

Star Performance Series



British Family Night Entertainer Sandy Warren

Wednesday, June 28th • 7:15 p.m.



“Her voice is a marvelous instrument, delicate, vigorous, romantic, brazen and theatrically evocative.” “A vocal powerhouse, a born singer.” “Endowed with a voice that angels envy.” These are just some of the accolades the press has bestowed upon Sandy Warren.

In London she performed with the Buddy Rich Orchestra at the famous Ronnie Scotts Club and still holds the title of being the youngest leading lady ever at the infamous Talk of The Town in London.

Her four-octave voice range helped her win the “Belgium Singing Festival” for Great Britain, which led her to perform for royalty and all over the world in cabaret, theater and on cruise ships. Numerous television appearances followed including two half-hour specials of her own.

After spending 17 continuous years travelling the world on top cruise lines, she settled in

Florida to have her son at the grand age of 40! Since then she has become a “cruise director on land” and for the last 16 years has been loving her job as Entertainment Director right here at Pacific Senior Living Forest Trace.

For those new to our community, you’re in for a treat as she reveals the dazzling, supremely talented side of her personality! Recently she has performed with The Delray Philharmonic Pops Orchestra, The Hallandale Beach Orchestra, The Coral Springs Pops Orchestra and The Sugar Pops Orchestra. She is the featured soloist with The Magic City Philharmonic Pops Orchestra.

Sandy is not just a singer but a true entertainer who knows how to please a crowd with her show-stopping repertoire that ranges from Broadway to Opera, along with her wonderful personality and quick wit. She may also surprise you with a special guest star!

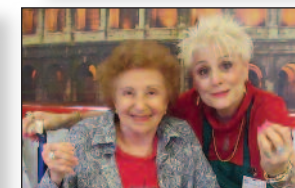
Pacifica Senior Living Forest Trace



Amore Familiare! (Family Love)

What an incredible Italian Family Night we had last month. There were smiling faces everywhere as we celebrated family in traditional Italian style! From the meatballs to the spectacular show by Italian sensation Franco Corso, it was a night to remember!

This month, invite your family to join us on a trip to jolly old England. Read about our star entertainer for **British Night** on the back page.

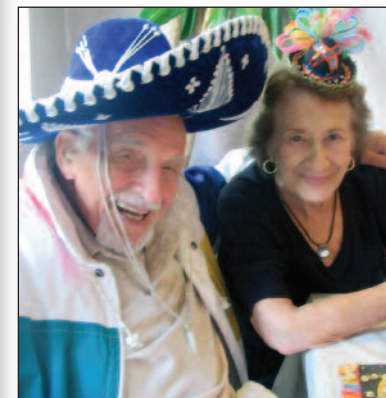


SOME OF THE MANY MEMORABLE MAY MOMENTS

Pictures cannot really capture this meaningful interaction between the students at **Weinbaum Yeshiva High School** and our resident Holocaust survivors. Special thanks to the teachers and students who made our trip to Boca so very special on **Holocaust Remembrance Day**.



Forest Trace celebrated **Cinco de Mayo** with gusto! Residents enjoyed stellar entertainment by **Ricardo**, along with festive beverages and Mexican specialties.



PACIFICA
SENIOR LIVING
FOREST TRACE

5500 N.W. 69th Ave., Lauderhill, FL 33319

(954) 572-1800

www.PacificaForestTrace.com

www.facebook.com/PacificaSeniorLivingForestTrace

There's No Place Like Forest Trace®

JUNE 2017

NEWS AND MUSES



CAMPBELL
EPES III

FROM THE EXECUTIVE DIRECTOR **Welcome Summer!**

Welcome to June and the summer. This is that glorious time of the year when most of us can put on our shorts and short-sleeved shirts and actually feel the air and sunlight on our skin. When we don't have to turn up the heat in the morning, when we have to avoid getting sunburn or heatstroke and when we enjoy many other wonderful things. No matter how we see it, summer has a magic that we can't deny.

Growing up, summer was truly a magical time for me. No school; just recess all day long. What a joy that was. My family home was in a small town and behind our house were fields, forest and a river. Across the river was the city park. It was a wonderland of endless adventures. Blackberry vines grew everywhere as did the honeysuckle. We chased rabbits, our dogs and each other. Forts were handmade and took weeks to complete (and were probably death traps, but who knew). My friends and I ran reckless for hours and would never see an adult.

Everyone had a BB gun and we drank from hoses. High tech toys? There were none. My dad's workshop was full of tools and we knew how to use them. My first skate board was a two by four and a smashed up metal skate that had a key. No one had a bike helmet, not everybody had a bike. We shared what we had. When the street lights came on, we knew it was time to be at home.

We slept at night on the screened-in back porch, with flashlights and a sheet. Who had air conditioning? We did not. What a glorious life! What a glorious time in our country! How blessed were we!

I think we all need to reset in our priorities. Let's bring back summer break. Now we might not be able to realistically just stop everything for a month or so, that would make us France (just kidding, no offense intended to our French friends). But we can bring back play time. Just think about a life of fun where everything is your back-yard adventure. Just play and explore all day. Nap when you need to. Party when you want to. Wait a minute, this is sounding a lot like Pacifica Senior Living Forest Trace—and you are living here already. Your summer is here, now, for you. You just need to go out and explore all that we have to offer. Look for your inner child, find some new neighbor kids to play with and enjoy your summer. Enjoy your playtime.

TOWN HALL MEETING

Hurricane Preparedness

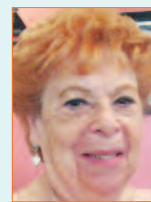
Wednesday, June 14th • 11:00 a.m.

It's hurricane season again. After Katrina and Wilma we were all frantic. Everybody in Florida was talking about what they were going to do to be more prepared next time. Unfortunately, memories fade and the panic goes away and now it's time and the majority of people have done nothing more than last year to prepare.

That's not the case with Pacifica Senior Living Forest Trace. Even though we were the best prepared retirement community in South Florida and we managed to keep going through all the trials and tribulations, management has not stopped thinking of ways to improve. Endless hours have been spent planning for your comfort and safety as we head into hurricane season.

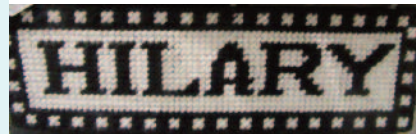
We dedicate our lives to help you in these situations, all we ask in return is for you to do your part! On Wednesday, **June 14th**, Executive Director **Campbell Epes** and Director of Environmental Services **Stephen Fornataro** will be holding a **Hurricane Preparedness Meeting**. We urge you to attend this very important session.

Let's get ready! Let all of us pray for the best but be well prepared for the worst!



