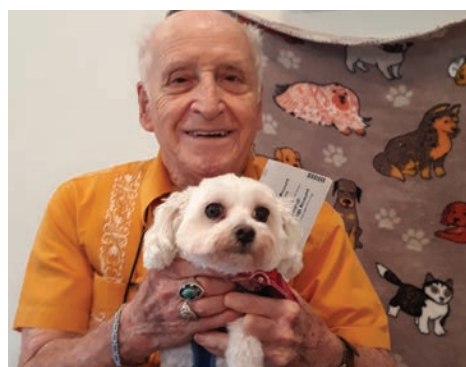
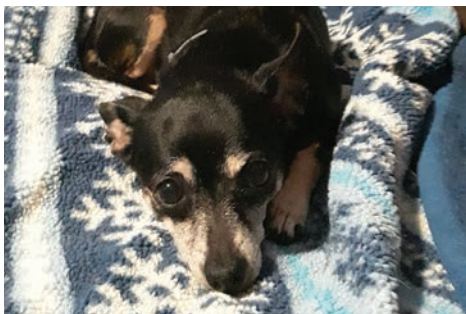
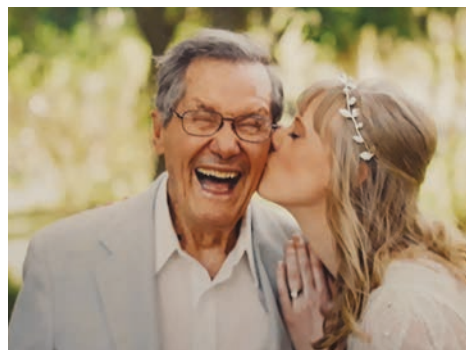


# CountrySide Chronicle

MONTHLY NEWS CALENDAR

DECEMBER 2019

Thank you for an AMAZING 2019!





## From the Director's Desk

Christmas, Christmas, Christmas!

It's right around the corner, and I can't wait. My mother was always an overachieving Christmas mom. We didn't have a lot, but she never let us feel that way. She shopped all year long to make sure we had an amazing Christmas morning. She was also an overachieving "hider" of the presents. She had to be with me snooping around.

Christmas and the holidays, in general, can be a stressful time of the year. We all tend to overextend ourselves and are running on fumes by the time the "Big Day" arrives. This leads to tension and fuses of varying degrees of lengths, with questionable accelerants to set them off at any moment. Now let's throw our families into the mix and our expectations and their expectations into a big combustible pot, stir it twice, plug our ears, shut our eyes real

tight and wait for detonation. No Holiday was ever complete at my house growing up without at least one "come apart".

Wouldn't it be nice if Santa's "Naughty or Nice" list had all the grownups names on it as well. It would surely make for a better holiday and absolutely a better world. Along with the covered dish your planning on bringing to the Christmas dinner, bring your patience, understanding and kindness. Each one will certainly make for a more enjoyable gathering.

Thank everyone for coming, applaud their experimental fruit salad, don't judge. Thank your host for extending you and yours an invitation. When Aunt Judy shows up with the "lumpy" mashed potatoes, don't make light of the time and effort she spent on them. There is a boy sitting at the



kids' table that loves her mashed potatoes – just the way they are.

Enjoy this Christmas and this Holiday Season. Be a humble host and a gracious guest. Make a difference for someone this year.

Merry Christmas to All,

*Charlie*

### RESIDENT SPOTLIGHT

## Ruthie Smith

Ruthie Smith is in our spotlight! In 1989 Ruthie moved to FL from Madison Connecticut. She Married her high school sweetheart at 17 and was married 60 years and has 4 children who live in Washington, California, New Jersey, and Florida. She has 4 grandkids and 2 great grandchildren whom she gets to face time with. She Worked in retail until she had kids and her husband worked for the telephone company in Connecticut. Ruthie Enjoys activities, music, and happy hour! Her key to a long life is good family sharing the good times. We are happy to have Ruthie as part of our CountrySide Lakes family.



