# **RENAISSANCE**

SENIOR LIVING of VERO BEACH

Life. Love. Legacy.™
2100 10th Ave
Vero Beach, FL 32960
(772) 562-8491

#### YOUR LEADERSHIF TEAM



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Jerome Leake Sales & Marketing Director



Lisa Nizam, BSN, RN Resident Services Director



Tejai Jones
Life Enrichment
Coordinator &
Regional Dining
Services Specialist



Dawn Gonzales Assisted Living Life Enrichment Director



**Juan Perez** Maintenance Director



Francisco Rodriguez
Dining Services
Director



Alla Kramer Business Office Manager





### MESSAGE FROM YOUR EXECUTIVE DIRECTOR: DECEMBER 2025

Christmas lights are twinkling, todo lists seem to keep growing, and sometimes it feels like the whole world is rushing to do and buy "more." But as December settles

in, I find myself thinking about how the heart of the holidays isn't found in all the hustle, but in the quiet, meaningful traditions we create and share.

It's easy to be swept up by the season—big store displays, the pressure to have the perfect gift, the calendar that fills itself. Yet when I look back on holidays past, what stands out aren't the gifts themselves, but the memories shaped by time spent together. We remember the homemade jar of jam given and received, the laughter at the kitchen table while baking cookies or making cards, and the small, thoughtful acts that showed care and connection.

This season, I encourage us all to find moments to return to those simpler joys. Maybe try your hand at an "old-fashioned" tradition—make something from scratch, whether it's jam, cookies, a warm scarf, or even a card written by hand and given with love. Better still, invite a friend or family member to join you in the making; the time spent side by side is often the greatest gift of all. These gifts, shared

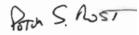
from the heart, are what we remember and carry with us long after the wrapping paper is gone.

Amidst the busy days and competing demands, I hope you'll pause when you can—savor the music, take in the scent of pine, share a story, or sit quietly with someone you care about. Sometimes the most meaningful holiday "more" is simply more presence, more laughter, more kindness.

And if you're able, we would love for you to join us throughout December for the celebrations and fun we have planned here in our community. All of our upcoming events and activities can be found on the calendars inside—so you can easily find the moments that fit your schedule. Even if you can only drop in for a short hello or a cup of cocoa, you are always welcome—we know the month pulls people in many directions.

However you celebrate, and wherever you find yourself this December, I wish you peace, warmth, and all the joy that comes with moments shared and memories made. Here's to the simple things that matter most—this season and always.

Merry Christmas!





### A Faithful Servant and Friend: Remembering Gary Wayne Buchanan

Editor's Note:

We were deeply saddened to lose our friend and fellow resident, Gary Wayne Buchanan, who passed away

just a couple weeks after we gathered his story for this spotlight. With the permission of his family, we are honored to share his story as a celebration of a life well lived—full of service, dedication, humor, and deep love for his family and community.

If you ever met Gary Wayne Buchanan, you quickly learned two things: he had lived a life full of adventure, and he could tell a story well enough to make you feel like you were right there with him—whether "there" was Florida, South Carolina, or halfway across the world in Saudi Arabia.

Gary was born to Pauline and Dewey Phillip Buchanan and grew up alongside his older brother, Terry. As a teenager, he moved with his family to Sebring, Florida, where he graduated high school and did something he remained proud of all his life—he married his high school sweetheart, Rosalee. Together, they raised three children:

- Kathi, married to Hank and living in South Carolina, with their three grown children— Rachel, Henrik, and Caroline.
- Debbie, married to Xavier and living in Georgia, with their daughters, Sophie and Daphne.
- Phillip Wayne, who lives in Vero Beach with his wife, Melania, and their daughter, Ophelia.

In November 1967, Gary moved his young family to Vero Beach to begin working for Piper Aircraft. After experiencing more layoffs than anyone should have to, he transitioned to the Vero Beach Fire Department. That decision shaped much of his life. Gary became part of the very first group of firemen licensed as EMTs in Indian River County. He didn't just work his shifts—he often volunteered with the Volunteer Ambulance Squad or helped a private non-emergency service made up of off-duty firemen.

Over time, Gary pursued new opportunities to better support his family, which led them to Lehigh Acres, where he joined the Lehigh Acres Fire Department. Then came one of the more unexpected chapters in his life—working in Saudi Arabia as a fireman with Morrison Knutson

Construction Company during the construction of King Khalid's Military City. The experience was memorable, but when his father passed away, Gary returned home. He liked to say he "kissed the ground" when he stepped off the plane—and he never returned to Saudi Arabia.

