



Cabot Cove of Largo

455 Belcher Rd. South, Largo FL 33771

February

2018

# The Courier

## Fun for Everyone!

### Events

Resident Council Meeting  
1st at 9:30am

Family & Friends Complimentary Mardi Gras Luncheon  
13th at 12:00& 1:00pm

Valentines Day Social  
14th at 3:30pm

February Birthday Party  
26th at 3:00pm

Group Luncheon Country Pizza Inn  
27th at 11:45am

Once a month the Covian Family indulges in a fun filled afternoon at our most favorite eateries. Not only is everyone invited, everything is complimentary. Cabot Cove believes that having fun should not cost you even one penny. Which is why all of the activities are at no extra costs, giving everyone the opportunity to relax and have a fun time together!

At our last Luncheon outing at Country Pizza Inn, Susan invited her boyfriend Bill along and both had an absolute wonderful time. They sat with one another and enjoyed the lovely afternoon savoring their delicious Italian cuisine.

A fan of their Caesar Salad, Yvonne had been looking forward to the wonderful luncheon with her friends JoAnn and Nell whom ordered their own specialty pizzas. The trio laughed and talked the whole time having such a blast!

Good friends Carol and Bill made everyone's day unforgettable. They had the whole group laughing at their funny jokes and bright personalities.

Posing with their good friend Nathan, Ray and Ginny had such a memorable time together enjoying their favorite pizza. They are looking forward to coming back this month and taking over the restaurant on Tuesday the 27th. Please sign up at the front desk for some great food, good times, and loads of laughs!



*Susan & her boyfriend Bill savoring their Italian cuisine*



*JoAnn, Yvonne, & Nell having a blast at their favorite pizza place!*



*Carol & Bill stirring up fun at our last luncheon.*



*Ray, Nathan, & Ginny posing together, after enjoying their favorite pizza!*



# Our Social Bunch

Cabot's socials have become one of the resident's most favorite activities. During this time Covians are delighted in being served a unique themed beverage along with some intriguing conversational questions. The best part of our whole experience is learning so many new and fascinating things about our friends.

At a recent social, Nell and Jean clinked glasses before the conversation started. We learned Nell is originally from Boston, she absolutely loves roses and is a huge bingo fan! Jean had the best time talking about her days of being a telephone operator in New Jersey and traveling the country with her husband. They are both such loving mothers and take pride in their amazing children.

Sipping their sparkling cocktails, Bea and Sunny chatted the afternoon away. Bea who is a profound singer loves the arts and spending time with her family. After arriving back from a memorable trip to Chicago, Sunny could not stop talking about the wonderful time she had with her family. She says she can not wait to visit again.

Please join in on February 5th at 2:45pm in the activity room for Cabot's "High Society Tea Social". Nathan will be serving his famous fresh brewed tea along with some delectable pastries. This will be a fabulous afternoon!



*Nell & Jean clinking glasses before a wonderful social.*



*Bea & Sunny enjoying their sparkling cocktails together.*

## Mind, Body, & Soul

There are many beneficial results when performing the art of Tai Chi and Yoga. It has been proven to reduce stress, relieve muscles & joints, as well as leave you feeling relaxed and refreshed. Cabot's take on the exercise has made it super easy for anyone from beginner to experienced to join in and achieve the amazing results.

Bev likes that is not your typical work out routine and loves to do the poses with her friend Gordon whom has been perfecting his yoga poses for a few weeks. One of their favorite parts is moving to the sounds of the tranquil songs played in the background. They say the harmony leaves them feeling joyful and relaxed.

The slow paced almost dance like movements and intriguing posture poses is what keeps Avis and Emma returning each week. They both have such a great time showing off their Tai Chi skills and have both become masters of the art.

Cabot invites you all to join our classes on Thursdays before Happy Hour. With Cabot's meditative approach you will end each session feeling very relaxed and empowered. We alternate Yoga and Tai Chi each week, ready to rejuvenate our minds, bodies, & Souls!



*Bev & Gordon doing their favorite yoga poses to the tranquil music.*



*Avis & Emma in the prayer position ready for some Tai Chi & Meditation.*