

Lake Howard Heights

INDEPENDENT LIVING

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

Director's Corner

Happy November!

Well, here we are.... Walking right into the major holiday time of the year!

As we enter the month that we focus on what we are thankful for, I am going to extend a challenge to us all.. let's try to identify 3 different people every day (maybe a friend, family member, employee somewhere, a stranger in a store) and let's share 1 thing that we can say to them that we are thankful for in regard to them. As we focus on the things we are thankful for, I bet we will see that

our days are happier, we realize how truly blessed we are and we help those around us to hear that we are thankful for them and help them see their own value as well.

I hope you all have a wonderful month and a beautiful Thanksgiving!

With much love and respect.....

Glenda



November 2025



Meet Larry Umstadter

Meet Larry Umstadter...Larry was born in Paterson, New Jersey and was the oldest of two children. He attended high school in Hackettstown, New Jersey, after high school Larry attended Rutgers University in New Jersey. He majoring in Animal Science. He also worked and studied construction. Larry owned his own construction company and business took him to Latin America. Shortly after graduation he married Darlene and their union produced two beautiful girls. Their marriage was 41 years short. Now, Larry enjoys four grandchildren and six great grandchildren...ALL GIRLS. Larry and Darlene traveled extensively, he even arranged for Darlene to have Christmas in Paris. WOW what a Christmas gift. Over the years Larry has had numerous hobbies including breeding and selling Appaloosa horses, horseback riding, and hunting. Today Larry enjoys his 13year old German shepherd Koda. You can always see Larry and Koda out for their walks throughout the day. Larry we are glad your home is here at Lake Howard Heights.



Resident
of the Month

November 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
★ ★ ★ Thank You VETERANS 	Residents “November” Birthday’s 11/04 Ethel P. 11/09 Mary D. 11/11 Bill C. 11/12 Beverly M. 11/12 Charlotte, C. 11/12 Alex L. 11/14 Delores G. 11/16 Antoinette O. 11/19 Dorothy O. 11/22 David T. 11/28 Toni P.	HAPPY <i>Thanksgiving</i>	Staff “November” Birthday’s 11/06 Mary D. Resident Care 11/08 Christine S. Resident Care 11/24 Lou M. Independent Activities Dir.	All Events Are Subject to Change		1 10:00 Painting w/ Phyliss-MPR 10:30 Bible Study w/ Mary- Club Room 1:15 Movie Matinee- Club Room 3:00 Resident-Hosted Bingo Nickels & Dimes- MPR
2 9:00 Time with Family, Church and Friends 1:15 Bresident Hosted Bingo-Nickels & Dimes-MPR	3 8:30 Shop at Walmart- Must Sign Up In Lobby 9:00 Sittercise w/ Brandi-MPR 10:00 Inservice w/ Tabitha American Senior Benefits-Dining Rooms 1:15 Bingo-Nickels & Dimes- MPR 2:45 Australia: Introduction Documentary-Club Room	4 9:00 Sittercise w/ Brandi-MPR 9:30 Free Blood Pressure Checks w/ Betsy- Lanai 10:30 Resident Council Meeting- MPR 11:00 Swim Time at SW Complex-Must Sign Up In Lobby 1:15 Pokeno- Club Room 2:45 Australia: Kangaroo toss-Lobby	5 9:00 Sittercise w/ Brandi-MPR 10:45 IL Lunch Out “Outback” Must Sign Up In Lobby 1:15 Bingo w/ Nickles & Dimes- MPR 2:45 Wine & Cheese - w/ Pablo-Dining Room	6 9:00 Sittercise w/ Brandi-MPR 10:15 Australia: Craft-MPR 10:15 Nails By Lou- Beauty Shop- Must Sign Up In Lobby 1:15 Bingo - Nickels & Dimes-MPR 2:00 Slushie & Popcorn -Lobby	7 8:30 Shop at Publix-Must Sign Up In Lobby 9:00 Sittercise w/ Brandi-MPR 10:15 Australia: Flag Painting-Lanai 1:15 Pokeno-MPR 2:45 Happy Hour w/ Eddy Rivers-Dining Room-	8 10:00 Planting w/ Phylis-MPR 10:30 Bible Study w/ Mary- Club Room 1:15 Movie Matinee- Club Room 3:00 Resident-Hosted Bingo Nickels & Dimes- MPR
9 9:00 Time with Family, Church and Friends 1:15 Bresident Hosted Bingo-Nickels & Dimes-MPR	10 8:00 Special Veterans Breakfast-Dining Room 8:30 Shop at Walmart- Must Sign Up In Lobby 9:00 Sittercise w/ Brandi-MPR 1:15 Bingo-Nickels & Dimes- MPR	11 Veterans Day 9:00 Sittercise w/ Brandi-MPR 1:15 LHH Veterans Day Celebration 3:00 St. Joseph’s Catholic Service-MPR	12 9:00 Sittercise w/ Brandi-MPR 10:00 LHH November Town Hall Meeting w/ Glenda-Dining Room 1:15 Bingo w/ Nickles & Dimes- MPR 2:45 Wine & Cheese w/ Gary Satterzahn- Dining Room	13 9:00 Sittercise w/ Brandi-MPR 10:00 Shop at Dollar Tree-Must Sign Up In Lobby 10:15 Australia: Craft-MPR 10:15 Nails By Lou- Beauty Shop- Must Sign Up In Lobby 1:15 Bingo - Nickels & Dimes-MPR 2:00 Slushie & Popcorn -Lobby 2:45 Honoring our Wives of Veterans-Dining	14 8:30 Shop at Publix-Must Sign Up In Lobby 9:00 Sittercise w/ Brandi-MPR 1:00 Pokeno-MPR 2:00 LHH Veterans Pinning Program-Dining Room 2:45 Happy Hour w/ Deborah Mims-Dining Room-	15 10:00 Painting w/ Phyliss-MPR 10:30 Bible Study w/ Mary- Club Room 1:15 Movie Matinee- Club Room 3:00 Resident-Hosted Bingo Nickels & Dimes- MPR
16 9:00 Time with Family, Church and Friends 1:15 Bresident Hosted Bingo-Nickels & Dimes-MPR	17 8:30 Shop at Walmart- Must Sign Up In Lobby 9:00 Sittercise w/ Brandi-MPR 10:00 Men’s Coffee & Donuts-MPR 1:15 Bingo-Nickels & Dimes- MPR 2:45 Australia: Australia Word Search-Lanai	18 9:00 Sittercise w/ Brandi-MPR 9:30 Free Blood Pressure Checks w/ Betsy- Lanai 10:00 Hearing Life w/ Kelsey-TBD 1:15 Pokeno- Club Room 2:45 Australia: Great Barrier Reef Painting-NPR 4:00 IL & AL Dinner Out “Longhorn’s” Must Sign Up In Lobby	19 9:00 Sittercise w/ Brandi-MPR 10:15 Thanksgiving Trivia-Library 10:30 Shop at Belk’s-Must Sign Up In Lobby 1:15 Bingo w/ Nickles & Dimes- MPR 2:45 Birthday Bash Dining Room- Live Entertainment w/Bill Pascali🎵	20 9:00 Sittercise w/ Brandi-MPR 10:15 Australia: Craft-MPR 10:15 Nails By Lou- Beauty Shop- Must Sign Up In Lobby 1:15 Bingo - Nickels & Dimes-MPR 2:00 Slushie & Popcorn -Lobby	21 8:30 Shop at Publix-Must Sign Up In Lobby 9:00 Sittercise w/ Brandi-MPR 1:30 Managers/Staff Chili Cook-Off-Dining 2:45 Happy Hour w/ Bill Pasali-Dining Room-	22 10:00 Planting w/ Phylis-MPR 10:30 Bible Study w/ Mary- Club Room 1:15 Movie Matinee- Club Room 3:00 Resident-Hosted Bingo Nickels & Dimes- MPR
23 9:00 Time with Family, Church and Friends 1:15 Bresident Hosted Bingo-Nickels & Dimes-MPR	24 8:30 Shop at Walmart- Must Sign Up In Lobby 9:00 Sittercise w/ Brandi-MPR 10:00 Ladies Coffee & Donuts-MPR 1:15 Bingo-Nickels & Dimes- MPR 2:45 Australia: Inspired Dot Paintoing-MPR	25 9:00 Sittercise w/ Brandi-MPR 10:15 Australia: The Daintree Rainforest-MPR 11:00 Swim Time at SW Complex-Must Sign Up In Lobby 1:15 Pokeno- Club Room 3:00 St. Joseph’s Catholic Service-MPR	26 9:00 Sittercise w/ Brandi-MPR 10:15 Thanksgiving Past-Library 1:15 Bingo w/ Nickles & Dimes- MPR 2:45 Wine & Cheese - Check Today’s Programs for Location	27 Thanksgiving 9:00 Sittercise w/ Brandi-MPR 10:15 Australia: Craft-MPR 1:15 Movie Matinee-Club Room 1:15 Resident Bingo - Nickels & Dimes-MPR 3:00 Happy Thanksgiving	28 8:30 Shop at Publix-Must Sign Up In Lobby 9:00 Sittercise w/ Brandi-MPR 1:15 Pokeno-MPR 2:45 Happy Hour w/ Ella-Dining Room-	29 10:00 Painting w/ Phylis-MPR 10:30 Bible Study w/ Mary- Club Room 1:15 Movie Matinee- Club Room 3:00 Resident-Hosted Bingo Nickels & Dimes- MPR
30 9:00 Time with Family, Church and Friends 1:15 Bresident Hosted Bingo-Nickels & Dimes-MPR						

