

# Be Inspired

HERON EAST | a Senior Lifestyle community | SARASOTA, FL 34232 | 941-378-5757

## THIS MONTH'S *silver star*

### MARY ANN KRAMER

Mary Ann Kramer was born and raised in Martins Ferry, Ohio. Which happens to be the first city established in the state. Mary Ann lived there until her junior year in high school — that's when the whole family moved to Wheeling, W.V. Mary



Mary Ann Kramer

Ann graduated high school in West Virginia. She then went on to Lake Erie College, an all-girl school in Painsville, Ohio. While in college, Mary got introduced to Bob Kramer through her sister's boyfriend's cousin. After a short courtship, the young couple got married in 1956. Bob finished school and in 1959, the couple had their first child, Lynn. Bob got a transfer at work which took the couple to Mount Prospect, Ill. Mount Prospect is where their two sons were born, David and Greg. Mary Ann says, "On a side note, it was about this time in 1962 when my parents opened the very first Hallmark card store in the United States, in Wheeling, W.V." Well, Bob got transferred back to Pittsburgh and the family ended up staying there for seventeen years until the boys graduated school. The boys ended up settling in Pittsburgh. Mary Ann, Bob and Lynn moved to Columbia, S.C. Well, you would think that this family has moved enough but after three years, Bob and Mary moved back to Pittsburgh for seven more years. After 45 years with the same company, Bob retired. The couple bought a lot and had a house built in Huntington Pointe, Palmer Ranch. While living in Sarasota, Bob was a consultant with the same company for 15 years. Bob did a lot of traveling with the company here in the United States and abroad in Europe, Mary Ann often took advantage of the travel opportunity and went with him. Unfortunately, Bob passed away about four years ago. Mary Ann stayed in the house a while and then moved to a senior living community. Her daughter Lynn also moved to Sarasota and got her own place where she currently takes care of their beloved black poodle Bentley. About a year ago, Mary Ann moved to Heron East and she says, "I really enjoy meeting new people and everyone here is really nice."

JOIN US THIS MONTH FOR

## *muffins and mimosas for mom*

Join us this month for Muffins with Mom, Mother's Day at 2:30 p.m. in the clubhouse. What better way to spoil Mom than to indulge her in mimosas, muffins and chocolates. Invite the kids to come and make some new Mother's Day memories. Then at 3:30 p.m., stroll into the lobby to hear the vocals of Bare Plowman playing guitar and piano. We look forward to seeing you there.



Emma Mullet enjoying a Mother's Day with her daughter

### 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

**BE INSPIRED**

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

**LOCATIONS**

- 200 HALL LIVING ROOM — 2LR
- 300 HALL LIVING ROOM — 3LR
- 400 HALL LIVING ROOM — 4LR
- CLUBHOUSE — CH
- COVERED COURTYARD — CC
- DINING ROOM — DR
- FRONT PORCH — FP
- LOBBY — LB
- POOL TABLE ROOM — PR

**BIRTHDAYS THIS MONTH**

- EUNICE BEGRES — 4th
- ELLEN O'DONNELL — 12th
- ROSEMARIE VOLLMER — 12th
- SANDRA JAMIESON — 27th
- ANTONINA "NINA" SERRA — 30th
- ORREN PRIEUR — 31st

**TRANSPORTATION SCHEDULE**

MONDAY & WEDNESDAY  
8 a.m.-3 p.m.  
*Wheelchair Transportation Available For Doctor Appointments*

**ALL BUS TRIPS IN BOLD PRINT**



"Age is not how old you are, but how many years of fun you've had."

