

## Carolers on the Stairs

Oak Hammock Singers were upstairs, downstairs, all around the Christmas tree—and the train too—presenting the sixteenth traditional “Christmas on the Stairs” program and sing-along. Appropriately attired elves passed trays of cookies, welcoming everyone to the Oak Hammock holiday celebration.

- Barbara Dockery, content; Michael Levy, photo



## Helen and Jack Spencer's Big Move!

Some people move into Oak Hammock from across town. Others from across the country. Helen and Jack Spencer fit into the *big move* category—from Colorado. That means new driver's licenses, medical contacts, voter registrations, and lots of insurance forms. And boxes! Especially if you've traveled and collected. Sound familiar? Welcome Helen and Jack Spencer to Building 2, Unit 4215.

Helen was born in Beaumont, TX, and at age nineteen headed to the University of Illinois and Southwestern in Texas majoring in psychology. She took time out to raise two girls while assisting a spouse for a PhD in Civil War History.

The plot became interesting with the entrance of Jack Spencer, who was born in Honolulu, moving to Gainesville at age four. His father, with the U.S. Fish & Wildlife Department, was recruited to UF to develop rat poison. (Plenty of interesting stories there.) Jack attended Gainesville public schools—including kindergarten through high school—with Oak Hammock resident Walter Wynn. Jack earned engineering degrees at UF. That led to working with Exxon for thirty-six years, before retiring. Helen found her niche at Exxon Chemical Company also. She held numerous high level administrative positions over a twenty-one-year career.

Upon retiring in 1995, the call of the west and the love of mountains lured this happy couple, who have generations of Denver blood on the family tree. The higher the altitude, the happier they were. The more wildlife at their front door, the more their love of nature grew. They signed up for an Oak Hammock waitlist five years ago, waiting until 2022 to make a move. Growing up in the South made relocating to near-sea-level Gainesville attractive. Plus, Jack's brother and sister-in-law live in Gainesville. Helen and Jack recently celebrated their forty-fifth anniversary. They've been settling in, creating their own style with treasured mementos. Antler lighting fixtures, an original Chihuly glass blown piece, a Fredrick Remington mounted horse and rider (as found in the Oval Office) all spell home. Four-year-old Cheyenne barks a welcome to visitors. Stay long enough and Sheba, a beautiful seventeen-year-old black cat, might make an appearance. And those boxes lurking to be unpacked? They're still top priority. After that: look out! Helen and Jack are ready to travel, cruise, and jump into the fun stuff around Oak Hammock.

- Barbara Dockery



## Goodbye Hugs to Jan

The Jan Harmon hug line was longer than the sumptuous food line! That spells out the admiration and devotion that was a two-way thirteen-year commitment to Oak Hammock residents. Tony Lopiccolo, Director of Plant Operations, thanked Jan for her unselfish terms of remaining on the job, to train him and two assistants. Her smile and positive approach will be missed.

"Happy retirement hugs of appreciation, Jan."

Your Oak Hammock family

- Barbara Dockery - content; Barbara Dockery, Bill Castine, photos



## Joshua Mathis, Security Officer

Joshua Mathis, who grew up and whose family still lives in Trenton, started working as one of our security officers in December. Joshua has previously done warehouse work and has his own business detailing cars. He is new to security as a career but has always been interested in helping people. He has completed his CPR training and training with Sloan Security. Joshua knew of Oak Hammock through Randall Coleman, one of our security officers, and applied through Indeed.

His athletic accomplishments are a matter of pride to Joshua (make sure to ask him about his football rings). He still is actively involved in sports and loves to cook.

Security officers are now working 12 hour shifts so whatever your schedule, you should have time to meet and welcome Joshua to Oak Hammock. - Karen Miller



## Oak Hammock's New Fitness Center Manager

Our new Fitness Center manager is Ian Vincent whose first day was December 12. Ian is looking forward to exploring new ideas for classes and events for our fitness area and beyond. Please stop to meet him when you are out. More next month, as we get to know each other.

- Bev Cone



## Sounds of the Season

For many Oak Hammock residents, this beloved annual event signals the official beginning of the holidays. So on December 4, those of us fortunate to attend eagerly boarded our buses, ready to throw ourselves into the spirit of the season. For nearly two hours we were spellbound by the truly magnificent choral and symphonic music surrounding us!

Dr. Will Kesling held us captive with his customary *joi de vivre* and mastery at the podium. He skillfully guided chorus and orchestra through the intricacies of a variety of music, everything from familiar carols to a jazz rendition of "Hallelujah." Throughout the evening, he included UF students and faculty in several numbers, building to the grand finale of "Little Drummer Boy" featuring members of the UF Marching Band!

