

# Julian Estates

## Gracious Retirement Living

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

NOVEMBER 2019

### JULIAN ESTATES STAFF

Managers.....KENDALL & CATHY CLAPPER

Assistant Managers ..... CLARK & JEAN DAVIS

Executive Chef..... GREG HARRIS

Activity Coordinator ..... KARIN FOX

### TRANSPORTATION

**Monday:** Shopping and Errands

**Tuesday:** Medical Appointments

**Wednesday:** Outings

**Thursday:** Medical Appointments

**Friday:** Shopping and Errands

HAWTHORN  
SENIOR LIVING

## Senior vs. Senior Beanbag Baseball Challenge

Come support our resident “Oldie Goldies” Beanbag Baseball Team as they go head to head against the Emerald Ridge High School Seniors in a competitive game of beanbag baseball! The game will be played on Thursday, November 7th, at 6:30 p.m. Come on out to the ballpark in the Atrium and cheer for your favorite team. While you are here, enjoy some peanuts, Cracker Jacks, and tons of good old-fashioned fun.



*Let's root, root, root, for the home team!*

## Daylight Saving Time Ends

“Spring forward; fall backward.” In the fall, we set our clocks backward one hour and lose an hour of daylight (but gain an hour of sleep).

Be sure to wake up on the right schedule and set your clocks back one hour before going to bed on Saturday, November 2nd.







## Veterans Day Celebration

Veterans Day, formerly known as Armistice Day, was originally set as a U.S. legal holiday to honor the end of World War I and on June 1, 1954, became a day to honor American veterans of all wars. Veterans Day gives Americans the opportunity to celebrate the bravery and sacrifice of all U.S. veterans. We will be honoring all our servicemen and women during this annual celebration being held at 11:30 a.m., on Monday, November 11th. We will be recognizing each branch of service, deliver a tribute to those who have left us, and celebrate by enjoying some patriotic music played by Larry. So wear your patriotic pride all day and celebrate our amazing veterans.



*Some of our servicemen and women*

## November Is the Time to Give Thanks

For many of us, the meaning of Thanksgiving usually includes feasting, football games, floats, or as a forerunner to Christmas festivities. But the meaning of Thanksgiving goes far beyond that. On Thanksgiving Day we are reminded to give thanks. In honor of this day, please spend a few moments to give thanks and be grateful for the richness of our daily lives here at Julian Estates. Here are seven pictures of things to be thankful for this Thanksgiving.



*Silly costumes on a random Thursday*



*Doing something silly like blowing a big bubble*



*Finally getting that hole in one*



*Looking back at old photos and smiling*



*New friends*



*Old friends*



*Using your creativity to make a work of art*





## Friendship and Fun on a November Outing

Be thankful for friendship and good times on Wednesday outings. Trips will generally leave by 10 a.m. This month's outings include:

**November 27th:** Redwind Casino

Additional Outings will leave at 11 a.m., and include:

**November 29th:** Edgewood Dollar Tree

As you can see, there seems to be outings missing on here. Our bus will be in the body shop and we will have a mini van to transport residents. Please note that it will be limited seating until we get our bus back. Please be mindful when setting your appointments.



*Here's to good friends!*

## Holiday Craft Show

Are you looking for that special gift for a friend or loved one? Then look no further than the annual Julian Estates' Holiday Craft Show. On Wednesday, November 6th, at 2 p.m., many of our talented resident artisans will be offering their arts and crafts for purchase. Don't miss this pre-season shopping bonanza and enjoy some amazing goodies to nibble on at the same time. See you there!



*Bob and Louise and their lovely blankets*

## Let Us Entertain You!

We are proud to be offering the following entertainers for the month of November:

**Monday, November 4th: 11 a.m.** — Karaoke with Ron

**Tuesday, November 5th: 11:30 a.m.** — Michael Hyde Piano

**Friday, November 8th: 2 p.m.** — Lyle Schaefer Accordion

**Monday, November 11th: 11:30 a.m.** — Patriotic Music with Larry

**Thursday, November 14th: 2 p.m.** — The Happy Sinners

**Wednesday, November 20th: 4:30 p.m.** — Charlie Brown Guitar

**Monday, November 25th: 7 p.m.** — Rainier Ringers Hand Bell Ensemble

**Wednesday, November 27th: 11:30 a.m.** — Alan Z. Piano  
Please come out and enjoy a show!

## See's Candy Sale

The Daffodil Kiwanis Club will be on site selling See's Candy on Friday, November 22nd, from 10 a.m. to 12:30 p.m., in the Atrium. They accept cash and checks only. All proceeds will go to help the Kiwanis Club in their philanthropic efforts.



