

U
P
L
I
F
T
I
N
G
N
E
W
S

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

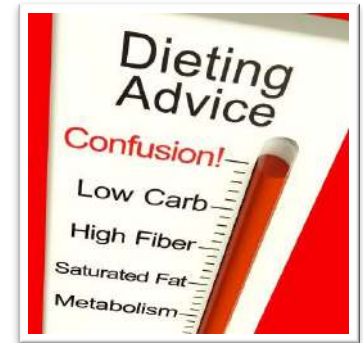


**BINGO IS BACK MARCH
31ST AT 12 NOON**
*Tickets available at
\$5.00.*

*If you're enough lucky to be
Irish... You're lucky enough. To-
day Everybody is Irish!*

12480 S. W 127Ave.
Miami-
www.seniorliftcenter.com

**Healthy Living
Program is Back!**
**March 6:
FIVE WISHES
APRIL 3
KETOGENIC
DIET**



Our Military Hat Team
Totals: Miami 2180
Homestead 625

Just as an experiment the new Creative Arts Group were asked to write something about a pencil. Here are two: excerpts of their first attempt.

By Mary Belin

Look at you, you are so straight and tall.
You say nothing on your own. Nothing at all.
You start out with no point to what you want to say,
Then you become as sharp as a tack,
but do not stay that way.

By Esther Wolfe

Oh, how I love my pencil. It is my magic wand.
It takes me to a place, I have never been,
And it has the power to make everything beautiful.
I just have to hold my pencil, My hand and my mind
control my pencil to do what I desire.

PRESIDENT'S MESSAGE

Dear Valued LIFT members,

You all know that the LIFT is unique in that it is an all volunteer club. For over 30 years dues, gifts and some other funding is what keeps it going. But it takes more.

Jen Jung and I have been meeting with a representative of Southwest Social Services, about an exciting program that could benefit you, as a LIFT member.

Please keep listening to our 12Noon announcements for further details on this exciting new advantage,

We have been invited to the Dania Beach Casino for the first time in April. Check the Calandra. Tickets go on sale March 4, 2019,

I hope you enjoy what the LIFT has to offer in the coming months.

Respectfully,

Rosemary Helen brook, President

Page 3

Getting to Know You! Robert Jacober
Writing Group member offers this selection.:

Lonely in a Closet

**My sweaters are hanging alone in the dark.
They hang there along with my Jacket and Parka.
They've been there a long time, awaiting the cold.
But we've had not a winter since seasons of old.
The climate is warmer, now damper and muggy.
My winter clothes smell like an old baby buggy.
They long to be out in some cool crisp air, And I
know that they're feeling, it just isn't fair!
So pray for a north wind to blow down our way,
And I'll wear winter clothing outside every day.**

**Poetic License
taken to this Irish
Proverb: An American
will argue and fight,
but let a shout come
from without, and see
us all unite**

**Extra! Extra!
You Can Volunteer
You can read and talk can't you? Well
we need a new facilitator for
Book Club.**



Page 4

News from Selva Joseph, LIFT Programs Chair. Lighting up the Artist in You!!

The leadership met in February to review and fine tune the opportunities offered to our members. We have many leaders and facilitators whose goal it is to enrich the programs.

One new program that just kicked off is:
“Creative Arts.”

While not everyone would consider themselves an artist, writer, dancer, designer, or even talented. **You are wrong!** This new opportunity lends itself to self discovery.

Come and try it.

Find the calendar in the Newsletter. You may see something interesting but not sure? Ask about it at the desk. Picking up a table game, play pool, meet some new people just to talk, or make new friends, starts at the LIFT!

On a sad note our Book Club is in danger of closing for want of a new leader. If you're interested please apply.

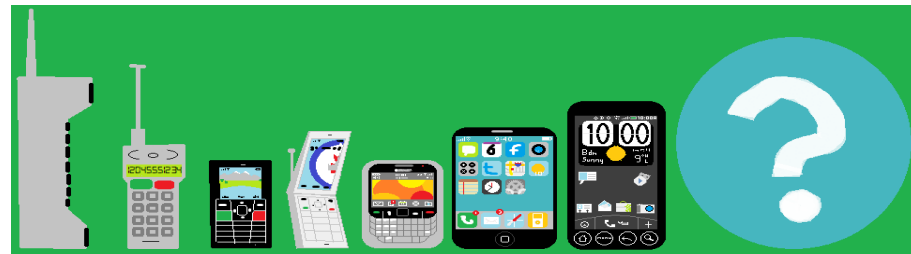
However LINE DANCING IS BACK. Watch for a big event in March. Don't know how to do it? Join and special attention will be afforded beginners through advanced. New members welcome!! Tap beginners through advanced invited to take a look. Check the schedule and talk to the teachers. Computer and Language classes, plus Games, Drama, And CHESS is now offered. LIFT can be your place for exercise, Pick an activity that suits you. Healthy Living is back. See Calendar: March & April.

Selva Joseph

Life is fun together !!

Page 5

*May you have the hindsight
to know where you've been,
the foresight to know
where you are going, and
the insight to know when
you have gone too far.*



Is your phone, laptop or
computer still a
MYSTERY?
Check the Computer
Room.

