The Bahama Bay Club Buzz

April 2025

Community Happenings

Entertainment: April

April 3rd Piano Marcos
April 10th Miss Deanna
April 17th Brucie & Boo
April 24th Line Dancing with Janis

Happening in dining area next to Purple Pelican Bar

In House Doctor Visits

April 2
Dermatologist 9:00 am
Sign Up at Front Desk

April 20th

"Did You Know"

You may be laughing until it hurts, but that laughter is doing some powerful healing. Pull up a chair next to the class clown or pull out some jokes of your own, because **April is Humor Month.**

Humor may be one of the oldest and most effective methods of social bonding. No matter what your culture or background, all laughter sounds the same. Better yet, studies show that the more you laugh, the more attractive you become to the opposite sex... or perhaps that's just a joke?

Most laughter doesn't come from listening to jokes; it comes from spending time with friends and family. Furthermore, people tend to laugh more when they're in groups. Laughter truly is contagious, and doctors have become wise to its positive health effects. Laughter strengthens immune systems by increasing infection-fighting antibodies. It has been shown to decrease blood pressure, improve the function of blood vessels, increase blood flow, and decrease stress hormones. Laughter even reduces pain by stimulating the release of endorphins. One doctor calls it "internal jogging." He says that one minute is equal to 10 minutes on a rowing machine.

Laughter is good for the mind as well as the body. Humor stimulates creativity, improves problem-solving abilities, enhances memory, and teaches resilience.

All April long, make sure to take laughter breaks every day. Avoid the news and instead watch a sitcom or funny movie, read the daily comics, tell a joke, play games, spend time with children, and most importantly, do these things with friends. Hoot and holler, and your body will thank you.

Bahama Bay Club
Luxury Senior Living
3441 West 1st Street
Sanford, Fl. 32771
321-363-3633
Mr. Corey Shenk, COO

April Birthdays

April 1st Mary "Fitzie"
April 3rd Madeline "Lynn"
April 16th David
April 19th Helen
April 22nd George

Horoscopes

In astrology, those born between April 1–20 are Aries, the Ram. Rams are adventurous go-getters and full of enthusiasm, charm, and energy.

Those born from the 20th to the 30th in April have the star sign of the Bull of Taurus. Bulls show steady, dogged persistence in achieving their goals.

Notes from Resident Council

If you are interested in a cruise and have not received info please get with Oraya or Melora

Next meeting
April 10th 10:30

Guest speakers

Corey Shenk

Catie Stone, Masseur

Employee of the Month:

Mercedes Ventura, Director of Housekeeping

Born in the Dominican Republic, Mercedes currently lives in Deland. She came to America when she was 26. She has 3 grown children and 4 grandkids. She has been married to her current husband for 10 years. She started with Heritage Waterside (our sister property) in 2015 and was working there when she was asked to lead the housekeeping department here at Bahama Bay Club. She has been with us since the beginning. When she's not here taking care of our residents, she loves to cook and take care of her family.

Gabby Doctor-Wilson, Resident Care Coordinator

Most of you are familiar with our Gabby as your 1st smiling faced contact here at Bahama Bay Club. Born in Miami, Gabby grew up in Jamaica. She came to America 6 years ago. She has studied Health Information Technology at Seminole State College. Currently, she is taking classes at Daytona State College towards a degree in Architecture Technology. Before Bahama Bay Club, Gabby worked as a session coach at Osteo Strong. She has been with us since the beginning. She is newly married (August). Her hobbies are reading and helping her dad, who lives here. Her dream is to open her own restaurant and take over her dad's construction business. Something we would be surprised to learn about her: she's a self-proclaimed *"introvert"*!