

The Highlands

Gracious Retirement Living

129 E. Main Street • Westborough, MA 01581 • Phone (508) 898-3000 • www.seniorlivinginstyle.com

DECEMBER 2019

THE HIGHLANDS STAFF

ManagersNED & MARY GRADY
Assistant Managers.....KEITH & BARBARA WALKER
Executive Chef DAN ALLEN
Sous Chef NELLIE FARBER
Activity Coordinator..... BONNIE ABIMERHI
Maintenance SIDNEY DEJESUS
Bus Driver KEVIN FARRAR

TRANSPORTATION

Monday & Friday, 10 a.m. and 2 p.m.:

Shopping, Banking and Errands – Local Area

Tuesday, 10 a.m. to 2 p.m.:

Medical Appointments – Worcester Area

Wednesday, Time TBD: Wednesday Outing Day

Thursday, 10 a.m. to 2 p.m.:

Medical Appointments – Framingham Area

Friday, 8:45 a.m.: St. Luke Parish

HAWTHORN
SENIOR LIVING

December at a Glance

December 3rd, 11:30 a.m.: St. Mark's Orchestra

December 4th, 10 a.m.: Accessories and Beyond Sale

December 9th, 2 p.m.: Dan Hart Entertains

December 11th, 10:30 a.m.: Create Your Own Holiday Flowers in a Mug

December 13th, 11 a.m.: Liberty Church Holiday Carols

December 14th, 2 p.m.: Sunnyside Swing Entertains

December 15th, 10 a.m.: Westborough Newcomers Santa Singalong Party

December 16th, 2 p.m.: Dan the Librarian's Holiday Game Show

December 18th, 10:30 a.m.: "100th Town Chorus" Holiday Program

December 20th, 3 p.m.: Highlands Jingle Mingle

December 21st, 2:30 p.m.: Assabet Valley Chamber Singers Concert

December 23rd: Ron Falong Presents Winter Celebrations Around the World

December 25th, 12:30 p.m.: Christmas Dinner Gala

December 29th, 2 p.m.: Dave G. the Accordionist

December 31st, 5 p.m.: New Year's Dinner Extravaganza Followed By Entertainment by John Guido at 7 p.m.



Holiday Traditions Around the World

For a couple of weeks every year, the world takes on a magic glow, people seem merrier and even winter somehow feels cozy. Whether you're celebrating a religious festival, like Hanukkah or Christmas, you're sure to have your own selection of rituals or customs that make the holiday season so special. Here are some Christmas traditions around the world.



Giant Lantern Festival, Philippines

The Giant Lantern Festival is held each year on the Saturday before Christmas Eve in the city of San Fernando — the “Christmas Capital of the Philippines.” The festival attracts spectators from all over the country and across the globe. Eleven villages take part in the festival and competition is fierce as everyone pitches in trying to build the most elaborate lantern. Originally, the lanterns were simple creations around half a yard in diameter, made from Japanese origami paper and lit by a candle. Today, the lanterns are made from a variety of materials and have grown to around three feet in size. They are illuminated by electric bulbs that sparkle in a kaleidoscope of patterns.

Kentucky Fried Christmas Dinner, Japan

Christmas has never been a big deal in Japan. Aside from a few small, secular traditions such as gift-giving and light displays, Christmas remains largely a novelty in the country. However, a new, quirky “tradition” has emerged in recent years — a Christmas Day feast of the Colonel’s very own Kentucky Fried Chicken. The festive menu will soon be advertised on the KFC Japan website and, even if you don’t understand Japanese, the pictures sure will look delicious with everything from a Christmas-themed standard bucket to a premium roast-bird feast.

The Yule Lads, Iceland

In the 13 days leading up to Christmas, 13 tricky troll-like characters come out to play in Iceland. The Yule Lads visit the children across the country over the 13 nights leading up to Christmas. For each night of

Yuletide, children place their best shoes by the window and a different Yule Lad visits, leaving gifts for nice girls and boys and rotting potatoes for the naughty ones. Clad in traditional Icelandic costume, these fellas are pretty mischievous.

