

AUGUST BIRTHDAYS



Pictured: (L-R) Standing: Anne Langfeldt, William Howden, Clarence Borgmeyer
Seated: Josephine Paladini, Heidi Steger, Millie Truisi, Jane McNicholas, Norman Swartz, Elaine Mayer Not Pictured: Rebecca Jarrett, Shirley Bader, Corinne Barr, Addy van Leeuwen, Richard Yaffe, Chandra Chadaga, Donald Colvin, Edward Kaplan, Michael Cruzillat

Wellness Director:

Rick Minichino

Assistant Wellness Director:

Jennifer Hicks

Wellness Assistant:

Ryan Gill

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The Art of Living Well®



La
Posada

A KISCO COMMUNITY

SEPTEMBER 2023



The Art of Living Well®



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

September Birthdays

Birthday Luncheon:

Barbara Jacobi	9/1	Sandra Riley	9/12
Lillian Goldstein	9/1	Tony McNicholas	9/12
Marilyn Ptak	9/2	Vic Struber	9/12
Stan Noss	9/3	Karl Renz	9/13
Blake Roberts	9/6	Lewis Lachman	9/15
Jane Cohen	9/6	Elena Goldman	9/16
Flo Drobnis	9/9	Shirley Arkin	9/18
Sue Kelch	9/9	Carole Fleischman	9/19
Jerry Cox	9/10	Joan McKim	9/20
Kay Thomas	9/12	Heather Liddle	9/23
Libby Jones	9/12	Ron Weber	9/27
		Doris Lee	9/28

Mondays in September

What: Netflix Documentary Series:
Our Planet II

When: Mon. Sep. 11th, 18th & 25th at 11:00AM

Where: La Sala Grande

Summary: Our Planet II is a new 4-part Netflix series narrated by Sir David Attenborough, and will unravel the mystery of how and why animals migrate. At any given moment on planet Earth, billions of animals are on the move, through spectacular and innovative cinematography we reveal some of the most dramatic and compelling stories in the natural world. Check out Touchtown and the Week at a Glance for each episode.



Nova Lectures

What: Nova Lectures in September

When: Fridays Sep. 8th & 29th at 11:00AM

Where: La Sala Grande

Summary:

9/8: "Building a World: The Creation of Walt Disney World" - Sylvia Gurinsky
Join us on a captivating journey into the magical world of Walt Disney. Discover the remarkable story behind the creation of Walt Disney World, a feat of imagination and innovation

9/29: "The Impeachment Trial of Andrew Johnson" - Stephen Singer, ESQ
Step back in time to a pivotal moment in American history. Join us as we delve into the dramatic events surrounding the impeachment trial of Andrew Johnson, the 17th President of the United States.

Fred Astaire Dance Lessons

What: Fred Astaire Studio Dance Lessons

When: Saturday, Sep. 16th & 30th at 1:00PM

Where: La Sala Grande

Summary: Gian and Diana from Fred Astaire Dance Studio in West Palm Beach will be here for two introductory sessions in September.

Saturday, September 16th will be, "Line Dancing" and the 30th will be, "Ballroom Dancing." Please wear comfortable clothes and proper footwear for the dance floor in La Sala Grande. No signup necessary!



FRED ASTAIRE
FRANCHISED DANCE STUDIOS

La Posada's 19th Anniversary Party



Health Center

- Decorative doors in the staff workstation have been installed.
- All furniture has been delivered. We are still working on a small punch list.
- Sherita Levy has been appointed interim AL Supervisor. We are in search of an AL Director.
- Covid outbreak is over and the common areas in both skilled, AL and Memory Care have reopened. Our volunteers are welcomed back to the Healthcare Center.

