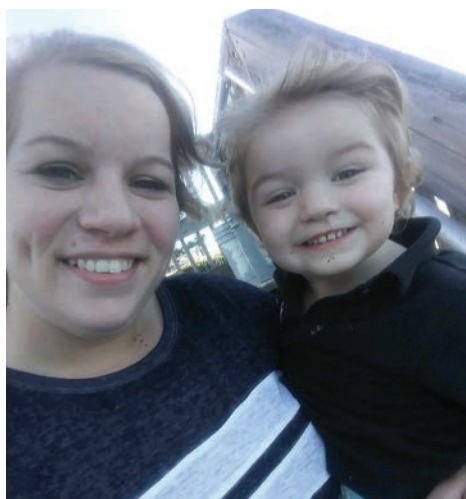


CountrySide Chronicle

MONTHLY NEWS CALENDAR

MAY 2019

Happy Mothers' Day!



From the Director's Desk

I hope everyone had as great of an Easter Weekend as I did. I was blown away by our Sunrise Service on Easter morning and was in awe of how many morning beach walkers stopped and attended the service. It helped to renew my faith a little bit. We are definitely living in a time that continually pushes the limits of faith. Enough of the soap box... I truly hope everyone reading this made an effort to visit and spend time with those most important in your lives.

The month of April brought our First Responders Breakfast on Saturday

the 20th. We realized that doing this on Easter weekend probably wasn't the brightest idea. We still had a good turnout. The First Responders were very appreciative of our effort and loved the food. Our Sunday Brunch was, again, a huge success. Thank you all for inviting your friends and family to join you.

May will kick off our Hydrate a Hero Hydration Drive. Stephanie is already hard at work, challenging to local businesses to participate and giving them goals to meet. We are truly blessed to have her as part of our team and community. She



keeps us all busy and guessing, "What's next?" Stay tuned....

Make a difference today.

Charlie

RESIDENT SPOTLIGHT

Betty & Bob Snover

It may have been cold way up in Wisconsin where Betty and Bob Snover met, but their encounter blossomed into a warm, 65-year marriage.

The couple has been at CountrySide Lakes for about 14 months. The verdict? Excellent, all around. Betty likes listening to the music and playing cards, and she feels Bob – who was injured in a fall – is getting excellent care.

In fact, it was the fall, as Betty put it, that "changed everything." Bob broke his arm, which meant he needed extra care. Their first stop was a residential facility that also focused on rehabilitation. When Bob made progress, it was time to choose a community. Fortunately one of their two sons had already been scouting the area.

"After he looked around, he decided on CountrySide Lakes – said it was the best," said Betty. "It was the right choice. It's more like a country club than anything else."

After a life that had them living in multiple spots around the country, they feel happy and settled. When they met, Bob was in the Air Force, stationed in Wisconsin, and Betty, an airline employee, had gone on a trip with friends from Chicago to go ice skating near Bob's base. They met, appropriate enough, in the warming hut; soon Bob was traveling to see her in Chicago once a month.

When he got out of the service he went to work for RCA. They wound up living in Washington state, Massachusetts (where they raised three boys) and New Hampshire, all the time wintering in Florida. They started in Vero Beach, then Daytona Beach Shores until the fateful time when, as Betty puts it, "We decided it had to be one or the other." That's when they bought a house in Port Orange and left the cold for good.

Though the game changed when Bob fell, they enjoy their community very much. There's no more home maintenance, they're surrounded by friends, Betty gets all the music and cards she wants and Bob is in good hands.

That's a very warm ending for two great people who started out in the cold, cold north.

For the Snovers, warm days and warm hearts at CountrySide Lakes



Bella's Corner

Follow Bella's photos & videos

 @CSL32127



Why Bella (and her friends) are good for you

Bella wanted us to tell you why pets, and dogs in particular – of course! – are good for our health, mentally and physically.

