

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.



October 2013

HATS OFF to HALLOWEEN!

Join us for our annual "Boo Bash" Halloween Party on Thursday, Oct. 31, at 7:30 p.m., in the auditorium. We have some SURPRISES in the works for this year, beginning with a THEME for this year's party: "HATS OFF TO HALLOWEEN!" Since many people don't particularly enjoy wearing a costume, we thought it would be fun to have a HAT contest. Feel free to wear an actual costume, but the only requirement to enter the contest is that you are wearing a HAT. We have MYSTERY JUDGES for this contest, and the categories are: MOST UNIQUE HAT, FUNNIEST HAT, MOST OUTLANDISH HAT and SCARIEST HAT. We have some GREAT PRIZES for the winners! Also, even if you don't feel like getting THAT creative, wearing ANY hat to the party (shower cap, maybe?) will get your name put into a drawing for a door prize.

We will also have refreshments and entertainment, of course!



Village Vibes

BOOK GROUP MEETING

This month, Mary Lu Mertz will lead the discussion of Dr. Michael Sandel, the Harvard ethicist, sometimes called the "world's greatest professor." We will discuss his benchmark book from 2010, *Justice: What's the Right Thing to Do?* We will also look at some of his current thoughts.

ALL ARE WELCOME!

A REMINDER

This is to remind everyone who resides and works at Bay Village that the money we collect from our Down Under sales goes toward our ENDOWMENT FUND. Bay Village does not get any revenue from those sales.



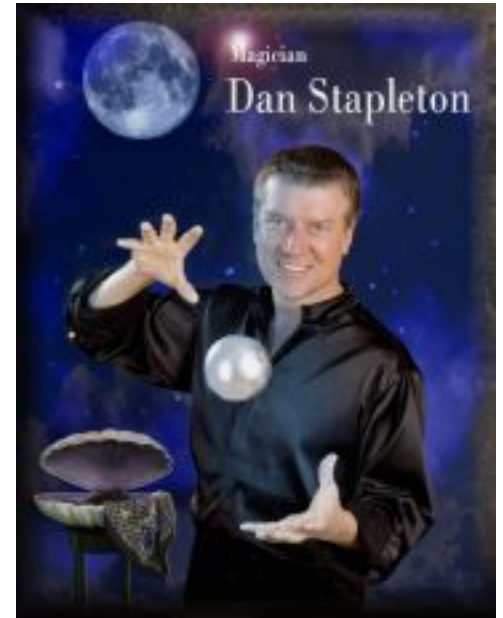
MAGIC DAN SET TO PERFORM!

Join us as we welcome Dan Stapleton to the Bay Village stage for the very first time! One of the busiest "cruise ship magicians," he has thrilled audiences from sea to shining sea (literally) for decades!

Dan has a long and fascinating biography regarding places he's visited and for whom he has performed as a magician, which you can read at www.stapletonmagic.com. Dan also develops and sells magic tricks that are unique to him or have a "twist on an old favorite," and he also writes books about magic for youngsters and the young at heart, in case anyone wants to try a new hobby!

ALSO, if you would like to volunteer to get sawed in half, let resident services know so we can tell him where to look for you in the audience! (KIDDING)

See you at 7:30 p.m. on Thursday, Oct. 10!



Magician Dan Stapleton will perform on Oct. 10!

Wellness Outing!

Join us on Wednesday, Oct. 30, as we head to the newly completed "Bradenton Rverwalk" for a morning of fresh air and exercise or to just relax on a bench and do a little people watching! Then it's on to lunch at Tarpon Pointe, where we will enjoy the fantastic view of the Manatee River while we dine with the sand in our toes (yes, wear COMFORTABLE clothing and shoes if you are joining us today, as we will be outside the entire time and sitting on picnic benches at the restaurant). We'll be back to Bay Village around 2 p.m.

DAYLIGHT SAVING TIME ENDS ON NOV. 3

Pencil this in on your calendars, everyone! "Fall back" one hour!

3 Things You Need to Know Regarding the FLU!

- 1) Flu sufferers can infect others up to seven days after symptoms start.
- 2) The flu vaccine is the best way to get protection from infection, but your body can take two weeks to develop complete antibodies. *Flu vaccines* will be given at Bay Village on Monday, Oct. 14, between the hours of 9 a.m. and 1 p.m. in the auditorium. You will receive a memo from Alec regarding when to come down (we divide you by floor to shorten wait times) and what you need to bring with you. If you can't be at the Bay Village flu shot event, this is a reminder that PUBLIX and CVS also give flu shots, and you can take the shopping bus there any Monday or Thursday free of charge. The flu shot is paid for by Medicare, so there is no charge to you!
- 3) If you do get sick, stay home during illness, wash your hands and cover your mouth while coughing to help stop the spread of the virus.

