

JANUARY 2019

MAGNOLIA HEIGHTS STAFF

TRANSPORTATION

Monday & Friday, 10 a.m.-Noon and 2-4 p.m.: Local Shopping & Errands

Tuesday & Thursday, 9 a.m.-Noon and 2-4 p.m.:

Doctor Appointments

Wednesday, 10 a.m.-4 p.m.: Special Outing

Friday, 8:30 a.m.: Mass at St. Mary's Wrentham



Passing Time With Cuckoo Clocks

At the strike of each hour, a tiny toy bird pops through a door and cheerfully delivers its song: "Coo-coo!" This charming feature has made the cuckoo clock a classic timepiece.

Historians say the wall clock's familiar design originated in Germany's



Black Forest region in the 1700s. By using a system of bellows, gears and weights, clockmakers there were able to replicate the cuckoo's call and regulate when the bird popped out to announce the hour. During the area's long winters, townspeople carved the clocks using logs from the forest, then sold their creations in the warmer months.

Two distinct styles of cuckoo clocks emerged over the next century. The traditional carved style is decorated with elaborate nature scenes, while the Swiss chalet style is a painted house, often with moving figures of people and animals. Both types feature two or three weights, often shaped like pinecones, which hang from the bottom of the clock and control its functions.

Various styles of cuckoo clocks can now be found, but genuine handcrafted ones from the Black Forest region are still prized favorites.

That's Made Out of Gingerbread?

Yes, it really is! It all started with a vision and then a plan, and then the delicious (yes, we tasted some!) gingerbread and royal icing started to come out of the Kitchen and we really got to work. The creative juices started flowing and we started with our lighthouse, the focal point of our project. It came out great and even has a working light at the top. With the biggest part done, we started on the jetty and the boardwalk, which started connecting it all together, which gave us confidence that this was going to turn out great — and we think it did! We had fun getting creative with the boats and buildings, and Dottie (once again!) came through with some incredible details that really finished things off so well. We had many volunteers offering help as well as suggestions, and it was nice to chat as we worked and get to know things about each other that we might not otherwise have had an opportunity to do. This project really was a lot of work, (many, many hours!) but at the same time, it was so much fun to watch it slowly take shape and then watch the reactions of residents, staff and visitors when they stopped by to see how it was coming along. We hope that everyone has had an opportunity to stop by and see it because it looks so much better in person! We will be taking it down by mid-January, so if you haven't seen it, please take a few minutes

and stop in to the Activities Room and check it out! We're already starting to think about what we might do for next year's project!



This is fun!



What started out as this ...



... ended up like this!



Oh, what fun we had!



Even I can do this!

Get Ready For Some Fun!

This year's Hawthorn Adventure is going to take us to Europe to ride a train through Germany, France and Italy! We will be learning about the culture, cuisine and some history of a few of the major cities in these countries. We have lots of fun things planned for this 3-week virtual tour of these three amazing countries. We will have a kick-off party on January 16th to celebrate the trip we are about to embark on (right here in the comfort of Magnolia Heights).

You'll each be given a Hawthorn Express Railway Euro Pass for this adventure, and you need to bring it with you to the events. Chef Jason will be sharing some of the traditional cuisine you might experience, both in the Dining Room during meals as well as additional events in the bistro, like a sausage tasting with different sausages and dipping



sauces to go with them. You won't want to miss the Yodel Karaoke night. That's sure to be good for a few laughs! Our trip to Germany will take place during the week of January 21st.

During our visit to France, our resident artist, Mickey Sloggett, will be teaching us how to paint our own version of a famous painting by Van Gogh. I know that will be fun and you'll have a beautiful painting you created that you can display for friends and family to see. We'll also attempt to create our own Eiffel Tower! That should be fun! Our trip to France will take place during the week of January 28th, and we have a special guest coming in to take us on a one-hour virtual tour of Paris and other areas of France, through her own photos (she's a professional photographer).

