



### **From Executive Director Angie Roher:**

Reminder, we have a meeting tomorrow at 2:00 p.m. in the Auditorium for all residents to get more information on the **Traveling Tribute Wall** that is coming Freedom Plaza on Wednesday, October 30<sup>th</sup>. All residents are encouraged to come to this meeting. This is going to be an amazing event! See attached flyer for more details. See you there!

**Managers on Duty this weekend**- Saturday (10/5) Director of Finance, Dennis Kimble and Health Care Administrator, Chris Grella will be here on Sunday (10/6). Please let the Front Desk know if you need to speak with Dennis or Chris over the weekend.

**COVID Vaccines - Four Fridays Only (October 11, 18, 25, November 1** - If you make a COVID vaccine appointment at Walgreens between 8:00 am – 3:00 pm on a Friday (starting October 11<sup>th</sup>) transportation will take you and bring you back. Please book the appointment at Walgreens, then schedule transportation. It may be a shared ride depending on how many appointments there are and the times they are scheduled.

### **From Library Committee:**

Just a reminder that when you take a book from the “free book” shelf located outside the Library, please **DO NOT RETURN IT!** These books have already been culled as duplicates or books that have not been taken out in more than 3 years. Thank you.

### **From Connie Lesko (ROC office):**

The Walk to End Alzheimer’s is Saturday, October 19<sup>th</sup>. This 2-mile walk starts at the United Methodist Church in Sun City Center, goes north on Del Webb on to Freedom Plaza's nature trail and then continues to GVT, then returns to UMC. We can use some volunteers at GVT to guide walkers. If you have done this in years past, or would like to participate, please call Connie Lesko from the ROC Office @ (813) 927-1147.

The Opening Ceremony begins at 9:00 a.m. so they will not be at GVT until maybe 9:45 – 10:00 am. It's a day of celebration and hope for these walkers and Freedom Plaza plays a vital role in this annual event.

### **From Resident Services:**

If you have an emergency, please do not call the wellness center or Sheri’s phone, please call the Front Desk 813-633-1992.

### **From Innovative Home Services:**

IHS blood pressure screening will be held on Monday, October 7<sup>th</sup> from 10:00 a.m. to 11:00 p.m. in the Atrium.

### **From Freedom Fairways:**

Freedom Fairways would kindly ask that all residents and staff please do not walk, ride bikes, or walk your dog. Other golfers have pointed out that it has become an issue. Please refrain from being on the golf course. It is very dangerous and not allowed for safety reasons.

### **From Maintenance:**

**Pest Control** will be on Campus Tuesday, October 8<sup>th</sup> to spray 2<sup>nd</sup> floor - all wings.

Thursday, October 10<sup>th</sup> through Friday, October 18<sup>th</sup> we will be replacing the main hot water line on the B wing on the seventh floor, above the ceiling. Contractors will be here Thursday through Sunday removing the ceiling grid, lights, and installing temporary lights. Monday, October 14<sup>th</sup>

and Tuesday, October 15<sup>th</sup> plumbers will be on that seventh floor with two scissor lifts, installing the new 3-inch hot water line. We will notify all residents 24 hours prior to the hot water being turned off. At this time, the hot water is scheduled to be off for only eight hours during the daytime between (8A to 5 P). We will notify you once it has been turned back on. The work that is to be done will be on the **B wing only** however, when the water is turned off, it will affect both B&C wings.

**FROM THE WOODWORKERS** - It's October, the month for Oktoberfest's, Halloween, haunted houses, ghosts and scary things. No beer, ghosts or scary things at the Woodworkers Shop, just our dedicated, talented monitors standing by each Monday between 9:00 and 11:00 a.m. to repair the broken things you bring in. **YOU BREAK IT - WE FIX IT!**

**From FP Gardens:**

Congratulations to Dr. James Creighton, Jr., MD! His garden is beaming with shade-loving bromeliads whose showy foliage is displayed in diverse colors, varieties, and stunning flowers. Open to all, walk through our Freedom Garden and enjoy nature's beauty!



