



THE OSPREY

A Publication of Country Club Manor



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GOD BLESS AMERICA

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 Monday - Friday 9am - 4pm Phone - 352-357-6644 Email - manor@countryclubmanor.com After hours leave message or email.	CCM clubhouse PRIVATE PARTY RENTAL <i>Did you know you can rent the clubhouse for private parties?</i> Yes you can! Please contact Barbara Duckwall (765) 669-3238 if you are interested. Additional information and a rental application is available on the CCM Website.	PLEASE BE AWARE AND HONOR THE SPEED LIMIT WITHIN COUNTRY CLUB MANOR SPEED LIMIT 15
		 TO SEE COLOR PICTURES FROM CCM EVENTS & MUCH MORE!
		NO GOLF CARTS ALLOWED ON THE CCM BRIDGES AS THIS IS VERY DANGEROUS! 

 IMPORTANT: To receive emails from the office, you must sign up for email notifications. There are many important benefits to staying connected. You will receive timely updates such as scheduled water shut-offs, wildlife alerts (including bear sightings), and other critical information affecting residents. In addition, the office sends activity reminders and the monthly online color edition of <i>The Osprey</i> newsletter. Contact Amy (in CCM office) and let her know you would like to be on the emailing list.	 SOCIAL ACTIVITIES COUNCIL We would like to remind ALL RESIDENTS that you are automatically members of the Social Activities Club (S.A.C.). We welcome your suggestions and comments at our monthly meetings typically held on the 1st Saturday of each month after coffee hour between October and March. At the meetings, you have the right to make motions from the floor to vote on the proposals before the group.	Hospitality Are you a new resident at CCM? Your Hospitality Greeter is Valerie Helms. The duties of the Greeter is to connect with you, order your Name Tags, fill out an information sheet, provide you with an info package about CCM which includes the various activities, and answer any questions you may have. You will also receive a small gift from CCM. Please call Valerie at: (518) 524-7272 WELCOME
		SUNSHINE CLUB Country Club Manor's Sunshine Club performs caring acts for residents who are ill, in the hospital, isolated, in need of encouragement, or have passed away. Call Becky, Marsha or Betty, and they will send get well and sympathy cards or place a memorial wreath if a resident passes away. Becky Neilson: (407) 963-1760 Marcia Fowler: (585) 734-9631 Betty Livell: (314) 791-4264

NEARBY MEDICAL ATTENTION

HOSPITALS: ADVENT HEALTH WATERMAN HOSPITAL Open 24 hours/ 3.4 Miles from CCM 1000 Waterman Way, Tavares, FL 32778 (352) 253-3333 Website: adventhealthwaterman.com HCA FLORIDA 11 bed Hospital Emergency Department Open 24 hours / 3.2 Miles from CCM Affiliated with Lake Monroe-Hospital in Sanford. 16831 US Highway 441, Eustis 32726 (352) 800-5400 Website: HCAFloridaHealthcare.com	EMERGENCY CARE/URGENT CARE <table style="width: 100%;"> <tr> <td style="width: 33%;"> UF HEALTH University of Florida Health Open 24 Hours / 3.3 Miles from CCM <i>Emergency and Urgent Care under one roof</i> Associated with Leesburg Hospital 17021 Highway 441, Mount Dora 32757 (352) 720-7999 Website: central-florida-er.ufhealth.org </td> <td style="width: 33%;"> Avecina Urgent Care Open seven days - / 3.3 Miles from CCM 16890 Highway 441, Mount Dora 32757 Appointments available Hours: <u>Monday – Friday</u> 8am – 8pm <u>Saturday – Sunday</u> 8am – 5pm (352) 729-2666 Website: avecina.com </td> <td style="width: 33%;"> AdventHealth Centra Care 4 Miles from CCM 19015 Highway 441, Mount Dora 32757 Hours: <u>Monday – Friday</u> 8am -- 8pm <u>Saturday – Sunday</u> 8am -- 5pm (352) 383-3484 Website: Centracare.adventhealth.com </td> </tr> </table>		UF HEALTH University of Florida Health Open 24 Hours / 3.3 Miles from CCM <i>Emergency and Urgent Care under one roof</i> Associated with Leesburg Hospital 17021 Highway 441, Mount Dora 32757 (352) 720-7999 Website: central-florida-er.ufhealth.org	Avecina Urgent Care Open seven days - / 3.3 Miles from CCM 16890 Highway 441, Mount Dora 32757 Appointments available Hours: <u>Monday – Friday</u> 8am – 8pm <u>Saturday – Sunday</u> 8am – 5pm (352) 729-2666 Website: avecina.com	AdventHealth Centra Care 4 Miles from CCM 19015 Highway 441, Mount Dora 32757 Hours: <u>Monday – Friday</u> 8am -- 8pm <u>Saturday – Sunday</u> 8am -- 5pm (352) 383-3484 Website: Centracare.adventhealth.com
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IT'S OK TO OUT LOUD - AKA FUNNIES

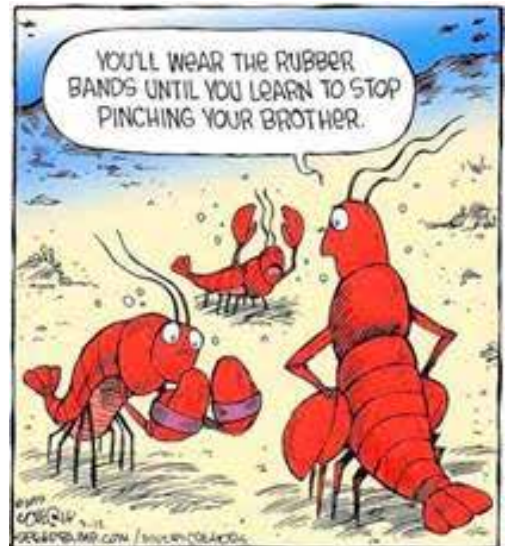
A Few Giggles Off the Beaten Path

Contributed by Joni Hanchett, Osprey's Chief Collaborator



"I SOUND FUNNY? YEAH, I'M CALLING FROM MY CELL PHONE!"