Stronger hearts: Studies show dogs can lower blood pressure, reduce cholesterol and lower triglycerides. Even more interesting, dog owners who do suffer heart attacks seem to show improved survival rates.

Fitness: With experts recommending that we get about two-and-a-half hours of moderate exercise every week, Bella wants you to know dog owners are far more likely to reach that goal. A study in *Gerontologist* found that older adults who walked dogs experienced "lower body mass index, fewer activities of daily living limitations, fewer doctor visits, and more frequent moderate and vigorous exercise."

Weight loss: In 2010, a study discovered public housing residents who walked "loaner" dogs five times a week lost an average of 14.4 pounds in a year.

Better social life: Anybody who has walked a dog knows this: You can't not meet people.

Less stress: Again, studies show pets can lower anxiety and blood pressure while increasing serotonin and dopamine, which play big roles in feeling calm. People doing stressful work also do better with a dog around, too, and studies show dogs ease tension at the office (Bella asked, "Are you listening, Shepherd people?") and between married couples.

A reason to get up in the morning: You may not feel like going on what walk, but halfway in you're enjoying yourself. This also means dogs prevent loneliness and isolation, which helps keep disease at bay.

Preventing allergies: Bella really wanted us to relay this one. Not long ago, everybody thought dogs contributed to children's allergies. Now research shows the opposite: Dogs and cats actually lower a child's chance of becoming allergic to pets – up to 33 percent, according to a 2004 study in the *Journal of Allergy and Clinical Immunology*.

For any additional questions, see Bella. She'll always be glad to see you!

CULINARY CORNER



Chef's Table Menu – May 16th

Sign-up with the Concierge to join us!

1ST COURSE

Lobster Croquettes | Cilantro | Poblano Queso

2ND COURSE

Spinach Salad | Warm Bourbon Bacon Dressing
Shaved Egg | Candied Pecans

3RD COURSE

Grilled Black Grouper | Andouille and Crab Dirty Rice
Smoked Green Tomato Jam

4TH COURSE

Bananas Foster Bread Pudding | Butter Pecan Ice Cream

Cudas Cookout

Cudas Cookout was so much fun, All our directors made a huge impact by donating food, and coming out to serve the students and their mentors. The kids had a blast line dancing with DJ Chris and she will be joining us for a party on June 1st!



Lunch Bunch

We went to two great places on beachside, **North Turn** where the ocean view is incredible, food is wonderful and service is amazing! **Land Shark** was our second restaurant and it was also equipped with a great view of the ocean and a very lively crowd! We met new friends and they hopped on the bus for a picture to be part of our great community for a few minutes! Lunch Bunch is every Saturday – see Stephanie for details! Do you have a lunch or dinner spot you want to try? Just let Stephanie know!



Prom Night

A huge thank you to all who donated for prom dinner. Stephanie decked the bus out in decorations, cranked up the stereo, and gave the kids a fun, safe ride to dinner and prom and then dropped them at home. The kids ate, danced and were dressed to impress. Stephanie said it was truly a blessing to be able to do this and thanks to our wonderful residents – it is a night we will all remember.



May 1-14, 2019

Activities are shown in red.
Wellness classes are in blue.