We were introduced to the New Director of Orchestras, Dr. Tiffany Lu, who provided one of the major highlights of the night, conducting the University Concert Choir, the Gainesville Master Chorale, and the University Symphony Orchestra in an exquisite and exhilarating rendition of "The First Noel"!

Sounds of the Season 2022 was simply superb, an experience to be long remembered and cherished by all!

- Jan Havre, content; Ted Wasserman, photo



## Volunteer Opportunity The Oak Leaf Wants You!

We are looking for those who love putting pen to paper and who can snoop and scoop!

If you have a nose for news, we want to welcome you to our meetings. Come by for a cup of coffee and a slice of banana bread and meet the staff on the 3<sup>rd</sup> Friday of each month at 9:30 am in the Multipurpose room. Next meeting is Friday, January 20th.



- Beth Paul

## Fond Memories of Childhood Holidays

- ❄️ On an early December weekend our family of five would go into the woods to find our Christmas tree. Dad carried the saw and cut the tree, Mom found the "almost perfect" tree, and we three kids scouted the area and helped carry the tree back to the car. Upon returning to the house, my parents would turn our find into the "Perfect" tree. Dad would cut off some of the lower branches, drill a hole in the trunk as directed by my mother, and then put the new branch in place. Then Dad would add the lights and star and I was a member of the decorating crew. I can still hear my mother telling me to put one strand of tinsel on at a time—do not throw it in clumps onto the branches. Those were the days.... - *Heather Gilkey*
- ❄️ I was five years old and in grade one in a one-room school in rural Ontario. For our school Christmas concert, I was cast in a part needing a doll. I didn't have a respectable doll! I told no one but worried terribly I would not get to be in the play. Lo and behold several days before the play, Santa Claus actually came to our house one evening and brought me the loveliest of dolls with blue angel wings! To say I was overwhelmed would be an understatement. I don't know how my parents found out my dilemma and Santa never came back in person again to our house. A Christmas miracle! - *Sheila Dickison*
- ❄️ My several close-knit families had the most wonderful grandparents. They were the owners of a hotel that had large rooms where we could celebrate the Christmas festivities. All of us young children had to study a poem, song, story or what we could remember as Santa Claus would come at a certain time in the evening. We all had to take a nap in the afternoon on December 24 and take a bath to be fresh and happy. We had to wear our best clothing and be ready when called to come to the Great Room and wait until the doors were to be opened. Our elders had been decorating the Christmas tree and laid out the gifts for each child while we were sleeping. Finally, the big door would swing open and Christmas songs were sung. It always was such a festive, suspenseful, also a little bit scary time as we knew that Santa would soon be coming for us to be good children, to present our little stories to Him, and receive our gifts. We all completely believed in our Santa Claus, myself until age seven. There existed only one Santa for the whole town. We had no TV or other information to give Him away. - *Margarete Ruth*
- ❄️ It's funny the things we remember as young children. Christmas Eve holds a special memory. My parents and I would bundle up for the drive to a Chicago suburb, to worship in a beautiful old Lutheran church. Organ music and singing—including "Silent Night," in German—united everyone. What I remember most: each child approached the altar's manger scene and returned clutching a brown paper bag of treats. A few unshelled nuts, several pieces of hard candy, and a real orange. (Maybe it came from Florida, but I'd never heard of that country back then.) Years later I realized the symbolism. I hadn't taken a gift to the Christ Child. I'd been given the gift of eternal life. - *Barbara Dockery*

## November Street People Social

The afternoon of November 19 was cold and gray, but that could not deter the hearty group of Oak Hammock "Street People" who gathered somewhat defiantly on the island in the Outback, determined to eat, drink, and make merry against all odds! Hosts Glenda and Pat Kelley greeted the brave souls who found their way to one of our favorite watering holes, with smiles, treats, and gratefully received beverages. The hospitality of the denizens of the enclave ensured that despite Mother Nature's mood, a delightful time was had by all.