Wellness News~

Tai Chi for Health By Petra Mueller

Tai Chi is an ancient internal Chinese martial art practiced for both its defense training and its health benefits.

The Tai Chi offered by me here at Bay Village is a special version of Tai Chi for Health developed by Dr. Paul Lam.

The objective is to provide a safe and enjoyable program that is easy for people to learn, no matter what their physical condition or age. It is characterized by gentle, slow and continuous, curve-like movements.

Practicing Tai Chi will help to improve flexibility, increase muscle strength and build up overall cardiorespiratory fitness, by strengthening the heart and lungs and increasing stamina.

Tai Chi encompasses a wide range of styles and forms, each with their own characteristics, strengths and principles. The Sun style was chosen

by Dr. Lam's team as being particularly effective for people with arthritis.

We have an existing Tai Chi group that meets every Friday at 9:30 a.m.

On Thursday, Oct. 3, at 2 p.m., we will do a little demonstration in the auditorium. I will also show a video from Dr. Paul Lam where he talks about the benefits of Tai Chi.

Following that program, I am offering a new weekly Tai Chi Class for Beginners starting on Thursday, Oct. 10, at 11 a.m.

No prior knowledge required. I will alternate between standing and sitting movements, so you will not be overwhelmed.

Come watch and get inspired to try something new!!



The Village Vibes

Remember Me?

Gertrude Stein was a writer, poet and art collector. She played an important role in shaping the literary landscape of the early 20th century.

Stein, with help from her art critic brother, started buying paintings in 1903 when she moved to Paris. Her stunning collection included works by Paul Cézanne, Pierre-Auguste Renoir and Henri de Toulouse-Lautrec.

For decades, her home in Paris was famous as a place where artists and writers gathered. Stein served as a mentor, critic and patron to these creative men, who included Pablo Picasso, Ernest Hemingway and F. Scott Fitzgerald.

Among her well-known written lines are, "There is no there there," and "A rose is a rose is a rose."

Men's Breakfast

Our Men' Breakfast group resumes this month! Tuesday, Oct. 15, at 8:30 a.m., in the dining room. Your invitation will list this month's speaker.

COMING SOON:



We are getting ready to publish our 2013-2014 Transportation Guide! This handy guide tells you all the THEATER trips our buses are scheduled to go to this coming season! Departure times are listed as well as theater contact information. Look for it in your mailbox soon!


SUNSET at SHARKEY'S

On Oct. 23, we're headed back to that wonderful new pavilion in Venice near Sharkey's restaurant! You choose what you'd like to do for dinner: Picnic in the Pavilion or dinner at the NEW Sharkey's restaurant! Departs at 4:30 p.m.

