

# Scholl Canyon Estates

## Gracious Retirement Living

1551 East Chevy Chase Drive • Glendale, CA 91206 • Phone (818) 951-3830 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

### DECEMBER 2019

#### SCHOLL CANYON STAFF

Managers..... WILLIAM & RENEE RAUSCHER

Assistant Managers ..... CLIFFORD &  
JANET HANNEMANN

Executive Chef ...ALESSANDRA "ALEX" MCBRIDE

Sous Chef ..... ANTONIO "TONY" JIMENEZ

Activity Coordinator .....MARYBETH  
MALONEY THICKE

Maintenance .....PAUL GONZALES

Bus Driver .....JUAN PARRA

#### CLASSY LADIES AND GENTS SALON

**Mary Ellen, Owner**

Tuesday-Friday, by appointment only

Hair, Nails, Facials

First Floor, Scholl Canyon Estates  
818-551-1949

**HAWTHORN**  
SENIOR LIVING

### Holiday Events

December is always a busy month filled with friends and family and lots of activities. We don't want you to miss one special moment that will make your holiday season exceptional!

**December 3rd at 11 a.m.:** Back problem from gift wrapping? Come listen to Barbara Wood talk about back pain and learn some easy yoga moves that will ease your strained back.

**December 5th at 3:30 p.m.:** Meet and Greet your new fellow residents, and share in some holiday treats while you get to know one another.

**December 7th at 2 p.m.:** Bell Choir holiday performance in the Activity Room

**December 8th from 2 to 4 p.m.:** Scholl Canyon's Open House and Crafts Sale

**December 10th:** Taffy's Holiday Boutique Sale. Come and do some shopping for friends and family.

**December 13th at 11:30 a.m.:** Glendale Academy Kindergarten class shares in the holidays with their senior friends.

Please make sure you RSVP for Christmas Dinner and New Year's Eve.

**December 14th at 6:30 p.m.:** St. Charles Free Christmas Concert in Toluca Lake.

**December 18th at 6:30 p.m.:** Bus Tour to see the Christmas Lights in Pasadena

**December 19th at 2 p.m.:** Hanukkah celebration

**December 23rd at 3:30 p.m.:** Verdugo Hills Women's Chorus in the Dining Room

**December 25th at 12:30 p.m.:** Traditional Christmas Dinner with all the fixings. Invite your family and friends.

**December 28th at 11:15 a.m.:** St. Cecilia's Church Youth Ensemble in the Activity Room.

**December 31st at 5:30 p.m.:** Ring in the new year with a fabulous supper and great entertainment.



## Scholl Veterans Take to the Skies

Eight of our Scholl Canyon Residents got a special honor last month when they flew in a World War II Boeing Stearman biplane. Residents gathered at Van Nuys airport, where Ageless Aviation Dreams Foundation gave our seniors a chance to soar, as friends and family watched from the ground. Gordon Reynertson, Bob Nellis, Vern Koehn, Doc Lee, Lowell Beezley, Bob Wilkins, Jean Vernon and Carl Held all expressed joy and excitement once they stepped off of the historical biplane. Greeted with cheers and applause once they landed, these seven men and one woman were given a signed hat by pilot, Mike Sommars, his wife, Lynn, and their volunteer team.

It was a thrill for everyone, and Scholl Canyon is already on the waiting list for a flight next year when this wonderful organization comes back to Southern California. If you would like to experience a flight of a lifetime, please sign up. A date will be determined in the fall of 2020.



*Doc Lee, excited for his World War II biplane flight.*



*Pilot Michael Sommars and Carl Held shake hands after Carl's dream flight.*



*Getting ready to take off.*

## A Warm Welcome to Our New Residents

We'd like to give a friendly welcome to our new residents:

- |                 |                   |
|-----------------|-------------------|
| • Arlene Bedo   | • Grace Larson    |
| • Richard Bunch | • Kay Leeka       |
| • Marion Carr   | • William Penuela |

And a special welcome back to Merrie Quast.

Please come to a Meet and Greet on December 5th at 3:30 p.m. in the Activity Room. All Scholl Canyon residents are welcome.

