

Be Inspired

THE CARLISLE PALM BEACH | INDEPENDENT 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., and 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. Her inspiration comes from the environment around her or from photos she has taken. Her nautical pieces reflect the years she spent studying with professional artists in Maine. But it wasn't all work and no play. Janet loves to travel and has taken cruises to the Baltics and the Panama Canal. Her favorite trip was to Scotland and England, searching for her roots. Her most memorable trip was three weeks in 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 times 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 push the clock back a bit further and explore the challenges and accomplishments of the pioneers from the Wild West. The focus of our journey will be to relive some of the history as well as novel and fun experiences. We will Pan for Gold and learn 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 identify the noteworthy pioneers and 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 neighbors*

Nat Davi, Apt. 308 Dot Martin, Apt. 303
 Catherine & James Fiesel, Apt. 616 Pat & Bob Laurence, Apt. 419
 Yoko Hollis, Apt. 406

TRAIN YOUR BRAIN *sudoku solution on back*

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

independent living

BE INSPIRED

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

LOCATIONS

- AL ARTS AND CRAFTS ROOM — ALA&C
- CINEMA — C
- COMPUTER LOUNGE — CL
- DINING ROOM — DR
- EAST LOBBY — EL
- HEALTH/FITNESS ROOM — HC
- IL ARTS AND CRAFTS ROOM — ILA&C
- IL CARD ROOM — IL CR
- LIBRARY — L
- LIVING ROOM — LR
- 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
- SATURDAY
9 a.m.-4 p.m.
Temple Transportation/
Activity Trips
- SUNDAY
9 a.m.-4 p.m.
Church/Activity Outings