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

Sunday	Monday	Tuesday
		<p>1</p> <p>9:00 Strength! (W) 9:30 Splash (P) 10:00 Craft Class (CR) 11:30 Sit N' Fit (A) 2:00 Aqua Fit (P) 2:00 Resident Council (A) 7:00 Hand & Foot (C) 7:30 B.I.L.L.: "From Athens to Istanbul" (A)</p>
<p>6</p> <p>10:30 St. Thomas More Catholic Service (Bd. Rm) 7:30 Movie: "The Mighty Macs"- Rated G (A) True Story!</p>	<p>7</p> <p>9:00 Ladies' Shuffleboard (Courts) 9:30 Crafts, Coffee & Conversation (CR) Noon: Lunch Out at Captain Eddie's (B) 9:30 Bible Class (A) 2:30 Walmart Bus (B) 7:00 Progressive Bridge (GR)</p>	<p>8</p> <p>9:00 Strength! (W) 9:30 Splash (P) 10:00 Craft Class (CR) 11:30 Sit N' Fit (A) 12:45 Duplicate Bridge (GR) 2:30 "Oktoberfest Celebration" (R) 7:00 Hand & Foot (C) 7:15 Venice Theater (B) 7:30 B.I.L.L.: "From Athens to Istanbul" (A)</p>
<p>13</p> <p>10:30 St. Thomas More Catholic Service (Bd. Rm) 7:30 Movie: "Grace Card" - Rated PG-13 (A)</p>	<p>14</p> <p>9:00 Ladies' Shuffleboard (Courts) 9:30 Crafts, Coffee & Conversation (CR) 9:00-1:00 Flu Shot Clinic (A) 9:30 Bible Class (D) 2:30 Walmart Bus (B) 7:00 Progressive Bridge (GR) Columbus Day</p>	<p>15</p> <p>8:30 Men's Breakfast (D) 9:00 Strength! (W) 9:30 Splash (P) 10:00 Craft Class (CR) 11:30 Sit N' Fit (A) 2:00 Aqua Fit (P) 7:00 Hand & Foot (C) 7:30 B.I.L.L.: "From Athens to Istanbul" (A)</p>
<p>20</p> <p>10:30 St. Thomas More Catholic Service (Bd. Rm) 7:30 Movie: "Conviction"- Rated R (A) True Story!</p>	<p>21</p> <p>9:00 Ladies' Shuffleboard (Courts) 9:30 Crafts, Coffee & Conversation (CR) 9:30 Bible Class (A) 2:30 Walmart Bus (B) 7:00 Progressive Bridge (GR)</p>	<p>22</p> <p>9:00 Strength! (W) 9:30 Splash (P) 10:00 Craft Class (CR) 11:30 Sit N' Fit (A) 2:00 Aqua Fit (P) 12:45 Duplicate Bridge (GR) 7:00 Hand & Foot (C) 7:30 B.I.L.L.: "From Athens to Istanbul" (A)</p>
<p>27</p> <p>10:30 St. Thomas More Catholic Service (Bd. Rm) 7:30 Movie: "Oz: The Great and Powerful" Rated PG (A)</p>	<p>28</p> <p>9:00 Ladies' Shuffleboard (Courts) 9:30 Crafts, Coffee & Conversation (CR) 9:30 Bible Class (A) 2:30 Trader Joe's Bus (B) 7:00 Progressive Bridge (GR)</p>	<p>29</p> <p>9:00 Strength! (W) 9:30 Splash (P) 10:00 Craft Class (CR) 10:00 How Novel (BD) 11:30 Sit N' Fit (A) 2:00 Aqua Fit (P) 2:00 Lighthouse of Manasota Presentation: Sight Help (A) 7:00 Hand & Foot (C) 7:30 B.I.L.L.: "From Athens to Istanbul" (A)</p>

