

November
2016



St. Francis Manor

1750 20th Avenue
Vero Beach, FL 32960
For 39 years - a 501 (C) 3 -
Not for Profit, Private
Corporation
Executive Director:

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St. Francis Manor
of Vero Beach

for the
"NEW"
Times
of your life!

"Growing Homes at the Manor"



Thank you



On October 12th, the Rotary Club of Vero Beach-Sunrise presented a check in the amount of \$10,000 to members of the SFM Capital Campaign Committee! These funds will be used for the future SFM expansion project.



Happy Thanksgiving
To All!

Life
is full of give and take.

Give
thanks and take

Nothing
for Granted.

SFM Residents show off their many talents at the recent Holy Cross Catholic Church Cabaret Night!



Talent Show



Above - Lisa Marik also sang "You are my Sunshine" while Geneva Marze took pictures!

Right - James Anthony Davis did a fantastic job as our Master of Ceremonies!



Above: Board President, Anthony Dzielski, and son, Alfie, doing their rendition of "You are my Sunshine!"

A LINE FROM LINDA

Greetings & Salutations!

It's that time of year to stop and take a few minutes to give thanks for all of our blessings!

Do you need a little help brainstorming things for which we are thankful?

Here are a few I came up with; how about you?

1. Hurricane Matthew turning east at the last minute!
2. Google.
3. Coffee. Coffee. Coffee.
4. Homemade pumpkin pie.
5. Pants with elastic waist bands!
6. Songs that take you back.
7. Movies you can watch over and over again.
8. Road trips.
9. A really good hug.
10. Old friends.
11. Wine. Wine. Wine.
12. Family gatherings.
13. My grandchildren's laughter.
14. A heartfelt thank you.
15. Good kids.
16. Pleasant residents!
17. A fabulous staff!
18. Being closer to retirement.
19. Pistachio nuts.



AND these are just a few of the many blessings for which I am grateful! Happy Thanksgiving to you all!

Linda



Nobody will ever deprive the American people of the right to vote except the American people themselves and the only way they could do this is by not voting." -- **Franklin D. Roosevelt**



A GREAT BIG THANK YOU - to all of the folks who assisted in the clean up of the grounds after Hurricane Matthew! We were so blessed not to have much damage BUT there were a lot of limbs and branches to clean up! SO Thank You to the staff, residents & volunteers who helped get us back to "normal"!

November Birthdays -

Debbie Hearon	H12	Nov 7th
Fran Chenrick	C9	Nov 18th



SFM
Annual
Bazaar

**FALL BAZAAR
& CRAFT SHOW**

Saturday - Nov. 5th
8:00 to noon

Handmade Crafts

Jewelry

Raffles

White Elephant Sale

Homemade Soups

Baked Goods

Hot Dogs

Raffles



Welcome New Neighbors

Dolores Hernandez H3

Lillian Davis D8



Maintenance Matters:

1. Cool weather is right around the corner (I hope) - so check your heater - when you first turn it on, there will be a "smell" which is the dust burning off.
2. Please get your items out of the storage hallways that were put in during the hurricane!!
3. Don't forget to clean the dryer vents after each use!



MAINTENANCE

The Manor Bulletin Board

Bible Study
Mondays-
Nov. 7th & 28th
at 1:30



Bible Study

BINGO

Mondays
Nov. 7th & Nov. 21st *
*(1st & 3rd Mondays
this month)
Dinner - 6:00 &
Bingo - 7:00

2016 Festival of
Trees

Silver Bells Preview
"Starry Starry Night"



Friday - Nov. 18th - 10:00
\$4.00 admission

SFM

Annual Health
& Wellness Fair



Wednesday -

Nov. 9th - 9:00 to 11:00

12 Local Health Care Providers will
be participating in our fair this year!

See insert.



Annual Thanksgiving Dinner



Thursday -
Nov. 24th

12 noon

Please Sign Up!

Diabetic
Support
Group



Beginning

Wed. - Nov. 9th at 1:00,
Diane Morgia will be
facilitating a Diabetic
Support Group.
Everyone is welcome!

Blood Pressure Screening

VNA - Mondays -
Nov. 14th & 21st
@ 11:00



Holidays for
Heroes!

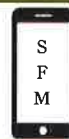
We will be
packing
holiday

boxes for the troops on Tues,
Nov. 8th at 1:30. Anyone
wishing to donate items for the
boxes, please bring them to the
office prior to the 8th of Nov.
Also, anyone who would like to
participate in packing the
boxes, please join us at 1:30
on Nov. 8th!



Dinner Out
Sunday - Nov.
6th - 4:00
Manatee
Island Grill

Technology Social with Lori
of Golden Geekz - Wed. -
Nov. 16th at 2:00.