SENIOR LIFESTYLE

EMBRACE *life.*

EMBRACE *moments.*

EMBRACE *connection.*

www.SeniorLifestyle.com
Activities are subject to change

BIRTHDAYS THIS MONTH		MAY DAY 1		MAY DAY 2		MAY DAY 3		MAY DAY 4					
<p>ANN MOLLOY — 1st</p> <p>PHYLLIS SILVERMAN — 4th</p> <p>ROSE MARGOLIS — 12th</p> <p>DR. EARL M CLOUD — 16th</p> <p>LARRY MOSSE — 16th</p>		<p>BARBARA ROSS — 18th</p> <p>LEONORE BERKOWITZ — 19th</p> <p>DR. MOREY POWELL — 24th</p> <p>SALLY M CLOUD — 25th</p>		<p>9:30 ● Health Corner & Blood Pressure Screening IL CR</p> <p>10:00 ● Senior Sneakers with Regina HC</p> <p>10:30 ● Christian Services with Deacon Mike IL CR</p> <p>11:00 ● Aquacise with Regina! P</p> <p>1:00 ● Bridge/Mah-Jongg/Canasta IL CR</p> <p>2:00 ● Texas Hold'em IL CR</p> <p>4:00 ● Happy Hour by the Bar LR</p> <p>7:30 ● Poker Game IL CR</p>		<p>10:00 ● Chair Zumba HC</p> <p>11:00 ● Netflix Special Series C</p> <p>1:00 ● Bridge/Mah Jongg/Canasta IL CR</p> <p>2:00 ● Clock Words IL A&C</p> <p>3:00 ● Learn to play Mexican Train Dominoes with Karen IL A&C</p> <p>4:30 ● Just Dance with Judy LR</p> <p>7:30 ● What's Your View: Discussion Group with Liz PR</p>		<p>9:00 ● Publix in Lantana EL</p> <p>10:00 ● Yoga & Meditation HC</p> <p>11:00 ● News and Views IL CR</p> <p>11:00 ● Brush Up Bridge with Marvin IL CR</p> <p>1:00 ● Bridge/Mah-Jongg/Canasta Games IL CR</p> <p>1:00 ● Flashback: Classic Western Movies C</p> <p>4:00 ● Fabulous Friday Happy Hour LR</p> <p>7:30 ● Sabbath Services PR</p>		<p>● KENTUCKY DERBY 'RACE FOR THE ROSES'</p> <p>9:00 ● Temple Services EL</p> <p>11:00 ● Yoga Class PR</p> <p>11:30 ● Road Trip: Let's Go to the Lake Worth Cinema EL</p> <p>12:00 ● Blackjack IL A&C</p> <p>1:00 ● Bridge/Mah-Jongg/Canasta Games IL CR</p> <p>6:30 ● 145th Derby Race Televised C</p> <p>7:30 ● Showtime! Leiza Michaels PR</p>			
<p>9:00 ● Church Services EL 5</p> <p>11:00 ● Socrates Cafe PR</p> <p>12:00 ● Clock Words with Rachel IL A&C</p> <p>1:00 ● Bridge/Mah-Jongg/Canasta Games IL CR</p> <p>1:30 ● Bananagrams IL A&C</p> <p>2:30 ● Children's Piano Recital PR</p> <p>7:30 ● Blackjack with Melinda IL CR</p>		<p>10:00 ● Publix in Manalapan EL 6</p> <p>10:00 ● Poolside Yoga HC</p> <p>11:00 ● Open Art Studio with Ellie AL A&C</p> <p>1:00 ● Bridge/Mah-Jongg/Canasta Games IL CR</p> <p>1:30 ● Paint & Sip with Ellie AL A&C</p> <p>3:00 ● .comSeniors CL</p> <p>4:00 ● Cinco de Mayo Happy Hour with Mariachi Band P</p> <p>7:00 ● Card Games IL CR</p>		<p>10:00 ● Exercise with Advocare HC 7</p> <p>11:00 ● Open Play Ping Pong</p> <p>11:00 ● Chancellor Kids End of Year Party PR</p> <p>1:00 ● Sing for Fun with Jewel HC</p> <p>1:00 ● Bridge/Mah Jongg/Canasta IL CR</p> <p>1:30 ● Walgreens/Library EL</p> <p>2:00 ● Blackjack IL A&C</p> <p>3:00 ● Bible Study L</p> <p>4:00 ● Pre Dinner Social Networking LR</p> <p>7:30 ● Cash Bingo PR</p>		<p>10:00 ● Senior