

# Bay Village

OF SARASOTA



8400 Vamo Road • Sarasota, FL 34231 • (941) 966-5611



## Bay Village

Jack McClellan ..... Executive Director  
 Alec Weitzel ..... Chief Operating Officer  
 Christina Wizba ..... Chief Financial Officer  
 Denis O'Connor ..... Dir. of Dining Services  
 Bill Seigh ..... Dir. of Maintenance  
 Laura Pitcher ..... Dir. of Marketing  
 Larry Buczkowski ..... Dir. of Housekeeping  
 Cathy Petz ..... Dir. of Health Services  
 Kris Rutherford ..... Dir. of Res. Services  
 Ann Aldrich ..... Dir. of Human Resources  
 Rev. Dr. Chuck Moffett ..... Chaplain

### Our Mission Statement

Established on Christian principles,  
 Bay Village of Sarasota, Inc.  
 offers a dynamic, secure and comprehensive  
 residency for older adults, providing meaningful  
 community life with continuing care.

### Positive Thought

"Give light and people will find the way." —  
 Ella Baker

## April 2013

### Walk Across Europe ... Welcome to Scotland!

As we continue with our current wellness event, "Walk Across Europe," we will reach Scotland on April 4! April 6 is National Tartan Day; so we thought celebrating Scotland on or around this date would be appropriate. Our party will be an evening celebration at 7:30 p.m. We welcome Doug Renfroe this evening as he presents "Songs of Scotland." He will be joined by soprano Nancy Menadi-Scanlan, flutist Lauren Dillard and pianist Joy Bowe. We will have a table set up for any Scottish memorabilia you would like to display and we'll enjoy a traditional Scottish dessert, Cranachan. At press time we are waiting to hear confirmation of dancers and pipers from the Kiltie Band, so hopefully they will be greeting you at the door when you arrive. If you have something plaid to wear, great! Also, look for the Scottish Chef's Special that Chef Paula will have on the dinner menu this evening.

Also in April, we will celebrate France the afternoon of April 18. More about that will be on the invitation you will receive in your mailbox, but save the date!

### Day Trips and Outings

Our group enjoyed our day on the Legacy Trail in Nokomis in February and the Ringling Bridge walk and Movie and Main Street in March! Look inside for more outings that are good for your mind, body & soul! Then join us, won't you?



Legacy Trail Surrey Ride

## Village Vibes

### David Pedraza Returns!

As if your April couldn't get any more exciting, we're happy to say that violist David Pedraza will be returning to the Bay Village stage! David holds a master's degree from Shenandoah Conservatory and is an award-winning performer. He currently performs with Miami Symphony and in numerous chamber ensembles. He will have piano accompaniment this evening!



Tenor Robert Lischetti will perform "A Musical Tour Through Europe" on April 18 with pianist Don Bryn.



### Entertainment Programs

On Friday, April 5, at 7:30 p.m., we welcome Swiss violin prodigy Sunita Albplanalp. This will be the third time Ms. Albplanalp will grace our stage and we are thrilled that she was able to perform for us while she is visiting Sarasota. She will be accompanied by the wonderful Artists Series Founder and Eastman School graduate Lee Dougherty Ross. Ms. Albplanalp has won many prestigious awards in her young career, including being the youngest violinist to win at the Graubunden Young Musician's Competition in Chur. She was 10! Please check out her website to hear her perform and to read more about her at [www.sunita-albplanalp.ch](http://www.sunita-albplanalp.ch). Note: This is a FRIDAY—not our usual night for entertainment programs; so make sure you mark your calendar!



### Entertainment Programs

On Thursday, April 11, we have a unique program for you! Join us at 7:30 p.m. for the "Sarasota Early Music Consort." This group consists of 10 members, all of whom play one of the earliest forms of duct flute, the recorder. Expect to hear very ancient music today, some you may have never heard before! We have a few residents at Bay Village who have either played with the group in the past or are current members! You will see what pops into your head when you hear the word "recorder" tonight (small tube with a mouthpiece and holes), as well as examples of some of the bigger recorders, some a few feet in length! Looking for a "different" way to spend an evening, this is it! By the way, the RECORDER originated in FRANCE, so this evening certainly fits in with our "Europe" theme!

