FAIRVIEW ESTATES

Gracious Retirement Living

132 East Main Street • Hopkinton, MA 01748 • Phone (508) 435-8370 • www.seniorlivinginstyle.com

JANUARY 2020

FAIRVIEW ESTATES STAFF

Managers	LIZ & BILL CORBETT
Assistant Managers	KELLEY & SCOTT VAUGHN
Executive Chef	MEGAN DEMERS
Sous Chef	JASON RIVERA
Activity Coordinator	MAUREEN BECKERMAN
Maintenance	WALTER JETTE
Bus Driver	MIKE KING

TRANSPORTATION

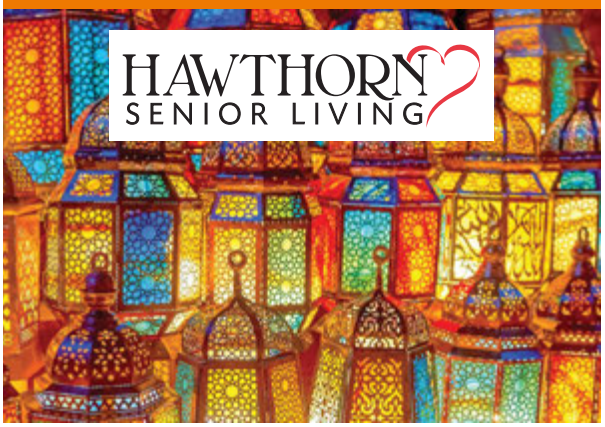
Monday, 9 a.m.-1:30 p.m.: Shopping/Errands

Tuesday, 9 a.m.-1:30 p.m.: Doctor Appointments

Wednesday, 9:30 a.m. and 2:15 p.m.: Outing and Mystery Bus Ride

Thursday, 9 a.m.-1:30 p.m.: Doctor Appointments

Friday, 9 a.m.-1:30 p.m.: Shopping/Errands



Expedition 2020!

Start your engines, Fairview Estates! Beginning the week of January 20th through February 7th, Fairview Estates 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 Friday, 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 Maureen, your Expedition Guide for all the details!

Putting Up the Tree

Fairview Estates had a wonderful time decking the halls and decorating our beautiful Christmas tree. Thank you to all who lent a hand!

New Year's Resolutions

A New Year's resolution is defined as when "a person resolves to change an undesired trait or behavior, to accomplish a personal goal or otherwise improve their life."

You might be thinking that you're done with New Year's resolutions because they don't work and you're half right.

New Year's resolutions often fall through because there's no plan in place to follow.

People simply make a resolution and expect it to happen somehow.

It's recommended that you make one New Year's resolution and create a solid plan to complete it.

So often we make these goals and don't go through with them, and it's mostly because there's no plan to follow.

Health and weight loss goals are typically the most popular resolutions people make. Where people come up short is creating and sticking to a solid plan. Relating to health, your New Year's resolution could be any of the following:

- Eat healthy 80 percent of the time
- Eat one plant-based meal per day
- Workout three times per week
- Walk 10,000 steps per day
- Cut down on drinking
- Cut out soda
- Drink 80 oz of water per day

What is your resolution for the new year?

The Chinese Zodiac

The Lunar New Year, also called Chinese New Year or the Spring Festival, is celebrated in several Asian countries, and begins January 25th. Based on the Chinese lunar calendar, 2020 is the Year of the Rat, one of the symbolic animals of the Chinese zodiac.

Historians say China's zodiac system was likely developed more than 2,000 years ago, but it remains an important part of Lunar New Year festivities. The zodiac consists of 12 animals, including the dog, horse, rooster and tiger, and each represents a different year in a 12-year cycle.

Similar to Western astrological signs, each animal is associated with personality traits, strengths and weaknesses, and one of five elements: wood, fire, earth, metal and water. A person is matched to an animal based on their birth year. You can find your Chinese zodiac sign using charts, easily available online.

In Chinese culture, it's considered bad luck when your zodiac animal's year comes around. However, a popular way to prevent misfortune is to wear red clothing or accessories, since red is a lucky color in China.

JANUARY 2020

Birthdays

Ann Dixon, 1st
Ernie Savaria, 4th
Phyllis Ahearn, 5th
Carol Conway, 12th
Richard Capalucci, 12th
Mary MacKay, 15th
Janet Corley, 17th
Peggy Finnemore, 18th
Joan K., 24th
Len Dondis, 25th
Nick Scianna, 25th
Bob Defrancisco, 28th

Locations

Activity Room, AC
Atrium, AT
Back Patio, BP
Dining Room, DR
Library, LI
Lobby, LB
Movie Theater, MT

"If you love life, don't waste time, for time is what life is made up of."
—Bruce Lee

