

The Rio Grande

Gracious Retirement Living

2331 Westside Boulevard S.E. • Rio Rancho, NM 87124 • Phone (505) 994-2800 • www.seniorlivinginstyle.com

JANUARY 2019

THE RIO GRANDE STAFF

Managers.....STEPHAN & KAREN SHAHAN
Assistant Managers .STEVE & KIMBERLY ROGERS
Executive Chef.....ALBERTO MENDEZ
Marketing.....MAURA PECTOR
Activity CoordinatorMELANIE MARTIN
Maintenance Coordinator.....LEE LARRANAGA
Bus Driver LYDIA MARTINEZ

OFFICE HOURS

Everyday 7:30 a.m.-7:30 p.m.

TRANSPORTATION

Monday, 10:30 a.m.-12:15 p.m.: Shopping

Tuesday & Thursday, 8 a.m.-4 p.m.:
Appointments

Wednesday, 9-11:15 a.m.: Shopping

Wednesday, 11:30 a.m.: Activity/Lunch Outings

Friday, 9-11:30 a.m.: Bank Runs

HAWTHORN
SENIOR LIVING

All Aboard!

Full Steam Ahead! Beginning the week of January 14th through February 8th, The Rio Grande will be boarding a high-speed, luxury train, The Hawthorn Express! The Hawthorn Express will be transporting passengers to these amazing destinations: Germany, France and Italy.

As we make our scheduled stops at each destination, we will be experiencing the food, history and culture of each of these beautiful countries. Be sure to attend the Kick Off Party on Wednesday, January 16th, to get your Eurail Pass and Travel Itinerary. If you have any additional questions like what to pack or the weather conditions, be sure to check in with your Hawthorn Express Conductor, Melanie.





Pictures From 2018



Cami getting into the Holiday Spirit.



Setting up the Garden to bring fresh veggies for all to enjoy.



Steven and Denny enjoying a little coffee and Hawaiian Time.



While the Managers are in Hawaii, let's have a party!



Mary Fox trying to hide behind a balloon.



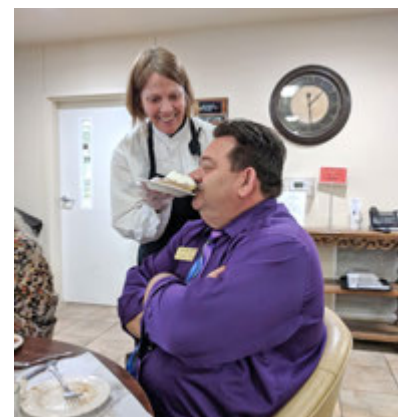
Popcorn and George, always hot and fresh! Thanks, George!



Referral checks a-flying at The Rio Grande.



Maura helping in the Kitchen.



Stephen and Corinne having a little fun time in the Dining Room. No pie was hurt during the taking of this picture.



More Details on the Hawthorn Express

Our Kickoff Party begins with pictures at the rail station, while meeting your new Conductor, Melanie. You will be getting your passports and itinerary for Germany, France and Italy. Join in on the fun as we learn the language and culture and taste some of the foods and drink of these countries as we head down the rails of adventure.

January 21st-25th — Germany will be our first adventure. Guten Morgan (Good Morning). We will be visiting Berlin, Munich and Hamburg. We will sample many a food and drink, play games and yodel with the best of them. We will have The Die Polka Schlinge play for us on January 23rd with a great chef-prepared German meal to put us in the Polka mood.

January 28th-February 2nd — Bonjour (Hello). France will be our next stop. We will be visiting Paris, The French Riviera and Provence. We will journey through France and stop and smell the coffee, cheeses and perfumes as we enjoy games, exercise and maybe a little Champagne along the way.

February 4th-8th — We will be visiting Italy. Come be with your Amici (friends) and say Ciao (Hello & Goodbye) to the many sights and sounds of Italy. We will be visiting Milan, Rome and Florence. We will have games, fun and of course, food.

Climb aboard for a fun and exciting time with the Hawthorn Express.

On a side trip, we will be visiting China to help celebrate Chinese New Year on February 5th. We will have the Dragon and dancers from China here along with a great Chinese dinner.

Hope to see everyone come out and have a great time!



The Die Polka Schlinge Band to get our Polka on!



Helping the local VFW with a check raised by bringing great residents into The Rio Grande.



Can't wait for nice weather to be outside playing yard dice. Come on, spring!

Meet Our New Activity Coordinator!

