

February

Feb 2018

St. Francis Manor

1750 20th Avenue
Vero Beach, FL 32960
SFM is a 501 (C) 3 - Not for Profit, Private Corporation

Executive Director:

Linda Scott
(772) 913-1545

Office:

(772) 562-8575

Emergency:

911 police, fire & medical

Non-Emergency Police:

978-4600

E-Mail:

stfrancismanor@aol.com

Web Site:

stfrancismanor.org

Facebook:

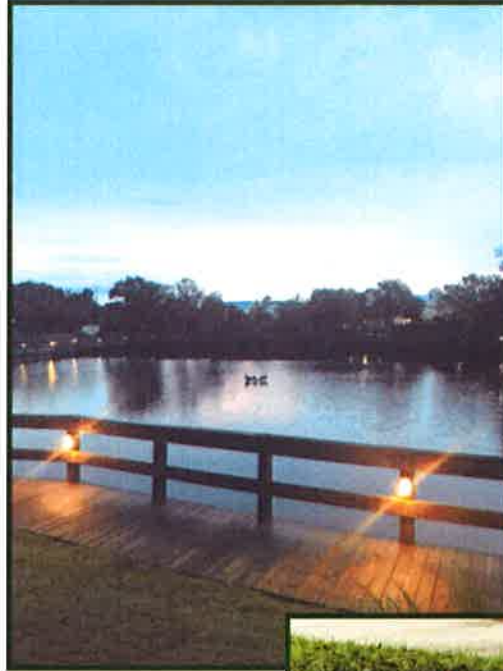
stfrancismanor



St. Francis Manor
of Vero Beach

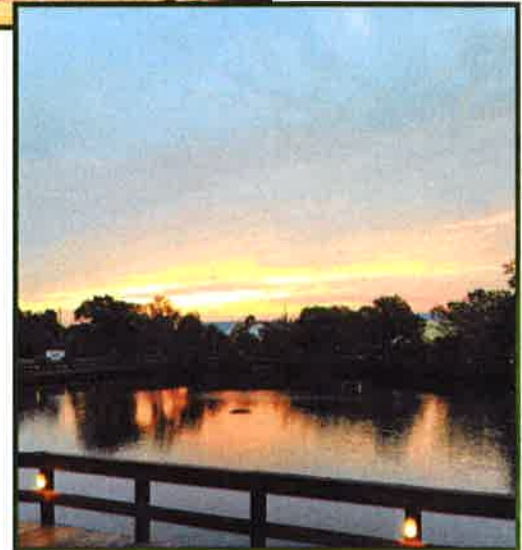
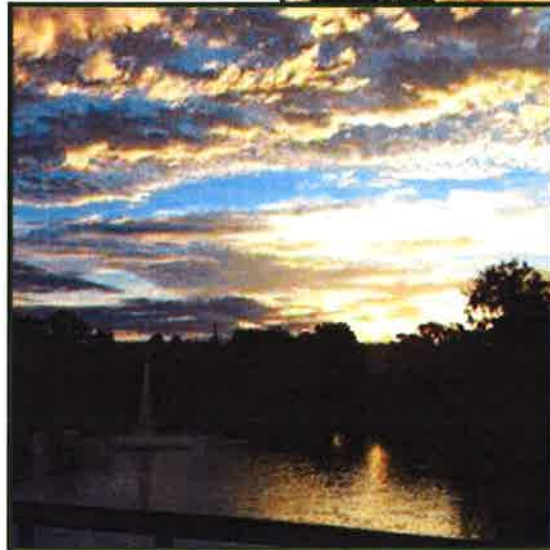
"Affordable, independent apartments for seniors in an attractive, safe & social environment."

Sunrises at SFM!



A SFM sunrise is gorgeous!

We are so blessed to live at SFM!



"There is only one happiness in this life, to love and be loved."

George Sand



"Love is the only force capable of transforming an enemy into a friend."

Martin Luther King, Jr.

A Line from Linda

Greetings!

It's finally here! That magical age in which I can apply for social security! As I was going through my paperwork to begin the application process, I came across this poem which I thought was rather appropriate!

