



*Our Roots
Run Deep
IN OUR
COMMUNITY*

FEBRUARY 2022

Management TEAM

DONALD CROW
Chairman

TERESA ROBERTS
Vice President

SHARON GRISWOLD
EVP Finance

LAURIE ALLEN
Administrator

BETH KELLEY
Sales Manager

TAMMY CRAPROTTA, LPN
Nurse Manager

ROBERT ZELANO
Executive Chef

CARLOS LUGO
Sous Chef

DEBBIE ECKER
*Human Resources
Manager*

ANDREW VEERASAMMY
Facilities Manager

GEORGE HODGE
Maintenance

HEATHER MORRIS
Activity Manager



A word from your ADMINISTRATOR

The past comes to life in fun and exciting ways at Grand Oaks Palm City.

We're so excited to host a classic car show here Feb. 12. Whether you're a hardcore gearhead or just nostalgic for the beauty, creativity and style of yesteryear's vehicles, you're sure to marvel with delight at the display of classic cars ranging from T-birds to Model Ts to everything in-between.

Two days later we'll celebrate one of my favorite holidays--Valentine's Day--as we share creative new ways to show our love and appreciation for each of you.

Feb. 22, it's back to the past when local historian Alice Luckhardt gives a fascinating talk about the notorious Ashley Gang--a band of gangsters who terrorized local businesses and residents in the 1920s. Just in case you question how compelling this content is, check out this excerpt from an article by Alice in Indian River Magazine. Here she recounts how John Ashley and Laura Beatrice Upthegrove--the Bonnie and Clyde couple at the center of the gang--met.

"To join the gang, Ashley wanted to know if Laura could handle a gun. She obligingly demonstrated, shooting off rounds with a .38 revolver, hitting every target. It was decided that she would scout banks and other establishments for potential robberies and she often drove the getaway car. Laura proved to be brilliant in planning the gang's activities in executing bank robberies, hijacking illegal liquor and figuring how gang members could escape when jailed."

Alice's presentation is sure to get you ready for Feb. 23. That's when we'll take a field trip to the Elliot Museum to see the Ashley Gang exhibit. It's gonna be a fun month!

Laurie Allen
Administrator





*Chef
Special*

SEA SCALLOPS PERNOD



Pan seared sea scallops with Pernod liqueur, chardonnay, and orange juice reduction and finished with a touch of butter. It is served with toasted orzo pilaf rice and your choice of vegetable.

Happy BIRTHDAY!!!



FEB
02

Dorothy "Dottie" T.

FEB
20

Cynthia B.



PRESIDENT'S DAY ★

February 21, 2022

PRESIDENTIAL FUN FACTS

George W. Bush became the first president to complete a marathon.

William McKinley had a pet parrot that he taught to whistle "Yankee Doodle."

Dwight D. Eisenhower kept three lucky coins in his pocket—a silver dollar, a five-guinea gold coin, and a French franc.

James Buchanan was nearsighted in one eye and farsighted in the other, which made him permanently tilt his head to the left.

In 1927, Herbert Hoover appeared on the first long-distance television broadcast in the US.

Millard Fillmore stood for public office from three different parties.

Bill Clinton's hobby was crossword puzzles. He even composed one for the New York Times.

Richard M. Nixon financed his first congressional campaign from his winnings at poker.

George H.W. Bush celebrated his 90th birthday by making a parachute jump.

At 5 ft 4 in, James Madison was the shortest president.

Woodrow Wilson is the only president to have a Ph.D.

Before becoming president, Ronald Reagan co-starred in a movie with a chimpanzee named Peggy.

As well as having his own pets, Calvin Coolidge was given a wallaby, a pygmy hippo, a black bear, and a pair of lion cubs by foreign dignitaries.

Thomas Jefferson invented the first swivel chair.

