
THE RESIDENT FLYER

News from the Village Mart Volunteers

★ Thursday, March 16, 2017 ★

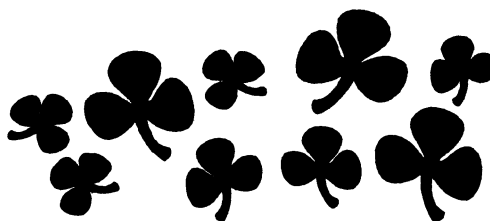
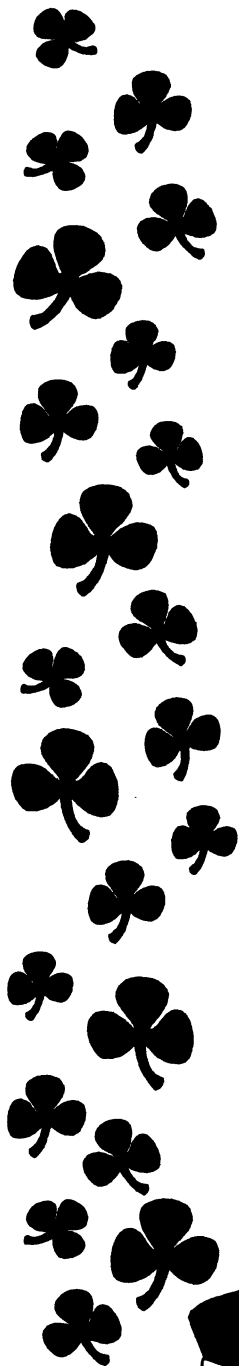
www.johnknoxvillage.com

An Irish Blessing



As you slide down
the bannisters of life,
May the splinters
never point
in the wrong
direction.

HAPPY ST. PATRICK'S DAY!



RED HAT SOCIETY, THE JOHN KNOX JENNIES

March 20th, 11:00 A.M. to 1:00 P.M.

THE WOODLANDS ENRICHMENT CENTER

Luncheon will be served.

Ladies, get out your fanciest dress, and put on your best hat
Join us for the coronation of our Queen Bee, Patricia (Pat) LaFlamme

CLASSIFIED AD

THE WOODLANDS SALON AND SPA

**\$60.00 SPECIAL
for Facial or Massage**

Please help us welcome our new
facialist and massage therapist

**OLIN KARAMON
GAIL GANNOTTA**

Please call 954-247-5817
for an appointment



BIRTHDAY PARTY



**MONDAY, MARCH 20th, 7:30 P.M.
AUDITORIUM**

Greeters:

**Charlene Smith.....Sally Cash
Chuck and Anne Fick**

Let's celebrate our residents who have
birthdays in March, and stay
after the performance for
delicious cupcakes.

Entertainment:

**Welcome "Harmonic Motion"
A middle eastern duo
who will entertain you
with belly dancing and music from
an instrument called an Oud**



Thought for the Day



He who laughs last thinks slowest.

FROM THE VILLAGE MART

Pam Gardner, Manager

HAPPY DAY TO EVERYONE!

It is very boring sitting in the Village Mart from 12:00 to 1:00 P.M. on Wednesday and Friday. Please come sit with me. We are staying open for you and I would love to see you. On Friday we buy thin crust pizza from Little Italian Pizza, and if you know the owner, Bobby, he is very particular about how he makes his products. Then on Wednesday we sell Ball Park Angus beef hot dogs. They are not so full of preservatives and are made with good beef. We care about the kind of food we feed you.

If you have magazines that you are done reading, please bring them to the Village Mart, as we use them in the Mart. We also give the older magazines to Dee Davis for her to use at the Woodlands. They read them and then use them for crafts, too. No magazines need go unused!

The wind has been brutal for me and my allergies. Are you having problems, too? My nose is running all the time and I keep getting those allergy headaches. Of course, these cats that have been keeping me company are not helping, as I am really allergic to them. They are so sweet that it is hard to stop petting them. What a sucker I am!!!!

Have you been to the beach lately? Spring Break is in full swing on the beach. The kids are as wild and crazy as they have always been and it brings back many memories. When they were filming "Where the Boys Are" on the Fort Lauderdale beach, I was lucky enough to be one of the extras who walked across A1A to the Elbow Room in the early 60s. I bet you have some good stories about your younger years. Send them to us.