Melanie joined us in December and is ready to kick off a great new year here at the Rio Grande! She brings a lot of great experience to our community and will contribute greatly to many engaging activities to come. She is very excited to be here and is eager to get to know and work with you! Please take some time to get to know her and don't forget to ask her about her travel and unique work experiences. Welcome, Melanie!

JANUARY
2019

Birthdays

Evelyn Gantner, 5th
Dorothy Dollens, 6th
Pat Smillie, 9th
Hildred Huysoon, 12th
Gary Bragnac, 13th
Donnie Perry, 15th
Gladys Davis, 15th
Jane Hendrix, 24th
Ben Thiede, 24th
Elaine Smith, 28th

Locations

Activity Room, AR
Atrium, AT
Backyard Patio, BP
Billiards, BL
Bistro, BI
Bus, Bus
Chapel, CH
Computer Room, CR
Dining Room, DR
Fitness Center, FC
Front Lobby, Lobby
Front Yard, FY
Gym, Gym
Library, LB
Movie Theater, MT
TV Room, TV

Your Place or Mine Hair
Salon is now open.
Please contact Tammy
for an appointment
at 505-259-4493.

“The beginning
is the most
important part of
any work.”

—Plato

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		NEW YEAR'S DAY 1 9:00 Rio Grande Exercise, AR 10:00 Rio Mart, BI 10:00 Bocce Ball, AT 11:00 Presbyterian Hospital Meet and Greet, AR 2:00 Bridge, TV 2:00 Coffee/Tea Chat with Melanie, AR 3:00 Horse Racing, AR 7:00 Rummikub, BL	2 8:30 St. Thomas 9:30 Gab & Groove, AR 10:15 Sprouts, Bus 11:30 Activity/Lunch Outing, Bus 2:00 Uno, AR 3:30 Blackjack with Ignacio, AR 6:45 Prize Bingo!, AR 7:00 Rummikub, BL	3 9:30 Strength & Balance Exercise, AR 10:00 Mahjong, TV 10:00 Rio Mart, BI 11:30 Ambassadors & Volunteers Mtg with Melanie, AR 2:00 Arts & Crafts, AR 2:00 Nagel CPA Tax Talk, MT 3:30 Nickels, AR 4:00 Mike Bowman's Bible Study, MT 7:00 Rummikub, BL	4 9:00 Mindful Movement Exercise, AR 9:30 Women's Bible Study, TV 9:30 Confession, CH 10:00 Rosary, CH 10:30 Money Bingo, AR 2:00 Chair Volleyball, AT 6:45 Friday Night Flick, MT 7:00 Rummikub, BL	5 9:00 Yard Dice, FY 10:00 Mahjong, TV 10:00 Doughnut Social, AR 11:00 Wii Bowling, AR 1:45 Mexican Train Dominoes, BL 3:00 Rummikub, TV 6:45 Evening Movie, MT 
6 10:00 Interdenominational Worship Service, CH 1:45 Puzzle Mania, LB 2:00 Afternoon Games, TV 2:00 Explore Space with Donnie, AR 3:00 Matinée, MT 6:45 <i>Wii Bowling, AR</i> 	7 8:30 St. Thomas 9:00 Silver Sneakers Rio Grande Exercise, AR 10:00 Walmart, Bus 10:00 Arts & Crafts, AR 2:00 <i>Brain Games, AR</i> 3:00 Bean Bag Baseball, AR 6:45 Christ Fellowship Service, MT 6:45 Rummikub, BL	8 9:00 Rio Grande Exercise, AR 10:00 Rio Mart, BI 10:00 Bocce Ball, AT 2:00 Bridge, TV 3:00 Horse Racing, AR 7:00 Rummikub, BL	9 8:30 St. Thomas 9:30 Gab & Groove, AR 11:30 Activity/Lunch Outing, Bus 2:00 Uno, AR 3:30 Blackjack with Ignacio, AR 6:45 Prize Bingo!, AR  7:00 Rummikub, BL	10 9:00 Blood Pressure Check, MT 9:30 Strength & Balance Exercise, AR 10:00 Mahjong, TV 10:00 Rio Mart, BI 2:00 Arts & Crafts, AR 3:30 Nickels, AR 4:00 Mike Bowman's Bible Study, MT 7:00 Rummikub, BL	11 9:00 Mindful Movement Exercise, AR 9:30 Women's Bible Study, TV 10:00 Rosary, CH 10:30 Money Bingo, AR 2:00 Chair Volleyball, AT 3:30 Entertainer Kevin Whitcomb, AR 6:45 Friday Night Flick, MT 7:00 Rummikub, BL	12 9:00 Yard Dice, FY 10:00 Mahjong, TV 10:00 Doughnut Social, AR 11:00 Wii Bowling, AR 1:45 Mexican Train Dominoes, BL 3:00 Rummikub, TV 6:45 Evening Movie, MT 