**Miscellaneous:**

**October movies:** October 5<sup>th</sup> - Logan Lucky; October 12<sup>th</sup> - Worth; October 19<sup>th</sup> - Shirley and October 26<sup>th</sup> - World Fastest Indian.

The **outdoor sports committee** will meet on Wednesday, October 9 at 11:30 a.m. in the Club Room.

**Thank you:**

Another September birthday arrived, and I was touched by Freedom friends who sent lovely and cheerful cards. Thank YOU to this beautiful and caring community! **Marcía K Wilson**



**Bekker** wags his tail and smiles in appreciation to the person or persons who secretly leave little gifts at his door. He also cherishes the attention and pats residents give him every day! Thank YOU!

Thanks to all my FP family for all the beautiful card and condolences on Mim's journey to see her heavenly father. **Don Quast**

Thank you for all the lovely cards and wishes for our Anniversary. We are truly blessed to be here to celebrate with friends. Thank you and may you all have a blessed day. **Mark and Becky Stefenelli**

Thank you to all of our Freedom Plaza friends who wished us well on our recent Anniversary and my Birthday. You made our special days extra special! **Merv & Carol Rohwer.**













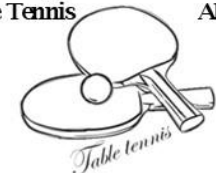

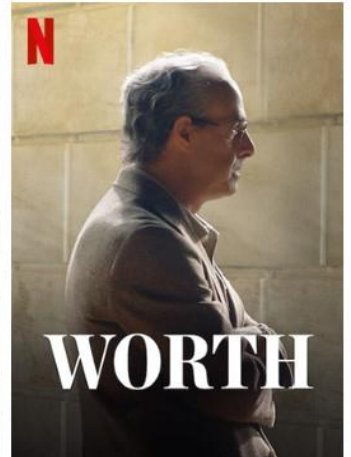

Thanks to all my FP family for all the candy and cards for my Birthday. Its always a joy to receive so many cards. **Mary Reter**

Having been in the closet for so many years about my age, it was really special when I finally admitted to being 100 years old. My birthday party in the Atrium was beyond great. It was really special. Thank you to Theresa, Pamela and Melly and to all the people who came to my party. I thank you for your kind words, cards, etc.. Probably the best birthday every! **Brad Braddy**

**Pat Snow** is recovering after recent surgery at Moffitt and is returning to Freedom Plaza by the end of the week. She wishes to thank everyone for their concern and well wishes. ❤️ ❤️