—Matt Maldre



<p><b>MAY DAY 1</b></p> <ul style="list-style-type: none"> <li>9:30 ● Country Store   CH</li> <li>10:00 ● Magic Movement with Mike   DR</li> <li>10:30 ● Bocce   LB</li> <li>10:30 ● Everyone's Bible Study   4LR</li> <li>2:30 ● Bingo with Jim   CH</li> <li>3:30 ● Snack Attack   LB</li> <li>3:30 ● Blackjack with Jim   CH</li> <li>4:00 ● Categories Word Game   LB</li> <li>7:00 ● Game Night (Uno, Skip-Bo, Etc.)   CH</li> </ul>	<p><b>2</b></p> <ul style="list-style-type: none"> <li>9:30 ● Meals on Wheels Delivery   LB</li> <li>10:00 ● Mind &amp; Body Workout   DR</li> <li>12:30 ● Afternoon Walking Club   LB</li> <li>1:00 ● Happy Hookers Meet   CH</li> <li>2:00 ● Tail Waggin' With Fifi   LB</li> <li>2:30 ● Blackjack with Jim   CH</li> <li>3:30 ● Happy Hour Karaoke with JJ   LB</li> </ul>	<p><b>3</b></p> <ul style="list-style-type: none"> <li>10:00 ● Stretch &amp; Movement with Jon   DR</li> <li>10:30 ● Let's Play Scrabble   PR</li> <li>11:30 ● Lunch Bunch Goes to Der Dutchman   LB</li> <li>1:30 ● Bible Study   3LR</li> <li>2:30 ● Bingo with John   CH</li> <li>3:30 ● Ice Cream Social   LB</li> <li>4:00 ● Name 5   LB</li> </ul>	<p><b>4</b></p> <ul style="list-style-type: none"> <li>9:30 ● Tai Chi Exercise   CH</li> <li>2:30 ● Bingo with Pat   CH</li> <li>3:30 ● Snack Attack   LB</li> <li>4:00 ● Concierge Connection   LB</li> <li>4:00 ● Old Time Gospel Music Rehearsals   CH</li> <li>7:00 ● "Lawrence Welk Hour"   CH</li> </ul>			
<p><b>5</b></p> <ul style="list-style-type: none"> <li>9:30 ● Televised Catholic Mass   CH</li> <li>10:30 ● Anagrams   LB</li> <li>11:00 ● St. Patrick Church Service   CH</li> <li>11:00 ● Church of the Palms Service   3LR</li> <li>2:00 ● Movie &amp; Popcorn   3LR</li> <li>3:30 ● Ice Cream &amp; Vocals by Barry Graham   LB</li> </ul>	<p><b>6</b></p> <ul style="list-style-type: none"> <li>10:00 ● Therapeutic Exercise   LB</li> <li>12:15 ● News &amp; Views   FP</li> <li>2:30 ● Bingo   CH</li> <li>3:30 ● Snack Attack   LB</li> <li>4:00 ● Heron East Singers Meet   CH</li> <li>7:30 ● Prizes &amp; Cash Bingo   CH</li> </ul>	<p><b>7</b></p> <ul style="list-style-type: none"> <li>9:30 ● Walmart, Publix, Banking   LB</li> <li>10:00 ● Mind &amp; Body Workout   DR</li> <li>10:45 ● Wii Bowling Practice   PR</li> <li>2:00 ● Artist Studio   CH</li> <li>3:30 ● Snack Attack   LB</li> <li>4:00 ● Trivia Tuesday   LB</li> <li>6:00 ● Happy Hookers Meet   CH</li> </ul>	<p><b>8</b></p> <ul style="list-style-type: none"> <li>9:30 ● Country Store   CH</li> <li>10:00 ● Resident Council Meets   CH</li> <li>10:30 ● Food Committee Meets   CH</li> <li>10:30 ● Everyone's Bible Study   4LR</li> <li>2:30 ● Bingo with Jim   CH</li> <li>3:30 ● Snack Attack   LB</li> <li>3:30 ● Blackjack   CH</li> <li>4:00 ● Anagrams   LB</li> <li>7:00 ● Game Night (Uno, Skip-Bo, Etc.)   CH</li> </ul>	<p><b>9</b></p> <ul style="list-style-type: none"> <li>9:30 ● Meals on Wheels Delivery   LB</li> <li>10:00 ● Mind &amp; Body Workout   DR</li> <li>10:45 ● News &amp; Views   FP</li> <li>12:30 ● Afternoon Walking Club   LB</li> <li>1:00 ● Happy Hookers Meet   CH</li> <li>2:00 ● Tail Waggin' With Fifi   LB</li> <li>2:30 ● Blackjack with Jim   CH</li> <li>3:30 ● Happy Hour with Donna Marie   LB</li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li>10:00 ● Stretch &amp; Movement with Jon   DR</li> <li>1:30 ● Bible Study   3LR</li> <li>2:30 ● Bingo with Jon   CH</li> <li>3:30 ● Ice Cream Social   LB</li> <li>4:00 ● Ask Me Anything   CH</li> </ul>	<p><b>11</b></p> <ul style="list-style-type: none"> <li>9:30 ● Tai Chi Exercise   CH</li> <li>2:30 ● Bingo with Pat   CH</li> <li>3:30 ● Snack Attack   LB</li> <li>4:00 ● Concierge Connection   LB</li> <li>4:00 ● Old Time Gospel Music Rehearsals   CH</li> <li>7:00 ● "Lawrence Welk Hour"   CH</li> </ul>