Norway

Perhaps one of the most unorthodox Christmas Eve traditions can be found in Norway, where people hide their brooms. It’s a tradition that dates back centuries to when people believed that witches and evil spirits came out on Christmas Eve looking for brooms to ride on. To this day, many people still hide their brooms in the safest place in the house to stop them from being stolen.

Lighting of National Hanukkah Menorah, Washington, D.C., U.S.

The Jewish holiday of Hanukkah is celebrated with much fanfare across the United States with one of the most elaborate events taking place on a national stage. Since 1979, a giant nine-foot Menorah has been raised on the White House grounds for the eight days and nights of Hanukkah. The ceremony in Washington, D.C. is marked with speeches, music, activities for kids, and, of course, the lighting of the Menorah. The lighting of the first candle at the White House takes place at 4 p.m., rain or shine, and an additional candle is lit each successive night.

Day of the Little Candles, Colombia

Little Candles’ Day marks the start of the Christmas season across Colombia. In honor of the Virgin Mary and the Immaculate Conception, people place candles and paper lanterns in their windows, balconies and front yards. The tradition of candles has grown, and now entire towns and cities across the country are lit up with elaborate displays.

Cavalcade of Lights, Toronto

In wintry, wonderful Toronto the annual Cavalcade of Lights marks the official start to the holiday season. The first Cavalcade took place in 1967 to show off Toronto’s newly constructed City Hall and Nathan Phillips Square. The Square and Christmas tree are illuminated by more than 300,000 lights that shine from dusk until 11 p.m. until the New Year.



Knitting With Love

We have a great group of ladies that meet every Thursday morning for a knitting group. I had the pleasure to sit with these ladies one morning as I was so struck by all the many lovely things they knit and then donate to local charities. Pat started the group over five years ago and through the years she, along with others who have joined, has created beautiful afghans, hats, mittens, even Christmas decorations. The ladies have sold some of their work at The Highlands Christmas Fair in the past and in turn donated their proceeds to our local food pantry. This year they are holding a raffle for four lap robes and will once again donate the proceeds to the food pantry. Current members Margaret, Shirley, Tess and Christine along with Pat stay busy all year long with various projects and always find a great way at the holiday season to turn their loving efforts into donations to charities. Tess makes lovely little newborn caps which have been given to a local hospital. The morning we met, Shirley came in with a great pair of handmade mittens which will be donated to the local church. Margaret makes great finger-less gloves and headbands, many of which have also been donated for families in need. The ladies told me all their yarn is donated by our local senior center and in turn the ladies bring it full-circle by knitting that yarn into beautiful creations that go back out into the community to keep someone warm through the cold winter months. I couldn't think of a more appropriate time of year to recognize these ladies and give thanks for the "holiday spirit" they possess all through the year. In the season of giving these ladies shine bright.



The ladies and their beautiful lap robes to be raffled for charity

Pack Your Bags for Another Great Hawthorn Adventure!

Get ready for some fun in the exotic far-off lands of Tanzania, Morocco and Egypt as we "visit" these countries on this year's Hawthorn Adventure. As we stop in each beautiful destination, we will immerse ourselves in the culture, history and unique foods of each country. Through games and trivia and virtual tours, you will be whisked off as you learn so many great new facts and experience many new tastes on our fabulous journey. The adventure begins mid-January with a super fun Bon Voyage Party! Stay tuned for details!



DECEMBER 2019

Birthdays

Susan Foster, 11th
Christine Sliva, 21st
Temi Holman, 26th
Irene Montigny, 31st
Arthur Martin, 31st

Locations

Activity Room, AR
Billiards Room, BR
Bistro, Bistro
Chapel, CH
Computer Center, CC
Dining Room, DR
Exercise Room, EX
Front Lobby, Lobby
Library, LB
Movie Theater, MT
Private Dining Room, PDR
TV Room, TV

Community Wellness

Encompass Healthcare Home Care Provider
413-732-8700
Nursing, physical, occupational and speech therapy.

