

# February



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Mastering the Art of Living Well

3400 Masterpiece Way · Palm Beach Gardens, FL 33410 · 561.514.5114

## February Birthdays

Birthday Luncheon:  
Wednesday, February 28th at 12:30PM in  
the Dining Room

Please join us in wishing the following  
residents a very Happy Birthday:

Lorraine Hoffinger	2/5	John Langfeldt	2/17
Arlene Aharoni	2/5	Joy Turner	2/17
Solis Kaslow	2/8	Mort Hammond	2/17
Sophia Lynch	2/10	(100th Birthday!)	
Joan Brassill	2/12	Doris Swartz	2/21
Lillian Brenner	2/14	Evelyn Storey	2/24
Tony Maltese	2/14	Kathleen Held	2/26
Earle DuBois	2/15	Lynn Shalleck	2/28
Joe Leblang	2/16		

## Transportation Updates

Please note the following updates to the  
transportation schedule on the monthly  
centerfold:

Tuesdays: Banking and Library at  
2:00PM

Wednesdays: Pharmacy and Mall at  
2:00PM

Saturdays: Publix at 1:00PM  
**Trader Joe's and CVS at 3:00PM**

Please continue to sign up in the book  
by the front desk.

## Super Bowl 52 Party

What: Super Bowl 52 Party: Philadelphia Eagles vs. New England Patriots

When: Sunday, February 4th at 6:00PM

Where: La Sala Grande

Summary: A true David vs. Goliath showdown will take place in Minneapolis, Minnesota as the 5 time Super Bowl Champion New England Patriots square off against the Philadelphia Eagles, a team that has never won a Super Bowl and is playing with a backup quarterback. Kickoff is at 6:30PM and snacks and drinks will be provided at the beginning of the game. Make sure to see **Fred Urban if you would like to participate in our annual "Super Bowl Betting Squares" if you haven't already. Due to space, the event is limited to La Posada residents only.**



## New Documentaries

What: Blue Planet 2

When: Monday, February 5, 12, & 19 at 3:00PM

Where: La Sala Grande

Summary: A follow-up to the 2001 award-winning show "The Blue Planet," this natural history series sees Sir David Attenborough return as narrator and host. A breathtaking exploration of the world's vast oceans, hour long episodes capture animals and other living organisms in their natural habitat, presenting viewers with a fascinating insight into what life is like underwater.

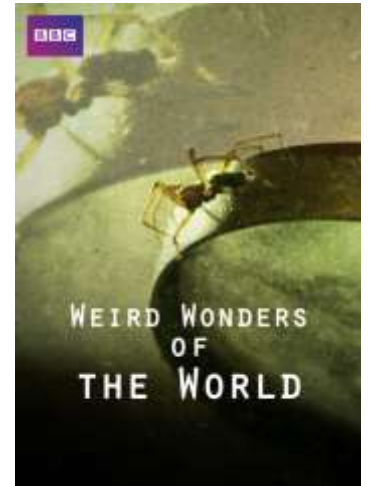


What: Weird Wonders of the World

When: Thursdays in February at 3:00PM

Where: La Sala Grande

Summary: From animal oddities and bizarre science to medical marvels, scientists and experts examine some of the world's strangest mysteries and phenomena.



Thursday, February 1st

Friday, February 2nd

What: Bake Sale Cookie Decorating

When: Thursday, February 1st at 1:00PM

Where: BARcelona Lounge

Summary: Come decorate cookies with Sarah! Bring them home and/or contribute them to our annual American Heart Association bake sale. Whether you come to decorate or just **hang out, you will have a "sweet" time!**



What: Go RED Bake Sale

When: Friday, February 2nd at 10:30PM

Where: BARcelona

Summary: Friday, February 2nd is Go Red for Women Day raising awareness of heart disease which is a silent killer of many women. We will be having a bake sale in BARcelona from 10:30AM-1:30PM to raise funds the American Heart Association.

Sign up with Rick or Danielle to volunteer!





## Saturday, February 3rd

### [Please Sign Up](#)

What: Palm Beach Dramaworks:

#### **“On Golden Pond”**

When: Saturday, February 3rd

Where: Meet in Lobby 1:15PM

Summary: A retired couple's solitude is interrupted when their daughter arrives with her fiancé and his son.



