

Julian Estates

Gracious Retirement Living

13305 94th Ave East • Puyallup, WA 98373 • Phone (253) 845-3232 • www.seniorlivinginstyle.com

FEBRUARY 2019

JULIAN ESTATES STAFF

Managers..... KENDALL & CATHY CLAPPER

Assistant Managers BRUCE &
SUE ROTHACHER

Executive Chef.....HARRY HELBIG

TRANSPORTATION

Monday: Shopping and Errands

Tuesday: Medical Appointments

Wednesday: Outings

Thursday: Medical Appointments

Friday: Shopping and Errands

HAWTHORN
SENIOR LIVING

Valentine's Sweetheart Social

There is nothing better than sharing some delicious strawberry shortcake and ice-cream with friends and people you love. Join us in the Activity Room on February 13th at 2:30 p.m. for a great time here at Julian Estates. We will have live music and a scrumptious Valentine's treats. Don't forget to wear red. See you there!



Card Making Class

Please sign up for the free card making class on Tuesday, February 12th, at 1:30 p.m., in the activity room. The sign-up sheet is on the activity room desk. Everyone is welcome! No previous card making experience is needed. You may want to make a card for a friend for Valentine's Day. See you there!





American Heart Month

American Heart Month has been observed every February since 1964, encouraging people to learn more about heart disease and ways to practice heart-healthy habits. These ideas can help you take charge of your health as well as raise awareness in your community.

Wear red — Sport some crimson clothing on National Wear Red Day, the first Friday in February, to show your support for Heart Month. Consider wearing a red ribbon all month long to spark conversation about heart health.

Know your numbers — Take advantage of blood pressure checks and cholesterol screenings in your community. Record your numbers and work with your doctor to make any needed changes.

Get fit with a friend — Exercise is one of the best ways to help your heart, and it's often more fun with another person. Invite a friend to join you for a walk or to try a new exercise class.

Set a nutritious example — Focus on making heart-healthy foods a regular part of your diet. When others see you choosing options such as fish, whole grains, beans, fruits and veggies, they may be motivated to do the same.

Give back — Participate in health fundraisers and events, such as a 5K or blood drive. Or you could make a donation to the American Heart Association or other organization in honor of Heart Month.

Wear red every Wednesday to help show awareness in the Dining Room and have a little fun!



Scams of the Month: Putting Cash in the Mail

The Federal Trade Commission regularly warns about scammers asking you to pay with gift cards or by wiring money. Scammers love getting you to pay that way because they can get your money fast and disappear. It's almost as good as



getting you to send cold, hard cash. Which must have occurred to them, too, because some scammers are now going low-tech and asking people to send cash in the mail. Sometimes they even tell people to divide the cash between pages of a magazine when mailing. How creative!

According to the FTC's new Data Spotlight, people 70 and older are reporting losing cash to scammers who pretend to be a friend or family member in trouble. (You know the calls: "Grandma, I'm in jail. I need you to send me money for bail." Or some variation on that theme.)

What if you get one of these calls? No matter how alarming it seems, stop and check it out. Get off the phone and call the family member who's supposed to be in trouble, using a number you know is right. Can't reach them? Check with another friend or family member. And never, ever send cash by mail (or pay with a gift card or wire money to someone who demands it).

Waffle Bar

We will be offering our waffle bar on February 26th at 7:55 a.m. in the dining room. Come enjoy a hot waffle, bacon, sausage, scrambled eggs and don't forget, all your favorite toppings! Please RSVP if you have any guests so we can plan accordingly.



Waffle Bar



Fun Memories



Staff members meet Santa



Jewelry making party



Our Gingerbread House Contest entry



Bernie patiently waiting for Santa

Soup-er Bowl Party 2019

Super Bowl LIII, the 53rd Super Bowl and the 49th modern-era National Football League championship game, will decide the league champion for the 2018 NFL season. The game is scheduled to be played on February 3, 2019, at Mercedes-Benz Stadium in Atlanta, Georgia. This will be the third Super Bowl in Atlanta, having previously hosted Super Bowl XXVIII in 1994 and Super Bowl XXXIV in 2000 at the Georgia Dome.