NOVEMBER 2019

Birthdays

Doug Rassilyer, 8th  
Bev Chipp, 9th  
Diane Gregory, 14th  
Connie Murphy, 14th  
Edith Pierce, 16th  
Cece Carbullido, 16th  
Evelyn Alexander, 16th  
Walt Baur, 17th  
Betty Kupneski, 18th  
Billie Rucshner, 23rd  
Diane Scott, 24th

Anniversaries

Hal & Evelyn Lyckman,  
11/1/2014

Locations

Activity Room, AR  
Alcove, AL  
Always Best Care,  
4th Floor, ABC  
Atrium, AT  
Back Lawn, BL  
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.

Blood Pressure and weight  
can be checked every  
Tuesday and Thursday at  
2 p.m. on the Fourth Floor at  
the Always Best Care Office.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<div>DAYLIGHT SAVING TIME ENDS 3</div> <div>Daylight Saving Time Ends: Set Clocks Back</div> <div>10:00 Worship This Week Music, MT</div> <div>11:00 Church Service, CHPL</div> <div>1:00 Seahawks vs. Buccaneers, MT</div> <div>2:00 Knitters &amp; Needles Club, AR</div> <div>2:00 Mahjong, DR</div> <div>3:00 Bingo, AR</div> <div>4:00 Armchair Travel: Oslo, MT</div> <div>7:00 Mexican Train, AL</div>	<div>9:00 Sit &amp; Be Fit, AR 4</div> <div>9:30 Exercise: Chicken Fat Go!, AR</div> <div>10:30 Bean Bag Baseball, AR</div> <div>11:00 Singalong with Ron, AT</div> <div>1:30 Sumi Painting Class, AR</div> <div>2:00 Mahjong, DR</div> <div>2:00 Make a Dream Catcher, AR</div> <div>3:00 Crazy Cardio Exercise, AR</div> <div>6:30 Giant Jenga, AR</div>	<div>ELECTION DAY 5</div> <div>9:00 Rosary Prayer Group, CHPL</div> <div>9:00 Sit &amp; Be Fit, AR</div> <div>9:30 Exercise: Cardio Drumming, AR</div> <div>10:30 Cover the Number Dice Game: Bring 3 Dimes, AR</div> <div>11:30 Michael Hyde Performs, DR</div> <div>1:45 Melbourne Cup Horse Races, AR</div> <div>3:00 Bingo, AR</div> <div>7:00 Poker, BR</div>	<div>9:00 Sit &amp; Be Fit, AR 6</div> <div>9:30 S.A.I.L. with Gaylyn, AR</div> <div>10:00 Board Games, AR</div> <div>2:00 Bridge, TV</div> <div>2:00 Holiday Craft Show, AR</div> <div>3:00 Left Right Center, AR</div> <div>7:00 Hand &amp; Foot, TV</div>	<div>9:00 Sit &amp; Be Fit, AR 7</div> <div>9:30 Exercise: Strength Training, AR</div> <div>11:00 CES: Purple Power, AR</div> <div>11:30 Chef's Corner, AR</div> <div>2:00 Poker, BR</div> <div>2:00 Garden Gathering, VER</div> <div>3:00 11/7 Special Bingo, AR</div> <div>6:30 Senior vs. Senior Bean Bag Baseball Game, AT</div> <div>7:00 Hand &amp; Foot, TV</div>	<div>9:00 Sit &amp; Be Fit, AR 8</div> <div>9:30 Exercise: Chair Yoga, AR</div> <div>10:00 J.O.Y. Program, AR</div> <div>10:30 Bean Bag Baseball, AR</div> <div>11:30 Lyle Schaefer Performs, DR</div> <div>2:00 Mahjong, AL</div> <div>2:00 Chair Volleyball, AR</div> <div>3:00 Dear Santa Project: Answer Letters to Santa, AR</div> <div></div>	<div>10:00 Board Game Club, AR 2</div> <div>2:00 Bridge, TV</div> <div>2:00 Mahjong, DR</div> <div>2:00 Poker, BR</div> <div>4:00 Serial Saturday: "Downton Abbey," Ep. 2.2, MT</div>