Our third leg of the trip will take us to Italy the week of February 4th, and we will be having a fashion show that will showcase the upcoming spring fashions and also give us a taste (literally) of some wonderful Italian desserts. We're also planning a wine tasting event where you might even get to learn how to make wine. We'll also get wild and crazy and have some fun at a Toga Party! Woohoo! Start thinking about how you're going to dress up for this event. We'll have prizes for the best outfit! The photographer doing the tour of France is also planning to do one of several places in Italy that she has been to as well. We will be showing movies that have connections to these places and we will have other fun activities and events, so stay tuned for more details.

We know that we can all get a little down after the holidays, with the weather being so cold and it getting dark so early. That's why we're going on this adventure to help us have some fun and stay active, involved and connected. This will help pass the time in a lot of ways, so get ready to climb aboard and join the fun!

Come On, Give It a Try!

We recently added a drumming class to our exercise schedule, which is a lot of fun and easy to do. Seriously, anyone can do this and if you haven't tried it, you should, because you just might enjoy it! No excuses if you're a late sleeper, it's at 2 p.m., right after dinner. It helps challenge your brain, remembering patterns, as well as working different muscle groups. The class takes place every other Thursday in the Activities Room at 2 p.m., so you can have some fun and work off a little of the dinner you just had. Check the calendar each month to see which Thursdays it's on, and if we get enough interest, we might just make it every week instead of every other!



I always wanted to be a drummer!

JANUARY 2019

Birthdays

Jim O'Leary, 1st Linda Tittle, 4th Roberta Jung, 13th Lillian Darman, 20th Alice MacKenzie, 21st Carol Settles, 22nd Carol Fetter, 24th Bob Goldrick, 28th Derek Jarret, 28th Audrey Wilson, 29th Claire McGrath, 29th

Locations

Activity Room, AR Atrium, AT Billiards Room, BR Bistro Kitchen, Bistro Bocci Court, BC Chapel, Chpl Computer Room, CR Dining Room, DR Exercise Room, EX Fireplace, FP Library, Lib Lobby, LBY Movie Theatre, MT Private Dining Room, PD Shuffleboard Court, SC TV Room, TV

Care Solutions, Inc

Elaine Ormond, RN (508) 366-1766

"The beginning is the most important part of any work."