Houseworks

617-928-1010
In-home care, companionship, errands, post-hospital care.

Maenzo's Hair Design at The Highlands

508-873-3386
Open Tuesdays-Saturdays.
Roller sets Tuesdays and Saturdays. Manicurist is available on Tuesdays.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>10:00 Walking and Talking, Lobby</p> <p>2:00 Movie Matinee, MT</p> <p>7:00 Movie Night, MT</p>	<p>9:30 Morning Stretch, AR 2</p> <p>10:00 Mindfulness Meditation, MT</p> <p>2:00 Brain Teasers and Word Games, AR</p> <p>2:00 Movie Matinee, MT</p> <p>2:00 Painting with Sheila, AR</p> <p>4:00 Bingo, AR</p> <p>7:00 Movie Night, MT</p>	<p>9:30 Morning Stretch, AR 3</p> <p>10:00 Mindfulness Meditation, MT</p> <p>10:00 Rummikub, BR</p> <p>11:00 Short Story Reading and Discussion, AR</p> <p>11:30 St. Mark's Orchestra Returns!, DR</p> <p>2:00 Movie Matinee, MT</p> <p>3:00 Tea & Talk, Bistro</p> <p>4:00 Highlands Chorus, DR</p> <p>7:00 Movie Night, MT</p>	<p>9:30 Morning Stretch, AR 4</p> <p>10:00 Mindfulness Meditation, MT</p> <p>10:00 Encompass Blood Pressure Clinic, Bistro</p> <p>10:00 Outing: Navy Band Holiday Concert/Mechanic's Hall, Lobby</p> <p>11:00 Accessories and Beyond Sale, Lobby</p> <p>2:00 Movie Matinee, MT</p> <p>2:00 <i>Catholic Communion Service, CH</i></p> <p>4:00 Bingo, AR</p> <p>7:00 Movie Night, MT</p>	<p>9:30 Morning Stretch, AR 5</p> <p>10:00 Mindfulness Meditation, MT</p> <p>10:00 Knitting Group, BR</p> <p>10:00 Scrabble, TV</p> <p>10:15 Debating Great Ideas, AR</p> <p>11:00 Ask the Librarian, LB</p> <p>11:15 Book Chat Book Club, LB</p> <p>2:00 Movie Matinee, MT</p> <p>3:00 Beanbag Baseball, AR</p> <p>4:00 <i>Happy Hour, AR</i></p> <p>7:00 Movie Night, MT</p>	<p>8:45 Mass at St. Luke's, Lobby 6</p> <p>9:30 Morning Stretch, AR</p> <p>10:00 Chair Volleyball, AR</p> <p>10:00 Mindfulness Meditation, MT</p> <p>10:00 Bridge, LB</p> <p>11:00 <i>Bible Study, CH</i></p> <p>2:00 Rummikub, BR</p> <p>2:00 Movie Matinee, MT</p> <p>2:30 Chair Yoga, AR</p> <p>4:00 Bingo, AR</p> <p>7:00 Movie Night, MT</p>	<p>10:00 Scrabble, BR</p> <p>2:00 Movie Matinee, MT</p> <p>7:00 Concert Night at the Highlands, MT</p>
<p>8</p> <p>9:30 Chapel of the Cross Morning Worship, CH</p> <p>10:00 Walking and Talking, Lobby</p> <p>2:00 Movie Matinee, MT</p> <p>7:00 Movie Night, MT</p>	<p>9:30 Morning Stretch, AR 9</p> <p>10:00 Mindfulness Meditation, MT</p> <p>2:00 Movie Matinee, MT</p> <p>2:00 Painting with Sheila, AR</p> <p>2:00 Dan Hart Entertains, AR</p> <p>4:00 Bingo, AR</p> <p>7:00 Movie Night, MT</p>	<p>9:30 Morning Stretch, AR 10</p> <p>10:00 Mindfulness Meditation, MT</p> <p>10:00 Health Talk with Encompass, AR</p> <p>10:00 Rummikub, BR</p> <p>11:00 Short Story Reading and Discussion, AR</p> <p>2:00 Movie Matinee, MT</p> <p>2:00 Resident