## Bella's Corner

Follow Bella's photos & videos

   @CSL32127



## Healthy You & Healthy Best Friend

Most pet owners are clear about the immediate joys that come with sharing their lives with companion animals. However, many of us remain unaware of the physical and mental health benefits that can also accompany the pleasure of snuggling up to a furry friend. It's only recently that studies have begun to scientifically explore the benefits of the human-animal bond.

Pets have evolved to become acutely attuned to humans and our behavior and emotions. Dogs, for example, are able to understand many of the words we use, but they're even better at interpreting our tone of voice, body language, and gestures. And like any good human friend, a loyal dog will look into your eyes to gauge your emotional state and try to understand what you're thinking and feeling (and to work out when the next walk or treat might be coming, of course).

Pets, especially dogs and cats, can reduce stress, anxiety, and depression, ease loneliness, encourage exercise and playfulness, and even improve your cardiovascular health. Caring for an animal can help children grow up more secure and active. Pets also provide valuable companionship for older adults. Perhaps most importantly, though, a pet can add real joy and unconditional love to your life.

Be sure to spend some time with Bella, its great for her and great for you!



# CULINARY CORNER

Due to our exciting holiday events & activities **Chef's Table** will resume in January 2020!

We will host **Business After Hours**  
December 12 | 5-7 pm

and our

**CountrySide Lakes Christmas Party**  
is December 19th | 6-8 pm

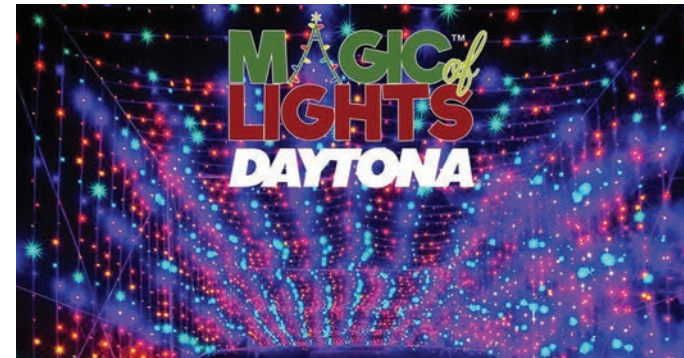


# Activities and Events

Bible Study sure is giving us an education and a lot of companionship. Be sure to join us on Tuesdays!



Christmas Lights at Daytona International Speedway. Limited Spots Available be sure to sign up!



We have greeting cards located in the library for everyone to use. If you have extra cards please share them. You can send a friendly note, a get well wish, or a happy birthday message!



Guest Performances, we have some very exciting shows, dancers, musicians, and special young people. Please remember to be courteous!



Christmas Door Decorating Contest Decorate your door December 6-18th Winner announced December 19th.



Be sure to join in Bocce and Play 9 on the Putting Green!





