

Bella Vista

Gracious Retirement Living

55 Piney Mountain Drive • Asheville, NC 28805 • Phone (828) 255-8255 • www.seniorlivinginstyle.com

NOVEMBER 2019

BELLA VISTA STAFF

Managers.....CARY & TAMMY COLE
Assistant ManagersJILL JEFFORDS &
MARK HALVORSEN
Executive ChefGREG LEDFORD
Activity CoordinatorJENNIFER THOMPSON
MaintenanceFRANK WINER
Transportation.. DWIGHT VROOM VROOM HAGAN

TRANSPORTATION

**Monday, 9 a.m.-Noon and
1:30-3 p.m.:** Shopping

Tuesday, 9 a.m.-Noon and 1:30-3 p.m.:
Medical Appointments

**Wednesday, 9 a.m.-Noon and
1:30-3 p.m.:** Shopping or Outing

Thursday, 9 a.m.-Noon and 1:30-3 p.m.:
Medical Appointments

Friday, Will Be Posted: Shopping or Outing

HAWTHORN
SENIOR LIVING

Argh! Talk Like a Pirate Day

Ahoy Matey or
Ahoy, me hearties!
That's the way to
greet each other on
International Talk
Like a Pirate Day.
The observance of
Talk Like a Pirate
Day is a real thing
started in 1995
by two friends
who thought Talk
Like a Pirate Day
should be a holiday.
John Baur (Ol'
Chumbucket) and
Mark Summers
(Cap'n Slappy), of
Albany, Oregon,
proclaimed
September 19th
each year as the
day when everyone
in the world should
talk like a pirate.



*Will and Flossy are smiling,
happy pirates.*



Say Argh, Janis and Roger.

Every year, the residents at Bella Vista join in the fun by walking around saying things like "Argh, walk the plank, ye scallywag" and "Give me the grog, ye bilge rat!" Until next year, ye landlubbers, "Heave ho and swab the deck!"

(Photos continued inside)



Shh, It's a Surprise

We pulled off a Surprise Birthday Party for Shekinah, who just turned 40! Shekinah is the Preacher next door who comes over for Bible study, calls Bingo and brings a group to sing once a month. She has a bubbly personality that you just can't help but love. And when we found out it was her birthday, we had to have a party. We all signed a really big card and had cupcakes and sang Happy Birthday to her. She was truly surprised. Happy Birthday, Shekinah! We love you!



Happy Birthday, Shekinah!

Argh! Talk Like a Pirate Day (Continued)



*Who are those masked pirates?
Why, it's Larry and Annette!*



John and Pansy warn "Beware of Pirates!" Yikes!



Le'Ann and Karan are awfully loving to be pirates!



Marion giving her best "Argh!"

Poet's Corner

**Bella Vista Beauty
by Louis Parrish**

Beautiful,
generous sunflowers!
You've given us many hours
Of joy, wonder and love!
From your tall spaces
Your smiling faces
Beam beauty as
from above.
We've watched you grow
from single seeds
To plants with
beautiful blooms,
Sharing hundreds, even
thousands, of seeds
With birds who love
to come!
You've also fed our
collective soul,
As we ponder the miracle
that's you!
We feel kinship with
your beauty,
For we are miracles, too!



Louis's sunflower patch



A Trip to the WNC Air Museum

What a nice surprise the WNC Air Museum turned out to be. It's home to a unique collection of airplanes celebrating the Golden Age of Aviation, the decades surrounding the Second World War, when flying commanded the world's attention and an airplane was in everybody's future. They had 18 planes housed in a hangar at the Hendersonville Airport near Flat Rock, North Carolina.

The museum says that it takes people back to when airports had grass strips and didn't have fences; when you could wash the airplanes for a ride; and when you could walk right up to the flight line and see, touch and smell the excitement, up close and personal. For plane lovers, this was a great way to get close to those planes of yesteryear and remember a simpler time.



Hoss, inspecting a Cessna.