**Activities Department Plaza Planner  
Week of October 07, 2024**

<b>Monday October 07</b>	<b>Tuesday October 08</b>	<b>Wednesday October 09</b>	<b>Thursday October 10</b>	<b>Friday October 11</b>	<b>Saturday October 12</b>	<b>Sunday October 13</b>
<p><b>8:00am</b> Pickleball GVT Aerobic Aquacise IP Quick Hitter's Men's Golf FF Forever Fit AUD</p> <p><b>8:30am</b> Tennis GVT</p> <p><b>9:00am</b> Woodworkers Shop WW Aqua Tone IP</p> <p><b>9:30am</b> Jewelry Club CR Local Shopping BT</p> <p><b>10:00am</b> Shuffle Board/Comhole GVT</p> <p><b>11:30am</b> Local Banks Trip BT</p> <p><b>12:30pm</b> Duplicate Bridge CR</p> <p><b>1:00pm</b> Open Gym Time FC</p> <p><b>1:30pm</b> Local Shopping BT</p> <p><b>4:00pm</b> Mix &amp; Mingle: "Oktoberfest" ATR </p> <p><b>7:00pm</b> Mexican Dominoes CLB</p>	<p><b>8:00am</b> Foxy Ladies Golf League FF </p> <p><b>9:00am</b> Core Fusion AUD</p> <p><b>9:30am</b> MacDill AFB BT </p> <p><b>10:00am</b> Freedom Walking Group ATR</p> <p><b>1:00pm</b> Mah Jongg REC Social Bridge CR </p> <p><b>1:30pm</b> Senior Sculpt AUD</p> <p><b>7:15pm</b> Opera &amp; More "Silk Stockings" AUD </p>	<p><b>8:00am</b> Aerobic Aquacise IP Pickleball GVT Forever Fit AUD </p> <p><b>8:30am</b> Tennis GVT</p> <p><b>9:00am</b> Aqua Tone IP</p> <p><b>9:45am</b> Line Dancing AUD </p> <p><b>10:00am</b> Table Tennis APT. 314</p> <p><b>11:00am</b> Better Balance AUD Men's Book Club CLB </p> <p><b>1:00pm</b> Open Gym Time FC Rummikub CR</p> <p><b>1:30pm</b> Menu Chat AUD</p> <p><b>6:30pm</b> Bingo AUD</p> <p><b>7:00pm</b> Poker Game REC</p>	<p><b>7:15am</b> Men's Golf FF</p> <p><b>8:00am</b> Foxy Ladies Golf League FF</p> <p><b>8:30am</b> Florida Orchestra Morning Matinee BT </p> <p><b>9:00am</b> Core Fusion AUD</p> <p><b>9:30am</b> Local Shopping BT</p> <p><b>11:00am</b> Freedom Breathers AUD</p> <p><b>12:00pm</b> South Shore Library BT</p> <p><b>1:00pm</b> Mah Jongg CR Canasta CR</p> <p><b>1:30pm</b> Local Shopping BT</p> <p><b>6:30pm</b> Crochety Knitwits ATR</p> <p><b>7:00pm</b> Pay Me Card Game CR Hand &amp; Foot Card Game CLB Poker Game REC</p>	<p><b>8:00am</b> Aerobic Aquacise IP Forever Fit AUD Pickleball GVT </p> <p><b>8:30am</b> Tennis GVT</p> <p><b>9:00am</b> Aqua Tone IP </p> <p><b>9:30am</b> Bridge for the Advancing Players CR</p> <p><b>11:00am</b> Better Balance AUD </p> <p><b>1:00pm</b> GVT Ladies Bridge CR Open Gym Time FC</p> <p><b>2:00pm</b> Table Tennis APT. 314</p> <p><b>7:00pm</b> Rummikub/Scrabble CLB Social Bridge CR</p>	<p><b>10:00am</b> Table Tennis APT. 314 </p> <p><b>1:00pm</b> Canasta CR</p> <p><b>2:00pm</b> Chair Volleyball AUD </p> <p><b>3:30pm</b> Euchre Card Group CR</p> <p><b>7:15pm</b> Movie of the Week: "Worth" AUD </p>	<p><b>8:00am</b> Pickleball GVT</p> <p><b>8:40am</b> Churches BT</p> <p><b>9:00am</b> Churches BT</p> <p><b>10:20am</b> Churches BT </p> <p><b>3:00pm</b> Craft Group RR</p> <p><b>4:00pm</b> Vespers AUD</p>
						<p>2FL 2nd Floor Atrium ART Art Studio, 2nd Fl. ATR Atrium AUD Auditorium BT Bus Trip CLB Club Room CON Conference Room, 3rd FL CR Card Room, 2nd FL DP Dog Park DR Dining Rooms, 1st FL FC Fitness Center FF Freedom Fairways GD Garden GVT Golfview Terrace IP Indoor Pool, 1st FL OP Outside Pool, GVT NT Nature Trail PC Plaza Club REC Recreational Room, 2nd FL RR Resident Room 4th FL SB Sports Bar WW Woodworkers Shop</p>

**For Reservations: Activities Reservation Request Line 642-1213 or utilize TouchTown**

For CONFIRMATION of your reservations, printed copies of the Reservation Lists are posted on the GVT bulletin boards and the Plaza bulletin board outside the Activities office, as well as on TouchTown and FPN (Channel 732). Reservation Lists are updated and posted on Tuesday & Thursday, by EOB.



