



*Legacy Pointe Independent  
Residents' Newsletter  
August 2023*



**Our Days Begin - Sunrise from Clubhouse**



**By Dona Hams**

**OUR FEATURE ARTICLE LOCAL THEATERS AND CONCERTS**

September usually starts a new session for theaters and concerts. The greater Orlando area has a great variety of options to choose from – starting with small, intimate, black box theaters to the glorious stage at Dr. Phillip's Disney Theater.

You can select from tickets for individual concerts to tickets for the whole season. Some may offer student and/or senior discounts. And there is also some free concerts.

Here is a sample of local theater web sites for you to check out and enjoy.

**Theaters**

**UCF** - [UCF School of Performing Arts](https://arts.cah.ucf.edu/theatre/) - <https://arts.cah.ucf.edu/theatre/>

Penquin Point Productons (Oviedo Mall) [www..penguinpointproductions.com](http://www.penguinpointproductions.com)

Rollins College Theater [Current Season](#) | [Annie Russell Theatre](#) | [Rollins College](#) | [Orlando, FL](#)

Orlando Shakes <https://www.orlandoshakes.org/>

Winter Park Playhouse [www.winterparkplayhouse.org](http://www.winterparkplayhouse.org)

Dr Phillips Center for the Performing Arts Orlando <https://orlando.tickets-center.com>

## **Concert and Music**

Free Concerts – Saint Luke’s Concert Series <https://slcs.org/>

Some Free Concerts - [College of Arts and Humanities \(ucf.edu\)](http://College of Arts and Humanities (ucf.edu))

Orlando Philharmonic Orchestra – Performing at Steinmetz Hall at Dr. Phillip’s (10 concerts per season – 5 Classical and 5 Pops [orlandophil.org](http://orlandophil.org)

(NB As residents of Legacy Pointe we receive a group discount so if you are buying tickets mention that you are a resident to see if you can receive a discount

## **Steinmetz Hall at Dr Phillips**

Orlando is home to one of the world’s newest perfect acoustic concert halls – Steinmetz Hall - recently featured in Architectural Digest ranking it as one of the ten best in the world.

Steinmetz Hall is one of the world’s most acoustically perfect spaces, designed to achieve an N1 sound rating—the lowest level at which humans can detect sound. This lets guests enjoy a range of performances—with or without amplification—by local, national, and international artists. Named after philanthropists Chuck and Margery Pabst Steinmetz, Steinmetz Hall officially opened in January 2022. The one-of-a-kind multiform theater transforms in shape, seating, and sound to accommodate a variety of art forms and events, making it a destination of choice for the world’s most revered and relevant artists.

Steinmetz Hall was designed to have no poor seating sections. Each patron, no matter how high up or how far back, should be able to see and hear the orchestra without any visual or aural obstruction.

## **Did you know?**

**Hope Helps** - You may have just move in or have been here for a while. Many of us have been squeezing furniture pieces into every available space. If your space is overcrowded then think about donating that extra piece that doesn't quite fit. A good place to start is Hope Helps right here in Oviedo. They will come to pick it up. Their website is:

<https://hopehelps.org/food-pantry>

**Stay Fit** There is something special on Saturday morning in the Yoga room at 10 AM with Nadya from MET Fitness . Chair One Fitness is a seated interactive, total body workout that moves to music. These sessions will combine easy-to-follow movements using the chair to increase strength, stability, range of motion, and balance.

**LIFE** (Learning Institute for Elders) at UCF – The new season is starting on Tuesday, September 5<sup>th</sup> at 8 AM for those residents who plan on taking the L.P. bus. The bus makes two runs. Each Tuesday there are two speakers who will make a presentation with time for questions. The bus returns at 11:45 AM. Sign-up for the bus will be available soon at the concierge desk.

If you haven't yet signed up for a LIFE membership there is still time to do so. Here is the link for further information.

