


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February 2012 <i>Chocolate Makes Me Happy</i>			7:30 Rise and Shine/FS 8:15 Cardio Fun/FS 9:00 Body Shop/FS 10:00 Aqua Fitness/WC 10:30 Circuit Training/FC 10:30 Computer Club/WH 1:00 Craft Club/ES 2:30 Body Shop II/FS 3:00 Breathe Right/FS 3:30 Yoga/FS	8:00 Stretch & Tone/FS 9:00 Endurance in Motion/FS 11:00 Walking Challenge/WH 11:45 ROMEO/Selva 3:00 Line Dancing/FS 3:00 Viewpoint/GR 7:30 Poker/CR 8:00 Woodworkers/AN	7:30 Rise and Shine/FS 8:15 Cardio Fun/FS 9:00 Jewelry Repair/WC 9:00 Body Shop/FS 10:00 Aqua Fitness/WC 10:30 Circuit Training/FC 11:00 Super Bowl Strategy/WH 7:00 Bingo/CR	9:00 Lawn Bowls/GN 1:00 ABET Theatre 2:00 Movie/WH <i>An American in Paris</i> Musical (PG)
5 Church Shuttles* 4:00 Wine & Wickets/ GN Super Bowl	6 7:30 Rise and Shine/FS 8:15 Cardio Fun/FS 9:00 Body Shop/FS 10:00 Aqua Fitness/WC 10:30 Circuit Training/FC 2:30 Body Shop II/FS 3:00 Breathe Right/FS 3:30 Yoga/FS	7 8:00 Stretch & Tone/FS 9:00 Endurance in Motion/FS 11:00 Survivor Benefits/WH 3:00 National Parks/WH 7:30 National Parks/WH	8 7:30 Rise and Shine/FS 8:15 Cardio Fun/FS 9:00 Body Shop/FS 10:00 Aqua Fitness/WC 10:00 FLiCRA/WH 10:30 Grief Education/SR 10:30 Circuit Training/FC 2:30 Body Shop II/FS 3:00 Breathe Right/FS 3:30 Yoga/FS 7:30 President & 1st Lady/WH	9 8:00 Stretch & Tone/FS 9:00 Endurance in Motion/FS 11:00 OLLI Lecture Series/WH 3:00 Line Dancing/FS 7:30 Poker/CR	10 7:30 Rise and Shine/FS 8:15 Cardio Fun/FS 9:00 Body Shop/FS 10:00 Aqua Fitness/WC 10:30 Circuit Training/FC 5:00 Happy Hour/Atrium 7:00 Bingo/CR	11 9:00 Lawn Bowls/GN 2:00 Movie/WH <i>Midnight in Paris</i> Romantic Comedy (PG13) 6:30pm La Boheme/ Times Union Center
12 Church Shuttles* 4:00 Wine & Wickets/ GN	13 7:30 Rise and Shine/FS 8:15 Cardio Fun/FS 9:00 Body Shop/FS 10:00 Aqua Fitness/WC 10:30 Circuit Training/FC 2:30 Body Shop II/FS 3:00 Breathe Right/FS 3:30 Yoga/FS 4:00 Chocolate King/WH 7:30 Team Trivia/CR	14 8:00 Stretch & Tone/FS 9:00 Endurance in Motion/FS 5:00 Meet Me In Paris Resident Party/WC 7:30 Investment Club/CR	15 7:30 Rise and Shine/FS 8:15 Cardio Fun/FS 9:00 Body Shop/FS 9:30 Avenues Shopping 10:00 Aqua Fitness/WC 10:30 Circuit Training/FC 1:00 Craft Club/ES 2:30 Body Shop II/FS 3:00 Breathe Right/FS 3:30 Yoga/FS	16 8:00 Stretch & Tone/FS 9:00 Endurance in Motion/FS 9:00 Golf Tournament 10:30 Caregivers Educaton/SR 11:00 Lunch & Learn/TPC 11:45 ROMEO/Selva 12:00 Golf Tournament 3:00 Line Dancing/FS 5:30 Masterworks 7:30 Poker/CR	17 7:30 Rise and Shine/FS 8:15 Cardio Fun/FS 9:00 Body Shop/FS 9:15 Coffee Concert 10:00 Aqua Fitness/WC 10:30 Circuit Training/FC 3:00 National Parks/WH 7:30 National Parks/WH	18 9:00 Lawn Bowls/GN 2:00 Movie/WH <i>Chocolat</i> Romantic Drama (PG13)
19 Church Shuttles* 4:00 Wine & Wickets/ GN	20 7:30 Rise and Shine/FS 8:15 Cardio Fun/FS 9:00 Body Shop/FS 10:00 Aqua Fitness/WC 10:30 Circuit Training/FC 2:30 Body Shop II/FS 3:00 Breathe Right/FS 3:30 Yoga/FS 5-8pm Birthday Celebration/DR	21 8:00 Stretch & Tone/FS 9:00 Endurance in Motion/FS 10:00 Resident Council/WH 7:30 Meet the Writer/WH	22 7:30 Rise and Shine/FS 8:15 Cardio Fitness/FS 9:00 Body Shop/FS 10:00 Aqua Fitness/WC 10:30 Circuit Training/FC 12:45 Chocolate Tour/Whetstone 2:30 Body Shop II/FS 3:00 Breathe Right/FS 3:30 Yoga/FS	23 8:00 Stretch & Tone/FS 9:00 Endurance in Motion/FS 11:00 Lunch Bunch/Biscotti's 3:00 Line Dancing/FS 7:30 Reminisce With Me/WH 7:30 Poker/CR	24 7:30 Rise and Shine/FS 8:15 Cardio Fun/FS 9:00 Body Shop/FS 9:15 Coffee Concert 10:00 Aqua Fitness/WC 10:30 Circuit Training/FC 5:00 Happy Hour/WH 7:00 Bingo/CR	25 9:00 Lawn Bowls/GN 2:00 Movie/WH <i>French Kiss</i> Romantic Comedy (PG13)
26 Church Shuttles* 4:00 Wine & Wickets/ GN	27 7:30 Rise and Shine/FS 8:15 Cardio Fun/FS 9:00 Body Shop/FS 10:00 Aqua Fitness/WC 10:30 Circuit Training/FC 2:30 Body Shop II/FS 3:00 Breathe Right/FS 3:30 Yoga/FS 7:30 Team Trivia/CR	28 8:00 Stretch & Tone/FS 9:00 Endurance in Motion/FS 10:00 Charitable Giving/CR 5:00 Happy Hour/WH	29 7:30 Rise and Shine/FS 8:15 Cardio Fitness/FS 9:00 Body Shop/FS 10:00 Aqua Fitness/WC 10:30 Circuit Training/FC 2:30 Body Shop II/FS 3:00 Breathe Right/FS 3:30 Yoga/FS	Location Key: AN-Annex AT-Atrium AR-Atlantic Room CT-Constellation Rm CR-Club Room ES-Expressions Studio FC-Fitness Center DR-Dining Room	SR-Serenity Room SP-Spa TC-Tech Ctr GN-The Greens GR-Great Room WH-Windward Hall FS-Fitness Studio	