- *Staff, content, Michael Levy, photo*



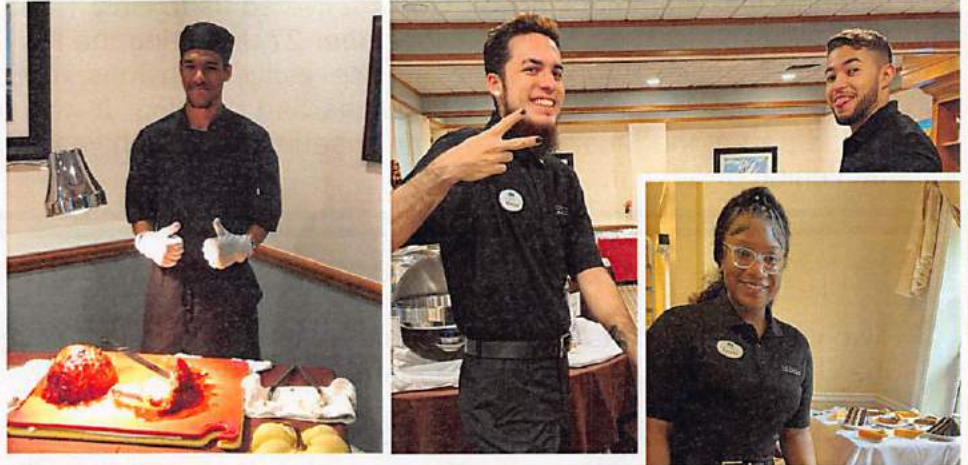
*Traffic Jam!*

## Thanksgiving Feast

What we see when we get dressed up for Thanksgiving and meet our friends and family, as we go into the dining room, is a beautiful feast set up for us to help ourselves to delicious food, and enjoy the company.

Some of these photos were taken before our meal, and show some of the preparation that is needed to make this special meal happen. We so appreciate the dedicated staff who work so hard to cook and serve our food. Notice the wonderful smiles as they were working hard during the morning on Thanksgiving Day.

Then, when the buffet opened, Wow! The food was extra delicious this year—so many unusual salad and veggie choices, and meat of every kind—and shrimp and fish! The desserts were excellent too! It was a special treat enjoyed by many people, in a crowded dining room. Thank you to all the people who worked together to serve such a special meal. - Barbara Dockery



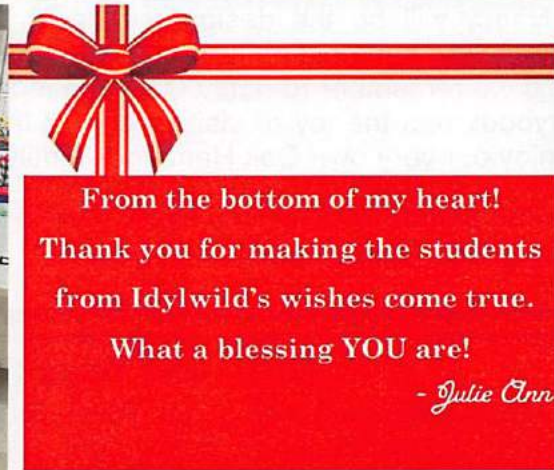
## Technology Education

Residents that have access to a computer with Internet may take advantage of services that offer technology lessons and instructional videos on many topics of interest. With a little browsing, there are many YouTube videos that can offer quick overviews on general computer know-how and specifics such as setting up an Alexa or deeper use of smart phones. Regarding the latter, the Residents' Council Technology committee suggests:

- Esther Kane, Technology for Seniors, has a presentation on how Alexa can help seniors. <https://seniorsafetyadvice.com/how-can-alexa-help-seniors/>
- Ellen Sweeney, Ellen's Tips For iOS, has series on helping seniors master their iPhones and iPads. <https://ellenstipsforios.com>

We hope you find them useful.

- Bill Zegel



## St. Andrew's Day Service

Our new Oak Hammock driver, Cory, delivered us to Holy Trinity Episcopal Church for a fabulous concert on Sunday, November 27, featuring the Holy Trinity Choir, bagpipes, and Scottish dancing. The service included hymns, national anthems and songs, lovely choir anthems, plus bagpipes and dancing. It was an exciting musical treat, and part of the Music at Holy Trinity series held each year, this time celebrating the beginning of Advent.

- Bev Cone



## Where are you going for the Holidays?

- ❄️ Two weeks in Coconut Grove with family. Most important, I am going to watch my grandson, 13, sail for the USA in the Orange Bowl Regatta held in Biscayne Bay. Christmas in the Grove!  
- Connie Brill
- ❄️ Joe and I have no family living in Florida and don't wish to be a part of the airport crowd facing delays or cancellations. Therefore, this year we plan to spend the Christmas holidays at "The Mission Inn" in Howey-in-the-Hills, FL. They always have a fabulous Christmas buffet. There are no calories, of course.  
- Heather Gilkey
- ❄️ We will travel from the Outback to the Dining Room on various days.  
- Walter Wynn
- ❄️ We will drive to Kensington, MD, to spend Christmas with our son and his family, including our two young grandsons, ages 4 and 7.  
- Karen and Doug Merrey
- ❄️ When one gets to be 94 or 95, a trip of a hundred miles to Tampa might seem like a trip to Venice, Italy. Because I was an only child of working parents growing up in a NYC apartment, I have had to create my own extended families. My next trip will be to a Christmas gathering of Buddy Kramer's family. All the ex-wives, adopted children, assorted nephews and nieces, and particularly the special group of the five grandmothers will be guests at an outdoor holiday dinner with everyone bringing a dish to share. My daughter Nancy will be the designated driver, and we will be transporting Buddy Kramer's famous cheesecake as our contribution. When people are old, traveling takes on a whole new dynamic. Have we the pills, did we remember to notify Oak Hammock, is the car filled with gas, do we have the camera? I hope everybody has the joy of visiting one of their own extended families this season or, instead, has plans to enjoy our very own Oak Hammock family.  
- Betty Kramer
- ❄️ How lucky can one be to be invited every year to my son's daughter-in-law's family and beautiful home by a lake in Ocala? That's me!  
- Margarete Ruth