Sept-Oct-Nov-Dec
Birthday Dinner &
Karaoke Night!

Saturday-Nov. 26th @ 5:30



REMEMBER!
Daylight Savings
Time Ends
Sunday - Nov. 6th



GET YOUR GROOVE ON!!
COME JOIN ZUMBA

Fridays -
1:30



Deacon Dave
Tuesday-Nov. 15th
@ 10:30

Catholic
Communion
Sunday
Mornings @ 10:00



SFM Lunch Bunch
Ay! Jalisco
Mexican
Restaurant
Fri - Nov. 11th - 12:30



It's Game Time with
Donna and Betty of
Mederi and Consulate!
Wednesday
- Nov. 16th
@ 10:00



Board of Directors

Anthony Dzielski, President
772-766-0415

Tem Fontaine, VP
772-538-4324

Louis Schacht, Treasurer
772-559-3978

Karolyne Lucero, Secretary
772-205-9349

Linda Colontrelle
772-473-0288

Maria Elena Kitchell
772-205-0938

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Larry Thompson
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Bill Zorc
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For more information about
the Manor -
Contact. . .
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**"Providing affordable,
independent
living to senior citizens
on a limited
income in an
attractive, safe, and
socially supportive
environment."**

Veterans Day is an official United States public holiday, observed annually on November 11, that honors military veterans, that is, persons who served in the United States Armed Forces. It coincides with other holidays, including Armistice Day and Remembrance Day, celebrated in other countries that mark the anniversary of the end of World War I; major hostilities of World War I were formally ended at the 11th hour of the 11th day of the 11th month of 1918, when the Armistice with Germany went into effect. The United States previously observed Armistice Day. The U.S. holiday was renamed Veterans Day in 1954.



Veterans Day is not to be confused with Memorial Day; Veterans Day celebrates the service of all U.S. military veterans, while Memorial Day honors those who *died* while in military service.

New Residents, Lillian Davis and Venice Powell, pose with hats which Venice created and donated to the Homeless Shelter in Blue Ridge, GA, where Linda's sister, Rosemary works! Thank you, Venice! I'm sure the folks will really appreciate having a hat to keep their head warm this winter! Bless you!



Scatter seeds
of kindness
wherever you go



1st Annual SFM
Pumpkin Deco-
rating Contest!
Thanks to all who
participated!

Saint Francis Manor

1750 20th Avenue
Vero Beach, FL 32960
772 562-8575



Happy Thanksgiving

November 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 	2	3 Publix-9:00	4 ZUMBA-1:30	5 Annual Bazaar 8 to noon
6 Daylight Savings Time Ends Communion-10:00 Dinner Out-4:00	7 Letha-9:00 Bible Study 1:30 Dinner – 6:00 Bingo - 7:00	8 ELECTION DAY - GOD BLESS AMERICA!  Packing boxes for the troops-1:30	9 Annual Health & Wellness Fair- 9 to 11 in social hall Diabetic Support Group - 1:00	10 Walmart-9:00	11 Veteran's Day! Thank a Vet!  Lunch Bunch -12:30 NO ZUMBA	12
13 Communion-10:00	14 Letha-9:00 VNA-11:00 NO BIBLE STUDY PRIVATE PARTY-5:00	15 Deacon Dave-10:30 SFM Board Meeting-5:30	16 Mederi/ Consulate Games -10:00 Diabetic Support Group - 1:00 Technology Social-2:00	17 Publix-9:00 Dr. Serrano, Podiatrist-2:00	18 Festival of Trees-Silver Bells Preview-10:00 ZUMBA-1:30	19
20 Communion-10:00	21 NO LETHA NO BIBLE STUDY Dinner-6:00 Bingo-7:00	22	23 Walmart-9:00 Diabetic Support Group - 1:00	24 Office Closed Thanksgiving Dinner—12 noon 	25 Office Closed	26 Sept, Oct. Nov. & Dec Birthday Dinner & Karaoke Night! 5:30 
27 Communion-10:00	28 NO LETHA VNA-11:00 Bible Study-1:30	29	30 Diabetic Support Group - 1:00			



FALL BAZAAR & CRAFT SHOW

St. Francis Manor of Vero Beach

Annual Bazaar

Saturday ~ Nov. 5th

8:00 a.m. to 12 noon



SFM 2016 Health & Wellness Fair

Wednesday - November 9th - 10:00



Participants:

Treasure Coast Community Health
Senior Resource Association
Consulate Health Care
1st Choice Healthcare –Dr. Neal
New Vision Eye Center
Dr. Serrano—Podiatry

Perkins Medical
Home Instead
Mederi
Sea Coast Bank
On Site Dermatology
Bailey's Pharmacy



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