On Thursday, April 18, Don Bryn, piano, and Robert Lischetti, vocals will present "A Musical Tour of Europe" at 7:30 p.m. You've heard both of these gentlemen perform here, but never together! Don is a composer, pianist and music instructor who is an absolute pleasure to listen to as he can play any style (you've heard him solo as well as with Jennifer Leigh's band). Robert, tenor, performed a few years ago and got rave reviews. They will perform music from Italy, Germany, Spain and Austria ... fitting our theme!



## Day Trips and Travel

We have LOTS of opportunities to get out and go this month! Each event listed is worth another "step" in Walk Across Europe, plus you'll be getting out and having fun! These trips are designed the same way we designed our "Europe" event, to enrich not just your physical self, but your intellectual, spiritual and emotional self as well! Since we are going to SCOTLAND this month, we're going to need to GOLF, as that is the country of the sport's origin! Join us for a trip to Evies Tavern on April 12 for a round of mini golf and lunch. On April 19, we head to Spanish Point for a special event they are having in celebration of the 500th year anniversary of the landing of Ponce de Leon. Our day begins with a lecture by a noted archeologist and then guided tour of the outdoor museum. You will begin the day with lunch at Casey Key Fish House!

More trips are listed in the article on page 6. All departure times and costs for each event will be listed on the flyer you will receive in your mailbox!

### B.I.L.L. Series News

To commemorate the opening of baseball season, we will feature a documentary by Ken Burns, "The Tenth Inning." Beginning on April 2, we hope you will join us for this unforgettable series whether or not you are a baseball fan, as this is also a lesson in recent American history. Combining extraordinary highlights, stunning still photographs and insightful commentary by players, managers and fans, The Tenth Inning interweaves our national pastime with the story of America. Each session begins at 7:30 p.m. in the auditorium.

### MOVIE NEWS!

Since the countries we will visit this month are Scotland and France, we will show movies that take place in these countries. Usually around this time of year, we like to show all the movies that were nominated for a "BEST PICTURE" Oscar. We will do that this summer, with the exception of "SKYFALL," the new James Bond

film that was nominated and also happens to take place in Scotland; so we will show that on April 7! We will also show the epic drama "Braveheart" starring Mel Gibson (April 3) and an older movie from the early '80s called "Local Hero," a comedy/drama starring Burt Lancaster as an oil executive who is sent to Scotland by his company to buy a small town's land to put a refinery on (April 10).

Our "France" movies include "A Good Year," a 2006 comedy which showcases the beauty of France as much as its star Russell Crowe (April 14); The fun film "Chocolat" (starring Johnny Depp, Juliette Binoche and Judy Dench) about a woman who opens up a chocolate shop in a small French town (April 17); "Julie and Julia" with the incomparable Meryl Streep's perfect portrayal of Julia Child living in Paris (April 21); and "French Kiss," a romantic comedy starring Meg Ryan and Kevin Kline (April 24).

## The Village Vibes



Who are these people? Are they really the "Three Wise Monkeys" who tell us to "Hear no evil, speak no evil and see no evil?" Or are they Bay Village residents being silly with the person who took this photo? Incidentally, the "real" monkeys do exist and are carved in the stone mural of Temple "Tosho-gu" in Japan.

### Save the Date!

"Breakfast 4 Books," our annual fund-raiser for our library will be held on May 16 from 9 to 11 a.m. Our wonderful library is both funded and managed by our residents and we certainly appreciate the money everyone donates each year as well as the volunteers who work so hard to keep things organized and running smoothly. We hope you will attend our fund-raising event!

## KEY

A=Auditorium  
 D=Dining Room  
 C=Card Room  
 W=Wellness Center  
 B=Bus Service Provided  
 CR=Craft Room  
 RT=Rooftop Terrace  
 P=Poolside  
 BD=Board Room  
 M=Meeting Room  
 GR=Game Room

## Shopping and Lunch!

Join us as we head to Draper's & Damon's shop and Olive Garden for lunch on Wednesday, April 10. The bus departs at 11:30 a.m.

