Bella Vista

Gracious Retirement Living

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

DECEMBER 2019

BELLA VISTA STAFF

Managers.....CARY & TAMMY COLE
Assistant Managers .....JILL JEFFORDS & MARK HALVORSEN
Assistant Managers ..THOMAS & CARY COFFIELD
Executive Chef.....GREG LEDFORD
Activity Coordinator .....JENNIFER THOMPSON
Maintenance ..... FRANK 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

Sunflowers and Seeds

One of our residents, Louis Parrish, planted some sunflower seeds this summer. We all enjoyed them as they grew to be big beautiful flowers in the yard. Once they were all done blooming and their heads started to droop, Louis harvested some of them (and left some for the birds). Ann, Myrtle, Betty, Phyllis and Frances helped to get the seeds off the pods and clean them. Then they were put in saltwater overnight. The next morning, Jennifer and Louis dried them and put them on trays for baking. They cooked for 45 minutes in the oven and voila: roasted and salted sunflower seeds. The finished seeds were handed out in the Dining Room and everyone got to enjoy eating them. Thanks, Louis, for all the enjoyment we got from your flowers!

Sunflowers, all pretty and sunny yellow

(Continued on Page 2.)

Sunflowers and Seeds (Continued)

Taking the seeds out of the pods

Seeds ready for roasting

Frances, holding up the fruits of her labor.

Lilly, getting ready to eat a seed, fresh from the oven.

What's Happening in December

December 4th: Flat Rock Playhouse

December 7th: The Church at Asheville Choir

December 9th: The Porch Ladies Dulcimers

December 11th: Hamrick's Bus Week

December 12th: Glory Tabernacle Kids' Choir

December 13th: Fairview Preschool Bell Ringers

December 15th: Adult Rainbows to Play

December 18th: Grove Park Inn Gingerbreads

December 21st: Violin Students to Perform

December 25th: Flapjacks and Flannels

December 31st: New Year's Eve Party

Poet's Corner

Where Are the Problems?

—by Marion Wisner

Once I was full of problems.
But where are they now?
Each time I think I have a problem
I solve it.
I can't stand uncertainty.
I can't stand pain.
I can't stand being out
of balance.
Tension stresses me.
The discomfort has to end.

So I solve the problem.
Maybe not the best way,
But somehow.
"Do it!" they say.
Do something,
Anything but brood,
Procrastinate,
Hurt myself more and more
and more.
Make a decision
And don't look back too
often ...
Go forward.
The relief is worth it.
I think.

Ageless Aviation

Ageless Aviation Dreams Foundation is a non-profit organization that travels around the country honoring veterans by taking them for a flight in a 1940s Boeing Stearman Biplane. Darryl Fisher is the founder of Ageless Aviation and, as it happened, our pilot for the day. The biplane was a beautiful blue plane with yellow wings. And when Darryl cranked the engine, it sounded just like a sports car — a Mustang in the sky.

Between Darryl and his five assistants, it was no problem whatsoever for Bella Vista's residents to get in and out of the plane. They flew around the Biltmore House and over the Pisgah Forest and back.

Jack Kennedy, John Hawkins, Ed Bryant, Bill Karrh, Don Pace and Roger Campbell were the six veterans who were honored that day. They each got to fly in the plane, then Darryl gave them an Ageless Aviation hat which he personally signed.

Jack said that when he later talked to his daughter, who works at the Biltmore House, that she was outside when his flight went over and she actually saw his plane in flight. How cool is that!

Bill was all smiles from take-off to landing.

An excited group ready for a great day!

Don, saluting after his dream flight.

Roger is all smiles after his flight.

As soon as Ed got back on the ground, he said, "When can we go again?"

Just look at Jack's smile!

What a happy smile John has.

