

## Resident Spotlight



*Toby with her husband, Sonny, at their grandson's Bar Mitzvah.*

This month our spotlight is shining on Toby Soffer. Toby was born in Philadelphia and grew up in the West Oak Lane section of the city. Her parents and grandparents were all from Philadelphia. She attended Rowen Elementary School and then Wagner Jr. High. As a child she was very athletic, and while at Olney High School she enjoyed participating on the gym teams.

She met her future husband, Sonny, at 15 years old and they were married in 1954.

After they were married, they bought a house in Erdenheim, PA, but later moved to Center City to be closer to her husband's business, Southmark. Her husband was a wholesale grocer and serviced all the little grocery stores in the area. They had three children, Cynthia, Neil and Kenny. Toby also has 6 grandsons and 1 granddaughter.

Toby enjoyed volunteer work for Deborah Hospital helping to organize fundraisers and events. She also has always enjoyed exercising and used to go to the gym every day! Her travels include London, Paris, Israel, Caribbean Islands and Italy (her favorite). Her favorite food is spaghetti and meatballs (she made her own and loved to cook) and her favorite dessert is ice cream (any kind!).

Toby, it is a pleasure to know you and we look forward to learning even more. Congratulations on being this month's spotlight.

## Charcuterie Chic

### Charcuterie Chic Signature Series Event

Thursday, March 7th, 4:00pm - 5:30pm

The Residence at Bala-Cynwyd will be hosting a beautifully delicious Charcuterie Board Design Event. Join our team as we all create, and take home, a customized charcuterie board inspired by the flavors of Provence.



# THE RESIDENCE at Bala Cynwyd

## THE RESIDENCE AT BALA CYNWYD *Associates*

**Amanda Palmieri**  
*Executive Director Specialist*

**Maggie Abbonizio**  
*Reflections Director*

**Mark Brady**  
*Maintenance Director*

**Sherida Copper**  
*Resident Care Director*

**David Kinsey**  
*Restaurant Operations Director*

**Gina Lucchese**  
*Sales Director Specialist*



## 5 Principles for Vitality



Our Engagement program is distinguished by LCB's 5 Principles for Vitality, which connect with the whole person through Continued Learning, Arts & Culture, Physical Fitness, Community Connections and Wellness & Self-Care. These principles create sustainable, resident centered, daily engagements that embody quality, value, vibrancy and Learning.

Through these engagements, our residents are able to sustain interests, nurture their bodies and souls and learn new things while making connections with others.


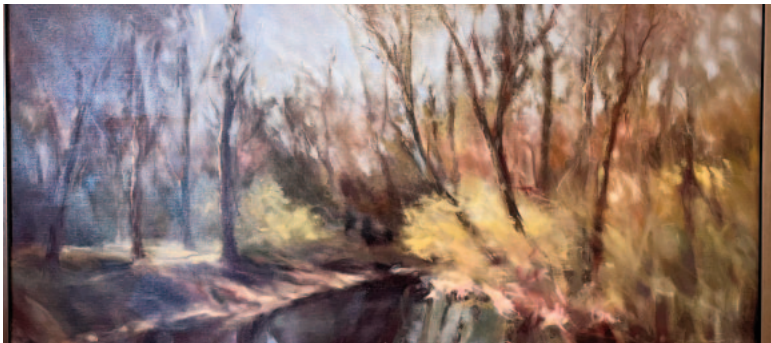
## What is S.H.I.E.L.D.?



The SHIELD method was created by renowned Neurogeneticist, Dr. Rudolph Tanzi to provide tangible ways for people of all ages to improve their brain health through a variety of lifestyle habits. Dr. Tanzi is the Joseph P. and Rose F. Kennedy Professor of Neurology at Harvard University. The acronym SHIELD is a great way to remember how to take care of your brain now.