[LIFE at UCF – Learning Institute for Elders at UCF](#) (press ctrl and enter to go to the link)

## **OUR FEATURE TRAVEL ARTICLE**

**Traveling** is an integral part of many residents' plans each year. Each month we plan to feature a long-distance adventure and a local adventure. We would love to hear about your adventures, so let us have an article about your favorite trip.

### **An international Wedding - Family Tree and Background**

On May 24, Linda and I flew to Budapest Hungary for the wedding of my cousin's daughter, Natalie. However, I am getting ahead of myself. My parents were born in Hungary, quickly married in Budapest the night before the Germans destroyed all the bridges across the Danube River as they retreated in front of the Russian army. My parents then fled Hungary into Germany and eventually immigrated to America in 1952. Although my father was an only child, my Mother was the oldest of seven children, five girls and two boys. After the war and things settled down, the two men (19 and

20 years old) settled in Australia; the older of the remaining sisters went to Venezuela and the remaining younger sisters remained in Hungary with their mother. My cousin Monika is the daughter of the oldest sister remaining in Hungary. When Linda and I lived in Vienna, we visited them often. Therefore, when we got the invitation for the wedding, we immediately replied, "Yes, we are coming".

### **From Germany to Dubai**

After Christian and Monika got married and they completed their education, Christian established his gynecological practice in Germany. On a whim, he answered an ad for a gynecologist in Dubai and has been there for 17 years. He is the only one the Sheiks will trust with their wives and daughters. Their daughter, Natalie, is also a gynecologist practicing in Switzerland. Her husband, Stephan is Columbian, got his medical degree in psychology in Switzerland, and established his practice there. Since the bride and groom intended to live in Switzerland, they had to get married in Switzerland, which required at least a civil ceremony.

### **Coming to Budapest**

We arrived in Budapest on Thursday around mid-day. There was an invitation to a restaurant nearby for a family gathering to meet the family and some of Natalie's friends. We had a very pleasant evening with lots of hugs and kisses and some tears. We learned that some 200 guests were invited. Although Natalie and Stephan are officially married, they wanted to have a church wedding in Hungary with family and friends. St Stephen's Basilica was chosen as the venue for the wedding.



**St. Stephen's Basilica Budapest Hungary**

The gathering would include one couple from South Africa, two couples from America, a dozen from Germany, a few friends and family from Dubai, a few dozen from Switzerland, some three dozen from Columbia and the rest from Hungary. (In addition, the ceremony was held in St. Stephan's Basilica, where visitors from all over the world could continue to tour the church during the wedding.) The next evening Christian arranged for everyone to come to a wine bar with outside seating so more of us could be acquainted before the ceremonies on Saturday. Monika, Natalie and Stephan, the groom, showed up late because they had spent the afternoon in the Basilica with

the wedding planner and the groom's stepfather (a minister) and the officiating priest rehearsing the ceremony. Their comments were," It was not fun".



*1 Christian and Monika with linda at the wine bar*

We were at the church at four-thirty ready for the wedding at five pm. We waited for the wedding in progress to finish and then were allowed into the church. There were no ushers assigned, and we tried to keep the front two rows available for the two families, but eventually everyone sat where they wanted. Natalie chose her brother as the maid of honor and Stephan's brother was his best man. There were no bridesmaids or ring bearer at the altar. Natalie had four ladies-in-waiting who came down early and sat on the bride's side in the very front. Christian walked Natalie down the aisle of the church, until the heel of her shoe caught in the heating grate in the floor. She neatly stepped out of both shoes and finished walking up to the sacristy railing where Stephan was waiting to escort her to the altar. Meanwhile Monika retrieved the shoe from the grating, took them up to the altar, and put them back on Natalie's feet. A barely noticeable hiccup. Stephan's stepfather delivered the prayers for the couple in Spanish and German, and the presiding priest prayed in Hungarian. The vows were in Hungarian for Natalie and in Spanish for Stephan. The actual vows were very traditional and the same in all languages.





