



Men's Breakfast Club

On Tuesday, Mar. 5 the Men's Breakfast Club will meet at 8:00 a.m. in the Back Door Bistro. Our speaker will be Florence French Fagan, Senior Regional Organizer with Bread for the World, a non-partisan, faith-based advocacy organization focused on ending hunger, headquartered in Washington, D.C. Florence is passionate about helping people change their understanding of why poverty exists and discovering ways to make a positive difference. All men are invited to attend the breakfast for only \$4.00. Be sure and sign up on the sheet on the Elevator Lobby bulletin board.

Doc Talk - Understanding Cardiovascular Disease

Did you know that cardiovascular disease affects your heart and blood vessels? You may be more likely to develop cardiovascular disease if you have risk factors such as high blood pressure, high cholesterol, type 2 diabetes, tobacco use or lack of physical activity. Join Dr. John Forcella, DO Board-Certified Interventional Cardiologist, as he explains the symptoms, risk factors, causes and treatments available to combat the leading cause of death in the U.S. and worldwide.

Ladies Luncheon

Welcome to the Ladies Luncheon on Thursday, Mar. 7 at 11:45 a.m. in the Back Door Bistro. The cost is \$5.00 cash payable at the door for your meal and program. You may sign up on the bulletin board notice today. Our eclectic resident, Nancy Hughes, also known as the bird lady, will bring to life Miss Ellie, a one room schoolhouse Marm. She will tell us about how and what the children learned at her school and much more. These luncheons are always an excellent opportunity to enjoy friends and learn something new. Hope to see you there!

Choice Hearing Solutions

Come to the 2nd Floor Nurse's Office on Tuesday, Mar. 12 at 9:30 a.m. for a Hearing Clinic from Choice Hearing Solutions. There will be a sign-up sheet on Monday, Mar. 11 in front of the library.

Resident Birthdays

Birthdays

Catherine Mahinis	March 4	Apt. 3403
Dorothy Curtin	March 6	Apt. 634
Elizabeth Graubard	March 6	Apt. 152
Robert Bella	March 7	Apt. 236
Clifford Rhein	March 9	Apt. 242
Janie Kehoe	March 9	Apt. 3101



March Birthday & Anniversary Celebration

The March Birthday and Anniversary Celebration will be held on Friday, Mar. 15 at 2:30 p.m. in the Chapel. The entertainment will be provided by John Timpanelli. Residents celebrating a birthday or anniversary in the month of March are asked to please sign up on the main bulletin board and to come down a little early on the afternoon of the show to have your picture taken.

New Resident Reception

Please join us on Wednesday, Mar. 6 at 3:45 p.m. to welcome our new residents in the Dining Room. Holiday Dining Hours will be observed.



Organ Music

Join Dick Rydberg in the Elevator Lobby on Tuesday, Mar. 12 from 6:30 p.m. to 7:00 p.m. as he plays organ music. He will play familiar tunes you will enjoy.

Calendar of Events

Sunday, March 3, 2024

- 9:30 Stretch with Dee Video - Channel 732
- 10:00 Worship Service - Chapel/Channel 732
Third Sunday in Lent - John 2:13-22
The cleansing of the temple
- 1:30 Pilates with Dee Video - Channel 732
- 6:30 Village Movie - Chapel

Monday, March 4, 2024

- 9:30 Stretch with Dee Video - Channel 732
- 10:00 Floor Meetings
- 11:00 Sittercize - Village Wellness Studio
- 12:45 Greeting Card Corner until 2:45p - Library
- 1:00 Shuffleboard - Courtyard
- 1:00 Wellness Checks w/Resident Nurse until 2p
- 1:00 Open Seating on Bus to Publix-Departs every 30m
- 1:30 Trivia - Bishop Club Room
- 1:30 Pilates with Dee Video - Channel 732
- 2:00 Balance - Village Wellness Studio
- 3:30 Compline - Chapel/Live on Channel 732
- 7:00 Michigan Club - 5th Floor Lounge

Tuesday, March 5, 2024

- 7:00 BayCare Laboratory - 2nd Fl Wellness Clinic
- 8:00 Men's Breakfast Club - Back Door Bistro
- 9:30 Stretch with Dee Video - Channel 732
- 10:00 Yoga - Village Wellness Studio
- 10:30 Needlers & Hookers until 12 - 3rd Floor Lounge
- 10:30 Off Topic Bible Study - 2nd Floor Lounge
- 12:00 Doc Talk - Chapel
- 1:00 Aerobics - Village Wellness Studio
- 1:00 Wii Bowling - 3rd and 6th Floor Lounges until 4p
- 1:00 Wellness Checks w/Resident Nurse until 2p
- 1:30 Pilates with Dee Video - Channel 732
- 1:30 Open Seating on Bus to Walgreens
- 2:00 Silver Wheels - Elevator Lobby
- 6:30 Dominoes - 2nd Floor Lounge