Kick off is at 3:30 p.m., and we will be showing the game in the theater, the TV Room and in the activity room for your viewing. We will have the tailgate food for the game at half time (5 p.m.). We will be serving soup, hot dogs, chips, chili and cupcakes. You get to choose if you are going to eat supper in the Activity Room (self-serve) or the Dining Room. The Kitchen will be providing hot dogs in the Dining Room as an alternate. Come join in the fun, whether you like football or not!



Free Eye Glass Service

Walmart Optical will be in the activity room on February 22nd at 10 a.m. Stop by and have your glasses cleaned, nose pads replaced, if needed, and screws tightened. This is a free service!



FEBRUARY 2019

Birthdays

Trudy Wasik, 3rd
Shirley Layton, 8th
Louise Roberts, 9th
Frank Mueller, 9th
Arlene Walton, 11th
Mildred Henricksen, 14th
Tom Holt, 14th
Hal Lyckman, 15th
David Greaves, 21st
Florence Mohri, 21st
Dianne Pletcher, 23rd
Eileen Jarrett, 24th
Kari Coe, 25th
Bill Winkler, 26th
Eileen Wise, 26th
Theo Brown, 27th



Anniversaries

Ron & Nancy Beane,
2/12/1966
Harold & Billie Brackeen,
2/27/1960

Locations

Activity Room, AR
Alcove, AL
Atrium, AT
Billiard Room, BR
Chapel, CHPL
Dining Room, DR
Fitness Room, GYM
Front Lobby, FL
Library, LB
Movie Theater, MT
TV Room, TV
Veranda, VER