Meeting, AR</p> <p>3:00 Tea & Talk, Bistro</p> <p>4:00 Highlands Chorus, DR</p> <p>7:00 Movie Night, MT</p>	<p>9:30 Morning Stretch, AR 11</p> <p>10:00 Mindfulness Meditation, MT</p> <p>10:30 Make a Holiday Floral Arrangement, AR</p> <p>11:30 Outing, Lobby</p> <p>2:00 Movie Matinee, MT</p> <p>2:00 <i>Catholic Communion Service, CH</i></p> <p>4:00 Bingo, AR </p> <p>7:00 Movie Night, MT</p>	<p>9:30 Morning Stretch, AR 12</p> <p>10:00 Mindfulness Meditation, MT</p> <p>10:00 Knitting Group, BR</p> <p>10:00 Scrabble, TV</p> <p>10:15 Debating Great Ideas, AR</p> <p>11:00 Ask the Librarian, LB</p> <p>11:00 Resident Meeting with Chef Dan, AR</p> <p>2:00 Movie Matinee, MT</p> <p>3:00 Beanbag Baseball, AR</p> <p>4:00 <i>Happy Hour, AR</i></p> <p>7:00 Movie Night, MT</p>	<p>8:45 Mass at St. Luke's, Lobby 13</p> <p>9:30 Morning Stretch, AR</p> <p>10:00 Chair Volleyball, AR</p> <p>10:00 Mindfulness Meditation, MT</p> <p>10:00 Bridge, LB</p> <p>11:00 Liberty Church Holiday Carols, DR</p> <p>11:00 <i>Bible Study, CH</i></p> <p>2:00 Rummikub, BR</p> <p>2:00 Movie Matinee, MT</p> <p>2:30 Chair Yoga, AR</p> <p>4:00 Bingo, AR</p> <p>7:00 Movie Night, MT</p>	<p>10:00 Scrabble, BR</p> <p>2:00 Movie Matinee, MT</p> <p>2:00 Sunnyside Swing Entertains, AR</p> <p>7:00 Concert Night at the Highlands, MT</p>
<p>15</p> <p>10:00 Walking and Talking, Lobby</p> <p>10:00 Westborough Newcomers Santa Singalong, AR</p> <p>2:00 Movie Matinee, MT</p> <p>7:00 Movie Night, MT</p>	<p>9:30 Morning Stretch, AR 16</p> <p>10:00 Mindfulness Meditation, MT</p> <p>2:00 Movie Matinee, MT</p> <p>2:00 Dan the Librarian Holiday Game Show, AR</p> <p>4:00 Bingo, AR</p> <p>7:00 Movie Night, MT</p>	<p>9:30 Morning Stretch, AR 17</p> <p>10:00 Mindfulness Meditation, MT</p> <p>10:00 Rummikub, BR</p> <p>11:00 Short Story Reading and Discussion, AR</p> <p>11:00 Irene Burke Crafts Sale, Lobby</p> <p>2:00 Movie Matinee, MT</p> <p>3:00 Tea & Talk, Bistro</p> <p>4:00 Highlands Chorus, DR</p> <p>7:00 Movie Night, MT</p>	<p>9:30 Morning Stretch, AR 18</p> <p>10:00 Mindfulness Meditation, MT</p> <p>10:30 100th Town Chorus, DR</p> <p>11:30 Outing, Lobby</p> <p>2:00 <i>Catholic Communion Service, CH</i></p> <p>2:00 Movie Matinee, MT</p> <p>4:00 Bingo, AR</p> <p>7:00 Movie Night, MT</p>	<p>9:30 Morning Stretch, AR 19</p> <p>10:00 Mindfulness Meditation, MT</p> <p>10:00 Knitting Group, BR</p> <p>10:00 Scrabble, TV</p> <p>10:15 Debating Great Ideas, AR</p> <p>11:00 Carrot Cake in a Mug with Chef Dan, AR</p> <p>11:00 Ask the Librarian, LB</p> <p>2:00 Movie Matinee, MT</p> <p>3:00 Beanbag Baseball, AR</p> <p>4:00 <i>Happy Hour, AR</i></p> <p>7:00 Movie Night, MT</p>	<p>8:45 Mass at St. Luke's, Lobby 20</p> <p>9:30 Morning Stretch, AR</p> <p>10:00 Chair Volleyball, AR</p> <p>10:00 Mindfulness