

# STEEPLECHASE

GRACIOUS RETIREMENT LIVING



12029 County Road 103 • Oxford, Florida 34484 • Phone (352) 259-0493 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

APRIL 2021

## STEEPLECHASE STAFF

Managers.....JAMES & JENNI EMERY  
Executive Chef.....TIM WHITE  
Marketing.....LAUREN WYMAN  
Sous Chef.....MYRANDA FOUNTAIN  
Activity Coordinator.....AMBER STEWART  
Transportation.....JOSH CURFMAN  
Transportation.....JOHN WEISNER

## TRANSPORTATION

**Monday & Friday, 9 a.m.-3 p.m.:** Shopping

**Tuesday & Thursday, 9 a.m.-3 p.m.:**  
Dr. Appointments

**Wednesday, 9 a.m.-?:** Wonderful  
To Be Out Wednesdays

**Saturday, As Needed:** No Scheduled  
Transportation/Special Outings Only

**Sunday, 9:30 a.m.:** Church

HAWTHORN  
SENIOR LIVING

## Steeplechase Corner

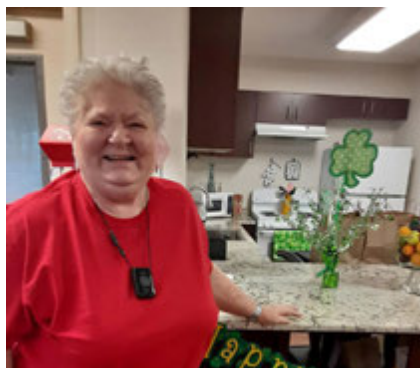
### Meet Jennie Brisach

Jennie has been a resident at Steeplechase for seven years! You may know her as the boisterous friendly one who says the Pledge of Allegiance for us most Fridays at dinner.

She moved from New York to Florida 12 years ago, and it didn't take her long to find us. Jennie stated that she thought she loved this place when she moved in, but she loves it even more now.

Before becoming a mother and staying home with the kids, she worked in the library. After her three kids were grown, she went on to work in Correctional Administration.

Jennie lives at Steeplechase with her precious cat, Persia. She also has four grandkids and seven great-grandkids!



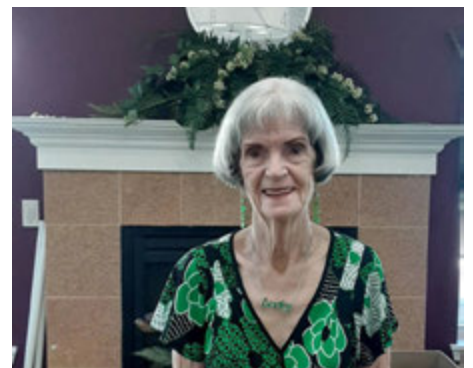
She loves to play BINGO and leads many games of Mexican Train!

### Meet Orvilla Sheller

Orvilla moved from West Virginia to Florida 45 years ago and then to Steeplechase in July 2019. Over the last year of living here, even through Covid-19, she has grown to love many activities and people at Steeplechase. Orvilla states how she was so lonesome before and that she and her children are very happy to have found a place like this to live.

After being married for 16 years and raising three kids, before retiring, Orvilla had worked in the Pharmacy industry for 18 years!

Now, in her spare time, she enjoys coloring and playing cards. Orvilla is captain of the Red BB Baseball team and a master loom knitter in Yarn Club!





## Carrots Are the Tops

Colorful, sweet, economical and good for you, carrots are a popular veggie. We've harvested a bunch of details about them.

- Carrots first cropped up about 5,000 years ago in the region around what's now Afghanistan.
- People originally grew the vegetable as medicine. The root and its green, leafy top were used to treat a variety of ailments.
- Today, the average American eats about 10 pounds of fresh carrots in a year.
- You can find carrots in a rainbow of colors: yellow, white, purple, red and, of course, orange, the most common type.
- Carrots are loaded with beta carotene, an antioxidant that gives orange carrots their color and helps our bodies maintain healthy eyesight and skin, as well as a strong immune system.
- The natural sugars in carrots give them their sweet flavor. That's why the vegetable shows up as a star ingredient in some desserts, including carrot cake.
- Carrot lovers, save the date! April 4th is International Carrot Day.

We'll be having several guest speakers and fun activities to help you learn how other vegetables benefit you all month long!



## Technicolor Spectaculars

There was a time when posters and trailers publicizing the latest movie release boasted the fact it was shot "in glorious Technicolor!"

In the early 1900s, Hollywood entered a new era in movie making, shifting from black and white to color motion pictures to reflect the real world and bring storylines to life.

