

Heatherwood

Gracious Retirement Living

1624 Main Street • Tewksbury, MA 01876 • Phone (978) 851-2063 • www.seniorlivinginstyle.com

DECEMBER 2019

HEATHERWOOD STAFF

Managers.....CHRISTY & BRIAN EATON
Assistant Managers...DUNCAN & SUE PELTASON
Executive Chef.....GERALDO CABRAL
Sous Chef JULIAN DUARTE
Activity Coordinator DIANE ATKINS
Maintenance Coordinator..... DANIEL MCGARR
Bus DriverDAVID LANGFORD

TRANSPORTATION

Monday & Friday, 10 a.m.-noon & 2-4 p.m.:

Local Errands and Shopping

Tuesday & Thursday, 9 a.m.-3 p.m.:

Medical Appointments

Wednesday, 8:45-9:45 a.m.:

St. Williams Catholic Mass

Wednesday, 11:30 a.m.:

Lunch Bunch/Special Outings

HAWTHORN
SENIOR LIVING

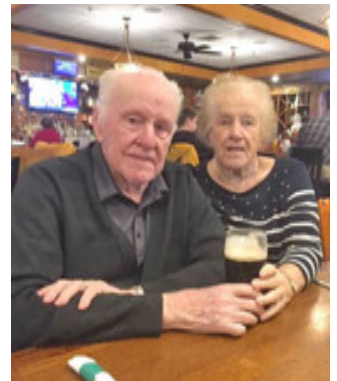
Lunch Bunch Goes to the Irish Cottage

This month, we celebrated St. Patrick's Day a little early. The Lunch Bunch gang went to The Irish Cottage in Methuen. Lots of us got the traditional

corned beef and cabbage, and some opted for the pastrami sandwich—some even enjoyed a pint of Guinness. The atmosphere was great, we felt like we were in Dublin for the day.



*Bernie and Alba
enjoy a glass of wine
before dinner.*



*Lily and Jack feel
like they were back
home in Ireland.*



Hail, hail, the gang's all here!



High School Seniors Win Trivia Challenge!

This month, we hosted a Trivia Challenge at Heatherwood.

The Heatherwood Seniors, a.k.a. Swinging Seniors vs. High School Seniors, a.k.a. Jack's Angels had a very competitive game of trivia.

It was a very close game — it ended it with a tie-breaker question. Jack's Angels came up with the winning answer. It is fair to say we all learned a lot. Next month, we will be hosting a Christmas Trivia to see what generation knows more about the holidays!



High school team Jack and all his Angels



Heatherwood team The Swinging Seniors are up for the challenge.



Save the Date for these upcoming events!

December's calendar is loaded with fun events!

December 6th and 13th:
Making Ornaments With Humble Home Care

December 7th: Holiday Shopping

December 9th: Tewksbury's Swinging Seniors Holiday Concert

December 17th: Holiday Trivia Challenge

December 18th: The Ryan and Wynn Middle School Band Performs

December 18th: Holiday Light Ride

December 19th: All-In-One Sponsors a Holiday Party

December 20th: Art With Gail

December 22nd-29th: Hanukkah Celebration

December 31st: New Year's Eve Party

Joke of the Month!

What does Santa give to Rudolph for an upset stomach?

Answer: Elk-A-Seltzer! Ha ha!



Halloween Was Real Spooky at Heatherwood!

We started the month off with some Halloween Karaoke. We had lots of fun doing the Monster Mash and singing the oldies like "Love Potion #9." That led to our annual Halloween Bash where we danced the night away with the lovely voices of Maureen and Bob.



The ghost poses with the group.



Loretta, Bil, Dora, Grace and Bernie



Grace dressed up as a T-bone steak.



The good witch Loretta



*Sue, Duncan, Daniel, Christy, Brian and Diane
all dressed up for the occasion*



*Joan and Emily are
having a ghostly time!*

DECEMBER
2019

Birthdays

Jan Henderson, 1st
Rachel Yazinka, 1st
Luz Perez, 4th
Kathleen Holbrook, 5th
Harvey Rand, 21st
Bob Martel, 29th
Shirley Donovan, 29th
Eddie Sampson, 31st

Locations

Activity Room, AR
Atrium, AT
Billiards Room, BR
Bistro, BI
Chapel, CH
Dining Room, DR
Exercise Room, EX
Fire Pit, FPIT
Fireplace, FP
Front Lobby, Lobby
Library, LIB
Movie Theater, MT
Patio, Patio
TV Room, TV

