



Resident Birthdays:

Jean Fasanella	Apt. 627	Aug. 09
Gail Rasmussen	Room 1217	Aug. 09
Patricia Gravatt	Room 2034	Aug. 10
Lillian O'Brien	Apt. 641	Aug. 11
Patricia Tedford	Room 1018	Aug. 11
Mary Zacharias	Room 2007	Aug. 12
Mary Harker	Apt. 416	Aug. 14
Jean Recupito	Apt. 417	Aug. 14
Renda Agnew	Apt. 518	Aug. 14

Doc Talk

You know your body and you know when something's not right. Join Dr. Matthew Smith, as he discusses symptoms such as chest pain, stroke, abdominal pain and more. If you're seized by sudden pain or having a severe allergic reaction, don't hesitate to get care. Call 911 immediately to be taken to the closest ER if you experience any life-threatening symptoms. (In the Chapel on Tuesday, September 1 at 12:00 p.m.)

Village Forum

The Village Forum will be Friday, August 28 at 10:00 a.m. in the Chapel. All are welcome.

August Birthday, Anniversary and New Residents Celebration

The August Birthday, Anniversary and New Residents Celebration will be held on Friday, August 21 at 2:30 p.m. in the Chapel. The entertainment will be provided by Bittersweet featuring Tony Orifici and Kathy. If you celebrate in the month, please sign up on the main bulletin board and come down a little early on the afternoon of the show to have your picture taken.

Senior Florida "Olympics"

It's our own version of the Olympics! Join the fun and compete in events like cornhole, track, golf, shuffleboard, and more. Bring home the gold while enjoying friendly competition and meeting fellow Residents. Competitions begin in September, so don't wait to register. Stop by the Wellness Center and see Michael to sign up. We look forward to seeing you at the games.

Line Dancing

Calling all line dancers, shake a leg and grab your dancing shoes! Line dancing will begin on Thursday, August 13 at 2:00 p.m. in Apt. # 608 and every Thursday following at 2:00 p.m. Questions: call Connie Guild in apt 321.

Arm Chair Travel

Sit back, relax and travel to the Pacific Ocean on Monday, August 10 at 6:30 p.m. in the Chapel. Watch the secrets of the great white sharks and their migration across the Pacific Ocean. This DVD is from 2003, not rated and is 50 minutes.

Movie Committee

The next movie committee meeting will be on Tuesday, August 18 at 1:00 p.m. in the Hobby Room. Come with movie suggestions!

Jewelry Repair

Come to the Hobby Room on Monday, August 17 if you have jewelry that needs repair. David of Classic Jewelers can put in watch batteries and more. He will be in the Hobby Room from 10:30 a.m. to 12:00 p.m.

Book Marks Book Club

The next meeting of the Book Marks Book Club will be Thursday, August 20 at 1:00 p.m. in the Club Room.

August Is National Wellness Month

When it comes to your health, a little TLC goes a long way. This month, try to move a little more, eat a little healthier, and find ways to challenge your brain. As for addressing the bigger health concerns, Curana Health is here to help. From sick appointments to medication management, we offer on-site health care services to make it easier and more convenient to prioritize your health. Call: 727-380-1933 or visit CuranaHealth.com to learn more. Always consult with your physician before making changes to your diet or exercise routine.

Elvis and Blue Hawaii

Escape to paradise with the King of Rock 'n' Roll! Join us on Wednesday, August 26 for an afternoon of live Elvis entertainment, tropical cocktails, delicious hors d'oeuvres, and great company. The celebration will take place in the South Hallway and in the Chapel from 1:00 p.m. to 3:00 p.m. Get ready for a Blue Hawaii celebration! Residents do not have to RSVP to attend.

Pinellas Solid Waste and Cheddar's

Those Residents signed up to go to Pinellas Solid Waste and Cheddar's on Wednesday, August 12 the bus leaves at 9:15 a.m.

Calendar of Events

Sunday, August 9, 2026

- 9:30 Building Mobility with Michael - Channel 732
- 10:00 Sunday Worship - Chapel and 732
- 3:00 Needle Art - Hobby Room
- 4:00 Fun Chorus Concert- Chapel
- 5:00 Poker-5th Floor Lounge
- 6:30 Village Movie - Chapel

Monday, August 10, 2026

- 9:30 Building Mobility with Michael - Channel 732
- 10:00 Strength Class-Village Wellness Studio
- 10:00 Menu Chat - IL Dining Room
- 11:00 Sittercize - Village Wellness Studio
- 11:00 Alterations & Sewing - Hobby Room
- 12:45 Card Shop - Library
- 1:00 Wellness Clinic - 2nd Floor Nurse's Office
- 1:00 Art and Soul - Village Wellness Studio
- 1:00 Bus to Publix - every 30 minutes
- 2:00 Trivia- Club Room
- 2:00 Balance Class - Village Wellness Studio
- 6:30 Movie - Chapel
- 6:30 Shuffleboard - Courtyard