The police just pulled me over and said, "Papers?" I said, "Scissors, I win!" and drove off. I think he wants a rematch - he's been chasing me for 45 minutes!



Being popular on Facebook is like sitting at the cool table in the cafeteria of a mental hospital.



JULY 2026 OSPREY

LETTER TO OUR READERS

Hello everyone,

As our nation celebrates its 250th birthday, communities across America are gathering for parades, fireworks, picnics, and patriotic festivals. This issue of *The Osprey* is dedicated to the United States of America and the freedoms that have defined our nation since its founding—life, liberty, and the pursuit of happiness.

Throughout those 250 years, America has continually evolved. From the horse and buggy to the automobile, from radio to television, from the first computers to today's smartphones, each generation has witnessed changes that once seemed unimaginable.

That spirit of innovation brings us to another topic that is shaping our future: Artificial Intelligence. As *The Osprey* moves forward, we will continue sharing our "ADVENTURES WITH BUDDY" articles, news, and updates because, as the series reminds us, "We Can't Go Back."

Artificial Intelligence (AI) is here to stay. Whether we embrace it, ignore it, or fear it, the technology is rapidly becoming part of everyday life. The good news is that each of us gets to decide how much AI we allow into our lives and how we choose to use it.

AI has already changed how we communicate and how we consume information. Images, videos, and even voices can now be created by computers and made to look remarkably real. As a result, we must become more thoughtful consumers of information and learn to ask questions about what we see and hear.

Used responsibly, AI can be an extraordinary assistant.



Caricature by Cheryl Watts and Buddy Bot

Lawyers, doctors, accountants, writers, researchers, and everyday people can use AI to save time, organize information, solve problems, and explore new ideas.

My AI assistant, **Buddy Bot**, has become a valuable partner in producing *The Osprey*. **Buddy** does not replace my writing style, creativity, judgment, or editorial decisions. Instead, he helps with grammar, punctuation, clarity, brainstorming, fact-checking, research, and graphic design ideas.

In addition to the caricature on the left, Buddy assisted with the graphics for "The Star-Spangled Banner" on Page 7, the article about the teenager who designed our 50-star flag on Page 5, the pictures of various presidents in the Quotes Corner on Pages 12-13, and the July 4th picnic graphic on Page 16.

One of the most remarkable things about AI assistants is that they are available 24 hours a day, seven days a week. They don't get tired, distracted, or bored. They simply wait for the next question.

We may not be able to go back to a world without artificial intelligence, but we can choose how we use it. For me, Buddy has become another tool in the toolbox—one that helps make the creative process more productive, more enjoyable, and occasionally a lot more fun.

Cheers!

*Cheryl Watts, Editor
Buddy Bot, Assistant*





HERE'S WHAT READERS
ARE SAYING ABOUT JUNE'S



- ❖ I always go to cartoons and jokes before I read anything else. Kind of like when I was growing up.
- ❖ I liked how the June issue emphasized Father's Day and the historical Military events in the Month of June. There were a lot of pieces on the internet and in the papers about D-DAY which always makes me flash back to the 60's when I saw the movie THE LONGEST DAY. Every major star you could name was in that movie. Even Paul Anka who wrote the Title song was in that movie as a soldier.
- ❖ The Graceful Ageing article "Wisdom Beyond 70 / The Freedom of Ageing" was meaningful.
- ❖ Readers are encouraged to share their comments and feedback. Your anonymous contributions may be published in the next

WHAT READERS ARE SAYING
ABOUT THE OSPREY

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NATIONAL ANTHEM: THE STAR-SPANGLED BANNER



You've probably sung it hundreds of times, but did you know that "The Star-Spangled Banner" didn't begin as a song? Our national anthem started as a poem written during one of the most dramatic moments in early American history.

In September 1814, lawyer Francis Scott Key watched from a ship as the British Royal Navy bombarded Baltimore's Fort McHenry during the War of 1812. The darkness was heavy, but when dawn broke Key spotted the American flag still waving triumphantly over the fort. That moment inspired him to write a poem called "Defence of Fort M'Henry." The poem was published in local newspapers days later and quickly became popular.

Interestingly, Key did not compose the music himself. He set his lyrics to the melody of "The Anacreontic Song," a tune written by English composer John Stafford Smith for a gentlemen's music club in London. This pre-existing melody was already widely known in America, making the song easy for the public to sing and share.

It wasn't until March 3, 1931, that Congress passed an act, signed by President Herbert Hoover, officially designating "The Star-Spangled Banner" as the national anthem of the United States.