## Different Toys for Girls and Boys

Below left, Jerry Kirkpatrick and guest, Ralph Smith, examine details of the model train they are helping put together in the Commons lobby. Below right, Nancy Sowell, Barb Francis, and Jan Lowenthal examine details of the Spanish mansion dollhouse crafted over several years by new resident Ann Meyers.

- Larry Lowenthal



# It Takes a Village



- Bill Castine, Bev Cone, Patsy Nelms, Beth Paul, photos



Santa's elves are busy wrapping presents for the Idylwild kids. At right, elves Ann Elnicki and Jan Havre decorated the libraries and commons with some very appreciated help from Maintenance. - Beth Paul

## The Menorah and Chanukah Dinner

Menorah, in Hebrew, means lamp. Traditionally it burns seven candles, one for each day of the week. On Chanukah, the Menorah burns nine candles to celebrate the Miracle of Chanukah. We burn one candle each night for the eight nights of Chanukah. The ninth candle is used to light the others.

Our Menorah is located in the lobby and Susan, our receptionist, lights the electric Menorah for us.

Chanukah dinner was held the first night of Chanukah. The songs and prayers were led by Michael Plaut and the candle lighting was done by Linda Morris, the new Executive Director of the Jewish Council of North Central Florida.

Chanukah celebrates the miracle of the lights in the Temple in Jerusalem, burning for eight nights,

even though there was oil enough for only one night. The Temple had been defiled by the Assyrians and new holy oil was not readily available once it had been recaptured by the Maccabees.

The holiday also celebrates the triumph of freedom over tyranny. Having

the right to worship as one chooses is a precious right that must be celebrated each year, as we rededicate ourselves to upholding our traditions of freedom of religion for all.

- Barbara Herbstman



## Art League

Greetings to all at this Holiday Season. It feels good to be free again. Enjoy all the festivities, especially the seasonal decorations here at our lovely Oak Hammock. This is a good time to wander the art gallery and enjoy the art these next few weeks. Maybe you will even find a painting you love, or wish to gift. The "Contact the Artist" list is on the pedestal in the lighted alcove. Sales are conducted strictly between the purchaser and the artist directly. This show will be removed on January 7, 2023.

The art of the students of Eastside High School will then be on display for 3 months, followed by a show titled "Portals". The Portals show will be a judged show with awards, open to all artists. Oak Hammock artists should be pondering the creation of art for this show." Portals "are defined as "doorways, gateways, or other entrances, especially large and imposing ones"! Whew! That certainly gives an artist a wide range of options.

Anyone wishing to donate an award, whether \$30, \$50, \$75, \$100, or any amount, would be greatly appreciated. It can be designated to be in memory of someone, or for a particular type of artwork. A big thank you to those who have done so in the past.

There is a new show in the art studio through January 2023, featuring the art of Marion Siegel.

Marion is planning a reception in the Art Studio on Sunday, January 8th, from 3 to 5 p.m. This show is titled a Celebration of Life, in honor of the many years of having the great pleasure of creating art, with the support of her beloved husband of 68 years, the late Dr. Dan Siegel. He was her "at home art consultant" and was always there for her with kind words of encouragement too.

Our Art League director, Susan Bankston, has made plans for some upcoming classes. In January, there will be a watercolor workshop with Lynn Ferris on Saturday, January 14. This will be followed by a February class by watercolor pencil artist, Anda Chance. In March, Jenna Weston returns to teach a drawing workshop. Jenna gave a very successful Japanese Brush painting class in November, 2022. Please watch for notification and sign-up sheets.

The monthly 4th Tuesday program, January 24th at 4 p.m. in the Oak Room, will present Carol McCluster, Harn Museum, speaking about her new photography exhibition titled "Awesome". See you there!

Art critiques will resume on Tuesday, January 17, at 7 p.m. in the multipurpose room. Join us either to listen or bring some artwork that we can all discuss. These sessions are very informal and meant to have a positive effect on your creative energies, not to mention the fun we have. There is also a trip to the Dali Museum in St. Pete that is in the planning stage for January. Again, we will make a public announcement as to the details. Check out the mini Gallery, in the halls between the Wellness Center and Health Pavilion. Wildlife photos are for sale. Midge Smith is Director.

