



SENIOR L.I.F.T CENTER
LIVING INVOLVEMENT
FULFILLMENT
TOGETHERNESS
July 2019



**I have a right to be
wrong, and I have a
right to be right. But
in either case,
I have the right to
Speak and so
Do YOU!!**

12480 S. W 127Ave.
Miami-

www.seniorliftcenter.com

DocketHost

*Have you
tried your
hand at The
Pool Table?*



Join our regulars

Kathleen Blackburn, Larry Canfield,
Lenny Goldner, Don Harvey,
Yvonne Makenna, George Raymond,
Tony Reese, Alan Robinson,,
And always room for you!

**Tell your families to use
AmazonSmile.org
LIFT got \$ 153.00, as of July 11.
If you buy on-line
It puts dollars in your
LIFT OPERATING EXPENSES**

PRESIDENT'S MESSAGE

Dear Valued LIFT members,

From time to time the LIFT receives information of interest to all of us. Mr. Kent Elliott recently forwarded some suggestions he calls: "Safe at Home for the Long Haul."

Many seniors live in their homes well past retirement thus keeping their independence. Mr. Kent Elliott has passed along some suggestions of interest to all of us. Every 11 seconds people are admitted to emergency rooms because of falls. We have seen that at the LIFT among our members. The most dangerous place is the bathroom. While Medicare does not cover grab bars, for about \$30.00 these bars are easy to install. Stairs are a second area that is a worry. and Stair lifts are not covered by Medicare either. However, some Advantage plans do cover this type of safety equipment.

Walking around your house looking for un-secured area rugs, and chords that might be sticking out., may avoid a fall.

The National Council for Aging Care says: EXERCISE is the most significant contributor to a long life. We know you don't want to hear that, but take advantage of the LIFT and we'll grow old together. Getting 7 to 9 hours of sleep can be tough with old age diseases, but is essential.. The complete letter from Kent is posted on our bulletin board.

Sincerely,

Rosemary Helenbrook

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Getting To Know You.

Leo Scherker at 95, is at the LIFT almost every day. He learned to be a watchmaker from his Dad and took over the business at 17, when his father died. He cared for his mother, and three sisters and then WWII broke and he was drafted.

At the D-Day invasion, like so many others he stormed ashore and fortunately Leo helped the U.S.A. restore the world to order. And we thank him and all the others who did. While at home, Mom ran the jewelry store, and kept the home fires burning. Leo had a bag full of watch makers tools with him during the European campaign, and along the way, fixed watches for the GI's.

Upon returning home he settled in, He got married, had 3 boys and now has 5 Grands.. He really wasn't enamored with watch making. In 1959, he sold out and moved to Miami.

In 1970, Leo went back to school and got his Masters, while his wife ran their jewelry store. You might remember it.? Across from the U of M, called the "Village Corner."

•Leo went back to school at FIU and received a Masters in Education, and taught Art. In Liberty City. Now he's one of our Treasures at the LIFT.

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Overheard at a nearby park:



“I swiped my computer and you know what? That Troll tagged me?”

“Tagged me “Really Sick,” because a picture of someone else, was represented as me, bending over a toilet, vomiting.

“If I get tagged with that handle, I’ll un-friend him.”

“You think it will go Viral?”
“I hope not.”

New Millennial Translation

1. Swiped: running a finger across a computer screen
2. Troll: is someone who is disagreeable.
3. Tagged: is photograph of an event posted on-line to Facebook
4. Friend and unfriend, term meaning has access to Facebook page or denied access..
5. Going Viral: being circulated on Facebook around the world.



News from Selva Joseph

Well can you believe it?
July is upon us.. Our Artists are furiously working on a new mural and watch for its ‘ display soon.

Another group of you wonderful LIFT members are planning an issue of the Journal similar to the one we produced in 2015 called “Write On.”

Anyone can submit any original entry for review.. The deadline for entries is August 31, 2019. Send us your original photography, art work , poems, or writing. We’re also looking for a new name for our magazine. Have any ideas? *Life is Fun Together,*
Selva Joseph

Military Hat
Team Total
2518

Dinner Club
Wednesday July 18
Location to be Announced
6:00 PM

Celebrate our American History

THOMAS JEFFERSON WAS A REMARKABLE MAN!