Thank You, Ruth

Resident Ruth Martin has really made her mark at Pacifica Senior Living Forest Trace. Over a hundred residents are very grateful to her for providing, free of charge, walker identification name tags. Well, they are far beyond a name tag! Ruth, who has been embroidering on plastic canvas for as long as she can remember, still enjoys this beautiful craft and has made herself invaluable to our residents who have walkers. There's no more searching for their walker after dinner or an event and their name is proudly displayed in the most attractive way.



Ruth started making cute signs as a hobby years ago and remembers some of the first works of art she created. "Lord, keep your arm on my shoulder, and your hand on my mouth!" "This is not Home Sweet Home...Adjust!" and "If you were a flower, I'd pick you!" Thank you so much, Ruth, from not only the residents who have benefitted from your work but from the management and staff for making life a little easier!

Pacifica Senior Living Forest Trace Management Team



Campbell Epes III.....Executive Director	Stephen Fornataro
Sandy Warren.....Entertainment Director Director of Environmental Services
Michelle Slagel..... Community Relations Director	Rani Persad..... Director of Finance
Robin Hammer..... Community Relations Director	Pearl Osilaja McKenzie
Owano Boothe..... Director of Dining & Catering Director of Resident Services

DEAR SUZY — ENJOY MORE LAUGHTER



SUZANNE
JUSTER

The message for June is very clear—change expectations to acceptance and life's journey will be much more pleasurable. When expectations exceed acceptance the end result is all too often disappointment. Thus the well-known song reminds us, "we have to accentuate the positive, eliminate the negative and don't mess with Mr. in-between." Here in the merry month of June filled with weddings, graduations and all other life events.

Let me introduce you to a new resident. An interesting addition to Pacifica Senior Living Forest Trace, **Irving Ross** was a former vice president of Grosse and Dunlop publications. He was responsible for the production of many childhood treasures such as *The Bobbsey Twins*, the *Hardy Boys* and *Nancy Drew Series*. Also included in his repertoire was *Marilyn*, the biography of Marilyn Monroe by Norman Mailer; *World War Two* by James Jones; *Andy Warhol Exposures*; and the *Memoirs of Richard Nixon* by President Nixon.

After 22 years as Vice President in charge of production,

Irving retired at 55 years of age. He says, "Those 22 years were the happiest years of my life." We welcome Irving. Let's hope we can add to the those years and make the years here as happy and fulfilling.

Finally I conclude with a personal note of fulfillment....

ODE TO THE POOL

*The blue green waters and I
Have become true friends
I cherish the blanket of sun and sky
Accompanied by breezes it seems never end*

*There is a message every day
These sparkling waters to me say
Be strong my sweet, endure my dear
Enjoy my love each passing year.*

—SUZANNE JUSTER

Save your fireworks, July is coming

—Love, Suzy



We have had the pleasure of visiting with the kids from **Eagle Point Elementary School** on quite a few occasions. They have sung for us, they've made special gifts for special occasions and they've put smiles on our faces many times.

Their wonderful teacher, **Julie Bass**, realizes the importance of young children being comfortable around us "grownups" and she also realizes just how much we can

teach these kids. She has devised a program where she hopes some of you will become **pen pals** with the kids. They have already written cards and sent photos in the hopes of receiving a reply from their new pen pal.

If you are interested in joining this program please join Sandy on Monday, **June 5th**, at 11:00 a.m. in the Card Room where she will have pen pal supplies and take your photo to include in your introduction note.

CELEBRATING JUNE BIRTHDAYS

LILLIAN GINSBERG..... 2ND	ISABEL NAVEDO..... 10TH	BEA LIEBERMAN..... 23RD
EDIE WAX..... 2ND	GINNY ECKERSLEY... 12TH	RUTH FRANKENSTEIN 24TH
IRVING ROSS..... 2ND	GAIL BANTER..... 14TH	LEONARD BARMAT... 27TH
LARRY PHILLIPS..... 4TH	SARAH GOLDMAN... 15TH	DOROTHY WASSERMAN
ROSE LEVY..... 6TH	BOB GRANT..... 17TH 27TH
HELEN SCHEER..... 8TH	PAUL WEITZENKORN. 19TH	MILDRED KRAUSE.... 28TH
GILDA VERSTEIN..... 8TH	HARRIET FRIEDMAN... 21ST	HELEN JURRIST..... 28TH
MARION BULKIN..... 10TH	MARIE SERRI..... 22ND	DOROTHY KAYE..... 30TH

JUNE EMPLOYEE BIRTHDAYS

MICHELINE GENESTANT — Dining Room..... 1ST	RESILHOMME JOSEPH — Kitchen..... 14TH
JOAN PORTER — Front Desk..... 2ND	JEAN WRIGHT — Assisted Living..... 19TH
PEARL OSILAJA-MCKENZIE —	ELVIA VALLADARES — Housekeeping..... 20TH
Resident Services Director..... 9TH	RHOAN SULLIVAN — Kitchen..... 20TH
MICHELLE SLAGEL —	DEE PINCUS — Dining Room..... 21ST
Community Relations Director..... 10TH	CAMPBELL EPES III — Executive Director 28TH
LESLEY JEAN-FRANCOIS — Transportation.. 10TH	



ENJOY A DAY AT FLAMINGO GARDENS OR THE BEACH

By special request we take another trip to the **Beach** on Wednesday, **June 7th**. Everyone enjoyed last month's foray to the cool water and warm sand where Commercial Boulevard meets the Atlantic Ocean so we're offering you another opportunity to enjoy the best of South Florida! The bus will drop you off at the Aruba Beach Café where you can sit and enjoy the ocean air, eat drink or just close your eyes and listen to the sound of the ocean.

One of the most popular entertainers ever to cross our stage is **Ashley Cooper**, or as he is known... "**Ashley the Entertainer**." He usually visits us once a year from Peru but he is being flown in specially to perform his spectacular show with a nine-piece band in Delray Beach on Saturday, **June 10th**. We knew you would love to see him in his element so if you would like to go, bring a credit card to Sandy's office ASAP and she can order tickets online where you can choose your own seat. The ticket price is \$40 but it's a deal when you imagine seeing a performance by Sammy Davis, Nat King Cole, Frank Sinatra, Elvis Presley, Buddy Holly and more—all in one show. Ashley, accompanied by the Best Times Band, will sing and dance (from ballet to acrobatics!) his way through the songs of the 40s, 50s and 60s with grace, class and a style all



his own. Please make sure you speak to him after the show and tell him that you saw him here!

As promised, we are taking a trip to the very beautiful **Flamingo Gardens** on Wednesday, **June 21st**. You may recall a recent visit by some of the staff who came to give us a private lecture about the wildlife they have on display at the gardens. Many said they would like to visit and now's your chance.

