

STEEPLECHASE

GRACIOUS RETIREMENT LIVING

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

MARCH 2021

STEEPLECHASE STAFF

Managers.....JAMES & JENNI EMERY
Assistant ManagersJOHN & DARCEY SANTORO
Executive ChefTIM WHITE
Marketing.....LAUREN R
Sous ChefMYRANDA FOUNTAIN
Activity Coordinator AMBER STEWART
TransportationJOSH CURFMAN
TransportationJOHN WEISNER

TRANSPORTATION

Monday, 9 a.m.-3 p.m.: Shopping

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

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

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

Friday, 9 a.m.-3 p.m.: Shopping

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

Sunday, 9:30 a.m.: Church

HAWTHORN
SENIOR LIVING

Spring Into the New Year

Putting the
spring back
into our
step as we
enter 2021!

With a new
year comes
a fresh
start! Take
advantage to
the changes
around you
this year and try new things!



After the renovation on Steeplechase, you'll see a lot of new changes to the building, activities, and the people around you. We will all be adjusting in different ways and getting a new look at things. So don't be afraid to try something different! Grab a neighbor and

come out for a new activity like watercolor painting, putt-putt golf, yoga, or scrapbooking! We will be continuing our monthly meetings and you'll also see a few changes to our Clubs!

We encourage all of you to come out and join us at any time!





Steeplechase Corner

Who Is Legacy Healthcare

Legacy Healthcare is an outpatient rehabilitation clinic located in Steeplechase for all your therapy needs. We offer both physical and occupational therapy right here in the building so you do not have to commute for appointments!



Neil Samontina is our primary physical therapist and Sarah Hays is our primary occupational therapist and rehab director. Our goal is to keep you as safe and independent for as long as possible by providing strengthening, training, and education.

We provide services such as:

- Pain management family and caregiver training
- Fall prevention progressive exercise
- Cognitive management continence management
- Medication management environmental home assessments
- Balance and vertigo management medication management
- And many more!

We offer a flexible schedule and are available for therapy sessions up to five days a week. If you have recently been hospitalized or have noticed you are having more difficulty doing the everyday activities you used to enjoy, please give us a call at (352)-571-5978 for a free consultation and screening. We take most insurance policies and also offer financial assistance program to get you the assistance you need at an affordable rate.

March Entertainment

March 3rd:

Party at Your Pace, 3:30 p.m.

March 8th:

Donna J., 3 p.m.

March 9th: Dan

Flok, 3 p.m.

March 23rd:

Petrina, 11 a.m.

March 31st:

Billie Thatcher, 3 p.m.



Spring Fling

What better way to kick off the spring season than with a Spring Fling?

This Spring Fling is not your traditional fling filled with music and dancing. Instead, it will be an afternoon filled with a competitive atmosphere as you battle head to head with other residents in Minute to Win It challenges!

We will have two teams, Green vs. Yellow, going head to head with

plenty of games, as well as a few tasty spring treats! The winning team will get bragging rights and a private ice cream social!

Come down to the Activity Center and sign up today!





With a Little Luck

In many cultures, good fortune can be gained with the help of a lucky charm.

There's a long history of holding on to or displaying certain tokens to encourage health, wealth, love and protection.

Coins are a common example in many cultures, whether you find one on the ground, toss them into a fountain or keep one in a pocket or purse. Other objects and shapes that are said to inspire and attract good things are the horseshoe, key, heart and circle.

In China, the bamboo plant grows your chances of wealth and happiness. Look to the skies, and a rainbow will lead to a pot of gold, while spotting a falling star can grant a wish. Animals can also give you a leg up. Japan's "lucky cat," with its raised paw, signals happiness and prosperity. In Australia, frogs have similar powers; pigs are the pick in Germany; and in India, it's elephants.

Nature is full of lucky signs. One of the most visible this time of year, thanks to Irish folklore, is the four-leaf clover. Join Amber ,March 10th, on a hunt for four-leaf clovers around Steeplechase! The team that finds the most of these rare beauties gets all the luck and a little treat!!



Watercolor With a Resident

Rosie, a resident of Steeplechase, not only has a great green thumb with our community garden, but she is also an amazing artist!

Rosie has had a passion for art from a young age and she's still going strong! After taking many art classes, in college, Rosie decided to follow her passion and become an Art Therapist. With watercolor being her strongest medium, she has held a few art classes in her apartment in the past but is now starting a Watercolor Painting Session that is open for everyone! If you have an interest in art or painting, come join Rosie in the Activity Center, every first and third Monday at 11 a.m.! If you say you can't do art, Rosie will show you otherwise. She knows how important it is for everyone to experience art in any forum and loves to teach!



MARCH 2021

Birthdays









Terri S., 1st
 Carol C., 8th
 Norma S., 17th
 Mary W., 20th
 Bob C., 21st
 Janice H., 23rd

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.