1	2	3	4	5	6	7	8	9	10	11	12	13	14
Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
9:00 am Shopping, Bank, Pharmacy Trips Concierge Desk	8:45 am Aerobics Exercise Area	9:30 am Dice Dots Atrium	KENTUCKY DERBY DAY 8:00 am Walmart, Publix Concierge Desk	CINCO DE MAYO 9:00 am Coffee & Conversation Lobby	9:00 am Personal Trips Concierge Desk	8:30 am Grocery Orders Atrium	9:00 am Shopping, Bank, Pharmacy Trips Concierge Desk	8:45 am Stretch & Stability Exercise Area Atrium	SAPPHO CHOCOLATE DAY 8:30 am Humor Me Videos Atrium	6:30 am Sunrise with Stephanie Coffee & Donuts on the Beach Concierge Desk	MOTHERS' DAY 9:00 am Coffee & Conversation Lobby	9:30 am Arts & Crafts Sea Shell Art Atrium	8:30 am Grocery Orders Atrium
9:30 am Miles of Smiles in Russia - Part 2 Atrium	9:00 am Personal Trips Concierge Desk	10:30 am Crossword Atrium	9:30 am Bingo Dining Room	10:00 am Documentary On Miles of Smiles country Atrium	9:30 am Fitness Fun with JOJO Exercise Area	8:45 am Stretch & Stability Exercise Area Atrium	9:30 am Miles of Smiles in the USA Atrium	9:00 am Personal and Doctor trips Concierge Desk	9:30 am Sappho Chocolates Dining Room	8:00 am Walmart, Publix Concierge Desk	10:00 am MOTHERS' DAY BRUNCH Dining Room	10:00 am Spanish Class Dining Room	8:45 am Stretch & Stability Exercise Area Atrium
10:00 am Visits with Bella Door-to-Door	9:30 am Aquatic Aerobics Pool & Patio	11:00 am Circuit Training Exercise Area	10:00 am Fitness Fun with JOJO Exercise Area	NO Group Liturgy 10:30 am Countryside Church Exercise Area	10:00 am Spanish Class Dining Room	9:00 am Personal & Doctor Trips Concierge Desk	10:00 am Our Lady of Hope Mass & Anointing Activity Area	9:30 am Billiards Billiards Room	10:00 am Visits with Bella Door-to-Door	9:00 am Billiards Billiards Room	9:30 am Documentary on Miles of Smiles Country Atrium	10:00 am Visits with Bella Door-to-Door	9:00 am Personal and Doctor trips Concierge Desk
10:45 am Dancing in your Seats Lobby	10:00 am Dominoes Atrium	1:00 pm Music with Chuck Atrium	1:00 pm Church of Epiphany Activity Area	10:30 am Countryside Church Exercise Area	10:00 am Visits with Bella Door-to-Door	9:30 am Aerobics Exercise Area	10:45 am Visits with Bella Door-to-Door	9:30 am Aquatic Aerobics Pool & Patio	11:00 am Circuit Training Exercise Area	11:00 am Circuit Training Exercise Area	9:00 am Our Lady of Hope Group Liturgy Activity Area	11:00 am Circuit Training Exercise Area	9:30 am Aquatic Aerobics Pool & Patio
11:00 am Circuit Training Exercise Area	10:00 am Visits with Bella Door-to-Door	Bus Ride Concierge Desk	1:00 pm Music Therapy with Jamie Lee Lobby	1:00 pm Music with Town Square Lobby	11:00 am Circuit Training Exercise Area	9:30 am Aquatic Aerobics Pool & Patio	11:00 am Circuit Training Exercise Area	10:00 am Dominoes Atrium	1:00 pm Left Right Center Lobby	9:30 am Crossword Lobby	10:30 am Countryside Church Exercise Area	1:00 pm Music with Angelo Lobby	10:00 am Crossword Atrium
1:00 pm Music with Tennyson Lobby	Nail Salon Nurses Station	Visits with Bella Atrium	2-4:00 pm Kentucky Derby Day: Horse Races Lobby	2:00 pm Cinco de Mayo Happy Hour Margaritas and Nachos! Atrium	1:00 pm Music with James Wise Lobby	10:00 am Visits with Bella Door-to-Door	1:00 pm Shopping: Dollar Tree Concierge Desk	10:00 am Culinary Class Cupcake Decorating Dining Room	Stretch Exercise Area	11:00 am Church of Epiphany Activity Area	1:00 pm Countryside Church Exercise Area	Shopping: Kohls Concierge Desk	12:00 pm 10 Cent BlackJack Atrium