Your admission to Flamingo Gardens includes live presentations at the Everglades Amphitheater featuring Florida native wildlife. Both fun and informative, the shows present a variety of wildlife such as birds of prey, mammals, and reptiles, and their relationships with the environment.

The Arboretum of Flamingo Gardens features hundreds of native and exotic trees, accented with lush under-story plantings, ponds, stream and a waterfall. Flamingo Gardens holds the distinction of having the largest collection of towering Florida champion trees. Also visit the butterfly and hummingbird gardens which host a variety of flowering plants and shrubs to attract many different species of butterflies and hummingbirds. They have two very nice places to eat a light lunch, very reasonably priced, The Flamingo Café and Garden Grill. The admission is \$15.97 which includes a narrated tram tour.



JUNE OUTINGS AT A GLANCE

DAY	DATE	TIME	DESTINATION
Saturday	June 3rd	10:15 a.m.	Jonah on Stage at Magnolia Movies
Sunday	June 4th	TBA	Local Movie
Wednesday	June 7th	10:30 a.m.	Aruba's on the Beach
Saturday	June 10th	2:00 p.m.	The Ashley Cooper Show at Arts Garage Delray
Sunday	June 11th	1:00 p.m.	Festival Flea Market Mall
Tuesday	June 13th	4:30 p.m.	Dinner Outing—Bonefish Grill Restaurant
Wednesday	June 14th	10:30 a.m.	Forest Trace Chorus Performs at Focal Point Senior Center
Saturday	June 17th	1:00 p.m.	Town Center Mall in Boca Raton
Sunday	June 18th	FATHER'S DAY — NO TRANSPORTATION	
Wednesday	June 21st	10:00 a.m.	Flamingo Gardens in Davie
Saturday	June 24th	1:00 p.m.	The Promenade Shoppes
Sunday	June 25th	1:00 p.m.	Broward Mall
Tuesday	June 27th	4:30 p.m.	Dinner Outing—Carrabba's Italian Grill Restaurant
Wednesday	June 28th	10:30 a.m.	Seminole Coconut Creek Casino

REMEMBER THAT YOU MUST SIGN-UP FOR ALL REGULARLY SCHEDULED AND TICKETED EVENTS AT THE FRONT DESK AFTER 5 P.M. WEEKDAYS OR ANYTIME WEEKENDS.

A Warm Welcome to Our Newest Friends

Irene Patti
Irene Lee
Larry Ross

Mike & Beverly Morris
Bernard & Doris Lawrence
Herb Chermack & Frances Thomsen

Estelle Georgoff
Deena Goldstein
Betty Spiro

Thanks for choosing
Pacifica Senior Living
Forest Trace
as your new home.



SPECIAL DAYS, ACTIVITIES AND EVENTS GALORE!

National Cancer Survivors' Day

Sunday, June 4th



National Cancer Survivors Day is a cherished annual worldwide celebration of life. It is the one day each year that we pause to honor everyone who is living with a history of cancer—including America's nearly 14 million cancer survivors. From family members to close friends, everyone knows someone whose life has been touched by cancer. Hundreds of communities across the U.S. and abroad will hold celebrations this month to honor and inspire cancer survivors and show that there is life after a cancer diagnosis—and it's worth celebrating.

As a special treat on Sunday, June 4th, powerhouse vocalist and cancer survivor **Jamie Danger** will be here to entertain you. She has traveled the high seas for numerous cruise lines such as Norwegian, Royal Caribbean and Cunard. First and foremost, she is a studied and trained vocalist who can tear your heart out in a song of sadness, or sing a number that can let us laugh at our own frailties. Last year she won the Tri Rail Senior Idol. She is a true testament for celebrating National Cancer Survivors Day. After the show toast her along with all our brave cancer survivors with a glass of champagne!

Pain Support Group Guest Speaker

Saturday, June 10th • 11:00 a.m.

Suzanne Juster, who runs our Pain Support Group, works very hard finding interesting speakers for the program. She is delighted this month to welcome back **Dr. Andrew Goldberg**, who was one of her first guests when she started the group. A native of New York, Dr. Goldberg graduated from Johns Hopkins University in 1986. He completed his medical school training at Downstate Medical Center. His post graduate training included a residency in anesthesiology at Mount Sinai Medical Center in New York City and a pain management fellowship at the University of Massachusetts Medical Center. Dr. Goldberg has been published in journals such as *Wound Care Q&A* and lectures frequently across the country. He is well versed in acute, chronic and cancer pain and is co-founder of Pain Management Physicians of South Florida. It's not often we get the chance to meet with such an accomplished physician free of charge, so make sure you don't miss him on the 10th at 11:00 a.m.



Sneakers at Work Day

Friday, June 16th

Did you know that every year 30,000 men—fathers, husbands, sons, grandfathers, uncles, brothers, friends, and colleagues—die of prostate cancer? Many die NEEDLESSLY! Did you know that every year more men are diagnosed with prostate cancer (230,000) than women are diagnosed with breast cancer (216,000)? Did you know that prostate cancer is one of the most "treatable" cancers IF it is detected in its earliest stages? Well, now you know, but most men and their loved ones do not. YET! That is the reason why Pacifica Senior Living Forest Trace is joining in the nationwide workplace-based event to create positive awareness of prostate cancer...**Sneakers at Work Day**. We have signed up along with hundreds of other companies throughout America to participate in this single day event held on Friday, **June 16th**, just before Father's Day.

We are breaking our dress code for the day and any staff member who wants to come to work in sneakers must donate \$1 to the American Prostate Initiative. If you would like to join in this effort to raise awareness of prostate cancer and save lives, wear your sneakers too! Let's unite and make a difference...for the guys.

To give you chance to show off your crazy sneakers we are holding a **complimentary pizza lunch** at noon in the Card Room.



Father's Day

Sunday, June 18th

It seems that we only just finished celebrating Mother's Day and now it's time for the dads. Father's Day falls on June 18th this year and we hope to make it special for you. First, join in our special Father's Day Word Search at 11:00 a.m. Pick up your word search at the Front Desk and the first which is returned completed, will receive a guest dinner certificate.

Come to the Atrium Lobby for an extra special Dad's Day treat at noon. Beautiful belly dancer **Dawn Rhys** will put a smile on the faces of our gentlemen!

Then, after an early Father's Day dinner, enjoy an early show by the very zany **Wayne L.** at 6:00 p.m. Following the show, at 7:00 p.m., there will be a showing of the traditional Father's Day movie, "Father of the Bride." In this charming update of the much-loved Hollywood classic, Steve Martin turns in a winning performance as George Banks, the befuddled father who has a hard time letting go of his daughter when she unexpectedly announces her plans to wed.