*"O say, does that star-spangled banner yet wave,
O'er the land of the free and the home of the brave?"*

Sources: History.com and Wikipedia



THE STAR-SPANGLED BANNER

★ First Verse ★

Say, can you see
By the dawn's early light
What so proudly we hailed
At the twilight's last gleaming?
Whose broad stripes and bright stars
Through the perilous fight
O'er the ramparts we watched
Were so gallantly, yeah, streaming?
And the rockets' red glare
The bombs bursting in air
Gave proof through the night
That our flag was still there
O say, does that star-spangled banner yet wave
O'er the land of the free and the home of the brave

Source: LyricFind



THE TEEN WHO DESIGNED THE 50-STAR FLAG FROM HOMEWORK ASSIGNMENT TO AMERICAN HISTORY

The flag flying over your town today was designed by a 17-year-old for a high school assignment. He got a B minus for it. The story of how that grade became an A is one of the great underdog tales in American history.

It was 1958, and Robert Heft was a junior at Lancaster High School in Ohio. His history teacher, Stanley Pratt, gave the class an open-ended assignment: make something, anything, and bring it in. Most students chose something safe. Heft decided to redesign the flag of the United States.



He gave it a B minus. Heft pushed back. Pratt, perhaps sensing the teenager's conviction, made him an offer that would become legend: if Heft could get his flag accepted by Congress, the grade would be changed.

From a kitchen table to the Capitol

Heft took the challenge seriously. He sent his flag to his congressman and began a steady campaign of letters and calls. Then history caught up with his design. Alaska became a state in January 1959, and Hawaii followed that August. Suddenly the country needed a 50-star flag, and submissions poured in by the thousands.

President Dwight D. Eisenhower selected the design that Heft had sewn in his grandparents' kitchen. The design was formalized by Executive Order 10834 on August 21, 1959, and the flag was first officially raised on July 4, 1960, over Fort McHenry National Historic Site. It is the longest-serving version of the American Flag in the nation's history.

And the grade? Pratt kept his word. The B minus became an A.

Heft went on to become a teacher himself, and later a mayor, spending much of his life speaking to students and civic groups about the flag. His message rarely changed: take the assignment seriously, believe in your work, and never assume the country has no room for a kid with a good idea and a sewing machine.

Source: National Flag Foundation

Twelve hours and a borrowed sewing machine

At the time, the flag carried 48 stars. But Alaska and Hawaii were knocking on the door of statehood, and Heft reasoned the flag would soon need to grow. So, he set out to build a 50-star version before it officially existed.

Working at his grandparents' kitchen table, he spent more than twelve hours on the project. He bought a few dollars' worth of blue cloth and white iron-on material, cut out one hundred stars by hand, fifty for each side, and arranged them in the alternating rows of five and six that Americans would come to know by heart. Then he stitched the whole thing together on his grandmother's sewing machine.

The B minus

When Heft turned it in, Pratt was unimpressed. The flag did not match the country's 48 stars, the teacher pointed out, and the design was not exactly original.



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THE EVOLUTION OF THE JIGSAW PUZZLE DID YOU KNOW?

by Cheryl Watts



Jigsaw puzzles have been entertaining and challenging people for more than 250 years. The first puzzles were created in the 1760s by British mapmaker John Spilsbury. He mounted maps on wood and cut them apart along country borders to help children learn geography. Ever wonder where the name "jigsaw puzzle" came from? Early wooden puzzles were cut using a hand-held saw called a jigsaw or scroll saw.

A Puzzle Boom During Hard Times

Jigsaw puzzles became enormously popular during the Great Depression. They provided inexpensive, reusable entertainment at a time when many families had little money to spend. The invention of die-cutting machines later made cardboard puzzles affordable for everyone.

Brain Benefits

Puzzling is more than fun—it is exercise for the brain.
Improves memory and concentration
Strengthens problem-solving skills
Engages both creative and logical thinking
Encourages patience and attention to detail
Can stimulate dopamine, the brain chemical associated with learning and enjoyment
Research suggests that regular mental activities such as puzzles may help support cognitive health as we age.

Puzzle Trivia

- A person who enjoys puzzles is sometimes called a "puzzler."
- The study of puzzles is known as "enigmatology."
- The average 1,000-piece puzzle takes between 5 and 15 hours to complete.
- Some miniature puzzles are so tiny that builders use tweezers to place the pieces.

- The largest completed jigsaw puzzle on record contained more than 551,000 pieces and was assembled by 1,600 students in Vietnam.