# December 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
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 am Coffee & Conversation Lobby	9:00 am Stretch Exercise Area	9:00 am \$5 Paparazzi Jewelry with Lunia Atrium	9:00 am Stretch Exercise Area	9:00 am Personal and Doctor Trips Concierge	9:00 am Stretch Exercise Area Billiards	8-11:00 am Walmart, Publix Concierge Desk	9:00 am Coffee & Conversation Lobby	9:00 am Stretch Exercise Area	9:00 am Coffee & Conversation Lobby	9:00 am Stretch Exercise Area	9:00 am Billiards Billiards Room	Walmart Grocery Orders for Saturday Delivery Atrium	8-11:00 am Walmart, Publix Concierge Desk
10:00 am Our Lady of Hope Group Liturgy Activity Area	9:30 am Spanish Class 2nd Floor Activities	10:00 am Music with Quartet Lobby	10:00 am Our Lady of Hope Mass & Anointing Activity Area	Billiards Billiards Room	Puzzles Billiards Room	9:00 am Stretch Exercise Area	10:00 am NO Group Liturgy Activity Area	9:30 am Spanish Class Dining Room	10:00 am Stretch, Tone & Strengthen Exercise Area	10:00 am Our Lady of Hope Mass & Anointing Activity Area	10:00 am Puzzles Billiards Room	9:00 am Stretch Exercise Area	9:00 am Stretch Exercise Area
10:30 am Countryside Church Exercise Area	10:00 am Crossword Atrium	10:00 am Visits with Bella Door-to-Door	10¢ Blackjack Atrium	10:00 am Music With Jeff Lobby	10:00 am 10¢ Roulette Atrium	9:30 am Orbitz Performing Arts Students Lobby	10:30 am Countryside Church Exercise Area	10:00 am 10¢ Left Right Center Atrium	Visits with Bella Door-to-Door	11:00 am Tone & Strengthen Exercise Area	10:00 am Animal Planet Atrium	10:00 am Visit with Kittens 2nd Floor Activities	9:30 am Church of Epiphany Activity Area
1:00 pm Funny Videos Atrium	11:00 am Tone & Strengthen Exercise Area	11:00 am Better Together 2nd Floor Activity	1:00 pm Music with Rocky Lobby	Visits with Bella Door-to-Door	1:00 pm Music with Chuck Atrium	Puzzles Billiards Room	1:00 pm Music with Dan & Debbie Lobby	11:00 am Visits with Bella Door-to-Door	11:00 am Better Together 2nd Floor Activity	1:00 pm Crossword Atrium	12:45 pm Hand and Foot Activity Area	11:00 am Visits with Bella Door-to-Door	Orbitz Performing Arts Students Lobby
2:00 pm Dominoes Atrium	1:00 pm Music with James Wise Lobby	12:45 pm Hand and Foot Activity Area	2:00 pm Bocce Ball Atrium	12:45 pm Hand and Foot Activity Area	Grocery Orders for Saturday Delivery Concierge	1:00 pm Music with Deluna Lobby	2:00 pm Dominoes Atrium	1:00 pm Music with Sweet Melissa Lobby	12:45 pm Hand and Foot Activity Area	1:00 pm Walks with Bella Backyard	1:00 pm Music with Mickey Lobby	11:00 am Tone & Strengthen Exercise Area	Puzzles Billiards Room