Happy Father's Day to all our dads!

Card Players Get-Together Breakfast

Monday, June 5th • 9:00 a.m.

We invite new and old residents alike who are finding it difficult to be included for a game of cards to join us for a special opportunity to meet fellow players. Please meet **Sandy** and **Jamie** for breakfast on Monday, **June 5th**, at 9:00 a.m. Whether you are looking for a game of bridge, gin rummy, poker, canasta or Mahjong, take this opportunity to enjoy breakfast with your hosts and, hopefully, meet your new future game partners.

Fun with Horticulture

Tuesdays, June 6th, 20th • 1:00 p.m.

Horticulturist and radio personality **Robert Bornstein** will be with us on two Tuesdays, **June 6th** and **20th**. On the 6th he'll be showing you how to grow gorgeous flowering plants on your patio and there will be a **free plant** for each participant. On the 20th, he will help you make your own nature print note cards. Leonardo DaVinci explained this art form over 500 years ago. You'll enjoy creating your very own all purpose cards.

AMAZING ENTERTAINERS RIGHT HERE AT FOREST TRACE!

Phil and Laurie Adams

Saturday, June 3rd • 7:00 p.m.

Phil and Laurie have been professional musicians and composers for over 30 years. Performances range from Phil as Joseph and Laurie as the Narrator in *Joseph and the Amazing Technicolor Dreamcoat* to Scrooge and Mrs. Cratchet in their self-penned musical, *Petal of the Rose*, based on the story of Dickens' *A Christmas Carol*. They especially love musical theatre and take great joy in performing their favorites for you.



Marlene and Chet Solender

Saturday, June 4th • 7:00 p.m.

This couple needs no introduction to Forest Trace audiences. Join them for a tribute to **Cole Porter** during their next visit.



Asy Alisade

Tuesday, June 6th • 7:00 p.m.

Asy Alisade is a Moscow Conservatory graduate violinist with more than 20 years of international playing. Now in Florida, he performs in several symphony orchestras including the Palm Beach Opera, Miami City Ballet and several others. He plays a variety of well known music that you can't help but sing along with and have a great time.

Forest Trace Chorus

Wednesday, June 7th • 7:00 p.m.

"**A Lifetime in Music**" is the title of our Chorus' new show on the 7th. The group has been eagerly awaiting the opening of our new theater, but since that won't be for some time, they decided to perform in not-so-perfect conditions. The venue shouldn't distract from the enthusiasm and the utter enjoyment that exudes from our chorus members. Please join your fellow residents with Maestro Robin Netscher on piano and emcee/conductor Sandy Warren as they literally take you through a lifetime in music.

Marc and Rio

Saturday, June 10th • 7:00 p.m.

Baritenor **Marc Alexander Frost** has been singing professionally since the age of six. He has entertained audiences for the past 21 years in both opera and Broadway productions. His wife, **Rio Leader Frost**, a Coloratura Soprano, was born in Kenya. She is the daughter of professionally and internationally renowned parents. Her mother was a ballerina with the Ballet Rombert in London and her father was comedian Jerry Leader. Rio has performed with the Gold Coast Opera, Songs of Broadway and other touring companies.



Glenda Grainger

Wednesday, June 14th • 7:00 p.m.

Back by popular demand is songstress Glenda Grainger. From London, she sings in French, Spanish and Italian. She had appeared here several times to rave reviews with accompanist and arranger **Gary Lawrence**.



David Meulemans

Saturday, June 17th • 7:00 p.m.

Classically trained, David is a popular leading man in the Florida's musical theatre scene. His dramatic skills, as well as his emotionally charged singing, makes him a sought-after act. He spends a lot of time in the air these days flying back and forth to England and New York for special performances of his superlative show.



Dawn Rhys

Sunday, June 18th • Noon

As a special treat on Father's Day we introduce you to Dawn Rhys, international performing artist and award-winning choreographer. Classically trained in Ballet and Jazz, she specializes in belly dancing. She has performed throughout the U.S.

Her costumes come from the top designers in Turkey and Egypt and she continues to travel and study with the world's leading artists in Turkish and Egyptian belly dance. She is known for her high energy performances with tight technique and skillful sword balancing. Dawn also teaches the art of belly dancing and, as an extra treat, she is bringing with her some of her top pupils.

Wayne L.

Sunday, June 18th • 6:00 p.m.

Wayne L. has been entertaining audiences around the country for the past 30 years. His blend of musical comedy and audience participation make him one of the most sought-after entertainers in the business. He was a finalist on the *Star Search* TV show and has been a headliner on many cruise ships. Come have some fun with Wayne!



Barrie Blyth

Wednesday, June 21st • 7:00 p.m.

Singer/pianist Barrie Blyth was born in England and has been entertaining all over the world on many cruise ships for the last few years on Royal Caribbean and Holland America Lines. He has an elaborate repertoire that consists of Pop, Broadway, Jazz, Gershwin and Contemporary—a little something to please everybody. His singing, playing and warm personality has made him a sought-after entertainer in South Florida.

Mindy McGee

Saturday, June 24th • 7:00 p.m.

She is a highly acclaimed artist from the Catskills of New York to Atlantic City, the Pocono Mountain resorts to the condos of Southern Florida. Come see why **Mindy McGee** is such a delight. This acclaimed singer and actress performed a major role in *The Stoop*, an off-Broadway musical for three months to rave reviews at the Parker Playhouse. Mindy grew up in show business; she is the daughter of famous comedienne, Jeannie Reynolds. Don't miss her on the 24th.



SOUTH FLORIDA'S TOP LECTURERS WITH GREAT TOPICS



Nova Lifelong Learning

Tuesday, June 6th • 11:00 a.m.

"**The New Deal**" was a series of programs, including, most notably, Social Security, that were enacted in the U.S. between 1933 and 1938, and a few that came later. They included both laws passed by Congress as well as presidential executive orders during the first term of President Franklin D. Roosevelt. Join **Peter Levine** to learn how the New Deal is relevant in the 21st century.

Sterling University

Wednesdays, June 7th, 21st • 10:45 a.m.

Professor Phil Leto returns with two sessions, including "**Trials of the Century: Patty Hearst**" on the 7th. In 1974, 19-year-old Patricia Hearst, granddaughter of William Randolph Hearst, was kidnapped by a group known as the Symbionese Liberation Army. She eventually became supportive of their cause, changed her name to Tania and took part in illegal activities. Freed from captivity 19 months later, she was charged with bank robbery and tried in 1976. Was she a brainwashed prisoner or willing participant?