## CHATS

The dates for CHATS this month are April 4 and 25! Meetings are in the auditorium at 10 a.m.




**April 2 at 2 p.m.  
 We Will Be  
 Inducting New  
 Officers Today!**

## Men's Breakfast

Our monthly men's breakfast will be on April 16 at 8:30 a.m. The guest speaker information will be on your invitation.

Sunday	Monday	Tuesday
	1	2
	9:00 Ladies' Shuffleboard (Courts) 9:30 Crafts, Coffee & Conversation (CR) 2:30 Walmart Bus (B) 7:00 Progressive Bridge (GR)	9:00 Strength Stars (W) 9:30 SPLASH (P) 10:00 Craft Class (CR) 11:30 Sit N' Fit (A) 2:00 Wii Lessons (W) 2:00 Resident Council (A) 7:00 Hand & Foot (C) 7:30 B.I.L.L. "The Tenth Inning" (A)
7	8	9
10:30 St. Thomas More Catholic Service (Bd. Rm) 1:30 Sarasota Orchestra (B) 7:30 Movie: "SKYFALL" (New James Bond Film- Nominated for Best Picture)	9:00 Ladies' Shuffleboard (Courts) 9:30 Town Hall Meeting at Van Wezel (B) 9:30 Crafts, Coffee & Conversation (CR) 2:30 Walmart Bus (B) 7:00 Progressive Bridge (GR)	9:00 Strength Stars (W) 9:30 SPLASH! (P) 10:00 Craft Class (CR) 11:30 Sit N' Fit (A) 2:00 Wii Lessons (W) 7:00 Hand & Foot (C) 7:15 Venice Theater (B) 7:30 B.I.L.L. "The Tenth Inning" (A)
14	15	16
10:30 St. Thomas More Catholic Service (Bd. Rm) 2:00 Suzuki School Recital (A) 1:45 The Best of Chroma Quartet at UUC (B) 7:30 Movie: "A Good Year"	9:00 Ladies' Shuffleboard (Courts) 9:30 Crafts, Coffee & Conversation (CR) 2:30 Walmart Bus (B) 7:00 Progressive Bridge (GR)	8:30 Men's Breakfast (D) 9:00 Strength Stars (W) 9:30 SPLASH (P) 10:00 Craft Class (CR) 10:00 How Novel! (BD) 11:30 Sit N' Fit (A) 2:00 Wii Lessons (W) 7:00 Hand & Foot (C) 7:30 B.I.L.L. "The Tenth Inning" (A)
21	22	23
10:30 St. Thomas More Catholic Service (Bd. Rm) 12:45 Ophelia's Jazz Brunch Buffet (B) 7:30 Movie: "Julie & Julia"	9:00 Ladies' Shuffleboard (Courts) 9:30 Crafts, Coffee & Conversation (CR) 2:30 Trader Joe's Bus (B) 7:00 Progressive Bridge (GR)	9:00 Strength Stars (W) 9:30 SPLASH (P) 10:00 Craft Class (CR) 10:30 Birthday Brunch (D) 11:30 Sit N' Fit (A) 2:00 Wii Lessons (W) 7:00 Hand & Foot (C) 7:30 B.I.L.L. "The Tenth Inning" (A)
28	29	30
10:30 St. Thomas More Catholic Service (Bd. Rm) 1:00 Asolo (B) 7:30 Movie: "An American in Paris" (A)	9:00 Ladies' Shuffleboard (Courts) 9:30 Crafts, Coffee & Conversation (CR) 7:00 Progressive Bridge (GR)	9:00 Strength Stars (W) 9:30 SPLASH (P) 10:00 Craft Class (CR) 10:00 How Novel (BD) 11:30 Sit N' Fit (A) 2:00 Wii Lessons (W) 7:00 Hand & Foot (C) 7:30 B.I.L.L. "The Tenth Inning" (A)