<div>10:00 Worship This Week Music, MT 10</div> <div>11:00 Church Service, CHPL</div> <div>2:00 Knitters &amp; Needles Club, AR</div> <div>2:00 Mahjong, DR</div> <div>3:00 Bingo, AR</div> <div>4:00 Armchair Travel: The Best of Slovenia, MT</div> <div>7:00 Mexican Train, AL</div>	<div>VETERANS DAY 11</div> <div>9:00 Sit &amp; Be Fit, AR</div> <div>9:30 Exercise: Chicken Fat Go!, AR</div> <div>10:30 Bean Bag Baseball, AR</div> <div>11:30 Veterans Day Celebration, DR</div> <div>1:45 Book Club, LB</div> <div>2:00 Mahjong, DR</div> <div>3:00 Crazy Cardio Exercise, AR</div> <div>6:30 Giant Jenga, AR</div>	<div>9:00 Rosary Prayer Group, CHPL 12</div> <div>9:00 Sit &amp; Be Fit, AR</div> <div>9:30 Exercise: Cardio Drumming, AR</div> <div>10:30 Make Fall Ornaments, AR</div> <div>2:00 Jigsaw Puzzle Jewelry, AR</div> <div>3:00 Bingo, AR</div> <div>7:00 Poker, BR</div> <div>7:00 Mexican Train, AL</div>	<div>9:00 Sit &amp; Be Fit, AR 13</div> <div>9:30 S.A.I.L. with Gaylyn, AR</div> <div>10:00 Board Games, AR</div> <div>2:00 Bridge, TV</div> <div>3:00 Left Right Center, AR</div> <div>4:00 Fall Talent Show, AR</div> <div>7:00 Hand &amp; Foot, TV</div>	<div>9:00 Sit &amp; Be Fit, AR 14</div> <div>9:30 Exercise: Strength Training, AR</div> <div>12:30 Salad Bar, DR</div> <div>2:00 Poker, BR</div> <div>2:00 The Happy Sinners Perform, AT</div> <div>3:00 Bingo, AR</div> <div>7:00 Hand &amp; Foot, TV</div> <div></div>	<div>9:00 Sit &amp; Be Fit, AR 15</div> <div>9:30 Exercise: Chair Yoga, AR</div> <div>10:30 Sound Associates Hearing Aid Check, AR</div> <div>10:30 Bean Bag Baseball, AR</div> <div>2:00 Mahjong, AL</div> <div>2:00 Chair Volleyball, AR</div> <div>3:00 Creative Writing Club, AR</div>	<div>10:00 Board Game Club, AR 16</div> <div>12:30 World Peace Day: Wear All White, DR</div> <div>2:00 Bridge, TV</div> <div>2:00 Mahjong, DR</div> <div>2:00 Poker, BR</div> <div>4:00 Serial Saturday: "Downton Abbey" Ep 2.4, MT</div> <div></div>
<div>10:00 Worship This Week Music, MT 17</div> <div>11:00 Church Service, CHPL</div> <div>2:00 Knitters &amp; Needles Club, AR</div> <div>2:00 Mahjong, DR</div> <div>3:00 Bingo, AR</div> <div>4:00 Armchair Travel: Vienna &amp; The Danube, MT</div> <div>7:00 Mexican Train, AL</div> <div></div>	<div>9:00 Sit &amp; Be Fit, AR 18</div> <div>9:30 Exercise: Chicken Fat Go!, AR</div> <div>10:30 Bean Bag Baseball, AR</div> <div>1:30 Sumi Painting Class, AR</div> <div>2:00 Mahjong, DR</div> <div>3:00 Crazy Cardio Exercise, AR</div> <div>6:30 Giant Jenga, AR</div> <div></div>	<div>9:00 Rosary Prayer Group, CHPL 19</div> <div>9:00 Sit &amp; Be Fit, AR</div> <div>9:30 Exercise: Cardio Drumming, AR</div> <div>10:30 Cover the Number Dice Game: Bring 3 Dimes, AR</div> <div>2:00 Oceans of Lotions, AR</div> <div>3:00 Bingo, AR</div> <div>7:00 Poker, BR</div> <div>7:00 Mexican Train, AL</div>	<div>9:00 Sit &amp; Be Fit, AR 20</div> <div>9:30 S.A.I.L. with Gaylyn, AR</div> <div>10:00 Board Games, AR</div> <div>2:00 