Majestic Rim
Retirement Living

310 E. Tyler Parkway
Payson, AZ 85541
928.474.3912
majesticrim.com

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COMPASS SENIOR LIVING

LET'S EXERCISE TOGETHER

Join us for fun exercise class every Wednesday & Friday at 10:45 a.m.

STRETCHING AND FLEXIBILITY

STRENGTH AND RESISTANCE

AEROBIC AND ENDURANCE

CALL CRISTINE ROYER 4 MORE INFO: 928.474.3912

Majestic Rim
Retirement Living

The Heartbeat of Payson, AZ >>>

Majestic Rim
Retirement Living

Dec
2017

EQUAL HOUSING OPPORTUNITY

Guided by goodness, loyalty, faith, and fun

PULSE

Did you know >>>

that exercise is important especially for elders 65 years and older? Of course we all agree that walking is beneficial but had you thought of attending our free exercise program? You are invited to our free classes where you can enjoy the Total Fitness program offered every Wednesday and Friday at 10:45 am. Join our contest for a $25 gift card.

We want to share the fun of exercise with those we love!

Together with exercise we can prevent chronic disease, improve our mood (wow, who doesn't need an attitude adjustment now and then) and lower our chance of injury.

See our activity calendar of class dates in this issue of the PULSE!

Christmas without presents?

Are you thinking I lost my marbles? How could we possibly think that Christmas could exist without presents? Maybe I've learned from Dr. Seuss' popular holiday story *How the Grinch Stole Christmas.* See it's the citizens of Whoville who learned that the real present is the love shared with one another. It's the time of year that we express the care and compassion we hold so dearly that illuminates from the carefully wrapped present tied so nicely with a bow. Through his act of compassion, the Grinch soon realized that his heart grew twice its size!

Yet, for some of us, it takes a little more effort to get the hint! For example in the movie The Ultimate Gift, Jason Stevens learned through a series of challenging and often aggravating lessons that giving and getting is all about perspective. Sometimes the act of giving is more emotionally impactful on the one who gives because it's from the heart!

Our wish to you is that you share your love, compassion and gratitude this holiday season. Share your wisdom with kindness to others and be generous with your compliments. This is the season of blessings and I hope your heart grows each passing day. Have a blessed and safe holiday season my friend!