“Always be on
the lookout for
the presence
of wonder.”
—E.B. White

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>1</div> <div>9:30 Walking Club, AT</div> <div>2:00 Card Games, BR</div> <div>2:00 Poker, AR</div> <div>2:00 Movie Matinee, MT</div> <div>2:00 Uno Game, BI</div> <div>2:00 Church Service, CH</div> <div>4:00 Bingo, AR</div> <div></div>	<div>2</div> <div>9:30 Exercise Video, EX</div> <div>9:30 Balance & Strength, AR</div> <div>10:00 Blood Pressure Checks</div> <div>10:00 Knitting Group, LIB</div> <div>10:30 Chair Yoga, EX</div> <div>2:00 Chair Volleyball, AR</div> <div>2:00 Movie Matinee, MT</div> <div>4:00 Bingo, AR</div>	<div>3</div> <div>9:30 Exercise Video, EX</div> <div>9:30 Balance & Strength, AR</div> <div>10:00 Knitting Group, LIB</div> <div>11:00 Wii Bowling League, AR</div> <div>2:00 Movie Matinee, MT</div> <div>2:00 Cribbage, BR</div> <div>2:15 Rummikub, TV</div> <div>2:30 Crosswords, AR</div> <div>3:00 Daily Chronicles, AR</div> <div>4:00 Bingo, AR</div>	<div>4</div> <div>8:45 Catholic Mass at St. William’s, Lobby</div> <div>9:30 Exercise Video, EX</div> <div>9:30 Balance & Strength, AR</div> <div>10:00 Knitting Group, LIB</div> <div>11:00 Lunch Bunch</div> <div>2:00 Movie Matinee, MT</div> <div>2:00 Chair Volleyball, EX</div> <div>3:00 Daily Chronicles, AR</div> <div>4:00 Bingo, AR</div> <div></div>	<div>5</div> <div>9:30 Exercise Video, EX</div> <div>9:30 Balance & Strength, AR</div> <div>10:00 Eucharistic Prayer Service, CH</div> <div>10:00 Knitting Group, LIB</div> <div>11:00 Wii Bowling League, AR</div> <div>2:00 Movie Matinee, MT</div> <div>2:00 Cribbage, BR</div> <div>4:00 Bingo, AR</div> <div></div>	<div>6</div> <div>9:30 Exercise Video, EX</div> <div>9:30 Balance & Strength, AR</div> <div>10:00 Knitting Group, LIB</div> <div>10:30 Holiday Craft with Humble Homecare, AR</div> <div>2:00 Mah-jongg, TV</div> <div>2:00 Cribbage, BR</div> <div>2:00 Movie Matinee, MT</div> <div>4:00 Bingo, AR</div>	<div>7</div> <div>9:30 Walking Club, AT</div> <div>10:00 Knitting Group, LIB</div> <div>1:30 Holiday Shopping Day, AR</div> <div>2:00 Poker, AR</div> <div>2:00 Chair Volleyball, EX</div> <div>2:00 Movie Matinee, MT</div> <div>4:00 Bingo, AR</div>
<div>8</div> <div>9:30 Walking Club, AT</div> <div>11:00 Precious Moments, CH</div> <div>2:00 Card Games, BR</div> <div>2:00 Poker, AR</div> <div>2:00 Movie Matinee, MT</div> <div>2:00 Uno Game, BI</div> <div>2:00 Church Service, CH</div> <div>4:00 Bingo, AR</div>	<div>9</div> <div>9:30 Exercise Video, EX</div> <div>9:30 Balance & Strength, AR</div> <div>10:00 Red Carpet Meeting, CH</div> <div>10:00 Blood Pressure Checks</div> <div>10:00 Knitting Group, LIB</div> <div>10:30 Chair Yoga, EX</div> <div>11:00 Precious Moments, CH</div> <div>2:00 Chair Volleyball, AR</div> <div>2:00 Movie Matinee, MT</div> <div>3:00 Swinging Seniors, DR</div> <div>4:00 Bingo, AR</div>	<div>10</div> <div>9:30 Exercise Video, EX</div> <div>9:30 Balance & Strength, AR</div> <div>10:00 Knitting Group, LIB</div> <div>11:00 Wii Bowling League, AR</div> <div>2:00 Resident Meeting, AR</div> <div>2:00 Movie Matinee, MT</div> <div>2:00 Cribbage, BR</div> <div>2:15 Rummikub, TV</div> <div>2:30 Crosswords, AR</div> <div>3:00 Daily Chronicles, AR</div> <div>4:00 Bingo, AR</div>	<div>11</div> <div>8:45 Catholic Mass at St. William’s, Lobby</div> <div>9:30 Exercise Video, EX</div> <div>9:30 Balance & Strength, AR</div> <div>10:00 Knitting Group, LIB</div> <div>11:00 Lunch Bunch</div> <div>2:00 Movie Matinee, MT</div> <div>2:00 Chair Volleyball, EX</div> <div>3:00 Daily Chronicles, AR</div> <div>4:00 Bingo, AR</div>	<div>12</div> <div>9:30 Exercise Video, EX</div> <div>9:30 Balance & Strength, AR</div> <div>10:00 Faith Group with Carol, CH</div> <div>10:00 Knitting Group, LIB</div> <div>11:00 Wii Bowling League, AR</div> <div>2:00 Movie Matinee, MT</div> <div>2:00 Cribbage, BR</div> <div>2:30 Caroling and Cocoa, AR</div> <div>4:00 Bingo, AR</div>	<div>13</div> <div>9:30 Exercise Video, EX</div> <div>9:30 Balance & Strength, AR</div> <div>10:00 Knitting Group, LIB</div> <div>10:30 Holiday Craft with Humble Homecare, AR</div> <div>2:00 Mah-jongg, TV</div> <div>2:00 Cribbage, BR</div> <div>2:00 Movie Matinee, MT</div> <div>4:00 Bingo, AR</div>	<div>14</div> <div>9:30 Walking Club, AT</div> <div>10:00 Knitting Group, LIB</div> <div>2:00 Poker, AR</div> <div>2:00 Chair Volleyball, EX</div> <div>2:00 Movie Matinee, MT</div> <div>4:00 Bingo, AR</div>
<div>15</div> <div>9:30 Walking Club, AT</div> <div>2:00 Card Games, BR</div> <div>2:00 Poker, AR</div> <div>2:00 Movie Matinee, MT</div> <div>2:00 Uno Game, BI</div> <div>2:00 Church Service, CH</div> <div>4:00 Bingo, AR</div>	<div>16</div> <div>9:30 Exercise Video, EX</div> <div>9:30 Balance & Strength, AR</div> <div>10:00 Blood Pressure Checks</div> <div>10:00 Knitting Group, LIB</div> <div>10:30 Chair Yoga, EX</div> <div>2:00 Chair Volleyball, AR</div> <div>2:00 Movie Matinee, MT</div> <div>2:30 Holiday Cookie Baking, AR</div> <div>4:00 Bingo, AR</div>	<div>17</div> <div>9:30 Exercise Video, EX</div> <div>9:30 Balance & Strength, AR</div> <div>10:00 Knitting Group, LIB</div> <div>11:00 Wii Bowling League, AR</div> <div>2:00 Movie Matinee, MT</div> <div>2:00 Cribbage, BR</div> <div>2:15 Rummikub, TV</div> <div>2:30 Crosswords, AR</div> <div>3:00 Daily Chronicles, AR</div> <div>3:00 Christmas Trivia Challenge, AR</div> <div>4:00 Bingo, AR</div>	<div>18</div> <div>8:45 Catholic Mass at St. William’s, Lobby</div> <div>9:30 Exercise Video, EX</div> <div>9:30 Balance & Strength, AR</div> <div>9:30 Middle School Holiday Concert, AR</div> <div>10:00 Knitting Group, LIB</div> <div>2:00 Chair Volleyball, EX</div> <div>2:00 Movie Matinee, MT</div> <div>3:00 Daily Chronicles, AR</div> <div>4:00 Bingo, AR</div> <div>4:00 Holiday Light Ride</div>	<div>19</div> <div>9:30 Exercise Video, EX</div> <div>9:30 Balance & Strength, AR</div> <div>10:00 Eucharistic Prayer Service, CH</div> <div>10:00 Knitting Group, LIB</div> <div>10:00 Rogers Hearing, BI</div> <div>11:00 Wii Bowling League, AR</div> <div>2:00 Movie Matinee, MT</div> <div>2:00 Cribbage, BR</div> <div>3:00 All in One Christmas Party, AR</div> <div>4:00 Bingo, AR</div>	<div>20</div> <div>9:30 Exercise Video, EX</div> <div>9:30 Balance & Strength, AR</div> <div>10:00 Knitting Group, LIB</div> <div>2:00 Mah-jongg, TV</div> <div>2:00 Cribbage, BR</div> <div>2:00 Movie Matinee, MT</div> <div>2:00 Art with Gail, AR</div> <div>4:00 Bingo, AR</div>	<div>21</div> <div>WINTER BEGINS</div> <div>9:30 Walking Club, AT</div> <div>10:00 Knitting Group, LIB</div> <div>2:00 Poker, AR</div> <div>2:00 Chair Volleyball, EX</div> <div>2:00 Movie Matinee, MT</div> <div>4:00 Bingo, AR</div> <div></div>