- Age 5, Studied with a tutor.**
- Age 9 Studied Latin, Greek, French.**
- Age 14 Studied classical literature and additional languages.**
- Age 16 Entered William and Mary College.**
- Age 19 Studied Law 5 years under George Wythe.**
- Age 23 Started his own Law Practice.**
- Age 25 Elected to the Virginia House of Burgesses.**
- Age 31 Wrote “Summary View of the Rights of British Americans.”
Retired from Law.**
- Age 32 Delegate to the Second Continental Congress.**
- Age 33 Wrote the Declaration of Independence.**
- Age 33 He took 3 years to revise Virginia’s legal code and wrote a Public Education bill and statute for Religious Freedom.**

Celebrate our American History

Between the ages of 36 and 83, He was the second Governor of Virginia.

Served 2 years in Congress.

Was a Minister to France serving with Ben Franklin and John Adams negotiating commercial treaties with European nations.

He was the First Secretary of State under George Washington

And was elected to be the Third President of The United States.

Obtained the Louisiana Purchase, Doubling the nation’s size.

**Was elected to a second term as
PRESIDENT**



2019 LIFT Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MISC...
Bridge Tips 10:00-12:00 Ginny Powell	Art 9:00-12:00	Drama 10-12:00 Selva Joseph	Strength Training 9:30-10:00 Jen Jung	Line Dancing 9:30-11:00 Barbara Mlcuch	<p>The LIFT will be Closed on July 4 for Independence Day</p> <p>FOR ALL SPECIAL EVENTS AND ALL TRIPS</p> <p>See Notices at Front Desk</p>
Creative Arts 10:00 – 12:00 Selva Joseph	Intermediate Bridge 9:30-11:15 Alan Robinson	Spanish 11:00-12:00 Barbara Treharne (2 nd 3 rd and 4 th Wednesdays)	Exercise Class 10:00-11:00 Connie Cruz	Writing Group 10:00-12:00 Elena Karplus	
Sing-along 10:30 – 12:00 Peggy Chen	Crafts 10:30-12:00		Stability Exercise 11:00-12:00 Sandra Carrera	Hula 11:00-12:00 Sonja Chin	
Computers 12:30 – 1:30 2:00-3:00 Gloria Candela Ann Gaudino	Scrapbooking 10:00-12:00 Mericys Blum	1st Wednesday Board Meeting at 10:30	Canasta/Mah Jong 12:30-3:00		
Bunco 12:30-3:30 Maria Gulla	Duplicate Bridge 12:15 - 3:30 Alan Robinson	Poker 12:30 to 3:30 Beryl Greenberg	Computers 12:30-1:30 2:00-3:00 Gloria Candela/Bud Miller	<p>Tell Your Family and Friends About AmazonSmile.org</p>	
English (Intermediate) 12:30 – 1:30 Rosemary Helenbrook	Rummikub Pool or billiards All day / Every day Larry Canfield	Computers 12:30-1:30 Gloria Candela/Bud Miller	Drawing 1:00-3:00 Bob McKibben		
		Chair Yoga 12:10-1:00 Sandra Carrera			
Hand and Foot 1:00 – 3:30 Phyllis Kaplan	Canasta/Mah-jong Open Games Daily 12:30-3:30	Tap Class 1:00-2:00 Mary Fincke	Ecology Class 1:00-2:30 John Owens	Duplicate Bridge 12:15 - 3:30 Daniel Grusauskas	
Evening Tap 5:30-7:30 Laurie Merker			<p>Remember AmazonSmile.org</p>		
	<p>The Library is free and open every day</p>			Dinner Club 6:00 pm 3 rd Thursday of each month	

2019 OFFICERS

Rosemary Helenbrook	President
Jen Jung	Vice President
Barbara Treharne	Treasurer
Jane Scop	Recording Secretary
Susan Myers	Corresponding Secretary

2019 BOARD MEMBERS

Sonja Chin	Marilyn Green	Shirley Gruber
Selva Joseph	Pam Green	Dave Lowens
Norine Silverstein	Nancy Wade	Barbara Mlcuch

Yes, I'm asking again: "What would you be doing Today if not at the LIFT?"



Other Member

Choices Are:

Lifetime \$ 1000.00 Free Membership

Platinum \$ 500.00 Free for 5 Years

Gold \$ 250.00 Free for 3 Years

Silver \$ 100.00 Free for 2 Years

Or leave a Bequest in one's will, with the money specified to a group or activity or to the general well being of the L.I.F.T.!!

Reminder: Leaders/Teachers:

Please notify Selva Joseph as to changes or cancelation of classes in advance when possible. Thanks *Page 11*

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ORGANIZATION
U.S. POSTAGE PAID
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PERMIT NO. 2423

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Or Current Resident