On the 17th, Professor Leto looks at "**Putin, Russia, Eastern Europe and Beyond.**" As events in Georgia in 2008, and recently in Ukraine and Crimea have demonstrated, the Russian President considers large swathes of Eastern Europe to be part of a Russian sphere of influence. What are the consequences of these aggressive Russian actions and does Europe, the United States or NATO have realistic strategic options to deal with them?

Ronelle Delmont's Book Review

Sunday, June 11th • 7:00 p.m.

Out of seemingly small events are sometimes born great historical moments. "**The Kidnapping of Edgardo Mortara**" illustrates one. In 1858, the six-year-old Jewish boy was taken from his parents' home in Bologna, Italy, by agents of the Papal inquisition. The case set in motion a series of reforms that ended the Church's temporal power in Italy and forged the creation of a liberal, near-democratic state. It is a remarkable story as told by Ronelle.

Esther Cohen: Stress Management

Monday, June 12th • 11:00 a.m.

As the daughter of Holocaust survivors, Esther Cohen lives each day by her family's motto: *tikkun olam*, Hebrew for "healing the world." Esther earned a bachelor's degree from Brooklyn College before moving to South Florida and becoming active in charitable and civic organizations including Hakesher-Second Generation Holocaust Group, National Jewish Hospital/Research Center for Immunology and Respiratory Center and many others. Being the Jewish community liaison for Broward County allows her to perform *tikkun olam* each day. Come learn how to reduce stress in your life.

Sheila Garber: Jewish History

Tuesday, June 13th • 11:00 a.m.

We welcome Sheila Garber for her first lecture at Forest Trace. She attended Temple University earning a BS in Education and a Master's Degree in Math Education. She has a Supervisor's Certificate in Curriculum and Instruction and taught in Philadelphia for over 30 years before moving to Florida. She also attended Gratz Hebrew Teacher's College earning a Hebrew Teacher's Diploma. Sheila has a passion for Jewish history and you'll be the recipient of her knowledge on the 13th.

Myrna Goldberger: June Happenings

Tuesday, June 13th • 7:00 p.m.

Myrna Goldberger is an educator, lecturer, creative writer, consultant and performer who presents popular "Edutainment" programs. With over 50 years experience in education and educational entertainment, her sessions are "must-not-miss" events. Join her to find out some historical and hysterical events which happened in June.



Anne Goldberg: Happiness

Tuesday, June 20th • 11:00 a.m.

Anne Goldberg is the founder of Savvy Seniors, a company dedicated to the well-being of our older citizens. It all started just a few years ago when some seniors she knew asked her to teach them how to use a computer. From this her mission evolved to teaching seniors about nutrition, aging, longevity, maintaining cognitive strength and the field of conscious aging. The Savvy Senior is old enough to have a past and young enough to have a future. If you'd like your future to be filled with happiness, come and take a few tips from one very savvy senior!



Gloria Shapiro's Book Review

Tuesday, June 20th • 7:00 p.m.

"**Very Much a Lady: The Untold Story of Jean Harris and Dr. Herman**" shares a very comprehensive and empathetic look at one of the most sensational cases of the early 1980s. It is difficult to understand how this bright and attractive woman, Jean Harris, allowed herself to be so used. Learning more about her childhood and relationship with a mentally abusive father really explained a lot. Ironically, it appears that she felt most fulfilled as a prisoner working after her own incarceration to improve the lot of other prisoners and their children. In addition, the book looks at the abuse of expert medical testimony in the courtroom and how this might be prevented. Gloria Shapiro brings this book by Shana Alexander to the forefront on the 20th.

Harry Getzov: Yip Harburg

Friday, June 23rd • 11:00 a.m.

Entertainment attorney, artist/personal manager, songwriter's son, and award-winning author Harry J. Getzov, will present a wonderful program on one of America's most beloved composers, **Yip Harburg**. This great lyricist's work includes writing *The Wizard of Oz*, *Finian's Rainbow* and many more shows and songs.

Goldie Witrock's Book Review

Wednesday, June 28th • 11:00 a.m.

Join popular reviewer Goldie Witrock for "**I Am Malala**" on the 28th. The story of Malala Yousafzai is remarkable in every way; she is an amazing, courageous young lady. Her story is astounding; the circumstances that she was forced to live through, and her bravery and sense of purpose, brought world focus to the tragedies in her homeland. This touching story will not only inform you of changing conditions in Pakistan, but inspire your rebellious spirit. Ms. Yousafzai has single-handedly turned the issue of the right of girls—and all children—to be educated, into headline news. And she is a figure worth hearing.

Pacifica Senior Living Forest Trace — Weekly Scheduled Transportation

Sundays

Church
Main Lobby Departure
By Appointment

Publix
Main Lobby Departure
9:30 a.m.

Local Movie
Main Lobby Departure
Time: TBA
Check Front Desk

or Mall Trips
Main Lobby Departure
1:00 p.m.

Mondays

Doctor Appointments
North and South Tower
Departures by Reservation

Morning
LAUDERHILL/ TAMARAC

Afternoon
SUNRISE/PLANTATION

One week advance notice is required.
On the day of your appointment, please
check in at the Front Desk with your
Reservation Slip no later than 45 minutes
prior to your departure time.

Tuesdays

Doctor Appointments
North and South Tower
Departures by Reservation

Morning
**CORAL SPRINGS, MARGATE,
LAUDERDALE LAKES,
HOLY CROSS HOSPITAL**

Afternoon
SUNRISE/PLANTATION

One week advance notice is required.
On the day of your appointment, please
check in at the Front Desk with your
Reservation Slip no later than 45 minutes
prior to your departure time.

Wednesdays

Doctor Appointments
North and South Tower
Departures by Reservation

Morning
LAUDERHILL/ TAMARAC

Afternoon
**CORAL SPRINGS
MARGATE
LAUDERDALE LAKES**

One week advance notice is required.
On the day of your appointment, please
check in at the Front Desk with your
Reservation Slip no later than 45 minutes
prior to your departure time.

Thursdays

Banking
Bank of America, BB&T, Chase, Sun
Trust, South Trust, TD Bank, Wells Fargo

Dry Cleaners
North Tower Departure 9:15 a.m.
South Tower Departure 9:30 a.m.

**Publix, CVS, Walgreens,
Post Office**
North Tower Departure
10:45 a.m. and 12:45 p.m.
South Tower Departure
11:00 a.m. and 1:00 p.m.

Tamarac Library
By Reservation

Fridays

Doctor Appointments
North and South Tower
Departures by Reservation

Morning
SUNRISE/PLANTATION

Afternoon
LAUDERHILL/TAMARAC

One week advance notice is required.
On the day of your appointment, please
check in at the Front Desk with your
Reservation Slip no later than 45 minutes
prior to your departure time.