## Saturday, February 3rd

### [Please Sign Up](#)

What: Symphonic Band of the Palm Beaches

#### **Presents: “Swing and Salsa”**

When: Saturday, February 3rd at 7:00PM

Where: Meet in Lobby

Summary: Sensational singer and jazz saxophonist Greg Diaz joins our swinging concert band and soloists to serve up some electrifying swing / Latin fusion South Florida style. Come enjoy the standards with a bright new twist.

Tickets are \$20 and will be charged to your account when you sign up in the book.



## Sunday, February 4th

### [Please Sign Up](#)

What: **Miami City Ballet: “Program Two”**

When: Sunday, February 4th at 1:15PM

Where: Meet in Lobby

Summary: Program Two is a Robbins Celebration in honor of the 100th birthday of legendary choreographer Jerome Robbins with an entire program of his work, including three company premieres and two returning favorites. Program includes: Circus Polka, The Cage, Other Dances, In the Night, West Side Story and Suite.



## Wednesday, February 7th

### [Please Sign Up](#)

What: **Kravis on Broadway Series: “Cabaret”**

When: Wednesday, February 7th at 1:15PM

Where: Meet in Lobby

Summary: Welcome to the infamous Kit Kat Klub, where the Emcee, Sally Bowles and a raucous ensemble take the stage nightly to tantalize the crowd – and to leave their troubles outside. But, as life in pre-WWII Germany grows more and more uncertain, will the decadent allure of Berlin nightlife be enough to get them through their dangerous times? Come hear some of the most memorable songs in theatre history,

**including “Cabaret,” “Willkommen” and “Maybe This Time.”**



Wednesday, February 7th

Please Sign Up

What: Palm Beach Gardens Concert Band  
When: Wednesday, February 7th at 7:00PM  
Where: Meet in Lobby  
Summary: Join the Palm Beach Gardens Concert Band at Eissey Campus Theater for **their third concert, "Patriotic Salute."**

Tickets are \$18 and will be charged to your account when you sign up in the book.



Wednesday, February 7th

What: **"Battle of the Sexes"**

When: Wednesday, February 7th at 7:30PM  
Where: La Sala Grande  
Run Time: 2 HRS  
Rated: PG-13  
Summary: The true story of the 1973 tennis match between World number one Billie Jean King and ex-champ and serial hustler Bobby Riggs.



Thursday, February 8th

What: Nova Lecture  
When: Thursday, February 8th at 11:00AM  
Where: La Sala Grande  
Summary: Rudy Berberian will return to La **Posada with his lecture, "Money Makes the World go Round: The Federal Reserve Banking System." Why was the Federal Reserve Banking System created, who was involved, has it been effective? Do we still need a central control of the monetary system to avoid crises? How did the expansion of the 2000's change the roles and responsibilities of the Federal Reserve System?** Rudy will answer these questions and more in his lecture.



Thursday, February 8th

What: Mardi Gras Mask Making  
When: Thursday, February 8th at 1:00PM  
Where: Craft Room  
Summary: Come decorate a mask on Thursday, February 8th for our Mardi Gras Happy Hour on Friday, February 9th! Sarah will show you easy ways to decorate your mask with colorful items!



# Mardi Gras Happy Hour Party

What: Mardi Gras Happy Hour Party

When: Friday, February 9th at 4:30PM

Where: La Sala Grande and BARcelona (Or, on the Terrace if weather permits.)

Summary: Masks, music and New Orleans style food and drink! La Posada will be decorated in **the style of The French Quarter. Enjoy themed appetizers and drinks as we enjoy "Fat Tuesday at La Posada."**



## Saturday, February 10th

What: Big Heart Bingo

When: Saturday, February 10th at 3:30PM

Where: La Sala Grande

Summary: Join Noel in this BIG Bingo with big winners. \$5.00 Buy-in for two cards. \$100 pot contributed by our Wellness Dept. Residents and their family members are invited to play.



## Sunday, February 11th

[Please Sign Up](#)

What: St. Patrick Church Concert

When: Monday, February 11th at 2:30PM

Where: Meet in Lobby

Summary: A La Posada resident favorite outing, St. Patrick's Church concerts never disappoint. Enjoy selections by Pulse Chamber Music. This is a free concert, but donations are accepted.





