

HELLO, JULY!



July 2019

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

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Katie Kowanic

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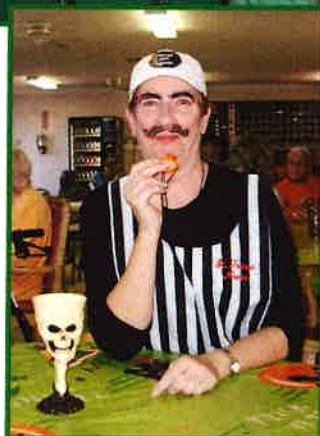


St. Francis Manor
of Vero Beach

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

It's been a wild ride!

THANKS FOR THE MEMORIES!



"It will be celebrated with pomp and parade, bonfires, and illuminations from one end of this continent to the other."

John Adams

"Then join hand in hand, brave Americans all! By uniting we stand, by dividing we fall."

John Dickinson



A Final Line from Linda

WOW! Where in the world have the past 17 years gone? When I arrived on the scene in March 2002, I was absolutely thrilled to be back in Vero (my home) and to have the honor to work where my mom lived! How cool was that?



Over the years, many folks have come and gone and there are only a few of the "OLDIES" (but GOODIES) left; Vito Adamo, Graham Rice, Solidad Woods, and Otilita Beebee are the only four who were here when I arrived. Over 500 folks have come (and gone) in the 17 years I have been at the helm. What a blessing it has been to be the Captain of this fabulous ship, the S.S. SFM! I am so proud of all that we have accomplished in my 17 years! SFM is a lovely place to call home for our 120+ residents!

The SFM Board of Directors is a dedicated group of volunteers who are passionate about SFM and will continue to make it a fabulous place to live! I look forward to the next chapter of my life and I am very anxious to see what the future has in store for me!

Blessings to you all!

Linda



"Don't cry because
it's over.
Smile because
it happened! "

Dr. Seuss

July Birthdays

Connie Cooper	I-5	7/7
Diane Morgia	J-5	7/9
Dreama Head	G12	7/13
Bethel Hanna	C7	7/19
Janice Aldrich	E7	7/21
Hellen Cortez	H6	7/22
Anniebelle Gould	B10	7/23
Patricia Paravalos	H5	7/26
Bob Davis	F11	7/29



Maintenance Matters

1. Summer is here!
Please stay on top of your air conditioner filters!
2. The SFM grounds are not to be used as an ashtray! Please dispose of your butts properly!
3. Along with a lot of rain, come a lot of mosquitoes! Please keep containers emptied. Setting water attracts mosquitoes!
4. THANK YOU!



Barbara Whitten	C6
Ross Hickam	F10
Jane Savage	D9

The Manor Bulletin Board

Epic Mission



Dates
July 9th-1:30
Visitations
July 16th-1:30
Visitations
July 24th-1:30
Ice Cream Social

It's a Birthday & Bingo Party

Tuesday - July 23rd - 5:30
Come join in the fun for some
dinner and bingo!

We are celebrating all of our
birthday folks in May, June,
July & Aug!

Happy
Birthday!



VNA Blood
Pressure Screening and
Blood Sugar Screening -
Monday - July 8th
@ 9:00

(Be sure to
fast for the
blood sugar)



Catholic Services

Sunday
Mornings
at 10:00

Rosary
Tuesdays at 10:30

Deacon Joe
Tuesday-July 16th
10:15

SFM
PRAYER GROUP
Monday
Mornings at 10:00



The Social Hall is

closed every
Thursday from
1:00 to 3:00
for cleaning.



OKEY DOKEY
KARAOKE NIGHT

Saturday - July 13th
7:00 pm to 9:00 pm

Please sign up and
come join in the
fun!

Vero Beach Rhythm
Band and Chorus
Friday - July
26th
@ 10:00



Things to do

NOW!