Thanks to his earlier Quality Control training at Piper, Gary was soon hired by U.S. Testing to work on Florida Power and Light nuclear outages. That launched a long and respected career in the nuclear power industry. He worked at many plants across the country before being hired permanently by FPL, where he spent 20 years. Even when FPL downsized and he was among the last to package out of the QC Department, his career didn't slow down. He continued QC inspection work through contractors for Duke Energy's plants in North and South Carolina. The Oconee Plant in South Carolina appreciated him so much that they requested him exclusively for years—until Gary finally decided it was time to retire for good.

During the late 1990s and early 2000s, Gary made another life-changing decision: he quit smoking and took up running. What began as a way to stay in shape grew into a hobby full of races, ribbons, and medals. He ran the Marathon Bridge and completed several Disney Marathons. He proudly displayed his Disney Marathon medals—joyful reminders of his determination and spirit.

Though Gary valued his long career as a QC inspector, his first love had always been emergency service. He loved the fire department, he loved being an EMT, and he especially loved helping people.

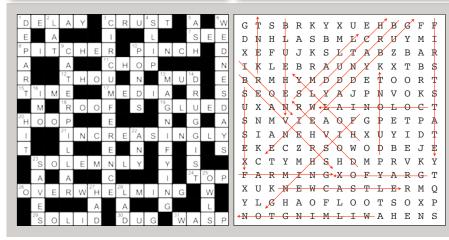
Faith also played a central role in Gary's life. He and his wife were baptized in the Baptist tradition and became proud members of Genesis Church in Vero Beach—a young church modeled after the early Christian community in the Book of Acts. Gary served as a Deacon there for several years.

Gary's life was one of service, resilience, and love—for his family, his work, his community, and his faith. Those who knew him will remember his dedication, his humor, his heart for helping others, and the countless stories he collected along the way.









## CRAFT CORNER



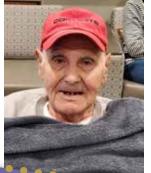


















## **SWEET CELEBRATIONS: NATIONAL**

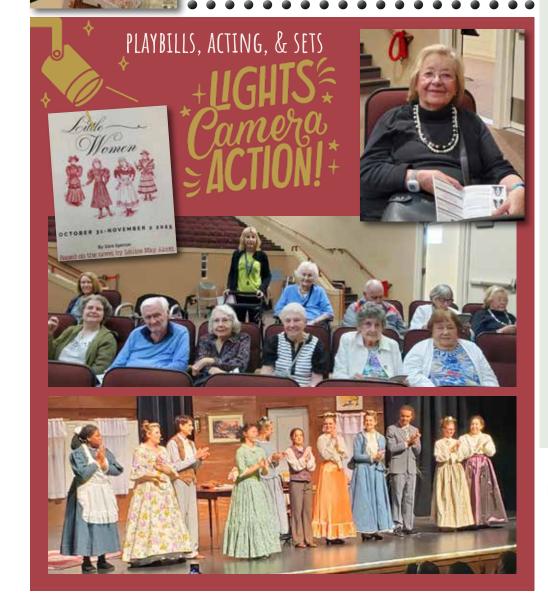












# Celebrations & Milestones

#### Welcome to our newest residents!

- Elizabeth A.
- Patricia M.
- Helen K.
- Timmy W.

#### Let's celebrate everyone marking a special moment this month!

#### RESIDENT BIRTHDAYS

- Dec. 5: Dolores M.
- Dec. 11: Sue B.
- Dec. 13: Barth S.
- Dec. 24: Barbara K.
- Dec. 28: Marinus T.

#### TEAM MEMBER BIRTHDAYS

- Dec. 3: Madison
- Dec. 18: Kenesha

#### RESIDENT ANNIVERSARIES

- Grace B. 4 years
- Charles S. 4 years
- Ann M. 4 years
  Marilyn C. 2 years
  Patricia B. 2 years
  Mimi G. 2 years

- Betty S. 3 yearsLarry F. 1 year

#### TEAM ANNIVERSARIES

- Alexis 3 yearsMajorie 3 years
- Tanola 1 year
- Marie 1 year
- Donna 1 year

Here's to friends, milestones, & memories!