*2 The altar in St. Stephan's Basilica\*

*After being presented as husband and wife, they marched out of the church. We had to follow them and gathered outside for pictures and congratulations. The wedding coordinator took over and arranged all the ladies for a picture with the bride. Then we had a chance to throw flower petals as the bride and groom*



*3 Father and Bride before entering the church*

As they walked through our gauntlet towards the hotel for the reception and dinner. We all sort of straggled about three quarters of a mile to the hotel, some stopping to change into more comfortable dress for the remainder of the evening.



4 *Mr. and Mrs. Stephan Rivera*



5 *All the women guests with the Bride after the ceremony*

The reception started with champagne and a toast to the bride and groom. We sat with the couple from New York, South Africa and another from Switzerland. Dinner was a buffet with old and new Hungarian specialties, most of which I was familiar with. The deserts and coffee afterwards were exceptional. The music was a bit more classical so it gave us an opportunity to mingle and visit after we ate. Around nine-thirty the wedding coordinator took over again The music changed to a DJ and current music and opportunity for dancing, more “crazy” dancing.



6 *No caption needed*

Around ten-thirty the brother of the groom stood up and gave a toast to the couple in Spanish and English. Then Florian, the brother of Natalie got up and gave his toast in Hungarian and English. Then the groom slowly caressed his wife’s leg, slide the garter off her leg and threw it to the large group of bachelors waiting to catch it. Fortunately, no one let it drop to the floor unclaimed. Then the ladies gathered and waited for Natalie to throw her corsage to see which lady present would be the next blushing bride. There was a lot of kidding and fun joking among both the young men and ladies present. Then the DJ slowed the music down and the father danced with the bride.

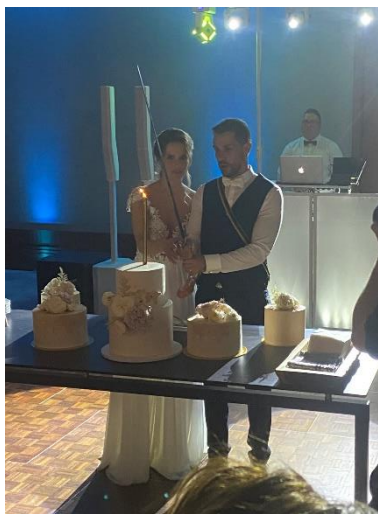


After a few minutes the DJ turned the music up loud and faster and for the next 40 minutes anyone who wanted, usually in groups of 2-10, family or friends, would dance with the bride. It was more of a polka, circle dance, constantly moving, and passing her off from one group to another.

In a truly traditional Hungarian wedding this dance is known as “The Money Dance”, and the father, best man, or wedding planner would hold a hat or bucket and announce “the bride is now for sale” while Hungarian wedding music plays in the background. All guests would “pay” for the privilege to dance with the bride. The last dance would be with the groom, but before he can do so, she is kidnapped and taken away. This was a way for the couple to collect money for their honeymoon. Monika and Natalie chose to include the dancing but not the money. After everyone had a chance to jump and dance, Natalie sat down and rested, while the others continued to dance.

Although this was not included in this wedding, if Natalie would have returned after being “kidnapped” she would have been in a red folk outfit signifying that she is now a “new women”. It would be the groom’s turn to do something to win her back. He can be asked to sing a song, do a dance, play an instrument or something else to prove he is worthy of the bride. This is always a fun moment, sometimes at the groom’s expense.

Hungarian wedding are an all-night affair with lots of dancing and music. To give you that extra energy to keep going into the night, a “midnight breakfast” was set up, with traditional Hungarian goulash soup and stuffed cabbage, and Palacsinta (various styles of Hungarian crepes, a little thicker than French crepes, and filled with meats, vegetables and cheeses). The other side of the room had different types of fresh coffee and tea and various cakes and cookies. About thirty minutes after midnight, they brought out the Wedding Cake. I noticed they were using Monika’s Father’s military sword to cut the cake. Elemer was a pilot in the Hungarian Air Force during WWII.



