

Our Days Begin - Sunrise over Villas



By Marsha Call

OUR FEATURE ARTICLE FROM OUR JUNE EVENTS

CCRC Social took place on Monday, June 19th from 4 -6 pm in the Auditorium. The social was an event to welcome Board of Director members to meet with residents of Legacy Pointe. Eight Board members and their spouses or alternates to the Board had accepted the invitation from the legacy Pointe residents. This was a social event with no agenda. It was a chance for the Board to mingle with residents and discuss various items. A large number of residents turned out for the event and most stayed until the end of the 2-hour event with several Board members staying past the 6 o'clock ending. Snacks and drinks were served and everybody agreed that this should be a regular event.

OUR FEATURE TRAVEL ARTICLE

Joe and Linda Solymossy return to Budapest, Hungary for a family wedding after many years without meeting family.

We left Orlando airport, flew to JFK, and then to Amsterdam, Schiphol airport. The flight over the North Pole to Amsterdam took only five hours. With the formation of the European Community and the resultant removal of most border travel restrictions, passport control was easy and baggage check was nonexistent. After a passport check and a personal security check, (they must think we snuck some contraband past the TSA in the USA) we were on our way to Budapest. Nevertheless, we arrived at our hotel at about 3 pm the next day, about 27 hours after we awoke to start our day yesterday.

My parents were Hungarian. My father's family was military and my mother's side was part of the ruling gentry until WWII. After the war, my parents immigrated to America in 1952 and eventually settled in Waukesha Wisconsin. The rest of my mother's family scattered to Brazil and Australia, with three sisters and her mother remaining in Hungary. I was assigned to the International Atomic Energy Agency in 1985 and was able to meet all of my family in Hungary. Returning now to spend a week in Budapest to attend the wedding of my cousin's daughter was especially exciting. Next month I will write about the way Europeans celebrate a wedding. Many similarities and some differences.

Budapest, the city and capital of Hungary, is the ninth-largest city of the European Union and the second-largest city on the Danube River. It is a very popular stop on the river cruises on the Danube River. Buda rises off the river towards the west, Buda was a settlement in the middle ages and the cobbled streets and Gothic houses of the castle town have preserved its old layout. Pest on the eastern side spreads into the Hungarian plains. Around 1873 the towns of Buda, Pest, and Obuda merged to form the city of Budapest. A major part of the city was destroyed during world war two and has since been rebuilt. A part of Pest was again destroyed during the revolution in 1956. Today there is a major effort underway to rebuild many magnificent buildings that were around the Palace in Buda during the reign of Maria Theresa.

The public transportation system in and around Budapest is very good and operates on an honor system, similar to most non-US systems. Buy a ticket and punch it as you board, or buy a pass you carry with you all the time. If caught riding without the correct ticket or pass it may cost you a week's salary, or a visit to the police station. We purchased a week's pass and rode whenever and where ever we could. Our first visit was to Hero's Square.



Hero's Square

Budapest's largest public square was created in 1896 to mark the 1,000th anniversary of the country's birth. The impressive square is located at the end of Andrassy Avenue and next to City Park. The square is easily reached by underground which stops at the Heroes' Square underground station which is one of the oldest in the world. It has been operating since 1896 and is now a UNESCO World Heritage Site.

The main attraction of "Hosok Tere" is the Millennium Monument, completed in 1929 in the middle of the square. The monument honors the Magyar tribes, which founded the country. A tall central column is topped with a statue of the Archangel Gabriel holding a crown and the double cross of Christianity. At the foot of the column are equestrian statues of the seven Magyar chieftains. Behind the monument on either side are two curved colonnades each with six pillars. Between the pillars are statues of famous Hungarian kings and important Hungarian historic figures. Although the monument was constructed under the Habsburgs, five spaces on the colonnade, intended for Habsburg royals, were used instead for statues of Hungarian freedom fighters following WWII. On top of the colonnades are symbolic statues of Knowledge and Glory, War, Peace, Work, and Welfare.

Not everything to see or do requires public transportation. A large part of Central Pest is a pedestrian area, with shops and restaurants. After our visit to Heroes Square, we stopped at GerBeaud Cakes for some of their famous pastries and coffee *mélange*. In 1985 when we were there, we sat at the table next to Walter Cronkite as he enjoyed a cake and coffee.



With the many choices given it was hard to choose just one each.



After such a wonderful rest and such good sweet cakes, we decided to walk and look. The large pedestrian area in the center of Pest is a wonderful occasion to do that. After a short walk, we found ourselves at Saint Stephan's Basilica.



St. Stephan's Basilica is a Roman Catholic basilica named in honor of Stephan, the first King of Hungary (975-1038)

One day has to be spent on the Danube River. Starting with the Chain Bridge, the Royal Castle, the Fisherman Bastion, and the House of Parliament, we experienced a century of architectural marvels.