Visits with Bella Backyard	Puzzles Billiards Room	1:40 pm Dancing in your Seats Exercise Area	3:00 pm Happy Hour & Trivia Atrium	2:00 pm Happy Hour Atrium	Shopping: Dollar Tree Concierge Desk	12:00 pm 10 Cent BlackJack Atrium	Visits with Bella Atrium	1:00 pm Words in Words Atrium	Bus Ride Concierge Desk	11:00 am Lunch Bunch Lobby	1:00 pm Magic and Laughs with Todd Bogue - Comedian and Magician Lobby	Visits with Bella Atrium	12:45 pm Hand and Foot Activity Area
2:00 pm Left Right Center Lobby	12:45 pm Hand and Foot Activity Area	3:00 pm Free Friday Happy Hour Atrium	6:30 pm Movie & Popcorn Activity Area	6:30 pm Movie and Popcorn Atrium	Visits with Bella Atrium	12:45 pm Hand and Foot Activity Area	2:00 pm 10 Cent BlackJack Atrium	Visits with Bella Atrium	Visits with Bella Atrium	1:00 pm Sweet Melissa Lobby	2:00 pm Music with Sweet Melissa Lobby	2:00 pm Bingo Dining Room	1:00 pm Hand and Foot Activity Area
Functional Flex Exercise Area	1:30 pm Bingo Dining Room	Outdoor Activity with Bella Backyard	Puzzles Billiards Room	6:30 pm Movie and Popcorn Atrium	2:00 pm Bingo Dining Room	12:45 pm Hand and Foot Activity Area	2:00 pm The Quartet Lobby	Functional Flex Exercise Area	Visits with Bella Atrium	1:40 pm Dancing in your Seats Exercise Area	3:00 pm Happy Hour Lobby	Bridge Activity Area	1:00 pm Music with Mickey Lobby
2:30 pm Spanish Class Dining Room	3:00 pm Happy Hour Atrium	Darts Billiards Room	6:30 pm Movie & Popcorn Activity Area	6:30 pm Movie and Popcorn Atrium	2:00 pm Bingo Dining Room	12:45 pm Hand and Foot Activity Area	2:00 pm Dice Dots Atrium	2:30 pm Spanish Class Activity Area	Visits with Bella Atrium	2:00 pm Music with Judy Locke Lobby	6:30 pm Happy Hour Atrium	Dancing in your Seats Exercise Area	1:00 pm Music with Mickey Lobby
3:00 pm Happy Hour Atrium	6:00 pm Music with Uncle John Lobby	6:30 pm Movie & Popcorn Activity Area	6:30 pm Movie & Popcorn Activity Area	6:30 pm Movie and Popcorn Atrium	Outdoor Activity with Bella Backyard	2:00 pm Dice Dots Atrium	3:00 pm Happy Hour Atrium	3:00 pm Happy Hour Atrium	1:00 pm Music with Michael T Lobby	3:00 pm Happy Hour Atrium	3:00 pm Happy Hour Atrium	Outdoor Activity with Bella Backyard	3:00 pm Happy Hour Atrium
Outdoor Activity with Bella Backyard	7:00 pm Movie & Popcorn Activity Area	6:30 pm Movie & Popcorn Activity Area	6:30 pm Movie & Popcorn Activity Area	6:30 pm Movie and Popcorn Atrium	3:00 pm Happy Hour Atrium	3:00 pm Happy Hour Atrium	3:00 pm Happy Hour Atrium	Volusia Medical Supply Maintenance 3rd Floor	2:00 pm Bingo Dining Room	Wine, Appetizers, & Spin to Win Atrium	6:30 pm Movie & Popcorn Atrium	3:00 pm Happy Hour Atrium	3:00 pm Happy Hour Atrium
6:30 pm Movie & Popcorn Activity Area	7:00 pm Movie & Popcorn Activity Area	6:30 pm Movie & Popcorn Activity Area	6:30 pm Movie & Popcorn Activity Area	6:30 pm Movie and Popcorn Atrium	Outdoor Activity with Bella Backyard	3:00 pm Happy Hour Atrium	3:00 pm Happy Hour Atrium	3:15 pm Dinner at Marios Lobby	3:00 pm Happy Hour Atrium	Outdoor Activity with Bella Backyard	7:30 pm Movie & Popcorn Atrium	3:00 pm Happy Hour Atrium	3:00 pm Happy Hour Atrium
					6:30 pm Movie & Popcorn Atrium	6:30 pm Movie & Popcorn Activity Area	6:30 pm Movie & Popcorn Activity Area	6:00 pm Jazz with Jonathan Lobby	6:30 pm Movie & Popcorn Atrium	Darts Billiards Room	6:30 pm Movie & Popcorn Activity Area	6:30 pm Movie & Popcorn Activity Area	6:30 pm Movie & Popcorn Activity Area
								6:30 pm Movie & Popcorn Activity Area		6:30 pm Movie & Popcorn Activity Area			