Wednesday	Thursday	Friday	Saturday
<p>3</p> <p>8:00 Men's Shuffleboard 9:30 Walking Clinic (W) 10:00 Bible Class (A) 11:00 Posture &amp; Balance (A) 11:30 Sit N' Fit (A) 1:30 Line Dance (W) 2:30 Popcorn &amp; A Movie: "Braveheart" (A) 6:15 Duplicate Bridge (GR) 6:45 Players' Theater (B) 7:15 BINGO (A)</p>	<p>4</p> <p>9:00 Strength (W) 9:30 "SPLASH" (P) 10:00 CHATS (A) 11:30 Sit &amp; Fit (A) 1:30 Aqua Fit (P) 7:30 "Salute to Scotland" (A)</p>	<p>5</p> <p>9:30 Tai Chi (W) 10:00 Writers' Group (M) 11:00 Posture &amp; Balance (W) 11:30 Sit &amp; Fit (A) 1:30 Hand Exercise (CR) 3:30 Vespers (A) 6:15 Duplicate Bridge (GR) 7:00 Canasta (C) 7:30 Swiss Violinist Sunita Albplanalp (A)</p>	<p>6</p> <p>8:00 Men's Shuffleboard 9:00 Strength Stars (W) 9:30 SPLASH (p) 11:00 Balance (W) 11:30 Sit &amp; Fit (A) 3:00 Jacobites at the Opera House for Tartan Day (B) 3:15 Venice Symphony (B)</p>
<p>10</p> <p>8:00 Men's Shuffleboard 9:30 Walking Clinic (W) 10:00 Bible Class (A) 11:00 Posture &amp; Balance (A) 11:15 Epis. Svc. (C) 11:30 Sit N' Fit (A) 11:30 Draper's &amp; Damon's (B) 1:30 Line Dance (W) 2:30 Popcorn &amp; A Movie: "Local Hero" (A) 6:15 Duplicate Bridge (GR) 7:15 BINGO (A)</p>	<p>11</p> <p>9:00 Strength (W) 9:30 "SPLASH" (P) 10:30 Asolo Rep Coming to Present (A) 11:00 Evie's Mini Golf Trip (B) 11:30 Sit &amp; Fit on Video (A) 1:30 Aqua Fit (P) 7:30 "Sarasota Early Music Consort" (A)</p>	<p>12</p> <p>9:30 Tai Chi (W) 10:00 Book Club: Ehsan Shah Is Speaking Today (A) 11:00 Posture &amp; Balance (W) 11:30 Sit &amp; Fit (A) 1:30 Hand Exercise (CR) 3:00 Shabbat (Terrace) 3:30 Vespers (A) 6:15 Duplicate Bridge (GR) 7:00 Canasta (C)</p>	<p>13</p> <p>8:00 Men's Shuffleboard 9:00 Strength Stars (W) 9:30 SPLASH (p) 11:00 Balance (W) 11:30 Sit &amp; Fit (A) 6:00 "The WIZ" at Booker VPA (B)</p>
<p>17</p> <p>8:00 Men's Shuffleboard 8:00 EPCOT (B) 10:00 Bible Class (A) 11:30 Sit N' Fit- Video (A) 1:30 Line Dance (W) 1:30 Food Facts W/Delores (A) 2:30 Popcorn &amp; A Movie: "Chocolat" (A) 6:15 Duplicate Bridge (GR) 7:15 BINGO (A)</p>	<p>18</p> <p>9:00 Strength (W) 9:30 "SPLASH" (P) 11:30 Sit &amp; Fit (A) 1:30 Aqua Fit (P) 2:30 BONJOUR! France Salute! (A) 7:30 "A Musical Tour of Europe" With Don Bryn &amp; Bob Lischetti (A)</p>	<p>19</p> <p>9:30 Tai Chi (W) 11:00 Posture &amp; Balance (W) 11:30 Sit &amp; Fit (A) 10:45 Lunch Out and Spanish Point (A) 1:00 Sarasota Ballet (B) 1:30 Hand Exercise (CR) 3:30 Vespers (A) 6:15 Duplicate Bridge (GR) 7:00 Canasta (C) 7:00 West Coast Black Theater (B)</p>	<p>20</p> <p>8:00 Men's Shuffleboard 9:00 Strength Stars (W) 9:30 SPLASH (p) 11:00 Balance (W) 11:30 Sit &amp; Fit (A)</p>
<p>24</p> <p>8:00 Men's Shuffleboard 8:00 Bird-Watching at the Celery Fields (B) 10:00 Bible Class (A) 11:30 Sit N' Fit- Video (A) 1:30 Line Dance (W) 2:30 Popcorn &amp; A Movie: "French Kiss" (A) 6:15 Duplicate Bridge (GR) 7:15 BINGO (A)</p>	<p>25</p> <p>9:00 Strength (W) 9:30 "SPLASH" (P) 10:00 CHATS (A) 11:30 Sit &amp; Fit (A) 1:30 Aqua Fit (P) 7:30 Viola and Piano With David Pedraza and Guest (A)</p>	<p>26</p> <p>9:30 Tai Chi (W) 11:00 Posture &amp; Balance (W) 11:30 Sit &amp; Fit (A) 1:30 Hand Exercise (CR) 3:00 Shabbat (Terrace) 3:30 Vespers (A) 6:15 Duplicate Bridge (GR) 7:00 Canasta (C)</p>	<p>27</p> <p>8:00 Men's Shuffleboard 9:00 Strength Stars (W) 9:30 SPLASH (p) 11:00 Balance (W) 11:30 Sit &amp; Fit (A) 1:30 Sarasota Children's Orchestra (A) 3:15 Venice Symphony (B)</p>
			