CALL THE ACTIVITIES RESERVATION REQUEST LINE **642-1213**  
OR USE TOUCHTOWN TO MAKE OR CANCEL RESERVATIONS



**"Oktoberfest" Monthly Mix & Mingle** – Monday, October 7; 4:00pm - 5:30pm; Atrium. Enjoy this month's Mix & Mingle with light appetizers, beverages, and live music.

**REMINDER: Florida Orchestra Morning Matinee "For the Love of Italy" Mahaffey Theater** - Thursday, October 10; Board Plaza 8:30am, then GVT 8:45am; Depart promptly at 9:00am; 45 min. drive to St. Pete; RT 2:00pm. This trip is for 2024/2025 FOMM subscribers. **WAITLIST AVAILABLE**



**Philip Leto Lecture presents "The Road to the White House 2024" Lecture Series:** Monday, October 14; 11:00am – 12:15pm; Auditorium. A FREE lecture series presented by Philip Leto, Chairman of the Education Department at Discovery University and an expert speaker and educator. REMAINING DATE: November 11

**Latin Grill Restaurant, Brandon** – Thursday, October 17; Board: GVT 10:45am, then Plaza 11:00am; DP 11:15am; Reservation 12:00pm; RT 2:00pm; Lunch OYO. Enjoy a family style menu filled with authentic Latin dishes and delicious handcrafted tropical drinks. **SIGN UP BY OCTOBER 11**

**Salvador Dali Museum & Grille, St. Petersburg** – Tuesday, October 22; Board Plaza 10:30am, then GVT 10:45am; DP 11:00am; 40 min. drive; RT 3:00pm. Museum is a self-guided tour. Admission \$28pp includes access to the permanent collection and special exhibitions. Enjoy lunch (OYO) at your leisure at the Salvador Dali Café Gala offering light Spanish-inspired fare. Purchasing TIMED tickets (\$15pp OYO) for the *Dali Alive 360* Immersive Digital Experience on the day of the trip is based upon availability. **SIGNUP/PAYMENT BY OCTOBER 16**

**Tasting & Tour at Gasparilla Distillery & Cocktail Bar, Ybor City and Early Dinner at Ulele's Restaurant, Downtown Tampa** – Thursday, October 24; Board GVT 1:30pm, then Plaza 1:45pm; DP 2:00pm; 50 min. drive to Tampa; Early Dinner reservations 3:00pm, followed by Distillery reservations at 5:00pm. Dinner is OYO. Distillery is \$12pp for tasting and tour which includes your choice of six 1/3oz pours OR mocktail options for non-drinkers. In-house-made cocktails with craft-distilled spirits, beer, wine, and seltzer options are also available for purchase. Angie and Chef Jaime will be your trip escorts. **SIGNUP/PAYMENT BY OCTOBER 15**



**"Superheroes & Villains" Halloween Happy Hour & Party** – Tuesday, October 29; 4:00pm–6:00pm; Auditorium. Get ready for a spine-chilling time to celebrate all things heroic and diabolical! Don the cape of a legendary superhero or dress in the dark allure of a notorious villain, or channel your favorite character from a book, movie, TV, or even real life. Festivities include themed cocktails, appetizers, trick or treat sweets, spine-tingling music, and the announcement of the Freedom Plaza's resident, "Superhero" or "Superheroine"!

Please refer to your **HALLOWEEN MEMO** which has been delivered to each apartment mailbox on **September 27**, for complete event details.

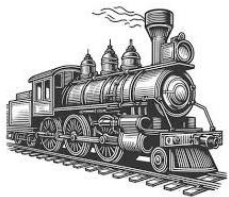
**RESERVATION SIGNUP must be made by October 18, to receive a wristband, which is required for admission.** **WRISTBAND PICKUP is October 25 and October 28 from 11:00AM – 1:00PM and 3:30PM – 5:30PM** in the Atrium.



