

Be Inspired

THE CARLISLE PALM BEACH | ASSISTED LIVING | a Senior Lifestyle community | LANTANA, FL 33462 | 561-533-9440

THIS MONTH'S silver star

JANET RAYMOND

Janet Raymond was born on Long Island, N.Y., but her family moved to Niagara Falls when she was just a baby. She spent her childhood there until she enrolled at Syracuse University where she studied painting and illustration. She credits her mother for sparking and supporting her artistic career. At the age of 10, her mother enrolled her in drawing classes at the Albright Art Museum. The diversity of her talent is amazing; she paints, draws and has illustrated three books. Her love of art is something she holds very dear and her 29 years as an art teacher at the high school level is considered her greatest accomplishment. Most of her inspiration comes from the environment around her at the time or from photos she has taken. Many of her nautical pieces reflect the years she spent studying with various professional artists in Maine. But it wasn't all work and no play. She loves to travel and has taken cruises to the Baltic and through the Panama Canal. Her favorite trip was to Scotland and England, searching for her roots. By far the most memorable trip was her three week adventure throughout Europe visiting all the art museums. Janet has two children, Lynn and Jeff, as well as her beloved grandson, Jared. She has always encouraged her children to find their strengths and the things that bring them joy, and then just do it. Janet's paintings can be viewed in our art gallery. If you ever have a chance to visit her apartment, it is a museum of her work. We welcome Janet and appreciate her sharing her passion with us.



JOIN US THIS MONTH FOR *how the west was fun!*

May is recognized nationwide as Older Americans Month. As such, we respectfully honor and appreciate what our parents



and grandparents have done to contribute to our country's success. Our older Americans have endured two World Wars, the Great Depression, and the horrors of the Holocaust. But it wasn't all bad. Music and the arts contributed to playful music and outrageous trends. This generation blasted our country into the Industrial Revolution, modern inventions that have changed the way we live, and they are the pioneers of the space program! This month, we are going to push the clock back a bit further and explore the challenges and accomplishments of the pioneers from the Wild West. Our programs will include some history but the focus of this journey will be to relive some of the novel and fun experiences back then. We will Pan for Gold while learning about the Yukon Gold Rush, Whyknot learn to lasso, play horseshoes, identify famous faces from the old West, make our own jewelry with Indian beads, and learn about the noteworthy pioneers and the rascals who shaped the climate of the times. Don't miss our month end Circle 'C' Ranch and Saloon Shindig. Yee-haw, hold on to your hats!

WELCOME OUR *new neighbor*

Joan Wilson, Apt. 344

TRAIN YOUR BRAIN *sudoku solution on back*

	5				1		4	2
		1			4			
2			9	8				1
		8	4			3		
7			8		6			9
					2	1		
8				4	5			
			7			9		
4	3		1					6

assisted living

BE INSPIRED

- CONNECT ● GROW
- CONTRIBUTE ● MOVE
- FEEL ● REFLECT

ASSISTED LIVING FACILITY #9713

LOCATIONS

- AL ARTS AND CRAFTS ROOM — ALA&C
- AL CARD ROOM — AL CR
- AL DINING ROOM — AL DR
- CINEMA — C
- EAST LOBBY — EL
- HEALTH/FITNESS ROOM — HC
- IL ARTS AND CRAFTS ROOM — ILA&C
- IL CARD ROOM — IL CR
- LIBRARY — LIB
- LOUNGE — LN
- PALM ROOM — PR
- POOL/PATIO — P
- PRIVATE DINING ROOM — PDR

TRANSPORTATION SCHEDULE

- MONDAY, TUESDAY & THURSDAY
8 a.m.-4 p.m.
Medical Appointments
- WEDNESDAY & FRIDAY
8 a.m.-4 p.m.
Medical Appointments/
Open Transportation
- SUNDAY
9 a.m.-4 p.m.
Church/Activity Outings



