



OSPREY HEIGHTS

Gracious Retirement Living

2808 Lithia Pinecrest Road • Valrico, FL 33596 • Phone (813) 295-6887 • www.seniorlivinginstyle.com

November 2023 OSPREY HEIGHTS STAFF

Managers- James & Jenni Emery
Assistant Managers- Mark Levine & Angela Blake
Assistant Managers- Donald Feith & Cindy Gardiner
Activity Coordinator- Anna Garbarino
Executive Chef- Justin Grier
Maintenance- Joshua Goad
Transportation- Tammy Coen

Transportation

Hours 8:00 am; Last Pickup 4:00 pm
Monday & Friday: Shopping
Tuesday & Thursdays: Doctors Appointments
Wednesday: Resident Outings
Sundays: Church



HAWTHORN
SENIOR LIVING

Get a Gratitude Attitude

A thankful heart is a happy heart—it may sound cliché, but scientific research says it's true. Making gratitude a regular habit boosts positive emotions and helps you be more resilient when dealing with life's challenges. The following exercises in gratitude can lead to a happier you.




Keep a journal. A dedicated journal, in which you write down a few things you are thankful for each day, is a simple and effective tool for cultivating gratitude. Rereading past entries can offer a healthy perspective when you need an emotional boost.

Create a collage. Hang a bulletin board where you'll see it every day, and pin photos of friends and family members, as well as other items that bring you joy, such as a meaningful postcard or a wise saying from a fortune cookie. This inspiration board serves as a visual reminder of the good things in your life.

Say "thank you." Express your thanks when interacting with food servers, store clerks, medical staff and customer service employees. Send personal thank-you notes to people who've left lasting impressions.

Give back. Studies show that people who volunteer have a more positive outlook. Donating your time, skills or money to those in need gives you the chance to reflect on things you may take for granted. Helping others also increases your sense of purpose.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:30 CH Catholic Service 10:15 Resident Outing! 2:00 LB Mahjong in the Library 2:00 TH Movie Mania 3:00 AC Door Decor Making 7:00 TH Movie Mania	2 10:00 AC Blood Pressure Clinic with Senior Helpers 10:30 AC Exercise Class with Jordan from Legacy Healthcare 11:00 LB Bible Study 11:00 AC Chef - Resident Meeting 2:00 TH Movie Mania 7:00 TH Movie Mania	3 10:30 AC Mindful Meditation and Yoga 2:00 LB Mahjong in the Library 2:00 TH Movie Mania 3:15 AC B-I-N-G-O! 6:45 Social Hour! 7:00 TH Movie Mania	4 10:30 AC Coffee & Donuts with Mark & Angela 2:00 TH Movie Mania 2:00 AC Scrabble in Activity Center 7:00 TH Movie Mania
5 10:30 AC Games & Puzzles 2:00 TH Movie Mania 2:00 BR Pool & Blackjack 7:00 TH Movie Mania	6 10:30 AC Mindful Meditation and Yoga 2:00 LB Mahjong in the Library 2:00 TH Movie Mania 3:15 AC B-I-N-G-O! 7:00 TH Movie Mania	7 10:30 AC Circuit Training 11:15 CH Baptist Service 2:00 LB Bridge in the Library 2:00 TH Movie Mania 3:00 AC Stained Glass Craft 7:00 TH Movie Mania	8 9:30 CH Catholic Service 10:15 Resident Outing! 2:00 LB Mahjong in the Library 2:00 TH Movie Mania 3:00 AC Fridge Magnet Making 7:00 TH Movie Mania	9 10:00 AC Blood Pressure Clinic with Senior Helpers 10:00 DR Kitchen Tour 10:30 AC Exercise Class with Jordan from Legacy Healthcare 11:00 LB Bible Study 2:00 TH Movie Mania 7:00 TH Movie Mania	10 Veterans Day (Observed) 10:30 AC Mindful Meditation and Yoga 2:00 LB Mahjong in the Library 2:00 TH Movie Mania 3:15 AC B-I-N-G-O! 6:45 Social Hour! 7:00 TH Movie Mania	11 Veterans Day 10:30 AC Coffee & Donuts with Mark & Angela 2:00 TH Movie Mania 2:00 AC Scrabble in Activity Center 7:00 TH Movie Mania
12 10:30 AC Games & Puzzles 2:00 TH Movie Mania 2:00 BR Pool & Blackjack 7:00 TH Movie Mania	13 10:30 AC Mindful Meditation and Yoga 2:00 LB Mahjong in the Library 2:00 TH Movie Mania 3:15 AC B-I-N-G-O! 7:00 TH Movie Mania	14 10:30 AC Circuit Training 11:15 CH Baptist Service 2:00 LB Bridge in the Library 2:00 TH Movie Mania 3:00 AC Thanksgiving Craft 7:00 TH Movie Mania	15 9:30 CH Catholic Service 10:15 Resident Outing! 2:00 AC Cookie Jars 2:00 LB Mahjong in the Library 2:00 TH Movie Mania 7:00 TH Movie Mania	16 10:00 AC Blood Pressure Clinic with Senior Helpers 10:30 AC Exercise Class with Jordan from Legacy Healthcare 11:00 LB Bible Study 2:00 AC Gingerbread Workshop 2:00 TH Movie Mania 7:00 TH Movie Mania	17 10:30 AC Mindful Meditation and Yoga 2:00 LB Mahjong in the Library 2:00 TH Movie Mania 3:15 AC B-I-N-G-O! 6:45 Social Hour! 7:00 TH Movie Mania	18 10:30 AC Coffee & Donuts with Mark & Angela 2:00 TH Movie Mania 2:00 AC Scrabble in Activity Center 7:00 TH Movie Mania
19 10:30 AC Games & Puzzles 2:00 TH Movie Mania 2:00 BR Pool & Blackjack 7:00 TH Movie Mania	20 10:30 AC Mindful Meditation and Yoga 2:00 LB Mahjong in the Library 2:00 TH Movie Mania 3:15 AC B-I-N-G-O! 7:00 TH Movie Mania	21 10:30 AC Circuit Training 11:15 CH Baptist Service 2:00 LB Bridge in the Library 2:00 TH Movie Mania 3:00 AC Phone a Friend 7:00 TH Movie Mania	22 9:30 CH Catholic Service 10:15 Resident Outing! 2:00 LB Mahjong in the Library 2:00 TH Movie Mania 3:00 AC Word Within a Word 7:00 TH Movie Mania	23 Thanksgiving 10:00 AC Blood Pressure Clinic with Senior Helpers 10:30 AC Exercise Class with Jordan from Legacy Healthcare 11:00 LB Bible Study 2:00 TH Movie Mania 7:00 TH Movie Mania	24 10:30 AC Mindful Meditation and Yoga 2:00 LB Mahjong in the Library 2:00 TH Movie Mania 3:15 AC B-I-N-G-O! 6:45 Social Hour! 7:00 TH Movie Mania	25 10:30 AC Coffee & Donuts with Mark & Angela 2:00 TH Movie Mania 2:00 AC Scrabble in Activity Center 7:00 TH Movie Mania
26 10:30 AC Games & Puzzles 2:00 TH Movie Mania 2:00 BR Pool & Blackjack 2:30 AC Bunco 7:00 TH Movie Mania	27 10:30 AC Mindful Meditation and Yoga 2:00 LB Mahjong in the Library 2:00 TH Movie Mania 3:15 AC B-I-N-G-O! 7:00 TH Movie Mania	28 10:30 AC Circuit Training 11:15 CH Baptist Service 2:00 LB Bridge in the Library 2:00 TH Movie Mania 3:00 AC Door Decor Making 7:00 TH Movie Mania	29 9:30 CH Catholic Service 10:15 Resident Outing! 2:00 LB Mahjong in the Library 2:00 TH Movie Mania 2:30 AC Open Gingerbread Workshop 2:30 DR Resident-Manager Meeting 7:00 TH Movie Mania	30 10:00 AC Blood Pressure Clinic with Senior Helpers 10:30 AC Exercise Class with Jordan from Legacy Healthcare 11:00 LB Bible Study 2:00 TH Movie Mania 2:00 AC Pretzel Making w/ Chef 7:00 TH Movie Mania		