Saturdays

Temples
Main Lobby Departure
8:30 a.m.

Walmart Superstore
Main Lobby Departure
9:30 a.m.

Shoppes of 44 Street
Main Lobby Departure
9:30 a.m.

or Mall Trips
Main Lobby Departure
12:30 or 1:00 p.m.
Check Schedule for Details

PACIFICA
SENIOR LIVING
FOREST TRACE

JUNE 2017

AL ATRIUM LOBBY	DR DINING ROOM
BR BILLIARDS ROOM	JDR JENNIE'S DINING ROOM
CH CLUBHOUSE	PG PUTTING GREEN
CR CARD ROOM	PL POOL

On-Site Wellness Services

<p>VISITING PHYSICIANS On-Site Medical Professionals Available by Appointment</p> <p>Dr. Koch INTERNIST Mondays</p> <p>Dr. Ressler PODIATRIST Alternate Thursdays</p> <p>Dr. Linden CARDIOLOGIST Fridays</p>	<p>Dr. Stein DERMATOLOGIST Alternate Tuesdays</p> <p>Dr. Goldberg OPHTHALMOLOGIST</p> <p>Dr. Farbman RHEUMATOLOGIST Wednesdays</p>
--	---

Wellness Center
Open 7 Days
7:00 a.m.-9:00 p.m.
Call (954) 572-2100, Ext. 30

WELLCARE REHABILITATION Physical Therapy
Available by Appointment
Call (954) 440-2696

Thursday 1

9:30 Shopping Spree— Karen's Boutique CR

10:00-10:30 Large Print Library LIB

10:00 Work Out with Curtis CR

11:00 Yiskor Service with Cantor TED KATZ AL

12:30 Music Appreciation— "Puccini: La Boheme" (Opera) JDR

2:30 Music and Dancing with SPOOKEY JONES AL

2:30-3:30 Blood Pressure Check LIB

4:00-6:00 Happy Hour CR

7:00 Residents' Choice Movie— "War Dogs" [COMEDY/DRAMA—R] JDR

7:15 Cash Bingo CR
Coffee and Chat Follows CR

Friday 2

10:00 Musical Exercise with Sandy CR

10:00 Putt a'Round with Campbell PG

11:00 Comprehensive Wellness Health and Wellness Lecture CR

1:00 Blackjack CR

2:00 Blackjack CR

2:30 Trivia with Judy LIB

3:30 E-Mail Help LIB

4:00-6:00 Happy Hour CR

7:00 Friday Night Movie— "Bridge of Spies" [THRILLER—PG13] JDR

7:15 Shabbat Services with Cantor BILL WOOD CR
Coffee and Chat Follows CR

Saturday 3

9:30 Depart: Walmart AL

9:30 Depart: 44th Street AL

10:00 Classical Exercise with Robin CR

10:15 Depart: "Jonah On Stage" at Magnolia Movies AL

10:30 Charcoal Drawing Lessons with Art Teacher Debora Haley CR

12:30 Matinee Movie— "A Few Good Men" [DRAMA—R] JDR

2:30 Music and Dancing with MARTY LACKS AL

4:00-6:00 Happy Hour CR
Complimentary Drinks, Snacks

7:00 Performance— PHIL AND LAURI ADAMS AL
Coffee and Chat Follows CR

Sunday 4

9:30 Depart: Publix AL

10:00 Exercise with Shane CR

11:00 Jewelry Making with Veronica Fuchs CR

12:30 Sunday Movie Musical— "Moulin Rouge" JDR

TBA Depart: Local Movie AL

1:00 Ice Cream Social CR

2:30 Word Fun LIB

3:30 E-Mail Help LIB

4:00-6:00 Happy Hour CR
Complimentary Drinks, Snacks

7:00 Music Historians AL
MARLENE & CHET SOLENDER—
"Tribute to Cole Porter"
Coffee and Chat Follows CR

Monday 5

9:00 Card Players' Get-Together Breakfast DR

9:30-11:00 Circuit Training APT.120

10:00 Yoga with Satya CR

11:00 Pen Pal Program with Sandy CR

1:00 Duplicate Bridge with Margery Pecoraro CR

2:30 Trivia with Mitchie LIB

4:00-6:00 Happy Hour CR
Complimentary Drinks, Snacks

7:00 Residents' Choice Movie— "The Blind Side" [DRAMA—PG13] JDR

7:15 Cash Bingo CR
Coffee and Chat Follows CR

Tuesday 6

9:30-10:30 Large Print Library LIB

10:00 Work Out with Curtis CR
Strength and Balance

11:00 Hearing Aid Specialist LIB

11:00 Nova Lifelong Learning with PETER LEVINE— "The New Deal" CR

1:00 Fun with Horticulture— Flowering Patio Plants JDR

2:30 Music and Dancing with SANDY ROSS AL

2:30-3:00 Blood Pressure Check LIB

4:00-6:00 Happy Hour CR

7:00 Performance— Violinist ASY ALISAID AL
Coffee and Chat Follows CR

Wednesday 7

9:30-11:00 Circuit Training APT.120

10:00 Musical Exercise with Sandy CR

10:30 Depart: Aruba's on the Beach AL

10:45 Sterling University Lecture with PHIL LETO— "Trials of the Century: Patty Hearst" CR

1:00 Afternoon Bingo CR

1:30 Charity Knitting Club LIB

3:00 Zumba Gold Dance and Exercise with Marion AL

3:00 Word Fun LIB

4:00-6:00 Happy Hour CR

7:00 CHORUS SHOW— "A Lifetime in Song" AL
Coffee and Chat Follows CR

Thursday 8

9:30 Shopping Spree— Prestige Jewelry CR

10:00-10:30 Large Print Library LIB

10:00 Work Out with Curtis CR

11:00 Chorus Rehearsal AL

12:30 Music Appreciation— "Itzch Perlman: Beethoven and Brahms" JDR

2:30 Music and Dancing with DRAGAN AL

2:30-3:30 Blood Pressure Check LIB

4:00-6:00 Happy Hour CR

7:00 Residents' Choice Movie— "Live by Night" [DRAMA—R] JDR

7:15 Cash Bingo CR
Coffee and Chat Follows CR

Friday 9

10:00 Musical Exercise with Sandy CR

10:00 Putt a'Round with Campbell PG

11:00 Weinbaum Yeshiva High School Students Visit CR

1:00 Blackjack CR

2:00 Blackjack CR

2:30 Trivia with Judy LIB

3:30 E-Mail Help LIB

4:00-6:00 Happy Hour CR
Complimentary Drinks, Snacks

7:00 Friday Night Movie— "Harvey" [CLASSIC—NR] JDR

7:15 Shabbat Services with Cantor BILL WOOD CR
Coffee and Chat Follows CR

Saturday 10

9:30 Depart: Walmart AL

9:30 Depart: 44th Street AL

10:00 Classical Exercise with Robin CR

11:00 Pain Support Group with Suzanne Juster and Guest CR
Speaker Dr. Andrew Goldberg