7 Hi-Yah

We ate a piece of cake and made our round of good-byes. It was good to see every one of my family who still lives in Europe. We met many friends we have not seen in many years and we met many new friends. In closing, you may recognize some things that are different than we see at most of

our weddings here, but most of it is the same. The bride and groom had a very special day with family and friends. They shared their vows and they shared a fun time together afterwards. For us the added uniqueness was the truly international aspect of it. Someone had traveled from almost every major continent to be at this wedding, and the local families went out of their way to make sure that as many people as possible could participate in the festivities without language being a barrier.

Goodnight all, it was a long day.

## Local Adventures

Did you know that herds of elephants roamed around Florida? Yes, archeologist have discovered a large elephant graveyard in northern Florida. It happened a few years before our time. Like 5.5 million years ago but they were here and plentiful. You may not want to go to the remote archeological site but you may enjoy reading about them from the link below.

<https://www.iflscience.com/ancient-55-million-year-old-elephant-graveyard-discovered-in-northern-florida-69220>

(Press ctrl and click to access the link)

## AUGUST ACTIVITIES



**Back to School Distribution** - On Saturday, August 5th, hundreds of local registered children in need received everything they needed to get prepared for the new school year. The event began

with **Senior Pastor Brian James of First Church of Oviedo** leading the staff and volunteers in prayer, followed by a heartwarming rendition of the Star Spangled Banner by Eloise, grand daughter of Rev. Heather Harding of Tuscowilla United Methodist Church. The crowd was also greeted with introductory speeches by HOPE staff, a few words from our presenting sponsor **Orlando Health**, and a community thank you from **Seminole County Schools Superintendent Serita Beamon**.

The registered children received new backpacks and school supplies including notebooks, pencils, markers, and more, as well as personal hygiene products such as shampoo and body wash. The children also received packages of new underwear, socks sponsored by **Bombas**, calculators sponsored by **Premier Pools of Central Florida**, a free vision screening from **Project Right to Sight**. The children and their families were also visited by Star Wars characters from the **501st Legion** and **Pawfection therapy dogs** for some entertainment while they were "shopping," followed up with free fluoride treatments provided by **Your Oviedo Dentist**, a complimentary meal, and the opportunity to visit with partner agencies such as **Seminole County Families in Need**, **Second Harvest Food Bank**, and many more. (Article by Tom Nixon)

**Hope Helps** - The Back to School Bash sponsored by Hope Helps was a great success. Over 350 children of needy families received backpacks full of school supplies donated by local organizations, including Legacy Pointe. We donated two carloads to the event. Thanks to all for your generosity. Next up is the Christmas in the City toy distribution in November.

In addition to donating, our residents may participate in helping at the event. Sal and Larry Mitchell and Barbara and Tom Nixon spent three hours on Aug. 5 helping the children select their school items - a very rewarding three hours. (Article by Tom Nixon)

**Sharing Treasures** - Our time is almost here for sharing treasures!!! One person's junk/stuff is another person's treasure. Special call-out for all legacy pointe residents. Be sure to mark your calendars and go over your inventory/hoarding goodies. When: September 8-10, where: the auditorium. Drop-off: any items in good condition, worth sharing. Large items accepted (we already have a large entertainment center, a tv, linens, electronics, appliances, clothing, baskets, art work, furniture, etc. Etc.) If you need delivery help, call the concierge desk.

The movers are gone, some of you have lived here awhile and have found items you don't have room for or need. Here's your chance to view and share: see something . . . Please take it! (any leftovers will be sent to local non-profits.) (Article by Vicky Tindall)

**Our New Fountain** – Finally we have our second fountain. It will be a welcome addition to our pond and will provide necessary aeration.



Photo by Polly del Vero

## HEALTH AND MORE

Each month, here are articles about social fitness, physical fitness, and nutritional fitness. They are for your interest. We do not make any claims or recommendations

### Social Fitness

“I enjoy talking to everybody I work with, and meeting the customers who are very nice,” she says, “even if some of them are surprised to see me at the cutting table.” This is how Jayne Burns describes her secret to aging socially and happily. You can read about this 100 year older who works 4 days a week in the link below.