## Carl's Corner

- "Children, there are two words you are not allowed to use in this class. One is 'lousy' and the other is 'swell.' Have you all got that?"  
Long pause, then:  
"I got that, but when are you gonna tell us the word?"
- Brooklyn school room:  
"Sammy, will you please spell 'avoid.'"  
"Soitenly." Long pause.  
"What are you waiting for?"  
"I'm vaitin' you should gimmie a void."
- Double negatives are a no-no.
- Geometry is as easy as pi.
- Two massive feats of engineering:
  1. Wheeling, West Virginia
  2. Flushing, Long Island



## The Sharing of Holiday Traditions

America is often called a “melting pot” where all nations and cultures blend into one. Our holiday celebrations are a clear example of traditions coming together. We have Christmas carols from England and Australia, and trees from Germany. St. Nick came from Scandinavia, and the legend of him coming down the chimney originated from the Netherlands. Even Santa Claus’ reindeers pulling a sleigh came from Switzerland.

Here in the United States, “The Twelve Day of Christmas” came from the Appalachian Mountains and started as a counting song. However, today it is one of the most popular songs of the season. Each state in our nation has its own traditions and its own tastes that they share during the holiday season. According to Holiday Traditions.com, here a few:

- New England has Lumberjack Pie which has a mashed potato crust, filled with meats, onions and cinnamon.
- Pennsylvania Dutch serve Sand Tarts, which are crisp sugar cookies.
- North Carolina features Moravian Love Feast Buns, faintly sweet bread of flour and mashed potatoes.
- Southern States have Hominy Grits Souffle and Whiskey Cake, which is 100-proof whiskey.
- Virginia is famous for their oyster and ham pie during the holiday season.
- New Mexico serves Empanaditas, little beef cakes with applesauce, pine nuts and raisins.
- Hawaii shares Turkey Teriyaki, marinated and cooked over an outdoor pit.

We thought you’d like to hear about some of the staff’s family traditions during the holiday.

- **Managers Renee and William:** “Our family’s tradition is waking up Christmas morning with William reading a Christmas story out of the book of Luke. This is the true meaning of Christmas to all our family. After this, we open gifts to one another and have a wonderful breakfast before starting the day’s festivities.”
- **Chef Alex:** “The holidays mean one thing to us: Nonna’s homemade terrone. Our Nonna makes us this delicious traditional Italian candy every holiday. Growing up, we had it with our Christmas festivities, and now I make it every holiday season. Terrone consists of simple ingredients: almonds, sugar, honey and lots of orange zest to create a sweet, crunchy and flavorful holiday treat. Our Christmas is not Christmas without sharing this candy.”
- **Maintenance Paul:** “This time of year, we love to watch football together. What I enjoy the most on these winter days is hanging out with my family and barbecuing and watching football all day on Sundays. On Christmas day, we go to my Mom’s and eat tamales.”
- **Marybeth:** “When I was a little girl, my Mom and her parents would make a big traditional Italian dinner on Christmas Eve. We cooked together all day and then went to church in the evening. Once we arrived home, the house smelled like we were in a small village in Italy. After feasting on fish, pasta, veggies and homemade cannolis and pizzelles, we gathered around the fireplace and opened one gift of our choice. We saved the other gifts for Christmas morning. I continue to share this same tradition with my family today. “
- **Juan:** “The holidays are for being together with family. We exchange gifts with family and friends and share a traditional dinner. It’s important that we stay together during these days as a family.”

Share your family traditions with us. Come to “Chit Chat” on Friday, December 13th, at 3 p.m. in the Activity Room and let us know what makes this time of year so special to you.

DECEMBER  
2019

Birthdays

Myrna Hase, 3rd  
Lucille Davis, 4th  
Betty Kutner, 5th  
Gloria Toppan, 10th  
Norma Kapp, 12th  
Lorrain Titus, 16th  
Ignacio Sola, 20th  
MariLou Pascua, 20th  
Mary Gleason, 24th  
Bob Wilkins, 30th

Transportation

Monday, 9:30 a.m.  
**1st, 3rd and 5th** —  
Ralph’s and Post Office  
**2nd and 4th** — Von’s  
and Rite Aid  
  
Monday, 11 a.m.  
**1st, 3rd and 5th** —  
Von’s and Rite Aid  
**2nd and 4th** — Ralph’s  
and Post Office

Monday, 2 p.m.  
CVS Pharmacy  
  
Tuesday and Thursday,  
**By Appointment Only**  
Doctor & Medical  
Appointments

Friday, 10:15 a.m.  
**1st** — 99 Cent Store  
**2nd** — Big Lots  
**3rd and 5th** —  
Trader Joe’s/Walgreens  
**4th** — Walmart  
  