DECEMBER 2019

Birthdays

Marilyn Scroggs, 2nd
Sharon Groben, 3rd
Garnet Pace, 5th
Bev Wilson, 8th
Jean Sponseller, 11th
Pratibha Nath, 11th
Renae Shoemaker, 13th
Darlene Busey, 27th
Joanne Graham, 30th

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

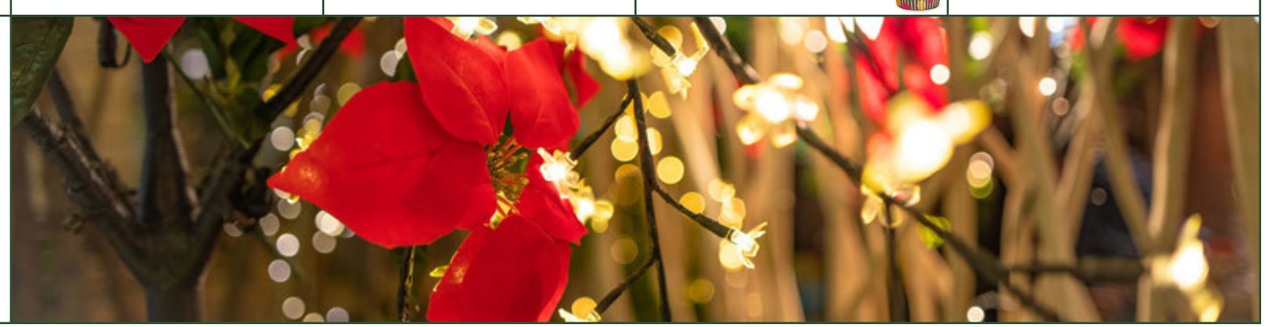
Mountain Home Care

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
1 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	**2** 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	**3** 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	**4** 9:00 Morning Devotion, CH 9:30 Morning Exercise, AC **10:30 Mexican Train, AC** **12:30 Flat Rock Playhouse "Christmas Spectacular"** 3:00 Catholic Communion, CH **3:00 Creative Coloring, AC** 7:00 Night at the Movies, TH	**5** 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 Paparazzi Jewelry, AC** 3:00 Yoga with Rich, FC **4:00 Reader's Theater Practice, AC** **6:30 Game Night, LI**	**6** 9:00 Morning Devotion, CH 9:30 Morning Exercise, AC 10:00 Bible Study with Shekinah, CH **11:00 Trivia Throwdown, AC** 7:00 Featured Movie Night, TH	**7** 9:00 Morning Devotion, CH 9:30 Morning Exercise, AC 10:30 Pokeno, AC 2:00 Movie Matinee, TH **4:00 The Church of Asheville Choir with Shekinah, DR** 7:00 Late-Night Movie, TH
8 9:00 Bus to First Baptist Church of Asheville 2:00 Sunday Service, CH 7:00 Late-Night Movie, TH	**9** 9:00 Morning Devotion, CH 9:30 Morning Exercise, AC 11:00 Brain Training, AC 2:00 Wii Bowling **2:00 The Porch Ladies Dulcimer Players, AC** 3:30 Scattergories, AC 7:00 Night at the Movies, TH	**10** 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	**11** 9:00 Morning Devotion, CH 9:30 Morning Exercise, AC **10:30 Mexican Train, AC** **11:00 Hamrick's Bus Week and Black Bear Barbecue** 2:00 Chair Volleyball, DR 3:00 Catholic Communion, CH **3:00 Creative Coloring, AC** 7:00 Night at the Movies, TH	**12** 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 Nativities at First Baptist Church** 3:00 Yoga with Rich, FC **4:00 Reader's Theater Practice, AC** **7:00 Glory Tabernacle Children's Choir, AC**	**13** 9:00 Morning Devotion, CH 9:30 Morning Exercise, AC **9:30 Crafts with Fairview Preschool, AC** **11:30 Handbells with Fairview Preschool, AC** 2:00 Bingo, AC 2:00 Bingo with Shekinah, AC 7:00 Featured Movie Night, TH	**14** 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
15 9:00 Bus to First Baptist Church of Asheville 2:00 Sunday Service, CH **2:00 Adult Rainbows to Perform, AC** 7:00 Late-Night Movie, TH	**16** 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	**17** 9:00 Morning Devotion, CH 9:30 Morning Exercise, AC **11:00 Gin Rummy, AC** **2:00 Reminisce Show and Tell, LI** 3:00 Yoga with Rich, FC 7:00 Bingo, AC	**18** 9:00 Morning Devotion, CH 9:30 Morning Exercise, AC **10:30 Mexican Train, AC** **11:00 Grove Park Inn Gingerbread Houses and Olive Garden** 3:00 Catholic Communion, CH **3:00 Creative Coloring, AC** 7:00 Night at the Movies, TH	**19** 9:00 Health Screening, AC 9:00 Morning Devotion, CH 9:30 Morning Exercise, AC 11:00 Brain Training, AC 3:00 Yoga with Rich, FC **4:00 Reader's Theater Practice, AC** **6:30 Game Night, LI** **7:00 Music with Paul, AC**	**20** 9:00 Morning Devotion, CH 9:30 Morning Exercise, AC 10:00 Bible Study with Shekinah, CH 1:45 Welcome Shabbat, CH 7:00 Featured Movie Night, TH	**WINTER BEGINS** **21** 9:00 Morning Devotion, CH 9:30 Morning Exercise, AC 10:30 Pokeno, AC 2:00 Movie Matinee, TH **2:00 Violin Students to Perform, AC** 7:00 Late-Night Movie, TH
HANUKKAH BEGINS AT SUNSET **22** 9:00 Bus to First Baptist Church of Asheville 2:00 Sunday Service, CH 7:00 Late-Night Movie, TH	**23** 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**	**24** 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	**CHRISTMAS DAY** **25** **8:00 Flapjacks and Flannel, DR** **10:30 Mexican Train, AC** 2:00 Chair Volleyball, DR 7:00 Night at the Movies, TH	**26** 9:00 Health Screening, AC 9:00 Morning Devotion, CH 9:30 Morning Exercise, AC 11:00 Brain Training, AC 3:00 Yoga with Rich, FC **4:00 Reader's Theater Practice, AC** **6:30 Game Night, LI**	**27** 9:00 Morning Devotion, CH 9:30 Morning Exercise, AC **11:00 Hangman, AC** 2:00 Bingo, AC 2:00 Bingo with Shekinah, AC 7:00 Featured Movie Night, TH	**28** 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
29 9:00 Bus to First Baptist Church of Asheville 2:00 Sunday Service, CH 7:00 Late-Night Movie, TH	**30** 9:00 Morning Devotion, CH 9:30 Morning Exercise, AC 11:00 Brain Training, AC 2:00 Wii Bowling 3:30 Scattergories, AC	**NEW YEAR'S EVE** **31** 9:00 Morning Devotion, CH 9:30 Morning Exercise, AC 3:00 Yoga with Rich, FC **5:30 New Year's Eve Party, DR** 7:00 Bingo, AC				