13 10:00 Interdenominational Worship Service, CH 1:45 Puzzle Mania, LB 2:00 Afternoon Games, TV 2:00 Explore Space with Donnie, AR 3:00 Matinée, MT 6:45 <i>Wii Bowling, AR</i> 	Hawthorn Express Kick Off Week 14 8:30 St. Thomas 9:00 Silver Sneakers Rio Grande Exercise, AR 10:00 Walmart, Bus 10:00 Arts & Crafts, AR 2:00 <i>Brain Games, AR</i> 3:00 Bean Bag Baseball, AR 6:45 Christ Fellowship Service, MT 6:45 Rummikub, BL	15 9:00 Rio Grande Exercise, AR 10:00 Rio Mart, BI 10:00 Bocce Ball, AT 2:00 Bridge, TV 3:00 Horse Racing, AR 7:00 Rummikub, BL 	16 8:30 St. Thomas 9:30 Gab & Groove, AR 10:15 Walgreens and/or CVS, Bus 11:30 Activity/Lunch Outing, Bus 2:00 Uno, AR 3:30 Blackjack with Ignacio, AR 3:30 The Rio Grande Book Club, TV 6:45 Prize Bingo!, AR 7:00 Rummikub, BL	17 9:00 Nail and Foot Clinic 9:30 Strength & Balance Exercise, AR 10:00 Mahjong, TV 10:00 Rio Mart, BI 2:00 Downsizing with Jan, MT 2:00 Arts & Crafts, AR 3:30 Nickels, AR 4:00 Mike Bowman's Bible Study, MT 7:00 Rummikub, BL	18 9:00 Mindful Movement Exercise, AR 9:30 Women's Bible Study, TV 10:00 Rosary, CH 10:30 Money Bingo, AR 2:00 Chair Volleyball, AT 6:45 Friday Night Flick, MT 7:00 Rummikub, BL	19 9:00 Yard Dice, FY 10:00 Mahjong, TV 10:00 Doughnut Social, AR 11:00 Wii Bowling, AR 1:45 Mexican Train Dominoes, BL 3:00 Rummikub, TV 6:45 Evening Movie, MT
20 10:00 Interdenominational Worship Service, CH 1:45 Puzzle Mania, LB 2:00 Afternoon Games, TV 2:00 Explore Space with Donnie, AR 3:00 Matinée, MT 6:45 <i>Wii Bowling, AR</i>	MARTIN LUTHER KING JR. DAY 21 Germany Week 8:30 St. Thomas 9:00 Silver Sneakers Rio Grande Exercise, AR 10:00 Walmart, Bus 10:00 Arts & Crafts, AR 2:00 <i>Brain Games, AR</i> 3:00 Bean Bag Baseball, AR 6:45 Christ Fellowship Service, MT 6:45 Rummikub, BL	22 9:00 Rio Grande Exercise, AR 10:00 Rio Mart, BI 10:00 Bocce Ball, AT 2:00 Bridge, TV 3:00 Horse Racing, AR 7:00 Rummikub, BL	23 8:30 St. Thomas 9:30 Gab & Groove, AR 11:00 Resident Meeting with the Managers, AR 11:30 Activity/Lunch Outing, Bus 2:00 Uno, AR 2:30 Die Polka Schielge Band, DR 3:30 Blackjack with Ignacio, AR 6:45 Prize Bingo!, AR 7:00 Rummikub, BL	24 9:30 Strength & Balance Exercise, AR 10:00 Mahjong, TV 10:00 Rio Mart, BI 2:00 Chef Meeting, AR 2:00 Arts & Crafts, AR 3:00 Welcome to Our Neighborhood, MT 3:30 Nickels, AR 4:00 Mike Bowman's Bible Study, MT  7:00 Rummikub, BL	25 9:00 Mindful Movement Exercise, AR 9:30 Women's Bible Study, TV 10:00 Rosary, CH 10:30 Money Bingo, AR 11:30 Santa Ana Star Casino, Bus 2:00 Chair Volleyball, AT 3:30 Entertainer Larry Freeman, DR 6:45 Friday Night Flick, MT 7:00 Rummikub, BL	26 9:00 Yard Dice, FY 10:00 Mahjong, TV 10:00 Doughnut Social, AR 11:00 Wii Bowling, AR 1:45 Mexican Train Dominoes, BL 3:00 Rummikub, TV 6:45 Evening Movie, MT
27 10:00 Interdenominational Worship Service, CH 1:45 Puzzle Mania, LB 2:00 Afternoon Games, TV 2:00 Explore Space with Donnie, AR 3:00 Matinée, MT 6:45 <i>Wii Bowling, AR</i>	France Week 28 8:30 St. Thomas 9:00 Silver Sneakers Rio Grande Exercise, AR 10:00 Walmart, Bus 10:00 Arts & Crafts, AR 2:00 <i>Brain Games, AR</i> 3:00 Bean Bag Baseball, AR 6:45 Christ Fellowship Service, MT 6:45 Rummikub, BL 	29 9:00 Rio Grande Exercise, AR 10:00 Rio Mart, BI 10:00 Bocce Ball, AT 2:00 Bridge, TV 3:00 Horse Racing, AR 7:00 Rummikub, BL	30 8:30 St. Thomas 9:30 Gab & Groove, AR 11:30 Activity/Lunch Outing, Bus 2:00 Uno, AR 3:30 Blackjack with Ignacio, AR 6:45 Prize Bingo!, AR 7:00 Rummikub, BL	31 9:30 Strength & Balance Exercise, AR 10:00 Mahjong, TV 10:00 Rio Mart, BI 2:00 Arts & Crafts, AR 3:30 Nickels, AR 4:00 Mike Bowman's Bible Study, MT 7:00 Rummikub, BL		