Meditation, MT</p> <p>10:00 Bridge, LB</p> <p>11:00 <i>Bible Study, CH</i></p> <p>2:00 Movie Matinee, MT</p> <p>2:00 Rummikub, BR</p> <p>2:30 Chair Yoga, AR</p> <p>3:00 Holiday Jingle Mingle Party!, AR</p> <p>4:00 Bingo, AR</p> <p>7:00 Movie Night, MT</p>	<p>WINTER BEGINS 21</p> <p>2:30 Assabet Valley Chamber Singers, AR</p> <p>10:00 Scrabble, BR</p> <p>2:00 Movie Matinee, MT</p> <p>7:00 Concert Night at the Highlands, MT </p>
<p>HANUKKAH BEGINS AT SUNSET 22</p> <p>9:30 Chapel of the Cross Morning Worship, CH</p> <p>10:00 Walking and Talking, Lobby</p> <p>2:00 Movie Matinee, MT</p> <p>7:00 Movie Night, MT</p>	<p>9:30 Morning Stretch, AR 23</p> <p>10:00 Mindfulness Meditation, MT</p> <p>10:00 Catholic Communion Service with Diane, CH</p> <p>2:00 Movie Matinee, MT</p> <p>2:00 Painting with Sheila, AR</p> <p>2:00 Ron Falong: Winter Celebrations, AR</p> <p>4:00 Bingo, AR</p> <p>7:00 Movie Night, MT</p>	<p>9:30 Morning Stretch, AR 24</p> <p>10:00 Mindfulness Meditation, MT</p> <p>10:00 Rummikub, BR</p> <p>11:00 Short Story Reading and Discussion, AR</p> <p>2:00 Movie Matinee, MT</p> <p>3:00 Tea & Talk, Bistro</p> <p>4:00 Highlands Chorus, DR</p> <p>7:00 Movie Night, MT</p>	<p>CHRISTMAS DAY 25</p> <p>12:30 Christmas Dinner, DR</p> <p>2:00 Movie Matinee, MT</p> <p>7:00 Movie Night, MT</p>	<p>9:30 Morning Stretch, AR 26</p> <p>10:00 Mindfulness Meditation, MT</p> <p>10:00 Knitting Group, BR</p> <p>10:00 Scrabble, TV</p> <p>10:15 Debating Great Ideas, AR</p> <p>11:00 Ask the Librarian, LB</p> <p>2:00 Movie Matinee, MT</p> <p>3:00 Beanbag Baseball, AR</p> <p>4:00 <i>Happy Hour, AR</i></p> <p>7:00 Movie Night, MT</p> 	<p>8:45 Mass at St. Luke's, Lobby 27</p> <p>9:30 Morning Stretch, AR</p> <p>10:00 Chair Volleyball, AR</p> <p>10:00 Mindfulness Meditation, MT</p> <p>10:00 Bridge, LB</p> <p>11:00 <i>Bible Study, CH</i></p> <p>2:00 Rummikub, BR</p> <p>2:00 Movie Matinee, MT</p> <p>2:30 Chair Yoga, AR</p> <p>4:00 Bingo, AR</p> <p>7:00 Movie Night, MT</p>	<p>10:00 Scrabble, BR</p> <p>2:00 Movie Matinee, MT</p> <p>7:00 Concert Night at the Highlands, MT</p>
<p>29</p> <p>10:00 Walking and Talking, Lobby</p> <p>2:00 Movie Matinee, MT</p> <p>2:00 Dave G. The Accordionist Entertains, AR</p> <p>7:00 Movie Night, MT</p>	<p>9:30 Morning Stretch, AR 30</p> <p>10:00 Mindfulness Meditation, MT</p> <p>2:00 Movie Matinee, MT</p> <p>2:00 Painting with Sheila, AR</p> <p>4:00 Bingo, AR</p> <p>7:00 Movie Night, MT</p>	<p>NEW YEAR'S EVE 31</p> <p>9:30 Morning Stretch, AR</p> <p>10:00 Mindfulness Meditation, MT</p> <p>10:00 Rummikub, BR</p> <p>11:00 Short Story Reading and Discussion, AR</p> <p>2:00 Movie Matinee, MT</p> <p>5:30 Lavish New Year's Dinner Gala, DR</p> <p>7:00 Movie Night, MT</p> <p>7:00 New Year's Eve with John Guido, AR </p>				