3:00 pm Happy Hour Atrium	Shopping: Big Lots Concierge Desk	1:00 pm Brain Games Atrium	2:30 pm Spanish Class 2nd Floor	1:00 pm Music Warner Christian Academy Lobby	Visits with Bella Atrium	2:00 pm Bingo Dining Room	3:00 pm Happy Hour Atrium	Shopping: Bealls Outlet Concierge Desk	1:00 pm Bocce Ball Atrium	2:00 pm Jazz with Jonathan Atrium	2:00 pm Bingo Atrium	1:00 pm Tone & Strengthen Exercise Area	1:00 pm Music with Dani Lobby
6:00 pm Music with Al Canali Atrium	Visits with Bella Atrium	2:15 pm Bible Study Atrium	3:00 pm Happy Hour Atrium	Book Club Library	Bus Ride Concierge Desk	3:00 pm Happy Hour Atrium	6:30 pm Movie Atrium	Happy Hour Concierge Desk	2:30 pm Bible Study Library	2:00 pm Happy Hour Atrium	2:00 pm Bingo Atrium	1:00 pm Crossword Exercise Area	2:00 pm Music with Dani Lobby
7:00 pm Movie Atrium	2:00 pm 10¢ Left Right Center Atrium	3:00 pm Exercise Area Happy Hour Atrium	Walk it Out Exercise Area	2:00 pm Bingo Dining Room	2:00 pm Crossword Lobby	3:00 pm Free Friday Happy Hour Atrium	6:00 pm Music with Uncle John Lobby	Outdoor Activity with Bella Concierge Desk	3:00 pm Happy Hour Atrium	3:00 pm Happy Hour Atrium	2:00 pm Bingo Atrium	1:00 pm Tone & Strengthen Exercise Area	2:00 pm Bingo Dining Room
	Outdoor Activity with Bella Backyard	Connect Hearing Library	Visits with Bella Lobby	3:00 pm Happy Hour Atrium	3:00 pm Free Friday Happy Hour Atrium	5:00 pm Door Decorating Crafts with Kids Atrium		Happy Hour Concierge Desk	Outdoor Activity with Bella Backyard	3:00 pm Happy Hour Atrium	3:00 pm Happy Hour Atrium	2:00 pm Music with Judy Locke Atrium	2:00 pm Bingo Dining Room
	3:00 pm Happy Hour Atrium	6:00 pm Music with Tennyson Lobby	6:00 pm Music With Donna Dee Lobby	5:00 pm Door Decorating Crafts with Kids Atrium	Outdoor Activity with Bella Backyard	6:30 pm Music with Shannon Rae Activity Area		2:00 pm Crossword Atrium	3:00 pm Happy Hour Atrium	3:00 pm Happy Hour Atrium	3:00 pm Happy Hour Atrium	3:00 pm Music with Judy Locke Atrium	3:00 pm Happy Hour Atrium
	Walk it Out Exercise Area	7:00 pm Movie Atrium	7:00 pm Movie Atrium	6:30 pm Music with Shannon Rae Activity Area	6:30 pm Movie Atrium	7:00 pm Movie Atrium		Outdoor Activity with Bella Backyard	Connect Hearing 3rd Floor	3:00 pm Happy Hour Atrium	3:00 pm Happy Hour Atrium	2:00 pm Music with Judy Locke Atrium	6:30 pm Music with Gail Force Lobby
	6:30 pm \$1 Bingo Dining Room			7:00 pm Movie Atrium	7:00 pm Movie Atrium			Happy Hour Atrium	6:00 pm Music with Mickey Lobby	3:00 pm Happy Hour Atrium	5:00 pm SPECIAL EVENT BUSINESS AFTER HOURS Atrium	3:00 pm Free Friday Happy Hour Atrium	7:30 pm Movie Atrium
	Movie Atrium							Walk it Out Exercise Area	7:00 pm Movie Atrium	Volusia Medical Supply Maintenance Library		6:30 pm Shenanigans Music Show Lobby	