Wednesday	Thursday	Friday	Saturday
2 8:00 Men's Shuffleboard 9:30 Walking Clinic (W) 11:00 Posture & Balance (A) 11:30 Sit N' Fit (A) 1:30 Line Dance (W) 2:30 Popcorn & A Movie: "Parental Guidance" (A) 6:15 Duplicate Bridge (GR) 7:15 BINGO (A)	3 9:00 Strength (W) 9:30 SPLASH (P) 10:00 CHATS (A) 11:30 Sit & Fit (A) 2:00 Tai Chi Demonstration (A)	4 9:30 Tai Chi (W) 10:00 Writers' Group (M) 11:00 Posture & Balance (W) 11:30 Sit & Fit (A) 1:30 Hand Exercise (CR) 3:30 Vespers (A) 6:15 Duplicate Bridge (GR) 7:00 Canasta (C)	5 8:00 Men's Shuffleboard (Courts) 9:00 Strength Class (W) 9:30 Splash (P) 11:00 Balance Class (W) 11:30 Sit & Fit (A)
9 8:00 Men's Shuffleboard 9:30 Walking Clinic (W) 11:00 Posture & Balance (A) 11:15 Episcopal Service (C) 11:30 Sit N' Fit (A) 1:30 Line Dance (W) 2:30 Popcorn & A Movie: "The Mighty Macs" (A) 6:15 Duplicate Bridge (GR) 7:15 BINGO (A)	10 9:00 Strength (W) 9:30 SPLASH (P) 11:00 Tai Chi - Beginners (W) 11:30 Sit & Fit (A) 1:00 Mah Jongg (C) 2:00 Aqua Fit (P) 7:30 Magic & Comedy With Dan Stapleton (A)	11 9:30 Tai Chi (W) 10:00 Book Group (A) 11:00 Posture & Balance (W) 11:30 Sit & Fit (A) 1:30 Hand Exercise (CR) 3:30 Vespers (A) 6:15 Duplicate Bridge (GR) 7:00 Canasta (C)	12 8:00 Men's Shuffleboard (Courts) 9:00 Strength Class (W) 9:30 Splash (P) 11:00 Balance Class (W) 11:30 Sit & Fit (A) 7:30 Movie Special: Documentary- "Ingredients" (A)
16 8:00 Men's Shuffleboard 9:30 Walking Clinic (W) 11:00 Posture & Balance (W) 11:30 Sit N' Fit (W) 12:30 Anniversary Luncheon (D) 1:30 Line Dance (W) 2:30 Popcorn & A Movie: "Grace Card" (A) 6:15 Duplicate Bridge (GR) 7:15 BINGO (A)	17 9:00 Strength (W) 9:30 SPLASH (P) 10:00 CHATS- Budget Presentation (A) 11:00 Tai Chi- Beginners (W) 11:30 Sit & Fit (A) 2:00 Aqua Fit (P)	18 9:30 Tai Chi (W) 11:00 Posture & Balance (W) 11:30 Sit & Fit (A) 1:30 Hand Exercise (CR) 3:30 Vespers (A) 6:15 Duplicate Bridge (GR) 7:00 Canasta (C)	19 8:00 Men's Shuffleboard (Courts) 9:00 Strength Class (W) 10:00 Sr. Stolarski Presentation (A) 11:30 Sit & Fit (A)
23 8:00 Men's Shuffleboard 9:30 Walking Clinic (W) 11:00 Posture & Balance (A) 11:30 Sit N' Fit (A) 1:30 Line Dance (W) 2:30 Popcorn & A Movie: "Conviction" (A) 4:30 Sunset at Sharkey's Picnic Dinner (B) 6:15 Duplicate Bridge (GR) 7:15 BINGO (A)	24 9:00 Strength Class (W) 9:30 SPLASH! (P) 10:00-Noon "The Watch Doctor" (C) 11:00 Beginner Tai Chi (W) 11:30 Sit & Fit (A) 1:00 Mah Jongg (C) 2:30 Smoothie Party (P)	25 9:30 Tai Chi (W) 11:00 Posture & Balance (W) 11:30 Sit & Fit (A) 1:30 Hand Exercise (CR) 3:30 Vespers (A) 6:15 Duplicate Bridge (GR) 7:00 Canasta (C)	26 8:00 Men's Shuffleboard (Courts) 9:00 Strength Class (W) 9:30 Splash (P) 10:45 Cirque Du La Symphonie (B) 11:00 Balance Class (W) 11:30 Sit & Fit (A) 1:00 Sarasota Ballet (B)
30 8:00 Men's Shuffleboard 9:00 Bradenton Riverwalk & Lunch at Tarpon Pointe (B) 9:30 Walking Clinic (W) 11:00 Posture & Balance (A) 11:30 Sit N' Fit (A) 1:30 Line Dance (W) 2:30 Popcorn & A Movie: "OZ" 6:15 Duplicate Bridge (GR) 6:45 Player's Theater (B) 7:15 MEGA BINGO (Double the Stakes) (A)	31 9:00 Strength (W) 9:30 SPLASH (P) 11:00 Tai Chi- Beginners (W) 11:30 Sit & Fit (A) 2:00 Aqua Fit (P) 7:30 Hats Off to Halloween! (A)		

"Village Vibes"



GIFT SHOP NEWS!

We are getting ready for Halloween with some special candy and jewelry. We've had a lot of donated jewelry, which we would love to show you. Our volunteers are doing a wonderful job of displaying the merchandise and keeping the shop running to meet your needs. We are working hard to prepare for our Holiday Bazaar on Tuesday, Nov. 12, from 10 a.m. to 3 p.m.

PLEASE MARK YOUR CALENDARS NOW!



Smile and File

October is Organize Your Medical Information Month.

RAINBOWS AND SHOWERS

RAINBOWS for guests who observe our dining room dress code! No hats and please wear a jacket.

RAINBOWS for the staff who excelled in their ability to "get things done" when we had our water/heat emergency.

SHOWERS for those who do not WIPE the equipment in the Wellness Center after they use it.

RAINBOWS for the fantastic shows we had in September—both "JIMMY MAZZ" and "VOCAL VIXENS" brought down the house!

RAINBOWS for Kris Moore! WOW ... she was a tough substitute teacher for our "SPLASH" water class while Petra was away! We've officially been "whipped into shape!"

RAINBOWS for the presentation about Saudi Arabia by Tom Callahan. A timely subject given what is going on in that area of the world right now! Yes, Tom has other topics he speaks about, and we have invited him back.

RAINBOWS for Josi Madigan and

David Pyle for the melodious sing-along they led! A good time was had by all!

RAINBOWS for DON LOOS who helps out with the garden areas and brings in his zinnias for all to enjoy!