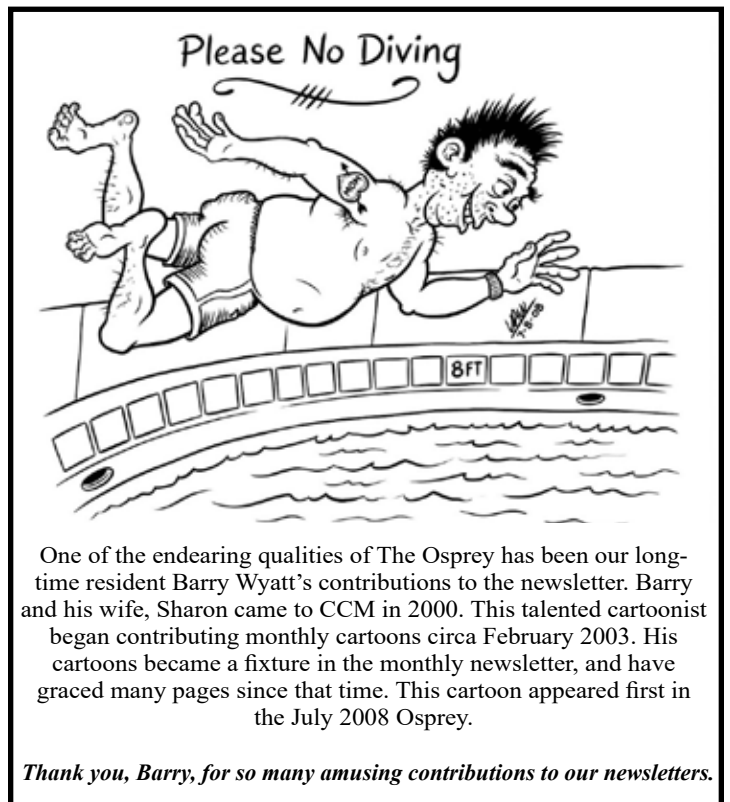
What Makes a Great Puzzler? People who enjoy jigsaw puzzles are often patient, goal-oriented, detail-focused, and persistent. Every completed puzzle is a reminder that big challenges can be solved one piece at a time.

Join the Fun!

Puzzle enthusiasts around the world belong to clubs, attend puzzle swaps, and even compete in speed-puzzling contests. Now our own community is joining the fun with the creation of a new Puzzle Club.

Sources: Britannica, National Puzzle Organizations, Puzzle History Archives

- ❖ **CCM's newly formed Puzzle Club invites puzzlers to join the thrill of completing the community puzzle located in Clubhouse. Many folks at CCM enjoy puzzling, and all are welcome to participate. So, when you have a little free time, come on over and help finish the puzzle. Currently, there is a Vintage Capitol puzzle that we are hoping to finish by July 4th. The Club is considering displaying a PUZZLE OF THE MONTH. For more info, Contact: Bob Comotto (786) 439-5726**

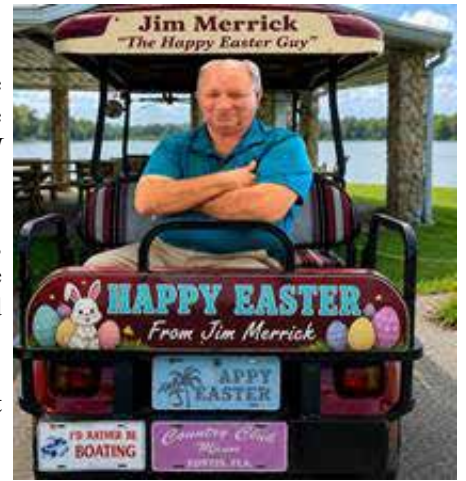


INTRODUCTION:

Jim Merrick has been a resident of Country Club Manor since 2006. Over the years, he has written a series of light-hearted memoirs about memorable neighbors and friends he has known in our community. He titled this collection "*A Collection of Memorable CCM Characters.*"

Many of the individuals Jim writes about are no longer with us, but their personalities, quirks, and contributions remain part of Country Club Manor's shared history. Long-time residents will recognize familiar names, while newer neighbors will enjoy being introduced to the colorful characters who helped shape the *spirit* of our community.

Many of our residents may know Jim as "**The Happy Easter Guy**" as regardless of if it is Christmas, Thanksgiving or just another day, his parting words are "Happy Easter."



MY FRIEND ROD BERGHOEFER

Characters I've Known — People Who Left a Lasting Impression

From Jim Merrick's "*A Collection of Memorable CCM Characters*"

"Hello—goodbye." "What's the deal?" "You shouldn't cast aspersions." "You're a wonderful human being." "Is this what I ordered?"

These are just a few of the expressions my friend Rod Berghoefer used to make people smile. I came to call them "Rod-isms."

Rod had a gift for brightening a room. Whether he was among friends or meeting someone for the first time, he had a way of making people feel noticed and appreciated. Whenever he entered the clubhouse, he would "work the room"—stopping at every table to share a joke, ask how someone was doing, or offer a kind word. You could often tell where Rod was simply by following the laughter.

Many times, I sat back and watched him in action, marveling at his ability to connect with people. He made a difference in countless lives through simple acts of kindness and genuine interest in others. Over the years, I have consciously tried to borrow a few of his Rod-isms and imitate his habit of working the room. I have never done it as successfully as Rod, but as the saying goes, imitation is the sincerest form of flattery.

Like all of us, Rod wasn't perfect. Some people found him loud or noticed that he sometimes asked the same question more than once. Years of service as a firefighter and paramedic had left him hard of hearing, and he always wanted to make sure he understood what was being discussed. He was curious by nature and never hesitated to seek information if someone else knew more than he did.

Rod also worried about just about everything. If you knew him, you can probably hear him saying, "Oh boy!"—another classic *Rod-ism*. Yet beneath that worry was a man whose life had not always been easy. The challenges he faced helped shape the compassion, humor, and resilience that defined him.

One of Rod's most endearing traits was his inability to remember names. Rather than be embarrassed by it, he turned it into a running joke. Fred Hendrick became Charlie. Linda Rathay became Helen. I became Bill. Somehow, those were the names Rod could remember, and everyone accepted them with a smile.