Prayer for Aging Gracefully

Create in me a happy heart,
preserve my memory safe and sound.
May all my aches be little ones, and let the things I lose be found.
Send me, I pray, my daily smiles, a serving, too, of prunes and bran.
Help me accept my graying hair, and keep the most of it I can.
Remind me to forgive myself when senior moments come along.
Provide a time for exercise so these old bones stay fit and strong.
Lord, keep my attitude upbeat, and free from worry, cares and fears.
Each day, help me appreciate the gift and goodness of my years!
AMEN

Here's to learning how to age gracefully!

Linda



Bus Driver Needed



For health reasons, Wyatt Crowe has resigned as a volunteer at SFM.



If you are interested in driving the bus, (a CDL with a passenger endorsement is required) please see Linda.

Tis the Season!

1. Refrain from coming to the social hall if you are sick!
2. Wash your hands often!



February Birthdays:

Mary Grace Civiello	A1	2/5
Bryan Head	G12	2/11
Kevin Blank	A8	2/12
Terry Meyer	G9	2/12
Carol Ann Rusch	B12	2/13
Patricia Gay	D6	2/14
Bernie Sapp	A11	2/18
Linda Lowe	B8	2/19
Buck Smith	F1	2/20
Ananda Devi	E4	2/22
Margie Carter	C11	2/23
Jeannette Verna	E11	2/27
Betty Hedrick	A4	2/28
Francisco Diaz	A10	2/28



Apartment Inspection Schedule:

A & B Buildings - Thursday - Feb. 8th - 1:30

C & D Buildings - Thursday - Feb. 15th - 1:30

E & F Buildings - Thursday - Feb. 22nd - 1:30

G & H Buildings - Thursday - Mar. 1st - 1:30

For all of our new residents, annual inspections are performed for several reasons! First and foremost, your safety! We want to ensure that everything is working properly and there are no safety concerns. Secondly, it gives us the opportunity to check to see that you are keeping your apartment free of debris, clutter, trash, etc.

If you have any questions, please do not hesitate to contact the office.



The Manor Bulletin Board



February Dinner Out
Green Marlin Restaurant
Sunday-February 4th @
4:00

Vero Beach Rhythm Band & Chorus
Friday - February 23rd - 10:00
Come and enjoy some beautiful
love songs!



Holy Cross Youth Group
Valentine's Day Celebration

Wednesday
February 7th - 7:30 
Come enjoy an evening of
fellowship and Valentine
goodies!



January & February
Birthday Dinner

Thursday, February 1st
at 5:30



BINGO

Mondays - Feb. 12th & 26th
Dinner - 5:30
Bingo - 6:30

Type 2
Diabetes

What you need
to know about
Type 2
Diabetes!

Monday - February 12th
at 10:00

VNA Nurse, Rose Geosits,
will be giving the
presentation and answering
any questions you may have
regarding this disease.

VNA Blood
Pressure
Screening
Monday -
Feb. 12th @ 11:00



Praying the
Rosary
Tuesdays @
10:30



Catholic Services
Sunday Mornings
at 10:15



Deacon Joe
Tuesday
Feb. 20th
10:30



The Donna and Betty Show
Wednesday - February 21st
@ 10:00



Come join us
for some
trivia fun!

Chili Cook-Off

Monday - February 19th
- 11:00



If you wish to enter the challenge,
please let Linda know by Feb. 16th.
Judging will be done by popular vote
(by the persons tasting the chili!)

Chili will be for sale by the-
Bowl - \$1.00
Pint - \$3.00
Quart - \$5.00



Dr. Serrano,
the Podiatrist
Fri. - Feb 23rd - 9:00



NOTICE - Thanks to a recent
donation, we have been able
to reconnect the cable in the
social hall. Please feel free to
watch the Super Bowl and Olympics!



Bible Study
Mondays
1:30



Board of Directors 2018

Linda Colontrelle, President
772-473-0288

Tem Fontaine, VP
772-538-4324

Theo Perry, Treasurer
772-643-2598

Sharon Knowles, Secretary
772-360-5076

Maria Elena Kitchell
772-205-0938

Gladys LaForge
772-713-4280

Betty Rollins
772-562-7578

Susan Simmens
772-532-6338

Larry Thompson
772-567-4266

Bill Zorc
Honorary Member
772-713-0607

Louis Schacht
Honorary Member
772-559-3978



For more information about
the Manor -

Contact. . .