If you can improve your brain health today, you'll reduce the risk for brain disease in the future. SHIELD stands for Sleep, Handling stress, Interacting with others, Exercising, Learning something new, and Diet.



| MARCH | Sunday  | Monday  | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday  |
|-------|---|---|--|---|--|---|---|
| 31    | Easter Sunday<br>10:00 Ride to Mass at St. Matthias<br>11:30 Word Extraction<br>11:30 Cardio Walk for Wellness<br>1:30 Craft Workshop-Painted Tulips on Canvas<br>2:30 Light Aerobic Fitness<br>3:30 Sundae Bar Social<br>4:30 Name That Tune |   |  |    |  | 1<br>10:00 Hot Cocoa Club<br>10:30 Positive News Report<br>11:30 Weightlifting for Strength<br>1:30 Connected Living Lectures-Big Bands<br>2:30 Learn Something New: Cardio Drumming<br>3:30 Bistro Happy Hour<br>4:30 Shabbat Service                        | 2<br>10:30 Inspirational Stories<br>11:30 Barre and Balance<br>1:00 Travelogue: New Hampshire<br>1:45 Literature Listening: Short Stories<br>2:45 Refresh Yoga<br>3:30 Bistro Happy Hour<br>4:30 Scrabble Group<br>5:45 Feature Film Replay: People Will Talk                         |
| 3     | 10:00 Ride to Mass at St. Matthias<br>11:30 Word Extraction<br>11:30 Cardio Walk for Wellness<br>1:30 Craft Workshop-Chalk Pastels<br>2:30 Light Aerobic Fitness<br>3:30 Sundae Bar Social<br>4:30 Name That Tune                             | 4<br>10:00 2nd Cup Cafe<br>10:30 Artist Bio-Edvard Munch<br>11:30 Strength with Weights<br>1:30 Watercolor Workshop with Emalee<br>1:30 Shopping Trip-Whole Foods<br>2:30 Zumba Dance<br>3:30 Bistro Happy Hour<br>4:30 Rummikub                            | 5 Celebrating Barbara R.<br>10:30 Current Events Discussion<br>11:30 Barre and Balance<br>1:30 Floral Design Workshop<br>1:30 Rummikub<br>2:00 Steve Pollack Presents: Music and the Brain<br>3:00 Weightlifting-Bone Density<br>3:30 Bistro Happy Hour<br>4:30 Trivia Challenge<br>6:00 Feature Film: Fried Green | 6<br>10:30 NY Times- Wordle<br>11:00 Coffee Connoisseurs Social<br>11:30 Low Intensity Circuit Fitness Training<br>11:30 Outing: Philly Flower Show<br>1:30 Jeopardy Challenge<br>2:30 Refresh Yoga<br>3:30 Bistro Happy Hour<br>4:30 Music Appreciation                            | 7<br>10:30 Anagrams Plus<br>11:00 Bayada Walker Wash<br>11:30 Cardio Endurance Class<br>1:30 Aromatherapy Hand Spa<br>1:30 Gin Rummy<br>2:00 Country Kitchen Baking<br>2:30 Lightweight Body Pump<br>3:30 Bistro Happy Hour<br>4:00 Michael Lazar-DJ and Vocals                                    | 8<br>10:00 Hot Cocoa Club<br>10:30 Positive News Report<br>11:30 Weightlifting for Strength<br>1:30 Technology Workshop - Phones and Tablets<br>2:30 Barre and Balance<br>3:30 Bistro Happy Hour and Program Planning<br>4:30 Shabbat Service                 | 9<br>10:30 Inspirational Stories<br>11:30 Barre and Balance<br>1:00 Travelogue: Virginia<br>1:45 Literature Listening: Short Stories<br>2:45 Refresh Yoga<br>3:30 Bistro Happy Hour<br>4:30 Scrabble Group<br>5:45 Feature Film Replay: The Three Faces of Eve                        |