Associate of the Month



Meet Aleyah Miller

Meet Aleyah Miller...Aleyah was born in Winter Haven and is the second oldest of five siblings. She graduated from Winter Haven High School and is taking a little time off before returning to school. Her plans now consist of attending junior college then transferring to a major university to pursue a career in law. She may be tiny but she is strong and believes in herself. Aleyah has worked at Lake Howard Heights in dining services for about one and a half years. She enjoys helping the residents and always greets them with a smile. Aleyah were are happy to have you here at home at Lake Howard Heights.

"This Month In History"

NOVEMBER

1929: Movie star turned Princess of Monaco, Grace Patricia Kelly is born on Nov. 12. She was an iconic actress during the Golden Age of Hollywood and an advocate for children in the arts.

1930: The Bank of Italy in San Francisco changes its name to the Bank of America. Currently, the financial company is the second-largest banking institution in the United States.

1942: In the midst of World War II, the minimum age for the U.S. military draft is dropped from 21 to 18. This

quickly brought out supporters of lowering the legal voting age, too, with the phrase "Old enough to fight, old enough to vote."

1960: John F. Kennedy becomes the youngest person to be elected U.S. president.

1989: The fall of the Berlin Wall occurs on Nov. 9. With the literal destruction of the wall, the figurative "Iron Curtain" between the U.S. and the Soviet Union was dissolved as well, ending the Cold War.

1994: Returning to the ring after a 10-year retirement, George Foreman wins the world heavyweight boxing championship—the oldest ever to earn the title, at age 45. "Big George" still holds the record.

2011: The creative video game Minecraft is released. It has since become the bestselling video game in history, with 140 million active players.

2022: The global population reaches a new high of 8 billion people.