## “Village Vibes”

### B-Complex Made Simple

The B vitamins were once thought to be a single vitamin, referred to as vitamin B. Later research showed they are eight distinct vitamins, which are now often referred to as the B-complex vitamins. The B vitamins include thiamine, riboflavin, niacin and folic acid. B vitamins are necessary to maintain proper metabolism, muscle tone and cell growth. Good food sources are meat, fish, eggs, whole grains, leafy green vegetables, bananas and lentils.



Our kick-off party for “Walk Across Europe” was made extra special by these gorgeous ladies from the Sarasota School of Irish Dance. Thanks for your donations for the school!

### RAINBOWS & SHOWERS

DOUBLE RAINBOWS for the person who is willing to take over our Tuesday Duplicate Bridge group! It’s twice per month and we REALLY need someone to keep this going! Please see Leesa or Kris in Resident Services if you can help.

SHOWERS for the horses we bet on who lost their races at Tampa Down last month! We did have lots of winners, though, so it was definitely a grand day at the track!

RAINBOWS for the Irish Dancers from The Sarasota Academy of Irish Dance! They made it look easy, didn’t they? A rainbow within a rainbow for OUR OWN line dancers who stole the show in our finale! What a fun way to kick off our walk across Europe!

RAINBOWS for all of our Easter events. From the Sunrise Service to our Good Friday Communion to a wonderful presentation of Easter dinner by our dining room staff, we really enjoyed a meaningful celebration again this year. Thanks to

all who volunteered their time to aid in this effort!

RAINBOWS for “The Sounds of Silents” with Peter Tavalin. “The Kid” was the perfect movie choice! Yes, we’ll invite him back!

### WELLNESS in APRIL

We will have several opportunities for you to score points for the Walk across Europe this month.

April 4, we have a Salute to Scotland (details are on the article on page 1), followed by a French celebration on April 18.

Dr. Kumar, an orthopedic surgeon and specialist for elbows and shoulders, will give a talk on April 9, at 3 p.m. in the auditorium.

In addition to the trips listed on page 3, we also have scheduled a trip on April 24 to Celery Fields where our private Audubon guide, Owen Comora (one of the area’s most noted bird experts), will help us identify the local birds. We’ll head to The Start Up Cafe for a healthy breakfast after bird-watching!

### From the Dining Services Director

On April 17, we welcome back our dietitian, Delores Pufhal, RD, who will hold another panel discussion with Denis O’Connor. If you have never been to one of these informative events, make sure to put it on your calendar. Delores is a wealth of knowledge about food and nutrition. She usually picks a timely topic (like good foods for diabetics or lowering sodium, for example) to discuss at the beginning of the meeting and then opens up the floor for questions. Join us at 1:30 p.m. in the auditorium!

### Pretty in Pink

The full moon in April is called the Pink Moon. In 2013, you can see it on April 25.