Tuesday, August 11, 2026

- 6:30 Vista Lab - 2nd Floor Nurse's Office
- 9:30 Building Mobility with Michael - Channel 732
- 9:30 Aquacize -pool
- 9:30 Choice Hearing - 2nd Floor Nurse's Office
- 10:00 Yoga - Village Wellness Studio
- 1:00 Step Aerobics- Village Wellness Studio
- 1:00 Wellness Clinic - 2nd Floor Nurse's Office
- 1:00 Bus to Walmart - Bus
- 6:30 Dominoes - 2nd Floor Lounge
- 6:30 Mahjong - 3rd Floor Lounge
- 6:30 Piano Music - South Hall

Wednesday, August 12, 2026

- 9:15 Pinellas Solid Waste and Cheddar's - Bus
- 9:30 Building Mobility with Michael - Channel 732
- 10:00 Strength Class-Village Wellness Studio
- 11:00 Sittercize - Village Wellness Studio
- 11:00 Midweek Movie - Chapel
- 12:45 Card Shop - Library
- 1:00 Wellness Clinic - 2nd Floor Nurse's Office
- 1:00 Sanders - Hobby Room
- 1:00 Aerobics - Village Wellness Studio

Wellness Clinic

The Wellness Clinic is open Monday - Friday between 1:00 p.m. and 2:00 p.m. for blood pressure checks, first aid and general health-related questions.

Menu Chat

Menu chat with Kyle is at 10:00 a.m. in the IL Dining Room every Monday, except the 1st Monday of each month.

Piano Music

Join Richard in the South Hall on Tuesday, August 11 from 6:30 p.m. to 7:00 p.m. as he plays piano music.

Alterations & Sewing

Come to the Hobby Room if you have alterations that are needed. Deborah will hem pants and blouses, put in zippers and more. Payment is required on day of service in cash, if possible, and checks are accepted. She will be here on Monday, August 10 from 11:00 a.m. until 12:00 p.m. She will deliver the items picked up on Monday, October 5. She will be on vacation in the month of September.

Choice Hearing Solutions

Come to the 2nd Floor Nurse's office on Tuesday, August 11 at 9:30 a.m. for a Hearing Clinic from Choice Hearing Solutions. There will be a sign-up sheet set up on Monday, August 10 in front of the Library. Individual consultations and in-home hearing testing are also available should the need arise. Call (727) 807-7082.

Bird/Nature Club

The August meeting will be held on Thursday, August 13 at 2:00 p.m. in the 5th floor lounge. The topic will be The Big Bird of Florida, the Sandhill Crane. Come and share nature news, jokes and riddles, and fine feathered fellowship with nature-loving Residents.

(continued next
column)

THE
Lively Mark

For the Residents of St. Mark Village
Jeff Gorddard, CEO
Editor: Ellen Wade
Designer: Kim Oaks

Wednesday, August 12, 2026

- 2:00 Chair Volleyball- Village Wellness Studio
- 3:00 Balance - Village Wellness Studio
- 3:00 Compline and Prayer service- Chapel
- 6:30 Rummikub - 4th Floor Lounge
- 6:30 Midweek Movie- Chapel

Thursday, August 13, 2026

- 9:30 Building Mobility with Michael - Channel 732
- 9:30 Roman Catholic Communion - 4th Floor Lounge
- 9:30 Aquacise - Pool
- 10:00 Yoga - Village Wellness Studio
- 11:30 Violin Music - South Hall
- 1:00 Bus to Publix - every 30 minutes
- 1:00 Step Aerobics- Village Wellness Studio
- 1:00 Wellness Clinic - 2nd Floor Nurse's Office
- 1:00 Pinochle - 3rd Floor Lounge
- 2:00 Line Dancing - Apartment 608
- 2:00 Bird/Nature Club - 5th Floor Lounge
- 7:00 Bingo - Club Room

Friday, August 14, 2026

- 9:30 Building Mobility with Michael - Channel 732
- 10:00 The Lantern Low Vision Show - Club Room
- 10:00 Crafts - Hobby Room
- 10:00 Strength Class - Village Wellness Studio
- 10:00 Crafts - Hobby Room
- 11:00 Sittercize - Village Wellness Studio
- 11:00 Bible Study - Verse by Verse - 4th Floor Lounge
- 12:30 The Vision Group - 3rd Floor Lounge
- 12:45 Card Shop - Library
- 1:00 Wellness Clinic - 2nd Floor Nurse's Office
- 1:00 Cribbage - 5th Floor Lounge
- 2:00 31 card game - Hobby Room
- 3:00 Balance - Village Wellness Studio
- 6:30 Canasta - 5th Floor Lounge
- 6:30 Village Movie - Chapel