**Ditchfield Family Singers 25th Anniversary Christmas Concert Gala, Bradenton** - Saturday, December 14; Board Plaza 12:15pm, then GVT 12:30pm; DP 12:45pm; Matinee 2:00pm; 45-min drive to First Baptist Church of Bradenton; RT approx. 5:00pm; General Seating Admission \$32pp. Join this talented family for a festive Christmas celebration, featuring 25 members from four generations singing beloved holiday classics. **SIGN UP**

**/PAYMENT BY OCTOBER 17**

### ANNOUNCEMENTS



**Freedom Plaza's annual Holiday/Christmas Train is arriving earlier than usual in 2024!**

The festive train will be set up the first week of October this year, perfectly timed for Halloween. Join us for a fun twist and early holiday fun as the train embraces the theme of our "Superheroes & Villains" Halloween Party with coordinating decorations. In November, the decorations will shift to a fall theme, and in December, they will be transformed into holiday décor.



**Annual Southshore Alzheimer's Walk is Saturday, October 19.** The Opening Ceremony begins at

9:00AM. It's a morning of Celebration and Hope, welcoming both participants and supporters.

This 2-mile walk starts at the United Methodist Church in Sun City Center, loops around Freedom Plaza's nature trail, continues through GVT, and returns to UMC. Freedom Plaza is a vital part of this

fundraising effort, so please consider joining us in the walk or with a monetary donation. For more information contact Retired Officers' Corporation (ROC) at 813-633-4467.



Freedom Plaza and the Retired Officer's Corporation  
Presents

**American Veteran's Traveling Tribute Wall Ceremony**

Thursday, October 31 ~ 10:00AM ~ GVT ground

*Event details coming soon*





**Dining News: October 6th- October 12th**

<b>The American Grille Hours of Operation</b>		<b><u>Declining Balance</u></b>
Sunday: 2:00pm-6:00pm Monday - Saturday 7:30am- 1:30pm		Did you Know? All Food Items in the general store can be used towards your declining balance. Please be sure to check your balance weekly so you can adjust your spending through out the month. This will help alleviate long lines at the end of each cycle.

**Sunday, September 1, 2024**

The American Grille Hours of Operation 2:00pm-6:00pm

Sunday Special: **Chicken Fettuccini Alfredo, 2 sides ,choice soup or salad, cookie or brownie and a freestyle coke \$18.00!** \* Grille Sides Coleslaw, Applesauce, Cottage Cheese, Bagged Chips, House Chips, Broccoli

**Ordering On Line Portal**

If you haven't started using the online ordering portal and would like to please email [evanspamela@freedomplaza.fl.com](mailto:evanspamela@freedomplaza.fl.com) and you will be set up with a new account.

**Touch Town**

If you are having trouble accessing the full count portal through the touch town app please see Pamela or Melly in Dining to help you, not Resident Programs.

**Kitchen Tours**

The next kitchen tour will be November 7th at 10am - sign up at the host stand

**Menu Chats with Chef Jaime Every Wednesday**

Auditorium 1:30pm

\* You do not need to attend every meeting\* We would love to hear from you\* Changes on the menu are based on resident feedback

**Weekly Buffets**

<b>Monday</b>	<b>Oktoberfest ( IRD Buffet Available 230-330pm)</b>	<b>\$18.00</b>
<b>Tuesday</b>	<b>Taco Buffet ( IRD Buffet Available 230-330pm)</b>	<b>\$17.00</b>
<b>Wednesday</b>	<b>Asian Buffet ( IRD Buffet Available 230-330pm)</b>	<b>\$18.00</b>
<b>Thursday</b>	<b>Fall Homestyle (IRD Buffet Available 2:30-330pm)</b>	<b>\$17.00</b>
<b>Friday</b>	<b>Surf and Turf( IRD Buffet Available 230-330pm)</b>	<b>\$20.00</b>

**Upcoming Holidays**

**Upcoming Holidays**

**Thanksgiving November 28th 2024**

Continental Breakfast in the Atrium 9:00am-3:00pm

10:30-11:30 Medical Deliveries

11:30am - 3:00pm Appetizers in the Atrium, Wine, Beer and Non Alcoholic Beverages

**Congestion at the Dining Entrance**

When coming into the dining room for dinner please do not make small talk while in line at the host stand. This backs up the line and creates dissatisfaction for many before even entering the dining room. We have residents cutting the line due to the long waits.