-Plat

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			NEW YEAR'S DAY 9:45 Exercise with Mary, AR 10:30 Wii Games, AR 11:00 Flex the Brain, AR 2:00 Mah Jongg, TV 2:00 Movie, MT 2:00 TBC Exercise with Judith, AR 3:00 Bean Bag Baseball, AT 7:00 Movie, MT 7:00 Bingo, AR	9:45 Exercise with Henry, AR 10:30 Communion Service, Chpl 11:00 Brain Game, AR 2:00 Movie, MT 2:00 Bridge Club, BR 7:00 Bingo, AR 7:00 Movie, MT	9:45 Exercise with Mary, AR 10:30 Pokeno with Kate, AR 11:00 Wii Bowling, AR 11:30 Left-Center-Right, AR 1:00 Care Solutions B/P Clinic, AT 2:00 Movie, MT 3:00 Volleyball, AT 7:00 Movie, MT 7:00 Bingo, AR	8:45 St. Mary (Outing) 9:45 Chair Yoga with Annette, EX 9:45 Local Shopping 11:30 Left-Center-Right, AR 2:00 Movie, MT 2:00 Bridge Club, TV 2:00 Texas Hold 'Em, AR 3:00 Bean Bag Baseball, AT 4:00 Knit & Chat, Lib 7:00 Bingo, AR 7:00 Movie, MT	10:30 Wii Games, AR 11:00 TBC Exercise with Judith, AR 11:30 Rosary with Kay, Chpl 2:00 Canasta, AR 2:00 Movie, MT 3:30 Wii Bowling, AR 7:00 Movie, MT 7:00 Bingo, AR
	8:00 Sun. Mass, Ch. 56, MT 10:30 Scrabble, TV 2:00 Movie, MT 2:30 Mat Making Project, AR 7:00 Movie, MT 7:00 Bingo, AR	9:45 Ageless Grace Exercise, AR 9:45 Local Shopping 10:00 Men's Club, TV 11:00 Brain Game, AR 2:00 Wii Bowling, AR 2:00 Chair Yoga with Annette, EX 2:00 Movie, MT 2:00 Bridge Club, TV 3:00 Volleyball, AT 4:00 Knit & Chat, Lib 7:00 Bingo, AR 7:00 Movie, MT	9:45 Tai Chi with Connie, EX 10:30 Wii Games, AR 11:00 Flex the Brain, AR 2:00 Mah Jongg, TV 2:00 Movie, MT 2:00 TBC Exercise with Judith, AR 3:00 Bean Bag Baseball, AT 7:00 Movie, MT 7:00 Bingo, AR	9:45 Exercise with Henry, AR 11:00 Brain Game, AR 2:00 Movie, MT 2:00 Bridge Club, BR 7:00 Bingo, AR 7:00 Movie, MT	9:45 Exercise with Mary, AR 10 10:30 Pokeno with Kate, AR 11:00 Wii Bowling, AR 11:30 Left-Center-Right, AR 1:00 Care Solutions B/P Clinic, AT 2:00 Drumming, AR 2:00 Movie, MT 3:00 Volleyball, AT 6:30 Sunnyside Swing Band & Dessert Social, AR 7:00 Movie, MT 7:00 Bingo, AR	8:45 St. Mary (Outing) 9:45 Chair Yoga with Annette, EX 9:45 Local Shopping 11:30 Left-Center-Right, AR 2:00 Movie, MT 2:00 Bridge Club, TV 2:00 Texas Hold 'Em, AR 3:00 Bean Bag Baseball, AT 4:00 Knit & Chat, Lib 5:30 Men's Night, Bistro 7:00 Bingo, AR 7:00 Movie, MT	10:30 Wii Games, AR 11:00 TBC Exercise with Judith, AR 11:30 Rosary with Kay, Chpl 2:00 Canasta, AR 2:00 Movie, MT 3:30 Wii Bowling, AR 7:00 Movie, MT 7:00 Bingo, AR
	8:00 Sun. Mass, Ch. 56, MT 10:30 Scrabble, TV 2:00 Movie, MT 2:30 Mat Making Project, AR 7:00 Movie, MT 7:00 Bingo, AR	9:45 Ageless Grace Exercise, AR 9:45 Local Shopping 10:00 Men's Club, TV 11:00 Brain Game, AR 2:00 Wii Bowling, AR 2:00 Chair Yoga with Annette, EX 2:00 Movie, MT 2:00 Bridge Club, TV 3:00 Volleyball, AT 4:00 Knit & Chat, Lib 7:00 Bingo, AR 7:00 Movie, MT	9:45 Exercise with Mary, AR 10:30 Wii Games, AR 11:00 Flex the Brain, AR 2:00 TBC Exercise with Judith, AR 2:00 Movie, MT 2:00 Mah Jongg, TV 3:00 Bean Bag Baseball, AT 6:30 Bill Burke, AT 7:00 Movie, MT 7:00 Bingo, AR	9:45 Exercise with Henry, AR 11:00 Brain Game, AR 2:00 Chaplain Bob, Veterans' Movie, MT 2:00 Movie, MT 2:00 Bridge