Don't forget that we have Half Price Coffee Tuesday, Hot Dog Wednesday, 10% off cards on Thursday, and Pizza Friday. We look forward to seeing you Monday, Tuesday, and Thursday from 9:00 A.M. to noon, Wednesday and Friday from 9:00 A.M. to 1:00 P.M. Coffee is really good and the atmosphere is happy, so come see us. We are located in Cassels Tower, ground floor, east end of the building, past the Beauty Shop.

DO YOU LIKE THE NEW NAME?

Several people have recently expressed the opinion that they do not care for the *Flyer's* new name (*Resident Flyer* instead of *Thursday Flyer*). Do you have an opinion on the subject or couldn't you care less? Let us know what you think. Leave a note or tell one of us in person.

THE RESIDENT FLYER

published weekly by the
Village Mart

Editing, computer layout, design:
Marjorie Thomas

Collating, folding, distribution:
The Flyer Crew Volunteers

Publication Deadline: Friday Noon

JKV FLORA

Jane Lusk-Smith, Garden Club Member

SPATHIPHYLLUMS

Spathiphyllums are in the Araceae family, and many hybrids have become popular house plants. They also grow outdoors in this area and are often referred to as "Peace Lilies." They bear handsome leaf-shaped white flowers called *spathes* that closely resemble the blossoms of Calla Lilies. The blooms are waxy 3 to 4-inch white flowers with 12 to 18-inch stems. The leaves are shiny dark green, 8 to 10 inches long, and give the plants a striking appearance even when they are not flowering. Spathiphyllums do best in shade, in moist but well-drained soil, and may be propagated by division at any time. A good example of a fully blooming specimen can be observed at NE 611, beneath a Mahogany tree.

FLICRA

(Florida Life Care Resident Association)
Residents, thank you for your attendance at
"End of Life Legal Issues" presentation.
We'll plan another program on pertinent
legal issues in the near future.
Rudy Frei, Chapter President

I NEED A RIDE!

Are you going to the VFW luncheon at
Applebees's in Tamarac? I need a ride.
Bob Todd, 954-941-7340

A JOKE FROM BOB

Bob Todd was entering the Barber Shop when George Bishop said, "Bob, sit down; I have a good joke to tell you." A gentleman walked into a barber shop and asked "How much for a hair-cut?" The barber said, "Twenty dollars." The gentleman then asked "How much for a shave?" The barber replied "Five dollars." The gentleman then said, "Fine. I'll take the shave on top."



WELCOME OUR NEW NEIGHBORS



**DAVID and JACQUELINE
BAYER**

CT 706 **no phone yet**
Birthdays:
His: Aug. 1 **Hers: Oct. 13**

Had a wonderful birthday!

*Thank you all for
remembering.*

Bernadine (Bernie) Berk



Patio Dining Room Menu

March 20 through March 26, 2017

Set Breakfast - \$4.75
Monday to Friday
8 a.m. to 10 a.m.

Light Luncheon - \$12.00
Monday to Saturday
11:30 a.m. to 1:30 p.m.

Dinner - \$15.00
Monday to Saturday
11:30 a.m. to 1:30 p.m. &
4 p.m. to 7 p.m.
Sunday: 11 a.m. to 3 p.m.

Take-Out Hours
Monday to Saturday
11:30 a.m. to 1:30 p.m.
4 p.m. to 5 p.m.
6:30 p.m. to 7 p.m.

Choice of Juice or Soup

Monday, March 20 Wellness

Soup: Hearty Vegetarian Lentil
Vegetable Lasagna or Rotisserie Chicken
Roasted Root Vegetables or Julienne Vegetables
Gluten Free Pasta or Herbed Cous Cous

Catch of the Day: Broiled Rainbow Trout

Wednesday, March 22

Soup: Beef Barley
Liver w/Bacon & Onions or Chicken & Biscuits
Brussel Sprouts or Roasted Butternut Squash
Herbed Rice or Au Gratin Potatoes

Catch of the Day: Grouper Almondine

Friday, March 24

Soup: Manhattan Clam Chowder
Blackened Chicken Alfredo w/Garlic Toast or
Fried Fisherman's Platter
Sautéed Zucchini or Coin Cut Carrots
Fettuccini w/Sauce or Steak Fries