OKTOBERFEST

Join us on Tuesday, Oct. 8, as we heard Sepp Diepolder, accordionist extraordinaire, was going to be in town, so we're throwing a "mini" Oktoberfest celebration on the rooftop terrace at 2:30 p.m.! Sepp hasn't performed for us in a couple of years, so we thought it would be fun to have this party on the roof since our Florida fall weather should be grand!!

We'll have some authentic German refreshments and some toe-tapping music with Sepp, who is really quite good on zither, too! If you'd like to wear the colors of Bavaria, blue and white, feel free to do so! PROST!!

B.I.L.L. Series News

Our current DVD series is a travelog from The Teaching Company called "Greece and Turkey: From Athens to Istanbul." It is taught by archeologist and professor John Hale from The University of Louisville. Travel to the Aegean through the history of Western civilization. The final class in this series is on Dec. 3. Beginning soon from Adult & Community Education is the next "How Novel" class with Alice Blueglass. You will receive the flier in your mailbox with the books listed, but discussion days are Oct. 29, Nov. 12 and Dec. 3.

We will have additional classes from ACE in the works for both fall and next spring, and we will certainly invite Tom Callahan back to do another presentation, so watch your mailbox for additional information!



OCTOBER Birthdays

October 2

Ruth Palma

October 3

Herman Pocock and June Wright

October 5

Lillian Schein

October 7

Mary Lu Mertz

October 9

Mary Kernodle

October 10

Dirk Khouw and Janet Meyer

October 11

Magda Vajta

October 13

George Williams

October 15

Roberta Simmons, Thyra Wexler, Helen

Juron and Donald Sweetland

October 17

Beth Johnson, Gail Ackeman

October 18

Aleen Arnold & Jane Cann

October 20

Paul Kelcourse

October 23

Pat Woody

October 24

Norman Beisswenger, Jay Flagg, Betty

Wild & Tom Clarkson

October 25

Helen Samson

October 26

Robert Fechtel & Bill Davis

October 28

Helen Gifford



OCTOBER Anniversaries

October 1

James & Mary Alice Blanchard

October 3

Pat & Nora Heenan

October 11

Jesse & Betsy Hannon

October 19

Norman & Margaret Beisswenger

October 23

Don & Helen Healy

OCTOBER Vespers Ministers

October 4

Rev. Dr. Chuck Moffett

Bay Village Chaplain

October 11

Rev. Jack Miller

Grandson-in-Law of

Alan & Lorraine Hester

October 18

Rev. Dr. Chuck Moffett

Bay Village Chaplain

October 25

Rev. Dr. Chuck Moffett

Bay Village Chaplain



HAPPY AUTUMN, EVERYONE!

The Village Vibes



- Mrs. Matilda "Tillie" Frances moved in to apartment 831 on Aug. 22.
- Mr. and Mrs. John Hartley moved in to apartment 411 on Sept. 11.

Official Holiday in October

Government offices will be closed the second Monday in October in honor of Columbus Day. This means, NO MAIL, but there will be a shopping bus AND a Walmart bus this day, as it is NOT one of Bay Village's "official" holidays.

Keep It Happy

October is Positive Attitude Month.

Chaplain's Corner
Rev. Dr. Chuck Moffett

"Oh, what difference can I make? I am only one person!" That feeling came to my mind when I read my latest FPL (Florida Power & Light) newsletter. Seemed to me to be an example of the power of one. A customer's question: "How much more am I paying to leave my cell phone charger plugged in, even when it is not in use?" The FPL answer: "To leave your cell phone charger plugged in, even when not charging, costs you 23¢ a year. To charge your phone eight hours a night, if your phone is turned OFF, it is 23¢ a year ... or only \$1.30 if your cell phone is turned ON."

"Peanuts!" I thought. "No real impact on my energy usage, right?" Then I expanded my vision beyond my selfish venue of "little ol' me."

I never have been good with math, but it seems if I multiply my 23¢ per year by the millions of FPL users ... and then beyond that to national users of any power provider ... and then to worldwide usage = WOW!

Suddenly, my meager 23¢ becomes \$230,000 for only a million FPL users. That is a chunk of change FPL is getting just for our need to have instant convenience. Then, to think of expanding that worldwide ...

Yet another dimension: as people of faith, you and I are called to be stewards—responsible users of God's natural gifts given to us, for the well-being of ALL people. If we take seriously our place in the GLOBAL village, imagine the reduction of energy usage if each of us were to reduce our consumption by even .02! And that is at **no significant cost to our own comfort zone**. Imagine what could be accomplished for us, and the world, if we took seriously our calling to be stewards.

Back to our original question: "Can one person make a difference?"