Environmental Services & Housekeeping

- Mallorca Balcony Update: Clancy & Theys assures that there is no structural issue and is more cosmetic, no potential for catastrophic failure.
- Discussions are scheduled to take place with Clancy and Theys to push toward a Resolution.
- All Trees have been trimmed on campus lifted and shaped
- Brightview used a different vendor Duffy's, than the first vendor that was used for cutting the coconuts
- Seed pods will be trimmed by Brightview off the 3rd floor walkways fronts of Valencia and Seville have been completed
- Seed Pods on the back lake side in Valencia and Seville are being scheduled with Brightview
- Pool cushion repaired , and new pillows placed
- New Umbrellas were also added



La Posada Matinee Theater Presents: "Razzle Dazzle"

What: La Posada Matinee Theater Presents: "Razzle Dazzle"

When: Friday September 1st at 7:30PM and Sunday September 3rd at 3:00PM

Where: La Sala Grande

Summary: Over the years, the La Posada Matinee Theater has put on dozens of shows featuring residents, associates and special guests. **"Razzle Dazzle" takes you on a journey through many shows by featuring songs from performances of, "The King and I", "Speakeasy Times", "150 Years of Broadway" and more. Also, you will get a sneak peek at some of the songs that will be featured in upcoming show later this year.**



La Posada Matinee Theater
Presents:
**RAZZLE
DAZZLE**
Written & Produced by
Shirley Arkin & Ryan Gill
September 1st at 7:30PM
September 3rd at 3:00PM
Starring: Shirley Arkin, Richard Forbes,
Ryan Gill, George Lydon, and
Martin Telfer
Along With:
Barbara Bennett, Carol Cryer, Stan Jacobs,
Jane Morgan, & Addy Van Leeuwen
Appreciation Benefit for Pablo Gill

Saturday, September 2nd

What: Afternoon Show with Ivy Hannum

When: Saturday, September 2nd at 2:00PM

Where: BARcelona

Summary: La Posada welcomes back Ivy Hannum who will be performing songs from the American Songbook, from Linda Rhondstat to Anne Murray. Ivy is a Cuban American Vocalist from South Florida of exceptional range, power, clarity and tonal complexity. English or Spanish, pop, country or romantic she can mimic them all.



Tuesday, September 5th

What: Stand Strong: Fall Prevention Seminar

When: Tuesday, September 5th at 1:00PM

Where: La Sala Grande

Summary: Join Rick for an important presentation and discussion on fall prevention and balance issues. Learn about the what factors can contribute to falls, what you can and cannot do to prevent falls and what to do if you should fall. Falls are not a normal part of aging and you are not destined to fall just **because you're getting older. Let's learn more and discuss!**



Thursday, September 7th

What: Kisco Senior Living Spelling Bee Finals
When: Thursday, September 7th at 2:00PM
Where: La Sala Grande
Summary: **Come out and support La Posada's** team of Susan Isenberg and Elena Goldman who made it through the semi-finals and will compete against three other Kisco communities for the title. La Posada was back-to-back champions in 2020 and 2021 and **came in second place in 2022. We're hoping to** bring the title back to La Posada so come out and support our team!



Friday, September 8th

What: Touchtown Signups & Theater Season 2023-2024 Information
When: Friday, September 8th at 1:00PM and 1:30PM
Where: La Sala Grande
Summary: At 1:00PM we will be available to sign anyone up for Touchtown who does not have it on their smart device or laptop and show you how to use the app. Please bring any passwords for your smart device.
 At 1:30PM, Rick will present the schedule for the upcoming theater season trips out so you can decide which tickets or subscriptions you would like to purchase on your own.



Saturday, September 9th

What: David Pedraza String Trio
When: Saturday, September 9th at 7:15PM
Where: La Sala Grande
Summary: David Pedraza will be accompanied by Valentin Mansurov and Aziz Sapaev and will be playing works by Mozart and Beethoven. David holds a Professional Performance Certificate from Lynn University Conservatory of Music and recently he finished his Master of Music at the same institution with an award of full scholarship. David has been coming to La Posada for almost ten years and is always performing wonderful pieces.



Thursday, September 21st

Please Sign Up

What: Trip Out: Festival Marketplace and Isle Casino
When: Thursday, September 21st at 10:00AM
Where: Meet in Lobby
Summary: This dual trip out to Pompano will stop at Festival Marketplace for shopping and also to the casino. There will be ample time to shop and spend time at the casino challenging Lady Luck. Due to space this is a resident-only event.



Dining Services

Labor Day

- Our annual Labor Day Cookout is scheduled for the upcoming Monday.
- Reservations are required for the cookout, please make them if you haven't already.
- The cookout will be held exclusively at the Waterfront location until our new chef begins at Mallorca.