People like Rod remind us that character is often revealed in the little things—a kind word, a shared laugh, genuine concern for others, and the ability to make people feel welcome. Not everyone leaves that kind of impression.

Rod, whether you realized it or not, you made many people better "human beings." Thank you for your friendship, your humor, and your example.

*Rod Berghoefer — passed August 2017

**Stories like this remind us that the greatest treasures in our community
are the friendships we build along the way.**





A local family recently experienced a frightening reminder of the potential dangers of lithium-ion batteries.

In the middle of the night, they were awakened by sounds resembling firecrackers. As they investigated, they discovered thick smoke filling their home. Within moments, smoke alarms began sounding and they saw flames in their living room. Acting quickly, they used a fire extinguisher and removed the burning device from the house.

The source of the fire was a lithium-ion battery inside a rechargeable neck massager. The battery had overheated, producing loud popping sounds before exploding and igniting nearby materials. Hot embers and burning battery fragments scattered across the floor, causing damage and creating a serious fire hazard.

As they cleaned up in the early morning hours, they realized how fortunate they had been. They were home when the incident occurred, their smoke alarms worked properly, and they were able to react quickly before the fire spread. Had the event occurred while they were away or unable to respond, the outcome could have been far more devastating.

Unfortunately, this is not an isolated incident. Lithium-ion battery fires have caused significant property damage and losses across the country. **Many everyday items—including phones, tablets, power tools, e-bikes, scooters, rechargeable appliances, and personal care devices—contain these batteries.**

The lesson is simple: never assume it can't happen to you. Follow manufacturer charging instructions, avoid overcharging devices, inspect batteries for damage, and unplug chargers when devices are fully charged whenever practical. Most importantly, make sure your smoke alarms are working and tested regularly.

A few moments of prevention can help avoid a tragedy.

Stay safe.

ANNOUNCEMENTS

Help Us Honor Our Veterans

NAVY ARMY AIR FORCE MARINES COAST GUARD

As we begin preparing for our Veterans Day Tribute this November, the CCM Veterans Group invites you to share photos of the veterans in your lives—past or present—in their military uniforms.

These photos will be used to create a heartfelt display recognizing the courage, **service**, and **sacrifice** of those who have served our nation.

If you are a resident veteran, or would like to honor a family member, friend, or loved one who served, please text a clear photo along with the veteran's name, **branch of service**, and **years served** to:

Kathy Moore (734) 635-6751
Kathy Herman (609) 464-1550

If you are unable to text a photo, please call to make other arrangements.

Your contributions help us tell the stories that matter most and ensure our veterans receive the recognition they deserve.

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Deep within, the heart has always known that there was freedom
Somehow breathed into the very soul of life.
The prisoner, the powerless, the slave have always known it.
There's something that keeps reaching for the sky.
And even life begins because a baby fights for freedom
And songs we love to sing have freedom's theme.
Some have walked through fire and flood to find a place of freedom
And some faced hell itself for freedom's dream.
Let freedom ring wherever minds know what it means to be in chains.
Let freedom ring wherever hearts know pain.
Let freedom echo through the lonely streets where prisons have no key.
We can be free and we can sing, let freedom ring.
God built freedom into every fiber of creation
And He meant for us to all be free and whole.
When my Lord bought freedom with the blood of His redemption
His cross stamped mercy on my very soul.
I'll sing it out with every breath, I'll let the whole world hear.
I'll sing it out with every breath, I'll let the whole world hear.
This hallelujah anthem of the free.
That iron bars and heavy chains can never hold us captive.
The Son has made us free and free indeed.
Let freedom ring down through the ages from a hill called Calvary.
Let freedom ring wherever hearts know pain.
Let freedom echo through the lonely streets where prisons have no key.
You can be free and you can sing let freedom ring.
You can be free and you can sing let freedom ring.
You can be free and you can sing, let freedom ring, let freedom ring!
Source: [LyricFind](#) | Songwriters: Gloria Gaither / Willam J. Gaither

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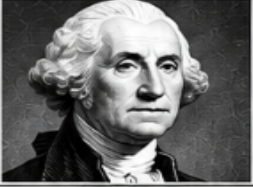


QUOTES CORNER

WORDS THAT SHAPED A NATION



—★ *From the Mouths of Presidents* ★—

	“ Liberty, when it begins to take root, is a plant of rapid growth.	GEORGE WASHINGTON ★ ★ ★ #1
	“ Democracy is the government of the people, by the people, for the people.	THOMAS JEFFERSON ★ ★ ★ #3
	“ Government of the people, by the people, for the people shall not perish from the earth.	ABRAHAM LINCOLN ★ ★ ★ #16
	“ The dreams of golden glory in the future will not come true unless, high of heart and strong of hand, by our own mighty deeds we make them come true.	THEODORE ROOSEVELT ★ ★ ★ #26
	“ The value of truth and sincerity is always stronger than the value of lies and cynicism.	FRANKLIN D. ROOSEVELT ★ ★ ★ #32
	“ America was not built on fear, America was built on courage, on imagination and an unbeatable determination to do the job at hand.	HARRY S. TRUMAN ★ ★ ★ #33
	“ The history of free men is never really written by chance but by choice; THEIR CHOICE!	DWIGHT D. EISENHOWER ★ ★ ★ #34
	“ As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.	JOHN F. KENNEDY ★ ★ ★ #35
	“ Freedom is never more than one generation away from extinction. It has to be fought for and defended by each generation.	RONALD REAGAN ★ ★ ★ #40



DO YOU HAVE
MOISTURE
UNDER YOUR
MOBILE HOME?