Movies are shown every day in the Theater at 1:45 p.m. and 6:45 p.m.
If you would like to see a specific movie, please stop by the Activity Room or the Office to let them know.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
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|  | | | | | <div>Wear Red Day 1</div> <div>9:00 Sit & Be Fit, AR</div> <div>10:00 Paint a Van Gogh, AR</div> <div>10:30 Bean Bag Baseball, AR</div> <div>1:45 Movie Matinee, MT</div> <div>2:00 Mahjong, AL</div> <div>2:00 Bible Study, CHPL</div> <div>6:45 Movie, MT</div> <div>7:00 Hand & Foot, AL</div> | <div>GROUNDHOG DAY 2</div> <div>10:30 Poker Walk, FL</div> <div>11:30 Music by Gary Hausam, DR</div> <div>1:45 Movie Matinee, MT</div> <div>2:00 Bridge, TV</div> <div>2:00 Mahjong, DR</div> <div>2:00 Poker, BR</div> <div>6:45 Movie, MT</div> <div>7:00 Hand & Foot, AL</div> |
| <div>11:00 Church Service, CHPL 3</div> <div>1:45 Movie Matinee, MT</div> <div>2:00 Mahjong, DR</div> <div>3:00 Knitters & Needles Club, AR</div> <div>3:00 Bingo, AR</div> <div>3:30 Super Bowl Viewing Party, MT</div> <div>5:00 Half Time Soup-er Bowl Tailgate, AR </div> <div>7:00 Mexican Train, AL</div> | <div>Italy Milan 4</div> <div>9:00 Sit & Be Fit, AR</div> <div>9:30 Exercise, AR</div> <div>10:30 Bean Bag Baseball, AR</div> <div>11:00 Singalong Ron, AT</div> <div>1:45 Movie Matinee, MT</div> <div>2:00 Mahjong, DR</div> <div>3:00 Exercise, AR</div> <div>6:45 Movie, MT</div> | <div>9:00 Rosary Prayer Group, CHPL 5</div> <div>9:00 Sit & Be Fit, AR</div> <div>9:30 Exercise, AR</div> <div>1:45 Movie Matinee, MT</div> <div>3:00 Bingo, AR</div> <div>6:45 Movie, MT</div> <div>7:00 Poker, BR</div> <div>7:00 Mexican Train, AL</div> | <div>9:00 Sit & Be Fit, AR 6</div> <div>9:30 Exercise, AR</div> <div>12:30 Pasta Bar, DR</div> <div>12:30 Wear Red Day: Heart Awareness, DR</div> <div>1:45 Movie Matinee, MT</div> <div>2:00 Bridge, TV</div> <div>6:45 Movie, MT</div> <div>7:00 Hand & Foot, TV</div> | <div>9:00 Sit & Be Fit, AR 7</div> <div>9:30 Exercise, AR</div> <div>11:00 Let's Talk Seniors, AR</div> <div>11:30 Chef's Corner, AR</div> <div>1:45 Movie Matinee, MT</div> <div>2:00 Hand & Foot, TV</div> <div>2:00 Poker, BR</div> <div>2:00 Bible Study, CHPL</div> <div>3:00 Bingo, AR</div> <div>6:45 Movie, MT</div> <div>7:00 Bridge, TV</div> | <div>9:00 Sit & Be Fit, AR 8</div> <div>10:30 Bean Bag Baseball, AR</div> <div>11:30 Music by Lynne Vrooman, DR</div> <div>1:45 Movie Matinee, MT</div> <div>2:00 Mahjong, AL</div> <div>2:00 Bible Study, CHPL</div> <div>6:45 Movie, MT </div> <div>7:00 Hand & Foot, AL</div> | <div>9:00 Sit & Be Fit, AR 9</div> <div>10:30 Poker Walk, FL</div> <div>1:45 Movie Matinee, MT</div> <div>2:00 Bridge, TV</div> <div>2:00 Mahjong, DR</div> <div>2:00 Poker, BR</div> <div>6:45 Movie, MT</div> <div>7:00 Hand & Foot, AL </div> |
| <div>11:00 Church Service, CHPL 10</div> <div>1:45 Movie Matinee, MT</div> <div>2:00 Mahjong, DR</div> <div>3:00 Knitters & Needles Club, AR</div> <div>3:00 Bingo, AR</div> <div>6:45 Movie, MT</div> <div>7:00 Mexican Train, AL</div> | <div>9:00 Sit & Be Fit, AR 11</div> <div>9:30 Exercise, AR</div> <div>10:30 Bean Bag Baseball, AR</div> <div>1:45 Movie Matinee, MT</div> <div>1:45 Book Club Meeting, LB</div> <div>2:00 Mahjong, DR</div> <div>3:00 Exercise, AR </div> <div>6:45 Movie, MT</div> | <div>9:00 Rosary Prayer Group, CHPL 12</div> <div>9:00 Sit & Be Fit, AR</div> <div>9:30 Exercise, AR</div> <div>1:30 Card Making Class, AR</div> <div>1:45 Movie Matinee, MT</div> <div>3:00 Bingo, AR</div> <div>6:45 Movie, MT</div> <div>7:00 Poker, BR</div> <div>7:00 Mexican Train, AL </div> | <div>9:00 Sit & Be Fit, AR 13</div> <div>9:30 Exercise, AR</div> <div>12:30 Wear Red Day: Heart Awareness, DR</div> <div>1:45 Movie Matinee, MT</div> <div>2:00 Bridge, TV</div> <div>3:30 Sweetheart Social, AR</div> <div>6:45 Movie, MT</div> <div>7:00 Hand & Foot, TV</div> | <div>VALENTINE'S DAY 14</div> <div>9:00 Sit & Be Fit, AR</div> <div>9:30 