Co-founding the Technicolor company in 1915, American engineer Herbert Kalmus developed the groundbreaking method that produced vivid, eye-popping color on the big screen. It took his team 20 years of trial and error. The process used a special camera that recorded three reels of film, each with a filter that captured the primary colors of red, blue and yellow, which were later dyed and layered together.

Despite being expensive and troublesome, Technicolor became the standard by the late 1930s. Richly colorized classics include "The Adventures of Robin Hood," "Gone With the Wind" and "Singin' in the Rain." But the most famous Technicolor film is "The Wizard of Oz," with its scenes of the yellow brick road and Dorothy's ruby slippers.







## Happy Earth Day

April 22nd is Earth Day!

Earth Day was founded in 1970 by United States Senator Gaylord Nelson as a way to bring attention to environmental issues. Today, Earth Day is celebrated in countries throughout the world and has become a chance for people to learn more about conservation, climate change, deforestation and a myriad of other issues facing our beautiful planet. In celebration of Earth Day, here are some Fun Facts about the Planet!

1. Earth is the third planet from the sun and the only world known to support an atmosphere with free oxygen, oceans of liquid water on the surface and — the big one — life.
2. Earth is on the move! You may feel like you're standing still, but you're actually moving, fast. Depending on where you are on the globe, you could be spinning through space at just over 1,000 miles per hour. People on the equator move the fastest, while someone standing on the North or South pole would be perfectly still.
3. Earth moves around the sun! The Earth isn't just spinning: It's also moving around the sun at 67,000 miles (107,826 km) per hour.
4. Researchers calculate the age of the Earth by dating both the oldest rocks on the planet and meteorites that have been discovered on Earth (meteorites and Earth formed at the same time, when the solar system was forming). Their findings? Earth is about 4.54 billion years old.
5. As of March 2016, the largest earthquake to shake the United States was a magnitude-9.2 temblor that struck Prince William Sound, Alaska, on Good Friday, March 28, 1964.
6. Coral reefs support the most species per unit area of any of the planet's ecosystems, rivaling rain forests. While they are made up of tiny coral polyps, together, coral reefs are the largest living structures on Earth — a community of connected organisms — with some visible even from space!
7. How low can you go? The deepest point on the ocean floor is 35,813 feet (10,916 meters) below sea level in the Mariana Trench.
8. The oceans cover some 70 percent of Earth's surface, yet humans have only explored about 5 percent, meaning 95 percent of the planet's vast seas have never been seen.
9. Earth's atmosphere is thickest within the first 50 km from the surface or so, but it actually reaches out to about 10,000 km into space. It is made up of five main layers — the Troposphere, the Stratosphere, the Mesosphere, the Thermosphere and the Exosphere.
10. A year on Earth isn't 365 days. It's actually 365.2564 days. It's this extra .2564 days that creates the need for leap years.



# APRIL 2021















## Birthdays

Dolores M., 1st  
 Barbara B, 4th  
 Irene A., 5th  
 Bea M., 6th  
 Hap H., 12th  
 Charles M, 15th  
 Joy T, 15th  
 Rose Marie A., 17th  
 Phyllis K., 17th  
 Eulah H., 18th  
 Barbara Z., 22nd  
 Pearl P., 26th  
 Elaine S., 28th  
 Thelma L., 29th

## Locations

Activity Room, AC  
 Atrium, AT  
 Billiards Room, BR  
 Cabana, CB  
 Card Room, CR  
 Chapel, CH  
 Craft Room, CM  
 Dining Room, DR  
 Fire Pit, FP  
 Fireplace Dining Room, FPDR  
 Garden Boxes, GB  
 Grandma's Kitchen, GK  
 Lanai, LA  
 Library, LI  
 Pool, PL  
 Tiki Bar, TB  
 TV Room, TV  
 Wellness Center, WC