<div>22</div> <div>HANUKKAH BEGINS AT SUNSET</div> <div>9:30 Walking Club, AT</div> <div>11:00 Precious Moments, CH</div> <div>2:00 Card Games, BR</div> <div>2:00 Poker, AR</div> <div>2:00 Movie Matinee, MT</div> <div>2:00 Uno Game, BI</div> <div>2:00 Church Service, CH</div> <div>4:00 Bingo, AR</div> <div>5:15 Hanukkah Celebration, DR</div>	<div>23</div> <div>9:30 Exercise Video, EX</div> <div>9:30 Balance & Strength, AR</div> <div>10:00 Blood Pressure Checks</div> <div>10:00 Knitting Group, LIB</div> <div>10:30 Chair Yoga, EX</div> <div>11:00 Precious Moments, CH</div> <div>2:00 Chair Volleyball, AR</div> <div>2:00 Movie Matinee, MT</div> <div>2:30 Yankee Swap, AR</div> <div>4:00 Bingo, AR</div> <div>5:15 Hanukkah Celebration, AR</div>	<div>24</div> <div>9:30 Exercise Video, EX</div> <div>9:30 Balance & Strength, AR</div> <div>10:00 Knitting Group, LIB</div> <div>11:00 Wii Bowling League, AR</div> <div>2:00 Movie Matinee, MT</div> <div>2:00 Cribbage, BR</div> <div>2:15 Rummikub, TV</div> <div>2:30 Crosswords, AR</div> <div>3:00 Daily Chronicles, AR</div> <div>4:00 Bingo, AR</div> <div>5:15 Hanukkah Celebration, AR</div>	<div>25</div> <div>CHRISTMAS DAY</div> <div>8:45 Catholic Mass at St. William’s, Lobby</div> <div>9:30 Exercise Video, EX</div> <div>9:30 Balance & Strength, AR</div> <div>10:00 Knitting Group, LIB</div> <div>2:00 Movie Matinee, MT</div> <div>2:00 Chair Volleyball, EX</div> <div>3:00 Daily Chronicles, AR</div> <div>4:00 Bingo, AR</div> <div>5:15 Hanukkah Celebration, AR</div>	<div>26</div> <div>9:30 Exercise Video, EX</div> <div>9:30 Balance & Strength, AR</div> <div>10:00 Faith Group with Carol, CH</div> <div>10:00 Knitting Group, LIB</div> <div>11:00 Wii Bowling League, AR</div> <div>2:00 Cribbage, BR</div> <div>2:00 Movie Matinee, MT</div> <div>2:30 Dreidel Game, AR</div> <div>4:00 Bingo, AR</div> <div>5:15 Hanukkah Celebration, AR</div>	<div>27</div> <div>9:30 Exercise Video, EX</div> <div>9:30 Balance & Strength, AR</div> <div>10:00 Knitting Group, LIB</div> <div>2:00 Mah-jongg, TV</div> <div>2:00 Cribbage, BR</div> <div>2:00 Movie Matinee, MT</div> <div>4:00 Bingo, AR</div> <div>5:15 Hanukkah Celebration, AR</div>	<div>28</div> <div>9:30 Walking Club, AT</div> <div>10:00 Knitting Group, LIB</div> <div>2:00 Poker, AR</div> <div>2:00 Chair Volleyball, EX</div> <div>2:00 Movie Matinee, MT</div> <div>4:00 Bingo, AR</div> <div>5:15 Hanukkah Celebration, AR</div>
<div>29</div> <div>5:15 Hanukkah Celebration, AR</div> <div>9:30 Walking Club, AT</div> <div>2:00 Card Games, BR</div> <div>2:00 Poker, AR</div> <div>2:00 Movie Matinee, MT</div> <div>2:00 Uno Game, BI</div> <div>2:00 Church Service, CH</div> <div>4:00 Bingo, AR</div> <div></div>	<div>30</div> <div>9:30 Exercise Video, EX</div> <div>9:30 Balance & Strength, AR</div> <div>10:00 Blood Pressure Checks</div> <div>10:00 Knitting Group, LIB</div> <div>10:30 Chair Yoga, EX</div> <div>2:00 Chair Volleyball, AR</div> <div>2:00 Movie Matinee, MT</div> <div>2:30 New Year’s Trivia, AR</div> <div>4:00 Bingo, AR</div>	<div>31</div> <div>NEW YEAR’S EVE</div> <div>9:30 Exercise Video, EX</div> <div>9:30 Balance & Strength, AR</div> <div>10:00 Knitting Group, LIB</div> <div>11:00 Wii Bowling League, AR</div> <div>2:00 Movie Matinee, MT</div> <div>2:00 Cribbage, BR</div> <div>2:15 Rummikub, TV</div> <div>2:30 Crosswords, AR</div> <div>3:00 Daily Chronicles, AR</div> <div>4:00 Bingo, AR</div> <div>7:00 New Year’s Eve Gala, AR</div> <div></div>				