Wednesday, March 6, 2024

- 9:30 Stretch with Dee Video - Channel 732
- 10:00 Fitness - Village Wellness Studio
- 11:00 Midweek Movie Matinee - Chapel
- 11:00 Sittercize - Village Wellness Studio
- 12:45 Greeting Card Corner until 2:45p - Library
- 1:00 The Sanders of SMV - Hobby Room
- 1:00 Wellness Checks w/Resident Nurse until 2p
- 1:30 Pilates with Dee Video - Channel 732

Alterations & Sewing

Come to the Hobby Room on Monday, Mar. 4 at 10:00 a.m. if you have alterations that are needed. Mickey Stewart will hem pants and blouses for \$10, put zippers in for \$15. Payment is required on the day of service in cash if possible, but credit cards and checks are accepted. Mickey will let you know exactly what the charge is for each alteration. She will deliver the items picked up on Monday, Mar. 18.

FEAST Spring Food Drive Coming Soon

Now is the time when you are shopping to start thinking about our spring food drive to benefit FEAST food pantry. Items needed include peanut butter, jelly, canned soup, cereal, canned meat, canned pasta, dry pasta, and pasta sauce. Any non-perishable food items in boxes, cans or plastic jars will also be accepted. No glass containers please. Additionally, personal care items, such as toilet paper, paper towels, toothpaste, shampoo, and other hygiene care items, as well as laundry detergent are also needed. The drive will begin mid March and last for 2 weeks. Look for more information in upcoming Lively Mark newsletters for the exact food drive dates and where to place your items.

Library

Your SMV Library has a collection of fiction and nonfiction books about our state of Florida. The Nonfiction collection has been placed on the back display table for you! Fiction, Mysteries and Paperbacks about Florida are incorporated into those respective sections. Authors include Randy Wayne White and Carl Hiaasen.

RMD Letters for Taxes

The RMD letters will be placed in your mail cubbies by end of day Monday, Mar. 4.

(continued next column)

THE
Lively Mark

For the Residents of St. Mark Village
Jeff Gorddard, CEO
Editor: Ellen Wade
Layout and Design: Carley Heinisch

(concluded from
previous column)

- 2:00 Chair Volleyball - Village Wellness Studio
- 3:00 Service - Chapel
- 3:45 New Resident Reception - Dining Room
- 6:30 Midweek Movie - Chapel
- 6:30 Rummikub - 4th Floor Lounge

Thursday, March 7, 2024

- 9:30 Stretch with Dee Video - Channel 732
- 9:30 Catholic Mass - Chapel
- 10:00 Aerobics - Village Wellness Studio
- 10:30 Healing Hearts - Bishop Club Room
- 11:00 Balance - Village Wellness Studio
- 11:45 Ladies Luncheon - Back Door Bistro
- 12:45 Sunday Choir Chorus Practice - Chapel
- 1:00 Yoga - Village Wellness Studio
- 1:00 Open Seating on Bus to Publix-Departs every 30m
- 1:00 Pinochle - 3rd Floor Lounge
- 1:00 Wellness Checks w/Resident Nurse until 2p
- 1:30 Pilates with Dee Video - Channel 732
- 2:00 Line Dancing - Elevator Lobby
- 7:00 Bingo - Bishop Club Room

Friday, March 8, 2024

- 9:30 Stretch with Dee Video - Channel 732
- 10:00 Crafts - Hobby Room
- 10:00 Fitness - Village Wellness Studio
- 11:00 Sittercise - Village Wellness Studio
- 11:00 Bible Study - Verse by Verse - 4th Floor Lounge
- 12:45 Greeting Card Corner until 2:45 - Library
- 1:00 Wellness Checks w/Res. Nurse until 2p
- 1:00 Visually Impaired Support Group - 3rd Fl Lounge
- 1:00 Shuffleboard - Courtyard
- 1:30 Book Review - 2nd Floor Lounge
- 1:30 Pilates with Dee Video - Channel 732
- 2:00 Card Game - Cafe
- 3:00 Cheers Wine Down - Elevator Lobby
- 6:30 Village Movie - Chapel
- 6:30 Canasta - 5th Floor Lounge

Saturday, March 9, 2024

- 9:30 Stretch with Dee Video - Channel 732
- 10:00 Fun Chorus Practice - Chapel
- 1:00 Village Movie Matinee - Chapel
- 1:30 Pilates with Dee Video - Channel 732
- 3:00 Chair Volleyball - Wellness Studio
- 6:30 Village Movie - Chapel

OUR MISSION:

To enrich the lives of the Residents we serve by creating an environment that fulfills their every need—body, mind and spirit.