**Breakfast:** 8 a.m.,  
**Dinner:** 12:30 p.m.,  
**Supper:** 5:30 p.m.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<b>EASTER</b> 4 Wear Easter Pastels Today <b>11:30 Church Service with Pastor Schultz, CH</b> 2:00 Rummikub, CR <b>3:00 Mexican Train, AC</b> 4:00 Adult Coloring, BR <b>7:00 Night Bingo with James!, AC</b> 	Wear Red Day 5 10:00 Chair Yoga: Beginner, AC 11:00 Plants & Plants, AC 2:00 Horse Racing with Devoted Angles, AC <b>2:00 New Resident Orientation</b> <b>3:00 Live Music: Dan Flok</b> 3:30 Yarn Club, AC 7:00 Mahjong, AC 	Wear Orange Day 6 10:00 BB Baseball, AC 11:15 Pool Stretch with Legacy, PL 2:00 Bingo!, AC 3:30 Caramel Corn Crunch: Popcorn Tasting, AC 6:30 Jigsaw Puzzle Mingle, TV 7:00 Wii Bowling, AC 	Wear Yellow Day 7 <b>10:00 Outing: Orlando</b> 10:30 Wii Play, AC 2:00 Mexican Train/By the Rules <b>2:00 Mng/Chef Resident Meeting, DR</b> 3:30 Yarn Club, AC <b>4:00 Live Music: Party at Your Pace</b> 4:30 Beach Ball Volleyball, AT 7:00 Wii Bowling, AC 7:00 Pinochle, AC	Wear Green Day 8 10:30 Gather with Gloria 11:00 Chair Exercise with Legacy 1:30 Legacy Blood Pressure Check, AC 2:00 Bingo!, AC 3:30 Ping Pong with Amber, TB	<b>GOOD FRIDAY</b> 9 <b>9:30 Good Friday Easter Egg Dye, AC</b> <b>10:45 Outing: St. Augustine, Trolley Tour and Shopping</b> 2:00 Bingo!, AC 3:30 Craft Club, AC 6:45 Netflix Movie Night, TV 7:00 Wii Bowling, AC	Wear Purple Day 10 Wear Rainbow Day <b>10:00 Cranium Crunch &amp; Coffee, AC</b> 11:00 Ping Pong, TB 2:00 Wii Play, AC 4:30 Live Oaks Church Inspirational Video/Music, AC <b>7:00 Game of Hearts, CR</b>
<b>11:30 Church Service with Pastor Schultz, CH</b> 11 2:00 Rummikub, CR <b>2:00 Live Music: Jennifer Radeschi, TB</b> <b>3:00 Mexican Train, AC</b> 4:00 Adult Coloring, BR <b>7:00 Night Bingo with James!, AC</b>	12 10:00 Chair Yoga: Beginner, AC <b>11:00 Ambassador Club Meeting</b> 2:00 Horse Racing with Devoted Angles, AC 3:30 Yarn Club, AC 7:00 Mahjong, AC 	13 10:00 BB Baseball, AC 11:15 Pool Stretch with Legacy, PL 2:00 Bingo!, AC 3:30 Peach Cobbler Demo, AC 6:30 Jigsaw Puzzle Mingle, TV 7:00 Wii Bowling, AC	14 <b>8:00 Outing: Hard Rock Casino</b> 10:30 Wii Play, AC 2:00 Mexican Train/By the Rules 3:30 Yarn Club, AC 4:00 Live Music: Marc Roades, TB 4:30 Beach Ball Volleyball, AT 7:00 Wii Bowling, AC 7:00 Pinochle, AC	15 11:00 Chair Exercise with Legacy 1:30 Legacy Blood Pressure Check, AC 2:00 Bingo!, AC 3:30 Ping Pong with Amber, TB 	16 10:00 BB Baseball, AT <b>10:45 Boston Marathon Walk, AC</b> 2:00 Bingo!, AC 3:30 Craft Club, AC <b>5:00 Outing: Brownwood Square</b> 6:45 Netflix Movie Night, TV 7:00 Wii Bowling, AC	17 <b>10:00 Cranium Crunch &amp; Coffee, AC</b> 11:00 Ping Pong, TB 2:00 Wii Play, AC 4:30 Live Oaks Church Inspirational Video/Music, AC <b>7:00 Game of Hearts, CR</b> 
<b>11:30 Church Service with Pastor Schultz, CH</b> 18 2:00 Rummikub, CR <b>3:00 Mexican Train, AC</b> 4:00 Adult Coloring, BR <b>7:00 Night Bingo with James!, AC</b> 	19 10:00 Chair Yoga: Beginner, AC 11:00 Plants & Plants, AC 2:00 Horse Racing with Devoted Angles, AC 3:30 Yarn Club, AC 7:00 Mahjong, AC	20 10:00 BB Baseball, AC 11:15 Pool Stretch with Legacy, PL 2:00 Bingo!, AC <b>3:30 Live Music: Mark Raisch, TB</b> 6:30 Jigsaw Puzzle Mingle, TV 7:00 Wii Bowling, AC	<b>10:00 Outing: Clermont Winery</b> 21 10:30 Wii Play, AC 2:00 Mexican Train/By the Rules 3:30 Yarn Club, AC 4:30 Beach Ball Volleyball, AT 7:00 Wii Bowling, AC 7:00 Pinochle, AC	<b>EARTH DAY</b> 22 10:30 Gather with Gloria 11:00 Chair Exercise with Legacy 1:30 Legacy Blood Pressure Check, AC 2:00 Bingo!, AC 3:30 Ping Pong with Amber, TB 	23 10:00 BB Baseball, AT 2:00 Bingo!, AC 3:30 Craft Club: Terrarium, AC 6:30 Karaoke Happy Hour, AC 6:45 Netflix Movie Night, TV 7:00 Wii Bowling, AC	24 <b>10:00 Cranium Crunch &amp; Coffee, AC</b> 11:00 Ping Pong, TB 2:00 Wii Play, AC 4:30 Live Oaks Church Inspirational Video/Music, AC <b>7:00 Game of Hearts, CR</b>
<b>11:30 Church Service with Pastor Schultz, CH</b> 25 2:00 Rummikub, CR <b>3:00 Mexican Train, AC</b> 4:00 Adult Coloring, BR <b>7:00 Night Bingo with James!, AC</b>	26 10:00 Chair Yoga: Beginner, AC 11:00 Red Hat Society Startup: Make a Hat 2:00 Horse Racing with Devoted Angles, AC 3:30 Yarn Club, AC 7:00 Mahjong, AC 	27 10:00 BB Baseball, AC 11:15 Pool Stretch with Legacy, PL 2:00 Bingo!, AC 6:30 Jigsaw Puzzle Mingle, TV 7:00 Wii Bowling, AC	Dress As a Superhero Today 28 10:00 Outing: Thrift Stores 10:30 Wii Play, AC 2:00 Mexican Train/By the Rules 3:30 Yarn Club, AC 4:30 Beach Ball Volleyball, AT 7:00 Wii Bowling, AC 	29 11:00 Chair Exercise with Legacy 1:30 Legacy Blood Pressure Check, AC 2:00 Bingo!, AC 3:30 Ping Pong with Amber, TB 	30 10:00 BB Baseball, AT 11:00 Outing: Picnic in the Park 2:00 Bingo!, AC 3:30 Craft Club, AC 4:30 Trivia, AC 6:45 Netflix Movie Night, TV 7:00 Wii Bowling, AC	