"There is nothing more truly artistic than to love people." Vincent Van Gogh

- Marion Siegel





## Shop Locally—The New Mantra

It's the most popular promo in the news, on tv, and in mailboxes. And not just for the busy holiday season. Oak Hammock makes it easy every day.

The lighted display cases located in the Treats & Treasures area offer seasonal and home décor, plus jewelry and accessories. Many items are collectibles. Check often for new items. Please make purchases before 11:30 a.m. and after 1:30 p.m. with the T&T staff (shop hours: Monday-Friday 9:30 - 4:30 and Saturday-Sunday 11:30 - 4:30). Contact Judy Plaut at (352) 371-1301 for more information.

Recycled Riches began as a major 'flea market/garage sale money raiser. Physical demands and Covid created various alternative possibilities for reselling items to interested buyers. To expedite the sale of larger items donated, a "Wish List" of items that individuals are interested in purchasing has been created! How cool is that? Contact Doris Greene ([dhgflorida@gmail.com](mailto:dhgflorida@gmail.com) or via cubby 2215) with items wanted for purchase.

All monies earned from the display cabinets, apartment sales, holiday sales, flash sales, and wish list sales go to Recycled Riches. Doris explained, "Recycled Riches makes yearly donations to the Benevolent Fund, Employee Scholarship Fund, and the Employee Appreciation Fund. Most of the money goes to support activities and interest groups, and for things residents want that Oak Hammock hasn't budgeted for. For example, we just paid for a ballet bar in the fitness center, an electric saw for the woodworkers, raised beds for the garden group, and a hearing loop system in the health pavilion. We have paid for expensive items like outdoor furniture and shade sails for the Health Pavilion—even inexpensive items like sheet music for the Chamber Players."

Keeping up to date is vital! Check [INFOH.US](http://INFOH.US) and elevator notices to stay ahead of the game. Better yet—volunteer to help with one of the sale efforts. They add to the delight of living at Oak Hammock and the enjoyment of joining the movement to *Shop Locally*

- Barbara Dockery



## Santa Fe Biotechnology Lab and Student Summer Internships, 2023

On June 28, about a dozen Oak Hammock and ILR members took a field trip to the Perry Center for Emerging Technologies, part of Santa Fe College. Our guide was Dr. Alejandra G. Maruniak, Professor in the Industrial Biotechnology Program. After an introduction to the Perry Center and its programs, Dr. Maruniak took us to the biotech lab, suited us up in gloves, lab coats, and masks, and put each of us to work extracting our own DNA. My DNA is shown in a necklace.



This lab is used for a summer

camp by high school students to study a crime scene created by the professors. Students collect and examine clues, evidence, "testimony" by "criminals", and solve the "whodunit."

Professor Maruniak will take several students to participate in the 2<sup>nd</sup> Biotechnology International Internship in Brazil. In this three week program, students will become acquainted with diagnosis of infectious diseases, viral carcinogenesis and cancer biology, structural and molecular biology research of viruses infections to animals, applied biotechnology and genomics in conservation genetics, and quantification of virus titers in vaccines.

The cost for each student is \$4,000 that covers travel, lodging, meals, and entry to museums for 23 days. Anyone interested in supporting the students may mail tax deductible donations to Santa Fe College Foundation, 3000 NW 83<sup>rd</sup> Street, Gainesville, 32606. Please mark checks for Biotechnology International Internship in Brazil—attention Dr. Alejandra Maruniak.

- Walter Wynn



## Boys Ranch Field Trip

The Boys Ranch in Florida was started in 1957 and now has 3,500 acres with everything you could imagine: living cottages, a school for grades 6-12, a chapel, tree farms, and animals where students learn about farming. The Suwannee River runs through this property. It is amazing!

When we arrived, we were welcomed warmly and then took a bus tour of the property stopping at individual buildings. We then enjoyed lunch, eating with students also on their lunch break. We met many employees including the principal, the chaplain, and faculty members. A student also joined us to share his experience.

At this time, the Boys Ranch is having a problem finding and hiring staff, which limits the number of students who can live there. There would be room for more students if they had the staff. The Boys Ranch is such a wonderful opportunity for students to grow and find positive ways to live - why is it short-staffed at this time? Their mission is to prevent delinquency and develop lawful, resilient, and productive citizens through work, study, play, and prayer. That sounds simple, but is not easy. Let's hope that more staff will soon be available to make this dynamic impact on more of Florida's boys and girls.

- Bev Cone, content; Margarete Ruth, photos



## Smart House

The Smart House, which opened in 2005, welcomed residents to view the new technology available in our own back yard. One room was filled with cameras that observed a person's walking patterns to hopefully be able to prevent future issues with falling.

I bared my big toe and stuck it into a contraption that calculated my toe's strength, a measurement that researchers hope will indicate balance issues and neuropathy. This is an ongoing study.