Bridge, TV</div> <div>3:00 Left Right Center, AR</div> <div>4:00 Dessert Extravanganza, AT</div> <div>4:30 Charlie Brown Performs, DR</div> <div>7:00 Hand &amp; Foot, TV</div>	<div>8:00 Waffle Bar, DR 21</div> <div>9:00 Sit &amp; Be Fit, AR</div> <div>9:30 Exercise: Strength Training, AR</div> <div>10:30 LTS: Medicare 101, AR</div> <div>2:00 Poker, BR</div> <div>2:00 Garden Gathering, VER</div> <div>2:00 Ella Fitzgerald Listening Party, AR</div> <div>3:00 Bingo, AR</div> <div>7:00 Hand &amp; Foot, TV</div>	<div>9:00 Sit &amp; Be Fit, AR 22</div> <div>9:30 Exercise: Chair Yoga, AR</div> <div>10:00 See's Candy Sale, AT</div> <div>10:30 Bean Bag Baseball, AR</div> <div>2:00 Mahjong, AL</div> <div>2:00 Chair Volleyball, AR</div> <div>3:00 Make Felt Pumpkin Tp Holder, AR</div>	<div>10:00 Board Game Club, AR 23</div> <div>2:00 Bridge, TV</div> <div>2:00 Mahjong, DR</div> <div>2:00 Poker, BR</div> <div>4:00 Serial Saturday: "Downton Abbey" Ep 2.5, MT</div> <div></div>
<div>10:00 Worship This Week Music, MT 24</div> <div>11:00 Church Service, CHPL</div> <div>2:00 Knitters &amp; Needles Club, AR</div> <div>2:00 Mahjong, DR</div> <div>3:00 Bingo, AR</div> <div>4:00 Armchair Travel: Venice &amp; Its Lagoon, MT</div> <div>4:30 Football Tailgate Party, AR</div> <div>5:20 Seahawks vs. Eagles, MT</div> <div>7:00 Mexican Train, AL</div> <div></div>	<div>9:00 Sit &amp; Be Fit, AR 25</div> <div>9:30 Exercise: Chicken Fat Go!, AR</div> <div>10:30 Bean Bag Baseball, AR</div> <div>2:00 Mahjong, DR</div> <div>2:00 Giant Jenga, AR</div> <div>3:00 Crazy Cardio Exercise, AR</div> <div>7:00 Rainier Ringers Perform, DR</div>	<div>9:00 Rosary Prayer Group, CHPL 26</div> <div>9:00 Sit &amp; Be Fit, AR</div> <div>9:30 Exercise: Cardio Drumming, AR</div> <div>11:30 Resident Meeting, AR</div> <div>2:00 "The Price Is Right" Live, AR</div> <div>3:00 Bingo, AR</div> <div>7:00 Poker, BR</div> <div>7:00 Mexican Train, AL</div>	<div>9:00 Sit &amp; Be Fit, AR 27</div> <div>9:30 S.A.I.L. with Gaylyn, AR</div> <div>10:00 Board Games, AR</div> <div>10:00 Outing: Casino, FL</div> <div>11:30 Alan Z. Performs, DR</div> <div>2:00 Bridge, TV</div> <div>3:00 Left Right Center, AR</div> <div>4:00 Ice Cream Social, AR</div> <div>7:00 Hand &amp; Foot, TV</div>	<div>THANKSGIVING DAY 28</div> <div>9:00 Sit &amp; Be Fit, AR</div> <div>9:30 Exercise: Strength Training, AR</div> <div>10:30 Coloring for Pleasure, AR</div> <div>2:00 Poker, BR</div> <div>3:00 Bingo, AR</div> <div>7:00 Hand &amp; Foot, TV</div>	<div>9:00 Sit &amp; Be Fit, AR 29</div> <div>9:30 Exercise: Chair Yoga, AR</div> <div>10:30 Walmart Glasses Check, AR</div> <div>10:30 Bean Bag Baseball, AR</div> <div>11:00 Edgewood Dollar Tree, FL</div> <div>2:00 Mahjong, AL</div> <div>2:00 Chair Volleyball, AR</div>	<div>10:00 Board Game Club, AR 30</div> <div>2:00 Bridge, TV</div> <div>2:00 Mahjong, DR</div> <div>2:00 Poker, BR</div> <div>3:30 Serial Saturday: "Downton Abbey" Ep 2.6, MT</div>