Bridge on the Danube

The Chain Bridge is a 19th-century suspension bridge, which spans the Danube River connecting the Pest and Buda sides of the city.



The Chain Bridge

The Chain Bridge was the first permanent bridge crossing the Danube in Budapest. Before that, people had to use a ferry or go as far as Vienna for the nearest bridge! The most famous of the bridges, it is the icon of the city's 19th-century development. The Germans destroyed all five bridges over the Danube River in Budapest as they retreated from the Russians near the end of WWII

Matthias Church with the Fisherman's Bastion and the statue of Saint Stephan occupy Buda Hill not too far from the Royal Palace. Saint Stephan was the first Hungarian King crowned by the Pope in 1000.



As we gaze across the river to Pest, we admire the beautiful Hungarian Parliament Building. It is the seat of the National Assembly of Hungary and a popular tourist destination in Budapest.



Hungarian Parliament Building below.



On our last day, we walk down to the river and gaze one more time over Buda and the magnificent buildings sitting on top of the hill. Our thoughts are already on the next time we will visit again.



We have many pictures of the inside of many of these buildings and many more we did not include here. Many websites show beautiful pictures and have in-depth descriptions and the history of Budapest. Maybe I have piqued your interest enough to do some armchair traveling. I'll be glad to share our pictures with you.

The Month of June in Review

June 3rd at 3:00 PM in the Auditorium. The Niall Donoghue Concert with the Orlando Jazz Orchestra Quartet. The entertainment consisted of vocals by Niall Donoghue along with the Orlando Jazz Orchestra Quartet with Greg Parnell the leader, on drums. Terry Myers on Sax, Michael Kramer on Piano, and Ben Kramer on Bass. The concert was well attended with residents looking forward to the next session.

June 6th at 10 AM in the Auditorium. Speakers from local theaters. They are from Shakes, Winter park Playhouse, etc.

June 13 at 9:30 – 11:30 Orlando Wetlands Tram Tour. Bus seating is sold out.

June 19 at 4 - 6 PM CCRC Social with members of our Board of Directors

June 20 at 2 – 3PM in the Auditorium TMC presentation Aging in Place: hospitalization and Rehab.

June 23 and 24 at 1 – 4PM in the Auditorium Safe Driving Course

RESIDENTS' COUNCIL MEETING JUNE HIGHLIGHTS



President's Report for June –

It's Budget time - The capital budget will be discussed by the CCRC Board on August and September with a draft sent to the whole Board in October for a November vote.

It's about time Josh Bennett of Greystone is responsible for development issues at Legacy Pointe. We have been given to understand that we will now have more frequent and regular access to him on issues through regular teleconferences with Weise and Boldt.

Just in time to meet our covenants. Occupancy – there are 128 units occupied and 3 potentials. Assisted living has 14 units occupied by 18 residents, with 1 move-in next week and 2 to move in July. Skilled nursing has 5 beds occupied, and 4 beds in Memory Care.

Is there enough time The CCRC Board has taken the request to lease land from the UCF Foundation for the proposed pickleball courts under advisement?

Not the tight time The issue of flying the UCF flag and the flag pole has also been taken under advisement. The issue has been biding time since May of 2022

Is it time to Tweak the Bylaws An Ad Hoc Bylaws Committee is being set up to see if any tweaks are necessary.



Finance Committee – Kathy Weise reported for Carolyn Ruhe the following information: the Community Occupancy Update – Slight uptick as follows

AL 18 residents, with 3 more depositors soon. Memory Care 4 residents

SN 6 IL: 128 units, plus 1 sold to close in June. 3 potential depositors this month.

In July, Domenica reported, we should have a full-time Director of Nursing.

Domenica explained the alternative hiring of housekeeping services from contractors.

Maintenance services expenses for March are much higher than in previous months.

Domenica will check into the reasons why. It is possible that the pressure washing and window cleaning affected costs.

Other discussions about the balance sheet category of Future Service Obligation (FSO) and the need to solicit details from Greystone accounting office.



Grounds Committee – Chair Tony Mennella made the following motion: **The Grounds Committee recommends that the Residents' Council requests the CCRC Board enter into a 10-year lease with the UCF Foundation of one-half acre adjacent to Legacy Pointe for the construction of two pickleball courts. The construction costs will be borne by the Legacy Pointe Pickleball Club.**

Further discussion included adding a bocce court or a shuffleboard area. A motion was made and was passed unanimously.

Mennella further reported that the first-floor courtyard walkways that the ground is being readied for installation at the end of the month. The second pond fountain will be installed when the electrical permits are put through. The irrigation system is fixed except for a few leaks. The Baker contract terminates in August. Mennella and Josh Gorniak are interviewing for possible replacements



Facilities Committee – Chair John Boldt advised that HVAC issues are improving. Parts have been ordered and work is in progress. The Advanced Refrigeration report is pending.

