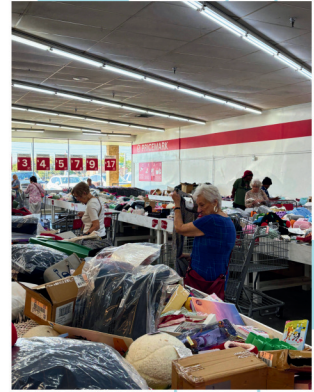
CALENDAR

**BIG!
SAVINGS!**

BARGAIN HUNTERS' SHOPPING TRIP



If you enjoy hunting for a needle in a haystack, you'll love PriceMark in Eustis. The Amazon and Target store liquidator is "piled high" with all sorts of stuff including: clothing, knick knacks, candy, toys and much more. A group of Waterman Village ladies had fun shopping at PriceMark and Goodwill on our recent bargain hunting trip.



Food Truck Frenzy!



Much of what goes on at Waterman Village revolves around food! The Dancing Empanadas and LaDeaux's Bayou Kitchen were the most recent food trucks to come on campus and both offered delicious food. It's always fun to try new dishes and mingle with residents and co-workers while we wait for our meals! Both gracious owners donated 10 percent of their sales to the Activity Departments here at Waterman.



Resident Barb S. has garnered quite the following with her bi-monthly art class called "Exploring Art With Barb." Sign up sheets for each class are filled almost as soon as they put in the Activities Binder! Residents learn about famous artists and use various mediums to create an array of projects. Classes meet on the 2nd and 4th Wednesday of the month. Watch for Barb's "special" class in April where you can sip a glass of wine while you create!

ART WITH BARB



Waterman Village Wood Shop & Hobby Shop Update

The Waterman Village Wood and Hobby Shops are getting a new look thanks to residents Jim K. and Jim B.

The two men have laboriously filled, smoothed and repainted the old, cracked floor. They have refinished the wall cabinets and have built custom cabinets for several pieces of equipment. The Wood Shop machines are being bolted to the cabinets which are being bolted to the floor. Having stationary equipment offers a big safety advantage.

The Wood Shop is currently home to a Laguna Table saw, Jet wood lathe, WEN spiral blade thickness planer, a Kreg precision router table, spindle sander and Dewalt miter saw with laser. There is a new Bauer variable speed drill press complete with a laser and digital readout, and a WEN 14-inch band saw and a Dewalt scroll saw.

Powered hand tools like sanders, nail guns, and saws will be battery powered. The dust collection system has been repaired and upgraded with quick disconnect capability. The floor will be free of open and uneven cracks and joints. The machines will be spaced for easier access by people using mobility assistance.

With these improvements and new equipment, more artistic types of wood work such as Intarsia, Segmentation, Fretwork, and Compound Cutting will be possible.

While people mean well, there are two things the shops do not need – old paint, and old, outdated equipment. Old equipment poses a safety hazard, and paint should be dropped off at the Household Hazardous Waste Center in Tavares.

The updated Wood Shop is expected to be fully operational in one month and will be available to Independent Living residents who have successfully completed the training and safety orientation. The Woodshop is closed during the repairs. The Hobby Shop remodel will start soon after. For more information about either Shop, please contact Activities at extension 354.



WELLNESS *Clinic*

These clinics are FREE and completely optional, but we highly encourage participation. Each visit takes about 20–30 minutes and includes moving through five screening stations. You will be checked in areas such as: Strength, Balance, Endurance, Coordination, Cognition, Swallowing, and Overall health.



STRATEGY

Three times per year, these screenings help you identify areas to focus on, set personal wellness goals, and hopefully prevent falls or hospitalizations. They are also a great way to challenge yourself and track your progress over time. When you return for future clinics, you'll be able to compare your results and see how far you've come. Next clinic is June 25th.

STRENGTH

SUCCESS

