

# Lake Howard Heights

## INDEPENDENT LIVING

650 N Lake Howard Drive • Winter Haven, FL 33881 • (863) 293-3171

### Administrator's Corner

Dear Residents,

Happy New Year! Welcome to 2024! I hope you all had a wonderful Christmas.

I am so excited for the new and exciting things that you can attend and participate in with our activities. We are beginning an annual study and virtual visit to all of our national parks this year! We will be learning more about each place and having some fun along the way as we tailor our monthly activities around these things.

You will not want to miss this fun!

Please let us know if there are any ideas you have of things you would like to see us do or any ideas you have for how we can make the community the best it can be for YOU, our amazing residents!

With much love & respect ...

Glenda



### January 2024



Meet Carol Campen

Carol Campen has lived almost all of her life in Florida, growing up in West Palm Beach, with the exception of a two-year hiatus in Tennessee. She likes being in Winter Haven because she is close to family. Carol has four children (one son, three daughters, and also five grandchildren and three great-grandchildren, who are very active in their school sports).

She is very new to Lake Howard Heights, being here only six weeks at the time of writing this article. Carol attended both Broward Community College and NOVA (NSU). It was at Nova where she worked with fund-raising. She also worked as a paralegal for 38 years. Carol is a busy bee who also spent 15 years volunteering in a hospital in Tennessee and a hospital in Ocala.

She has quite a list of things she enjoys. Carol enjoys quilting and crocheting. When listening to music, she prefers the likes of Neil Diamond and Bruce Springsteen. She loves to read historical fiction and biographies. When it comes to movies, she is a Lifetime/Hallmark kind of movie watcher. Carol also likes live theater and is ready to see what Winter Haven has to offer. She enjoyed taking cruises and was able to travel to Alaska, Canada and the Mediterranean.