**APRIL Birthdays**

**April 1**

*Marie Burgett*

**April 3**

*Kathleen Hodges & Dorrie Youngdale*

**April 5**

*Billie Peters*

**April 9**

*Mary Kirkpatrick*

**April 10**

*Rose Cooper, Arthur Johnston, Ann*

*Robinson & Betty Berta*

**April 12**

*Helen Healy, Otto Plescia & Joyce Menk*

**April 14**

*Betty Gough*

**April 16**

*Jacqueline Scott*

**April 18**

*Jean Morrill & Edie Watson*

**April 23**

*John Daunt & Geraldine Martin*

**April 24**

*Donald Healy*

**April 26**

*Millie Hightower*

**April 28**

*Miriam Horvath & Helene Spencer*

**April 29**

*Marjory Ramsdell*

**Celebrate the Stories**

Remember your favorite classic fairy tales on April 2, the day Hans Christian Andersen was born in 1805.

**APRIL Anniversaries**

**April 1**

*Robert & Carol June Wright*

**April 5**

*Carroll & Virginia Wilson*

**April 7**

*Joe & Carol-Jane Guardino*

**April 10**

*William & Bettye Miller*

**April 11**

*Carl & Geri Fisherkeller*

**April 27**

*Eugene & Pat Hoeffler*

**Spiritual  
Corner**

**April Vespers Ministers**

**April 5**

*Rev. Dr. Chuck Moffett*

*Bay Village Chaplain*

**April 12**

*Rev. Dr. Chuck Moffett*

*Bay Village Chaplain*

**April 19**

*Rev. Dr. Chuck Moffett*

*Bay Village Chaplain*

**April 26**

*Rev. John Hall*

*St. Boniface Episcopal Church, Siesta Key*

**April Shabbat Services**

We have Shabbat services in our Terrace activity room on Friday, April 12, and Friday, April 26. Service begins at 3 p.m. and all are welcome!

**Welcome!**

A hearty welcome to our new residents:

\*William & Bettye Miller ~ apt. 1110

\*Edna Stirling ~ apt. 404

\*Barbara Hill ~ apt. 1007

**The Village Vibes**

**Employee of the Month**

Way to go, Johnnie! Johnnie Simmons from our security staff helps to ensure that all is well each and every day here at Bay Village! Next time you see him, make sure you tell him how much you appreciate his service and congratulate him on his Employee of the Month award.

**Minty Fresh**

Not just a breath freshener, mint is an herb with many uses. Mint can help relieve headaches, nausea, sinus congestion and coughing.

**Sunday Brunch at Ophelia's!**

We get lots of requests for a BRUNCH outing! So, we are headed to Ophelia's on Siesta Key on Sunday, April 28. A gorgeous brunch awaits with music by the Shelly Torman Jazz Trio.



# April 2013

Chaplain's Corner  
Rev. Dr. Chuck Moffett

For Christians and Jews, this is a time of celebrating **HOPE!** The Jewish celebration is that of Passover—giving thanks to God for hope through deliverance. The Christian celebration is that of Eastertide—giving thanks to God for hope through resurrection. Hope is at the core of belief and life for all of us.

Recently, I received a bookmark from an organization called **DIAL HOPE**. The inscription said: *"In 2005, after Hurricane Katrina devastated the city of New Orleans, hundreds of people became trapped in the Superdome Football stadium. You may remember the dire situation. People were confused, panicked, and hungry. The goal posts were being used as a message board, and many posted notes or pictures looking for lost loved-one. In the aftermath, I remember hearing on a news report that in the middle of all that, someone posted a note that read, "If you lose hope, you lose everything."*

It seems to me that the flip side of that also is true: *"You can endure almost anything as long as you have hope."* Because of our faith in God seen in the hope of Passover and Easter, we have reason to hope. Because of hope, life can change—we can be changed by hope in God.

If you are looking for a source of strength and hope, I invite you to make use of **DIAL HOPE**—a 24-hour global and Internet ministry providing daily, faith-based, nondenominational messages of encouragement, inspiration and care, with headquarters here in Sarasota. Call (941) 955-8929, or visit [dialhope.org](http://dialhope.org). May the God of HOPE be with each of you!