

Note from the Leadership Team:

As we enter the month of March, it's hard to believe that we will be welcoming the beginning of spring on March 20! This month, Daylight Saving Time begins on March 9, so don't forget to set your clocks ahead one hour! March: "Experience Joy" is the theme for this month participating in joyful yoga and having a discussion about finding joy in everyday by Nurse Elissa.

We will look forward to our St Patrick's Day Party Monday, March 17, music by the Jimmy Breen Duo and traditional Irish fare for dinner! As the saying goes, everyone is a wee bit Irish on St. Paddy's Day! So come join us in the fun and don't forget to wear green!



Mary Imle at last year's St. Patrick's Day celebration!

Headline:

Resident Council election and Fat Tuesday Mardi Gras both fall on Tuesday, March 4! Debbie Wallace will be performing for Mardi Gras happy hour. Ash Wednesday, March 5 service will be conducted in the A/L Community living room 9:30am all are welcome. A Lenten Journey, "Into the desert, toward the dawn" by Rev. Dr. Sanford H. Groff Friday, March 7 at 2:00pm - theater. We will be looking forward to an omelet breakfast station at 8:30am Thursday, March 20 - Lounge and a poolside Hawaiian Luau on Wednesday March 26.

Team Member Highlight: Milenko "Mark" Markovik



Mark is a 20-year employee at Mangrove Bay, filling various positions during his tenure; server, bartender, host and deli cook. He has even helped with the fitness classes. Born in an area of former Yugoslavia now known as Serbia, where he returns in the summer months after semi retiring 3 years ago. He is married and has 3 adult children. Mark loves to entertain everyone with his jokes in and outside the dining room and is a favorite among residents. He always has been, and continues to be, a great asset to the dining room helping to mentor the younger staff.

Leadership Listing:

Craig Reinmuth, Executive Director
Danielle McEnry, Business Office Manager
Donna Marie Amy, Sales and Marketing
Evelyn Barbosa, Health & Wellness
Diane Minich, Resident Services
Marcia Aldridge, Resident Programs
Tamara Martin, IL Program Coordinator
Ann Malachowski, Dining Services
Billy Rainha, Executive Chef
Marie Diogene, Housekeeping
Don Weis, Building Operations

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MANGROVE BAY INDEPENDENT LIVING
A Senior Lifestyle Community
Jupiter, FL

MARCH 2025 Edition

Featured Events:

**Mardi Gras/Fat Tuesday Party w/Debbie Wallace,
Tuesday, March 4/4:30pm - L**

**Resident Council Election Tuesday, March 4
throughout the day - Hallway by Dining Room**

**A Discussion "A Lenten Journey" by Father,
Sanford Groff Friday, March 7/2:00pm - Th**

**Outing to McCarthy's Irish Pub for dinner
Tuesday, March 11/5:00pm - ML**

**A Talk "Finding JOY in Everyday" w/ Nurse Elissa
Thursday, March 20/1:00pm - Th**

**A poolside Hawaiian Luau w/Live Entertainment
Wednesday, March 26 - noon!**



Mangrove Bay Drama Club recently put on a show consisting of radio plays, monologues, and skits. A good time was had by all! If you are interested in joining, the meetings are 2nd and 4th Thursday's at 2:30pm in the theater. Any questions contact Marcia in Activities.

Meet Your Neighbor: Gail Brater



I was born in New York City on June 27, 1941, a twin, the youngest of four children by 23 minutes! Being raised in a great neighborhood in the Bronx gave me a wonderful childhood. After graduating from SUNY at New Paltz in 1963, I taught school in Spanish Harlem. My husband and I got married in 1964 and moved to Fort Jackson, South Carolina. We lived there, Staten Island, Connecticut, Rhode Island, Long Island Massachusetts and finally Florida. Each of my children was born in a different state! I moved to Mangrove Bay in March of 2024. After an initial adjustment I have grown to really enjoy the people and the activities.