FloridaAnchorAndBarrier.com

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Most homeowners don't realize **what's happening underneath their home...**

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Mold and musty odors
High A/C bills
Deteriorating AC ducts

BEFORE



**YOUR CRAWLSPACE
SHOULD BE CLEAN,
DRY, AND PROTECTED**

Signs you have moisture issues:

Musty smell inside your home
Floors feel soft & spongy
High energy bills
Visible moisture or standing water

AFTER



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Hurricane anchors & tie-down systems

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It gets worse over time

It spreads damage throughout your home



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FIX ITSELF**

DON'T WAIT UNTIL DAMAGE GETS WORSE

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Call 352-398-9286**

We protect your home from the ground up.

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FAST TURNAROUND
TRUSTED & INSURED**

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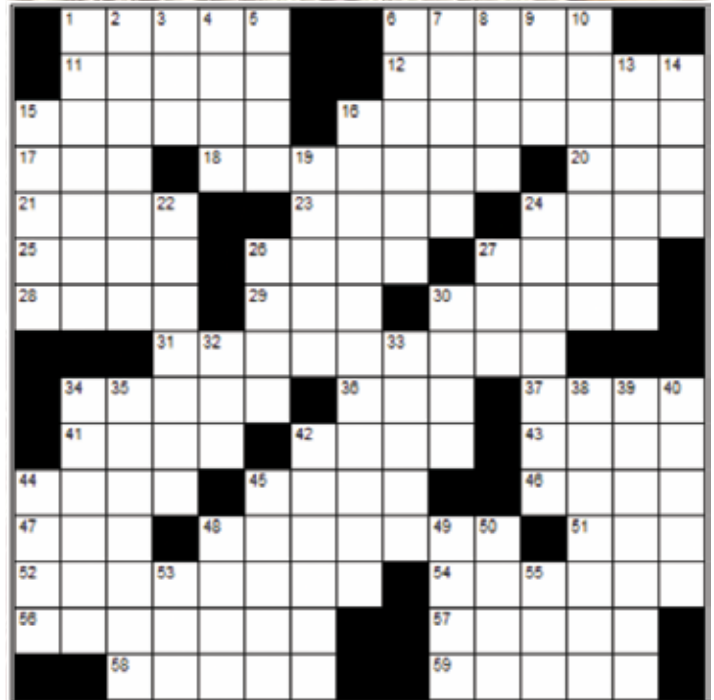
IT DOESN'T NEED TO BE REWRITTEN



IT NEEDS TO BE
REREAD
1776 - 2026



JULY CROSSWORD



ACROSS

1. Highly skilled
6. Manila hemp
11. Metric unit of capacity
12. Pours
15. Countenance
16. Eternally
17. Evil spirit
18. To provide maintenance
20. Black bird
21. See the sights
23. Apiece
24. Assists
25. Initial wager
26. Skin disease
27. Carpenter's tool
28. Strong cleaners
29. Dog with a wrinkly face
30. Not younger
31. Too keen

DOWN

34. Team
36. Falsehood
37. Ages
41. Kick
42. Digestive juice
43. Kitchen or bathroom _____
44. Electrical distribution system
45. Labyrinth
46. Fizzy drink
47. Petroleum
48. In an exposed manner
51. Make lace
52. Woven together
54. First-aid item
56. Robber
57. Go-between
58. Clothe
59. Scope

DOWN

1. Payment to an ex
2. Argument
3. Greek letter
4. Clothespins
5. Tall woody plant
6. Consultant's offering
7. Kind of nut
8. Unnot of land
9. A rotating disk
10. Coat electrolytically
13. Dealer
14. Stitches
15. Critical
16. Converted to Christianity
19. Happen again
22. Echo
24. House location
26. Mimicked
27. Beer
30. Curved molding
32. Tank
33. Was laid up
34. Run very fast
35. Worked patchwork
38. Carousing
39. Moderate in tempo

40. Glide over ice
42. Bread makers
44. Leaves
45. Flowing tresses
48. Egyptian river
49. Teller of untruths
50. Eastern discipline
53. Armed conflict
55. Lair



JULY 2026 OSPREY CCM JULY ACTIVITIES

**Be sure to check the July CCM CALENDAR
and CLUBHOUSE BULLETIN BOARDS for UPDATES on activities.*

CCM MEN'S CLUB

**MEETING DATES
EVERY TUESDAY
@ 8:30AM**

All CCM Residents are Members
JOIN US AT THE CLUBHOUSE!

HELPING HANDS



We also have the
Helping Hands
aspect available
to folks who need a
Helping Hand. All that
you need do is **Ask.** If needed, we
can lend residents a walker, hand
truck or 6' stepladder.

JOIN US AT THE POOL!



**EVERY MONDAY,
WEDNESDAY & FRIDAY**

Water Aerobics will begin at 9am

CHEERS TO CCM

HAPPY HOUR



Every Thursday
Clubhouse Patio @ 4:30pm

BYOB- APPETIZERS APPRECIATED, BUT NOT
NECESSARY TO ATTEND.

