

Bella Vista

Gracious Retirement Living

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

JANUARY 2020

BELLA VISTA STAFF

Managers.....CARY & TAMMY COLE

Assistant ManagersJILL JEFFORDS & MARK HALVORSEN

Assistant Managers THOMAS & CARY COFFIELD

Executive Chef.....GREG LEDFORD

Activity CoordinatorJENNIFER THOMPSON

Maintenance FRANK WINER

Transportation.. DWIGHT VROOM VROOM HAGAN

TRANSPORTATION

**Monday, 9 a.m.-Noon and
1:30-3 p.m.:** Shopping

**Tuesday & Thursday, 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

Friday, Will Be Posted: Shopping or Outing

HAWTHORN
SENIOR LIVING

The Hawthorn Adventure Is Here!

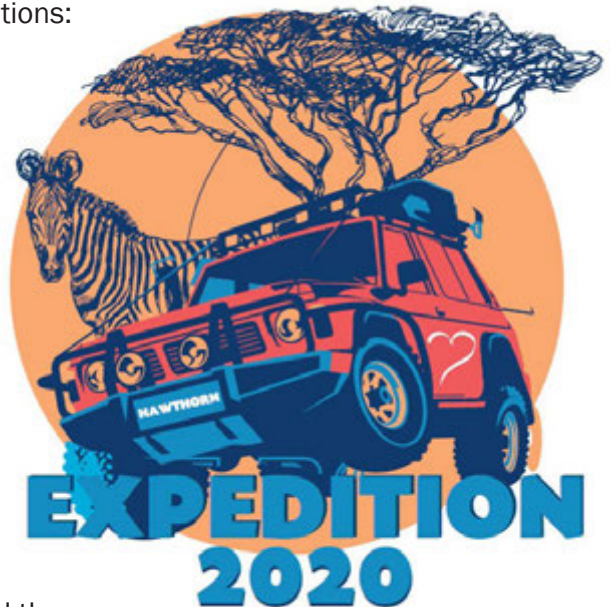
Start your engines, Bella Vista! Beginning the week of January 19th through February 8th, Bella Vista will be hitting the road for an expedition across Africa! We will be exploring these three amazing destinations:

- Morocco
- Egypt
- Tanzania

As we make our scheduled stops at each destination, we will be experiencing the food, history and culture of each of these beautiful countries.

Be sure to attend the Expedition Kickoff on

January 17th to get all of your travel information. If you have any additional questions, like what to pack or weather conditions, be sure to check in with your Expedition Guide, Jennifer, for all the details!





Haywood Street Methodist Church

Haywood Street Methodist Church does more than simply help homeless and needy people. They feed them, give them a place for respite after being in the hospital, clothe them from their clothes closet, and most of all, they welcome all people to their worship services.

Recently, they had a fresco installed in their sanctuary. The principal artist, Christopher Holt, included the actual faces of homeless people in their congregation and volunteers (which they call “companions”) in his design. Bella Vista has a connection to Haywood Street through Connie, one of our residents. Connie’s daughter, April, is the docent for the fresco, and did an excellent job of explaining how it was done. She told us that a fresco is more than a painting on a wall, it is pigment embedded in the plaster. She also gave us the details for each person in the fresco.

April also told us about the clothes closet. She said that homeless people simply leave their summer clothes and get winter ones because they don’t have closets. That statement hit home with the residents at Bella Vista. Bags and bags and boxes of warm clothes, coats, shoes, socks, blankets, hats, gloves, scarves and more were collected and donated, then delivered to the clothes closet. The companions working there were kind and so grateful for the donations. They helped us unload and thanked us over and over for bringing so many items.

Affirming sacred worth, restoring human dignity, and sabotaging the shame of poverty, the Haywood Street Fresco announces, in plaster and pigment, that you matter. Thank you, Haywood Street, for truly practicing what you preach.



Bella Vista residents, admiring the artistry of the fresco.



Donations for the clothes closet completely filled the back of the bus.



April and another companion met us at the bus to help us unload.



Le'Ann, Betty and Dolores in the clothes closet with some of the companions who volunteer there



What is Senior Barre Class?