- *Diversity Event
- *Enjoy- Dining Partnership Event
- _CONNECT
- _CONTRIBUTE
- _FEEL
- _GROW
- _MOVE
- _REFLECT

- Location Keys**
- Activity Room A
 - Bar/Lounge BL
 - Billiard Room B
 - Card Room C
 - Dining Room DR
 - Fitness Center FC
 - LL&H Office LL&H
 - Library LB
 - Living Room LR
 - Main Lobby ML
 - Swimming Pool SP
 - Theater TH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>March cont'd 30</p> <ul style="list-style-type: none"> 9:00 First United Methodist Church [ML] 9:30 Good Shepherd Church [ML] 10:00 St. Jude's Church 11:00 Alterations by Kim [A] 12:30 Walmart Super Store [ML] 4:30 Happy Hour [BL] 7:30 Sunday Night Movie [TH] 	<p>31</p> <ul style="list-style-type: none"> 10:00 Aquacise Flow Class [SP] 11:30 Strong Body/Strong Mind with Charles [FC] 12:00 Ball Toss Workout w/Charles [FC] 12:30 Bible Study [LB] 2:00 Mini Bingo 25 Cents a Game [A] 4:30 Happy Hour [BL] 7:30 Monday Night Movie [TH] 	<p>RESIDENT BIRTHDAYS</p> <p>Sally Murphy 3/3 Barry Anstine 3/4 Ann Barnes 3/4 Ali Swartout 3/10</p>	<p>RESIDENT BIRTHDAYS</p> <p>John Pecoraro 3/16 David Armbruster 3/17 Vicki O'Keefe 3/23</p>	<p>RESIDENT BIRTHDAYS</p> <p>Marie Mohlmann will be 101 years old on March 25</p> <p>Barbara May 3/28</p>	<p>RESIDENT BIRTHDAYS</p> <p>Bunny Berenson 3/29 Bill Rogers 3/30 Judy Brammer 3/31</p>	<ul style="list-style-type: none"> 10:15 Fitness Class w/Charles 1 1:30 Gene's Canasta Card Games [LR] 1:30 Watercolor Painting Class w/Art Teacher Diane [A] 4:30 Happy Hour [BL] 7:30 Saturday Night Bingo [TH]
<ul style="list-style-type: none"> 9:00 First United Methodist Church [ML] 2 9:30 Good Shepherd Church [ML] 10:00 St. Jude's Church 10:30 Sunday Brunch [DR] 11:00 Alterations by Kim [A] 12:30 Out to Anthony's Store [ML] 2:00 Joyful Yoga w/Tamara [FC] 4:30 Happy Hour [BL] 7:30 Sunday Night Movie [TH] 	<ul style="list-style-type: none"> 10:00 Aquacise Flow Class [SP] 3 11:30 Strong Body/Strong Mind with Charles [FC] 12:00 Ball Toss Workout w/Charles [FC] 12:30 Bible Study [LB] 1:00 Computer Lessons w/Patrick [TH] 2:00 Mini Bingo 25 Cents a Game [A] 4:30 Happy Hour [BL] 7:30 Monday Night Movie [TH] 	<p>MARDI GRAS/FAT TUESDAY 4</p> <ul style="list-style-type: none"> 11:00 Audiology Services by Dr. M. Looney [C] 11:00 Blood Pressure Clinic by LL@H [LL&H] 11:00 Seated Tai Chi Class w/Tamara [FC] 11:30 Balance Class [FC] 4:30 Mardi Gras Happy Hour w/Vocalist Debbie Wallace [BL] 7:30 Rummikub Games [C] 	<p>Ash Wednesday 5</p> <ul style="list-style-type: none"> 9:30 Ash Wednesday Service in Assisted Living room 10:00 Aquacise Flow Class [SP] 11:30 Strong Body/Strong Mind with Charles [FC] 12:00 Ball Toss Workout w/Charles [FC] 1:00 Gene's Duplicate Bridge [LR] 1:00 Mahjong Games [C] 4:30 Happy Hour [BL] 7:30 Wednesday Bingo Night [TH] 	<ul style="list-style-type: none"> 10:00 Monthly Resident Meeting [TH] 6 10:30 Team Trivia [TH] 11:30 Balance Class [FC] 1:30 Hand & Foot Card Games [C] 4:30 Happy Hour [BL] 7:30 Movie Night 	<ul style="list-style-type: none"> 9:30 St. Judes' Catholic Service [TH] 7 10:00 Aquacise Flow Class [SP] 11:15 Mangrove Bay Chorus w/Ryan [BL] 1:00 Canasta Cards w/Gene [LR] 1:30 Mahjong Games Mid-Level Group w/Marilyn [C] 2:00 Rev. Dr. Sanford H. Groff, Jr. Discusses "A Lenten Journey" 4:30 Happy Hour with Crooner "Mr. Ron" [BL] 7:30 Cinema Night [TH] 	<ul style="list-style-type: none"> 10:15 Fitness Class w/Charles 8 1:30 Gene's Canasta Card Games [LR] 1:30 Watercolor Painting Class w/Art Teacher Diane [A] 4:30 Happy Hour [BL] 7:30 Saturday Night Bingo [TH]