The crew. posing in front of the 1946 Fairchild 24-R.



Hoss, Will and Dennis enjoying the museum.



There was one plane that you could get in and Darlene did!

NOVEMBER 2019

Birthdays

Donna Rumsey, 4th
 John McMullen, 5th
 Joyce Moss, 9th
 Paul Councilman, 11th
 Will Karrh, 16th
 Leopoldine Shelton, 16th
 Dolores Kane, 19th
 Louis Parrish, 22nd
 Inge Meyer, 24th
 Frank Dannon, 25th
 Erik Uribe, 27th
 Amar Nath, 28th

Locations

Activity Center, AC
 Arts Craft Studio, ACS
 Chapel, CH
 Dining Room, DR
 Fitness Center, FC
 Game Room/Billiards, GR
 Library, LI
 Theater, TH
 TV Room, TVR

Beauty Salon

Hours:
 Tuesday-Thursday:
 9 a.m.-4 p.m.
 Friday: 9 a.m.-2 p.m.
Hairdresser: Belinda Wells,
 779-1475

Mountain Home Care

828-684-6444

Legacy Healthcare Services

828-252-1915

**“What you do today
 can improve all
 your tomorrows.”**

— Author Unknown

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
DAYLIGHT SAVING TIME ENDS 3 9:00 Bus to First Baptist Church of Asheville 2:00 Sunday Service, CH 3:00 Ambassador's Meeting, CH 7:00 Late-Night Movie, TH	4 9:00 Morning Devotion, CH 9:30 Morning Exercise, AC 11:00 Brain Training, AC 2:00 Wii Bowling 3:30 Scattergories, AC 7:00 Marilyn on Piano, AC 	ELECTION DAY 5 9:00 Morning Devotion, CH 9:30 Morning Exercise, AC 11:00 Gin Rummy, AC 2:00 Resident Manager Meeting, AC 3:00 Yoga with Rich, FC 7:00 Bingo, AC 	6 9:00 Morning Devotion, CH 9:30 Morning Exercise, AC 10:30 Mexican Train, AC 2:00 Chair Volleyball, DR 3:00 Catholic Communion, CH 3:00 Creative Coloring, AC 7:00 Night at the Movies, TH	7 9:00 Health Screening, AC 9:00 Morning Devotion, CH 9:30 Morning Exercise, AC 11:00 Brain Training, AC 11:00 Chef Talk, AC 2:00 Sit and Knit and Crochet, AC 2:00 Health Talk with Sona Pharmacy, AC 3:00 Yoga with Rich, FC 6:30 Game Night, LI	8 9:00 Morning Devotion, CH 9:30 Morning Exercise, AC 10:00 Bible Study with Shekinah, CH 11:00 Trivia Throwdown, AC 2:00 Bingo, AC 7:00 Featured Movie Night, TH	9 9:00 Morning Devotion, CH 9:30 Morning Exercise, AC 10:30 Pokeno, AC 2:00 Movie Matinee, TH 7:00 Late-Night Movie, TH 
10 9:00 Bus to First Baptist Church of Asheville 2:00 Sunday Service, CH 7:00 Late-Night Movie, TH	VETERANS DAY 11 9:00 Morning Devotion, CH 9:30 Morning Exercise, AC 11:30 Veterans Day Celebration, DR 2:00 Wii Bowling 3:30 Scattergories, AC 7:00 Night at the Movies, TH 	12 9:00 Morning Devotion, CH 9:30 Morning Exercise, AC 11:00 Skip-Bo with Jennifer, AC 2:30 Happy Healthy Series with Rich, FC 3:00 Yoga with Rich, FC 7:00 Bingo, AC	13 9:00 Morning Devotion, CH 9:30 Morning Exercise, AC 10:30 Mexican Train, AC 2:00 Chair Volleyball, DR 3:00 Catholic Communion, CH 3:00 Creative Coloring, AC 7:00 Night at the Movies, TH	14 9:00 Health Screening, AC 9:00 Morning Devotion, CH 9:30 Morning Exercise, AC 11:00 Brain Training, AC 2:00 Legacy Health Talk, AC 2:00 Sit and Knit and Crochet, AC 3:00 Yoga with Rich, FC 4:00 Reader's Theater, AC 7:00 Music with Paul, AC	15 9:00 Morning Devotion, CH 9:30 Morning Exercise, AC 11:00 Hwy 151 Restaurant and Goodwill 1:45 Welcome Shabbat, CH 2:00 Bingo with Shekinah, AC 7:00 Featured Movie Night, TH	16 9:00 Morning Devotion, CH 9:30 Morning Exercise, AC 10:30 Pokeno, AC 2:00 Movie Matinee, TH 7:00 Late-Night Movie, TH 