Club, BR 2:00 Hawthorn Adventure Kick-Off Party, AR 7:00 Bingo, AR 7:00 Movie, MT	9:45 Exercise with Mary, AR 10:30 Pokeno with Kate, AR 11:00 Wii Bowling, AR 11:30 Left-Center-Right, AR 1:00 Care Solutions B/P Clinic, AT 2:00 Movie, MT 3:00 Volleyball, AT 7:00 Movie, MT 7:00 Bingo, AR	8:45 St. Mary (Outing) 9:45 Chair Yoga with Annette, EX 9:45 Local Shopping 11:30 Left-Center-Right, AR 2:00 Movie, MT 2:00 Bridge Club, TV 2:00 Texas Hold 'Em, AR 3:00 Bean Bag Baseball, AT 4:00 Knit & Chat, Lib 7:00 Bingo, AR 7:00 Movie, MT	10:30 Wii Games, AR 11:00 TBC Exercise with Judith, AR 11:30 Rosary with Kay, Chpl 2:00 Canasta, AR 2:00 Movie, MT 3:30 Wii Bowling, AR 7:00 Movie, MT 7:00 Bingo, AR
PDR	8:00 Sun. Mass, Ch. 56, MT 10:30 Scrabble, TV 2:00 Movie, MT 2:30 Mat Making Project, AR 4:00 Pat Durkin, DR 7:00 Movie, MT 7:00 Bingo, AR	9:30 Hearing Solutions with Roger, CR 9:45 Ageless Grace Exercise, AR 9:45 Local Shopping 10:00 Men's Club, TV 10:30 Volksmarch Through Berlin, AR 11:00 Brain Game, AR 2:00 Chair Yoga with Annette, EX 2:00 Movie, MT 2:00 Bridge Club, TV 3:00 Volleyball, AT 4:00 Knit & Chat, Lib 7:00 Bingo, AR 7:00 Movie, MT	9:45 Tai Chi with Connie, EX 10:30 Wii Games, AR 11:00 Flex the Brain, AR 2:00 Mah Jongg, TV 2:00 Movie, MT 2:00 TBC Exercise with Judith, AR 3:00 Bean Bag Baseball, AT 7:00 Movie, MT 7:00 Bingo, AR	9:45 Exercise with Henry, AR 11:00 Brain Game, AR 2:00 Movie, MT 2:00 Bridge Club, BR 6:30 Yodel Karaoke Night, AR 7:00 Bingo, AR 7:00 Movie, MT	9:45 Exercise with Mary, AR 10:30 Pokeno with Kate, AR 11:00 Sausage Tasting Event, Bistro 1:00 Care Solutions B/P Clinic, AT 2:00 Movie, MT 3:00 Volleyball, AT 4:00 Chris Waters, AT 7:00 Movie, MT 7:00 Bingo, AR	8:45 St. Mary (Outing) 9:45 Chair Yoga with Annette, EX 9:45 Local Shopping 11:30 Left-Center-Right, AR 2:00 Movie, MT 2:00 Bridge Club, TV 2:00 Texas Hold 'Em, AR 3:00 Bean Bag Baseball, AT 4:00 Knit & Chat, Lib 5:30 Ladies' Night, Bistro 7:00 Bingo, AR 7:00 Movie, MT	10:30 Wii Games, AR 11:00 TBC Exercise with Judith, AR 11:30 Rosary with Kay, Chpl 2:00 Canasta, AR 2:00 Movie, MT 3:30 Wii Bowling, AR 7:00 Movie, MT 7:00 Bingo, AR
of ato	8:00 Sun. Mass, Ch. 56, MT 10:30 Scrabble, TV 2:00 Movie, MT 2:30 Mat Making Project, AR 7:00 Movie, MT 7:00 Bingo, AR	9:45 Ageless Grace Exercise, AR 9:45 Local Shopping 10:00 Men's Club, TV 11:00 Brain Game, AR 2:00 Chair Yoga with Annette, EX 2:00 Movie, MT 2:00 Bridge Club, TV 3:00 Volleyball, AT 3:00 Paint Like Van Gogh, AR 4:00 Knit & Chat, Lib 7:00 Bingo, AR 7:00 Movie, MT	9:45 Exercise with Mary, AR 10:30 Wii Games, AR 11:00 Flex the Brain, AR 2:00 TBC Exercise with Judith, AR 2:00 Movie, MT 2:00 Mah Jongg, TV 3:00 Bean Bag Baseball, AT 3:00 Build the Eiffel Tower, AR 7:00 Movie, MT 7:00 Bingo, AR	9:45 Exercise with Henry, AR 11:00 Brain Game, AR 2:00 Movie, MT 2:00 Bridge Club, BR 4:15 Mike Dardis, DR 7:00 Bingo, AR 7:00 Movie, MT	9:45 Exercise with Mary, AR 10:30 Pokeno with Kate, AR 11:00 Wii Bowling, AR 11:30 Left-Center-Right, AR 1:00 Care Solutions B/P Clinic, AT 2:00 Virtual Tour of Paris, MT 2:00 Movie, MT 3:00 Volleyball, AT 7:00 Movie, MT 7:00 Bingo, AR		i