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.



Celebrating 2019

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.

Skiing Through History

From families hitting the slopes for fun to athletes competing in fierce races, snow skiing is enjoyed by millions around the world.

The cold-weather pastime was first used for survival rather than thrills. Dating back to prehistoric times, people in snowy climates skied as a way to travel across frozen terrain. Cave paintings found in Norway and China depict hunters on skis, and fragments of ancient wooden skis have been unearthed in Russia and northern Europe.

A shift toward skiing as a sport began in the 18th century, when the armies of Scandinavian countries trained on skis and staged races down mountain slopes and around obstacles. The first nonmilitary ski competitions were held in the 1840s in Norway. The popularity of the sport spread, and in 1924, skiing events were part of the first Winter Olympics in Chamonix, France.

With improvements in equipment, including the development of metal and fiberglass skis and the invention of the chairlift, skiing became easier and accessible to more people. It took off as a recreational activity, and ski resorts worldwide opened in response.



Skiing in Taos, New Mexico. Fun in the Snow!



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.



Cuckoo Clocks are a fun time piece of history.

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.

Trailblazing Book Club

From beauty samples to meal kits, you can get just about anything delivered to your door by way of a monthly subscription service. One of this trend’s earliest trailblazers was the Book of the Month Club.

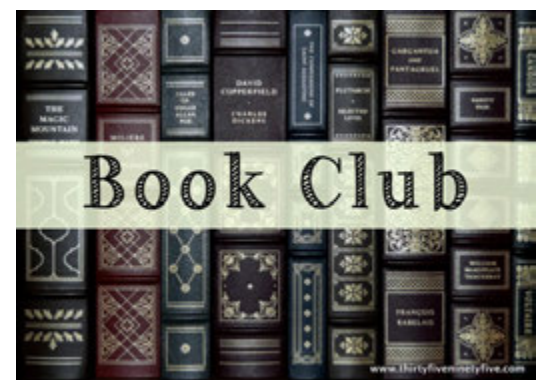
In 1916, adman Harry Scherman and his business partners launched the Little Leather Library Corporation, a mail-order service that offered small leather-bound copies of classic novels to subscribers. When that venture ended, Scherman banked on the same idea and co-founded the Book of the Month Club in 1926.

Since many people did not have easy access to new books, the club provided members the convenience of receiving a hardcover book each month by mail. These Book of the Month selections were often from up-and-coming authors. The first year, Ernest Hemingway’s “The Sun Also Rises” was featured.

In time, the Book of the Month Club brand gained literary prestige. Many of its selections went on to become Pulitzer Prize winners, including Margaret Mitchell’s 1936 novel “Gone With the Wind.” By 1966, the club’s membership had grown to 1 million subscribers.

Today, the club is a web-based subscription service, and members have the added perk of discussing their reads with fellow members, the selection committee and authors in the club’s online forums.

Our own Book Club meets in the Library on the Third (3) Wednesday of the month. If you would like to participate in this activity please see Barbara Clark or come on January 16th at 3:30 p.m. and join the fun.



Books are a great adventure just waiting to happen without leaving your chair.



2331 Westside Boulevard S.E.
Rio Rancho, NM 87124



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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