Carol is a very friendly person and very easy to talk to. She is already out and about, playing Pokeno and BINGO. Be sure to introduce yourself to her. You can't miss her friendly smile!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
All Events Are Subject to Change	<div>New Year's Day1</div> <div>9:00 Sittercise w/ Lou-MPR</div> <div>9:30 Sittercise w/ Kaitlin- MPR</div> <div>10:00 Resident-Hosted Cards- Lanai</div> <div>1:30 Bingo- MPR</div>	<div>2</div> <div>9:00 Sittercise w/ Lou-MPR</div> <div>9:30 Sittercise w/ Kaitlin- MPR</div> <div>10:00 Blood Pressure Check w/ Amedisys: Lanai</div> <div>10:15 Ladies' Chat- MPR</div> <div>10:30 Resident Council Meeting-MPR</div> <div>1:30 Pokeno- MPR</div>	<div>3</div> <div>9:00 Sittercise w/ Brenda-MPR</div> <div>9:30 Sittercise w/ Brenda- MPR</div> <div>10:00 Ladies' Chat-MPR</div> <div>11:00 IL Lunch Out “Carrabba’s”</div> <div>1:30 Bingo-MPR</div> <div>2:45 Wine &amp; Cheese Lobby</div>	<div>4</div> <div>9:00 Sittercise w/ Brenda-MPR</div> <div>9:30 Sittercise w/ Brenda- MPR</div> <div>10:00 Nails By Lou- Beauty Shop- Must Sign Up In Lobby</div> <div>1:30 Bingo- MPR</div>	<div>5</div> <div>8:30 Shop at Publix- Must Sign Up In Lobby</div> <div>9:00 Sittercise w/ Brenda-MPR</div> <div>9:30 Sittercise w/ Brenda- MPR</div> <div>10:15 American History Notes-MPR</div> <div>1:30 Pokeno- MPR</div> <div>2:45 Happy Hour w/ Eddie Rivers-Dining Room</div>	<div>6</div> <div>9:30 Sittercise w/ Brenda- MPR</div> <div>10:00 Independent Games (Cards, Board Games, Dominoes)- Lanai</div> <div>10:30 Bible Study w/ Mary- MPR</div> <div>1:30 Resident Hosted Bingo- MPR</div>	
	<div>7</div> <div>9:15 St. John's Methodist Church Service &amp; Communion- MPR</div> <div>10:00 Independent Games-Lanai</div> <div>1:30 Resident Hosted Bingo- MPR</div> <div>2:00 Conversations w/ Friends and Family-Lanai</div>	<div>8</div> <div>8:30 Shop at Walmart- Must Sign Up In Lobby</div> <div>9:00 Sittercise w/ Lou-MPR</div> <div>9:30 Sittercise w/ Kaitlin- MPR</div> <div>10:00 Resident-Hosted Cards- Lanai</div> <div>1:30 Bingo- MPR</div> <div>3:00 Great Smoky Mountain Intro-MPR</div>	<div>9</div> <div>9:00 Sittercise w/ Lou-MPR</div> <div>9:30 Sittercise w/ Kaitlin- MPR</div> <div>10:00 Blood Pressure Check w/ Amedisys: Lanai</div> <div>10:15 Crafts w/ Crissy-MPR</div> <div>10:15 Ladies' Chat- MPR</div> <div>1:30 Pokeno- MPR</div> <div>3:00 St. Joseph's Catholic Service-MPR</div>	<div>10</div> <div>9:00 Sittercise w/ Brenda-MPR</div> <div>9:30 Sittercise w/ Brenda- MPR</div> <div>10:00 January Town Hall Meeting-Dining Room</div> <div>1:30 Bingo-MPR</div> <div>2:45 Wine &amp; Cheese w/ Gary Satterzahn- Dining Room</div>	<div>11</div> <div>9:00 Sittercise w/ Brenda-MPR</div> <div>9:30 Sittercise w/ Brenda- MPR</div> <div>10:00 Nails By Lou- Beauty Shop- Must Sign Up In Lobby</div> <div>1:30 Bingo- MPR</div> <div>3:00 Smoky Mountain Facts</div>	<div>12</div> <div>8:30 Shop at Publix- Must Sign Up In Lobby</div> <div>9:00 Sittercise w/ Brenda-MPR</div> <div>9:30 Sittercise w/ Brenda- MPR</div> <div>10:15 American History Notes-MPR</div> <div>1:30 Pokeno- MPR</div> <div>2:45 Happy Hour w/ Deborah Mims-Dining Room</div>	<div>13</div> <div>9:30 Sittercise w/ Brenda- MPR</div> <div>10:00 Independent Games (Cards, Board Games, Dominoes)- Lanai</div> <div>10:30 Bible Study w/ Mary- MPR</div> <div>1:30 Resident Hosted Bingo- MPR</div>
	<div>14</div> <div>9:15 St. John's Methodist Church Service &amp; Communion- MPR</div> <div>10:00 Independent Games-Lanai</div> <div>1:30 Resident Hosted Bingo- MPR</div> <div>2:00 Conversations w/ Friends and Family-Lanai</div>	<div>15</div> <div>8:30 Shop at Walmart- Must Sign Up In Lobby</div> <div>9:00 Sittercise w/ Lou-MPR</div> <div>9:30 Sittercise w/ Kaitlin- MPR</div> <div>10:00 Resident-Hosted Cards- Lanai</div> <div>1:30 Bingo- MPR</div> <div>3:00 Smoky Mountain Bingo-MPR</div>	<div>16</div> <div>9:00 Sittercise w/ Lou-MPR</div> <div>9:30 Sittercise w/ Kaitlin- MPR</div> <div>10:00 Blood Pressure Check w/ Amedisys: Lanai</div> <div>10:15 Ladies' Chat- MPR</div> <div>1:30 Pokeno- MPR</div> <div>3:00 Taste of Kettle Corn-MPR</div>	<div>17</div> <div>9:00 Sittercise w/ Brenda-MPR</div> <div>9:30 Sittercise w/ Brenda- MPR</div> <div>10:00 Ladies' Chat-MPR</div> <div>1:30 Bingo-MPR</div> <div>2:45 Birthday Bash Dining Room- Live Entertainment w/Thomas McGannon🎵</div>	<div>18</div> <div>9:00 Sittercise w/ Brenda-MPR</div> <div>9:30 Sittercise w/ Brenda- MPR</div> <div>10:00 Nails By Lou- Beauty Shop- Must Sign Up In Lobby</div> <div>1:30 Smoky Mountain Craft-MPR</div> <div>6:00 Casino Night!</div>	<div>19</div> <div>8:30 Shop at Publix- Must Sign Up In Lobby</div> <div>9:00 Sittercise w/ Brenda-MPR</div> <div>9:30 Sittercise w/ Brenda- MPR</div> <div>10:15 American History Notes-MPR</div> <div>1:30 Pokeno- MPR</div> <div>2:45 Happy Hour w/ Jeff Wagy-Dining Room</div>	<div>20</div> <div>9:30 Sittercise w/ Brenda- MPR</div> <div>10:00 Independent Games (Cards, Board Games, Dominoes)- Lanai</div> <div>10:30 Bible Study w/ Mary- MPR</div> <div>1:30 Resident Hosted Bingo- MPR</div>
	<div>21</div> <div>9:15 St. John's Methodist Church Service &amp; Communion- MPR</div> <div>10:00 Independent Games-Lanai</div> <div>1:30 Resident Hosted Bingo- MPR</div> <div>2:00 Conversations w/ Friends and Family-Lanai</div>	<div>22</div> <div>8:30 Shop at Walmart- Must Sign Up In Lobby</div> <div>9:00 Sittercise w/ Lou-MPR</div> <div>9:30 Sittercise w/ Kaitlin- MPR</div> <div>10:00 Resident-Hosted Cards- Lanai</div> <div>1:30 Bingo- MPR</div> <div>3:00 Smoky Mountain Virtual tour-MPR</div>	<div>23</div> <div>9:00 Sittercise w/ Lou-MPR</div> <div>9:30 Sittercise w/ Kaitlin- MPR</div> <div>10:00 Blood Pressure Check w/ Amedisys: Lanai</div> <div>10:15 Crafts w/ Crissy-MPR</div> <div>10:15 Ladies' Chat- MPR</div> <div>1:30 Pokeno- MPR</div> <div>3:00 St. Joseph's Catholic Service-MPR</div>	<div>24</div> <div>9:00 Sittercise w/ Brenda-MPR</div> <div>9:30 Sittercise w/ Brenda- MPR</div> <div>10:00 Ladies' Chat-MPR</div> <div>1:30 Bingo-MPR</div> <div>2:45 Wine &amp; Cheese -Lobby</div>	<div>25</div> <div>9:00 Sittercise w/ Brenda-MPR</div> <div>9:30 Sittercise w/ Brenda- MPR</div> <div>10:00 Nails By Lou- Beauty Shop- Must Sign Up In Lobby</div> <div>1:30 Bingo- MPR</div> <div>3:00 Making Smoky Mountain Trail Mix</div>	<div>26</div> <div>8:30 Shop at Publix- Must Sign Up In Lobby</div> <div>9:00 Sittercise w/ Brenda-MPR</div> <div>9:30 Sittercise w/ Brenda- MPR</div> <div>10:15 American History Notes-MPR</div> <div>1:30 Pokeno- MPR</div> <div>2:45 Happy Hour w/ Ella-Dining Room</div>	<div>27</div> <div>9:30 Sittercise w/ Brenda- MPR</div> <div>10:00 Independent Games (Cards, Board Games, Dominoes)- Lanai</div> <div>10:30 Bible Study w/ Mary- MPR</div> <div>1:30 Resident Hosted Bingo- MPR</div>
	<div>28</div> <div>9:15 St. John's Methodist Church Service &amp; Communion- MPR</div> <div>10:00 Independent Games-Lanai</div> <div>1:30 Resident Hosted Bingo- MPR</div> <div>2:00 Conversations w/ Friends and Family-Lanai</div>	<div>29</div> <div>8:30 Shop at Walmart- Must Sign Up In Lobby</div> <div>9:00 Sittercise w/ Lou-MPR</div> <div>9:30 Sittercise w/ Kaitlin- MPR</div> <div>10:00 Resident-Hosted Cards- Lanai</div> <div>1:30 Bingo- MPR</div> <div>3:00 Smoky Mountain Memory Game</div>	<div>30</div> <div>9:00 Sittercise w/ Lou-MPR</div> <div>9:30 Sittercise w/ Kaitlin- MPR</div> <div>10:00 Blood Pressure Check w/ Amedisys: Lanai</div> <div>10:15 Ladies' Chat- MPR</div> <div>1:30 Pokeno- MPR</div> <div>3:00 Word from a Word-MPR</div>	<div>31</div> <div>9:00 Seminole Hard Rock Casino-Must Sign Up In Lobby</div> <div>9:00 Sittercise w/ Brenda-MPR</div> <div>9:30 Sittercise w/ Brenda- MPR</div> <div>10:00 Ladies' Chat-MPR</div> <div>1:30 Bingo-MPR</div> <div>2:45 Wine &amp; Cheese Lobby</div>	<div>January Birthdays</div> <div>Dean M. 1/2    Ann D. 1/23</div> <div>Judy H. 1/7    Rose J. 1/24</div> <div>James C. 1/8    Gay W. 1/27</div> <div>Betty A. 1/9</div> <div>Louis R. 1/11</div> <div>Jim W. 1/16</div> <div>Leroy K. 1/19</div>	<div>Happy New Year</div>	





