

COMMUNITY CORNER

SAVE THE DATE

March 6, 11:00 am

Social Committee

March 12, 11:15 am

Lunch at O'Donoghue's

March 18, 10:40 am

Health Series in the Community Room

March 25, 12:30 pm

Birthday, Anniversary, and New Resident Party

March 26, 1:10 pm

Brewer's Opening Day - come watch the game on our big TV!

Our Mission

Enriching the lives of our residents through service and commitment to family and community.

Our Values

- C**ommitted to the resident experience
- A**ttentive to individual needs
- R**espectful to all
- E**ngaged in our local community
- S**erve with integrity



Left: Back courtyard view of Grace Commons which will include a bocce court, seating, and walking paths. Right: Front entrance of St. Rita Square into the lobby and trattoria.

Grace Commons & St. Rita Square

By Amy Bauer, Strategic Marketing & Communications Manager

We'll soon be making memories at Grace Commons and St. Rita Square, Capri Communities' newest developments!

Grace Commons in Menomonee Falls will offer independent living in Casettas and apartments, assisted living, and memory care. Construction has progressed nicely this winter. In the independent living building, drywall and room finishing work continues. The commons area, which includes a dining room and tap room, is now enclosed. Exterior and interior walls of the assisted living building are set with the memory care building closely following. All of the Casetta foundations are poured and crews are installing wall frames in one, under-slab plumbing in another, and roofing in a third.

St. Rita Square in Milwaukee will offer independent living apartments and penthouses, assisted living, and memory care. The community has an architectural and historic connection to neighboring St. Rita Church. In addition to putting the final touches on the exterior, crews have completed the mechanical, electrical, plumbing, and fire protection rough-outs in the independent living tower and continue rough carpentry in the assisted living tower. Drywallers are sweeping through apartments working their way down from the 6th floor. Painting, casework, and wood-grain resilient flooring will follow. St. Rita Church is well on its way to completion with final painting in progress.

Visit GraceCommonsLiving.com and StRitaSquare.com to learn more!

Lessons from *Lessila Therapy*

Spring is just around the corner. It is a great time to talk about a fresh start and introduce some healthy habits into your lifestyle. These two simple tips are easy to implement and can make a difference in your health.

Hydration

Did you know that it is recommended that you drink a minimum of 48-64 ounces of water each day? If you are already feeling thirsty it means you are already dehydrated, so drink up!



Exercise

There was a study done that measured the effects of exercise on your mood. The study found that if you exercise just three times each week for 20 minutes it can improve your overall mood 20%!



What's New at Capri

Sheepshead Tournament

Save the date for **Village Pointe Commons'** Sheepshead Tournament on April 18th. Registrants will play three rounds of 5-handed sheepshead, 15 hands per round. Entry is \$15/person with all proceeds



benefiting Habitat for Humanity. Interested in joining? Call Kathy at (262) 387-3182 to reserve your seat!

Movie Club at Killarney Kourt

Two residents at Killarney Kourt took the initiative to coordinate a Saturday night movie club every other week. Residents bring down their own snacks, decide on a movie to watch, and enjoy a fun Saturday night! "It's fun to get a big group together and watch a movie," said Ashley Urban,

Executive Director. "They have a great time without having to go out in the chilly weather!"

Capri Centenarian (Plus) Club

Mabel celebrated her 102nd birthday, and second year in the Capri Centenarian Club, at **The Landmark of West Allis** last month! What's her secret to a long, healthy life? "I have one shot of brandy a day," she said, laughing. Cheers, Mabel!



Resident Spotlight

Meet Dan & Alice D, Heritage Place

Dan and Alice grew up in the suburbs of Detroit. They met one day when Dan's friend was picking up his girlfriend and Alice asked to be dropped off at her home. "I waited and waited to see if he'd call," she said. Her sister told her to call him, so she did and he asked her out. They celebrated their 64th anniversary on February 2nd!

It's especially fitting to spotlight Dan and Alice this month. "We're as Irish as Paddy's pig!" said Alice with a smile. "And all of our children have Irish names." They have eleven grandchildren and five great-grandchildren.

Dan and Alice love traveling to Hawaii,

Mexico, Italy, England, and especially Ireland. He speaks fondly of the Emerald Isle. "I wish we could go there again," he said.

Dan occupies some of his time with reading and sorely misses the library they had at their house. His interest include WWI, WWII, and biographies. His latest read is about Truman. "Did you know he never went to college?" he asked.

Dan and Alice just got back from Phoenix and, with all the snow and low wind chills, they wish they could have stayed longer! "Now that we're back, we really need to get back into exercising and meeting more of our neighbors at Heritage Place."

Thanks for sharing your story, Dan and Alice!