Reservations are to made outside on the dinner hour with the host, by calling x1313, or signing up on the full count portal

<b>Resident Suggestions</b>	<b>Dining Spotlight</b>	<b>Dining Weekend Managers on Duty</b>												
Send in menu suggestions to <a href="mailto:lehmantheresa@freedomplazafl.com">lehmantheresa@freedomplazafl.com</a> or <a href="mailto:simoesjaime@freedomplazafl.com">simoesjaime@freedomplazafl.com</a> so we can get them incorporated into the menu	<p align="center"><b>Ashley Cornell - Host</b></p> <p align="center">Most recently relocated from Ohio. She previously worked in food services as a dietary aid and PM cook with Mercy Memorial Hospital. Most recently she worked in education for Springfield City School District, for the past 5 years, as a teaching assistant, for children with special needs. She is currently the lead host in our dining services department. Ashley enjoys interacting with our residents and loves hearing stories about their lives and helping in anyway she can. Ashley also enjoys spending time with her children, family and friends, going to the beach, the Dallas Cowboys, talking with her son who is currently on his 2nd deployment and enjoying life in sunny Florida. She is grateful for her employment at freedom plaza and all the great relationships she has built here</p>	<table border="0"> <tr> <td><b>Saturday</b></td> <td><b>FOH:</b></td> </tr> <tr> <td><b>Melly and Nashalie</b></td> <td><b>BOH</b></td> </tr> <tr> <td align="center" colspan="2"><b>Sous Chef Rochelle</b></td> </tr> <tr> <td><b>Sunday</b></td> <td><b>FOH</b></td> </tr> <tr> <td align="center" colspan="2"><b>Nicole</b></td> </tr> <tr> <td align="center" colspan="2"><b>BOH Sous Chef Jake</b></td> </tr> </table>	<b>Saturday</b>	<b>FOH:</b>	<b>Melly and Nashalie</b>	<b>BOH</b>	<b>Sous Chef Rochelle</b>		<b>Sunday</b>	<b>FOH</b>	<b>Nicole</b>		<b>BOH Sous Chef Jake</b>	
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<p align="center"><b>Be sure to ask your server about chef specials!!!</b></p>	<p align="center"><b>Thanksgiving Reservations are now open in the portal!! Thanksgiving is Thursday November 28th 2024</b></p>													

**Resident Feedback**

Monthly our Dining Committee Chair Anita Ciota helps to monitor and input daily survey results. This information is shared with the dining committee. Below are the results for September

<b>Food Quality</b>	<b>Menu Variety</b>	<b>Staff Attentiveness</b>	<b>Overall Atmosphere</b>
87.4%	87.4%	96.1%	92.7%

Meals served in the dining room for the Month of September :10,591

Survey's Submitted: 321

**we want to hear from you!**

**Surveys can be submitted on the tablet outside of the dining office it takes seconds OR you can fill out a survey in the dining room**



**FREE event**

**Save the Date!**

# AMERICAN VETERANS TRAVELING TRIBUTE

Presented by



**OCT 30 - NOV 3**



## FREEDOM PLAZA

819 Freedom Plaza Circle, Sun City Center | Open 7 a.m. to Dusk

**View an 80% scale replica of the Vietnam Veterans Memorial in Washington D.C., plus individual tributes for every U.S. involved conflict since WWI including a special 9/11 memorial.**

CHAPTERS HEALTH  
**VALOR PROGRAM**



The American Veterans Traveling Tribute is brought to you **FREE OF CHARGE** by Freedom Plaza, the Chapters Health Valor Program of LifePath Hospice and our generous sponsors & donors.



**SPONSORSHIPS AVAILABLE!**

For details, contact Valor Program Services Manager, Clifton Pease at 813.956.9137 or [peasec@chaptershealth.org](mailto:peasec@chaptershealth.org)



For more event info, scan the QR code or visit

[www.chaptersfoundation.com/FreedomPlaza](http://www.chaptersfoundation.com/FreedomPlaza)