Stock up on:
water
non perishable food
items
Batteries
Paper products

Purchase:
Flashlight
Battery operated
radio



Bible Study
Mondays
@ 1:30



Electric Assistance

St. Vincent De Paul will
be here on Tuesday,
July 16th, at 1:00

Bring your I.D.
& unpaid bill.

Be sure to sign up!



Dr. Serrano, the podiatrist, will be
here on Tuesday,
July 23rd @ 10:00
Please sign up!



Board of Directors

2019

Linda Colontrelle, President
772-473-0288

Tem Fontaine, VP

Theo Perry, Treasurer

Sharon Knowles, Secretary

Maria Elena Kitchell

Gladys LaForge

Susan Simmens

Naomi Kennedy

Gwen Zorc Lamothe

Bill Zorc
Honorary Member

Louis Schacht
Honorary Member

For more information about
the Manor -

Contact. . .

Katie Kowanic

Katie@stfrancismanor.org

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***"Providing affordable,
independent
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on a limited
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Volunteers of the Month - Ken & Venice Powell

When the idea of a community garden was proposed, two of the first residents to "jump on it" were Ken & Venice! These two grew up farming and gardening and missed playing in the dirt! Over the past year, thanks to a generous donation from John Brunner, and with the assistance of the St. Ed's Students, Boys & Girls Club and Bill Cooney, Ken & Venice have created quite a nice garden which has produced some delicious veggies! Currently, they have squash, cantaloupe and watermelon planted! If you would like to be a part of helping out in the garden, please see Ken or Venice!



THANK YOU, Venice & Ken!

This all happened on July 4th -

1. Roger Williams founded the colony of Rhode Island on July 4, 1636.
2. July 4, 1802 marked the opening day of the U.S. Military Academy at West Point, NY.
3. Construction of the Erie Canal began on July 4, 1817
4. Presidents John Adams and Thomas Jefferson died within hours of each other on July 4, 1828.
5. Building of the first U.S. railway, the Baltimore and Ohio Railroad, began on July 4, 1828.
6. President Calvin Coolidge was born on July 4, 1872.
7. On July 4, 1960, the first American flag to bear 50 stars was raised. This celebrated Hawaii's entrance into the Union as the 50th state.



Saint Francis Manor

1750 20th Avenue

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July 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Prayer Group-10:00 Bible Study-1:30	2 Rosary-10:30	3	4 Walmart-9 	5	6
7 Catholic Service-10:00	8 Prayer Group-10:00 VNA-9:00 Bible Study-1:30	9 Rosary-10:30 Epic Missions Visitations 1:30 to 3:30	10	11 Publix-9:00 Hall Closed 1:00 to 3:00	12	13  7:00 to 9:00
14 Catholic Service-10:00	15 Prayer Group-10:00 Bible Study-1:30	16 Deacon Joe-10:15 Rosary-10:30 St. Vincent de Paul Society Assistance-1:00 Epic Missions 1:30 to 3:30	17	18 Walmart-9:00 Hall Closed 1:00 to 3:00	19	20
21 Catholic Service-10:00	22 Prayer Group-10:00 Bible Study-1:30	23 Dr. Serrano 10:00 Rosary-10:30 Birthday & Bingo Dinner 5:30	24 Epic Missions Ice Cream Social - 1:30	25 Publix-9:00 Hall Closed 1:00 to 3:00	26 Vero Beach Rhythm Band & Chorus 10:00	27
28 Catholic Service-10:00	29 Prayer Group-10:00 Bible Study-1:30	30 Rosary-10:30	31	Socials are in blue!		



Thank you all for the fabulous retirement party!
What a wonderful send off!
It's been a fantastic 17 years that
will remain with me for the rest of my life!
Blessings, Linda



Join us for poker nights
on Thursday nights at 7:00!

Our penny bank was broken!
Come and play in the Social Hall
to keep our game from Croakin!
Call Penny Ante Brian for more info -
352-870-2595