Monday, February 12th

[Please Sign Up](#)

What: Kravis Adults at Leisure Series

When: Monday, February 12th at 1:15PM

Where: Meet in Lobby

Summary: Experience a nostalgic stroll down the glittering Great White Way, brilliantly brought to life by six phenomenal performers who have all starred in marquee roles in

**Broadway's biggest blockbusters. This revue,**

featuring some of New

**York's top talent, captures**

the magic from musicals

such as Les Misérables, The

Phantom of the

Opera, Wicked, Jersey

Boys, and The Sound of

Music, among others.



Wednesday, February 14th

What: **“Victoria and Abdul”**

When: Wednesday, February 14th at 7:30PM

Where: La Sala Grande

Run Time: 2 HRS

Rated: PG-13

Summary: The extraordinary true story of an unexpected friendship in the later years of Queen Victoria's remarkable rule. When Abdul Karim, a young clerk, travels from India to participate in the Golden Jubilee, he is surprised to find favor with the Queen herself. The two forge an unlikely and devoted alliance with a loyalty to one another that her household and inner circle all attempt to destroy.



Thursday, February 15th

[Please Sign Up](#)

What: Kravis Chicago Symphony Orchestra

When: Sunday, February 12th at 1:15PM

Where: Meet in Lobby

Summary: Riccardo Muti, Conductor

Steve Williamson, Clarinet

Clémentine Margaine, Mezzo-soprano

Program to include:

Verdi/Overture to I Vespri Siciliani

Mozart/Clarinet Concerto in

A Major, K. 622

**Chausson/Poème de l'amour et**

de la mer, Op. 19

Britten/Four Sea Interludes

from Peter Grimes, Op. 33a



Friday, February 16th

What: Gee Mackey Piano and Cello Duo

When: Sunday, February 16th at 7:30PM

Where: La Sala Grande

Summary: Please welcome back Dr. Lynne Mackey and David Gee, who were here last at La Posada in January 2017, for a wonderful after dinner show. This cello-piano duo was formed in 2004 and since that time has performed in the United States, Europe and Africa. The program includes works from Bazelaire, Faure, Haydn, and Chopin.



Monday, February 19th

[Please Sign Up](#)

What: **Dinner Out: Carmine's La Trattoria**

When: Monday, February 19th at 5:00PM

Where: Meet in Lobby

Summary: **Carmine's La Trattoria is a** preferred destination for Italian food lovers in Palm Beach Gardens. An integral part of the **Carmine's Gourmet Market founded by Carmine Giardini**, the Italian restaurant has an extensive menu. All the meats are of high quality as they come fresh from their Gourmet Market. Visit the Palm Beach Gardens location, you will love both the food and the ambience.



*Carmine's*  
Gourmet Market &  
La Trattoria

Wednesday, February 21st

[Night at the Movies](#)

What: **"Mark Felt: The Man Who Brought the White House Down"**

When: Wednesday, February 21st at 7:30PM

Where: La Sala Grande

Run Time: 1 HR, 43 MIN

Rated: PG-13

Summary: The story of Mark Felt, who under the name "Deep Throat" helped journalists Bob Woodward and Carl Bernstein uncover the Watergate scandal in 1972.



Friday, February 23rd



What: **"Guys and Dolls: An Evening at the Speakeasy at La Posada"**

When: Friday, February 23rd at 4:30PM

Where: BARcelona and La Sala Grande for Happy Hour

Main Dining Room and Safari Lounge for Dinner and Dancing

Summary: **Join us for a roaring good time as we celebrate the 1920's with an evening filled with music, food, drinks, decorations, a photo booth, and dancing.** Happy Hour begins at 4:30PM in

**Barcelona with additional seating in La Sala Grande. The "Z Street Speakeasy Band" from**

Orlando will be here performing from 5:30-7:30 in the main dining room. We will have a small dance floor in Safari Lounge for anyone who wants to get up and show off their best jitterbug or Charleston dance steps. Residents are encouraged to dress up in their favorite 1920's attire.

Come dressed as a flapper, a gangster, or anything else! There will be a special themed menu and signature drink in Safari Lounge.