Catch of the Day: Grilled Mahi Mahi

Sunday, March 26

Mixed Green Salad
Soup: Tomato & Basil Bisque
Fried Shrimp or Beef Brisket
Steamed Broccoli or Capri Blend Vegetables
Macaroni & Cheese or
Baked Sweet Potato w/Cinnamon & Brown Sugar

Catch of the Day: Grilled Salmon

Tuesday, March 21

Soup: Leek & Potato
London Broil or Sautéed Scallops
Sautéed Spinach or Sweet Cut Corn
Red Potatoes or Mushroom Risotto

Catch of the Day: Baked Tilapia

Thursday, March 23

Soup: Creamy Parsnip
Chicken with Tomatoes & Capers or Pork Roulade
Cauliflower or Seasoned Greer Beans
Seasoned Orzo & Basil or Steakhouse Fries

Catch of the Day: Snapper Francaise

Saturday, March 25

Soup: Chicken & Vegetable
Lamb Shanks or Sweet n Sour Chicken
Lima Beans or Baby Bok Choy
Orzo with Lemon & Sage or Basmati Rice

Catch of the Day: Poached Sole

Catch of the Day Toppings...

- Lemon Butter Caper
- Mango Pineapple Salsa
- Ponzu Sauce

* Please Note: The catch of the day is
subject to Availability.

As always, we offer plain Baked Chicken & Fish daily, also Clear Broth-both Regular & Low Sodium

No Substitutions Please
Week 2

Turn over for more
dining information

Dining Home Delivery Menus, Information & Announcements

Standard Home Delivery Menu March 20 to March 26, 2017

TO ORDER - Dial 783-4065 or 783-4061
 Orders taken Sunday between 10:00 and 11:00 a.m.
 Lunch: Mon. to Sat. 10:30 - 11:30 a.m.
 Dinner: Mon. to Sat. 2:30 - 3:30 p.m.

There is a \$5.00 delivery charge for non-medical home deliveries.

Lunch & Dinner include Soup du Jour or Juice, Choice of Entrée, Starch, Vegetable and Beverage, Roll, Salad du Jour and Dessert.

Light Lunch Menu Entrées & Salad Cold Plates:

MONDAY	Italian Sub Seafood Salad
TUESDAY	Baked Teriyaki Chicken Wings Chef Salad
WEDNESDAY	Turkey, Tomato, Mozzarella & Basil Panini Cottage Cheese /Fruit Plate
THURSDAY	Tacos/Refried Beans Chicken Caesar Salad
FRIDAY	All Natural Umami Turkey Patty Allergens: Mushroom & Tomatoes Tuna Salad
SATURDAY	Broccoli Cheese Quiche

Week 2

DINING ROOM FOOD POLICY WHAT'S INCLUDED WITH YOUR DINNER

APPETIZER:	Choice of juice or soup
SALAD BAR:	Selections from the salad bar (see note 1)
BREAD:	Choice of one roll or one muffin
MAIN ENTRÉE:	Choice one
VEGETABLE:	Choice of one plus a starch
DESSERT:	Choice of one (see note 2)
BEVERAGE:	Choice of coffee, tea or milk

Note 1: Applesauce, prunes, pineapple chunks, molded fruit gelatin, puddings, and custards are an extension of our salad bar and should not be considered a dessert.

Note 2: Any fresh fruit, e.g. apple, banana, orange, is considered a dessert.

When eating in the Dining Room, take-out containers will not be available when going through the line. If you cannot finish your meal, your server will bring a container to your table.