Saturdays

Coffee Hour begins at 8:30am

*Donuts served
at 9am*



*Join us at the Clubhouse.
and bring your own mug.*

CCM CLUBHOUSE
EVERY WEDNESDAY
MUSIC JAM
3PM-5PM

DO YOU PLAY A
MUSICAL INSTRUMENT?
COME ON OUT AND
JOIN THE JAM CIRCLE!

Or just want to celebrate Hump Days
then, Come and Give a
Listen. All are Welcome!

MAKE IT - TAKE IT

Friday, July 17th

1pm At Clubhouse
\$5 Each

(Pay at the Door)
Sign up sheet
on Slant Board

CARDS! CARDS! CARDS!!

MondayUno, Swoop, Phase 10, Sequence.
Tabletop Games and Cards are
offered and vary from week to week.

TuesdayTexas Hold'Em

WednesdayEuchre

ThursdayPinochle (Single Deck, Pass Three) Ask Linda if
you want lessons.

FridayBridge, French Hearts, Texas Hold'Em

And on **Sunday afternoons**, Mexican Train (dominoes) is played.
Everyone is welcome and if you don't know the rules, someone
will happily teach you. **Most start at 1pm but check CCM
calendar for exact times.**

(Linda's Phone Number is in the Directory)



A new activity has arrived at CCM — the Puzzle Club! If you enjoy jigsaw puzzles or simply want a relaxing way to unwind, stop by the Puzzle Corner in our Clubhouse. It's a welcoming space where anyone can sit down, connect with neighbors, and help bring a puzzle to life one piece at a time. Be sure to check out the jigsaw puzzle article on Page 9 for fun history and benefits that pair perfectly with our new Puzzle Club
For more information, contact:
Bob Comotto (786) 439-5726

**July 4th
Picnic**
AT THE CLUBHOUSE
Festivities Begin at 2:30 PM!



Tickets are **\$3** and can be purchased from
Kath Morgan, Bob Comotto, Debbie Michel,
or Donna Brace (phone numbers are listed
in the CCM Directory).



Sign up at the **Slant Board** for your choice
of **hot dogs or burgers**, and bring a dish to share.



There will be exciting basket raffles
at **\$1** per chance, with proceeds benefiting
the **Military Appreciation Club**.



As of The Osprey's deadline, **50 residents**
had signed up to attend.

*Come join the July 4th Celebration
for a fun filled afternoon of
food, friends, and festivities!*



★ FOOD ★ FUN ★ RAFFLE PRIZES!

LOCAL HAPPENINGS: THEATRE



Bay Street Players
Historic State Theatre
 109 N Bay Street, Eustis, FL 32726
 Website: eustisstatetheatre.org

Jimmy Buffett's Escape to Margaritaville is a hilarious and heartwarming musical comedy that features Jimmy's iconic songs and follows a group of mostly hard working people who love deeply, fight for what they believe in, and value their friendships above all. Presented by special arrangement with Broadway Licensing Global. (www.broadwaylicensing.com)



OTHER LOCAL HAPPENINGS

ORANGE

BLOSSOM OPRY



Located 22 miles from Country Club Manor

The Orange Blossom Opry is a 550-seat live music venue that features a diverse lineup of mostly country music Tribute bands. You get a lot of bang for your buck as the very talented Orange Blossom Opry house band is excellent and typically does a pre-show. There literally is no bad seat in the house, the stage is easily visible, great acoustics and the prices are reasonable. **Performances are too numerous to publish.** For ticket information, call or check website.

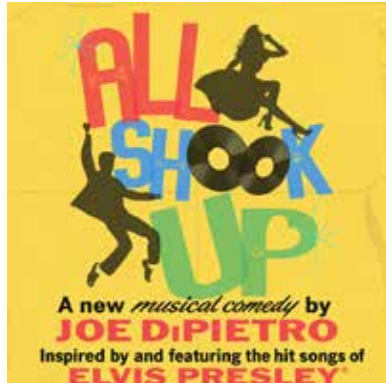
16439 SE 138th Terrace Weirsdale, FL 32195.

<http://www.obopry.com> | (352) 821-1201

EUSTIS 1ST FRIDAY
 Historic Downtown Eustis
FOOD VENDORS MUSIC MORE

(From 6pm until 9pm)

Location: 111 N. Eustis Street



SONNENTAG THEATRE
 at the ICEHOUSE

The Icehouse Players first opened to a full house in the former Ice Plant in 1949 and have been going strong ever since.

1100 N. Unser Street,
 Mount Dora, FL 32757
 Box Office: (352) 383-4616
www.icehousetheatre.com

ALL SHOOK UP

by Joe DiPietro

July 17 – August 9, 2026

A guitar-playin' rebel roars into town! Inspired by the movies of Elvis Presley, songs include Heartbreak Hotel, Hound Dog, Jailhouse Rock, Blue Suede Shoes, and many more hit tunes.

Music Concert and Potluck

Every 3rd Saturday/ Next Date = July 18th
 Starts at 7pm and music by 7:30pm. Cost is \$7

Trout Lake Nature Center

520 E. C.R. 44, Eustis, Florida 32726

Visit <https://troutlakenaturecenter.com>

Please Bring a dish to share.



