

September 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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*Grandparent's Day
September 13th*

“Grandmas are
moms with lots of
frosting!”
Author Unknown

“Grandfathers are
for loving and
fixing things!”
Author Unknown



“Grandchildren are
God's way of
compensating us
for growing old.”
Mary H. Waldrip



St. Francis Manor
of Vero Beach

*for the
“NEW”
Times
of your life!*



What a wonderful
place to call
HOME!



Nature at it's finest!



A LINE FROM LINDA

Greetings & Salutations!

Staying healthy as you age means finding activities that you enjoy!

Everyone has different ways of experiencing meaning and joy, and the activities you enjoy may change over time. If your career slows down or you retire, or if your children leave home, you may find you have more time to enjoy activities outside of work and immediate family. Either way, taking time to nourish your spirit is never wasted.



If you're not sure where to get started, try some of the following suggestions:

- Pick up a long-neglected hobby or try a new hobby
- Learn something new (an instrument, a foreign language, a new game, a new sport)
- Get involved in your community (**volunteer** or attend a local event)
- Spend time in nature (take a scenic hike, go fishing or camping)
- Enjoy the arts (visit a museum, go to a concert or a play)
- Turn negatives into positives! Lend a hand to someone in need

The possibilities are endless. The important thing is to find activities that are both meaningful and enjoyable for you.

Help Guide.Org

AND don't forget, we offer ZUMBA on Friday afternoons which is a great way to have fun while moving!

SO let's get movin' and groovin' and feel better!

Linda



September Birthdays -

Stryl Triplett	C2	9/10
Wyatte Crowe	D10	9/15
Nina LaBelle	C5	9/27
Janet Zabkiewicz	E1	9/27
Vito Adamo	D4	9/28
Jim DeMarco	G4	9/28
Lugene (Speedy)		9/10
Karolyne Lucero		9/15

★HAPPY BIRTHDAY!★



B-12 Diane Morgia

D-3 Aida Villasmil

A-7 Jean MacConnell

Maintenance Matters:



1. The hallways are quickly filling up with **STUFF!** If you have items in the hallway and **NOT** in your storage locker, please remove it or we will be happy to assist!
2. Please remember - there are **NO** assigned parking spaces at SFM!
3. PLEASE stay out of the maintenance shed!

Grandmothers are just antique little girls!



The Manor Bulletin Board



Dinner Out - Sunday - Sept. 4th - Bus leaves at 4:00



Mondays -
Sept. 12th & 26th
Dinner - 6:00
& Bingo - 7:00

St. Vincent de Paul
Electric Bill Assistance
Tuesday - Sept. 13th @
1:00

Bring your electric
bill & identification!



Bible Study
MONDAYS
at 1:30



Everyone Welcome!

COMING SOON!!

SFM Talent Show
so get out the
batons, tap shoes,
etc. and get ready!



Dermatologist
Wednesday
Sept. 21st

2:00



PLEASE
sign up!

Grandparent's Day
Brunch

Saturday
Sept. 10th
- 10:00



SHINE Medicare
Wednesday - Sept. 21st
10:00
Everything you need
to know about
Medicare!



Blood Pressure
Screening
VNA - Mondays
Sept. 12th & 26th - 11:00



Catholic Service
Tuesday - Sept.
20th @ 10:30



Planning
Meeting

SFM's annual
bazaar, bake sale and soup
& sandwich sale.

Tuesday - Sept. 13th - 3:00

GET YOUR GROOVE ON!!
COME JOIN ZUMBA
Fridays - 1:30



Crafts -
Tuesdays @
1:00



Visiting Nurse Association
"SHOO the FLU"
clinic
Friday - Sept 20th -
9:00 to 10:00



Catholic
Communion

Sunday
Mornings

10:00



SFM Lunch Bunch
Friday - Sept. 9th
- 12:30

Outback
Steakhouse



Mederi Caretenders &
Consulate Healthcare
are hosting some more
trivia fun on

Wednesday
Sept. 28th @
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
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the Manor -
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***"Providing affordable,
independent
living to senior citizens
on a limited
income in an
attractive, safe, and
socially supportive
environment."***

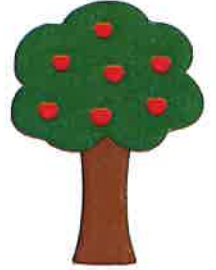
A Few Friendly Reminders:

1. Are you prepared for a storm?
2. Are those buckets being emptied so the mosquitoes have no place to breed?
3. All work orders are to go through the office.
4. You can't live a positive life with a negative mind.
5. Let's make SFM a "NO GOSSIP" Zone! Be kind to one another!



A Few Apple Facts and Trivia:

1. Apples float because 25% of their volume is air!
2. Apples were introduced to New York by the European settlers who brought seeds with them in the 1600s.
3. The apples from one tree can fill about 20 boxes each year.
4. If you grew 100 apple trees from the seeds of the same tree, the new apple trees would all be different.
5. The world production of apples is more than 40 million tons!
6. Washington state produces more apples than another other state in the union.
7. 2,500 varieties of apples are grown in the United States and 7,500 varieties of apples are grown throughout the world.



Saint Francis Manor



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September 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>Watch for kids!</p>				1 Walmart-9:00 Hall Cleaned 1-3	2 ZUMBA-1:30	3 It's Football Season! 
4 Communion 10:00 Dinner Out-4:00 Carrabba's	5 Office Closed  <p>LABOR DAY</p>	6 Crafts-1:00	7	8 Publix-9:00 Hall Cleaned 1-3	9 Lunch Bunch- 12:30 Outback Steakhouse	10 Grandparent's Day Brunch 10:00 Private Birthday Party-6:00
11 Communion 10:00  <p>National Grandparents' Day</p>	12 Letha-9:00 VNA-11:00 Bible Study-1:30 Dinner-6:00 Bingo-7:00	13 Crafts-1:00 St. Vincent de Paul-1:00 Bazaar Planning Meeting-3:00	14	15 Walmart-9:00 Hall Cleaned 1-3	16 VNA "SHOO THE FLU" Shot Clinic - 9 to 10 ZUMBA-1:30	17 International Eat an Apple Day! 
18 Communion 10:00	19 Bible Study-1:30	20 Deacon Dave- 10:30 St. Vincent de Paul-1:00 Crafts-1:00	21 SHINE  Medicare Presentation 10:00 Dermatologist 2:00	22  Publix-9:00 Hall Cleaned 1-3	23 ZUMBA-1:30	24
25 Communion 10:00	26 Letha-9:00 VNA-11:00 Bible Study-1:30 Dinner-6:00 Bingo-7:00	27 Crafts-1:00	28 Mederi/ Caretenders Trivia & Refreshments - 10:00	29 Walmart-9:00 Hall Cleaned 1-3	30 ZUMBA-1:30	