May 15–26, 2019

Activities are shown in red.
Wellness classes are in blue.

15	16	17	18	19	20	21	22	23	24	25	26
Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 am Resident Council Meeting Atrium	8:45am Stretch & Stability Exercise Area Atrium	9:30 am Miles of Smiles with Stephanie Atrium	6:30 am Sunrise with Stephanie Coffee & Donuts on the Beach Concierge Desk	9:00 am Coffee & Conversation Lobby	8:30 am Coffee & Conversation Lobby	8:30 am Grocery Orders Atrium	9:30 am Miles of Smiles with Stephanie Atrium	8:45 am Stretch & Stability Exercise Area	9:30 am LRC \$WIN\$ Atrium	6:30 am Sunrise with Stephanie Coffee & Donuts on the Beach Concierge Desk	Coffee & Conversation Lobby
9:30 am Darts Billiards Room	9:00 am Personal and Doctor trips Atrium	10:00 am Visits with Bella Door-to-Door	8:00 am Walmart, Publix Concierge Desk	10:00 am Documentary On Miles of Smiles Country Atrium	9:30 am Spanish Class Dining Room	8:45 am Stretch & Stability Exercise Area Atrium	Darts Billiards Room	9:00 am Personal and Doctor trips Atrium	10:00 am Visits with Bella Door-to-Door	8:00 am Walmart, Publix Concierge Desk	10:00 am Documentary On Miles of Smiles Country Atrium
10:00 am Brain Games Atrium	Billiards Billiards Room	11:00 am Circuit Training Exercise Area	9:00 am Crossword Atrium	10:00 am Visits with Bella Door-to-Door	10:00 am Visits with Bella Door-to-Door	9:00 am Personal & Doctor Trips Concierge Desk	10:00 am Visits with Bella Door-to-Door	10:45 am Dancing in your Seats Lobby	11:00 am 10 Cent BlackJack Atrium	9:00 am Crossword Atrium	Our Lady of Hope Group Liturgy Activity Area
Visits with Bella Door-to-Door	9:30 am Aquatic Aerobics Pool & Patio	1:00 pm Music with Stevie G Atrium	Billiards Billiards Room	10:30 am Countryside Church Exercise Area	10:00 Crossword Atrium	9:30 am Aquatic Aerobics Pool & Patio	11:00 am Circuit Training Exercise Area	9:30 am Aquatic Aerobics Pool & Patio	1:00 pm Bus Ride Concierge Desk	10:30 am Countryside Church Exercise Area	Our Lady of Hope Group Liturgy Activity Area
10:45 am Dancing in your Seats Lobby	Puzzles Billiards Room	Bus Ride Concierge Desk	9:30 am Church of Epiphany Activity Area	1:00 pm Uno Atrium	11:00 am Circuit Training Exercise Area	11:00 am Circuit Training Exercise Area	1:00 pm JJ on the Piano Lobby	10:00 am Culinary Class Dining Room	Stretch Exercise Area	9:00 am Crossword Atrium	10:30 am Countryside Church Exercise Area
11:00 am Happy Birthday May Babies Dining Room	10:00 am Music with Wayne Bishop Lobby	Stretch Exercise Area	Fitness Fun with JOJO Exercise Area	2:00 pm Dominoes Atrium	1:00 pm Music with Bobby Meeks Lobby	Visits with Bella Billiards Room	Walks with Bella Backyard	Visits with Bella Door-to-Door	Visits with Bella Atrium	10 Cent BlackJack Atrium	1:00 pm Music with Ron & Diane Lobby
Circuit Training Exercise Area	Nail Salon Nurses Station	Visits with Bella Atrium	10:00 am 10 Cent BlackJack Atrium	3:00 pm Happy Hour Atrium	12:00 pm 10 Cent BlackJack Atrium	Darts Billiards Room	Hand and Foot Activity Area	Walks with Bella Backyard	Stretch Exercise Area	2:00 pm Music with Judy Locke Lobby	2:00 pm Music with Michael T Lobby