Exercise, AR</div> <div>11:00 Let's Talk Seniors, AR</div> <div>1:45 Movie Matinee, MT</div> <div>2:00 Hand & Foot, TV</div> <div>2:00 Poker, BR</div> <div>2:00 Bible Study, CHPL</div> <div>3:00 Bingo, AR</div> <div>4:30 Harp Music, DR </div> <div>6:45 Movie, MT</div> <div>7:00 Bridge, TV</div> | <div>9:00 Sit & Be Fit, AR 15</div> <div>10:30 Bean Bag Baseball, AR</div> <div>10:30 Check & Clean Hearing Aids, AR</div> <div>10:30 Sound Associates Hearing, AT</div> <div>1:45 Movie Matinee, MT</div> <div>2:00 Mahjong, AL</div> <div>2:00 Bible Study, CHPL</div> <div>6:45 Movie, MT </div> <div>7:00 Hand & Foot, AL</div> | <div>10:30 Poker Walk, FL</div> <div>1:45 Movie Matinee, MT</div> <div>2:00 Bridge, TV</div> <div>2:00 Mahjong, DR</div> <div>2:00 Poker, BR</div> <div>6:45 Movie, MT</div> <div>7:00 Hand & Foot, AL</div> |
| <div>11:00 Church Service, CHPL 17</div> <div>1:45 Movie Matinee, MT</div> <div>2:00 Mahjong, DR</div> <div>3:00 Knitters & Needles Club, AR</div> <div>3:00 Bingo, AR</div> <div>6:45 Movie, MT</div> <div>7:00 Mexican Train, AL</div> | <div>PRESIDENTS DAY 18</div> <div>9:00 Sit & Be Fit, AR</div> <div>9:30 Exercise, AR</div> <div>10:30 Bean Bag Baseball, AR</div> <div>1:45 Movie Matinee, MT</div> <div>2:00 Mahjong, DR</div> <div>6:45 Movie, MT</div> | <div>9:00 Rosary Prayer Group, CHPL 19</div> <div>9:00 Sit & Be Fit, AR</div> <div>9:30 Exercise, AR</div> <div>1:45 Movie Matinee, MT</div> <div>3:00 Bingo, AR</div> <div>6:45 Movie, MT</div> <div>7:00 Poker, BR</div> <div>7:00 Mexican Train, AL</div> | <div>9:00 Sit & Be Fit, AR 20</div> <div>9:30 Exercise, AR</div> <div>12:30 Wear Red Day: Heart Awareness, DR</div> <div>1:45 Movie Matinee, MT</div> <div>1:45 Music Blak N Blues, AT</div> <div>2:00 Bridge, TV</div> <div>6:45 Movie, MT</div> <div>7:00 Hand & Foot, TV</div> | <div>9:00 Sit & Be Fit, AR 21</div> <div>9:30 Exercise, AR</div> <div>11:00 Let's Talk Seniors, AR</div> <div>1:45 Movie Matinee, MT</div> <div>1:45 Entertainment, AR</div> <div>2:00 Hand & Foot, TV</div> <div>2:00 Poker, BR</div> <div>2:00 Bible Study, CHPL</div> <div>3:00 Bingo, AR</div> <div>6:45 Movie, MT </div> <div>7:00 Bridge, TV</div> | <div>9:00 Sit & Be Fit, AR 22</div> <div>10:00 Walmart Clean Glasses, AT</div> <div>10:30 Bean Bag Baseball, AR</div> <div>1:45 Movie Matinee, MT</div> <div>2:00 Mahjong, AL</div> <div>2:00 Bible Study, CHPL</div> <div>6:45 Movie, MT</div> <div>7:00 Hand & Foot, AL</div> | <div>10:30 Poker Walk, FL</div> <div>1:45 Movie Matinee, MT</div> <div>2:00 Bridge, TV</div> <div>2:00 Mahjong, DR</div> <div>2:00 Poker, BR</div> <div>6:45 Movie, MT</div> <div>7:00 Hand & Foot, AL </div> |
| <div>11:00 Church Service, CHPL 24</div> <div>1:45 Movie Matinee, MT</div> <div>2:00 Mahjong, DR</div> <div>3:00 Knitters & Needles Club, AR</div> <div>3:00 Bingo, AR</div> <div>6:45 Movie, MT</div> <div>7:00 Mexican Train, AL </div> | <div>9:00 Sit & Be Fit, AR 25</div> <div>9:30 Exercise, AR</div> <div>10:30 Bean Bag Baseball, AR</div> <div>1:45 Movie Matinee, MT</div> <div>2:00 Mahjong, DR</div> <div>3:00 Exercise, AR</div> <div>6:45 Movie, MT </div> | <div>8:00 Waffle Bar, DR 26</div> <div>9:00 Rosary Prayer Group, CHPL</div> <div>9:00 Sit & Be Fit, AR</div> <div>9:30 Exercise, AR</div> <div>11:30 Resident Meeting, AR</div> <div>1:45 Movie Matinee, MT</div> <div>3:00 Bingo, AR</div> <div>6:45 Movie, MT</div> <div>7:00 Poker, BR</div> <div>7:00 Mexican Train, AL </div> | <div>9:00 Sit & Be Fit, AR 27</div> <div>9:30 Exercise, AR</div> <div>12:30 Wear Red Day: Heart Awareness, DR</div> <div>1:45 Movie Matinee, MT</div> <div>2:00 Bridge, TV</div> <div>6:45 Movie, MT</div> <div>7:00 Hand & Foot, TV  </div> | <div>9:00 Sit & Be Fit, AR 28</div> <div>9:30 Exercise, AR</div> <div>11:00 Let's Talk Seniors, AR</div> <div>1:45 Movie Matinee, MT</div> <div>2:00 Hand & Foot, TV</div> <div>2:00 Poker, BR</div> <div>2:00 Bible Study, CHPL</div> <div>3:00 Bingo, AR</div> <div>6:45 Movie, MT</div> <div>7:00 Bridge, TV</div> |  | |