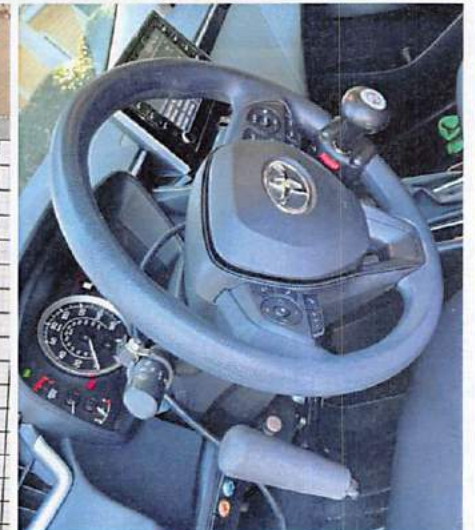
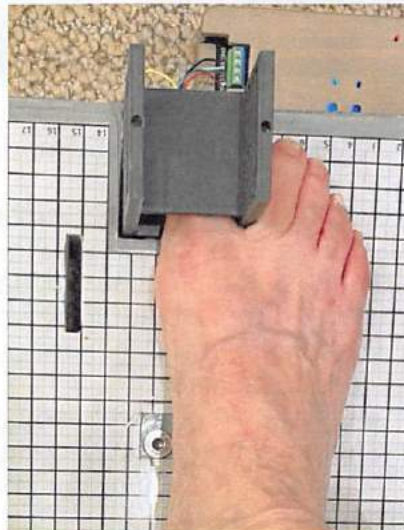
There was a 3-D printer available to researchers, and there were several watches that used an application to detect falls. One enjoyable area was set up with massage bands that wrapped around an aching back, knee, or arm.

Frequently, returning combat veterans have difficulty following rules of the road. We learned about a successful program that retrains them. The Smart House also has a car with hand controls parked out front. Disabled persons can receive training here as well.

A highlight of the Smart House is the simulated driving program. Technicians can check a person's vision, motor skills, and cognitive abilities.

The mission of the Smart House is to make sure our aging population is "independent and functional." Take advantage of their programs by signing up to check your driving capabilities. As we've aged, we have perhaps picked up some bad habits that they can correct.

- Beth Paul



### Books for Kids

Once again, Oak Hammock residents are giving books to be distributed to the children who visit the Acorn Clinic. Janet Janke tirelessly spearheads this annual project, supported by donations from our four book clubs. As pictured, book club members spend a couple of hours putting "A book for you from the Oak Hammock Book Clubs" and "This book belongs to..." stickers in them. Starting in January, books will also go to UF medical students who give them to children who visit the clinic on the east side of Gainesville. If anyone would like to contribute, please contact Janet Janke in 1220. This year we are giving just over 500 books, seen in the full shopping carts. - Beth Paul



A Resident Led Association to Ensure  
Quality of Life in Retirement Communities  
Lamar Miller Chapter 255

FLICRA and Leading Age Florida, the organization for life care providers, are working together on a proposal they will present to the 2023 state legislature. The proposal makes small changes in the law that governs CCRCs, making it easier for providers to do business but not adversely affecting residents.

The changes are meant to modernize this law. Some changes concern financial matters; others clarify the definition of the Resident Council and what it can do. The hope is that small changes will make a big difference.

- Mary Sanford

### New Year's Eve Dinner and Dancing

DJ Bobby Laredo will be spinning the tunes so we can dance into the new year!

Saturday, December 31 beginning at  
6:00 p.m. in the Oak Room

Featuring carved prime rib, baked potato bar, asparagus, and more non-meat options.

\$30 per person

RSVP at the Hostess Stand

### Benevolent Fund (November 1)



Since we last reported, a total of \$2,925.00 was received in memory of Larry Coplin, Bud Ames, Joyce Riffe, Mary Polk, Barbara Thomas, Wilt Wagner, and Janie Kalaf, and in honor of Pat Liston.

- Jonathon Mann

### Seltzer Strings Play-in Recital

Julia Seltzer, the fiddler from our favorite Irish band, is also a classically trained violinist and violin and viola teacher. Her talented students performed in the Oak Room on December 3.



## Piano Recital by Students of Dr. Anastasiya Naplekova

Dr. Naplekova, an amazing pianist, is also a fantastic teacher! We were treated with a recital by her talented students. The children played by age level—the youngest students played songs like “Jingle Bells” and “Santa Claus is Coming to Town.” As the recital progressed, we heard sonatas and waltzes, and a “Carol of the Bells.” Her advanced students played “The Dance of the Sugarplum Fairy” from *The Nutcracker*, “Sonata in F Major” by J. Haydn, and “Sonata in B-Flat Major” by Mendelssohn.