# December 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
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
9:00 am <b>Puttin' Around</b> Backyard	9:00 am <b>Stretch</b> Exercise Area	9:00 am <b>\$5 Paparazzi Jewelry with Lunia</b> Atrium	9:00 am <b>Resident Council Meeting</b> Atrium	9:00 am <b>Billiards</b> Billiards Room	<b>Grocery Orders for Saturday Delivery</b> Atrium	8-11:00 am Walmart, Publix Concierge Desk	<b>HANUKKAH BEGINS AT SUNDOWN</b>	<b>HAPPY HANUKKAH</b> 9:00 am <b>Stretch</b> Exercise Area	<b>HAPPY HANUKKAH</b> 9:00 am <b>Personal and Doctor Trips</b> Concierge Desk	<b>MERRY CHRISTMAS</b> <b>HAPPY HANUKKAH</b> We wish you and your families the most wonderful holiday. We are so thankful for each and everyone of you.	<b>HAPPY HANUKKAH</b> 9:30 am <b>Billiards</b> Billiards Room
<b>Coffee &amp; Conversation</b> Lobby	9:30 am <b>Spanish Class</b> Dining Room	10:00 am <b>10¢ Roulette</b> Lobby	10:30am <b>Stretch, Tone &amp; Strengthen</b> Exercise Area	9:30 am <b>Puzzles</b> Billiards Room	9:00 am <b>Stretch</b> Exercise Area	9:00 am <b>Stretch</b> Exercise Area	9:00 am <b>Coffee &amp; Conversation</b> Lobby	9:30 am <b>Spanish Class</b> Dining Room	10:00 am <b>Music with Sam Collins</b> Lobby		10:00 am <b>Nail Salon</b> Nurse Station
10:00 am <b>Funny Videos</b> Atrium	10:15 am <b>10¢ Left Right Center</b> Atrium	10:00 am <b>Stretch</b> Exercise Area	1:00 pm <b>Music with Tennyson</b> Lobby	<b>Visits with Bella</b> Door-to-Door	9:45 am <b>Crossword</b> Atrium	9:30 am <b>Church of Epiphany</b> Activity Area	10:00 am <b>Our Lady of Hope Group Liturgy</b> Activity Area	10:00 am <b>Music with Randy</b> Lobby	<b>Visits with Bella</b> Door-to-Door	9:30 am <b>Billiards</b> Billiards Room	10:00 am <b>Nail Salon</b> Nurse Station
<b>Our Lady of Hope Group Liturgy</b> Activity Area	<b>Visits with Bella</b> Door-to-Door	11:00 am <b>Better Together</b> 2nd Floor Activity	<b>Walks with Bella</b> Backyard	10:00 am <b>Music with Jeff</b> Lobby	1:00 pm <b>Music with Susie</b> Atrium	<b>Orbitz Performing Arts Students</b> Lobby	10:30 am <b>Countryside Church</b> Exercise Area	<b>Visits with Bella</b> Door-to-Door	<b>Darts</b> Billiards Room	<b>Puzzles</b> Billiards Room	12:45 pm <b>Hand and Foot</b> Activity Area
10:30 am <b>Countryside Church</b> Exercise Area	11:00 am <b>Tone &amp; Strengthen</b> Exercise Area	<b>Visits with Bella</b> Door to Door	<b>Hand and Foot</b> Activity Area	12:45 pm <b>Hand and Foot</b> Activity Area	<b>Visits with Bella</b> Atrium	1:00 pm <b>Puzzles</b> Billiards Room	1:00 pm <b>Kinetic Dance Academy</b> Lobby	11:00 am <b>Tone &amp; Strengthen</b> Exercise Area	10:15 am <b>Stretch, Tone &amp; Strengthen</b> Exercise Area	10:00 am <b>Nail Salon</b> Nurse Station	1:30 pm <b>Bingo</b> Dining Room