<p>Daylight Saving Time Begins 9</p> <ul style="list-style-type: none"> 9:00 First United Methodist Church [ML] 9:30 Good Shepherd Church [ML] 10:00 St. Jude's Church 11:00 Alterations by Kim [A] 12:30 Lunch Out to "Latitudes" Jupiter Beach Resort 4:30 Happy Hour [BL] 7:30 Sunday Night Movie [TH] 	<ul style="list-style-type: none"> 10:00 Aquacise Flow Class [SP] 10 11:00 Janie's Trunk Show Resort Clothing/Accessories [LR] 11:30 Strong Body/Strong Mind with Charles [FC] 12:00 Ball Toss Workout w/Charles [FC] 12:30 Bible Study [LB] 2:00 Mini Bingo 25 Cents a Game [A] 4:30 Happy Hour [BL] 7:30 Monday Night Movie [TH] 	<ul style="list-style-type: none"> 11:00 Blood Pressure Clinic by LL@H [LL&H] 11 11:00 Seated Tai Chi Class w/Tamara [FC] 11:30 Balance Class [FC] 4:30 Happy Hour w/Pianist/Vocalist Giovanni [BL] 5:00 Out to McCarthy's Irish Pub [ML] 7:30 Rummikub Games [C] 	<ul style="list-style-type: none"> 10:00 Aquacise Flow Class [SP] 12 11:30 Strong Body/Strong Mind with Charles [FC] 12:00 Ball Toss Workout w/Charles [FC] 1:00 Gene's Duplicate Bridge [LR] 1:00 Mahjong Games [C] 4:30 Happy Hour [BL] 7:30 Wednesday Bingo Night [TH] 	<ul style="list-style-type: none"> 10:30 Team Trivia Theme: "Celtic Culture" [TH] 13 11:30 Balance Class [FC] 1:30 Hand & Foot Card Games [C] 2:30 Drama Club w/Actor Instructor R. Forbes [TH] 4:30 Happy Hour [BL] 7:30 Movie Night 	<ul style="list-style-type: none"> 9:30 St. Judes' Catholic Service [TH] 14 10:00 Aquacise Flow Class [SP] 11:15 Mangrove Bay Chorus w/Ryan [BL] 1:00 Canasta Cards w/Gene [LR] 1:30 Mahjong Games Mid-Level Group w/Marilyn [C] 4:30 Happy Hour w/Singer Ryan Gil [BL] 7:30 Cinema Night [TH] 	<ul style="list-style-type: none"> 10:15 Fitness Class w/Charles 15 1:30 Gene's Canasta Card Games [LR] 1:30 Watercolor Painting Class w/Art Teacher Diane [A] 4:30 Happy Hour [BL] 7:30 Saturday Night Bingo [TH]
<ul style="list-style-type: none"> 9:00 First United Methodist Church [ML] 16 9:30 Good Shepherd Church [ML] 10:00 St. Jude's Church 11:00 Alterations by Kim [A] 12:30 Out to Fresh Market Plaza [ML] 2:00 Joyful Yoga w/Tamara [FC] 4:30 Happy Hour [BL] 7:30 Sunday Night Movie [TH] 	<p>St. Patrick's Day 17</p> <ul style="list-style-type: none"> 10:00 Aquacise Flow Class [SP] 11:30 Strong Body/Strong Mind with Charles [FC] 12:00 Ball Toss Workout w/Charles [FC] 12:30 Bible Study [LB] 1:00 Computer Research "Different Types of Irish Beer" w/Patrick [TH] 2:00 Mini Bingo 25 Cents a Game [A] 4:30 St. Patrick's Day Celebration w/Tradewind's Jimmy Breen and Cindy Hite [BL] 7:30 Monday Night Movie [TH] 	<ul style="list-style-type: none"> 11:00 Audiology Services by Dr. M. Looney [C] 18 11:00 Blood Pressure Clinic