Trisha Tucker was born and raised in California. She moved to Tampa, Florida, 5 years ago. Her husband's job brought her to Winter Haven less than a year ago. Trisha and her husband have a 25-year-old daughter. Trisha has worked as a Caregiver and Certified Nursing Assistant for over 24 years. "This is my passion and why I'm here."

When not working, she loves watching serial killer movies and true crime stories. She enjoys reading horror novels and watching horror movies. She is already looking forward to her end-of-the-year *Twilight Zone* marathon. Trisha likes Mexican food and the outdoors.

Born on December 26, she is a true Capricorn, smart and hardworking. This is exactly why she is our employee of the month.



America's most visited national park, Great Smoky Mountains, is an ideal getaway. Hike, camp and experience one of America's oldest mountain ranges. Established in 1926, Great Smoky Mountains National Park is comprised of ridge upon ridge of seemingly endless forest on the border between North Carolina and Tennessee. Called the Smokies due to the ever-present morning fog, this mountain range is world renowned for the diversity of its plant and animal life, the beauty of its ancient mountains and its history of southern Appalachian mountain culture. With nearly 80 historic buildings, spectacular displays of wildflowers and abundant wildlife, Great Smoky Mountains National Park offers myriad activities to enjoy. The Great Smoky Mountains National Park region is divided down its length by the Tennessee – North Carolina border.