

Alomar Village Newsletter

Oakmonte Village of Davie

8/1/2019

Laura Hooker, Publisher

SPOTLIGHT ON RESIDENTS:



Florence Goldberg



Shirley McLain

Florence: Florence grew up in Brooklyn, New York. She attended Brooklyn Teachers College. Then she became an amazing teacher for many years. She is a proud mom of 4 kids: 2 girls and identical twin sons. Her family lived in Long Island and had a very happy home filled with laughter and music. Her children are wonderful and caring. Florence is very happy here at Oakmonte and has made lots of new friends.

-----**Evelyn Fox**

Shirley McLain: Shirley is a remarkable woman at 101 years wise. She lived in Elders Ridge, Pennsylvania. The area had no public transportation and no job opportunities. Therefore, she enlisted in the military and joined the Air Force in 1943 and became an Air Traffic Controller for 4 years at Base Glen Field in Pensacola, Florida. During which time she met her wonderful husband and had a son. Years later she met our former resident, Bill McClasky who became her good friend. She is very happy at Oakmonte and enjoys her new friends and going to the gym.

-----**Bev Plotkin**

Harvey's Humor Corner

What did the big flower say to the little flower? Hi Bud!

What is worse than raining cats and dogs? Hailing a taxi!

Where do beef burgers go to dance? The meatball!

Why are teddy bears never hungry? They are always stuffed!

Why does Humpty Dumpty love autumn? He always has a great fall!

What do you call an alligator in a vest? An investigator!

-----**Harvey Kessler**



Fashion Show



Cooking Demo with Chef Ralph



Cooking Class Moon Cookies



4th of July Barbecue and Pool Volleyball Game

EVERYTHING MATTERS

New Residents: Welcome to new residents: Ruth Nassi and JR/Donna Ryan

For those of you born in August, you are not easily impressed. Also, you do not like to waste money. In addition, you are very motivated. Lastly, you are powerful.

Harvey Brown-3rd, David Cohen-4th, Angelica Kampf-7th, Debbie Cook-10th, Karen Envy-14th, Mary Guadagno-15th, Evelyn Fox-16th, Jessie Rubinfeld-17th, Ralph Caldes-19th, Dinorah Arango-31st

-----Beverly Plotkin

UPCOMING HOLIDAYS & EVENTS

Special Events: Speaker: Authors 6th, Speakers: Debbie Wasserman Schultz 15th, Casino Night 22nd, and Veteran Honor Flight Speaker 27th

Wednesday Outings: Tarantella Italian Restaurant and Hoffman's Chocolate-7th, Azteca Restaurant and Yesterday Movie 14th, First Watch Restaurant and Marshalls 21st, Calder Casino 28th

Men's Club: - Twin Peaks Restaurant-9th

-----Gloria Freling

SAMPLE OF WEEKLY ACTIVITIES AND OUTINGS

Bingo- daily at 3:00 pm, **Blackjack** Saturdays at 1:45 pm, **Water Aerobics** -Mondays at 10:45 am, **Ai Chi** in pool-Thursday 1:45 pm and Saturday 9:30, **Men's Lunch Club-** 2nd Friday of month, **Shopping-** Fridays at 9:30 am, **Exercise-** daily at 10:45 am, **Social Hour** -daily at 4:00 pm, **Outings-** Wednesdays at 11:30 am

Health News Update:

How to Win at Loosing...

...was an interesting article in the July/August edition of Active Lifestyle Guide.

Researchers from the American Journal of Clinical Nutrition, Medical Journal BMJ Open, and Obesity, Diabetes and Metabolism Journal, combined their studies to inform the public of the most effective way to shed those unwanted pounds. Here is what they had to say:

1. Portion Control - "Eat like a King at breakfast, a Prince at Lunch, and a Pauper at dinner".
2. Maintain Order - Eat proteins and non- starchy veggies first, then eat grains and starchy veggies and fruit.
3. Eat Slowly
4. Eat more Beans and lentils.
5. Eat more foods containing prebiotics and probiotics for a healthier gut.
6. No alcohol!

These things may be difficult to follow 100%, but the more effort you put towards eating healthier the better your health will be.

-----Judy Brown

Creative Writing Class: Secret Message

One Sunday, I went to a garage sale and purchased an old wooden dresser. Inside a drawer was a secret message carved, "Keep Out". I began wondering who the original owner was and why he/she carved the message. Perhaps the drawer was significant to the owner. Maybe important documents were enclosed in a confidential envelope. I decided to maintain it as a secret drawer by placing special jewelry in it. I marvel if I will ever solve the mystery carving.

-----Bobby, Lee, Bev R., and Jessie