The Fresh Market

The Fresh Market, organized by Whimsy Market, will be held every Wednesday from 5pm – 8pm in Ferran Park. The market will feature local vendors and food trucks, live music, and a beautiful view of Lake Eustis. For more info:



Ferran Park

<https://www.eustis.org>

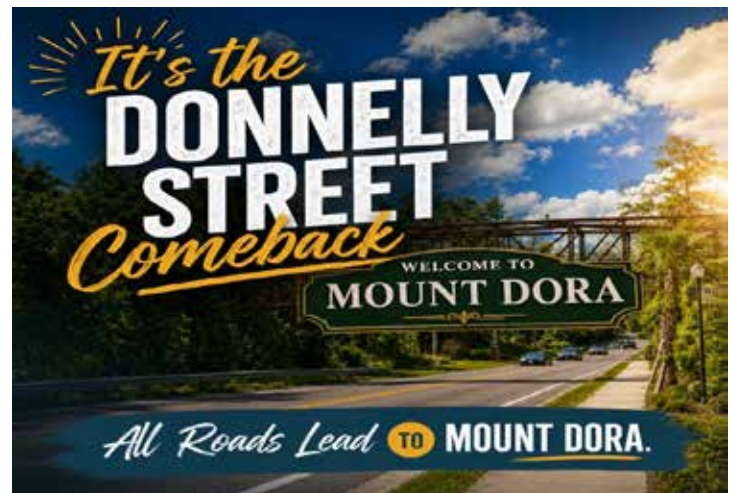
LAKE COUNTY FARMERS' AND FLEA MARKET

At Lake County Fairgrounds - 2101 C.R. 452, Eustis
 Every Thursday: May through September 8am to 12pm
 October through April 8am to 1pm



Fresh vegetables and fruit from local growers and vendors offering jewelry, tools, clothing, toiletries home décor and much more.

Hideaway Performing Arts Center
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Divas of the 70's & 80's
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THE ULTIMATE MUSICAL TRIBUTE
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www.HideawayPAC.com
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 Eustis, FL



JULY 2026 OSPREY
GRACEFUL AGEING (#42)

Growing older doesn't mean growing dull—joy is ageless. In fact, a little happiness can go a long way in supporting a graceful, healthy life. That's why this edition of Graceful Ageing includes a few Happy Facts to add a smile to your day and a spring to your step.

HAPPY FACTS TO BRIGHTEN YOUR DAY



Smiling and laughter are *natural mood boosters*. Laughter releases feel-good chemicals like endorphins. Both smiling and laughter can be “contagious,” partly because humans naturally mimic the facial expressions of others.

Simple acts like spending time in *nature*, *helping others*, and surrounding yourself with *supportive people* are all associated with higher levels of well-being. It's the little things that bring the most joy.

Some studies suggest that when we see someone smile, our brain's mirror-neuron system may encourage us to smile back, which can lift our mood. It is widely believed that *smiling* is one of our most powerful nonverbal signals.

Laughter has been linked to short-term physiological benefits, such as reduced stress and improved mood. Some research suggests it may also support cardiovascular health by helping the body relax.

Vitamin D, often called the “*sunshine vitamin*,” plays a role in mood regulation. Low levels have been linked to increased risk of depression. Sunlight exposure helps the body produce vitamin D, and even brief time outdoors can support overall well-being. So, step into the daylight when you can—your mind and body will thank you for it.”

It is said that *flowers* can have a calming effect. Some studies have found that receiving or viewing flowers may reduce stress and increase positive emotions.

Acts of kindness—whether giving a compliment or helping someone with a small task—are consistently associated with increased happiness. People who regularly practice kindness often report greater life satisfaction.

Music has a profound effect on our emotion. Listening to music you enjoy can trigger the release of dopamine, a neurotransmitter associated with feelings of pleasure and satisfaction.

The color yellow is often associated with warmth and optimism. Many people report that *bright colors, including yellow*, make them feel more energized or cheerful.

Some research supports the idea that *smiling, even when you don't feel like it*, can create a small boost in mood. This is known as the facial feedback effect, and although the effect is modest, it appears to be real.



Stay tuned in for next month's Graceful Ageing column.

CLOSING THOUGHTS

"This 4th of July,
let us honor the
courage of those who
fought for liberty and
celebrate the freedoms
we enjoy every day."



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Honest Pricing

10 Yrs Experience

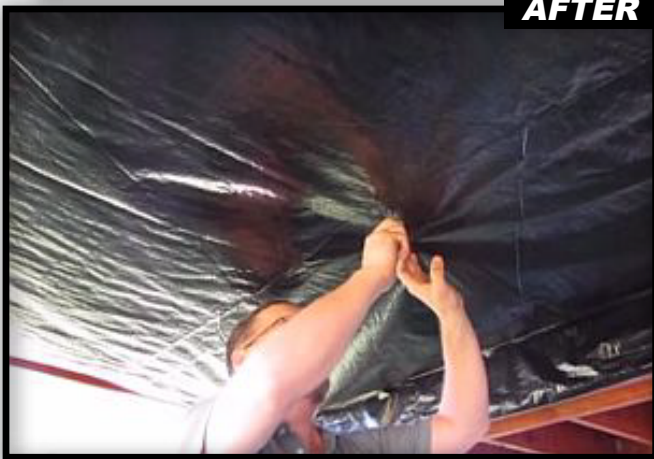
Vapor / Moisture Barrier

- Underhome Encapsulated Insulation
- Hurricane Tie-Down Anchors

BEFORE



AFTER



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BEFORE



AFTER



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