Saturday, August 15, 2026

- 9:30 Aquacize -pool
- 9:30 Building Mobility with Michael - Channel 732
- 10:00 Fun Chorus Rehearsal - Chapel
- 11:15 Yoga - Wellness Studio via TV
- 1:00 Village Movie Matinee - Chapel
- 2:00 Aerobics - Wellness Studio
- 3:00 Chair Volleyball -Village Wellness Studio
- 3:00 Mahjong- 1st Floor Lounge
- 6:00 Uno - 1st Floor Lounge
- 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: *Young at Heart*

The Midweek movie for Wednesday, August 12 at 11:00 a.m. and 6:30 p.m. in the Chapel is *Young at Heart* with Joe Benoit, Helen Boston, Louise Canady, Elaine Fishman and many more. Documents the true story of the final weeks of rehearsal for the Young at Heart Chorus in Northampton, MA, and many of whom must overcome health adversities to participate. Their music goes against the stereotype of their age group. Although they have toured Europe and sung for royalty, this account focuses on preparing new songs for a concert in their hometown. This movie is from 2008, rated PG and is 1 hour and 47 minutes.

Village Movie: *Pride & Prejudice*

Fri.08/14 Sat. 08/15 Sun. 08/16 6:30 p.m. Chapel

Sat. Matinee 08/15 1:00 p.m. Chapel

Director: Joe Wright

Cast: Keira Knightly, Matthew Macfadyen, Brenda Blethyn, Donald Sutherland and Judi Dench.

In this adaptation of Jane Austen's beloved novel, Elizabeth Bennet (Keira Knightley) lives with her mother, father and sisters in the English countryside. As the eldest, she faces mounting pressure from her parents to marry. When the outspoken Elizabeth is introduced to the handsome and upper-class Mr. Darcy (Matthew Macfadyen), sparks fly. Although there is obvious chemistry between the two, Darcy's overly reserved nature threatens the fledgling relationship. This movie is from 2005, rated PG for mild thematic elements, and is 2 hours and 9 minutes.

Upcoming Events

Aug. 17	Jewelry Repair	Hobby Room
Aug. 20	Book Marks Book Club	Club Room
Aug. 26	Elvis and Blue Hawaii	
Aug. 28	Village Forum	Chapel
Sept. 16	Just Ask Jeff	Club Room

Chorus Concert

Please join us Sunday, August 9 at 4:00 p.m. in the Chapel for our Fun Chorus concert honoring America's 250th birthday with narration by Lyle Gunning. You will hear some patriotic favorites along with some pieces you haven't heard. We are honored to celebrate our nation's birthday in song and our freedom as Americans. We hope to see you there. We will be starting the Christmas music on Saturday, August 15 at 10:00 a.m. in the Chapel. We would welcome some more singers so come and give it a try if you enjoy singing - there are no auditions or requirements except a love of music and singing in community.

Violin Music

Come to the South Hall on Thursday, August 13 from 11:30 a.m. to 12:30 p.m. for classical violin music with Karen.

Safety

For the safety and convenience of all residents, all scooters and power chairs are required to use the freight elevator at all times. Passenger elevators should only be used if the freight elevator is temporarily out of service. Thank you for your cooperation.

Hard Rock Casino

Join us on Tuesday, September 1 for a trip to the Hard Rock Casino in Tampa! Enjoy over 1,000 slot machines, Poker, Blackjack, and more.

Trip Details:

- Leave the Village: 9:00 a.m.
 - Leave the casino: 12:45 p.m.
 - Lunch is on your own.
 - Bring your Player's Club Card if you have one.
- Transportation will be provided by Kevin Flood in his van. The cost is \$25.00 per person (cash or check payable to Kevin E. Flood on the day of the trip). Please note: The van is not handicap-accessible, and participants must be able to step into the van independently.

Only 12 seats available.

Sign up on the bulletin board beginning Monday, August 10.

The deadline to sign up is Friday, August 21.

Spectrum Channel Update

On Wednesday, August 12, Spectrum will be updating Channel 732 to Channel 2491.

If you have any questions or need assistance, please contact the IT Department at extension 2120 or 1755.

Tampa International Airport Tour and Whiskey Joe's

Join us for a guided walking tour of Tampa International Airport! During this tour, we will explore three floors of the airport and learn about its operations and history.

Tour Details:

Date: Monday, August 27

Tour Time: 11:00 a.m.

Bus Departure: 9:30 a.m. (promptly)

Travel Time: Approximately 45 minutes to 1 hour

Cost: Free

Important: This is a walking tour, so please wear comfortable walking shoes. Wheelchairs and walkers are not permitted on this tour.

Following the tour, we'll head to Whiskey Joe's on the Causeway for lunch. Lunch is on your own.

If you are interested in joining us, please sign up using the Lottery System on Monday, August 10.

Only 20 spaces are available!

Library News

The Library has received many recently copyrighted books! They are currently on display on the front counter. For those of you avid readers would like some newly released reading material, stop by and take a look.