Sneakers with Regina HC 8</p> <p>10:30 ● Catholic Communion IL CR</p> <p>11:00 ● Aquacise with Regina! P</p> <p>1:00 ● Bridge/Mah-Jongg/Canasta IL CR</p> <p>2:00 ● Afternoon Cash Bingo! PR</p> <p>4:00 ● Happy Hour by the Bar LR</p> <p>6:30 ● After Dinner Cordials & Conversation LR</p> <p>7:30 ● Poker Game IL CR</p>		<p>10:00 ● Weight Workout HC 9</p> <p>11:00 ● Netflix Special Series C</p> <p>12:00 ● Lunch at the Diner EL</p> <p>12:30 ● Road Trip: Museum 66: Antique Cars & Pinball EL</p> <p>1:00 ● Bridge/Mah Jongg/Canasta IL CR</p> <p>4:30 ● Just Dance with Judy LR</p> <p>7:30 ● Harry Getzov: The American Songbook PR</p>		<p>9:00 ● Publix in Lantana EL 10</p> <p>10:00 ● Yoga & Meditation HC</p> <p>11:00 ● Brush Up Bridge with Marvin IL CR</p> <p>11:00 ● Poetry Appreciation Group IL A&C</p> <p>1:00 ● Bridge/Mah-Jongg/Canasta Games IL CR</p> <p>1:00 ● Flashback: Classic Western Movies C</p> <p>4:00 ● Fabulous Friday Happy Hour LR</p> <p>7:30 ● Sabbath Services PR</p>		<p>9:00 ● Temple Services EL 11</p> <p>11:00 ● Yoga Class PR</p> <p>12:00 ● Blackjack IL A&C</p> <p>12:00 ● Gardens Mall EL</p> <p>1:00 ● Bridge/Mah-Jongg/Canasta Games IL CR</p> <p>7:30 ● Showtime! Doug Shannon PR</p>	
<p>MOTHER'S DAY 12</p> <p>● VINTAGE MOTHERHOOD PHOTO DISPLAY LR</p> <p>● MOTHER'S DAY BRUNCH: 11:30 A.M.- 2:30 P.M. DR</p> <p>9:00 ● Church Services EL</p> <p>11:00 ● Socrates Cafe PR</p> <p>12:00 ● Clock Words with Rachel IL A&C</p> <p>1:00 ● Bridge/Mah-Jongg/Canasta Games IL CR</p> <p>1:30 ● Bananagrams IL A&C</p> <p>7:30 ● Blackjack with Melinda IL CR</p>		<p>● CRAZY SOCK DAY 13</p> <p>10:00 ● Publix in Manalapan EL</p> <p>10:00 ● Poolside Yoga HC</p> <p>11:00 ● Open Art Studio with Ellie AL A&C</p> <p>11:00 ● General Resident Meeting PR</p> <p>1:00 ● Bridge/Mah-Jongg/Canasta Games IL CR</p> <p>1:30 ● Crafts with Ellie IL A&C</p> <p>3:00 ● Team Scrabble IL A&C</p> <p>4:00 ● Happy Hour by the Bar LR</p> <p>7:00 ● Card Games IL CR</p> <p>7:30 ● Myrna Goldberger PR</p>		<p>● BLUE & SILVER DAY 14</p> <p>10:00 ● Sun Seekers Beach Walk EL</p> <p>10:45 ● Program Suggestion Forum HC</p> <p>1:00 ● Sing for Fun with Jewel HC</p> <p>1:00 ● Bridge/Mah Jongg/Canasta IL CR</p> <p>1:30 ● Walgreens/Library EL</p> <p>2:00 ● Medicare Changes & How It Impacts You PR</p> <p>3:00 ● Blackjack IL A&C</p> <p>3:00 ● Mix & Mingle Couples' Social</p> <p>4:00 ● Pre Dinner Social Networking LR</p> <p>7:30 ● Cash Bingo PR</p>		<p>● NATIONAL CHOCOLATE CHIP COOKIE DAY 15</p> <p>9:30 ● Health Corner & Blood Pressure Screening IL CR</p> <p>10:00 ● Senior Sneakers with Regina HC</p> <p>10:30 ● Catholic Communion IL CR</p> <p>11:00 ● Aquacise with Regina! P</p> <p>11:30 ● Brain Train with Judy Herman PR</p> <p>1:00 ● Bridge/Mah-Jongg/Canasta IL CR</p> <p>2:00 ● Texas Hold'em IL CR</p> <p>4:00 ● Happy Hour by the Bar LR</p> <p>7:30 ● Poker Game