A Floral Favorite

With more than 100 million of them grown for Valentine's Day alone, the rose is one of the most popular flowers in America.

- There are at least 100 different species and thousands of varieties of roses. Hybrid tea roses make up the majority of the roses found in flower shops and home gardens.
- President George Washington was the first rose breeder in the U.S.
- Technically, a rose's thorns aren't true thorns; they're actually prickles.
- It's been a longtime tradition to convey a message by using a rose's color. For example, red is associated with romance, pink signifies gratitude, and yellow expresses friendship.
- The rose is America's national flower, as well as the official flower of four states: Georgia, Iowa, New York and North Dakota.
- California is where you'll find the world's tallest rosebush, growing to 18 feet, 8 inches.

Join us on Thursday, February 14th, for a scrumptious Valentine Candlelight Supper. Lauren will be playing the harp at 4:30 p.m. in the Dining Room.



*Roses are red, violets are blue,
nobody is as special as you!*

The Hawthorn Express – Italy

The last country of the Hawthorn Express' European journey is Italy! As passengers disembark from the train and enter the Milano Centrale Station, they can expect to be transported to a world where ancient and modern meet to form a truly unique experience. Here are a few of the stops the Hawthorn Express is scheduled to make while in Italy.



February 4th: Milan

Along with the powerful names of Paris, New York and London, Milan is referred to as one of the fashion capitals of the world. The fashion expositions, nightlife, Italian food and metropolitan area of Milan provide a futuristic outlook of Italy that people of all ages can appreciate and enjoy.

February 6th: Rome

Italy's capital, also known as the Eternal City, is studded with Roman remnants (Forum, Colosseum and Pantheon), romantic floodlit-fountain squares and the Vatican — home to one of Italy's top museums and the Sistine Chapel.

To celebrate arriving in Rome, we will be having a delicious pasta-bar for dinner! Please RSVP any guests coming to that. We will be taking donations to raise money for our local fire station. Fill the boot!

February 7th: Florence

Florence is a beautiful city located in the heart of Tuscany. Visitors come from all over the world to explore and experience the rich culture of the city. The cradle of the Renaissance, with the world-class Uffizi Gallery, Brunelleschi's dome-topped Duomo, Michelangelo's David and Italy's best gelato, Florence is a must see for all visitors!