***THERE WILL BE A CHARGE FOR A SECOND ENTRÉE**

**Please Make Reservation For
PASSOVER SEDER DINNER**

Monday, April 10, 2017
LAKESIDE DINING ROOM
 Reservations are being taken
 Monday, March 27, 2017 through
 Thursday, April 6, 2017
 Call Susanne at 783-4063

Residents meal ticket may be used with \$5.70 surcharge

Guest price is \$25.00 + Tax

Food for Thought – Week 2

March 20 through March 26

	Serving Size-oz	Calories	Total Fat g	Choles- terol mg	Sodium mg	Total Carbs g	Fiber g	Protein
<i>Monday – March 20</i>								
Vegetarian Lentil Soup	6 oz	83	2	2	121	13	3	3
Vegetable Lasagna	1 3x3	294	14	61	862	26	3	19
Rotisserie Chicken	5 oz	251	14	92	227	0	0	29
Broiled Rainbow Trout	4 oz	242	18	58	217	1	0	20
Roasted Root Vegetables	½ cup	199	5	0	299	36	5	3
Julienne Vegetables	4 oz	128	9	0	318	12	3	1
Gluten Free Pasta	½ cup	181	2	0	250	36	1	3
Herbed Cous Cous	½ cup	156	0	0	310	32	2	5
Light Lunch – Italian Sub	1 each	361	18	40	812	30	1	21

Tuesday – March 21

Leek & Potato Soup	6 oz	245	13	1	279	30	4	4
London Broil	6 oz	370	16	178	2374	0	0	56
Sauteed Scallops	6 oz	147	2	44	813	7	0	22
Baked Tilapia	3 oz	117	3	57	66	0	0	23
Sauteed Spinach	½ cup	55	2	0	127	7	4	5
Sweet Cut Corn	4 oz	85	3	6	281	15	2	2
Red Potatoes	½ cup	149	1	0	1124	34	2	3
Mushroom Risotto	½ cup	222	9	22	171	32	1	4
Light Lunch – Baked Teriyaki Chicken Wings	5 oz	304	15	96	1562	8	0	32

Wednesday – March 22

Beef Barley Soup	6 oz	86	2	18	215	11	3	7
Liver w/Bacon & Onions	6 oz	327	18	371	759	13	1	28
Chicken & Biscuits	6 oz	615	23	182	771	37	1	62
Grouper Almondine	4 oz	240	8	58	372	15	1	25
Brussels Sprouts	½ cup	57	3	0	90	8	4	3
Roasted Butternut Squash	½ cup	120	4	10	136	22	3	2
Herbed Rice	½ cup	159	4	0	112	28	2	3
Au Gratin Potatoes	4 oz	87	3	5	493	17	1	2
Light Lunch – Turkey, Tomato, Mozzarella & Basil Panini	4 oz	358	11	76	1518	35	4	28

Thursday – March 23

Creamy Parsnip Soup	6 oz	225	16	40	231	20	5	4
Chicken w/Tomatoes & Capers	6 oz	430	24	87	369	15	1	34
Pork Roulade	4 oz	577	24	213	1355	40	4	49
Snapper Francaise	6 oz	454	22	259	221	8	1	53
Cauliflower	½ cup	21	0	0	19	4	3	2
Seasoned Green Beans	½ cup	45	2	0	94	6	3	1
Seasoned Orzo & Basil	½ cup	163	5	0	167	26	1	5
Steakhouse Fries	½ cup	133	4	0	301	23	2	2
Light Lunch – Tacos	2 each	480	23	97	1682	38	8	32
Refried Beans	½ cup	124	4	0	457	17	5	6

Friday – March 24

	Serving Size	Calories	Total Fat g	Choles-terol mg	odium m	Total Carbs g	Fiber g	Protein
Manhattan Clam Chowder	6 oz	33	0	3	350	7	2	1
Blackened Chicken Alfredo	8 oz	1033	45	278	2114	98	4	59
Garlic Toast	1 slice	3	7	0	218	17	1	3
Fried Fisherman's Platter	1 serving	369	20	150	627	16	0	31
Grilled Mahi Mahi	4 oz	211	12	92	277	1	0	23
Sauteed Zucchini	½ cup	35	2	0	104	3	1	1
Coin Cut Carrots	4 oz	53	3	0	147	7	3	1
Fettuccini w/Sauce	½ cup	503	5	0	249	96	5	17
Steak Fries	½ cup	133	4	0	301	23	2	2
Light Lunch - Turkey Patty	1 each	282	11	26	1043	35	2	10