## NEWSLETTER | DECEMBER 2025

































#### **ACROSS**

- 1. Traveler's headache
- 3. Pizza feature
- 7. Envision
- 8. Baseball player or large jug
  10. "\_\_\_\_ me! I must be dreaming!"
  11. Word after karate or pork
- 12. "Wherefore art \_\_\_\_ Romeo?"
- 13. Kind of pie
- 15. Jim Croce's "\_\_\_ in a Bottle"
  17. Broadcasters & news people are some
- 18. It may be pitched
- 19. Pasted together
- 20. Hula \_\_\_\_ (it gets around)
- 21. More and more
- 23. How to swear?
- 24. Apex
- 26. Completely overpowering
- 29. \_\_\_\_ as a rock (well built)
- 30. \_\_\_ up, unearthed 31. Mud dauber, for one

#### DOWN

- 1. Leave; go away
- 2. Global positioning meas.
- 3. Distance around the Earth, say
- 4. "Mom, please sign my permission for the school trip."

G T S B R K Y X U E H B G F F D N H L A S B M L C R U Y M I

NOTGNIMLIWAHENS

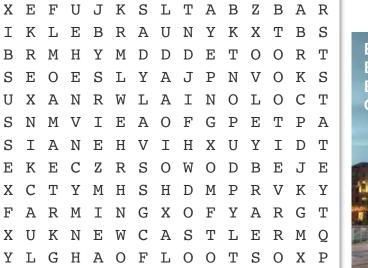
- 5. Cigar residue
- 6. Midweek days
- 9. Butterfly-to-be 10. Koi containers

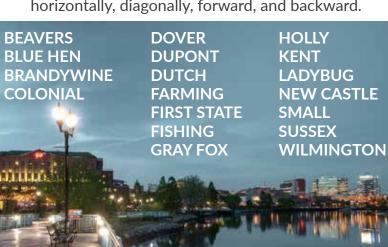
- 13. Increasing (optically) 14. Pharmacist
- 16. In My Opinion, abbrev.
- 20. Billboard listing 22. " questions?"

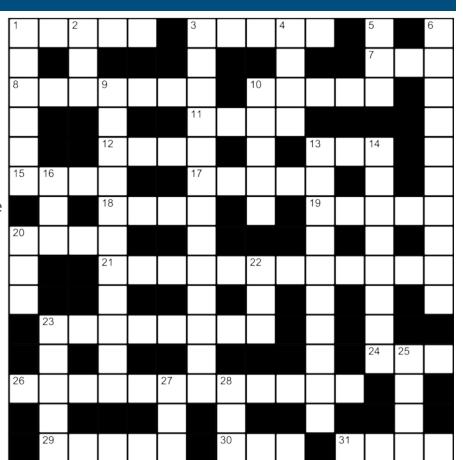
- 23. Reserves
- 25. Birds in barns 27. "I've been !"
- (fooled)
- 28. Little shaver

Delaware

The words listed below can be found vertically, horizontally, diagonally, forward, and backward.







Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Activities are subject to change	9:30 - Move it Monday in the Chapel 10:00 - Shopping with Rick 10:30 - Resident Council 1:30 - Bingo 3:00 - Music with Mark 6:00 - Dominoes	9:30 - Exercise in Gym with Legacy Rehab 10:00 - Painting Class W/Dawn 1:30 - Bingo 3:00 - Making Christmas Wreath 5:30 - Card Games	9:30 - Catholic Service with St. Helen 10:00 - Pencil Art with Dawn 2:00 - Movie Matinee - The Santa Clause (1994)	9:30 - Exercise in Chapel 10:00 - Jewelry Class with Tejai, Carol and Dawn 1:30 - Bingo 3:00 - Music with Mary Ann	9:30 - Chair Yoga 10:00 - Rummikub 1:00 - Activity Committee Meeting 1:30 - Elder Home Care - Christmas Bingo 3:00 - December's Birthday Party 5:30 - Poker Night	9:30 - Exercise in Chapel 10:00 - Prayer Group with Lee and Carol 1:30 - Bingo 3:00 - Simple C Trivia
10:15 - Church Service with Pastor Richard 12:30 - Catholic Service with Holy Cross Church 1:30 - Word Games 3:00 - Hand and Nail Care with Carol	9:30 - Move it Monday in the Chapel 10:00 - Shopping with Rick 10:00 - Pine cone Christmas trees 1:30 - Bingo 3:00 - Music with Mark 6:00 - Dominoes	9:30 - Exercise in Gym with Legacy Rehab 10:00 - Maintenance Director Activity 2:00 - Music with Lady's by the Sea United Methodist Church 3:00 - Pastry Social 5:30 - Card Games National Pastry Day	9:30 - Catholic Service with St. Helen 10:00 - Drum Circle w/ Brandon 1:30 - 3:00- Trunk show w/Lynette Torres 1:30 - Bingo 3:00 - Christmas Epoxy Ornaments (Resin)	9:30 - Exercise in Chapel 10:00 - Jewelry Class with Ginny and Jeanette 1:30 - Bingo 3:00 - Hot Coco Social 5:30 - 7:00 - Resident and family Christmas Party with Entertainment with Anthony and Holly	9:30 - Chair Yoga 10:45 - Lunch Outing/Ocean Grill 3:00 - Happy Hour/Crafts with Madison Moore w/Patients Choice Home Heath 5:30 - Poker Night	9:30 - Exercise in Chapel 10:00 - Prayer Group with Francine and Carol 1:30 - Bingo 3:00 - Simple C Trivia
10:15 - Church Service with Pastor Richard 12:30 - Catholic Service with Holy Cross Church 1:30 - Word Games 3:00 - Trivia	9:30 - Move it Monday in the Chapel 10:00 - Shopping with Rick 10:00 - Wooden Snowman Ornaments 1:30 - Bingo 3:00 - Music with Mark 6:00 - Dominoes	9:30 - Exercise in Gym with Legacy Rehab 10:30 - Music with Mark and Methodist Church in the Lobby 1:30 - Bingo 3:00 - Beaded pipe cleaner Snowflakes 5:30 - Card Games	9:30 - Catholic Service with St. Helen 10:00 - Pencil Art with Dawn 2:00 - Movie Matinee - Miracle on 34th Street (1947) 5:00 - Outing to see Christmas lights in Vero Beach	9:30 - Exercise in Chapel 10:00 - Jewelry Class with Ginny and Jeanette 1:00 - Food Committee Meeting 1:30 - Bingo 3:00 - Music with Brian Bogart	9:30 - Chair Yoga 10:00 - Rummikub Lunch - Pizza Party 1:30 - Nutritional talk w/ Rachel from Treasure Coast Food Bank 3:00 - Happy Hour/Trivia 5:30 - Poker Night	9:30 - Exercise in Chapel 10:00 - Prayer Group with Lee and Carol 1:30 - Bingo 3:00 - Music with Mary Ann and her Students
10:15 - Church Service with Pastor Richard 12:30 - Catholic Service with Holy Cross Church 1:30 - Word Games 3:00 - Hand and Nail Care with Carol  Winter Begins	10:00 - Shopping with Rick 1:30 - Bingo 3:00 - <i>Music with Mark</i> 6:00 - Dominoes	Doctor Appointments 23  10:00 - Legacy - Snack and Chat  1:30 - Bingo  5:30 - Card Games	<b>9:30</b> - Catholic Service with St. Helen 10:00 - Pencil Art <b>2:00</b> - <b>Movie Matinee</b> - How the Grinch Stole Christmas (2000)	9:30 - Exercise in Chapel 10:00 - Trivia 1:30 - Bingo 3:00 - Music with Digger  Christmas	9:30 - Chair Yoga 10:00 - Rummikub 1:30 - Bingo 3:00 - Happy Hour/Trivia 5:30 - Poker Night  Boxing Day (Canada) Kwanzaa Begins	9:30 - Exercise in Chapel 10:00 - Prayer Group with Francine and Carol 1:30 - Bingo 3:00 - Simple C Trivia