| 10    | Daylight Savings<br>10:00 Ride to Mass at St. Matthias<br>11:30 Word Extraction<br>11:30 Cardio Walk for Wellness<br>1:30 Craft Workshop-Scented Wax Melts<br>2:30 Light Aerobic Fitness<br>3:30 Sundae Bar Social<br>4:30 Name That Tune     | 11<br>10:00 2nd Cup Cafe<br>10:30 Artist Bio-Velasquez<br>11:30 Strength with Weights<br>1:00 Movie Selection Committee<br>1:30 Watercolor Workshop with Emalee<br>1:30 Shopping Trip-Target<br>2:30 Zumba Dance<br>3:30 Bistro Happy Hour<br>4:30 Rummikub | 12 Celebrating Sheila F.<br>10:30 Current Events Discussion<br>11:30 Barre and Balance<br>1:30 Weightlifting-Bone Density<br>2:00 Horticulture Workshop with Well Rooted<br>2:00 Scrabble Board Game<br>3:30 Bistro Happy Hour<br>4:30 Trivia Challenge<br>6:00 Feature Film: Apollo 13                            | 13<br>10:30 NY Times- Wordle<br>11:00 Coffee Connoisseurs Social<br>11:30 Low Intensity Circuit Fitness Training<br>11:30 Lunch Outing: Not Your Average Joe's<br>1:30 Jeopardy Challenge<br>2:30 Refresh Yoga<br>3:30 Bistro Happy Hour<br>4:30 Music Appreciation                 | 14<br>10:30 Anagrams Plus<br>11:30 Cardio Endurance Class<br>1:30 Resident Council Meeting<br>1:30 Aromatherapy Hand Spa<br>2:00 Country Kitchen Baking<br>2:30 Lightweight Body Pump<br>3:30 Bistro Happy Hour with Featured Cocktail: Guinness Martini<br>4:00 Jimmy Edwards on Keyboard         | 15<br>10:00 Hot Cocoa Club<br>10:30 Positive News Report<br>11:30 Weightlifting for Strength<br>1:30 Connected Living Lectures-Eating Through Italy<br>2:30 Barre and Balance<br>3:00 Cooking Demonstration<br>3:30 Bistro Happy Hour<br>4:30 Shabbat Service | 16<br>10:30 Inspirational Stories<br>11:30 Barre and Balance<br>1:00 Travelogue: New York<br>1:45 Literature Listening: Short Stories<br>2:45 Refresh Yoga<br>3:30 Bistro Happy Hour<br>4:30 Scrabble Group<br>5:45 Feature Film Replay: Rebecca                                      |
| 17    | St. Patrick's Day<br>10:00 Ride to Mass at St. Matthias<br>11:30 Word Extraction<br>11:30 Cardio Walk for Wellness<br>1:30 Making Irish Potatoes<br>2:30 Light Aerobic Fitness<br>3:30 Sundae Bar Social<br>4:30 Name That Tune               | 18 Celebrating Annette S.<br>10:00 2nd Cup Cafe<br>10:30 Artist Bio-Raphael<br>11:30 Strength with Weights<br>1:30 Watercolor Workshop with Emalee<br>1:30 Bala Library<br>2:30 Zumba Dance<br>3:30 Bistro Happy Hour<br>4:30 Rummikub                      | 19 First Day of Spring<br>10:30 Current Events Discussion<br>11:30 Barre and Balance<br>1:30 Floral Design Workshop<br>1:30 Rummikub<br>2:00 American Idol for Seniors<br>2:30 Weightlifting-Bone Density<br>3:30 Bistro Happy Hour<br>4:30 Trivia Challenge<br>6:00 Feature Film: Audrey                          | 20 Celebrating Richard R.<br>10:30 NY Times- Wordle<br>11:00 Coffee Connoisseurs Social<br>11:30 Low Intensity Circuit Fitness Training<br>11:30 Penn Museum Trip<br>1:30 Jeopardy Challenge<br>2:30 Refresh Yoga<br>3:30 Bistro Happy Hour<br>4:30 Music Appreciation              | 21<br>10:30 Anagrams Plus<br>11:30 Cardio Endurance Class<br>1:30 Aromatherapy Hand Spa<br>1:30 Lightweight Body Pump<br>2:00 Country Kitchen Baking<br>2:30 Jay Daniels on Piano-Tribute to Women<br>3:30 Bistro Happy Hour Featured Cocktail: Watermelon Cucumber Cooler                         | 22 Celebrating Minda C.