## Gut Health 101

Eating the Rainbow for Better Gut Health!

### What is gut health:

Gut health is the function and balance of bacteria in the many parts of the gastrointestinal tract. Ideally, organs such as the esophagus, stomach and intestines all work together to allow us to eat and digest food without any discomfort. Having a healthy gut allows for this to happen!

Why is good gut health so important for our residents?

The human gut is incredibly complex. As it turns out, the gut has a huge impact on the health of the whole body. A healthy gut contributes to a strong immune system, heart health, brain health, improved mood, healthy sleep and effective digestion.

### Easy tips for good gut health for our residents:

- Eat the Rainbow! Introducing a variety of plant-based foods into your diet is microbes, each with their own food preference. When you eat the rainbow, you are not only ensuring a diverse diet, but you are also benefiting from the many vitamins and minerals associated with each colorful food.
- Fiber! Make sure you are getting plenty of fiber in your diet. Fruits, vegetables, nuts and whole grains all feed healthy bacteria in your gut.
- Exercise! Keep those bodies moving!
- Start adding more probiotic foods such as Greek yogurt and pickles (just to name a couple!) to your diet. These foods help to encourage microbes to grow, helping your gut health!
- Hydrate! Drinking plenty of water has been shown to be beneficial to the lining in the intestines leading to a happy, healthy gut!

Kick off your April 2021 by becoming gut-conscious!





## Red Hat Society Day

The Red Hat Society (RHS) is an international social organization that was founded in 1998 in the United States for women age 50 and beyond but is now open to women of all ages. Its main purpose is to provide women with opportunities for pleasant social interaction, both for reconnecting with old friends and making new ones. There are more than 25,000 members in the United States and 30 other countries.



We will be starting our Red Hat Ladies Group back up at the end of the month. If you would like to join, come out to the Activity Center to sign up!

Join Amber and Jean Dilling, April 26th, for a Welcome Luncheon.

## Entertainment

- April 1st:** Clown Alley Clowns
- April 5th:** Dan Flok
- April 7th:** Party At Your Pace
- April 11th:** Jennifer Radeschi
- April 14th:** Marc Roades
- April 20th:** Mark Raisch
- April 23rd:** Karaoke with Jennifer Radeschi



**STEEPLECHASE**  
GRACIOUS RETIREMENT LIVING

12029 County Road 103  
Oxford, Florida 34484



## **SPRING INTO ACTION & SHAKE OFF THOSE WINTER BLUES**

Springtime brings fresh beginnings so let today be the start of something new! Join us for one of our engaging activities or stop by for a complimentary meal and take a tour of our beautiful community. We would love the opportunity to share with you all we have to offer.

**STEEPLECHASE**  
GRACIOUS RETIREMENT LIVING

**352-259-0493**