17 9:00 Bus to First Baptist Church of Asheville 2:00 Sunday Service, CH 7:00 Late-Night Movie, TH	18 9:00 Morning Devotion, CH 9:30 Morning Exercise, AC 11:00 Brain Training, AC 2:00 Wii Bowling 3:30 Scattergories, AC 7:00 Night at the Movies, TH	19 9:00 Morning Devotion, CH 9:30 Morning Exercise, AC 11:00 Gin Rummy, AC 2:00 Reminiscence Show and Tell, LI 3:00 Yoga with Rich, FC 7:00 Bingo, AC 	20 9:00 Morning Devotion, CH 9:30 Morning Exercise, AC 10:30 Mexican Train, AC 2:00 Chair Volleyball, DR 3:00 Catholic Communion, CH 3:00 Creative Coloring, AC 7:00 Night at the Movies, TH	21 9:00 Health Screening, AC 9:00 Morning Devotion, CH 9:30 Morning Exercise, AC 11:00 Brain Training, AC 2:00 Mary Kay Facials, AC 2:00 Sit and Knit and Crochet, AC 3:00 Yoga with Rich, FC 4:00 Reader's Theater, AC 7:00 Al Mahan to Perform, AC	22 9:00 Morning Devotion, CH 9:30 Morning Exercise, AC 10:00 Bible Study with Shekinah, CH 11:00 Hangman, AC 2:00 Bingo, AC 7:00 Featured Movie Night, TH 	23 9:00 Morning Devotion, CH 9:30 Morning Exercise, AC 10:30 Pokeno, AC 2:00 Adult Rainbows to Perform, AC 7:00 Late-Night Movie, TH
24 9:00 Bus to First Baptist Church of Asheville 2:00 Sunday Service, CH 7:00 Late-Night Movie, TH 	25 9:00 Morning Devotion, CH 9:30 Morning Exercise, AC 11:00 Brain Training, AC 2:00 Wii Bowling 3:30 Scattergories, AC 7:00 Night at the Movies, TH 	26 9:00 Morning Devotion, CH 9:30 Morning Exercise, AC 11:00 Skip-Bo with Jennifer, AC 2:00 Book Club, TVR 3:00 Yoga with Rich, FC 7:00 Bingo, AC	27 9:00 Morning Devotion, CH 9:30 Morning Exercise, AC 10:30 Mexican Train, AC 2:00 Chair Volleyball, DR 3:00 Catholic Communion, CH 3:00 Creative Coloring, AC 7:00 Night at the Movies, TH 	THANKSGIVING DAY 28 9:00 Morning Devotion, CH 9:30 Morning Exercise, AC 12:30 Thanksgiving Luncheon, DR 2:00 Sit and Knit and Crochet, AC 6:30 Game Night, LI 	29 9:00 Morning Devotion, CH 9:30 Morning Exercise, AC 7:00 Featured Movie Night, TH	30 9:00 Morning Devotion, CH 9:30 Morning Exercise, AC 10:30 Pokeno, AC 2:00 Movie Matinee, TH 7:00 Late-Night Movie, TH



Everyone Loves the Harbor Inn

The bus was packed full on the trip to the Harbor Inn Seafood Restaurant. Harbor Inn has a wonderful variety of seafood, including a special of the day. The special of the day when we went was fried flounder with baby shrimp, slaw and a side for only \$6.99. How they do that, we don't know. It was so much food that no one could eat the whole thing, and many folks took boxes home with them. They had beautiful, big desserts that we all wanted, but had tummies too full for them. Next time, we'll have dessert first!