Friday, 2 p.m.  
**1st** — Trader Joe’s/  
Walgreens  
**2nd** — Target and Macy’s  
**3rd** — Dollar King  
**4th** — T.J. Maxx, Ross,  
Nordstrom Rack

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>1</div> <div>10:00 First Congregational Church of Glendale Service</div> <div>11:00 Adult Coloring with Renee</div> <div>2:00 Movie &amp; Popcorn</div> <div>6:45 Cards</div>	<div>2</div> <div>Shopping Day</div> <div>9:30 Balance &amp; Fitness with Marybeth</div> <div>11:15 Brain Train</div> <div>2:00 Game of Taboo</div> <div>3:00 Painting Class with Hazel</div> <div>6:45 Cards</div>	<div>3</div> <div>9:30 Exercise with Julie</div> <div>11:00 Guest Speaker: Osteoporosis and Back Pain</div> <div>11:15 Memory Magic Game</div> <div>2:00 Bingo</div> <div>2:00 Scholl Choir Practice</div> <div>3:00 Hangman</div> <div>3:30 Adventures with Doug</div> <div>7:00 Poker Night</div> <div></div>	<div>4</div> <div>9:30 Balance and Fit Exercise with Marybeth</div> <div>10:00 Day Trip</div> <div>2:00 Bean Bag Baseball</div> <div>2:00 Bingo by Pattern</div> <div>3:00 Bible Study with Juan</div> <div>7:00 Jewel City Knitters</div> <div>7:00 Movie &amp; Popcorn</div> <div></div>	<div>5</div> <div>9:30 Exercise with Julie</div> <div>11:00 Beading Class</div> <div>2:00 Game of Taboo</div> <div>3:00 Cooking Corner</div> <div>4:15 TLC Blood Pressure Clinic</div> <div>6:45 Cards</div> <div></div>	<div>6</div> <div>Shopping Day</div> <div>9:30 Chair Yoga</div> <div>11:30 Meditation with Marybeth</div> <div>2:00 Bingo</div> <div>3:00 Chit-Chat and Snacks</div> <div>4:30 Praise Singalong</div> <div>6:45 Cards</div>	<div>7</div> <div>9:30 Exercise</div> <div>11:00 Beading Class</div> <div>2:00 Handbell Choir</div> <div>3:00 Hangman</div> <div>3:00 Bible Study with Juan</div> <div>6:45 Cards</div>
<div>8</div> <div>10:00 First Congregational Church of Glendale Service</div> <div>11:00 Adult Coloring with Renee</div> <div>2:00 Movie &amp; Popcorn</div> <div>2:00 Scholl Canyon Open House</div> <div>6:45 Cards</div>	<div>9</div> <div>Shopping Day</div> <div>9:30 Balance &amp; Fitness with Marybeth</div> <div>11:15 Brain Train</div> <div>2:00 Game of Taboo</div> <div>2:00 Residents/Managers Meeting</div> <div>3:00 Arts &amp; Crafts</div> <div>6:45 Cards</div>	<div>10</div> <div>9:30 Exercise with Julie</div> <div>11:00 Taffy Holiday Boutique Sale</div> <div>2:00 Bingo</div> <div>2:00 Scholl Choir Practice</div> <div>3:00 Hangman</div> <div>6:30 Disney Frozen at Pantages</div> <div>7:00 Poker Night</div> <div></div>	<div>11</div> <div>9:30 Balance and Fit Exercise with Marybeth</div> <div>10:00 Day Trip</div> <div>2:00 Bingo by Pattern</div> <div>3:00 Bible Study with Juan</div> <div>7:00 Movie &amp; Popcorn</div>	<div>12</div> <div>9:30 Exercise with Julie</div> <div>11:00 Beading Class</div> <div>2:00 Game of Taboo</div> <div>3:00 Cooking Corner</div> <div>4:15 TLC Blood Pressure Clinic</div> <div>6:45 Cards</div> <div></div>	<div>13</div> <div>Shopping Day</div> <div>9:30 Chair Yoga</div> <div>11:30 Meditation with Marybeth</div> <div>2:00 Bingo</div> <div>3:00 Chit-Chat and Snacks</div> <div>3:15 Music Hour with Sherri Canon</div> <div>4:30 Praise Singalong</div> <div>6:45 Cards</div>	<div>14</div> <div>Donuts &amp; Coffee</div> <div>9:30 Exercise</div> <div>11:00 Beading Class</div> <div>2:00 Bingo</div> <div>3:00 Hangman</div> <div>6:30 St. Charles Church Christmas Concert</div> <div>6:45 Cards</div>