“Never, ever underestimate the importance of having fun.”
—Randy Pausch

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|--|--|---|---|
|  | 10:00 Chair Yoga: Beginner, AC 1 11:00 Watercolor with Rosie, AC 2:00 New Resident Orientation 2:00 Horse Racing with Devoted Angles, AC 3:00 Yarn Club, AC 7:00 Mahjong, AC  | 2 10:00 BB Baseball, AC 11:15 Pool Stretch with Legacy, PL 2:00 Bingo!, AC 6:30 Cribage, AC 7:00 Wii Bowling, AC | 3 10:30 Wii Play, AC 2:00 Mexican Train/By the Rules 2:00 Mng/Chef Resident Meeting, DR 3:30 Yarn Club, AC 4:30 Live Oak Church Inspirational Video/Music, AC 4:30 Putt-Putt Golf, AT 7:00 Wii Bowling, AC 7:00 Pinochle, AC | 4 10:30 Steeplechase Scrapbooking, AC 11:00 Chair Exercise with Legacy 1:30 Legacy Blood Pressure Check, AC 2:00 Bingo!, AC 3:30 Ping Pong with Amber, TB 7:00 Uno, AC | 5 10:00 BB Baseball, AT 2:00 Bingo!, AC 3:30 Craft Club, AC 6:45 Netflix Movie Night, TV 7:00 Wii Bowling, AC | 6 10:00 Cranium Crunch & Coffee, AC 11:00 Ping Pong, TB 2:00 Wii Play, AC 4:30 Live Oaks Church Inspirational Video/Music, AC 7:00 Game of Hearts, CR |
| 7 11:30 Chuch Service with Pastor Schultz, CH 2:00 Rummikub, CR 3:00 Mexican Train, AC 4:00 Adult Coloring, BR 7:00 Night Bingo with James!, AC | 8 10:00 Chair Yoga: Beginner, AC 10:30 Ladies' Day Spa 2:00 Horse Racing with Devoted Angles, AC 3:00 Live Music: Donna J. 3:30 Yarn Club, AC 7:00 Mahjong, AC  | 9 10:00 BB Baseball, AC 11:15 Pool Stretch with Legacy, PL 2:00 Bingo!, AC 3:00 Live Music: Dan Flok, TB 6:30 Cribage, AC 7:00 Wii Bowling, AC | 10 10:30 Wii Play, AC 11:00 Clover Hunt, AT 2:00 Mexican Train/By the Rules 3:30 Yarn Club, AC 4:30 Live Oak Church Inspirational Video/Music, AC 4:30 Putt-Putt Golf, AT 7:00 Wii Bowling, AC 7:00 Pinochle, AC | 11 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 7:00 Uno, AC | 12 10:00 BB Baseball, AT 11:00 Gracious for Girl Scouts Gathering, AC 2:00 Bingo!, AC 3:30 Craft Club: Butterfly Feeders 6:45 Netflix Movie Night, TV 7:00 Wii Bowling, AC | 13 10:00 Cranium Crunch & Coffee, AC 11:00 Ping Pong, TB 2:00 Wii Play, AC 4:30 Live Oaks Church Inspirational Video/Music, AC 7:00 Game of Hearts, CR |
| DAYLIGHT SAVING TIME BEGINS 14 11:30 Chuch Service with Pastor Schultz, CH 2:00 Rummikub, CR 3:00 Mexican Train, AC 4:00 Adult Coloring, BR 7:00 Night Bingo with James!, AC | 15 10:00 Chair Yoga: Beginner, AC 11:00 Watercolor with Rosie, AC 2:00 New Resident Orientation 2:00 Horse Racing with Devoted Angles, AC 3:30 Yarn Club, AC 7:00 Mahjong, AC | 16 10:00 BB Baseball, AC 11:15 Pool Stretch with Legacy, PL 2:00 Bingo!, AC 3:30 Irish Nacho Demonstration, AC 6:30 Cribage, AC 7:00 Wii Bowling, AC | ST. PATRICK'S DAY 17 10:30 Wii Play, AC 11:00 Shamrock Search 2:00 Mexican Train/By the Rules 3:30 Sham Rockin' Social, AC 3:30 Yarn Club, AC 4:30 Live Oak Church Inspirational Video/Music, AC 4:30 Putt-Putt Golf, AT 7:00 Wii Bowling, AC 7:00 Pinochle, AC  | 18 10:30 Steeplechase Scrapbooking, AC 11:00 Chair Exercise with Legacy 2:00 Bingo!, AC 3:30 Ping Pong with Amber, TB 7:00 Uno, AC | 19 10:00 BB Baseball, AT 2:00 Bingo!, AC 3:30 Craft Club, AC 6:45 Netflix Movie Night, TV 7:00 Wii Bowling, AC | FIRST DAY OF SPRING 20 10:00 Cranium Crunch & Coffee, AC 11:00 Ping Pong, TB 2:00 Wii Play, AC 3:30 Spring Fling "Minute to Win It," AC 4:30 Live Oaks Church Inspirational Video/Music, AC 7:00 Game of Hearts, CR  |
| 11:30 Chuch Service with Pastor Schultz, CH 2:00 Rummikub, CR 3:00 Mexican Train, AC 4:00 Adult Coloring, BR 7:00 Night Bingo with James!, AC  | 22 10:00 Chair Yoga: Beginner, AC 2:00 Horse Racing with Devoted Angles, AC 3:30 Yarn Club, AC 7:00 Mahjong, AC | 23 10:00 BB Baseball, AC 11:00 Live Music: Petrina, TB 11:15 Pool Stretch with Legacy, PL 2:00 Bingo!, AC 6:30 Cribage, AC 7:00 Wii Bowling, AC  | 24 10:30 Wii Play, AC 2:00 Mexican Train/By the Rules 3:30 Yarn Club, AC 4:30 Live Oak Church Inspirational Video/Music, AC 4:30 Putt-Putt Golf, AT 7:00 Wii Bowling, AC 7:00 Pinochle, AC | 25 10:30 Gather with Gloria 11:00 Chair Exercise with Legacy 1:30 Legacy Blood Pressure Check, AC 1:30 Legacy Health Talk: "Ask a Therapist," AC 2:00 Bingo!, AC 3:30 Ping Pong with Amber, TB 3:30 Activity Coordinator/Resident Meeting, AC 7:00 Uno, AC | 26 10:00 BB Baseball, AT 2:00 Bingo!, AC 3:30 Craft Club, AC 6:45 Netflix Movie Night, TV 7:00 Wii Bowling, AC | 27 10:00 Cranium Crunch & Coffee, AC 11:00 Ping Pong, TB 2:00 Wii Play, AC 4:30 Live Oaks Church Inspirational Video/Music, AC 7:00 Game of Hearts, CR |
| 28 11:30 Chuch Service with Pastor Schultz, CH 2:00 Rummikub, CR 3:00 Mexican Train, AC 4:00 Adult Coloring, BR 7:00 Night Bingo with James!, AC | 29 10:00 Chair Yoga: Beginner, AC 2:00 Horse Racing with Devoted Angles, AC 3:00 Lemon Chiffon Cake Demonstration, AC 3:30 Yarn Club, AC 7:00 Mahjong, AC | 30 10:00 BB Baseball, AC 11:15 Pool Stretch with Legacy, PL 2:00 Bingo!, AC 6:30 Cribage, AC 7:00 Wii Bowling, AC | 31 10:30 Wii Play, AC 2:00 Mexican Train/By the Rules 3:00 Live Music: Billie Thatcher, TB 3:30 Yarn Club, AC 4:30 Live Oak Church Inspirational Video/Music, AC 4:30 Putt-Putt Golf, AT 7:00 Wii Bowling, AC 7:00 Pinochle, AC |  | | |



