

THE "ECHO"

A monthly newsletter highlighting life and events in the Echo Lake community.

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Introducing Our New Newsletter!

A professionally published newsletter is now available through SageLife to Echo Lake residents and others, including marketing. The paper will be produced by Life Enrichment and will feature many of the activities which have been covered by our resident-run ECHO newsletter, so the ECHO committee has determined to cease that publication. The ECHO committee will have input into the new newsletter, and all residents are encouraged to continue to submit news and photos. The new newsletter offers advantages of quality professional printing and monthly publication.

Welcoming Our New Bus!

Christmas came early this year with the arrival of our new bus! Residents tested our new set of wheels on Sunday morning during our church shuttles. The drivers and residents seem very pleased! The bus will soon be wrapped with the Echo Lake logo.



December 2024



Residents Enjoy an Evening of Jazz!

Mellow and cool sounds of music filled the air of the Echo Lake Theater as a group of residents enjoyed a mid-autumn evening of classic American Jazz. Familiar tunes of the idiom were featured by the ensemble quintet of musicians from the local area. Jazz Ensemble members include Randy Sutin on vibes, Eddie Etkins on sax, Alan Segal on bass, Leon Jordan Sr. on drums, and James Dell'Orefice on piano. Also, in attendance at the concert was Priest of St Peter's Church in the Great Valley, Abigail, and The Deacon, Jeff, who led a heavily attended Bible Study at Echo Lake every Monday at 3pm.

Welcome to Transylvania!



Halloween, a fun time for youngsters trick-or-treating with older siblings, a fun time for seniors at Echo Lake to celebrate their past!!

Hordes of cackling witches appeared, along with a clown, vampire, buzzing bee Nancy H. and her Halo, and various celebrants joining in the fun! The dancing, laughter, eating ended as the night drew to a close, costumes to be packed away for another year of fun and celebration.

We wish Jean P. back to good health after her encounter with a hatchet!!

Transylvania Haunted House

The Haunted House over the fireplace in the North Tower Lobby was designed by Mary Lou L. Mike C. used his technical talents to cut out the design and windows, as well as creating the trees. Marilyn W. and Mary Lou then made the many scary touches and characters peeking out the windows. Their robot was refitted as a vampire, his cape made by Ronnie M., to complete the "Transylvania" decor!



Trick-or-Treating With the MOMS Club of Malvern!

On a Saturday morning in October, 15 children, none older than 6, arrived with their parents at Echo Lake. They came to "trick or treat," to the delight of all residents. There were several super-men, princesses, witches and goblins. They came with their treat bags, and we filled them up. With eyes as big as saucers, they said, "Thank you," but thank you to the little ones, we had fun, too!



Veterans Day Ceremony



Echo Lake residents proudly honored thirty-four fellow residents who served in the U.S. Armed Forces. The North Tower theater was packed with over a hundred attendees.

The gathering was hosted by U.S. Major General Tom Tickner, retired, son of Helen in Assisted Living. The Life Enrichment Associates announced each of the Veterans' names so they could stand or wave to be applauded and receive their certificate from State Representative, Melissa Shusterman. The Veterans

relished the gratitude and respect of friends and neighbors in attendance.

Music filled the theater, and all sang familiar patriotic reflections accompanied by guest pianist Brigitte Rottman. Spirits rang high as the celebration moved to the North Tower Lobby where refreshments were served and people mingled gladly. It was a successful recognition of America's finest!



Fall Fitness Award Ceremony Photos!

Enjoy these photos from our Fall Fitness Award Ceremony! The full article is on the next page!



Fall Fitness Award Ceremony!



Every year Sage and Move for Life work together to host a Fall Fitness Challenge for all residents and associates to participate in. The challenge begins on October 1st and ends on October 31st. Participants have the entire month to walk a 5k, 10k, half or full marathon. A whiteboard & binder were kept outside the theater to allow participants to track their progress. At the end of the challenge an Award Ceremony was held to recognize all participants for their determination, hard work and enthusiasm throughout the challenge. This year we had a total of 85 participants and collectively walked 2,136.5 miles! All participants received a certificate, medal and MFL Fall Fitness T-Shirt! An award was also given for the most miles walked. Pat M. walked a total of 4.5 marathons in Independent Living, Nancy C. walked almost 1.5 marathons in Assisted Living and Joyce L. walked over a marathon in Memory Care! Rita C. and Bill K. were awarded Most Determined Duo for encouraging one another throughout the entire challenge!

Holiday Decorating!

It's beginning to look like Christmas here at Echo Lake with Santa's helpers decorating the halls with wreaths everywhere you look! There's a Santa by a mailbox reading a list. Take a peek to see which list you are on! A wintry Santa dressed in white adorns the bar in the North Lobby next to a white tree. As you walk through our winter wonderland count how many wreaths you can find! Among the trees big and small, Happy Holidays to all!

Our annual Holiday party is scheduled for Thursday, December 5th, from 5:00 - 8:00pm. The party will be throughout the first and second floors of the community. We will enjoy special cocktails, butlered hors d'oeuvres, multiple food stations, desserts and live entertainment! Residents are permitted to invite 4 guests. Don't forget to sign up with the Concierge! We hope to see you all there!