With a grateful heart,

Your Majestic Rim Family

December 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:30 Nurses Corner* 10:45 Total Fitness* 3:00 Tree Trimming Party	**2** 10:00 UNO 3:00 Mexican Train 6:00 Watch a Flick 6:00 Electric Light Parade
3 3:00 Phase 10 5:00 Resident Christmas Social 7:00 Variety TV	**4** 8:15 Poker Walk 1:30 Shopping 1:30 Knights Poker* 3:00 Rummikub* 6:00 Downton Abbey	**5** 8:15 Poker Walk 9:00 Holiday Shopping 10:00 Reminisce Our Moments* 1:00 Bible Study 3:00 Skip-Bo*	**6** 8:15 Donuts 10:45 Total Fitness* 1:00 Walker Check 2:00 Bible Study 6:15 Christmas Carolers	**7** 8:15 Poker Walk 9:30 Smoothies 10:00 Wii Bowling 1:30 Shopping 3:00 Farkle*	**8** 10:45 Total Fitness* 2:30 Resident Mtgs 4:00 Piano music w/Angeline*	**9** 10:00 UNO 3:00 Mexican Train 4:00 PCS Classic Christmas Concert 6:00 Watch a Flick
10 3:00 Phase 10 7:00 Variety TV	**11** 8:15 Poker Walk 1:30 Shopping 1:30 Knights Poker* 3:00 Rummikib* 6:00 Downton Abbey	**12** 8:15 Poker Walk 10:00 Kreative Krafters 1:00 Bible Study 3:00 Skip-Bo 3:15 Christmas Carolers	**13** 8:15 Donuts/Coffee 10:45 Total Fitness* 2:00 Bible Study 3:00 BINGO	**14** 8:15 Poker Walk 9:00 Smoothies 10:00 Wii Bowling 1:30 Shopping 3:00 Farkle* 4:00 Finance Seminar*	**15** 10:00 Safe Haven Carolers 10:45 Total Fitness* 2:00 Cornhole*	**16** 10:00 UNO 11:00 Christmas Carolers 3:00 Mexican Train 6:00 Watch a Flick
17 3:00 Phase 10 5:00 Birthday Party 7:00 Variety TV	**18** 8:15 Poker Walk 9:30 Music Makers* 1:30 Shopping 1:30 Knights Poker* 3:00 Rummikub* 6:00 Christmas Party	**19** 8:15 Poker Walk 10:00 Arm Chair Travel* 11:00 Blood Pressure 1:00 Bible Study 3:00 Skip-Bo*	**20** 8:15 Donuts/Coffee 10:45 Total Fitness* 2:00 Bible Study 5:30 Night Out	**21** 8:15 Poker Walk 9:30 Smoothies 10:00 Wii Bowling 1:30 Shopping 3:00 Farkle*	**22** 10:45 Total Fitness* 2:00 Cornhole* 6:00 "Light the Rim" Tour	**23** 10:00 UNO 3:00 Mexican Train 6:00 Watch a Flick
24 3:00 Phase 10 7:00 Variety TV **31** 3:00 Phase 10 7:00 Variety TV **8:00 Times Square Ball Drop**	**25** *Merry Christmas*	**26** 8:15 Poker Walk 10:00 BINGO 1:00 Bible Study 3:00 Skip-Bo*	**27** 8:15 Donuts/Coffee 10:45 Total Fitness* 2:00 Bible Study 4:00 Music w/Cyndi*	**28** 8:15 Poker Walk 9:30 Smoothies 10:00 Wii Bowling 1:30 Shopping 3:00 Farkle* 4:00 Finance Seminar*	**29** 10:45 Total Fitness* 2:00 Cornhole*	**30** 10:00 UNO 3:00 Mexican Train

Calendar Subject to Changes
*Open to the public

Celebrating Our Veterans

"An evening filled wth honor," remarked WWII Veteran Randall Sperling. Jeannie Price-White, Resident Relations Coordinator recognized the men and women who served our country! The Veteran presentation and party was a moment enjoyed by all!

Photos by Majestic Rim Dining Director-Chef, Kathleen Bickert and a fabulous photographer as well! Thanks Kathy for the wonderful spread!

Reminisce "Our Moments" >>>

Holiday Fruit Cake

A symbol of Christmas and often a longtime family tradition is the annual fruit cake dessert filled with candied fruit, nuts, spices and often soaked in spirits. Whether you are a fan of the holiday dessert or not, millions of people consume this delectable cake every year. Of course, Americans often share fruit cakes as gifts of love and prosperity. However, if you watched Johnny Carson during his years hosting *The Tonight Show* he'd have you believing there was only one cake that would travel from family to family for hundreds of years. He brought much laughter to millions with his fruitcake monologue but for Collin Street Bakery in Corsicana, TX this is no laughing matter. Vying to hold the title of the 'Fruit Cake Capital of the World,' Collin Street Bakery produces over 4 million pounds of fruit cake every year and challenges Claxton Bakery in Georgia for the prestigious crown. If you ever want a fresh, delicious fruitcake look online at www.collinstreet.com and see for yourself the variety of cakes available for mail-order. Yum!

"Maybe Christmas doesn't come from a store. Maybe Christmas, perhaps, means a little bit more"

~The Grinch

Enrich, Educate & Entertain >>>

Find us at the Electric Light Parade on Sat., Dec. 2nd at 6 p.m. – Main St.

This year's theme is ADVENTURE and Majestic Rim's Entry is "Adventure Has No Age"

We look forward to seeing all our friends and neighbors at the parade and please give us a big shout out as we pass by.

Don't confuse 'retired' with 'boring' because we are filled with ADVENTURE whether it's traveling, hiking, kayaking, skiing or even, skydiving!

Share your adventure with us!

Find us on Facebook

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