Power of Flower Project Drops By!

Power of Flowers Project dropped by to bring the residents some lovely bouquets of flowers that they put together. Everyone enjoyed picking which arrangement they liked the most. They put lots of smiles on our faces. Power of Project is an organization that since its beginning in 2009, with a few volunteers arranging flowers in floral designer Joyce Bellefeuille's basement workshop, has grown to include over 100 volunteers donating thousands of hours each year and scores of recipient facilities serving the ill, the elderly, veterans, and others in need of a lift.

Thank you so much — the flower delivery definitely made our day.



Diane, Joan and Nancy pose with the ladies from the Power of Flowers Project.

Breast Cancer Awareness Month a Huge Success!

The residents at Heatherwood will be donating \$305 to the National Breast Cancer Foundation. The National Breast Cancer Foundation was founded in 1991 by breast cancer survivor Janelle Hail. She was diagnosed with breast cancer in 1980 at the age of 34. At the time of her diagnosis, there was little information about the disease, and she was forced to make a decision about her health with few options. After her treatment, Janelle made a commitment to help women around the world by educating them about breast cancer and the importance of early detection.

Inspiring hope every day, NBCF's mission is to help women now by providing help and inspiring hope to those affected by breast cancer through early detection, education and support services.

One in eight women will be diagnosed with breast cancer in her lifetime. There is currently no known cure for breast cancer, and its early diagnosis is critical to survival.

Get Involved: You are never alone. NBCF offers free, innovative programs that other organizations aren't providing to women facing breast cancer so that no one faces breast cancer alone. NBCF is one of the most recognized and respected breast cancer charities in the world. NBCF has received the highest four-star rating by Charity Navigator, America's premier charity evaluator, for 14 years. On average, over 80% of our revenue is directed to our life-saving programs.

All month long, we celebrated all the breast cancer survivors and reminisced about our loved ones we've lost. We had Pink Fridays! Each Friday, we did something different. We did crafts, facials, painting and cookie decorating. We also had six basket raffles and a 50/50 drawing. Marie Tower won \$110 in the 50/50. The baskets were won by Julie (Lead Housekeeper), Cynthia Mulno, Rose Golden, Marilyn Giangrande, Del Berardi, Kathy Holbrook.

Thank you to all who participated.



Mystery Resident?

Can you guess who she is?

Here are some clues for you ...

- She married the love of her life on 9/23/1950.
- She is the proud mother of one son and one daughter.
- She was an avid antique shopper.
- She went to Fisher College, Boston.
- She loved to travel and some of her favorite places were Hawaii and Australia.

Last month's mystery resident was Shirley Donovan. Thank you for sharing, Shirley.



Mystery resident on one of the happiest days of her life



Mystery resident with her husband on their wedding day



Betty, Marie Dora and Cynthia enjoy the afternoon cookie decorating.



Marina and Larry pose at the Pink Wall.



Alba and Lucy enjoy a laugh at the Pink Wall.



Phyllis won lots of goodies in the Door Prize from Donna, our Mary Kay consultant.



Congratulations to Marie, the winner of the 50/50!



Joan is enjoying her Mary Kay facial.



1624 Main Street
Tewksbury, MA 01876



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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