10:15 - Church Service with Pastor Richard 12:30 - Catholic Service with Holy Cross Church 1:30 - Word Games 3:00 - Trivia	9:30 - Move it Monday in the Chapel 10:00 - Shopping with Rick 10:00 - Simple C Trivia 1:30 - Bingo 3:00 - Music with Mark 6:00 - Dominoes	9:30 - Exercise in Gym with Legacy Rehab 10:00 - Painting class with Dawn 1:30 - Bingo 3:00 - Hot Coco Social 5:30 - Card Games	9:30 - Catholic Service with St. Helen 10:00 - Pencil art with Dawn 2:00 - Movie Matinee - All that Heaven Allows (1955)  New Year's Eve		ber 🗼	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NEW THE RESERVE	Pledge & Devotions 1	Pledge & Devotions 2	Pledge & Devotions 3	Pledge & Devotions 4	Pledge & Devotions 5	Pledge & Devotions 6
	8:30 - Morning Greetings 10:00 - Move It Monday Workout 1:00- Balloon Volleyball 2:00- This is Jeopardy( Feliz Navidad) 3:00 - Showtime w/ Mark 6:00 - Radio Classics: Malt Shop Oldies	8:00 - Sunshine Greetings 10:00 - Morning Stretch 10:30 - Showtime w/ Mark 1:00 - Christmas Tree Art Shop 2:30 -Patio Chat & World News 3:00 - Double EE's Word Game 6:00 - Radio Classics- Bing Crosby	8:30- Sunshine Greetings 9:30- Catholic Service 10:00- Move & Groove Workout 1:00 - Let's Paint Our Christmas House 2:00 - Silver Bells Chronicles 3:00 - Patio Chat w/ Friends 6:00 - Name That Tune- Holiday Edition	8:30- Sunshine Greetings 10:00 - Work of Art Jewelry Class w/ Ginny & Jeanette 1:00 - Let's Tour the Town 2:30 - Patio Chat & Garden Club 3:00 - Piano Music with Mary Ann 6:00 - Evening Game: Bottle Cap Uno	8:30- Sunshine Greetings 10:00 - Friday Fun Fitness 1:00- Let's Decorate for the Holiday's 2:30- At the Cinema- Scrooge 5:00- Winter Radio Classics 6:00 - Left, Right, Center	9:30 - Saturday Swing 10:00 - Prayer Group with Lee and Carol 1:30 - Beanbag Toss 2:30 - Music w/ Monica 3:00 - Simple C-Reminiscing 6:00 - Carol Burnett Show
Pledge & Devotions 7	Pledge & Devotions 8	Pledge & Devotions 9	Pledge & Devotions 10	Pledge & Devotions 11	Pledge & Devotions 12	Pledge & Devotions 13
10:00- Brain Games Word Scramble 12:15- Catholic Church Service 1:00 - Holiday Tea & Trivia 2:00 - Minute to Win It Stack & Sort 3:00 - Music Unwind 50's & 60's	8:30- Sunshine Greetings 10:00 - Golden Circle Chair Yoga 1:00 - Mini Christmas Tree Village Crafting 2:30 - The Rocking 50's Commercial Trivia 3:00 - Music w/ Mark 6:00 - Radio Classics: Bing Crosby	8:30 - Morning Greetings 10:00 - Move & Groove Workout 10:30 - Showtime w/ Mark 1:00 - Holiday Edition Photo Shoot 2:00 - Music w/ Lady's by the Sea United Methodist Church 3:00 - Zen Rain Forest Trivia 6:00 Evening Show: A Royal Christmas	8:30 - Morning Greetings 9:30 - Catholic Services 10:00 - Drum Circle w/ Brandon 1:30-3:00- Trunk Show w/ Lynette Torres 3:00 - Christmas Ornament Resin Art at Dawns Studio 5:30 - Evening Meditation: Sounds of Broadway	8:30 - Morning Greetings 10:00 - Work of Art Jewelry Class 1:00 - Tour Around the Town 2:30 - Afternoon Fitness Class 5:30-7:00: Resident & Family Christmas Celebration w/ Music by Anthony & Holly	8:30- Morning Greetings 10:00- Morning Jam w/ Digger 10:45- Lunch Bunch at Ocean Grill 1:00 - Hot Chocolate Express 2:00- Holiday Word Connection 3:00 - Caroling Karaoke 6:00- Evening Game: Connect Four	9:30 - Morning Exercise 10:00 - Morning Prayer Group with Lee 1:00- Mingle & Jingle Bingo 2:00- Afternoon Tea Talk 3:00- Simple C-Reminiscing 6:00 - I Love Lucy
Pledge & Devotions 14	Pledge & Devotions 15	Pledge & Devotions 16	Pledge & Devotions 17	Pledge & Devotions 18	Pledge & Devotions 19	Pledge & Devotions 20