Rosh Hashanah

- Rosh Hashanah commences on September 15th.
- A special dinner will be served on Rosh Hashanah, preceded by a service in the Waterfront Dining Room.
- Cordoba will be closed on Rosh Hashanah, but Palma and Soller will maintain regular hours.

Coffee Beverages

- We have upgraded our Cappuccino machine to now offer both decaf and regular coffee options.
- We will soon introduce iced coffee to our beverage offerings.
 - A new beverage section will be added to our dessert menu, listing all available options.

Other Announcements

- We are pleased to announce the hiring of Chef Wally as our new chef at Mallorca, starting September 11th.
- Plans are underway to keep the bar open between 4:00 pm and 8:00 pm.
- The table layout of Barcelona will be reconfigured to accommodate barstools.
- Residents are encouraged to frequent the bar as it provides an excellent opportunity for socializing.
- An official date for the new bar hours will be announced in a forthcoming notice.

Anniversary Party

- Gratitude is extended to everyone who attended this year's Anniversary party.
- We hope everyone enjoyed the party and look forward to hosting similar events in the future.
- I wanted to share a few pictures taken during the party preparations to highlight our team's dedication to the residents and the fun we have organizing such events.

LA POSADA NEWSLETTER



Resident Council Board

As there have been no new Covid cases at the Health Center for the past few weeks, visiting residents in Assisted Living and patients in Rehab/Skilled Nursing is now permitted. If you would like to visit someone, please check in at the desk.

The Board encourages every resident who still drives and owns a car to join the Florida Yellow Dot Program. It requires simply filling out a form with any major health issues and medicines you are currently taking. The form is kept in your glove compartment so that, in case of an accident, first responders will know where to look to best help you. A decal is put on the rear window of the car to alert the police and EMS personnel that the information is available. If there are two people who drive or are often in the car, a form should be filled out for each person.

Please see Sandi Riley, Chair of the Council's Safety & Security Committee, if you would like to participate in the program or have questions.

La Posada management does not allow residents to tip our associates during the year. Instead, every year at this time, we begin to ask residents to express their thanks by contributing to the Associate Appreciation Fund which is handled exclusively by a committee made up of Independent Living residents. The suggested contribution from each resident is \$2.00 per day for each day during the calendar year the resident has been living at La Posada. The funds are distributed to qualifying associates just before Thanksgiving. Members of the management team do not qualify to participate in the Appreciation Fund. This year, IL residents Fred Urban, Tony Maltese and Joe Cahill will again be chairing this committee and will be sending information out to you soon.

Submitted by Noel Trachtenberg,
Secretary, Resident Council Board

Friday, September 22nd

[Please Sign Up](#)

What: Day Trip to Miami: Lunch at Bayside & Superblue Museum

When: Friday, September 22nd at 9:30AM

Where: Meet in Lobby

Summary: Bayside Marketplace offers the full Miami experience: Latin food, local artists, shopping, hot music, and beautiful settings! Enjoy lunch on your own or together with other residents at one of the many eateries. After, we will take a 10-minute drive to Superblue, the most unique museum in Miami. Wind your way through a mirrored labyrinth by Es Devlin, discover a transcendent digital environment by teamLab, and enter an enveloping light-based **Ganzfeld work by James Turrell. Discover Miami's most exciting immersive art experience!** We will have a guided tour for our group. Tickets are \$30 and will be added to your account when you sign up. Also remember to bring money for lunch and shopping. Due to limited space, this event is for Residents Only!



Saturday, September 23rd

What: Welcome to Autumn: Afternoon Social with Ryan & Pure Country Movie

When: Saturday, September 23rd at 1:00PM

Where: BARcelona

Summary: Join Ryan on Saturday afternoon for some fall inspired food, drinks and country music. Hang around afterwards for the movie, **"Pure Country" starring George Strait** which will be playing at 2:30 in La Sala Grande.



Friday, September 29th

What: Autumn After-Dinner Dance with Giorgio & Yolanda and Dance Hosts

When: Friday, September 29th at 7:15PM

Where: La Sala Grande

Summary: We are pleased to welcome back Giorgio Andante and his accompanist Yolanda. Giorgio plays piano, guitar and violin and has been entertaining crowds for over 20 years. You won't want to miss this unique duo performance with Giorgio and **Yolanda's wonderful repertoire. The hosts** from Fred Astaire Dance Studio will be there to get your feet moving!