<https://www.cnn.com/2023/07/12/100-year-old-woman-still-works-4-days-a-week-her-best-career-advice.html>

(hold the control key and click on the link or copy it and paste it into your browser).

### Physical Fitness

Walking is a great exercise. If you haven't walked much in recent years you can still start. For example, during the hot weather you can walk the corridors. If you walk the whole distance on all our five floors you will find a pleasant surprise almost a mile. Follow the simple 'getting started routine in the following link.

<https://www.palmspringslife.com/does-walking-improve-our-overall-health/>

(hold the control key and click on the link or copy it and paste it into your browser).



## **Nutritional Fitness**

What are ‘flavonoid rich foods and why eat them’? Dr. Sanjay Gupta reports on several recent studies on flavonoids tracing 1000 people for seven years where none showed any signs of dementia when eating fruits, green vegetables, teas, and wine. Check out the link below

<https://www.cleaneatingmag.com/clean-diet/food-health-news/the-best-flavonoid-rich-foods-you-can-eat/>  
(hold the control key and click on the link or copy it and paste it into your browser)..

**Don't miss the Aqua Fit Classes in our pool – Wednesday's at 2:30 – sign up with the Concierge.**

## **DO YOU NEED TO GET OUT AND DO SOMETHING?**

**Check out these possibilities:**

- **The Lifestyles Committee** announced that two Spring 2024 Holland America cruises are available for residents and their friends: Panama Canal, January 14-26 and a Transatlantic, May 11-25. Residents can discover all the details on the travel agent's website. A Lifestyles email with the agent's information was sent to all residents.

**OR**

**IF YOU DO NOT WANT TO GO OUT, BELOW ARE OPPORTUNITIES IF YOU STAY IN.**

### **CHECK OUT TOUCH TOWN JOIN a CLUB**

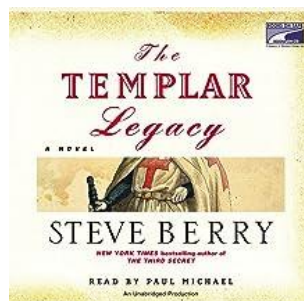
Check out Touch Town on your phone. There are over a dozen clubs here at Legacy Pointe that would love to have you join.

Here are just a few available The Legacy Pointe Book Club, Garden Club, Chess Club, and many others. Again, check Touch Town for dates and times.

### **The Legacy Pointe Book Club**

We invite you again to come to the meeting of the Legacy Pointe book club on Tuesday August 15<sup>th</sup> at 3 PM in the Card Room. The book for August is called *The Templar Legacy* by Steve Berry. Steve lives in Winter Park and has written a series of books featuring Cotton Malone a retired CIA operative who own a bookstore in Amsterdam. But he can't stay out of trouble.

Steve outlines each book and then spends a year at each location researching and writing his books. He is a master of including history, mythology, ideology, etc. which he includes and weaves into a current mystery thriller.



## **An Unexpected Guest of a Different Kind by Lynn Worthington**

Last week we had an unexpected visitor on our window ledge on the 4<sup>th</sup> floor. With my phone I snapped a picture thinking it was very unusual.



A few minutes later I went out to our lanai and discovered the reason for my visitor. Its mate was trapped inside. We have drainage scuppers. The pigeon had climbed in to investigate.

Now what would you do? Wave your arms, wave a pillow, open an umbrella, sprinkle cracker crumbs near the open scuppers to lure it outside? None of those worked so I called Julie. Soon Carl arrived and repeated most of the same ineffective actions. He decided to get a tool to remove the screen from 2 sides of the enclosure and we taped the loose screen up to the top. Then both of us started waving at the same time.