IL CR</p>		<p>● FANCY TIES & SCARVES DAY 16</p> <p>10:00 ● Weight Workout HC</p> <p>11:00 ● Netflix Special Series C</p> <p>11:30 ● Executive Resident Council Meeting</p> <p>12:30 ● Eat, Drink, & Play Cards Party PR</p> <p>1:00 ● Bridge/Mah Jongg/Canasta IL CR</p> <p>2:00 ● Clock Words IL A&C</p> <p>3:00 ● Learn & Play Mexican Train Dominoes with Karen IL A&C</p> <p>4:30 ● Just Dance with Judy LR</p>		<p>● HAT DAY 17</p> <p>9:00 ● Publix in Lantana EL</p> <p>10:00 ● Yoga & Meditation HC</p> <p>11:00 ● News and Views IL CR</p> <p>11:00 ● Brush Up Bridge with Marvin IL CR</p> <p>1:00 ● Bridge/Mah-Jongg/Canasta Games IL CR</p> <p>1:00 ● Flashback: Classic Western Movies C</p> <p>4:00 ● Fabulous Friday Happy Hour LR</p> <p>7:30 ● Sabbath Services PR</p>		<p>● PREAKNESS RACE C 18</p> <p>9:00 ● Temple Services EL</p> <p>11:00 ● Yoga Class PR</p> <p>11:30 ● Road Trip: Let's Go to the Lake Worth Cinema EL</p> <p>12:00 ● Blackjack IL A&C</p> <p>1:00 ● Bridge/Mah-Jongg/Canasta Games IL CR</p> <p>7:30 ● Showtime! Elayne & Jeff PR</p>	
<p>9:00 ● Church Services EL 19</p> <p>11:00 ● Socrates Cafe PR</p> <p>12:00 ● Clock Words with Rachel IL A&C</p> <p>1:00 ● Bridge/Mah-Jongg/Canasta Games IL CR</p> <p>1:30 ● Bananagrams IL A&C</p> <p>2:00 ● Ceramics with Katie AL A&C</p> <p>7:30 ● Blackjack with Melinda IL CR</p>		<p>10:00 ● Publix in Manalapan EL 20</p> <p>10:00 ● Poolside Yoga HC</p> <p>11:00 ● Open Art Studio with Ellie AL A&C</p> <p>1:00 ● Bridge/Mah-Jongg/Canasta Games IL CR</p> <p>1:00 ● WhyKnot Learn to Lasso P</p> <p>1:30 ● Crafts with Ellie IL A&C</p> <p>3:00 ● .comSeniors CL</p> <p>4:00 ● Happy Hour by the Bar LR</p> <p>7:00 ● Card Games IL CR</p>		<p>10:00 ● Exercise with Advocare HC 21</p> <p>11:00 ● Open Play Ping Pong</p> <p>11:00 ● Carlisle Derby Horse Racing HC</p> <p>1:00 ● Sing for Fun with Jewel HC</p> <p>1:00 ● Bridge/Mah Jongg/Canasta IL CR</p> <p>1:30 ● Walgreens/Library EL</p> <p>2:00 ● Blackjack IL A&C</p> <p>3:00 ● Bible Study L</p> <p>4:00 ● Pre Dinner Social Networking LR</p> <p>7:30 ● Cash Bingo PR</p>		<p>10:00 ● Senior Sneakers with Regina HC 22</p> <p>10:30 ● Catholic Communion IL CR</p> <p>11:00 ● Aquacise with Regina! P</p> <p>1:00 ● Bridge/Mah-Jongg/Canasta IL CR</p> <p>2:00 ● Afternoon Cash Bingo! PR</p> <p>4:00 ● Happy Hour by the Bar LR</p> <p>6:30 ● After Dinner Cordials & Conversation LR</p> <p>7:30 ● History Replay with Harry Getzov PR</p> <p>7:30 ● Poker Game IL CR</p>		<p>10:00 ● Chair Zumba HC 23</p> <p>11:00 ● Netflix Special Series C</p> <p>1:00 ● Bridge/Mah Jongg/Canasta IL CR</p> <p>1:00 ● Panning for Gold P</p> <p>3:00 ● Noteworthy Pioneers & Rascals IL A&C</p> <p>4:30 ● Just Dance with Judy LR</p> <p>5:00 ● Captain's Table PDR</p> <p>7:30 ● Yoonie Han: Concert Pianist From Hong Kong PR</p>		<p>9:00 ● Publix in Lantana EL 24</p> <p>10:00 ● Yoga & Meditation HC</p> <p>11:00 ● Brush Up Bridge with Marvin IL CR</p> <p>1:00 ● Bridge/Mah-Jongg/Canasta Games IL CR</p> <p>1:00 ● Flashback: Classic Western Movies C</p> <p>4:00 ● Fabulous Friday Happy Hour LR</p> <p>7:30 ● Sabbath Services PR</p>		<p>9:00 ● Temple Services EL 25</p> <p>11:00 ● Yoga Class PR</p> <p>12:00 ● Blackjack IL A&C</p> <p>12:00 ● Wellington Mall EL</p> <p>1:00 ● Bridge/Mah-Jongg/Canasta Games IL CR</p> <p>7:30 ● Showtime! Sammy Weber PR</p>	
<p>● SUNDAY BRUNCH ON THE PATIO: 10:30 A.M.-1:30 P.M. 26</p> <p>9:00 ● Church Services EL</p> <p>11:00 ● Socrates Cafe PR</p> <p>12:00 ● Clock Words with Rachel IL A&C</p> <p>1:00 ● Bridge/Mah-Jongg/Canasta Games IL CR</p> <p>1:30 ● Bananagrams IL A&C</p> <p>7:30 ● Blackjack with Melinda IL CR</p>		<p>MEMORIAL DAY 27</p> <p>10:00 ● Publix in Manalapan EL</p> <p>10:00 ● Poolside Yoga HC</p> <p>11:00 ● Open Art Studio with Ellie AL A&C</p> <p>1:00 ● Bridge/Mah-Jongg/Canasta Games IL CR</p> <p>1:30 ● Crafts with Ellie IL A&C</p> <p>3:00 ● Memorial Day Salute P</p> <p>4:00 ● Happy Hour by the Bar LR</p> <p>7:00 ● Card Games IL CR</p> <p>7:30 ● Joy of Opera with Professor Albanese PR</p>		<p>10:00 ● Sun Seekers Beach Walk EL 28</p> <p>12:00 ● Birthday Luncheon (By Invitation) DR</p> <p>1:00 ● Sing for Fun with Jewel HC</p> <p>1:00 ● Bridge/Mah Jongg/Canasta IL CR</p> <p>1:30 ● Walgreens/Library EL</p> <p>2:00 ● Blackjack IL A&C</p> <p>3:00 ● Circle 'C' Ranch & Saloon Shindig PR</p> <p>7:30 ● Cash Bingo PR</p>		<p>10:00 ● Senior Sneakers with Regina HC 29</p> <p>10:30 ● Catholic Communion IL CR</p> <p>11:00 ● Aquacise with Regina! P</p> <p>1:00 ● Bridge/Mah-Jongg/Canasta IL CR</p> <p>2:00 ● Texas Hold'em IL CR</p> <p>4:00 ● Happy Hour by the Bar LR</p> <p>4:00 ● Dinner Outing: Crazy Horse Saloon EL</p> <p>7:30 ● Poker Game IL CR</p>		<p>10:00 ● Weight Workout HC 30</p> <p>11:00 ● Netflix Special Series C</p> <p>12:00 ● Beading with Marie IL A&C</p> <p>1:00 ● Bridge/Mah Jongg/Canasta IL CR</p> <p>1:00 ● Are You a Farkle Addict?</p> <p>3:00 ● Carlisle Book Club: "Hidden Figures" HC</p> <p>4:30 ● Just Dance with Judy LR</p> <p>4:30 ● S.S. Carlisle Cruise Bon Voyage Party</p>		<p>9:00 ● Publix in Lantana EL 31</p> <p>10:00 ● Yoga & Meditation HC</p> <p>11:00 ● Brush Up Bridge with Marvin IL CR</p> <p>11:00 ● Carlisle Short Story Club IL A&C</p> <p>1:00 ● Bridge/Mah-Jongg/Canasta Games IL CR</p> <p>1:00 ● Flashback: Classic Western Movies C</p> <p>4:00 ● Fabulous Friday Happy Hour LR</p> <p>7:30 ● Sabbath Services PR</p>			

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 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 Party.



Gold Team member Hazel is overjoyed that she finally was able to stack all 25 of her cups in 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 and 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