Midweek Movie: My Big Fat Greek Wedding 2

The Midweek movie for Wednesday, Mar. 6 will be My Big Fat Greek Wedding 2 with Nia Vardalos. Parenting and marriage is becoming tougher and tougher for Toula and her husband Ian. Not only has their relationship lost some of its spark, but they're also dealing with a rebellious teenage daughter who clashes with Greek traditions. On top of that, Toula must contend with aging parents and the endless needs of cousins and friends. When a shocking family secret comes to light, the entire Portokalos clan makes a plan to come together for an even bigger wedding than before. This movie is from 2016, rated PG-13 for suggestive material and is 1 hour and 34 minutes long.

Village Movie: Love & Gelato

Fri. 03/08 Sat. 03/09 Sun. 03/10 6:30 p.m. Chapel
Sat. Matinee 03/09 1:00 p.m. Chapel

Director: Brandon Camp

Cast: Saul Nanni, Susanna Skaggs, Tobia De Angelis, and more. Lina makes a promise to her sick mother that she'll spend the summer before college in Rome, where she falls for the city, the people, and the gelato. This movie is from 2022, rated PG and is 1 hour and 50 minutes long.

Upcoming Events

Mar. 6 New Resident Reception - 3:45p

**Mar. 13 The White Heron Tea House -
bus leaves at 11:15a**

Mar. 15 Irish Cafe - 11:30a

Mar. 22 Farmers Market/Chili Cook-off

Apr. 3 Tampa Bay Downs - bus leaves at 11a

Apr. 6 Annual Suncoast Hospice Fashion Show

**Apr. 11 Early Bird Dinner Theater -
bus leaves at 10:40a**

Nature Group with Nancy

The next nature group will be Tuesday, Mar. 12 at Moccasin Lake Park in Clearwater. The bus will leave at 9:30 a.m. The topic is injured birds of prey and nature. If interested in going on this trip let Dee in the Village Wellness Studio know.

Book Review

Peter Cannon of the Palm Harbor Library will do a book review in the 2nd Floor Lounge on Friday, Mar. 8 at 1:30 p.m. He will review the book, Mules and Men by Zora Hurston.

Harvey's 4th Street Grill & Trader Joe's

Come along on Wednesday, Mar. 27 for a lunch outing on your own to Harvey's 4th Street Grill. After our meal, it's off to Trader Joe's in St. Pete for some specialty shopping. It started in the 50's as a small chain of convenience stores. Trader Joe's was first called Pronto Markets. In the 60's the name was changed and the stores were made bigger. Trader Joe's offers unique, hard to find items at great prices! The Village bus will leave at 10:40 a.m. If interested in this trip, please sign up using the Lottery System starting Monday Mar. 4.

Michigan Club

The Michigan Club for March will meet on Monday, Mar. 4 at 7:00 p.m. in the 5th Floor Lounge. Our program will be "Detroit", the city of hot rods & muscle cars. Bring a friend, all are welcome. If you have any questions, call Katherine at #8516.

Readers Theater

Fun Acting! Wanted: anyone who would like to act but not have to memorize lines for a Readers Group. This Readers group would perform short comedy skits. This group will meet 1x a month in the Hobby Room at 11:30 a.m. The first meeting of this group will be Thursday, Mar. 14.

Irish Cafe

Erin Go Bragh! Come celebrate St. Patrick's Day at the Irish Cafe on Friday, Mar. 15 from 11:30 a.m. until 1:30 p.m. Volunteers are needed to help serve this event. If you would like to help, please contact Ellen in the Hobby Room at ext. 1743 and sign up on the bulletin board.

Chili Cook-off/Farmer's Market

The Courtyard will be transformed into a delightful marketplace at the Chili Cook-off & Farmer's Market scheduled for Friday, Mar. 22 from 11:00 a.m. until 1:30 p.m. with a Western theme. Does your floor have what it takes to win the chili cook-off? A DJ from Fast Break Entertainment will be here. There will be 6 chili's to sample and tastings start at 11:00 a.m. and voting begins at noon. There will be a prize awarded for the best chili. The Farmer's Market will feature a variety of fresh fruits and vegetables, delicious baked breads, cookies, and fresh eggs. We are currently in need of bakers to donate goods and to man the Bake Table at the Market along with 15-20 sellers. Please call Ellen ext. 1743 if you would like to lend a helping hand.

Weekly Quote.....

"Positive thinking will let you do everything better than negative thinking will!".....



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