Soon, Carl suggested I put the umbrella down as it was alarming her. The pigeon flew down from the fan blades and landed on the closed umbrella on the back of the lounge chair

I carefully raised the umbrella and aimed it towards the screen opening and off she flew!

Carl fixed the screen and I cleaned up after our visitor. Thank you, Carl. And if you have not already figured out the best way to block your scuppers just ask us.

Lynn and Doug Worthington



**ATTENTION Crocheters**, are you – or do you know a left handed crocheter? If so, I have two projects (baby blanket, one almost finished), and I would like to pass them along to someone who could complete them. Feel free to gift or donate them. All yarn, directions, and hooks are included. If interested call Carolyn at 407-341-7622.

## SPACE LAUNCHES AT KENNEDY SPACE CENTER FOR AUGUST



**For list of all launches, check this website**

[Space calendar 2023: Rocket launches and skywatching dates | Space](#)

**If you've never watched a launch live and in person, here's a list of many August Space Coast launches:**

**Aug.6:** A Rocket Lab [Electron rocket](#) will launch the first of Capella Space's next-generation Synthetic Aperture Radar (SAR) Earth-imaging [satellites](#) called "Acadia." This will be the first launch of these four, new satellites. The launch is scheduled for 1:00 a.m. EDT (0500 UTC) from Launch Complex 1, Mahia Peninsula, New Zealand.

**Aug. 7:** A Russian Soyuz rocket will launch the Glonass-K2 no.13L navigation satellites from Plesetsk Cosmodrome, Russia.

**Aug. 9:** A SpaceX Falcon 9 rocket will launch another batch of [Starlink satellites](#) from Vandenberg Space Force Base.

**Related:** [Starlink satellite train: How to see and track it in the night sky](#)

**Aug. 10:** Virgin Galactic will launch six people to suborbital space on the company's first private astronaut mission. The flight, Galactic 02, is scheduled to lift off from New Mexico's Spaceport America at 10:00 a.m. EDT (1400 GMT).

**Aug. 10:** A Russian Soyuz rocket will launch the Luna 25 moon landing mission from Vostochny Cosmodrome at 7:10 p.m. EDT (2310 GMT).

**Aug. 11:** The [Perseid meteor shower](#) peaks tonight! The prolific [meteor shower](#) is active from mid-July until late August.

**Aug. 16:** The [new moon](#) will arrive at 5:38 a.m. EDT (1038 GMT).

**Aug. 21:** A [SpaceX Falcon 9](#) will launch a [Crew Dragon](#) spacecraft on the program's 12th crewed flight. The crew includes NASA astronaut Jasmin Moghbeli, European Space Agency astronaut Andreas Mogensen, Japanese astronaut Satoshi Furukawa, and Russian cosmonaut Konstantin Borisov. They will spend six months aboard the [International Space Station](#). The launch is scheduled for 5:23 a.m. EDT (0923 GMT) from NASA's Kennedy Space Center. If needed, a backup opportunity is available at 3:49 a.m. on Friday, Aug. 25.

**Aug. 23:** A Russian Soyuz rocket will launch a Progress MS-24 (85P) cargo ship to the [international space station](#) from Baikonur Cosmodrome Kazakhstan.

**Aug. 25/26:** A Japanese H-IIA rocket will launch the [SLIM](#) (Smart Lander for Investigating Moon) mission and the [XRISM](#) (X-Ray Imaging and Spectroscopy Mission) from Tanegashima Space Center, Japan at 8:34 p.m. EDT (0034 GMT).

**Aug. 24:** The moon will pass in front of Antares, one of the brightest and most colorful stars in the sky.

**Aug. 26:** An Indian PSLV rocket will launch the Aditya L1 mission from Satish Dhawan Space Centre, India. Aditya L1 is the first space-based Indian mission to study [the sun](#).

**Aug. 29:** A United Launch Alliance (ULA) Atlas V rocket will launch the classified SILENTBARKER (NROL-107) mission from Cape Canaveral Space Force Station. It is a joint mission between the U.S. Air Force and the National Reconnaissance Office. Its goal is to provide "satellite threat intelligence and space situational awareness."