www.SeniorLifestyle.com
Activities are subject to change

BIRTHDAYS THIS MONTH		MAY DAY		MAY DAY		MAY DAY		MAY DAY		MAY DAY		MAY DAY		MAY DAY											
JOEY BERGMAN — 2nd INGA HILVIRTA — 5th RENEE KLEIN — 7th NORTON MORGANTHAL — 11th SEYMOUR SALMONWITZ — 12th PHILIP WHITACRE — 17th HAROLD STEPHENS — 24th				10:00 ● Exercise LN 10:00 ● Senior Sneakers with Regina HC 10:30 ● Christian Services with Deacon Mike IL CR 10:45 ● Watch Our Garden Grow AL A&C 11:00 ● Aquacise with Regina! P 1:00 ● Card Games AL CR 2:00 ● Flowing Words Team Competition LN 3:00 ● Blackjack AL A&C 4:00 ● Happy Hour LN		10:00 ● Light & Lively Fitness LN 10:45 ● Relaxation Thru Art AL A&C 11:00 ● Netflix Special Series C 11:30 ● Road Trip! Lunch at CiCi Pizzeria EL 1:00 ● Bridge/Mah Jongg AL CR 2:00 ● Movie and Popcorn LN 4:00 ● Just Dance with Judy LN 6:30 ● Card Games AL CR 7:30 ● What's Your View: Discussion Group with Liz PR		9:00 ● Publix in Lantana EL 10:00 ● Good Morning: Let's Get Moving LN 10:00 ● Yoga & Meditation HC 10:45 ● Pampered Nails AL A&C 1:00 ● Flashback: Classic Western Movies C 1:00 ● Card Games AL CR 2:00 ● Fun with Trivia LN 3:00 ● Bananagrams AL A&C 4:00 ● Happy Hour LN 7:30 ● Sabbath Services PR		● KENTUCKY DERBY 'RACE FOR THE ROSES' 9:15 ● Temple Services EL 10:00 ● Move & Groove LN 10:45 ● Team Crossword AL A&C 11:00 ● Yoga Class PR 1:30 ● Mah-Jongg/Bridge/Rummikub AL CR 1:45 ● Blackjack AL A&C 3:00 ● Music with Tom LN 6:30 ● 145th Derby Race Televised C 7:30 ● Showtime! Leiza Michaels PR		9:00 ● Church Services EL 10:00 ● Sunday Stretch LN 10:45 ● Wild West Trivia LN 1:30 ● Bridge/Mah-Jongg Games AL CR 2:30 ● Children's Piano Recital PR 3:30 ● Pre Dinner Social Connections LN		10:00 ● Good Morning: Let's Get Moving LN 10:00 ● Publix in Manalapan EL 10:00 ● Poolside Yoga P 10:45 ● Table Games & Puzzles AL CR 11:00 ● Open Art Studio with Ellie AL A&C 1:00 ● Bridge/Mah-Jongg/Canasta AL CR 2:00 ● Remember When ... LN 3:00 ● Pokeno AL A&C 4:00 ● Cinco de Mayo Happy Hour with Mariachi Band P		10:00 ● Shake It Up & Shake It Out! LN 10:30 ● Music & Poetry with Liz LN 10:45 ● Poolside Coffee & Conversation P 11:30 ● Chancellor Kids End of Year Party PR 1:00 ● Sing for Fun with Jewel HC 1:30 ● Walgreens/Library EL 1:30 ● Crafts with Debra AL A&C 2:00 ● Wii Bowling LN 3:00 ● Bible Study in the IL Library 3:00 ● Brain Health University LN 7:30 ● Cash Bingo PR		10:00 ● Exercise LN 10:00 ● Senior Sneakers with Regina HC 10:30 ● Catholic Communion IL CR 10:45 ● Team Mural AL A&C 11:00 ● Aquacise with Regina! P 1:00 ● Card Games AL CR 2:00 ● Afternoon Cash Bingo! PR 3:00 ● Famous Faces from the Old West LN 3:00 ● Blackjack with Edlyne AL A&C 4:00 ● Happy Hour LN		10:00 ● Light & Lively Fitness LN 10:45 ● WhyKnot Learn to Lasso LN 11:00 ● Netflix Special Series C 1:00 ● Bridge/Mah Jongg AL CR 2:00 ● Resident Council Meeting LN 3:00 ● Ice Cream Bar LN 4:00 ● Just Dance with Judy LN 6:30 ● Card Games AL CR 7:30 ● Harry Getzov: "The American Songbook" PR		9:00 ● Publix in Lantana EL 10:00 ● Good Morning: Let's Get Moving LN 10:00 ● Yoga & Meditation HC 10:45 ● Activity Program Meeting LN 11:00 ● Poetry Appreciation Group IL A&C 1:00 ● Flashback: Classic Western Movies C 1:00 ● Card Games AL CR 2:00 ● "Wheel of Fortune" AL A&C 3:00 ● True or False Paddle Game LN 4:00 ● Happy Hour LN 7:30 ● Sabbath Services PR		9:15 ● Temple Services EL 10:00 ● Move & Groove LN 10:45 ● Team Crossword AL A&C 11:00 ● Yoga Class PR 1:30 ● Mah-Jongg/Bridge/Rummikub AL CR 1:45 ● Blackjack AL A&C 3:00 ● Music with Phil Adams LN 7:30 ● Showtime! Doug Shannon PR	
MOTHER'S DAY ● VINTAGE MOTHERHOOD PHOTO DISPLAY 9:00 ● Church Services EL 10:00 ● Sunday Stretch LN 10:45 ● .comSeniors LN 1:30 ● Bridge/Mah-Jongg Games AL CR 2:00 ● Kretzer Kids Concert LN 3:00 ● Mother's Day Memories LN		● CRAZY SOCK DAY 10:00 ● Good Morning: Let's Get Moving LN 10:00 ● Publix in Manalapan EL 10:00 ● Poolside Yoga P 10:45 ● Current Events LN 11:00 ● Open Art Studio with Ellie AL A&C 1:00 ● Bridge/Mah-Jongg/Canasta AL CR 2:00 ● Remember When ... LN 3:00 ● Word Scramble AL A&C 4:00 ● Happy Hour LN 7:30 ● Myrna Goldberger PR		● BLUE & SILVER DAY 10:00 ● Shake It Up & Shake It Out! LN 10:45 ● Poolside Coffee & Conversation P 1:00 ● Sing for Fun with Jewel HC 1:30 ● Crafts with Debra AL A&C 1:30 ● Walgreens/Library EL 2:00 ● Wii Bowling LN 3:00 ● Brain Health University LN 7:30 ● Cash Bingo PR		● NATIONAL CHOCOLATE CHIP COOKIE DAY 10:00 ● Exercise LN 10:00 ● Senior Sneakers with Regina HC 10:30 ● Catholic Communion IL CR 10:45 ● Watch Our Garden Grow AL A&C 11:00 ● Aquacise with Regina! P 11:30 ● Brain Train PR 1:00 ● Card Games AL CR 2:00 ● Flowing Words Team Competition LN 3:00 ● Blackjack AL A&C 4:00 ● Happy Hour LN		● FANCY TIES & SCARVES DAY 10:00 ● Light & Lively Fitness LN 10:45 ● Relaxation Thru Art AL A&C 11:00 ● Netflix Special Series C 11:30 ● Road Trip! Let's Go to the Movies EL 12:30 ● Eat, Drink, & Play Cards Party PR 1:00 ● Bridge/Mah Jongg AL CR 2:00 ● Movie and Popcorn LN 4:00 ● Just Dance with Judy LN 6:30 ● Card Games AL CR		● HAT DAY 9:00 ● Publix in Lantana EL 10:00 ● Good Morning: Let's Get Moving LN 10:00 ● Yoga & Meditation HC 10:45 ● Pampered Nails AL A&C 1:00 ● Flashback: Classic Western Movies C 1:00 ● Card Games AL CR 2:00 ● Panning for Gold P 4:00 ● Happy Hour LN 7:30 ● Sabbath Services PR		● PREAKNESS RACE 9:15 ● Temple Services EL 10:00 ● Move & Groove LN 10:45 ● Team Crossword AL A&C 11:00 ● Yoga Class PR 1:30 ● Mah-Jongg/Bridge/Rummikub AL CR 1:45 ● Blackjack AL A&C 3:00 ● Music with Dave LN 7:30 ● Showtime! Elayne & Jeff PR													
9:00 ● Church Services EL 10:00 ● Sunday Stretch LN 10:45 ● Carlisle Derby Horse Racing AL A&C 1:30 ● Bridge/Mah-Jongg Games AL CR 2:00 ● Ceramics with Katie AL A&C 3:00 ● Creative Writing AL A&C		10:00 ● Good Morning: Let's Get Moving LN 10:00 ● Publix in Manalapan EL 10:00 ● Poolside Yoga P 10:45 ● Table Games & Puzzles AL CR 11:00 ● Open Art Studio with Ellie AL A&C 1:00 ● Bridge/Mah-Jongg/Canasta AL CR 2:00 ● Remember When ... LN 3:00 ● Pokeno AL A&C 4:00 ● Happy Hour LN		10:00 ● Shake It Up & Shake It Out! LN 10:45 ● Poolside Coffee & Conversation P 1:00 ● Sing for Fun with Jewel HC 1:30 ● Crafts with Debra AL A&C 1:30 ● Walgreens/Library EL 2:00 ● Wii Bowling LN 3:00 ● Bible Study in the IL Library 3:00 ● Brain Health University LN 7:30 ● Cash Bingo PR		10:00 ● Exercise LN 10:00 ● Senior Sneakers with Regina HC 10:30 ● Catholic Communion IL CR 10:45 ● Team Mural AL A&C 11:00 ● Aquacise with Regina! P 1:00 ● Card Games AL CR 2:00 ● Afternoon Cash Bingo! PR 2:00 ● Poetry Corner AL A&C 3:00 ● Blackjack AL A&C 4:00 ● Happy Hour LN		10:00 ● Light & Lively Fitness LN 11:00 ● Netflix Special Series C 11:00 ● Road Trip! Lunch at the Texas Roadhouse EL 1:00 ● Bridge/Mah Jongg AL CR 2:00 ● Movie and Popcorn LN 4:00 ● Just Dance with Judy LN 6:30 ● Card Games AL CR 7:30 ● Yoonie Han: Concert Pianist From Hong Kong PR		9:00 ● Publix in Lantana EL 10:00 ● Good Morning: Let's Get Moving LN 10:00 ● Yoga & Meditation HC 10:45 ● Brain Crunches LN 1:00 ● Flashback: Classic Western Movies C 1:00 ● Card Games AL CR 2:00 ● Dominoes AL A&C 3:00 ● True or False Paddle Game LN 4:00 ● Happy Hour LN 7:30 ● Sabbath Services PR		9:15 ● Temple Services EL 10:00 ● Move & Groove LN 10:45 ● Team Crossword AL A&C 11:00 ● Yoga Class PR 1:30 ● Mah-Jongg/Bridge/Rummikub AL CR 1:45 ● Blackjack AL A&C 3:00 ● Music with John Lobosco LN 7:30 ● Showtime! Sammy Weber PR													
9:00 ● Church Services EL 10:00 ● Sunday Stretch LN 10:45 ● .comSeniors LN 1:30 ● Bridge/Mah-Jongg Games AL CR 2:00 ● Bingo AL A&C 3:00 ● Afternoon Tea & Talk LN		MEMORIAL DAY 10:00 ● Good Morning: Let's Get Moving LN 10:00 ● Publix in Manalapan EL 10:00 ● Poolside Yoga P 10:45 ● Current Events LN 11:00 ● Open Art Studio with Ellie AL A&C 1:00 ● Bridge/Mah-Jongg/Canasta AL CR 2:00 ● Remember When ... LN 3:00 ● Memorial Day Salute P 4:00 ● Happy Hour LN 7:30 ● Joy of Opera with Professor Albanese PR		10:00 ● Shake It Up & Shake It Out! LN 10:45 ● Poolside Coffee & Conversation P 1:00 ● Sing for Fun with Jewel HC 1:30 ● Crafts with Debra AL A&C 1:30 ● Walgreens/Library EL 2:00 ● Wii Bowling LN 3:00 ● Circle 'C' Ranch & Saloon Shindig PR 7:30 ● Cash Bingo PR		10:00 ● Exercise LN 10:00 ● Senior Sneakers with Regina HC 10:30 ● Catholic Communion IL CR 10:45 ● Guided Meditation AL A&C 11:00 ● Aquacise with Regina! P 1:00 ● Card Games AL CR 2:00 ● Culinary Creations AL A&C 3:00 ● Blackjack AL A&C 4:00 ● Happy Hour LN		10:00 ● Light & Lively Fitness LN 10:30 ● Beading with Marie IL A&C 11:00 ● Netflix Special Series C 12:30 ● Road Trip! Museum 66: Antique Cars & Pinball EL 1:00 ● Bridge/Mah Jongg AL CR 2:00 ● Movie and Popcorn LN 3:00 ● Carlisle Book Club IL A&C 4:00 ● Just Dance with Judy LN 4:30 ● S.S. Carlisle Cruise Bon Voyage Party 6:30 ● Card Games AL CR		9:00 ● Publix in Lantana EL 10:00 ● Good Morning: Let's Get Moving LN 10:00 ● Yoga & Meditation HC 10:45 ● World Geography LN 11:00 ● Carlisle Short Story Club IL A&C 1:00 ● Flashback: Classic Western Movies C 1:00 ● Card Games AL CR 2:00 ● Trivial Trivia LN 4:00 ● Birthday Party & Happy Hour LN 7:30 ● Sabbath Services PR															