12:30 Matinee Movie— "Remember" [DRAMA—R] JDR

2:00 Depart: Arts Garage Delray AL
"The Ashley Cooper Show"

2:30 Music and Dancing with CHRIS AUTORE AL

4:00-6:00 Happy Hour CR

7:00 Performance— MARC AND RIO AL
Coffee and Chat Follows CR

Sunday 11

9:30 **Depart: Publix** AL
 10:00 Exercise with Shane CR
 11:00 **Painting Class with Sally** CR
 12:30 Sunday Movie Musical— "Guys and Dolls" JDR
 1:00 **Depart: Festival Flea Market Mall** AL
 1:00 Ice Cream Social CR
 2:30 Word Fun LIB
 3:30 E-Mail Help LIB
 4:00-6:00 Happy Hour CR
 Complimentary Drinks, Snacks
 7:00 **Book Review with RONELLE DELMONT—"The Kidnapping of Edgardo Mortara"** AL
 Coffee and Chat Follows CR

Monday 12

9:30-11:00 Circuit Training APT.120
 10:00 Yoga with Satya CR
 11:00 **"Stress Management" with ESTHER COHEN** CR
 1:00 Duplicate Bridge with Margery Pecoraro CR
 2:30 Trivia with Mitchie LIB
 4:00-6:00 Happy Hour CR
 Complimentary Drinks and Snacks
 7:00 Residents' Choice Movie— "Woman in Gold" JDR
 [DRAMA—PG13]
 7:15 **Cash Bingo** CR
 Coffee and Chat Follows CR

Tuesday 13

9:30-10:30 Large Print Library LIB
 10:00 Work Out with Curtis CR
 Strength and Balance
 10:30 **New Resident Orientation** JDR
 11:00 **Jewish History Lecture with SHEILA GERBER** CR
 2:30 **Music and Dancing with ANDY NICCOLS** AL
 2:30-3:00 Blood Pressure Check LIB
 4:00-6:00 Happy Hour CR
 Complimentary Drinks, Snacks
 4:30 **Depart: Dinner Outing at Bonefish Grill** AL
 7:00 **Lecture with MYRNA GOLDBERGER—"It Happened in June"** AL
 Coffee and Chat Follows CR

Wednesday 14

9:30-11:00 Circuit Training APT.120
 10:00 Musical Exercise with Shane CR
 10:30 **Depart: Chorus Perform at Focal Point Senior Center** AL
 11:00 **Town Hall Meeting with Executive Director CAMPBELL EPES—"Hurricane Preparedness"** CR
 1:00 Blackjack CR
 1:30 Charity Knitting Club LIB
 2:00 Blackjack CR
 3:00 **Zumba Gold Dance and Exercise with Marion** AL
 3:00 Word Fun LIB
 4:00-6:00 Happy Hour CR
 7:00 **Performance—GLENDIA GRAINGER** AL
 Coffee and Chat Follows CR

Thursday 15

9:30 Shopping Spree— Marzee's Jewelry & Handbags CR
 10:00-10:30 Large Print Library LIB
 10:00 Work Out with Curtis CR
 11:00 **SHANE'S Trivia** CR
 12:30 Music Appreciation— "Bach: Mass in B Minor" JDR
 2:30 **Music and Dancing with SPOOKEY JONES** AL
 2:30-3:30 Blood Pressure Check LIB
 4:00-6:00 Happy Hour CR
 Complimentary Drinks, Snacks
 7:00 Residents' Choice Movie— "A Dog's Purpose" [DRAMA—PG] JDR
 7:15 **Cash Bingo** CR
 Coffee and Chat Follows CR

Friday 16

WEAR YOUR SNEAKERS TO WORK DAY
 10:00 Musical Exercise with Sandy CR
 10:00 Putt a'Round with Campbell PG
 11:00 **Nutritionists' Chat** CR
 12:00 **Complimentary Pizza Lunch** AL
 1:00 Blackjack CR
 2:00 Blackjack CR
 2:30 Trivia with Judy LIB
 3:30 E-Mail Help LIB
 4:00-6:00 Happy Hour CR
 7:00 Movie— "Grumpy Old Men" [COMEDY—PG13] JDR
 7:15 **Shabbat Services with Cantor TED KATZ** CR
 Coffee and Chat Follows CR

Saturday 17

9:30 **Depart: Walmart** AL
 9:30 **Depart: 44th Street** AL
 10:00 Classical Exercise with Robin CR
 10:30 **Charcoal Drawing Lessons with Art Teacher Debora Haley** CR
 12:30 Matinee Movie— "Awakenings" [DRAMA—PG13] JDR
 1:00 **Depart: Town Center Mall in Boca Raton** AL
 2:30 **Music and Dancing with "K.J."** AL
 4:00-6:00 Happy Hour CR
 Complimentary Drinks, Snacks
 7:00 **Performance—DAVID MEULEMANS** AL
 Coffee and Chat Follows CR

Sunday 18

FATHERS DAY
 10:00 Exercise with Shane CR
 11:00 **Arts and Crafts with Adam** CR
 12:00 **Father's Day Special—Belly Dancer DAWN RYHS** AL
 1:00-4:30 **Early Dinner** DR
 2:30 Word Fun LIB
 3:30 E-Mail Help LIB
 6:00 **Father's Day Performance—WAYNE L.** AL
 7:00 Movie Feature— "Father of the Bride" JDR
 [COMEDY—PG]

Monday 19

9:30-11:00 Circuit Training APT.120
 10:00 Yoga with Satya CR
 11:00 **Food Committee Meeting with Campbell and O.B.** CR
 1:00 Duplicate Bridge with Margery Pecoraro CR
 2:30 Trivia with Mitchie LIB
 4:00-6:00 Happy Hour CR
 Complimentary Drinks and Snacks
 7:00 Residents' Choice Movie— "Analyze This" [COMEDY—R] JDR
 7:15 **Cash Bingo** CR
 Coffee and Chat Follows CR

Tuesday 20

9:30-10:30 Large Print Library LIB
 10:00 Work Out with Curtis CR
 Strength and Balance
 11:00 **Lecture with Savvy Seniors Founder ANN GOLDBERG—"Happiness"** CR
 12:00 **Birthday Bash** DR
 1:00 **Fun with Horticulture—Nature Print Notecards** JDR
 2:30 **Music and Dancing with DRAGAN** AL
 2:30-3:00 Blood Pressure Check LIB
 4:00-6:00 Happy Hour CR
 7:00 **Book Review with GLORIA SHAPIRO—"Very Much a Lady"** AL
 Coffee and Chat Follows CR