by LL@H [LL&H] 11:00 Seated Tai Chi Class w/Tamara [FC] 11:30 Balance Class [FC] 4:30 Happy Hour w/Greg Conlon [BL] 7:30 Rummikub Games [C] 	<ul style="list-style-type: none"> 10:00 Aquacise Flow Class [SP] 19 11:30 Strong Body/Strong Mind with Charles [FC] 12:00 Ball Toss Workout w/Charles [FC] 1:00 Gene's Duplicate Bridge [LR] 1:00 Mahjong Games [C] 4:30 Happy Hour [BL] 7:30 Wednesday Bingo Night [TH] 	<p>First Day of Spring 20</p> <ul style="list-style-type: none"> 8:30 Special Spring Breakfast Omelet Station [BL] 10:30 Team Trivia [TH] 11:30 Balance Class [FC] 1:00 Discussion "Finding JOY in Everyday" w/Nurse Elissa 1:00 JMC Thrift Shop Pickup 1:30 Hand & Foot Card Games [C] 4:30 Happy Hour [BL] 7:30 Movie Night 	<ul style="list-style-type: none"> 9:30 St. Judes' Catholic Service [TH] 21 10:00 Aquacise Flow Class [SP] 11:15 Mangrove Bay Chorus w/Ryan [BL] 1:00 Canasta Cards w/Gene [LR] 1:30 Mahjong Games Mid-Level Group w/Marilyn [C] 4:30 Happy Hour w/Stone Silk [BL] 7:30 Cinema Night [TH] 	<ul style="list-style-type: none"> 10:15 Fitness Class w/Charles 22 1:30 Gene's Canasta Card Games [LR] 1:30 Watercolor Painting Class w/Art Teacher Diane [A] 4:30 Happy Hour [BL] 7:30 Saturday Night Bingo [TH]
<ul style="list-style-type: none"> 9:00 First United Methodist Church [ML] 23 9:30 Good Shepherd Church [ML] 10:00 St. Jude's Church 11:00 Alterations by Kim [A] 12:30 Out to Jupiter Library 4:30 Happy Hour [BL] 7:30 Sunday Night Movie [TH] 	<ul style="list-style-type: none"> 10:00 Aquacise Flow Class [SP] 24 11:30 Strong Body/Strong Mind with Charles [FC] 12:00 Ball Toss Workout w/Charles [FC] 12:30 Bible Study [LB] 2:00 Mini Bingo 25 Cents a Game [A] 3:15 Opera Lecture w/Soprano J. Pimienta [TH] 4:30 Happy Hour [BL] 7:30 Monday Night Movie [TH] 	<ul style="list-style-type: none"> 10:00 Complimentary Chair Massage by Tamara [B] 25 11:00 Blood Pressure Clinic by LL@H [LL&H] 11:00 Seated Tai Chi Class w/Tamara [FC] 11:30 Balance Class [FC] 3:00 "Page Turners" Book Club [TH] 4:30 Happy Hour w/Darrell Chambers [BL] 7:30 Rummikub Games [C] 	<ul style="list-style-type: none"> 10:00 Aquacise Flow Class [SP] 26 11:30 Strong Body/Strong Mind with Charles [FC] 12:00 Ball Toss Workout w/Charles [FC] 12:00 Poolside Hawaii Laua [SP] 1:00 Gene's Duplicate Bridge [LR] 1:00 Mahjong Games [C] 4:30 Happy Hour [BL] 7:30 Wednesday Bingo Night [TH] 	<ul style="list-style-type: none"> 10:30 Team Trivia [TH] 27 11:30 Balance Class [FC] 12:30 Birthday Party Lunch [DR] 1:30 Hand & Foot Card Games [C] 2:30 Drama Club w/Actor Instructor R. Forbes [TH] 4:30 Happy Hour [BL] 7:30 Movie Night 	<ul style="list-style-type: none"> 9:30 St. Judes' Catholic Service [TH] 28 10:00 Aquacise Flow Class [SP] 11:15 Mangrove Bay Chorus w/Ryan [BL] 1:00 Canasta Cards w/Gene [LR] 1:30 Mahjong Games Mid-Level Group w/Marilyn [C] 4:30 Happy Hour w/Vocalist Johnny "P" [BL] 7:30 Cinema Night [TH] 	<ul style="list-style-type: none"> 10:15 Fitness Class w/Charles 29 1:30 Gene's Canasta Card Games [LR] 1:30 Watercolor Painting Class w/Art Teacher Diane [A] 4:30 Happy Hour [BL] 7:30 Saturday Night Bingo [TH]