Come join the Legacy Healthcare team member, Christina Torquato, COTA, in a ballet/pilates-inspired exercise class on January 9th



Christina Torquato

and 23rd at 2 p.m. Christina has been a certified Pure Barre instructor for over four years, teaching at a studio in Arden, North Carolina. The class is about 30 minutes long and will take place in the Activity Center. Barre uses a ballet barre (or in our case, the back of a chair) to complete exercises inspired by both ballet and pilates. The class will focus on strengthening and toning the muscles of your arms, abs, thighs and glutes. After each exercise, you will complete easy stretches to create long, lean muscles. Exercises may incorporate seated or standing balance, depending on your personal level of ability. The class uses music to drive the movements, so get ready to boogie and have some fun! All are welcome, no matter your age, gender, or level of physical fitness.

One Voice Was Amazing!

Wow! What beautiful music was made by One Voice choir from Asheville's Beverly Hills Baptist Church. It's no wonder either, since one of the choir members is the daughter of Bella Vista residents Charles and Mae Crocker. (Charles was a Minister of Music for over 50 years, with 29 of those years being at Asheville First Baptist Church.) Not only that, but four of the members had been taught by choir director Margaret Coates since they were in preschool. They sang many songs, including "Joy to the World" and "Oh Come, All Ye Faithful." Over 50 residents came out to hear the music, including Roger and Janis Campbell and Myrtle Blake, who are also members of Beverly Hills Baptist. Everyone really enjoyed the music, and the good news is One Voice said that they would return again in the spring to sing for us again.



One Voice in song



The Activity Center was full to capacity with music lovers.



Margaret is front row center to hear her girls sing.

JANUARY
2020

Birthdays

Don Pace, 2nd
Terrance Beal, 5th
Barbara Nolen, 8th
Jack Kennedy, 11th
Irene Rogillio, 19th
Joy Winiarski, 22nd
Pratibha Nath, 22nd
Merl Fessler, 25th
Charles Allen, 26th

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
 <div>5</div> <div>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</div> 	 <div>6</div> <div>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</div>	<div>7</div> <div>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</div>	<div>NEW YEAR’S DAY 1</div> <div>9:00 Morning Devotion, CH 9:30 Morning Exercise, AC 10:30 Mexican Train, AC 2:00 Chair Volleyball, DR 3:00 Catholic Communion, CH 3:00 Creative Coloring, AC 7:00 Night at the Movies, TH</div> 	<div>2</div> <div>9:00 Health Screening, AC 9:00 Morning Devotion, CH 9:30 Morning Exercise, AC 11:00 Chef Talk, AC 3:00 Yoga with Rich, FC 4:00 Reader’s Theater Practice, AC 6:30 Game Night, LI</div> 	<div>3</div> <div>9:00 Morning Devotion, CH 9:30 Morning Exercise, AC 10:00 Bible Study with Shekinah, CH 2:00 Bingo, AC 7:00 Featured Movie Night, TH</div>	<div>4</div> <div>9:00 Morning Devotion, CH 9:30 Morning Exercise, AC 10:30 Pokeno, AC 2:00 Movie Matinee, TH 4:00 Music with Shekinah, DR 7:00 Late-Night Movie, TH</div>
<div>12</div> <div>9:00 Bus to First Baptist Church of Asheville 2:00 Sunday Service, CH 7:00 Late-Night Movie, TH</div>	<div>13</div> <div>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</div>	<div>14</div> <div>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</div>	<div>15</div> <div>9:00 Morning Devotion, CH 9:30 Morning Exercise, AC 10:30 Mexican Train, AC 2:00 Chair Volleyball, DR 3:00 Catholic Communion, CH 3:00 Creative Coloring, AC 7:00 Night at the Movies, TH</div> 	<div>16</div> <div>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 Performance, AC 6:30 Game Night, LI 7:00 Music with Paul, AC</div>	<div>17</div> <div>9:00 Morning Devotion, CH 9:30 Morning Exercise, AC 10:00 Bible Study with Shekinah, CH 1:45 Welcome Shabbat, CH 2:00 Bingo, AC 3:00 Hawthorn Adventure Kickoff Party, AC 7:00 Featured Movie Night, TH</div>	<div>18</div> <div>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</div> 
<div>19</div> <div>9:00 Bus to First Baptist Church of Asheville 2:00 Sunday Service, CH 7:00 Late-Night Movie, TH</div> 	<div>MARTIN LUTHER KING JR. DAY 20</div> <div>9:00 Morning Devotion, CH 9:30 Morning Exercise, AC 11:00 Brain Training, AC 3:00 Moroccan Mosaics, AC 7:00 Night at the Movies, TH</div>	<div>21</div> <div>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 3:00 Rose Wreaths, AC 7:00 Bingo, AC</div>	<div>22</div> <div>9:00 Morning Devotion, CH 9:30 Morning Exercise, AC 10:30 Mexican Train, AC 2:00 Drumming Circle, AC 3:00 Catholic Communion, CH 3:00 Creative Coloring, AC 7:00 Night at the Movies, TH</div> 	<div>23</div> <div>9:00 Health Screening, AC 9:00 Morning Devotion, CH 9:30 Morning Exercise, AC 11:00 Brain Training, AC 2:00 Senior Barre Class, AC 3:00 Yoga with Rich, FC 6:30 Game Night, LI</div>	<div>24</div> <div>9:00 Morning Devotion, CH 9:30 Morning Exercise, AC 11:00 Henna Tattoos, AC 2:00 Bingo with Shekinah, AC 2:00 Bingo, AC 3:00 Social at Rick’s Cafe, AC 7:00 Featured Movie Night, TH</div>	<div>25</div> <div>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</div> 
<div>26</div> <div>9:00 Bus to First Baptist Church of Asheville 2:00 Sunday Service, CH 7:00 Late-Night Movie, TH</div> 	<div>27</div> <div>9:00 Morning Devotion, CH 9:30 Morning Exercise, AC 11:00 Brain Training, AC 2:00 Mummy Wrap Competition, AC 3:30 Scattergories, AC 7:00 Night at the Movies, TH</div>	<div>28</div> <div>Find the Pharaohs Hunt All Day 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 3:00 Water Transfer Challenge, AC 7:00 Bingo, AC</div>	<div>29</div> <div>9:00 Morning Devotion, CH 9:30 Morning Exercise, AC 10:30 Mexican Train, AC 2:00 Fly Swatter Ball, AC 3:00 Catholic Communion, CH 3:00 Creative Coloring, AC 7:00 Night at the Movies, TH</div>	<div>30</div> <div>9:00 Health Screening, AC 9:00 Morning Devotion, CH 9:30 Morning Exercise, AC 11:00 Brain Training, AC 2:00 Nile River Cruise, AC 3:00 Yoga with Rich, FC 6:30 Game Night, LI</div>	<div>31</div> <div>9:00 Morning Devotion, CH 9:30 Morning Exercise, AC 11:00 Lunch at Jerusalem Garden 2:00 Bingo, AC 7:00 Featured Movie Night, TH</div>	