1:00 pm <b>Music with Josh Mabe</b> Lobby	1:00 pm <b>Music with Bobby</b> Lobby	12:45 pm <b>Hand and Foot</b> Activity Area	2:15 pm <b>10¢ Blackjack</b> Atrium	1:30 pm <b>Bingo</b> Dining Room	<b>Bus Ride</b> Concierge Desk	2:00 pm <b>Bocce Ball</b> Lobby	2:00 pm <b>Music with Ron &amp; Diane</b> Lobby	1:00 pm <b>Music with Sam</b> Lobby	11:00 am <b>Better Together</b> 2nd Floor Activity	<b>Darts</b> Billiards Room	3:00 pm <b>Bingo</b> Dining Room
2:00 pm <b>Dominoes/Uno</b> Dining Room	<b>Shopping: Bealls Outlet</b> Concierge Desk	1:00 pm <b>Rocky Karaoke Party</b> Lobby	2:30 pm <b>Spanish Class</b> 2nd Floor	3:00 pm <b>Happy Hour</b> Atrium	2:00 pm <b>Bocce Ball</b> Lobby	2:00 pm <b>Bingo</b> Dining Room	2:00 pm <b>UNO</b> Atrium	2:15 pm <b>Music with Sam</b> Lobby	12:45 pm <b>Better Together</b> 2nd Floor Activity	12:45 pm <b>Hand and Foot</b> Activity Area	3:00 pm <b>Happy Hour</b> Atrium
3:00 pm <b>Happy Hour</b> Atrium	2:00 pm <b>Crossword</b> Dining Room	2:00 pm <b>Bible Study</b> Library	3:00 pm <b>Walk it Out</b> Exercise Area	<b>Walks with Bella</b> Backyard	3:00 pm <b>Free Friday Happy Hour</b> Atrium	3:00 pm <b>Happy Hour</b> Atrium	3:00 pm <b>Happy Hour</b> Atrium	2:00 pm <b>UNO</b> Atrium	12:45 pm <b>Hand and Foot</b> Activity Area	3:00 pm <b>Happy Hour</b> Atrium	6:00 pm <b>Happy Hour</b> Atrium
6:30 pm <b>Movie</b> Atrium	<b>Outdoor Activity with Bella</b> Backyard	3:00 pm <b>Happy Hour</b> Atrium	<b>Happy Hour</b> Atrium	6:00 pm <b>CHRISTMAS PARTY</b> Atrium	3:30 pm <b>Outdoor Activity with Bella</b> Backyard	3:30 pm <b>Outdoor Activity with Bella</b> Backyard	6:30 pm <b>Music with Blue Velvet</b> Atrium	3:00 pm <b>Happy Hour</b> Atrium	1:00 pm <b>Music with Mickey</b> Lobby	6:30 pm <b>Movie</b> Atrium	6:00 pm <b>Music with George Gall</b> Lobby
	3:00 pm <b>Walk it Out</b> Exercise Area	<b>Visits with Bella</b> Lobby	<b>Visits with Bella</b> Lobby		6:30 pm <b>Movie</b> Atrium	6:30 pm <b>Movie</b> Atrium		6:00 pm <b>Shannon Rae &amp; JJ</b> Atrium	<b>Walks with Bella</b> Backyard	6:30 pm <b>Movie</b> Atrium	7:00 pm <b>Movie</b> Atrium
	<b>Happy Hour</b> Atrium	6:30 pm <b>Movie</b> Atrium	6:30 pm <b>Movie</b> Atrium						3:00 pm <b>Bible Study</b> 2nd Floor Activities		
	6:00 pm <b>Music with Frank</b> Lobby								<b>Happy Hour</b> Atrium		
	6:30 pm <b>Movie</b> Atrium								<b>Visits with Bella</b> Lobby		
									6:15 pm <b>Christmas Eve Service, Carols, &amp; Treats</b> Lobby		