St. Patrick's Sham-Rockin' Social

St. Patrick's Day is an observance of the patron saint of Ireland, St. Patrick. What began as a religious feast in the 17th century has evolved into a variety of festivals across the globe celebrating Irish culture with parades, special foods, music, dancing, and a whole lot of green!



This year, Steeplechase is celebrating in style! We will be spreading the luck out all month long with different activities. Join Amber on a hunt for clovers March 10th and see if your team holds the luck. On March 16th, join the Chef and get a tasty snack while he puts on an Irish Nacho Demonstration!

We'll spend March 17th, St. Patrick's Day, with an abundance of green decor and good times at our Sham-Rockin' Social. There you'll get to try some traditional Irish snacks and sip shamrock shakes as we dance the day away.

Legacy Health Talk



Ever wonder if you're making a safe and healthy choice for your age?

Join Sarah from Legacy, every third Thursday of each month, for a Health Talk! Each month there will be a new topic and new ways to better your life!

*This month's topic: "Ask a Therapist"

Ask any questions regarding therapy sessions and what they can offer.

We encourage all of our residents to join and see what you learn.

Also join Legacy every Tuesday for a Wake-up Pool Workout and Thursday for a Wake-up Workout Chair Exercise.





Lemon Chiffon Cake

Did you know that at the time of its invention, chiffon cake was the first new type of cake to come along in over a century?

It was invented by Harry Baker in 1927. Mr. Baker often sold his cakes to The Brown Derby restaurant in Los Angeles. In 1947, he sold his chiffon recipe to the General Mills Company, and its popularity spread nationwide. Come out on March 29th, Chiffon Cake Day, to watch a demonstration on how to make one of these lovely cakes and stick around to try some for yourself!



Gather With Gloria

MEET GLORIA

Gloria, from VITAS, is a Community Liaison and comes out to Steeplechase as a sponsor for many of our events. She also puts together a wonderful veterans celebration and works one-on-one with many veterans in our community, for various reasons.

She will be starting a topics for discussion group twice a month called Gather With Gloria, with different topics at each gathering. This month she will be bringing in the New Year with a New Year-New You Journal and following that, a session filled with spring cleaning tips!



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