1:00 pm Music with Tennyson Lobby	Visits with Bella Door-to-Door	1:40 pm Dancing in your Seats Exercise Area	11:00 am Lunch Bunch Concierge Desk	6:30 pm Music with Bill Sbrogna Atrium	12:45 pm Hand and Foot Activity Area	Dice Games \$ Atrium	Hand and Foot Activity Area	Hand and Foot Activity Area	Visits with Bella Door-to-Door	3:00 pm Free Friday Happy Hour Atrium	2:00 pm Music with Michael T Lobby
Walks with Bella Backyard	12:45 pm Hand and Foot Activity Area	2:00 pm Left Right Center Lobby	10:00 am Puzzles Billiards Room	7:30 pm Movie & Popcorn Atrium	12:45 pm Hand and Foot Activity Area	Shopping: Bealls & Ross Concierge Desk	1:00 pm Music with Sam Collins Lobby	Walks with Bella Backyard	1:40 pm Dancing in your Seats Exercise Area	3:00 pm Free Friday Happy Hour Atrium	2:00 pm Music with Michael T Lobby
Hand and Foot Activity Area	1:00 pm Dominoes Atrium	3:00 pm Free Friday Happy Hour Atrium	11:00 am Lunch Bunch Concierge Desk	Movie & Popcorn Atrium	1:00 pm Music with Sam Collins Lobby	Visits with Bella Atrium	Walks with Bella Backyard	Hand and Foot Activity Area	2:00 pm Music with Judy Locke Lobby	3:00 pm Free Friday Happy Hour Atrium	3:00 pm Happy Hour Atrium
2:00 pm Words in Words Lobby	1:00 pm Book Club Library	Outdoor Activity with Bella Backyard	1:00 pm Sports Billiards Room	Movie & Popcorn Atrium	2:00 pm Bingo Dining Room	Visits with Bella Atrium	Hand and Foot Activity Area	Hand and Foot Activity Area	2:00 pm Music with Judy Locke Lobby	3:00 pm Free Friday Happy Hour Atrium	3:00 pm Happy Hour Atrium
Functional Flex Exercise Area	2:00 pm Bingo Dining Room	Darts Billiards Room	2:00 pm Bingo Dining Room	Movie & Popcorn Atrium	Bridge Activity Area	Visits with Bella Atrium	Walks with Bella Backyard	Hand and Foot Activity Area	2:00 pm Music with Judy Locke Lobby	3:00 pm Free Friday Happy Hour Atrium	3:00 pm Happy Hour Atrium
2:30 pm Spanish Class Activity Area	3:00 pm Happy Hour Atrium	6:30 pm Outdoor Activity with Bella Backyard	3:00 pm Happy Hour Atrium	Movie & Popcorn Atrium	Dancing in your Seats Exercise Area	Visits with Bella Atrium	Walks with Bella Backyard	Hand and Foot Activity Area	2:00 pm Music with Judy Locke Lobby	3:00 pm Free Friday Happy Hour Atrium	3:00 pm Happy Hour Atrium
3:00 pm Happy Hour Atrium	Walks with Bella Backyard	Outdoor Activity with Bella Backyard	6:30 pm Blue Velvet Lobby	Movie & Popcorn Atrium	Outdoor Activity with Bella Backyard	Visits with Bella Atrium	Walks with Bella Backyard	Hand and Foot Activity Area	3:00 pm Free Friday Happy Hour Atrium	3:00 pm Free Friday Happy Hour Atrium	3:00 pm Happy Hour Atrium
Visits with Bella Lobby	6:30 pm George Gall Lobby	Outdoor Activity with Bella Backyard	7:30 pm Movie & Popcorn Atrium	Movie & Popcorn Atrium	Outdoor Activity with Bella Backyard	Visits with Bella Atrium	Walks with Bella Backyard	Hand and Foot Activity Area	3:00 pm Free Friday Happy Hour Atrium	3:00 pm Free Friday Happy Hour Atrium	3:00 pm Happy Hour Atrium
6:30 pm Movie & Popcorn Atrium	Chef's Table Dining Room	Outdoor Activity with Bella Backyard	Movie & Popcorn Atrium	Movie & Popcorn Atrium	Outdoor Activity with Bella Backyard	Visits with Bella Atrium	Walks with Bella Backyard	Hand and Foot Activity Area	3:00 pm Free Friday Happy Hour Atrium	3:00 pm Free Friday Happy Hour Atrium	3:00 pm Happy Hour Atrium