Although we, in the audience, were disappointed not to hear Dr. Naplekova play this time, it was a real treat to see and hear young students as they are learning to express themselves musically on the piano. Dr. Naplekova is not only a remarkable pianist, but she also is an amazing teacher. Each student performed beautifully, and very seriously, with bows and smiles and very serious intentions to do their best. I was honored to be part of the audience where these future pianists could share their expertise. These children are being taught to appreciate music and present it with much character. It was excellent!

- Bev Cone



## A Bookends Holiday

Once again, on Friday night, December 2, three members of the Bookends entertained us with beautiful, familiar holiday music. From “Feliz Navidad”, to “Jingle Bells”, the “Dreidel Song”, to “Lo How a Rose E'er Blooming”, and “Away in a Manger”, it was a festive evening to relax and enjoy memories of past times of our favorites, and think about the new, beautiful upcoming season. Thanks to our fiddlers and singers. Their holiday music is played and sung with great joy and spirit!

- Bev Cone, content;  
Patsy Nelms, photo



## Holiday Singers

A happy group of third graders from St. Patrick Elementary School arrived at Oak Hammock on December 7 to sing holiday songs around our beautiful Christmas tree.

Many gathered to hear the children sing, young and old, staff and residents, from both the Health Pavilion and Independent Living. Big smiles were on all faces—everyone enjoys music!

Afterward, the children gathered to see the train set driving around the tracks in the Commons, then were treated with snacks outside before leaving on the bus to return to their school. It was another wonderful way to celebrate our holiday season.

- Bev Cone, content; Julie Ann Ariet, photo



## Music Fills the Air!

Traditional and special programs at Oak Hammock make December the most musical month of the year. Gary “Elf on the Shelf” Langford presented a history of favorite Christmas songs via the big screen in the Oak Room—the perfect warm-up for the Oak Hammock Chamber Players’ annual Holiday Concert.

Guessing *which* festive suit Gary dons for their annual presentation is a mystery! And the Chamber Players’ assorted head gear takes the enjoyment up a notch or two.

It’s Ho-Ho-Ho merriment to one and to all!

- Barbara Dockery, content; Bill Castine, photo



## Drums, Horns, and Twirlers Visit Oak Hammock

Who can resist the sounds of a marching band? Especially the UF Fightin’ Gator Marching Band! It’s proudly known as The Pride of the Sunshine State, numbering 400 members strong. At least 300 brought their talents and smiles to the back lawn between building one and assisted living. The students, who must audition each year, fulfilled an end of the semester requirement and entertained at Oak Hammock. The band’s lively renditions of Elvis, Tom Petty, military, and football tunes kept everyone clapping. Plus singing Christmas carols. Not one baton or flag was dropped. Nor any wrong note played. The band—nicknamed “The Sound of the Gator Nation”—gifted an hour of their youthful enthusiasm to an appreciative audience. Ice cream treats, laughter, shouts of thank you, and an orange and blue sunset ended a perfect day.

- Barbara Dockery, content; Patsy Nelms, photos



## Singers Salute the Prince!

The Oak Hammock Singers presented a salute to Hal Prince—known for his Broadway award-winning musicals. Selections included "A Comedy Tonight," "Cabaret," and "Tradition." A delightful violin solo by UF student Megan Sabella introduced the choral rendition of "Fiddler on the Roof." The program included solo renditions by several Singers. Dr. Paul Basler, playing horn, provided the serene setting for the women's "Life Has Loveliness to Sell"—followed by men's robust proclamation "We're the Men."

Covid didn't put a damper on the Oak Hammock Singers! Director Ron Burcher and Co-Director Dr. Brenda Smith have continued to devote their time and energy to offer choral singing to Oak Hammock. Appreciation and applause for their hours of rehearsing—and patience with "aging voices". Oak Hammock's traditional Christmas on the Stairs, a celebration of the holidays Sing-A-Long, was December 11 in the Commons. What's next? A *Spring Concert* in May. Why not join the fun of learning new music—Monday rehearsals at 3:30 in the Oak Room. No auditions. For additional information, contact Judy Gire and put a new spin on singing in the shower.

- Barbara Dockery, content;  
Michael Levy, Bill Castine, photos



## Clarinet Concert

On Friday, December 9, we had another wonderful holiday concert in the Oak Room! The clarinet choir is a multi-generational community group, ranging in age from 19 to 90+. Included in the group are a multitude of clarinets, from soprano to bass. For their rendition of "The Twelve Days of Christmas," a flute, an oboe, and saxophones were invited to join them. The entire concert was another beautiful treat of lovely holiday music.

- Bev Cone



## The Gentlemen's Book Club of Oak Hammock

About a year ago, a new club was formed, a book club for men. This is the fourth book club at Oak Hammock and it is called The Gentlemen's Book Club of Oak Hammock. Its coordinator, Eliot Simon, notes that its members, numbering around twelve, usually read nonfiction and/or historical novels at their monthly meeting. Like the other book clubs at Oak Hammock, they have contributed to our fund to provide books for needy children in our community. We are fortunate to have such literate, generous, and communal book clubs at Oak Hammock. Good Reading to all.