Wednesday 21

9:30-11:00 Circuit Training APT.120
 10:00 Musical Exercise with Shane CR
 10:00 **Depart: Flamingo Gardens Sterling University Lecture "Putin, Russia, Eastern Europe and Beyond"** AL
 10:45 **Sterling University Lecture "Putin, Russia, Eastern Europe and Beyond"** CR
 1:00 Afternoon Bingo CR
 1:30 Charity Knitting Club LIB
 3:00 **Zumba Gold Dance and Exercise with Marion** AL
 3:00 Word Fun LIB
 4:00-6:00 Happy Hour CR
 Complimentary Drinks, Snacks
 7:00 **Performance—BARRIE BLYTH** AL
 Coffee and Chat Follows CR

Thursday 22

9:30 Shopping Spree— Marina's Boutique CR
 10:00-10:30 Large Print Library LIB
 10:00 Work Out with Curtis CR
 11:00 **Chorus Rehearsal** AL
 12:30 Music Appreciation— "Giselle" (Kremlin Ballet) JDR
 2:30 **Music and Dancing with CARL EVANS** AL
 2:30-3:30 Blood Pressure Check LIB
 4:00-6:00 Happy Hour CR
 Complimentary Drinks, Snacks
 7:00 Residents' Choice Movie— "Hidden Figures" [BIO-DRAMA—PG] JDR
 7:15 **Cash Bingo** CR
 Coffee and Chat Follows CR

Friday 23

10:00 Musical Exercise with Sandy CR
 10:00 Putt a'Round with Campbell PG
 11:00 **Musical Video Lecture with HARRY GETZOV** CR
 1:00 Blackjack CR
 2:00 Blackjack CR
 2:30 Trivia with Judy LIB
 3:30 E-Mail Help LIB
 4:00-6:00 Happy Hour CR
 Complimentary Drinks, Snacks
 7:00 Friday Night Movie— "The Debt" [THRILLER—R] JDR
 7:15 **Shabbat Services with Cantor TED KATZ** CR
 Coffee and Chat Follows CR

Saturday 24

9:30 **Depart: Walmart** AL
 9:30 **Depart: 44th Street** AL
 10:00 Classical Exercise with Robin CR
 12:30 Matinee Movie— "Arsenic and Old Lace" [COMEDY—NR] JDR
 1:00 **Depart: The Promenade** AL
 2:30 **Music and Dancing with CHRIS AUTORE** AL
 4:00-6:00 Happy Hour CR
 Complimentary Drinks and Snacks
 7:00 **Performance—MINDY McGEE** AL
 Coffee and Chat Follows CR

Sunday 25

9:30 **Depart: Publix** AL
 10:00 Exercise with Shane CR
 11:00 **Painting Class with Sally** CR
 12:30 Sunday Movie Musical— "Mary Poppins" JDR
 1:00 **Depart: Broward Mall** AL
 1:00 Ice Cream Social CR
 2:30 Word Fun LIB
 3:30 E-Mail Help LIB
 4:00-6:00 Happy Hour CR
 Complimentary Drinks and Snacks
 7:00 **Sing Along with MARY-JANE CUNNINGHAM** AL
 Coffee and Chat Follows CR

Monday 26

9:30-11:00 Circuit Training APT.120
 10:00 Yoga with Satya CR
 11:00 **Yiddish Hour with COOKIE BLATTMAN** CR
 1:00 Duplicate Bridge with Margery Pecoraro CR
 2:30 Trivia with Mitchie LIB
 4:00-6:00 Happy Hour CR
 Complimentary Drinks and Snacks
 7:00 Residents' Choice Movie— "Red 2" [ACTION—PG13] JDR
 7:15 **Cash Bingo** CR
 Coffee and Chat Follows CR

Tuesday 27

9:30-10:30 Large Print Library LIB
 10:00 Work Out with Curtis CR
 Strength and Balance
 11:00 **"The Brain Train" with JUDY HERMAN** CR
 2:30 **Music and Dancing with DRAGAN** AL
 2:30-3:00 Blood Pressure Check LIB
 4:00-6:00 Happy Hour CR
 Complimentary Snacks and Drinks
 4:30 **Depart: Dinner Outing at Carrabba's Italian Grill** AL
 7:00 **Music with RICHIE SHAPIRO** AL
 Coffee and Chat Follows CR

Wednesday 28

BRITISH FAMILY NIGHT
 9:30-11:00 Circuit Training APT.120
 10:00 Musical Exercise with Sandy CR
 10:30 **Depart: Seminole Coconut Creek Casino** AL
 11:00 **Book Review with GOLDIE** CR
 1:00 Blackjack CR
 1:30 Charity Knitting Club LIB
 2:00 Blackjack CR
 3:00 **Zumba Dance and Exercise** AL
 3:00 Word Fun LIB
 4:00-6:30 **Family Night Happy Hour with Live Music, Hot Hors d'oeuvres and Complimentary Drinks** CR
 7:15 **STAR PERFORMANCE—SANDY WARREN** AL

Thursday 29

9:30 Shopping Spree— Barbara and Mel's Boutique CR
 10:00-10:30 Large Print Library LIB
 10:00 Work Out with Curtis CR
 11:00 **Chorus Rehearsal** AL
 12:30 Music Appreciation— "Turandot" (Opera) JDR
 2:30 **Music and Dancing with MARTY LACKS** AL
 2:30-3:30 Blood Pressure Check LIB
 4:00-6:00 Happy Hour CR
 Complimentary Drinks, Snacks
 7:00 Residents' Choice Movie— "Golden Years" [COMEDY—NR] JDR
 7:15 **Cash Bingo** CR
 Coffee and Chat Follows CR

Friday 30

10:00 Musical Exercise with Sandy CR
 10:00 Putt a'Round with Campbell PG
 11:00 **BRAIN BLAST Trivia** CR
 1:00 Blackjack CR
 2:00 Blackjack CR
 2:30 Trivia with Judy LIB
 3:30 E-Mail Help LIB
 4:00-6:00 Happy Hour CR
 Complimentary Drinks and Snacks
 7:00 Friday Night Movie— "The Call" [THRILLER—R] JDR
 7:15 **Shabbat Services with Cantor TED KATZ** CR
 Coffee and Chat Follows CR

FLORIST



The #1 provider of floral and silk arrangements to Pacifica Senior Living Forest Trace and its residents
(954) 789-2646
 Mention Forest Trace and receive 10% OFF