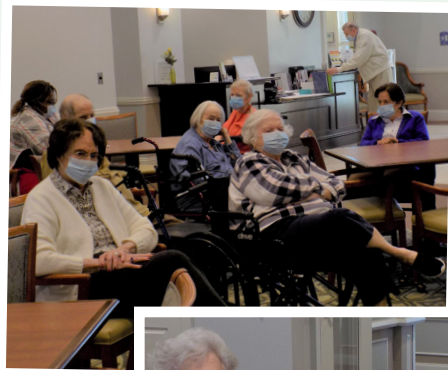
John Quincy Adams kept an alligator as a pet.

Franklin D. Roosevelt was a stamp collector and approved the design of over 200 stamps.

The teddy bear was named after Theodore Roosevelt.

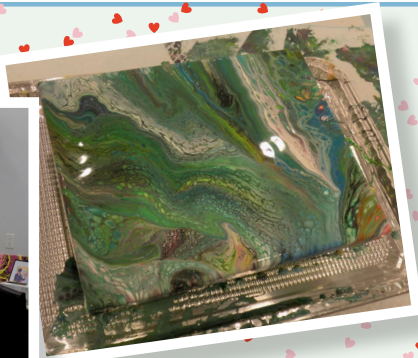
Abraham Lincoln was the first president to have a beard, and was the tallest at 6 ft 4 in.