Sailing- 2:30pm Saturdays & Sundays Weather Permitting

Campus Events

Thur. Feb 2, 11:00am, Windward Hall. **Walking Challenge**. Come learn what it takes to finish this *Living Strong* challenge.

Thur. Feb 2, 3:00pm, Great Room. **Viewpoint**. Walk down Memory Lane with Resident Support Coordinator, Pamela Eccles-Wakefield.

Fri. Feb 3, 11:00am, Windward Hall. **Super Bowl Strategies**. Free lecture presented by OLLI. You'll enjoy the insights of retired NFL (Jaguars) Special Teams Coach Larry Pasquale as he talks about the big game. Wear your favorite NFL team colors!

Tue. Feb 7, 11:00am, Windward Hall. **Survivor Benefits**. Don't miss this important information from Casualty Officer Derrick Harris; Moody Air Force Base, Valdosta, Georgia.

Tue. Feb 7, 3:00 & 7:30pm, Windward Hall. **National Parks**. Episode two *The Last Refuge*, 1890-1915. A Ken Burns film.

Wed. Feb 8, 10:00am, Windward Hall. **FLiCRA Annual Meeting**. All are invited to hear Bennett Napier, Executive Director of FLiCRA speak on the 2012 Legislative Issues. Light Refreshments.

Wed. Feb 8, 7:30pm, Windward Hall. **President & Ist Lady**. William & Sue Wills presents Abraham and Mary Lincoln.

Thu. Feb 9, 11:00am, Windward Hall. (Free) **OLLI Lecture Series**. Speaker Judge Michael Weatherby presents *The Death Penalty in the 21st Century*.

Fri. Feb 10, 5:00pm, Atrium. **Chocolate Makes Me Happy Hour**. Entertainment and chocolate.

Mon. Feb 13, 4:00pm, Windward Hall. **Chocolate King**. Learn about the life of Milton Hershey and how he made his chocolate empire.

Tue. Feb 14, 5:00pm, Windward Commons. **Meet Me In Paris Resident Party**. An enchanting cocktail party with French flair. Black tie optional. RSVP required.

Fri. Feb 17, 3:00 & 7:30pm, Windward Hall. **National Parks**. Episode three *The Empire of Grandeur*, 1915-1919.

Mon. Feb 20, 5:00-8:00pm, Dining Room. **Birthday Celebration**. Celebrate February Birthdays with a special treat.

Tue. Feb 21, 10:00am, Windward Commons. **Resident Council**. Stay informed with campus happenings.