10:00- Brain Games Double Letter Words 12:15 - Catholic Church Service 1:00 - Holiday Bingo 2:00 Simple C Hour 3:00- Supper Club Coffee Chat 6:00 - Evening Show: Bewitched	8:30- Morning Greetings 10:00 - Motivation Monday Workout 1:00 - Monday Matinee: The Santa Clause 2:30 - Fact or Fiction( Elves & Reindeer) 3:00 - Music w/ Mark 6:00 - Radio Classics- Burl Ives	8:30 - Sunshine Greetings 10:00 - Morning Sit & Get Fit 10:30 - Showtime w/Mark 1:00 - War of the Snowballs 2:00 - Wonderland Pencil Art 3:00 - Daily Chronicle & Fudge Connection 6:00 - Evening Show w/ Johnny Carson	8:30- Sunshine Greetings 9:30 - Catholic Services 10:00 - Golden Years Walking Club 1:00 - Travel Time- North Pole 3:00- Taste of the Season- Eggnog Social 5:00- Christmas Light Bus Tour	8:30- Sunshine Greetings 10:00 - Work of Art Jewelry Class 10:30- Coffee Chat & Chronicles 1:00 - Lets Bake Gingerbread 2:00- Meditative Art Studio 3:00 - Music with Brian Bogart 6:00 - Easy Listening: Sounds of Classical Music	8:00-Sunshine Greetings 10:00 - Friday Fitness Hour 11:30 - Rocktastic Pizza Party 1:00 - Activity Committee Meeting 1:30 - Holiday Edition Minute to Win It 3:00 - Tejai's Hand & Nail Spa 6:00 - Evening Meditation: Sketch Art	9:30 - Morning Exercise 10:00 - Prayer Group with Lee 1:30 - Beanbag Toss 2:30 - Holiday Trivia 3:00 - Simple C-Reminiscing 6:00 - I Love Lucy
Pledge & Devotions 21	Pledge & Devotions 22	Pledge & Devotions 23	Pledge & Devotions 24	Pledge & Devotions 25	Pledge & Devotions 26	Pledge & Devotions 27
10:00 - Am Brain Spark: 1960's 12:15 - Catholic Church Service 1:30 - Hot Cocoa & Conversations 2:00 - Corner Poets Club 3:00 - Color Me Calm 6:00 - Evening Show: The Dick Van Dyke Show	8:30- Sunshine Greetings 10:00 - Move It Monday 1:00 - Name That Tune: Holly Jolly Christmas 2:00- Grannies S'mores in the Garden 3:00 - Music w/ Mark 6:00 Irving Berlin's White Christmas Musical Songs	8:30-Morning Greetings 10:00 - Morning Chair Yoga 10:30 - Showtime w/ Mark 1:00 - Get to Know Your Neighbor 3:00- Supper Chat Dinner Hour 5:30- Tejai's Pajama & Movie Party How the Grinch Stole Christmas!!!	8:30- Morning Greetings 9:30-Workout Wednesday 10:00- Holiday Sing- Along 1:00 - Afternoon Word Connection 3:00 - Get to Know Your Neighbor 6:00 - Relax with the Sounds of Music	8:30 Morning Greetings 10:00 - Christmas Around the World 1:00 - Coffee Chat & Holiday Music Express 2:30 - Afternoon Movie: It's A Wonderful Life 3:00- Holiday Show w/ Digger 6:00 - Evening Game: Classic Dominoes  Christmas	8:30- Morning Greetings 10:00 - T.G.I.F Workout 1:00- Super Bingo Hour 2:00- Music in the Garden 3:00- Supper Chat w/ Friends 6:00 - Radio Classic- Nat King Cole  Boxing Day (Canada)  Kwanzaa Begins	9:30 - Morning Exercise 10:00 - Prayer Group with Francine 1:00- New Year Word Scramble 2:30 - Color Me Calm( Relaxation) 3:00 - Simple C-Reminiscing 6:00 - I Love Lucy
	Pledge & Devotions 29	Pledge & Devotions 30	Pledge & Devotions 31		<b>*</b>	
10:00 - Morning Patio Chat 12:15 - Catholic Church Service 1:30 - Simple C Trivia Showdown 2:00 - Double TT's Word Game 3:00- Supper Club Coffee Chat 6:00 - Evening Show: Carol Burnette Show	8:30- Sunshine Greetings 10:00 - Monday Fit Club 1:00 - Daily Chronicle & New Year Chat 2:00- Rock & Roll Bowl 3:00 - Music w/ Mark 6:00 Evening Show- Gomer Pyle U.S.M.C.	8:30-Morning Greetings 10:00- Morning Brain Games 10:30 - Showtime w/ Mark 1:00 - New Year New You Workout 2:00- Afternoon Game: Stack Attack 3:00- New Year Trivia Showdown 6:00- Radio Classics: Frank Sinatra	8:30-Morning Greetings 9:30- Catholic Church Service 10:00- Wiggle Wednesday 1:00 - Afternoon Patio Chat w/ Friends 2:00- New Year New You Social Hour 3:00- 2025 World Recap 6:00- Evening Show: Dick Van Dyke Show  New Year's Eve	Decemondary 2025	ber 🐧	