MAY CSL BIRTHDAYS

RESIDENTS	STAFF
May 1 Eloise Doster	May 1 Melissa Patterson
Mildred Gover	May 12 Michele Juzwiak
May 2 Marjorie Hedrick	May 15 Patricia Borders
May 3 Alan Fouraker	Rachel Kiethan
May 8 Sam Ankney	Marissa Wallace
May 11 Ute Bahr	May 17 Vivian Roberts
Domenic D'Agresta	May 19 Ryan Gardner
May 15 William Swenson	May 26 MaryKate Campbell
May 17 Bernice Giddish	John Edgar
May 21 Walma Taylor	May 28 Elenita Stewart
May 25 Albert Chambers	May 29 Christopher Boyle
May 30 Judith Van Camp	

May 27–31, 2019

27 Monday	28 Tuesday	29 Wednesday	30 Thursday	31 Friday
MEMORIAL DAY 8:30 am Coffee & Conversation Lobby 9:30 am Spanish Class Dining Room Fitness Fun with JOJO Exercise Area 10:00 am Visits with Bella Door-to-Door Crossword Atrium 11:00 am Circuit Training Exercise Area 1:00 pm Music with Sweet Melissa Lobby Shopping: Bealls & Ross Concierge Desk Visits with Bella Atrium 2:00 pm Bingo Dining Room Bridge Activity Area Dancing in your Seats Exercise Area Outdoor Activity with Bella Backyard 3:00 pm Happy Hour Atrium 6:30 pm Movie & Popcorn Activity Area	8:30 am Grocery Orders Atrium 8:45am Stretch & Stability Exercise Area 9:00 am Personal and Doctor trips Concierge Desk 9:30 am Aquatic Aerobics Pool & Patio 10:00 am UNO Atrium Visits with Bella Door-to-Door Darts Billiards Room 12:45 pm Hand and Foot Activity Area 1:00 pm Music with Mickey Lobby Walks with Bella Backyard 3:00 pm Happy Hour Atrium Visits with Bella Lobby 6:30 pm Sunset and Sangria Pool Deck Movie & Popcorn Activity Area	9:00 am 10 Cent Roulette Atrium 9:30 am Darts Billiards Room 10:00 am Brain Games Atrium Visits with Bella Door-to-Door 10:45 am Dancing in your Seats Lobby 11:00 am Happy Birthday May Babies Dining Room Circuit Training Exercise Area 1:00 pm Music with Rocky Lobby Walks with Bella Backyard 2:00 pm Hand and Foot Activity Area 2:00 pm Functional Flex Exercise Area 2:30 pm Spanish Class Activity Area 3:00 pm Happy Hour Atrium Visits with Bella Lobby 6:30 pm Bob and Judy Lobby	8:45am Stretch & Stability Exercise Area 9:00 am Personal and Doctor trips Atrium Billiards Billiards Room 9:30 am Aquatic Aerobics Pool & Patio Puzzles Billiards Room 10:00 am Culinary Class Dining Room Music with Wayne Lobby 12:45 pm Hand and Foot Activity Area 1:00 pm Book Club Library 2:00 pm Bingo Dining Room 3:00 pm Happy Hour Atrium Walks with Bella Backyard 6:30 pm Music with Dani Lobby	10:00 am Visits with Bella Door-to-Door 11:00 am Circuit Training Exercise Area 1:00 pm 10 Cent Blackjack Atrium Bus Ride Concierge Desk Stretch Exercise Area Visits with Bella Atrium 1:40 pm Dancing in your Seats Exercise Area 2:30 pm Music with Judy Locke Lobby 3:00 pm Happy Hour Wine & Appetizers Atrium Outdoor Activity with Bella Backyard Darts Billiards Room 6:30 pm Movie & Popcorn Activity Area