Tue. Feb 21, 7:30pm, Windward Hall. Meet The Writer: Dr. Fran Kinne, Ph.D. presenting her book *The Final Chapter*.

Thu. Feb 23, 7:30pm, Windward Hall. **Reminisce With Me**. Resident Richard Schlaff talks about his experience in China, the Yangtze River and Hong Kong.

Tues. Feb 28, 10:00am, Card Room. **Charitable Giving**. Charitable gift annuities 101 by Mike and Karen Davenport.

Let's Go Out & About

Feb 2 & Feb 16, 11:45am, **ROMEOs**, Selva Marina Country Club. Contact Bill Mallory for details.

Feb 4, 1:00pm, **ABET Theatre**, *The Oldest Profession*.

Feb 11, 6:30pm, **La Boheme Opera**, Times Union Center. Based on a collection of vignettes portraying young bohemians living in the 1840s.

Feb 15, 9:30am, **Avenues Mall Shopping**

Feb 16, 11:00am, **Lunch & Learn**, TPC Sawgrass. Baptist Beaches presents Cardiologist Dr. Rama, women's heart health.

Feb 16, 6:30pm, **Master Works**, Times Union Center. *Brahms Symphony No. 4*.

Feb 17, 9:15am, **Coffee Concert**, Times Union Center. *Brahms Symphony No. 4*.

Feb 22, 12:45pm, **Chocolate Tour**, Whetstone Chocolate. Take the "Original St. Augustine Chocolate Tour"

Feb 23, 11:00am, **Lunch Bunch** at Biscotti's. Save room for dessert at this Avondale treasure.

Feb 24, 9:15am, **Coffee Concert**, Times Union Center. *Canadian Brass*.

- Sign-up required in the Events Book located in the Coleman Center Mail Room.
- A 10-person minimum for transportation to all activities off property.
- Cancellation fee applied unless 24-hour notice.
- Grocery shopping to Publix on Tuesday and Thursday at 9:00 am.
- * Church Shuttles:
St. John's Catholic Church 8:30am pick up
Community Presbyterian Church 10:30am pick up

Services at Windward

Massage Therapy Services; 525.1539
Podiatry Services; Monthly, *Extension 395*
Salon at Windward; *Extension 115*
Resident Support Coordinator; *Extension 116*

AARP Driving Course

Sign up for the AARP Driving Course on Campus.
Monday, March 5 1:00-5:00pm and
Tuesday, March 6 9:00am-1:00pm
Windward Hall
Call Briana at ext 122 for more details.

February 2012

Fleet Landing

One Fleet Landing Boulevard, Atlantic Beach, Florida 32233 904.246.9900 • www.fleetlanding.com

Upcoming Events

March

Don't Take the Fall-Prevention Reminisce With Me ~ Part 3 Safety Seminar

April

Singers By The Sea

Take The Challenge

As part of the 2012 *Living Strong* series, let's grab our shoes and take the Walking Challenge. In just 30 days, you can improve your balance, endurance and stamina.

Fitness Instructors Art Jones and Clicker Morgan will guide you in a daily walking program and will have you marathon walking in just 30 days.

Remember, walking is the single most important exercise you can do to improve your overall health and quality of life.

Walking Challenge Program

Thursday, February 2

11:00am ~ Windward Hall

New Walking Classes

Starting Tuesday, February 7

10:00am ~ Fitness Studio

Chocolate Makes Me Happy

The history of chocolate can be traced back to the Aztecs. Cocoa, prepared as a chocolate drink, was believed to impart wisdom, provide great energy and have aphrodisiacal powers. Spaniards added hot water, sugar, vanilla and cinnamon, and the drink became all the rage among European nobles. It then became so popular in France that chocolate houses appeared everywhere, much like today's coffee houses. Later, the Swiss made the most refinements to cocoa, creating the processing system still used today. The Swedish naturalist, Linnaeus, christened the chocolate plant *Theobroma cacao*, Latin for "food of the gods".



Chocolate has exceptional nutritional qualities. It is a high energy food containing carbohydrates, fats, and vegetable proteins, as well as large quantities of potassium and magnesium, some calcium and sodium. It also contains vitamins A1, B1, B2, D and E. Aside from these benefits, we mostly eat chocolate because it makes us feel happy. Here are a few reasons chocolate does just that.

- When eating chocolate, the brain releases endorphins, the natural opiates that elevate one's mood; reducing pain.
- Chocolate contains a chemical called phenylethylamine. High levels of this neurotransmitter help promote feelings of attraction and excitement.
- Chocolate contains sugar and caffeine. Um, what else is there to say.
- Chocolate may help people live longer due to the antioxidants found in it.
- Chocolate is a viable alternative energy source.

Do you need any more reasons to let a Hershey's kiss melt in your mouth?