Highlands Happenings

Here we are in the thick of the holiday season. As we prepare to say goodbye to this year and welcome in a new one, here are a few reflections on the past month or so of fun and activities here at The Highlands. We were happy to welcome back our little school friends for both “Reading Buddies” and our 4th Annual Harvest Fest. Harvest Fest found us making fall wreaths with the students and families of Westborough schools and then enjoying a great smorgasbord of Halloween treats and snacks made by our chefs. Our “Reading Buddies” are a group of 2nd grade students from Armstrong Elementary who join us once a month throughout the school year for reading, game playing and crafts. We are always amazed at their reading skills and so enjoy their stories. Halloween brought us a great festive party and some of you dared to don costumes. The staff got all dolled up and looked great in their various costumes. At the writing of this, our “Operation Gingerbread 2019” is taking shape and promises to be both a great adventure and a great finished product, possibly prize-winning this year? Our Highlands Tops Chorus resumed after a few month hiatus and is getting into tip-top shape for a concert performance, date to be determined. In this very festive month of December, we have many holiday happenings to look forward to. The fabulous St. Mark’s Orchestra returns for a concert on December 3rd, The Westborough Newcomers Santa Singalong on December 15th, Dan the Librarian’s Holiday Game Show on December 16th, just to name a few! Christmas Day and New Year’s Eve bring the promise of spectacular holiday meals along with great entertainment by John Guido to ring in the New Year! Wishing you all a healthy and blessed holiday season.



Paul, Julie, Joannie and Tess enjoying Harvest Fest



We all joined in the Halloween fun!



Highlands Tops take a selfie!



Marion was the “purr-fect” cat.



Painting With Sheila

Another great program here at the Highlands is a class on Monday afternoons run by our resident Sheila. The class is called Painting with Sheila but offers more than painting. Sheila possesses both a great knowledge and a great skill for painting. Her paintings are lovely and much admired. She spent 30 years as a teacher and then another 10 years as a librarian in the Grafton Public Library. She also started a painting group at the Grafton Senior Center which is still ongoing today. We are fortunate that Sheila has chosen to bring her program here and offer her skills and her advice to all attendees in her class. I asked Sheila for an article on her class and she presented me with the following.

Picasso said, "Every child is an artist – the problem is how to remain an artist once we grow up." The title "Painting with Sheila" may seem to be a misnomer as some of the regular attendees prefer to color in adult coloring books. They are artists in their own right, as they plan their color schemes, adding dark layers to give dimension. The end result is a beautiful picture worth framing. The class is a relaxing, soothing, and therapeutic activity, always accompanied by easy listening background music.

Sheila is currently drawing holiday cards which may be colored by members of the class. She states, "Art is fun and also very therapeutic." To quote Thomas Merton, "Art helps us lose ourselves and find ourselves at the same time." If you want to lose yourself in a calming and fun-filled afternoon, whether you are artistic or just want to give it a try, stop by Sheila's class in Apt. 318 any Monday afternoon at 2 p.m. Many thanks to you Sheila for adding this great activity to life at the Highlands.



Sheila

Meet Our Newest Highland Residents



Cuong Dang



Ursula Gemleben



Sally and Ed Lynch



129 E. Main Street
Westborough, MA 01581



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.



508-898-3000