First Responders Breakfast

Thanks to all of our First Responders for all they do for us!

Hearts of Giving

Thank you for being such an amazing and generous community!

- ♥ We collected **600 Teddy Bears**
- ♥ Raised **\$150 for Autism**
- ♥ Sent **30 kids to a Baseball Game**
- ♥ Sent **Cuda Seniors and Juniors to a beautiful Prom Dinner**
- ♥ And our **Easter Basket Raffle** raised **\$500 for Southeast Volusia Humane Society.**

You are making a significant difference and we hope that you feel the joy in knowing you are such a blessing to CountrySide Lakes and so many in our community!



Join us on Saturdays* at 6:30 am for
Sunrise with Stephanie
 Coffee & Donuts on the Beach
 *except May 4th



Interesting Events in MAY

- ❖ May 1st – May Day, an ancient spring festival. It's also the date the Empire State Building opened in 1931.
- ❖ May 5th – Cinco de Mayo commemorates the unlikely victory of the Mexicans over the French at the Battle of Puebla in 1862.
- ❖ May 6th, 1937 – The Hindenburg crashed and burned in Lakehurst, New Jersey.
- ❖ May 7th, 1945 – Germany formally surrendered to the Allied Forces.
- ❖ May 8th, 1919 – The first trans-Atlantic flight was completed by Charles Lindberg.
- ❖ May 10th, 1908 – West Virginia and Pennsylvania celebrated the first official Mother's Day here in the US.
- ❖ May 14th, 1796 – The first vaccination against smallpox was administered.
- ❖ May 18th, 323 BC – Alexander the Great died mysteriously at the age of 32.
- ❖ May 24th, 1883 – The Brooklyn Bridge opened to traffic.
- ❖ May 25th, 1935 – Babe Ruth hit his 714th – and last – home run.
- ❖ Falling on the last Monday in May since the Civil War, Memorial Day will be celebrated on May 27th this year.
- ❖ May 31st, 1927 – Ford turned out its last Ford Model T automobile.

Taylor Putman

Congratulations, Taylor!
We're lucky to have you.



Taylor is an amazing young lady who has stepped up whenever and wherever needed. She is primarily behind all our happy hours, serves meals in the dining room, and just for fun goes in the kitchen and does dishes. She loves the residents, her team mates, and appreciates being able to serve wherever she is needed. We are lucky to have her! She came back to CSL in January after moving to Georgia last year but worked with us part time in 2018 while she was in 11th grade. She will graduate this year and lives with her grandmother who is our most active volunteer. She even volunteers with her grandmother and helps with bingo.

 **CountrySide Lakes**
A Shepherd Senior Living Community

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