Barack Obama collected Spiderman and Conan the Barbarian comics.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Celebrate the Day – <i>Chinese New Year!</i> 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 10:30 Lantern Riddles 11:00 Bingo 2:00 Card Sharks 2:30 Watch the Joy Luck Club Chinese New Year (Year of the Tiger)	2 Celebrate the Day – <i>Groundhog Day!</i> 9:30 Family Feud 10:30 Zumba w/ Teri 11:00 Shadow Puppet Tutorial 1:30 Catholic Eucharistic Minister 2:00 Trivia 3:00 Watch Groundhog Day Groundhog Day	3 Celebrate the Day – <i>World Read Aloud Day!</i> 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 10:30 Reader's Circle 11:00 Mind&Melody 1:30-3:00 Diamond Painting 3:00 Watch The Guernsey Literary and Potato Peel Pie Society	4 Celebrate the Day – <i>Winter Olympics Begin</i> 9:30 Meditation & Exercise 10:30 Daily Chronicles & Brain Games 11:00 Watch Replay of the Opening Ceremonies 2:00 Olympics Coverage 3:00 Heather Performing 4:00 More Olympics!	5 Celebrate the Day – <i>Songs of the Heart Saturday!</i> 9:30 Meditation & Exercise 10:30 Daily Chronicles & Brain Games 11:00 Sing a Long Saturday 2:00 Bingo 3:00 Watch Last Song
6 Celebrate the Day – <i>Queens Day!</i> 9:00 Meditation & Exercise 10:00 Worship Your Way 10:30 Daily Chronicles & Brain Games 11:00 Diamond Painting 2:00 Rosalyn and Sons Performing 3:00 Afternoon Movie	7 Celebrate the Day – <i>National Borrow a Book Day!</i> 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 10:30 Library Trip 2:00 Jackie Robbins Performing 3:00 Afternoon Movie	8 Celebrate the Day – <i>Opera in the Colonies Day!</i> 9:30 Meditation & Exercise 10:30 Daily Chronicles & Brain Games 11:00 Bingo 2:00 One Hour of Opera Music 3:00 Monthly Birthday Party	9 Celebrate the Day – <i>National Pizza Day!</i> 9:30 Meditation, Daily Chronicles & Brain Games 10:30 Zumba w/ Teri 11:00 Sing Along 12:00 Pizza Party 1:30 Catholic Eucharistic Minister 2:00 Let's Get Creative 3:00 Watch Mystic Pizza	10 Celebrate the Day – <i>Broadway Play Day!</i> 9:30 Meditation & Exercise 10:30 Daily Chronicles & Brain Games 11:00 Sing a Long 1:30-3:00 Painting w/ Valerie & Jackie Performing 2:45 Watch Death of a Salesman	11 Celebrate the Day – <i>Make a Friend Day!</i> 9:30 Meditation & Exercise 10:30 Daily Chronicles & Brain Games 11:00 Activity Connection 2:00 Jonathan Performing 3:00 Watch Beaches	12 Celebrate the Day – <i>3rd Annual Grand Oaks Car Show!</i> 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 11:00-1:00 Car Show w/ Dennis Fano Performing 2:00 Card Sharks 3:00 Karin and Charles Performing
13 Celebrate the Day – <i>Superbowl Sunday!</i> 9:00 Meditation & Exercise 10:00 Worship Your Way 10:30 Daily Chronicles & Brain Games 11:00 Diamond Painting 2:00 Superbowl Bingo 3:00 Superbowl Pregame	14 Celebrate the Day – <i>Valentine's Day!</i> 9:30 Meditation & Exercise 10:30 Daily Chronicles & Brain Games 11:00 Let's Get Creative 2:00 Helen Sagen Presents: Love Songs in Opera 3:00 Walgreens Valentine's Day	15 Celebrate the Day – <i>Flag Day</i> 9:00 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 11:00 Linda & Lucie Abstract Art 2:00 Card Sharks 3:00 Robert Steinberg 4:00 Winter Social	16 Celebrate the Day – <i>Full Snow Moon Day!</i> 9:30 Meditation, Daily Chronicles & Brain Games 10:30 Zumba w/ Teri 11:00 Sing Along 1:30 Catholic Eucharistic Minister 2:00 Let's Get Creative 3:30 Publix	17 Celebrate the Day – <i>Think About It Thursday!</i> 9:30 Meditation & Exercise 10:30 Daily Chronicles & Brain Games 11:00 Mind&Melody 1:30-3:00 Diamond Painting 3:00 Afternoon Movie	18 Celebrate the Day – <i>National Caregivers Day!</i> 9:30 Meditation & Exercise 10:30 Daily Chronicles & Brain Games 11:00 Resident Meeting 2:00 Activity Connection 3:00 Heather Performing	19 Celebrate the Day – <i>King of Motown Day!</i> 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 11:00 Sing a Long 2:00 Bingo 3:00 Hitsville: The Making of Motown
20 Celebrate the Day – <i>Closing Ceremony of the Olympics!</i> 9:00 Meditation & Exercise 10:00 Worship Your Way 10:30 Daily Chronicles & Brain Games 11:00 Diamond Painting 2:00 Rosalyn and Sons Performing 3:00 Afternoon Movie	21 Celebrate the Day – <i>President's Day!</i> 9:30 Meditation & Exercise 10:30 Daily Chronicles & Brain Games 11:00 Let's Get Creative 2:00 Watch the Hall of Presidents 3:00 Walgreens Presidents' Day	22 Celebrate the Day – <i>Margarita Day!</i> 9:30 Meditation & Exercise 10:30 Daily Chronicles & Brain Games 11:00 Bingo 2:00 Alice Luckhardt Presents – The Ashley Gang 3:00 Afternoon Movie	23 Celebrate the Day – <i>Tootsie Roll Day!</i> 9:30 Meditation, Daily Chronicles & Brain Games 10:30 Zumba w/ Teri 11:00 Sing Along 1:30 Catholic Eucharistic Minister 2:00 Tootsie Roll Cocktails 3:00 Publix	24 Celebrate the Day – <i>Red as a Rose Day!</i> 9:30 Meditation & Exercise 10:30 Daily Chronicles & Brain Games 11:00 National Geographic Scavenger Hunt 1:30-3:00 Painting w/ Valerie & Jackie Performing 3:30	25 Celebrate the Day – <i>A Grand Day For a Walk in the Park!</i> 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 10:30 Trip to a Park 2:00 Jonathan Performing 3:00 Afternoon Movie	26 Celebrate the Day – <i>Safari Saturday!</i> 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 11:00 Sing a Long 2:00 Virtual Safari 3:00 Karin and Charles Performing
27 Celebrate the Day – <i>Happy 90th Birth Anniversary, Elizabeth Taylor!</i> 9:00 Meditation & Exercise 10:00 Worship Your Way 10:30 Daily Chronicles & Brain Games 11:00 Diamond Painting 1:00-5:00 Watch Cleopatra	28 Celebrate the Day – <i>National Floral Design Day!</i> 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 10:30 Elliot Museum & Lunch Bunch 2:00 Walgreens 3:00 Floral Design Demonstration	<div>February 2022</div> <div>Assisted Living</div>				

Any calendar changes or additions will be posted on the Activity Board and on your daily agenda.