<p><b>MOTHER'S DAY 12</b></p> <ul style="list-style-type: none"> <li>9:30 ● Televised Catholic Mass   CH</li> <li>10:30 ● Anagrams   LB</li> <li>11:00 ● St. Patrick Church Service   CH</li> <li>11:00 ● Church of the Palms Service   3LR</li> <li>2:30 ● Muffins with Mom   CH</li> <li>3:30 ● Ice Cream &amp; Music with Bare Plowman Guitar &amp; Piano   LB</li> </ul>	<p><b>13</b></p> <ul style="list-style-type: none"> <li>10:00 ● Therapeutic Exercise   LB</li> <li>12:15 ● News &amp; Views   FP</li> <li>2:30 ● Bingo   CH</li> <li>3:30 ● Snack Attack   LB</li> <li>4:00 ● Heron East Singers Meet   CH</li> <li>7:30 ● Night at the Races   CH</li> </ul>	<p><b>14</b></p> <ul style="list-style-type: none"> <li>9:30 ● Walmart/Publix   LB</li> <li>10:00 ● Mind &amp; Body Workout   DR</li> <li>10:30 ● Wii Bowling Lessons   PR</li> <li>11:30 ● Sarasota Public Library</li> <li>2:00 ● Dollar Tree   LB</li> <li>2:00 ● Artist Studio   CH</li> <li>3:30 ● Snack Attack   LB</li> <li>4:00 ● Trivia Tuesday   LB</li> <li>6:00 ● Happy Hookers Meet   CH</li> </ul>	<p><b>15</b></p> <ul style="list-style-type: none"> <li>9:30 ● Country Store   CH</li> <li>10:00 ● Magic Movement with Mike   DR</li> <li>10:30 ● Flyswatter Volleyball   LB</li> <li>10:30 ● Everyone's Bible Study   4LR</li> <li>2:30 ● Bingo with Jim   CH</li> <li>3:30 ● Snack Attack   LB</li> <li>3:30 ● Blackjack   CH</li> <li>4:00 ● Alphabet Game   LB</li> <li>7:00 ● Game Night (Uno, Skip-Bo, Etc.)   CH</li> </ul>	<p><b>16</b></p> <ul style="list-style-type: none"> <li>9:30 ● Meals on Wheels Delivery   LB</li> <li>10:00 ● Mind &amp; Body Workout   DR</li> <li>10:45 ● News &amp; Views   FP</li> <li>12:30 ● Afternoon Walking Club   LB</li> <li>1:00 ● Happy Hookers Meet   CH</li> <li>2:30 ● Google Earth Take Me Away   LB</li> <li>2:30 ● Blackjack with Jim   CH</li> <li>3:30 ● Happy Hour with Rob Satori   LB</li> </ul>	<p><b>17</b></p> <ul style="list-style-type: none"> <li>10:00 ● Stretch &amp; Movement with Jon   DR</li> <li>1:30 ● Bible Study   3LR</li> <li>2:30 ● Bingo with Jon   CH</li> <li>3:30 ● Ice Cream Social   LB</li> <li>4:00 ● Name That Tune   LB</li> </ul>	<p><b>18</b></p> <ul style="list-style-type: none"> <li>9:30 ● Tai Chi Exercise   CH</li> <li>2:30 ● Bingo with Pat   CH</li> <li>3:30 ● Snack Attack   LB</li> <li>4:00 ● Concierge Connection   LB</li> <li>4:00 ● Old Time Gospel Music Rehearsals   CH</li> <li>7:00 ● "Lawrence Welk Hour"   CH</li> </ul>
<p><b>19</b></p> <ul style="list-style-type: none"> <li>9:30 ● Televised Catholic Mass   CH</li> <li>10:30 ● Anagrams   LB</li> <li>11:00 ● St. Patrick Church Service   CH</li> <li>11:00 ● Church of the Palms Service   3LR</li> <li>2:00 ● Movie &amp; Popcorn   CH</li> <li>3:30 ● Ice Cream and Accordion with Steve Juricic   LB</li> </ul>	<p><b>20</b></p> <ul style="list-style-type: none"> <li>10:00 ● Therapeutic Exercise   DR</li> <li>12:15 ● News &amp; Views   FP</li> <li>2:30 ● Bingo   CH</li> <li>3:30 ● Birthday Party with George Puleo   LB</li> <li>7:30 ● Prizes &amp; Cash Bingo   CH</li> </ul>	<p><b>21</b></p> <ul style="list-style-type: none"> <li>9:30 ● Walmart/Publix   LB</li> <li>10:00 ● Mind &amp; Body Workout   DR</li> <li>10:45 ● Wii Bowling Practice   PR</li> <li>2:00 ● Senior Friendship Center   LB</li> <li>2:00 ● Artist Studio   CH</li> <li>3:30 ● Snack Attack   LB</li> <li>4:00 ● Trivia Tuesday   LB</li> <li>6:00 ● Happy Hookers Meet   CH</li> </ul>	<p><b>22</b></p> <ul style="list-style-type: none"> <li>9:30 ● Country Store   CH</li> <li>10:00 ● Magic Movement with Mike   DR</li> <li>10:30 ● A Day at the Races   LB</li> <li>10:30 ● Everyone's Bible Study   4LR</li> <li>2:30 ● Bingo with Jim   CH</li> <li>3:30 ● Blackjack   CH</li> <li>4:00 ● Hangman   LB</li> <li>7:00 ● Game Night (Uno, Skip-Bo, Etc.)   CH</li> </ul>	<p><b>23</b></p> <ul style="list-style-type: none"> <li>9:30 ● Meals on Wheels Delivery   LB</li> <li>10:00 ● Mind &amp; Body Workout   DR</li> <li>10:00 ● Chime Guy   LB</li> <li>12:30 ● Afternoon Walking Club   LB</li> <li>1:00 ● Happy Hookers Meet   CH</li> <li>1:45 ● Wii Bowling   PR</li> <li>2:00 ● Tail Waggin' With Fifi   LB</li> <li>2:30 ● Blackjack with Jim   CH</li> <li>3:30 ● Happy Hour Karaoke with Tony   LB</li> </ul>	<p><b>24</b></p> <ul style="list-style-type: none"> <li>10:00 ● Stretch &amp; Movement with Jon   DR</li> <li>1:30 ● Bible Study   3LR</li> <li>2:30 ● Bingo with John   CH</li> <li>3:30 ● Ice Cream Social   LB</li> <li>4:00 ● "Family Feud"   LB</li> </ul>	<p><b>25</b></p> <ul style="list-style-type: none"> <li>9:30 ● Tai Chi Exercise   CH</li> <li>2:30 ● Bingo with Pat   CH</li> <li>3:30 ● Snack Attack   LB</li> <li>4:00 ● Concierge Connection   LB</li> <li>4:00 ● Old Time Gospel Music Rehearsals   CH</li> <li>7:00 ● "Lawrence Welk Hour"   CH</li> </ul>
<p><b>26</b></p> <ul style="list-style-type: none"> <li>9:30 ● Televised Catholic Mass   CH</li> <li>10:30 ● Anagrams   LB</li> <li>11:00 ● St. Patrick Church Service   CH</li> <li>11:00 ● Church of the Palms Service   3LR</li> <li>2:00 ● Movie &amp; Popcorn   3LR</li> <li>3:30 ● Ice Cream &amp; Music with Ric the Trickster   LB</li> </ul>	<p><b>MEMORIAL DAY 27</b></p> <ul style="list-style-type: none"> <li>10:00 ● Therapeutic Exercise   DR</li> <li>12:15 ● News &amp; Views   FP</li> <li>2:30 ● Bingo   CH</li> <li>3:30 ● Snack Attack   LB</li> <li>4:00 ● Heron East Singers Meet   CH</li> <li>7:30 ● Night at the Races   CH</li> </ul>	<p><b>28</b></p> <ul style="list-style-type: none"> <li>9:30 ● Walmart/Publix   LB</li> <li>10:00 ● Mind &amp; Body Workout   DR</li> <li>10:30 ● Wii Bowling Lessons   PR</li> <li>11:30 ● Sarasota Public Library</li> <li>1:00 ● \$2 Movie   LB</li> <li>2:00 ● Artist Studio   CH</li> <li>3:30 ● Snack Attack   LB</li> <li>4:00 ● Trivia Tuesday   LB</li> <li>6:00 ● Happy Hookers Meet   CH</li> </ul>	<p><b>29</b></p> <ul style="list-style-type: none"> <li>9:30 ● Country Store   CH</li> <li>10:00 ● Magic Movement with Mike   DR</li> <li>10:30 ● Everyone's Bible Study   4LR</li> <li>10:30 ● Battle Ball   LB</li> <li>2:30 ● Bingo with Jim   CH</li> <li>7:00 ● Game Night (Uno, Skip-Bo, Etc.)   CH</li> </ul>	<p><b>30</b></p> <ul style="list-style-type: none"> <li>9:30 ● Meals on Wheels Delivery   LB</li> <li>10:00 ● Mind &amp; Body Workout with Bob   DR</li> <li>12:30 ● Afternoon Walking Club   LB</li> <li>1:00 ● Happy Hookers Meet   CH</li> <li>2:30 ● Blackjack with Jim   CH</li> <li>3:30 ● Happy Hour with BC Hathaway   LB</li> </ul>	<p><b>31</b></p> <ul style="list-style-type: none"> <li>10:00 ● Stretch &amp; Movement with Jon   DR</li> <li>11:30 ● Lunch Bunch Goes to Outback   LB</li> <li>1:30 ● Bible Study   3LR</li> <li>2:30 ● Bingo with John   CH</li> <li>3:30 ● Ice Cream Social   LB</li> </ul>	