## DECEMBER CSL BIRTHDAYS

RESIDENTS	STAFF
<b>December 2</b> Sophie Griffin	<b>December 7</b> Julie Smith
<b>December 6</b> Betty Moran	<b>December 13</b> Celia Laureano
<b>December 7</b> Normand Robert	<b>December 15</b> Marisa Caro
<b>December 13</b> Albert Moscoso Nick Kneszevic	<b>December 17</b> Susan Plebanek
<b>December 15</b> Sally D'Agresta	<b>December 24</b> Diane Goyette
<b>December 16</b> Lynn Molner	<b>December 25</b> Chris Favata
<b>December 23</b> Dolores Burkard Mary Deninger	<b>December 28</b> Mark Kukoda
<b>December 26</b> James McCown	<b>December 30</b> Belinda Fedor
<b>December 30</b> Patricia Parrish	
<b>December 31</b> Donald Poehnert	



# December 27–31, 2019

27 Friday	28 Saturday	29 Sunday	30 Monday	31 Tuesday
<b>HAPPY HANUKKAH</b> 9:00 am <b>Stretch</b> Exercise Area <b>Uno</b> Atrium 1:00 <b>Music with Dino</b> Lobby <b>Visits with Bella</b> Atrium <b>Bus Ride</b> Concierge Desk 2:00 pm <b>Dominoes</b> Lobby 3:00 pm <b>Free Friday Happy Hour</b> Atrium 3:30 pm <b>Outdoor Activity with Bella</b> Backyard 6:30 pm <b>Movie</b> Atrium	<b>HAPPY HANUKKAH</b> 8-11:00 am <b>Walmart, Publix</b> Concierge Desk 9:00 am <b>Stretch</b> Exercise Area 9:30 am <b>Church of Epiphany</b> Activity Area 10:00 <b>Animal Planet</b> Atrium <b>Puzzles</b> Billiards Room 11:00 am <b>Lunch Bunch With Mark</b> Lobby 1:00 pm <b>Music with Donna Dee</b> Dining Room 2:00 pm <b>Bingo</b> Dining Room 3:00 pm <b>Happy Hour</b> Atrium 6:00 pm <b>Music with Bill</b> Atrium	<b>HAPPY HANUKKAH</b> 9:00 am <b>Puttin' Around</b> Backyard <b>Coffee &amp; Conversation</b> Lobby 10:00 am <b>Sunday Brunch</b> Dining Room <b>Funny Videos</b> Atrium <b>Our Lady of Hope Group Liturgy</b> Activity Area 10:30 am <b>Countryside Church</b> Exercise Area 1:00 pm <b>Music with Jiller</b> Lobby 3:00 pm <b>Happy Hour</b> Atrium 6:30 pm <b>Movie</b> Atrium	<b>HAPPY HANUKKAH</b> 9:00 am <b>Stretch</b> Exercise Area 9:30 am <b>Spanish Class</b> Dining Room 10:00 am <b>10¢ Left Right Center</b> Atrium <b>Visits with Bella</b> Door-to-Door 1:00 pm <b>Music with Dani</b> Lobby <b>Shopping: Bealls Outlet</b> Concierge Desk 2:00 pm <b>Bingo</b> Dining Room <b>Outdoor Activity with Bella</b> Backyard 3:00 pm <b>Happy Hour</b> Atrium 6:30 pm <b>Movie</b> Atrium	10:00 am <b>Uno</b> Atrium <b>Visits with Bella</b> Door to Door 12:45 pm <b>Hand and Foot</b> Activity Area 1:00 pm <b>Bocce Ball</b> Lobby 2:00 pm <b>Bible Study</b> Library 2nd Floor 3:00 pm <b>Happy Hour</b> Atrium <b>Visits with Bella</b> Lobby 6:00-8:00 pm <b>ROCKING NEW YEARS EVE WITH JAMES WISE &amp; STEPHANIE LEE</b> Lobby

# We love celebrating the holidays!



# Interesting Events in DECEMBER

- ❖ December 5, 1492 – Haiti was discovered by Christopher Columbus.
- ❖ December 5, 1791 – Wolfgang Amadeus Mozart died a pauper at age 35 in Vienna, Austria. He had become seriously ill and rapidly declined, leading to speculation that he had been poisoned, although this was later proven false. During his brief life, he created over 600 musical compositions and is widely considered one of the finest composers who ever lived.
- ❖ December 6, 1877 – At his laboratory in West Orange, New Jersey, Thomas Edison spoke the children's verse "Mary had a Little Lamb..." while demonstrating his newly invented phonograph which utilized a revolving cylinder wrapped in tinfoil to record sounds.
- ❖ December 7, 1941 – The U.S. Naval base at Pearl Harbor, Hawaii, was attacked by nearly 200 Japanese aircraft in a raid that lasted just over one hour and left nearly 3,000 Americans dead.
- ❖ December 11, 1901 – The first transatlantic radio signal was transmitted by Guglielmo Marconi from Cornwall, England, to St. John's, Newfoundland.
- ❖ December 24, 1943 – General Dwight D. Eisenhower was appointed Supreme Commander of the Allied Expeditionary Force preparing for D-Day.



## Robin Fortner

We're lucky to have you!

Robin is a Florida native . She loves spending time with her great grandson playing video games and walking his dog. She also enjoys reading and taking day trips.

She joined the CSL family 17 years ago and is very glad to have the pleasure to get to know and take care of our residents, It is truly a blessing to have her. Thank you Robin for all you do!



**CountrySide Lakes**  
A Shepherd Senior Living Community

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