Nurse's CORNER



Performer SPOTLIGHT

JACKIE ROBBINS



Jackie Robbins, a regular entertainer at Grand Oaks Palm City for more than five years, is a Treasure Coast cellist who performs professionally with numerous nonprofits and throughout South Florida. She's played regularly in orchestras such as the Atlantic Classical, Kravis Pops, Boca Sinfonia, Brevard Symphony, and Palm Beach Opera.

Her true passion is therapeutic music. For decades, Jackie has brought entertainment and encouragement to hospices and assisted living facilities. She performs for our Memory Care residents once a month as well as during Painting with Valerie.

Before moving to Jensen Beach, she performed classically with top acts from across the country, from the Syracuse Symphony to the Seattle Symphony, as well as on two other continents. She's also had the distinct honor of working behind such musical greats as Tony Bennett, Judy Collins, Marvin Hamlisch, Bonnie Raitt, Jackson Brown, Dave Matthews and more.

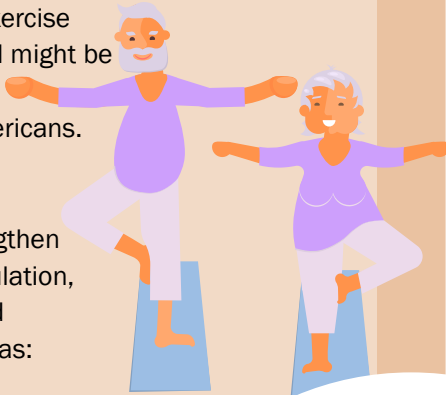
HEART-HEALTH TIPS FOR SENIORS

February is American Heart Month. What can seniors do to keep their hearts healthy? Exercise and diet play important roles in heart health at any age, but certain adjustments need to be made.

MAINTAIN PHYSICAL ACTIVITY

High-impact aerobic exercise like playing racquetball might be a bit too strenuous and risky for older Americans. But there are plenty of moderate, low-impact activities to help strengthen muscles, improve circulation, maintain flexibility, and improve balance such as:

- Yoga
- Walking
- T'ai chi
- Stretching
- Water aerobics



CHECK YOUR LEVELS

Get regular check-ups from your healthcare provider for:

- Cholesterol
- Blood Pressure
- Blood Sugar



After age 55, many people require fewer calories than when they were younger.

As a result, the types of food you eat need to be nutrient-dense such as:

- Beans
- Lean Meats
- Nuts
- Vegetables
- Fish
- Fruits



Other factors contribute to heart disease such as:

Smoking – It might be time to quit

Drinking – Reduce your alcohol intake if you have more than 2 drinks per day

Stress – Try to keep it to a minimum through meditation, positive thinking, laughter, and deep breathing

KEEP A HEALTHY WEIGHT



AIM FOR A HEALTHY LIFESTYLE



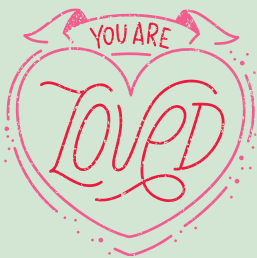
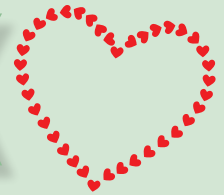


Calendar Spotlight

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February 12 } 3rd Annual Grand Oaks Car Show



February 22 } Alice Luckhardt lecture about
the notorious Ashley Gang



February 23 } Field Trip to the Elliot Museum to
see the Ashley Gang exhibit