Saturday – March 25

Chicken & Vegetable Soup	6 oz	77	1	9	94	12	3	6
Lamb Shanks	6 oz	703	44	275	190	7	1	65
Sweet & Sour Chicken	8 oz	317	4	78	755	39	2	31
Poached Sole	3 oz	173	13	44	456	1	0	12
Lima Beans	½ cup	115	4	10	135	15	3	6
Baby Bok Choy	½ cup	37	2	0	177	3	1	2
Orzo w/Lemon & Sage	½ cup	163	5	0	167	26	1	5
Basmati Rice	½ cup	217	4	0	894	41	2	4
Light Lunch - Broccoli Cheese Quiche	4 oz	616	33	169	752	56	6	25

Sunday – March 26

Tomato & Basil Bisque	6 oz	290	18	43	347	32	10	7
Fried Shrimp	8 oz	412	21	235	585	20	1	36
Beef Brisket	6 oz	283	11	108	182	5	0	38
Grilled Salmon	4 oz	568	38	202	320	2	0	50
Steamed Broccoli	½ cup	45	2	0	161	5	3	3
Capri Blend Vegetables	½ cup	65	2	0	60	11	3	3
Macaroni & Cheese	4 oz	300	15	39	438	32	1	10
Baked Sweet Potato	1 whole	130	0	0	83	30	5	2
Daily – Baked Chicken	6 oz	232	15	92	376	0	0	22
Baked Fish	4 oz	190	2	146	713	0	0	40



Monday, March 20, 2017

- 7:00 AM: Tai Chi with Russell and Guia (Wellness Park)
- 9:15 AM: Aerobics II (Auditorium)
- 10:00 AM: DVD Lecture Series "The World's Greatest Geological Wonders" (Hibiscus Room)
- 10:30 AM: Prayer Group (VT Party Room)
- 10:30 AM: Water Exercise *Call 954-784-4730 to Reserve* (Pool)
- 11:00 AM: Chair Exercise (Gardens West 3rd Floor)
- 1:15 PM: Better Balance I (Auditorium)
- 2:00 PM: Gentle Stretch (Auditorium)
- 3:00 PM: Bible Study (GW Lobby)
- 4:00 PM: Rosary Prayer Group (CT Party Room)
- 6:45 PM: Dominoes (CT Party Room)
- 7:00 PM: Duplicate Bridge *CANCELLED* (VT Party Room)
- 7:00 PM: Tai Chi for Arthritis and Fall Prevention with Russell and Guia (Village Centre)
- 7:30 PM: Birthday Party with Harmonic Motion (Auditorium)



Wellness Department Contact Numbers

- Verna Chisman, Director of Wellness
(602) 510-7160
- Judy Dahl, Wellness Admin Asst.
(954) 783-4039
- Joshua Tennie (Teddy), Production & Event Coordinator (954) 783-4028
- Nick Sconiers, Wellness Coordinator
(954) 218-3971
- Fitness Center, (954) 784-4730
(Heather Guthrie, Fitness Manager)

Tuesday, March 21, 2017

****RAS Curiosity Shop Hours: 9:00 AM — 11:00 AM****
****Resident Workshop Hours: 9:00 AM— 11:00 AM****

- 7:00 AM: Tai Chi with Russell and Guia (Wellness Park)
- 8:00 AM: Men's Bible Discussion (Lakeside Dining Room)
- 9:00 AM: Chair Exercise (Gardens West 3rd Floor)
- 9:00 AM: Aerobics I (Auditorium)
- 10:00 AM: Mat Pilates (Auditorium)
- 10:00 AM: Water Exercise. *Call 954-784-4730 to Reserve* (Pool)
- 10:00 AM: AL-Anon Meeting (HT Party Room)
- 10:30 AM: Flower Arranging *Call (954) 783-4039 to Reserve* (Craft Room)
- 11:00 AM: Home Health Agency Lecture: "Matters of the Heart" (Hibiscus Room)
- 12:30 PM: Men's Bridge Club (HT Party Room)
- 1:00 PM: Ladies Fun Bridge (VT Party Room)
- 2:00 PM: Parkinson's Support Group (Hibiscus Room)
- 2:15 PM: Posture & Balance (Auditorium)
- 3:00 PM: Scrabble (Craft Room)
- 4:00 PM: LGBT Mix and Mingle (Auditorium)
- 6:00 PM: Transportation to South Florida Symphony