<br>10:00 Hot Cocoa Club<br>10:30 Positive News Report<br>11:30 Weightlifting for Strength<br>1:30 Technology Workshop - Phones and Tablets<br>2:30 Barre and Balance<br>3:30 Bistro Happy Hour<br>4:30 Shabbat Service                | 23 Purim Begins<br>10:30 Inspirational Stories<br>11:30 Barre and Balance<br>1:00 Travelogue: North Carolina<br>2:00 Family Horticultural Event<br>2:45 Refresh Yoga<br>3:30 Bistro Happy Hour-Celebrating Purim<br>4:30 Scrabble Group<br>5:45 Feature Film Replay: Bringing Up Baby |
| 24    | Palm Sunday<br>10:00 Ride to Mass at St. Matthias<br>11:30 Word Extraction<br>11:30 Cardio Walk for Wellness<br>1:30 Craft Workshop-Spring Wreath<br>2:30 Light Aerobic Fitness<br>3:30 Sundae Bar Social<br>4:30 Name That Tune              | 25 Celebrating Biruta M.<br>10:00 2nd Cup Cafe<br>10:30 Artist Bio-Degas<br>11:30 Strength with Weights<br>1:30 Watercolor Workshop with Emalee<br>1:30 Shopping Trip-TJ Maxx<br>2:30 Zumba Dance<br>3:30 Bistro Happy Hour<br>4:30 Rummikub                | 26<br>10:30 Current Events Discussion<br>11:30 Barre and Balance<br>1:30 Floral Design Workshop<br>1:30 Weightlifting-Bone Density<br>2:30 Chopped Challenge<br>3:30 Bistro Happy Hour<br>4:30 Trivia Challenge<br>6:00 Feature Film: Barbara: The Music, The Memories, The Magic                                  | 27<br>10:30 NY Times- Wordle<br>11:00 Coffee Connoisseurs Social<br>11:30 Low Intensity Circuit Fitness Training<br>11:30 Lunch Outing: Tired Hands<br>1:30 Jeopardy Challenge<br>2:30 Refresh Yoga<br>3:00 Ambassador Program<br>3:30 Bistro Happy Hour<br>4:30 Music Appreciation | 28 Celebrating Richard C.<br>10:30 Anagrams Plus<br>11:30 Cardio Endurance Class<br>1:30 Aromatherapy Hand Spa<br>1:30 Gin Rummy<br>2:00 Reflections Special Event<br>2:30 Lightweight Body Pump<br>3:30 Bistro Happy Hour<br>3:30 Phillies Home Opener Happy Hour<br>4:00 Reflexions Duo Performs | 29 Good Friday<br>10:00 Hot Cocoa Club<br>10:30 Positive News Report<br>11:30 Weightlifting for Strength<br>1:30 Connected Living Lectures-Illusions of Beauty<br>2:30 Barre and Balance<br>3:30 Bistro Happy Hour<br>4:30 Shabbat Service                    | 30<br>10:30 Inspirational Stories<br>11:30 Barre and Balance<br>1:00 Travelogue: Rhode Island<br>1:45 Literature Listening: Short Stories<br>2:45 Refresh Yoga<br>3:30 Bistro Happy Hour<br>4:30 Scrabble Group<br>5:45 Feature Film Replay: Made For Each Other                      |

Welcome March

Save the Date

Join us for a musical performance on April 3rd at 4pm to include classical, jazz, opera and more.

The art included in this newsletter is original work by fellow resident, Louise Clearfield. “Poppies” and “My Place” are both oil on canvas.

Our engagement program is built upon both our residents’ interests and our Five Principles for Vitality.

By providing quality and choice, we hope to encourage socialization and well-being for mind, body, and spirit.

Continued Learning  
Arts & Culture  
Physical Fitness  
Community Connections  
Wellness & Self-Care