Linda W. Scott

Stfrancismanor@aol.com

772-562-8575



**"Providing affordable,
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on a limited
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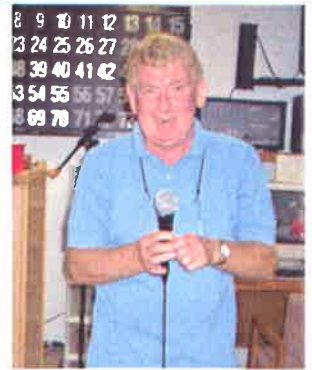
Volunteer of the Month - Ray Victory - B1

Ray has made SFM his home for over ten years and during that time, Ray has been responsible for opening the social hall every weekend and locking up in the evening. Ray is also kind enough to lock up the hall during the week in my absence.

(When I remember to tell him!)

Thank you, Ray!

Thank you!



Valentine's Day Card and Gift Trivia:






- ◆ More than one billion Valentine's Day cards are exchanged each year.
- ◆ Valentine's Day is the second-largest seasonal card sending occasion of the year after Christmas.
- ◆ Of those celebrating Valentine's Day, 70% of those give cards, 40% make phone calls, 48% give gifts, 37% make special dinners, 33% give candy, 30% go out to eat, and 19% give flowers.
- ◆ Children aged 6 to 10 exchange more than 650 million Valentine's Day cards with their teachers, classmates, and family members.
- ◆ More than 110 million roses are sold. The majority of these are red.
- ◆ Candy hearts (the ones with messages printed on them) were first made in 1866 by candy maker NECCO. They were originally called Motto Hearts. According to NECCO, eight billion of these candies are sold between New Year's Day and Valentine's Day!

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>Thanks to a recent donation, we have been able to</p>	<p>reconnect the cable in the social hall! Please feel free to enjoy the Super Bowl and Olympics!</p>			<p>1 Walmart-9:00</p> <p>January & February Birthday Dinner-5:30</p>	<p>2 Happy Groundhog Day!</p> 	3
<p>4 Catholic Service-10:15 Dinner Out 4:00</p> 	<p>5 Bible Study 1:30</p>	<p>6 Rosary - 10:30</p> <p>Crafts - 1:00</p>	<p>7 Holy Cross Youth Group Desserts & Activities 7:30</p>	<p>8 Publix-9:00</p> <p>A & B Building Inspections</p>	<p>9</p> 	10
<p>11 Catholic Service-10:15</p>	<p>12 Diabetes-Type 2 Presentation-10 VNA- 11:00 Bible Study 1:30 Dinner - 5:30 Bingo - 6:30</p>	<p>13 Rosary - 10:30</p> <p>Crafts - 1:00</p>	<p>14 Lent Begins</p> <p>Happy Valentine's Day</p>	<p>15 Walmart-9:00</p> <p>C & D Building Inspections</p>	16	17
<p>18 Catholic Service-10:15</p>	<p>19 Presidents's DAY Chili Cook-off 11:00</p>  <p>Bible Study 1:30</p>	<p>20 Deacon Joe - 10:30 Rosary - 10:30</p> <p>Crafts - 1:00</p>	<p>21 Donna & Betty Trivia-10:00</p> <p>Senior Resource Assn Nutritionist 11:00</p>	<p>22 Publix-9:00</p> <p>E & F Building Inspections</p>	<p>23 Vero Beach Rhythm Band and Chorus 10:00</p>	24
<p>25 Catholic Service-10:15</p> 	<p>26 Bible Study 1:30</p> <p>Dinner - 5:30 Bingo - 6:30</p>	<p>27 Rosary - 10:30</p> <p>Crafts - 1:00</p>	28	<p>March 1st</p> <p>Walmart-9:00</p> <p>G & H Building Inspections</p>	<p>Items in RED are activities! Come out and support SFM activities!</p>	