Wednesday, March 22, 2017

- 7:00 AM: Tai Chi with Russell and Guia (Wellness Park)
- 9:15 AM: Aerobics II (Auditorium)
- 10:00 AM: DVD Lecture "Experiencing Hubble: Understanding the Greatest Images of the Universe" (Hibiscus Room)
- 10:00 AM: Centering Prayer Group (HT Party Room)
- 10:30 AM: Tai Chi with James (Auditorium)
- 10:30 AM: Wii Bowling (Craft Room)
- 10:30 AM: Water Exercise *Call 954-784-4730 to Reserve* (Pool)
- 11:30 AM: Cooking Demo with Chef Mark (Lakeside Dining Room)
- 1:00 PM: Strength & Balance (Auditorium)
- 1:00 PM: Fresh Encounters "The Cure for Our Anxiety" (HT Party Room)
- 1:30 PM: Table Tennis (Craft Room)
- 1:30 PM: Encore Movie: "Café Society" (Hibiscus Room)
- 2:00 PM: Chair Yoga (Auditorium)
- 2:15 PM: Chair Exercise Class (VT Party Room)
- 7:30 PM: Bingo (Auditorium)

Weekly Reminder Color Legend



Special Events



Regular JKV Activities



**Register/Reserve
Required Event**

Thursday, March 23, 2017

****RAS Curiosity Shop Hours: 2:00 PM—4:00 PM****

****Resident Workshop Hours: 2:00 PM—4:00 PM****

7:00 AM: Tai Chi with Russell and Guia (Wellness Park)
9:00 AM: Aerobics I (Auditorium)
9:00 AM: GW Chair Exercise (Gardens West 3rd Floor)
9:30 AM: Silver Scribes Class (CT Party Room)
10:00 AM: Mat Pilates (Auditorium)
10:00 AM: Bible Study "John's Gospel" (HT Party Room)
10:00 AM: Water Exercise. *Call 954-784-4730 to Reserve* (Pool)
10:30 AM: Wii Bowling (Craft Room)
11:15 AM: Zumba Gold (Auditorium)
12:30 PM: Transportation to Trader Joe's Shopping Outing
1:00 PM: Grief Support (Craft Room)
1:00 PM: Intro to Biblical Greek (Woodlands Life Enrichment Center)
2:00 PM: Total Body Workout (Hibiscus Room)
3:00 PM: Bag Lunch Ministry (HT Party Room)
3:30 PM: Villagers Rehearsal (Auditorium)
4:00 PM: Happy Hour (Lakeside Dining Room)
6:30 PM: Wii Bowling League (Craft Room)
6:30 PM: Exercise 4Brain Change (Auditorium)

Friday, March 24, 2017

7:00 AM: Tai Chi with Russell and Guia (Wellness Park)
9:15 AM: Aerobics II (Auditorium)
9:30 AM: The Note-ables Rehearsal (Craft Room)
10:30 AM: Posture & Balance (Rear Auditorium)
10:30 AM: Water Exercise. *Call 954-784-4730 to Reserve* (Pool)
11:30 AM: JKV Prayer Group (Lakeside Dining Room)
1:00 PM: Strength & Balance (Auditorium)
1:30 PM: Duplicate Bridge (VT Party Room)
1:30 PM: Painting Group (Craft Room)
2:00 PM: Gentle Stretch (Auditorium)
7:00 PM: Tai Chi for Arthritis and Fall Prevention with Russell and Guia (Village Centre)

Saturday, March 25, 2017

7:00 AM: Tai Chi with Russell and Guia (Wellness Park)
10:00 AM: Hand Chime Choir Practice (VT Party Room)
10:00 AM—5:00 PM: Croquet and Outdoor Games (Wellness Park)
11:55 AM: Transportation to Met Opera Series HD
12:45 PM: Transportation to Broadway Across America

Sunday, March 26, 2017

7:00 AM: Tai Chi with Russell and Guia (Wellness Park)
9:45 AM: Chapel Service (Village Glen Lobby)
10:00 AM—5:00 PM: Croquet and Outdoor Games (Wellness Park)
10:45 AM: Ecumenical Worship Service (Auditorium)
2:00 PM: Ecumenical Worship Service (Woodlands Life Enrichment Center)
2:00 PM: Duplicate Bridge (VT Party Room)
4:00 PM: Vespers (Hymn Sing & Devotions) (VG Lobby)