Boldt discussed that housekeeping issues were a hot-button item and made the following motion:

That the CCRC Board be notified that Greystone's housekeeping organization/processes/procedures are not adequate and housekeeping is not being performed in accordance with Legacy Pointe contracts.

The motion was unanimously passed.

A long discussion followed about the 'flag and flag pole'. The project has been ongoing in various stages since May of 2022. A motion was made and then a second motion was made and several residents objected to the process. There was enough confusion to cause a 'parliamentarian' to have a stroke

Eventually, a motion was introduced for a 30-foot flagpole to be located in the shrubbery bed adjacent to the driveway into the main building. The motion passed with five in favor and three against.

(NOTE subsequently at a follow-up meeting the whole flag decision was postponed until September.)



Culinary Committee – Chair Phil Easterling reported that the committee is scheduled to meet on June 28 at 2:00. They have been working closely with Ketch, Chef Taylor, and Renata in the interim.



Communication Committee Chair Peg Dunmire reported that the full committee would meet again in August. The Sunshine Friends Subcommittee has been sending electronic cards to those experiencing illness or loss. The Subcommittee will meet on June 28. The Buddies Subcommittee met and now has 41 residents volunteering to act as buddies. There are seven new residents, all of whom have buddies assigned to them. The program is working very well.



Lifestyles Committee – Chair Frankie Bratton-Jeffery made the following motion: **For planning purposes, the Employee Appreciation Party is established for the first Friday in December.** It was pointed out that the Party needs to be coordinated with the payday schedule, so that motion was tabled until the August meeting.

Transportation survey – 53 residents evidenced interest in taking LP transportation to local houses of worship and Emily will look at times and routes. Interest was also shown in increasing travel distances to

25 miles. Residents were encouraged to fill out surveys if they have not already done so and return them to the bag on the concierge desk.



Health and Wellness – In the absence of Chair Linda Parsons-Rude, Kathy gave a brief report.



NOTE: Complete minutes of RC and committee meetings are on TouchTown.

TRAVELING

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.

Long Distances Adventures

Several of our residents are off on their adventure. This month we have featured at the beginning of the newsletter Joe and Linda Solymossy and their return to Budapest for a family wedding after many years.

Local Adventures

Some suggestions for local Florida adventures - perhaps you'd like to get away for a day or a little longer. Try a visit to one of Florida's State Parks – Blue Springs about 30 miles north of Orlando.

Blue Spring State Park is a state park located west of Orange City, Florida. The park is a popular tourist destination; available activities include canoeing, SCUBA diving, kayaking, fishing, camping, hiking, wildlife watching, and swimming. **Know Before You Go** Ruth B. Kirby Gilchrist Blue Springs State Park has very high visitation on weekends and holidays and will close when capacity is reached. When this occurs, only registered campers will be allowed to enter.



JULY ACTIVITIES

Tuesday, July 4 Buffet Luncheon starting at 11 AM Reservations required.

Tuesday, July 4 Patriotic Sing-A-Longa at 3 PM in the Auditorium with David Scott

Tuesday, July 4 A Capitol Fourth Live Stream at 8 PM in the Auditorium

Tuesday, July 11 The Mustard Seed at 3 PM in the Auditorium welcomes Malek who will speak to us about how they help individuals and families who have suffered a disaster and are trying to rebuild their lives.

Wednesday, July 12 The Rollins College Art Program has sent us Olivia to explain upcoming performances.

Tuesday, July 25 Advanced Directives, at 2 PM Merrell Bailey will present topics on Living Wills and Health Care Surrogates.

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

Prosocial Spending – Buying Things for Other People and Donating to Charity

Whoever thought that shopping could lead to a healthier social life. Well, some new science reports say yes to shopping.

3 Things To Buy To Be Happier, According To Science. Check out the link below

<https://www.newtraderu.com/2023/06/10/3-things-to-buy-to-be-happier-according-to-science/>

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

Physical Fitness

Muscle contractions during exercise release chemical signals that promote brain network development.

<https://www.psypost.org/2023/06/muscle-contractions-release-chemical-signals-that-promote-brain-network-development-164208>

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

The Newsletter could not resist the article about a 103-year-old woman who still works a lobster boat. She has been doing this since she was 8 years old. Living in Maine must make you strong.

Enjoy her story. **It is a video so play it by clicking on the Link below**

<https://abcnews.go.com/WNT/video/meet-maines-103-year-lobster-lady-100346062>

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

Nutritional Fitness

This month we are not talking about food or diet but rather of all things Tea. **Yes, that is right ‘TEA’**

Individuals - with a long-term high tea consumption trajectory may have a lower risk for ‘all-cause’ mortality. For further information check the Link below.