## Prost to Oktoberfest!

On Wednesday, October 2nd, we celebrated the annual Bavarian Festival of Oktoberfest. The event was a huge success and a good time was had by all. We enjoyed some yummy pretzels with cheese, German sausages and wet our whistles with near beer and root beer. The ladies made their own flower crowns, the gentlemen competed in a stein holding contest and we all danced the chicken dance. Bonnie and Nicholas provided the polka soundtrack for an amazing day. Prost (or cheers) to everyone who attended!



*Betty and Walt  
looking good in their  
German folkware*



*Brooke and Mary  
posing alpine-style*



*Lovely Julian ladies in their  
handmade flower crowns*



*Our tough guys in a stein holding contest*



*Folk dancing with Paul*

## Seahawks Games Now Playing in the Movie Theatre

We are 12 and we love our Hawks! In honor of our favorite team, we will be showing every Sunday game in the Movie Theatre. Here are a list of the upcoming games and all the information you need. So wear your blue and green, and help root on our beloved Seahawks!

November 3rd: Seahawks vs. Buccaneers at 1 p.m.

November 24th: Seahawks vs. Eagles at 5:20 p.m.

Please note that the games may affect the daily movie schedule.



## Spanaway Park Fantasy Lights

Welcome in the holiday season by going to see the Spanaway Park Fantasy Lights. We will be taking a bus Monday-Thursday, the week of December 2nd. Please sign up every day in the morning when we put out a new sign-up sheet.







## New Executive Chef Appointed at Julian Estates

We are pleased to announce that Greg, our Sous Chef, has now taken the position of Executive Chef. We are excited to have him continue Amanda's hard work of improving the food service here at Julian Estates. Congratulations Greg! Amanda, though having stepped back, will remain an integral part of the Kitchen staff as Sous Chef. We would like to thank her for her dedicated service during her time as the Executive Chef.



*Congratulations, Chef Greg!*

## Nutrition Facts: Purple Power

The color purple is a sure sign that food is rich in antioxidants. These have been linked to health benefits such as reduced inflammation, lower blood pressure, and better memory function.

Here are some popular purple foods to add to your plate. Eggplant, the star ingredient in



ratatouille and baba ghanoush, is a good source of fiber, manganese, and several B vitamins. Its glossy skin provides the most nutrients. Red cabbage provides dishes with crunch and contains more than 30 different anthocyanins and high levels of vitamins A, C and K. Purple cauliflower has a sweeter, nuttier taste than its white counterpart, but both kinds are low in calories and have significant fiber, folate, and vitamins B-6, C and K. Purple varieties of carrots, potatoes, asparagus and kale, as well as purple fruits like acai and grapes, are all sources of antioxidants. Join Chef Greg on November 7th, at 11 a.m., for an exciting cooking demonstration using fruits and vegetables full of that purple power.

## Calling All Sweet Tooth Residents for the Dessert Extravaganza

Do you want to indulge a little or a lot? Then join us on Wednesday, November 20th, at 4 p.m., for our scrumdiddaliumcious Dessert Extravaganza. We'll have everything you need to make it a sweet day, including many different and unique handmade dessert items, chocolate-covered strawberries, treats to go, and much more. We will also be enjoying the sugary tones of Charlie Brown at 4:30 p.m.



*Bob is all whipped up with excitement!*

## Help Us Ring in the Holiday Season With the Rainier Ringers

Nothing says the holidays like some great Christmas music. Come and celebrate the start of the season with some amazing music performed by the Rainier Ringers Community Handbell Ensemble. Rainier Ringers is a 14-member community handbell ensemble based in Tacoma. Join us on Monday, November 25th, at 7 p.m., for an evening of delightful music.



**Julian Estates**  
Gracious Retirement Living

13305 94th Ave East  
Puyallup, WA 98373



*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.

**253-845-3232**

**Julian Estates**  
Gracious Retirement Living