EVENT RECAP

# heron east singers

The Heron East Singers started because I would notice that every time we have an entertainer in who sings songs that we all know, most people in the audience would sing along with them. I thought, why not get some music, write down all the words to the songs, pass them out and we will do our own singalong? We practice most Mondays at 4 p.m. in the clubhouse (check your calendar). The Heron East Singers have been around since 2012 and we have gone to several rehabs over the years to sing to their residents. So, if you are one of those people who like to sing in church or the shower but would never sing a solo, then we have got a group for you! Come and sing old classics with the Singers and have a good time. Check out the shadow box display in the beginning of the 400 Hall — in there is a front page photo of the Heron East Singers back in 2013.



Elly and Margo at the singalong



Penny, Donna, Betty and Zip enjoy an old favorite.

IT'S OUR PLEASURE TO SERVE YOU ...  
*word from your executive director*

Let me take this opportunity to wish all the ladies of Heron East a Happy Mother's Day. Women in general take on a nurturing, loving attitude towards all children. I'm sure that even if you are not a mother, there have been many times throughout your life that you have inspired or helped others to stay on course, similar to the way a mother would and for that, I thank you. So, on this Mother's Day, I would like to wish all mothers, sisters, daughters, women and girls a wonderful day filled with all the things you like to do. What would this world be without moms?

## MANAGEMENT TEAM

- Seth Kenny, *Executive Director*
- Sherry Jones, *Business Office Manager*
- Lorraine Vachon, *Director of Sales & Marketing*
- Mike Loy, *Dining Services Director*
- Ottman Amentag, *Director of Plant Operations*
- Tammy Farrel, *Health and Wellness Director*
- Jon Lague, *Resident Program Director*

## 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

## THIS MONTH'S *heart hero*

HOSPITALITY, EXCELLENCE,  
APPRECIATION,  
RESPECT, TEAMWORK

Tamara Davis was born in Sarasota. She has three kids, two girls and one boy. She has been working in the health care industry since high school. She has a kindness and calmness with the residents. She is also a team player, willing to assist her coworkers whenever she can.



Tamara Davis



SENIOR LIFESTYLE



your life, your style