Gloria Candella
Or
Ann Gaudino

Don't forget
AmazonSmile.Org
Directions at front
Desk

Have You Tried
**The Dinner
Club?**
6:00 PM
Third Thursday
Of Each Month



Page 6

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>COMING IN APRIL</p> <p>Dania Beach Casino \$19.00 per person Includes: entrance fee, bus transportation, driver gratuity, and A \$15.00 free play money</p> <p>Tickets go on sale Monday, March 4</p> <p>FOR ALL OTHER SPECIAL EVENTS</p> <p>AND ALL TRIPS (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 10:00-12:00 Shirley Gruber		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>New Members Meeting 11:00-12:00 Last Friday of month Jill Hunnewell</p>	
Mah-jong Class 12:30-3:00 (Call Ahead for Start Date) Mary King	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		
English (Intermediate) 12:30 – 1:30 Rosemary Helenbrook	Canasta/Mah-jong Open Games Daily 12:30-3:30	Chair Yoga 12:05-1:00 Sandra Carrera			
Hand and Foot 1:00 – 3:30 Phyllis Kaplan		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	The Library is free and open every day	Healthy Living (Call Ahead for Schedule) Claudia Haurie	Dinner Club 6:00 pm 3 rd Thursday of each month	Canasta/Mah-jong Open Games Daily 12:30-3:30	

Getting To Know You

To be married 60 years is rare, but Marlys and Bob Ehrman dated for two years and married in 1959. Marlys was 19 and Bob was 26. They were attracted to each other but their love for animals - especially dogs helped cement the relationship, Schnauzers were a favorite. Moving to Great Falls, Montana, Bob opened a Chiropractic practice, and Marlys became a stay at home Mom, to raise their three children. They later opened a summer business in West Yellowstone, Mt where they rented mini-bikes to tourists.

Being from Minnesota, each summer, they drove to visit their parents with the three kids, two dogs and their chicken Rosie. She would perch on a broomstick in a box so she could look out the window. When they stopped for gas - the dogs and Rosie got out as well, When it was time to leave, Bob would whistle and all three came running and jumped into the Van. Bystanders couldn't believe their eyes. Rosie also loved beer .Bob would pour her a little shot glass in the evening and she would start to sing.

In 1965, Miami, was their next adventure. Opening a Yamaha Motorcycle dealerships - Bob retained his Chiropractic license but did not practice on a regular basis as the dealerships took most of his time. These two have many interests. Bob loves to hunt, fish, shoot skeet and play golf. Marlys doesn't do any of these things but loves to cook, read, and play Bridge . They both enjoy dancing, entertaining, and spending time with family and friends.

They now divide their year between Swan Lake Montana and Miami. Still drive both ways with their two dogs, but stop on the way in Parker, Colorado, to spend time with their daughter and her family.

“Both Bob and I feel very blessed to have had a wonderful life and a close family -including our 5 grandchildren and one great grandchild, whom we see on a regular basis.”



**ORLANDO FLORIDA- The Holy Land Experience
(5 theatrical productions.)**

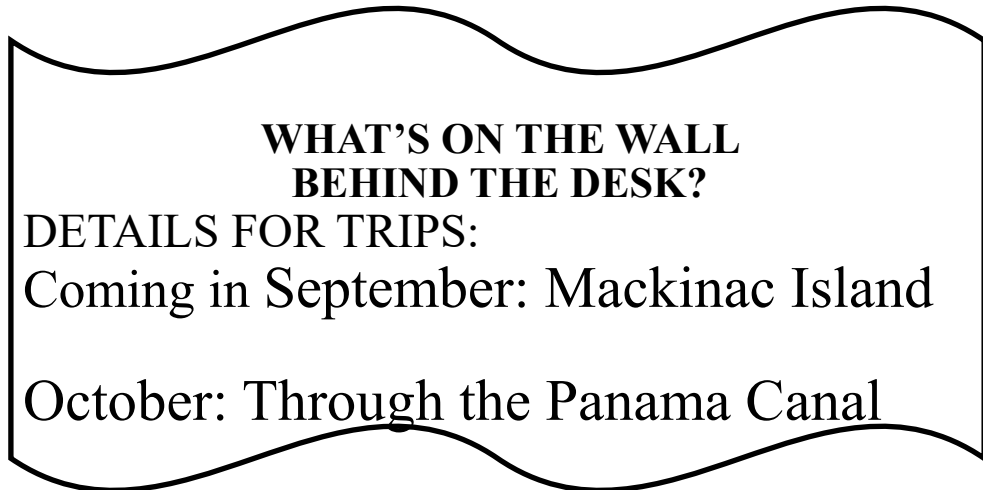
3 Days-2 Nights April 30—May 2

\$325.00 per person, double occupancy

\$50.00 deposit when registering.

**2 Nights Lodging 2 Breakfasts 1 Full Course
Dinner**

**Leu Gardens and House Museum
The Morse Museum of American Art
Disney Springs Universal's City Walk
All Taxes and Meal Gratuities.
Insurance available \$51.00**



WHAT'S ON THE WALL BEHIND THE DESK?

DETAILS FOR TRIPS:

Coming in September: Mackinac Island

October: Through the Panama Canal

“Irish Sayings:

”Here’s to me, and here’s to you, And here’s to love and laughter—I’ll be true as long as you, and not one moment after.

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	David Lowens
Norine Silverstein	Nancy Wade	Barbara Mlcuch

What would you be doing Today if not at the LIFT?



Other Choices Are:

<i>Lifetime Member</i>	\$
<i>1000,00</i>	
<i>Platinum</i>	\$ 500.00
<i>Gold</i>	\$ 250.00
<i>Silver</i>	\$ 100.00

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**

NON-PROFIT ORGANIZATION
U.S. POSTAGE PAID
MIAMI, FLORIDA
PERMIT NO. 2423

Senior LIFT Center
 12480 SW 127th AVE.
 Miami, FL 33186
 305-235-8855
Seniorliftcenter.com

Or Current Resident