Cabaret Lulu, Straight From New York

We recently went on an outing to Sturbridge, Massachusetts, to the Sturbridge Host Hotel, where we got to see a group of performers that came up from New York. The group is led by Lucille Gould, who has been performing for decades and is still going strong. The group of four sang songs, told jokes and did skits that brought plenty of laughs as well as applause. We even got to join in the





singing of several Christmas carols, which was fun. We also enjoyed a wonderful lunch that everyone was still talking about the next day; that's how good it was. I think most people agreed that we would look at going back again next year to see one of their other shows. Once again, the price was right and the food and entertainment was enjoyed by all.

Brown Bag Concerts Are Back!

We are very fortunate to have the beautiful Mechanic's Hall nearby in Worcester. Massachusetts. Twice a year, they host the Brown Bag concert series, featuring prominent musicians from around the country. You come in and choose your own table. and if you brought





lunch or if you want to buy a brown bag lunch, you can enjoy lunch during the one-hour concert, which is free. They offer drinks and other goodies as well, but we always choose to go to lunch at a quaint little Italian restaurant not far from there called LaCucina. The food is delicious and they're always happy to see us. We recently went out there to hear a jazz concert that featured a vocalist who just happened to have gone to high school with a resident's daughter. She and her jazz band were wonderful, and we all enjoyed a terrific holiday concert and a delicious meal. We can't wait to see who's coming in the spring series. If you haven't joined us for one of these outings, you should give it a try. You can't beat the price and we'd love to fill the bus!

Look At Our Mats!

Several months ago, a friend of mine came here to show us how to take used plastic grocery bags and repurpose them into plastic crocheted mats that are 6 feet long and 3 feet wide. The process to get to the final product involves people folding the bags and then cutting them in strips. Next, the strips are looped together and rolled into a ball (called plarn). Then the plarn is used (like yarn) and crocheted into the mats that even include straps at one end to tie them when they are folded in half and rolled up for easier transporting. A lot of helpers volunteered their time to do one or more of the steps involved to create these mats that will be given to The Pine Street Inn homeless shelter in Boston. From there, they will be distributed to people in the city who sleep outside, even in the cold and bad weather. These mats give them a barrier between the cold or wet ground or maybe a hard bench, that makes it a little more comfortable for them, or



Wow! These are amazing!

it could be used as a blanket on top of them as well. They are truly appreciated by those who receive them. I want to thank everyone who helped along the way, whether it was a little or a lot. Your love was woven into these mats in the process, and I appreciate every one of you and the time you donated to help make this project a success. I especially want to thank Dottie Crocker, who created the majority of the mats. You are so creative and talented and hard-working. I admire you for all that you did to see this through and all that you do on a regular basis around here! We are blessed to have you living here and sharing your time and talents with us.

How the World Celebrates the New Year

In the U.S., the New Year is often ushered in with parties, fireworks and a midnight kiss. The rest of the world revels in a variety of traditions.

Spain — At the stroke of midnight, people in Spain eat 12 grapes, one for each month of the year ahead, for good luck.

Russia — In the country's region of Siberia, divers plunge into icy lakes to place a New Year tree, or "yolka," beneath the water's surface, symbolizing a new beginning.

Germany — Germans give a sweet greeting to January 1st by eating the jelly doughnut known as a "Berliner," "Pfannkuchen" or "Krapfen."

Japan — All across this Asian nation, the sound of cities ringing in the New Year can be heard at midnight, when bells chime 108 times as a cleansing ritual.



Colombia — Those hoping for travel adventures in the coming year will carry an empty suitcase with them, a custom in Colombia and other Latin American countries.

Greece — Symbolizing renewal, onions are hung on doorways as a good luck token.

Brazil — To bring prosperity and good luck, Brazilians wear white on New Year's Eve and toss white flowers and candles into the ocean.

Turkey — At midnight, people here sprinkle salt on their doorsteps, which is believed to bring peace and good fortune.

Finland — A crafty custom in Finland is to melt down some tin and then pour it into cold water. When the metal hardens, the shape it forms gives a prediction for the year to come.

Romania — For protection in the new year, many dress up as bears and perform a dance to scare away bad luck.