**Aug. 30:** The second [full moon](#) in August is known as the [Blue Moon](#). It will arrive at 9:36 p.m. EDT (0236 GMT Aug 31).

## SURFING THE INTERNET

You could spend your whole day just sitting and surfing. If you do this your entire body will fall apart from lack of exercise. So, our newsletter is asking its readers who spend just a few minutes a day surfing to send along some links to articles that may be interesting or funny or extremely important. Send links to our editor **Frank Russo at [frankrusso2012@gmail.com](mailto:frankrusso2012@gmail.com)**

**Some people think they are privileged, and their needs should take priority. Well check out the link below where 'Sweet Grandma' Librarian Turns to A Savage To Show An Entitled Mom Her Place.**

<https://www.boredpanda.com/entitled-mom-banned-from->

[library/?utm\\_source=com.google.android&utm\\_medium=referral&utm\\_campaign=organic](https://www.boredpanda.com/entitled-mom-banned-from-library/?utm_source=com.google.android&utm_medium=referral&utm_campaign=organic)  
(hold the control key and click on the link or copy it and paste it into your browser).

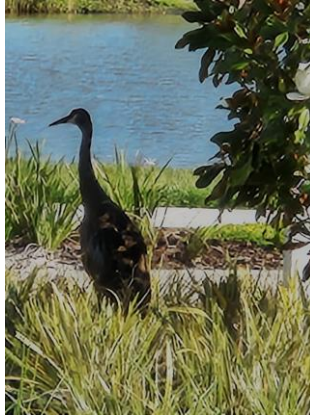
**Our Newsletter really DOES NOT HAVE A NAME so for the Months of July and August we would like you to come up with a name for our newsletter. Send suggestions to [frankrusso2012@gmail.com](mailto:frankrusso2012@gmail.com)**



**We have a visitor. Remember we are designated as a wildlife preserve so we have a Red Tail Hawk and maybe two!**



By Marsha Call



By Polly del Vero



By Jonathan Wahl

### **Our Day Ends**

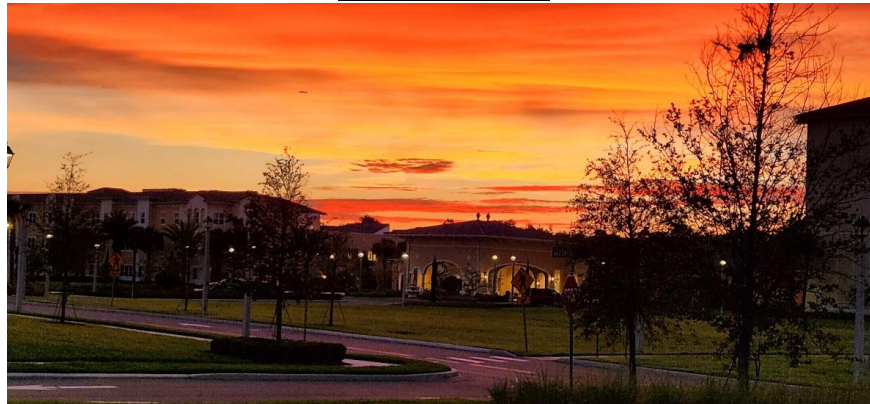


Photo by Polly del Vero

Feedback? Stories? Photos?

Send to Frank Russo at [frankrusso2012@gmail.com](mailto:frankrusso2012@gmail.com)

REMEMBER sign up for the **LP Residents Forum**: <https://lpresidentsonline.org/smf> You can easily **set up your login and password**. The Forum is a place for you and your neighbors to come together . . . To create a knowledge base . . . To go beyond a community to becoming a family. We hope to see you online soon. If you need help contact by email Jonathan or Ina

Email Jonathan at [47ipsd@gmail.com](mailto:47ipsd@gmail.com) or Ina at [utgrad@attglobal.net](mailto:utgrad@attglobal.net).