<https://www.news-medical.net/news/20230518/New-evidence-finds-that-individuals-with-a-long-term-high-tea-consumption-trajectory-had-a-lower-risk-for-all-cause-mortality.aspx>

(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

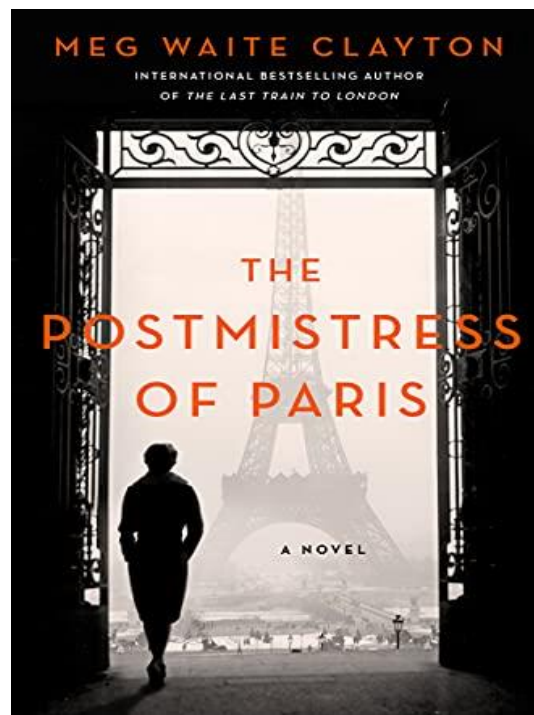
Check out Touch Town on your phone. There are over a dozen clubs here at Legacy Pointe that would love to have you join.

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. July’s book is **The Postmistress of Paris** by [Meg Waite Clayton](#)

The New York Times bestselling author of *The Last Train to London* revisits the dark early days of the German occupation in France in this haunting novel—a love story and a tale of high-stakes danger and incomparable courage—about a young American heiress who helps artists hunted by the Nazis escape from war-torn Europe. Join us on the third Tuesday in July, the 16th, at 3:00 in the card room.



SPACE LAUNCHES AT KENNEDY SPACE CENTER FOR JULY



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 upcoming July Space Coast launches:

July 1: A SpaceX [Falcon 9 rocket](#) will launch the [Euclid mission](#) for the European Space Agency (ESA).

Euclid aims to learn more about the parts of the universe we can't see — specifically, dark energy and dark

matter. The launch is scheduled for 11:12 a.m. EDT (1512 GMT) from Cape Canaveral, Florida. You'll be able to watch the launch live here on Space.com, details will be released closer to the time.

July 3: The [full moon](#) of July, known as the Buck Moon, will arrive at 7:39 a.m. EDT (1239 GMT).

July 4: Arianespace will launch the Syracuse B and Heinrich Hertz communications satellites aboard an Ariane 5 ECA rocket from ELA-3, Kourou, French Guiana. The launch window is between 5:30 p.m.-7:05 p.m. EDT (2130-2332 GMT).

July 7: A SpaceX [Falcon Heavy](#) rocket will launch the USSF 52 mission for the U.S. Space Force. It will lift off from Pad 39A at NASA's Kennedy Space Center in Florida.

July 14: A Rocket Lab Electron rocket will launch NASA's Starling mission which consists of four cubesats designed to demonstrate technologies for future 'swarm' satellites. It will also carry Telesat's LEO 3 demonstration satellite and two 3U satellites for Spire Global. The launch is scheduled for 4:23 p.m. EDT (2023 GMT) from Launch Complex 1, Mahia Peninsula, New Zealand.

July 17: The [new moon](#) will arrive at 2:32 p.m. EDT (1932 GMT)

July 21: A United Launch Alliance [Atlas V rocket](#) will launch [Boeing's CST-100 Starliner](#) spacecraft on its first crewed flight. NASA astronauts Butch Wilmore and Mike Fincke, along with an unidentified third crew member, will fly on the mission. The Crew Test Flight to the [International Space Station](#) will lift off from Cape Canaveral Space Force Station, Florida.

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**

Did you know that Baby Boomers have a lot of money to spend.

Baby boomers are going to save the economy as they spend down their \$75 trillion nest egg while millennials struggle with student debt. Watch a video. Read the article.

<https://finance.yahoo.com/news/baby-boomers-going-save-economy-211700181.html>
(hold the control key and click on the link or copy it and paste it into your browser).

Here Is another view of the economy from the eyes of Millennials and Gen Z

Headline: Many American millennials and Gen Z depend on their parents for money.

Here is the link for the story

<https://www.businessinsider.com/us-millennials-gen-z-money-habits-parents-financial-help-spending-2023-6>
(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

We have a visitor. Remember we are designated as a wildlife preserve



Br Marsha Call

Feedback? Stories? Photos?

Send to Frank Russo at 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 or Ina at utgrad@attglobal.net.