EVENT RECAP

teamwork: t.ogether e.veryone a.chieves m.ore

Our Teamwork and Color War theme was a blast. The Green Team and the Gold Team participated in a variety of fun challenges as well as those that took a bit more concentration and skill. Who would have thought that the Styrofoam Cup Tower would create so much frustration? An unknown force kept pushing the cups away from each other like a static magnet. It took each resident several tries to finally stack all their 25 cups. Some were victorious, others just gave up. It was all in the name of fun. In the end, the Gold Team out won the Green Team and were declared the Color War Champions!



Lila & Larry proudly declare they are 0% Irish at our St. Patrick's Day Party.



Concentrating so hard, Ann attempts the Paper Cup Tower challenge.

IT'S OUR PLEASURE
TO SERVE YOU ...

word from your executive director

SOUNDS OF PROGRESS

The Management Team is in place and the energy in the building is growing in leaps and bounds. One by one, all resident concerns are being addressed, and new and more efficient policies are being implemented. Our new Poolside Yoga Class, Fabulous Friday Happy Hours, and our Sunday Brunch Program are all a huge success, but it won't stop there. New programs and special community events are also in the works. These are exciting times at The Carlisle and I'm happy to be a part of it. Richard Tournesy, E.D.

MANAGEMENT TEAM

Richard Tournesy, *Executive Director*
Karen Delgado, *Director of Resident Programs*
Marisie Courter, *Business Office Manager*
Taron Morton, *Director of Sales & Marketing*
Cuby Avril, *Dining Services Director*
Steve Mabry, *Director of Plant Operations*
Evadne Smith, *Memory Care Director*
Edlyne Jeudy, RN, *Health and Wellness Director*
Donna Mulligan, *Sales Counselor*

THIS MONTH'S heart hero

HOSPITALITY, EXCELLENCE,
APPRECIATION, RESPECT, TEAMWORK

RACHEL FELIZOR joined the Carlisle family in August 2018 as a part time Activity Assistant. Recently, she is now also working in Concierge. The first thing you notice when you meet Rachel is her unforgettable smile! She was born in Nassau, Bahamas. She and her sister, Merlande, faced a lot of challenges when they came to America. Merlande did not let anything hinder her from following her dreams, and her younger sister's determination had a very powerful impact on Rachel. Rachel's greatest accomplishment is graduating from college. The best part of her job is the people she works with. Rachel is a major contributor to the success and quality of life experience that the Activity Professionals provide for our residents. She hopes that she is remembered for her gentle way and the positive impact she has on the lives of the people she comes across. On March 24, 2019, Rachel was joyfully wed to her best friend of 6 years. We wish them happiness and joy as they begin their new journey.



TRAIN YOUR BRAIN solution

9	5	7	3	6	1	8	4	2
3	8	1	2	5	4	6	9	7
2	4	6	9	8	7	5	3	1
5	1	8	4	7	9	3	2	6
7	2	3	8	1	6	4	5	9
6	9	4	5	3	2	1	7	8
8	7	9	6	4	5	2	1	3
1	6	5	7	2	3	9	8	4
4	3	2	1	9	8	7	6	5



SENIOR
LIFESTYLE

your life, your style



PET
FRIENDLY