October Charity of the Month

October is Breast Cancer Awareness Month. For lunch, the Bella Vista Dining Room was decorated in pink and residents wore pink clothes or pink ribbons. Jars were put in the center of each table and residents put in money to donate to the Susan G. Komen Foundation. Jennifer's friend, Jenny, who is an ambassador for the Susan G. Komen Foundation, came to talk about having cancer and her journey, and the importance of mammograms. The very generous residents at Bella Vista donated $600, which will go to breast cancer research and hopefully get closer to a cure for this terrible disease. Way to go, Bella Vista!

Ghosts and Goblins and Witches, Oh, My …

Jane — My, what nice teeth you have!

Roseann and Maxine putting together the "spider" pizzas.

Halloween was so much fun! The day started with pumpkin pancakes made by Graham. Then the Dining Room was decked out in orange and black, with Cary as Captain America, Mark as Robin Hood and Jennifer as Witchy Witch, meeting everyone as they came in the door for photo opportunities. Pouring coffee were Cary as Eeyore and Thomas as the great Bigfoot Hunter. That afternoon, there was a social just for the residents. Fun food was served: witch hat cookies, tangerines disguised as pumpkins, witchy finger cookies and spider pizzas. Pam came as Super Senior, which was super cute! Then in the evening, Paul came to sing, Mark played harmonica, over 40 trick-or-treaters from Black Mountain Children's Home came, residents danced and Jennifer rode a broom. All in all, it was a very festive holiday.

Bill, Diane and Captain America, looking good on Halloween.

Pam was super cute as Super Senior.

David came prepared for the trick-or-treaters with lots of candy.

Residents danced the night away.

Paul and Mark played and sang great music.

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EQUAL HOUSING OPPORTUNITY