Please see Rick or Danielle if you have any questions of would like help with your attire.

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[Guest Meal Charge Applies](#)





## Saturday, February 24th

What: Royal Ballet: Alice in Wonderland

When: Saturday, February 24th at 3:00PM

Where: La Sala Grande

Summary: Lewis Carroll's ever-popular story provides the basis for Christopher Wheeldon's spectacular new work, starring Royal Ballet Principal Lauren Cuthbertson. Captivating designs by Bob Crowley, an engaging and passionate score by Joby Talbot, and Wheeldon's breathtaking choreography combine to produce, in the words of The Times, 'spectacular family entertainment brought to life with enormous theatrical verve'. (120 Minutes)



## Monday, February 26th

What: Met Opera on Demand in HD

When: Monday, February 26th at 1:30PM

Where: La Sala Grande

Summary: **A stellar cast brings Puccini's** spellbinding opera to life, seizing every opportunity to thrill the audience. Luciano Pavarotti is Cavaradossi, the painter and political revolutionary in love with the beautiful and famous singer Tosca (the riveting Shirley Verrett). Rome's diabolical chief of police, Baron Scarpia, wants Tosca for himself—but he underestimates the fury of a woman in love. Run time is 2 hours and 4 minutes. There will not be an intermission.



## Wednesday, February 28th

### Please Sign Up

What: Island Princess Nature Cruise

When: Wednesday, February 28th at 9:00AM

Where: Meet in Lobby

Summary: Relax and enjoy the splendid scenery from the comfort of the enclosed air-conditioned main salon or the open-air upper deck of the sleek Island Princess on this two hour cruise. As we cruise the calm waters, watch for porpoises, manatees, pelicans, blue herons and egrets in their natural habitat. There will be food and drinks for sale on the boat, so remember to bring money. Tickets for the cruise are \$28.00 and will be charged to your account when you sign up.



## Wednesday, February 28th

### Night at the Movies

What: **"Wonder"**

When: Wednesday, February 28th at 7:30PM

Where: La Sala Grande

Run Time: 1 HR, 52 MIN

Rated: PG

Summary: Entering fifth grade will be momentous for Auggie -- because at last, he'll get to be ordinary. While his facial deformity has previously kept him from attending regular schools, Auggie is determined to make his classmates see beyond his face.



## THE LEGEND OF ST. VALENTINE

**The history of Valentine's Day**—and the story of its patron saint—is shrouded in mystery.

We do know that February has long been celebrated as a month of romance, and that **St. Valentine's Day, as we know it today, contains vestiges of both Christian and ancient Roman tradition.** But who was Saint Valentine, and how did he become associated with this ancient rite?

Did You Know?

Approximately 150 million Valentine's Day cards are exchanged annually, making Valentine's Day the second most popular card-sending holiday after Christmas.

The Catholic Church recognizes at least three different saints named Valentine or Valentinus, all of whom were martyred. One legend contends that Valentine was a priest who served during the third century in Rome. When Emperor Claudius II decided that single men made better soldiers than those with wives and families, he outlawed marriage for young men. Valentine, realizing the injustice of the decree, defied Claudius and continued to perform **marriages for young lovers in secret.** **When Valentine's actions were discovered, Claudius ordered that he be put to death.**

Other stories suggest that Valentine may have been killed for attempting to help Christians escape harsh Roman prisons, where they were often beaten and tortured. According to one **legend, an imprisoned Valentine actually sent the first "valentine" greeting himself after he fell in love with a young girl—possibly his jailor's daughter—who visited him during his confinement. Before his death, it is alleged that he wrote her a letter signed "From your Valentine," an expression that is still in use today.** Although the truth behind the Valentine legends are murky, the stories all emphasize his appeal as a sympathetic, heroic and most importantly romantic figure. By the Middle Ages, perhaps thanks to this reputation, Valentine would become one of the most popular saints in England and France.

If you have any questions or comments, feel free to contact the Wellness & Lifestyles Department at any time.

[Wellness & Lifestyles Director](#)

Rick Minichino

[Wellness & Lifestyles Assistant Director](#)

Danielle DePasquale

[Wellness Assistants](#)

Sarah Gualtieri

Ryan Gill

561-514-5114