<div>15</div> <div>10:00 First Congregational Church of Glendale Service</div> <div>11:00 Adult Coloring with Renee</div> <div>2:00 Movie &amp; Popcorn</div> <div>6:45 Cards</div>	<div>16</div> <div>Shopping Day</div> <div>9:30 Balance &amp; Fitness with Marybeth</div> <div>11:15 Brain Train</div> <div>2:00 Game of Taboo</div> <div>3:00 Painting Class with Hazel</div> <div>6:45 Cards</div> <div></div>	<div>17</div> <div>9:30 Exercise with Julie</div> <div>11:15 Memory Magic Game</div> <div>2:00 Bingo</div> <div>2:00 Scholl Choir Practice</div> <div>3:00 Hangman</div> <div>7:00 Poker Night</div>	<div>18</div> <div>9:30 Balance and Fit Exercise with Marybeth</div> <div>10:00 Day Trip</div> <div>12:30 Monthly Birthday Celebration with Entertainment</div> <div>2:00 Bingo by Pattern</div> <div>3:00 Bible Study with Juan</div> <div>6:30 Bus Tour of the Christmas Lights in Pasadena</div> <div>7:00 Movie &amp; Popcorn</div>	<div>19</div> <div>9:30 Exercise with Julie</div> <div>11:00 Beading Class</div> <div>2:00 Game of Taboo</div> <div>3:00 Cooking Corner</div> <div>4:15 TLC Blood Pressure Clinic</div> <div>6:45 Cards</div>	<div>20</div> <div>Shopping Day</div> <div>9:30 Chair Yoga</div> <div>11:30 Meditation with Marybeth</div> <div>2:00 Bingo</div> <div>3:00 Chit-Chat and Snacks</div> <div>4:30 Praise Singalong</div> <div>6:45 Cards</div> <div></div>	<div>21</div> <div>WINTER BEGINS</div> <div>9:30 Exercise</div> <div>11:00 Beading Class</div> <div>11:00 Girl Scouts Visitors</div> <div>2:00 Bingo</div> <div>3:00 Hangman</div> <div>6:45 Cards</div>
<div>HANUKKAH BEGINS AT SUNSET 22</div> <div>10:00 First Congregational Church of Glendale Service</div> <div>11:00 Adult Coloring with Renee</div> <div>2:00 Movie &amp; Popcorn</div> <div>6:45 Cards</div>	<div>23</div> <div>Shopping Day</div> <div>9:30 Balance &amp; Fitness with Marybeth</div> <div>11:15 Brain Train</div> <div>3:00 Verdugo Hills Women’s Chorus</div> <div>6:45 Cards</div>	<div>24</div> <div>9:30 Exercise with Julie</div> <div>11:15 Memory Magic Game</div> <div>2:00 Bingo</div> <div>2:00 Scholl Choir Practice</div> <div>3:00 Hangman</div> <div>7:00 Poker Night</div> <div></div>	<div>CHRISTMAS DAY 25</div> <div>9:30 Exercise</div> <div>12:30 Christmas Dinner with Entertainment</div> <div>7:00 Movie &amp; Popcorn</div>	<div>26</div> <div>9:30 Exercise with Julie</div> <div>11:00 Beading Class</div> <div>1:00 Resident Raffle Prizes</div> <div>2:00 Game of Taboo</div> <div>3:00 Cooking Corner</div> <div>4:15 TLC Blood Pressure Clinic</div> <div>6:45 Cards</div>	<div>27</div> <div>Shopping Day</div> <div>9:30 Chair Yoga</div> <div>11:30 Meditation with Marybeth</div> <div>2:00 Bingo</div> <div>3:00 Chit-Chat and Snacks</div> <div>4:30 Praise Singalong</div> <div>6:45 Cards</div>	<div>28</div> <div>Donuts &amp; Coffee</div> <div>9:30 Exercise</div> <div>11:00 Beading Class</div> <div>11:15 St. Cecilia’s Classical Performance</div> <div>2:00 Bingo</div> <div>3:00 Hangman</div> <div>6:45 Cards</div>
<div>29</div> <div>10:00 First Congregational Church of Glendale Service</div> <div>11:00 Adult Coloring with Renee</div> <div>2:00 Movie &amp; Popcorn</div> <div>6:45 Cards</div>	<div>30</div> <div>Shopping Day</div> <div>9:30 Balance &amp; Fitness with Marybeth</div> <div>11:15 Brain Train</div> <div>2:00 Game of Taboo</div> <div>6:45 Cards</div> <div></div>	<div>NEW YEAR’S EVE 31</div> <div>9:30 Exercise with Julie</div> <div>11:15 Memory Magic Game</div> <div>2:00 Bingo</div> <div>2:00 Scholl Choir Practice</div> <div>3:00 Hangman</div> <div>5:30 New Year Eve’s Celebration</div> <div>7:00 Poker Night</div>				