We will be making gelato at 2 p.m. in the activity room!

February 8th

Listen to the wonderful singer/pianist Lynn at 11:30 a.m. in the Dining Room. We will have a Guess the Artist Contest available at the tables. Join us as we finish up this wonderful trip through Italy.



Let's Talk Seniors: Matters of the Heart

Bradley from Humana will be here at 11 a.m. on both February 14th and 28th. This month, he will be speaking on matters of the heart.

The topic will be:

February 7th: Phil from Always Best Care will share a presentation.

February 14th: "Healthy Heart"

February 21st: Sean from Sound Associates will speak on hearing.

February 28th: "Is Your Plate Heart Healthy?"

Please join us in the Activity Room on Thursdays, at 11 a.m.

Paint a "Starry Night"

Friday, February 1st, is the last day we are in France.

So many famous artists have called France their home and their inspiration. One such artist was Vincent Van Gogh. Although Van Gogh was not originally from France, he stayed at the asylum of Saint-Remy-de-Provence for a brief period of time. While there, Van Gogh painted his most recognized masterpiece, "Starry Night!"

You will be creating your own version of Van Gogh's oil painting on Friday, February 1st, at 10 a.m., in the activity room. We will be leaving France and heading to Italy.



Pasta-bilities

On February 6th, we will be travelling through Italy. To celebrate traveling to Rome, there is nothing better than pasta.

Join us in the Dining Room at 11:30 a.m. for some entertainment and then a Pasta Bar; including three or four different noodles and sauces to mix and match.

Please RSVP if you have guests on this day so we can plan better. We will be raising money for our local fire fighters. Bring your donations and "Fill the Boot" at the door.

We hope you all have a wonderful Italian experience!



Stay Strong with Weights

As we grow older, our muscles become thinner and weaker with age. The good news is we can build and maintain muscle size and strength with strengthening exercises, exercises that use weights. There are several types of exercise weights: hand weights, strap-on ankle and wrist weights, and weight machines.

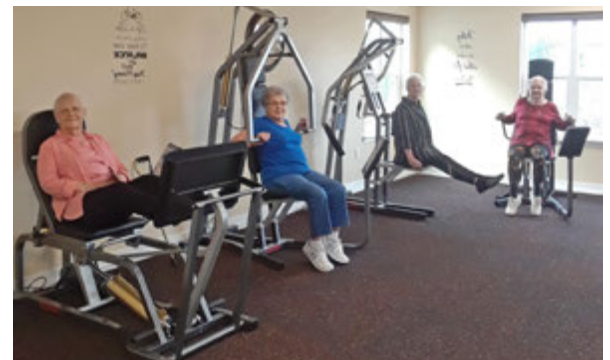
It's important to use weights regularly (at least 15 minutes, two or three times a week) for your arms, legs and abdominal muscles to build and maintain your overall muscle strength, which helps your balance, flexibility and walking ability, and helps prevent falls.

We offer exercise Monday thru Friday at 9 a.m. with the Sit & Be Fit program on channel 12

in the activity room. At 9:30 a.m., we offer a balance exercise program. We also have a gym on the 3rd floor that is available to you anytime.

Group exercise classes are often more fun than exercising alone. They provide extra motivation from other people, friendships and more support and encouragement to keep on exercising.

Join us down in the Activity Room or up on the 3rd floor to get into better shape this year. If you have any questions or concerns, please stop by the office and we can see what we can do to get you started!



Julian Estates
Gracious Retirement Living

13305 94th Ave East
Puyallup, WA 98373



Leave Your Winter Worries Behind

Enjoy the winter season by joining us for hot chocolate and homemade treats around a warm and cozy fire. You can count on things really "heating up" with our packed winter activities calendar. Please call for more information on any of the activities you'd like to participate in, or stop by for a complimentary meal and tour.

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253-845-3232