- Barbara Herbstman

### Oak Hammock by the Numbers, December 1 Independent Living

|            | Total | Occupied or Reserved | Available to Sell |
|------------|-------|----------------------|-------------------|
| Houses     | 57    | 57                   | 0                 |
| Apartments | 212   | 209                  | 3                 |

- Nickie Doria

### Health Pavilion

|           | Total | Occupied | Available |
|-----------|-------|----------|-----------|
| Assisted  | 46    | 39       | 7         |
| Memory*   | 12    | 9        | 3         |
| Skilled** | 73    | 64       | 9         |

\* 12 units are set aside for quarantine

\*\* fluctuates daily

- Mary Sabatella

### Looking to Improve on Your Fitness in the New Year?

Oak Hammock offers two non-contact programs. **Rock Steady Boxing** is an affiliate of the national program designed to help individuals with Parkinson's Disease. Classes are Mon/Wed 11:00 to 12:30 and Tues/Fri 1:00-2:30 and 3:30-5:00.

**Boxing for Life** is open to all residents interested in functional exercise to improve balance, endurance, coordination, and strength. This class meets Tue/Fri from 2:30-3:30.

Both classes include boxing work with focus mitts and heavy bags, balance training and agility exercises, plus a lot of fun! All ages, no experience necessary. If interested, please call the Therapy Department at (352) 548-1170 or email at [oakhammock@rsbaffiliate.com](mailto:oakhammock@rsbaffiliate.com) for more information or to sign up.

- Oak Hammock Therapy



### Arts and Crafts Sale

Thank you to everyone who attended the Arts and Crafts sale this year on Thursday, November 17. We had 9 tables loaded with a variety of items that had been made by our residents and staff. The sale is a great way to show the creativity of our community. It was also a fun way to start the holiday season. I heard many positive comments from the people who attended the sale. The good news is that we have a date reserved for next year, so get busy and create and next year you can sell your creations instead of storing them under your bed.

Valerie Griffith

### Party in the Oak Room

Returning singer and Oak Hammock favorite, Mark Raisch, brought the "Party Tonight" and Oak Hammock residents brought the dance moves to the Oak Room!



### Restaurant Ramblers

A group of us went to a new restaurant, Ford's Garage, located in Butler Plaza. Joining the Ramblers is a wonderful way to enjoy other residents in a different setting, and try new foods and new places in town. Please plan to go on our next adventure. The restaurant today was "Ford's Garage" and each of the seven members of our group ordered something different - from ribs, to burgers and fries, to lovely big salads. It's a large new restaurant and was very crowded. Watch for the next adventure and sign up in the transportation book.

- Bev Cone





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**New Holiday Tradition**

It was a joyful morning of jingle bells and cheerful voices sharing Christmas carols in the Health Pavilion. Appreciative eyes, warm waves, and spoken thanks were well worth the tired feet. Hopefully the start of a new holiday tradition!

- Sandy Furches



The gorgeous displays in the atrium lobby of Building 1, Floor 2  
 - Margarete Ruth

Elevator 10 Lobby

- Barbara Dockery

**2022 Residents' Council**

|                |              |
|----------------|--------------|
| President      | Martha Rader |
| Vice President | Norm Cooney  |
| Secretary      | Doug Merrey  |

*The Council meets at 10:00 a.m. on the second Friday of each month in the Oak Room and via Zoom.*

| <u>Committee</u>                      | <u>Meeting Time</u>    | <u>Chairperson</u> |
|---------------------------------------|------------------------|--------------------|
| Active Lifestyle                      | 1st Monday, 11:00 AM   | Keith Berg         |
| Planning and Design                   | 2nd Wednesday, 3:15 PM | Dick Suttor        |
| Buildings and Grounds                 | 2nd Thursday, 10:00 AM | Jan Lowenthal      |
| Communications and Marketing          | 4th Friday, 1:30 PM    | Mary Kilgour       |
| Community and University Partnerships | 4th Wednesday, 3:00 PM | Michael Plaut      |
| Dining Experience                     | 1st Friday, 10:00 AM   | Bruce Blackwell    |
| Finance                               | 3rd Thursday, 1:30 PM  | Al O'Neill         |
| Health and Well-being                 | 1st Thursday, 3:30 PM  | Henri Logan        |
| Technology and Services Innovation    | 3rd Friday, 10:00 AM   | Bill Zegel         |
| Assisted Living Representative        |                        | Roger Curtis       |

**Committees are meeting using a variety of formats.  
 Please contact the Committee chairs for specific information.**