Woohoo! "Baked" Pie Company Was Yummy

Pie is good. Pie is delicious. And pie is available in lots of flavors and choices at Baked Pie Company in South Asheville. Bella Vista residents spent quite a while choosing their favorites and several got a flight of pie. A flight of pie is three different flavors of pie with a scoop of ice cream. A delicious flight of pie can be eaten alone or shared with others.

Several residents tried and loved many different flavors with the Key Lime Pie, the pecan pie, and strawberry rhubarb as their favorites. Since the flavors change all the time, and we all seem to love pie, we'll just have to go back sometime really soon.



Look at all those selections — Oh my!



Jane, Frances and Rosanne shared a flight.



What a great looking pie, Le'Ann



Let's All Be Grateful Everyday

According to Rachel Hollis, author and motivational speaker, "It's impossible to feel anxiety and gratitude simultaneously. It's impossible to feel fear and gratitude simultaneously. It's impossible to feel anger and gratitude simultaneously. Fight negative emotion with gratitude!" Her suggestion is that you pay attention to your day. Find the small things in life like: someone holding the elevator for you, someone helping you with your mail, getting a call from an unexpected friend, lunch tasted great today, or that activity was really fun. Then at the end of the day, sit down and think about what happened that made you grateful, and maybe even write them down in a journal. Start practicing gratitude today and unlock the fullness in your life.

We must find time to stop and thank the people who make a difference in our lives. —John F. Kennedy

Some people grumble that roses have thorns; I am grateful that thorns have roses. —Alphonse Karr

Gratitude and attitude are not challenges; they are choices. —Robert Braathe

Gratitude is not only the greatest of virtues, but the parent of all others. —Cicero



Apples in fall are something for which to be grateful.

Legacy Health Talk

Influenza, which is commonly referred to as the flu, is an infectious disease that is caused by a virus that can affect birds and mammals.

Influenza spreads around the world in seasonal epidemics resulting in the deaths of hundreds and thousands annually. The most recent flu pandemic occurred in 2009 by a flu strain called H1N1.

It can be difficult to distinguish between early symptoms associated with influenza and those of the common cold. The flu can be identified by a high fever with a sudden onset and extreme fatigue. In more serious cases, influenza causes pneumonia, which can be fatal, especially to the young and elderly.

Symptoms of influenza include: chills, fever, sore throat, muscle pains, severe headache, coughing, weakness and general discomfort. The best way to protect yourself against influenza is to understand how it is transmitted.

There are three ways the flu is spread: Coughs and sneezes of infected people, through hand-to-mouth transmission such as a handshake, or direct transmission of mucus into the eyes, nose or mouth.

To learn more about influenza and how you can protect yourself from contracting this potentially serious infection, join us for Health Talk with Legacy on November 14th at 2 p.m. in the Activity Center.

What's Happening in November

November 1st: Haywood Methodist Fresco

November 11th: Veterans Day Celebration

November 15th: Hwy. 151 Restaurant and Goodwill

November 19th and 20th: Manicures with Karan

November 20th: Thanksgiving Craft

November 21st: Mary Kay Facials

November 21st: Al Mahan to Perform

November 23rd: Adult Rainbows to Perform

November 28th: Thanksgiving



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55 Piney Mountain Drive
Asheville, NC 28805



Fall in love...
with the season

Embrace Autumn without the worry of rising utility costs and home maintenance issues. Enjoy the freedom that our gracious retirement lifestyle has to offer. Please give us a call or stop by any day of the week for a complimentary meal and tour.

828-255-8255

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