Decorating Gingerbread

We need some hard hats and a builder's license at Bella Vista. The residents here have become excellent builders and decorators, of gingerbread, that is. Santa's Toy Workshop is bigger and better than it has ever been before, so it took a good bit more decorating to get it looking really spiffy. Thanks to all the residents who enjoyed decorating, it is beautiful, and most important, a good time was had by all who helped to decorate and all of those who came to inspect it.



*Lois, Le'Ann, Marion and Frances:
let the building begin.*



There's always one in every crowd. Lois got caught eating the building materials.



Looks like 100% chance of snow with Alyssa and Pat.



Shirley, Maryann and Marion unwrap roof tiles (aka AirHeads candy).



Looks just like a Christmas tree farm, with Evelyn, Lois and Dolores doing the decorating.



Ara, Erik and Janis, working on the siding.



Joyce's new career is sleigh detailing. Ho ho ho!



The Porch Ladies

The Porch Ladies are all a little advanced in years, but that sure didn't stop them. Three years ago, they decided to learn to play the Appalachian Mountain Dulcimer, and they did. They all have the same teacher and they just love to go around to area community centers and retirement communities and play their instruments (and sometimes they'll even sing a little.)

They recently came to play a little Christmas music for the residents at Bella Vista,

which was wonderful! The ladies were all dressed in their finest Christmas garb and are always so friendly and fun to be around. Several residents were curious about their name, and the ladies said that they call themselves The Porch Ladies because, well, they practice playing on the porch. They're working on some Celtic music, so look for them sometime again in the beginning of March.



Hawthorn Adventure Happenings

January 17th: Hawthorn Adventure Kick-off

January 20th: Moroccan Mosaics

January 21st: Rose Wreath Making

January 22nd: Drumming Circle

January 24th: Henna Tattoos and Social at Rick's Cafe

January 27th: Mummy Wrap Competition

January 28th: Water Transfer Challenge

January 29th: Fly Swatter Ball

January 30th: Nile River Cruise

January 31st: Lunch at Jerusalem Cafe



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A festive winter scene featuring a red mug filled with hot chocolate, topped with marshmallows and a dusting of cocoa powder. A candy cane is tucked into the side of the mug. In the background, a red lantern and warm, out-of-focus lights create a cozy atmosphere.

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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