Thanksgiving Fun Facts

The Holidays are a time for celebration and reflection. There's Nothing like some fun facts to get everyone into the holiday spirit. Here are some surprising facts you may have not known about the Thanksgiving holiday.

-“Jingle Bells” was originally a Thanksgiving Day song. It was titled “One Horse Open Sleigh” and its composer intended for it to be a Thanksgiving Day song, but it changed due to its popularity around Christmas.

-Eating Turkey doesn't make you tired. Turkey contains an amino acid called Tryptophan; this acid is what everyone thinks cause the sleepiness. Chances are you are tired on Thanksgiving Day due to overeating. When you overeat, your body basically goes into shutdown mode.

-Macy's Thanksgiving Day Parade has a balloon that has been featured 39 times. This popular balloon is also known as Snoopy, thus making him the most appeared balloon in the parade.

Monthly Movie Ideas:

Instant Family (2018)- When Pete and Ellie decide to start a family, they stumble into the foster care system. In hopes to find one young child, they end up with 3 siblings including a teenager. Now they must learn how to become instant parents.

A Charlie Brown Thanksgiving (1973)- An animated classic that isn't just for kids. Follow Charlie and the Peanuts crew as they enjoy Thanksgiving and all the traditions and festivities the day brings.

You've Got Mail (1998)- Booksellers Kathleen and Joe meet in a online chat room and fall into a e-romance. What will they do when they find out they actually know each other in real life? Not only do they know each other, they are business rivals.



Resident Birthdays

Linda Yeagley	11/6
Vera Perry	11/9
Tom Meyferth	11/11
Virginia Mains	11/14
Alice Richards	11/16
Roberta Stevens	11/16
Joan Jelich	11/17
Hazel Davis	11/19
Diana Latham	11/21
Sue Miller	11/23
Jack Besavitch	11/24
Lane Newman	11/25



November Outlook

The holiday season has arrived. This means there will be a lot of new and exciting things happening around the community. Below are some of the highlighted events that are happening this Month.

(11/21) Phone a Friend Class- Do you ever have difficulties working your phone? This class is for you. The idea of this class is to learn how to work your phone or get any technology questions answered. Together we will make sure you can find your way around your phone.

(11/9) Kitchen Tour - Do you ever wonder where and how your food is prepared? Maybe you just want to see what the kitchen looks like. This month we will be doing a kitchen tour. You can have all questions answered while seeing the behind-the-scenes of the kitchen.



Month at a Glance



11/7 Stained Glass Craft- Back by popular demand, this super simple craft will brighten up your room. Using paint and picture frames, you can create your own stained glass masterpiece.

11/8 Fridge Magnet Making- Come make easy do-it-yourself magnets for your fridge. These cute magnets will be made out of buttons and hot glue. Anyone can do it!

11/16 Gingerbread Workshop- Join us for the first workshop of the season. Come help us keep the title of “most resident participation.”

11/30 Pretzel Making- Stop by and make your own pretzel out of real pretzel dough. Once finished twisting, Chef Justin will cook them and send you home with a hot and ready-to-eat pretzel.