## Bell Choir Rings at SCE

The handbell choir from Seventh Day Adventist Conference next door have been entertaining us for the past four years. Our neighbors come and “ring in the holiday season” as they delight us with Christmas tunes.

A handbell choir is a group that rings recognizable music with melodies and harmony, as opposed to the mathematical permutations used in change ringing. The tradition behind handbell choirs is quite interesting. Early forms of handbells were part of ceremonies in many ancient cultures. Later, street vendors, town criers, and night watchmen used them to attract attention.

Sets of handbells tuned to a musical scale first appeared in 17th-century England, where the art of ringing large tower bells was popular. But rehearsals could be noisy and disruptive, so small bells were designed to allow the ringers to practice their melodies indoors. Handbell groups soon formed across Europe.

In the 1840s, a showman, P.T. Barnum, introduced the tradition to the U.S. when he brought a group of English bell ringers on a nationwide tour, but it wasn't until the early 20th century that the first handbell choirs were established in America. The ensembles have become a tradition at church services, but community choirs are increasingly popular and some schools and universities teach handbells in their music curriculum.

Join us on Saturday, December 7th, at 2 p.m. as Adventist Bell Choir shows us how the merry sounds of bells brighten the holiday season.

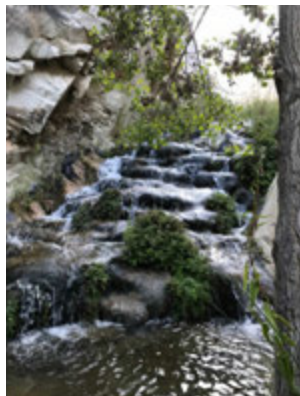
## Adventures With Doug

**Tuesday, December 3rd**

**3:30 p.m. in the Activity Room**

In 1872, three outlaws on the run rode up Surprise Canyon and took refuge high up in the Panamint Mountains. While waiting for the law to tire of trying to find them, they did a little prospecting and hit a rich silver strike. The lawless town of Panamint was born.

There isn't much left of Panamint City today, but the beautiful and mysterious canyon is still filled with many beautiful sights, and also fascinating stories of what it was like in the Wild West.



## Happy Happenings at Scholl Canyon

Last month, we had some great activities and adventures. Our kindergarten friends came back for a visit, and we also had high school girls from Mayfield share the afternoon with our residents. We traveled to Newport Beach and took a harbor cruise. We ate lunch at the Harbor Side Restaurant on the water. The weather was perfect, and we all commented that we are so lucky to be cruising the harbor in Orange County on a gorgeous November day. Scholl's Harvest Party was filled with great food, lots of treats and fun costumes. The costumes were so creative that we had five winners: Superman Lowell, Scarecrow Erika, Princess Leia Charlene, Scream Ceil and Peanut Butter and Jelly Don and Nancy.

Veterans Day was extra special this year. We honored our veterans at a touching ceremony outside. Manager William led the Pledge of Allegiance, and said the names of all of our veterans, while Marybeth and Manager Renee gave each person who served our country a rose. Red roses were also given to the wives of veterans who have passed on. The festivities continued with entertainment and a traditional all-American dinner with hamburgers and hot dogs, all the trimmings and apple pie. We finished the month off with our Harvest Market and delightful Thanksgiving Dinner.



*Newport Beach Harbor Cruise and Lunch.*



*Dean, Thelma and Mari Lou enjoy our Harvest Supper.*



*Kaline and her kindergarten friend*



*Veterans are honored during a special ceremony where each name was read and a rose was given to our heroes.*



*Barbara, Chef Alex and Charlene share in the harvest fun.*

*Scholl Canyon Estates*  
Gracious Retirement Living

1551 East Chevy Chase Drive  
Glendale, CA 91206



## *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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**818-951-3830**