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			NEW YEAR'S DAY 1 **9:15 Blood Pressure Clinic, AC** 9:30 Exercise Class, AC 10:00 Residents' Closet Hour: 3rd Floor 10:00 Outing, LB 2:00 Featured Movie, MT 2:00 Mahjong, TV Room **2:00 Balance Class, AC** **2:15 Mystery Bus Ride, LB** **3:30 Meet & Greet, AC** 6:45 Bingo, AC	9:30 Exercise Class, AC 2 10:00 Residents' Closet Hour: 3rd Floor **10:30 Knitting Club, BP** 2:00 Mahjong, TV Room **2:00 Beach Ball Volleyball, AC** **3:00 Featured Movie, MT** **6:45 Singalong with Claire & Dee, LB**	**9:30 Yoga & Meditation, AC** 3 10:00 Residents' Closet Hour: 3rd Floor 10:30 Indoor Walking Group, AT 2:00 Featured Movie, MT **2:00 Residents' Closet Open: 3rd Floor** **3:00 Technology Help, AC** **3:00 Beach Ball Volleyball, AC** 6:45 Bingo, AC 7:00 Featured Movie, MT	**9:00 Technology Help, AC** 4 9:30 Exercise DVD, AC **10:30 Knitting Club, BP** 11:00 Wii Bowling 2:00 Featured Movie, MT **3:00 Skip-Bo, AC** 3:30 Bingo, AC 6:45 Bingo, AC 7:00 Scrabble 7:00 Featured Movie, MT
9:30 Exercise DVD, AC 5 **10:00 Bingo, AC** 10:30 Indoor Walking Group, AT 2:00 Catholic Service Chapel **3:30 Featured Movie, MT** 4:00 Gin Rummy, Billiards Room 7:00 Featured Movie, MT	**9:30 Balance Class, AC** 6 10:00 Residents' Closet Hour: 3rd Floor **11:00 Knitting Club, AC** 11:30 Indoor Walking Group, LB 2:00 Mahjong, TV Room 2:00 Featured Movie, MT **3:30 Left, Center, Right, AC** 3:30 Bring & Brag, AC 6:45 Bingo, AC	9:30 Exercise Class, AC 7 10:00 Residents' Closet Hour: 3rd Floor **11:00 Resident Meeting, AC** 11:30 Brain Games, AC 2:00 Featured Movie, MT **2:15 Skip-Bo** **3:00 Wheel of Fortune, AC** 6:45 Bingo, AC **7:00 Featured Movie, MT**	**9:15 Blood Pressure Clinic, AC** 8 9:30 Exercise Class, AC 10:00 Residents' Closet Hour: 3rd Floor 10:00 Outing, LB 2:00 Featured Movie, MT 2:00 Mahjong, TV Room **2:00 Balance Class, AC** **2:15 Mystery Bus Ride, LB** **3:30 Meet & Greet, AC** 6:45 Bingo, AC	9:30 Exercise Class, AC 9 10:00 Residents' Closet Hour: 3rd Floor **10:30 Knitting Club, BP** 2:00 Mahjong, TV Room **2:00 Beach Ball Volleyball, AC** **3:00 Featured Movie, MT** **6:45 Singalong with Claire & Dee, LB**	**9:30 Yoga & Meditation, AC** 10 10:00 Residents' Closet Hour: 3rd Floor 10:30 Indoor Walking Group, AT 2:00 Featured Movie, MT **2:00 Residents' Closet Open: 3rd Floor** **3:00 Technology Help, AC** **3:00 Beach Ball Volleyball, AC** 6:45 Bingo, AC 7:00 Featured Movie, MT	**9:00 Technology Help, AC** 11 9:30 Exercise DVD, AC **10:30 Knitting Club, BP** 11:00 Wii Bowling 2:00 Featured Movie, MT **3:00 Skip-Bo, AC** 3:30 Bingo, AC 6:45 Bingo, AC 7:00 Scrabble 7:00 Featured Movie, MT
9:30 Exercise DVD, AC 12 **10:00 Bingo, AC** 10:30 Indoor Walking Group, AT 2:00 Catholic Service Chapel **3:30 Featured Movie, MT** 4:00 Gin Rummy, Billiards Room 7:00 Featured Movie, MT	**9:30 Balance Class, AC** 13 10:00 Residents' Closet Hour: 3rd Floor **11:00 Knitting Club, AC** 11:30 Indoor Walking Group, LB 2:00 Mahjong, TV Room 2:00 Featured Movie, MT 3:30 Bring & Brag, AC 6:45 Bingo, AC	9:30 Exercise Class, AC 14 10:00 Residents' Closet Hour: 3rd Floor 11:30 Brain Games, AC **2:00 Sunnyside Swing Band, AC** **2:15 Skip-Bo** **3:00 Featured Movie, MT** **3:00 Wheel of Fortune, AC** 6:45 Bingo, AC **7:00 Featured Movie, MT**	**9:15 Blood Pressure Clinic, AC** 15 9:30 Exercise Class, AC 10:00 Residents' Closet Hour: 3rd Floor 10:00 Outing, LB 2:00 Mahjong, TV Room **2:30 Elvis Show!, DR** **3:30 Meet & Greet, AC** 6:45 Bingo, AC	9:30 Exercise Class, AC 16 10:00 Residents' Closet Hour: 3rd Floor **10:30 Knitting Club, BP** 2:00 Mahjong, TV Room **2:00 Beach Ball Volleyball, AC** **3:00 Featured Movie, MT** **6:45 Singalong with Claire & Dee, LB**	**9:30 Yoga & Meditation, AC** 17 10:00 Residents' Closet Hour: 3rd Floor 10:30 Indoor Walking Group, AT 2:00 Featured Movie, MT **2:00 Residents' Closet Open: 3rd Floor** **3:00 Technology Help, AC** **3:00 Beach Ball Volleyball, AC** 6:45 Bingo, AC 7:00 Featured Movie, MT	18 **9:00 Technology Help, AC** 9:30 Exercise DVD, AC **10:30 Knitting Club, BP** 11:00 Wii Bowling 2:00 Featured Movie, MT **3:00 Skip-Bo, AC** 3:30 Bingo, AC 6:45 Bingo, AC 7:00 Scrabble 7:00 Featured Movie, MT
9:30 Exercise DVD, AC 19 **10:00 Bingo, AC** 10:30 Indoor Walking Group, AT 2:00 Catholic Service Chapel **3:30 Featured Movie, MT** 4:00 Gin Rummy, Billiards Room 7:00 Featured Movie, MT	**MARTIN LUTHER KING JR. DAY** 20 **9:30 Balance Class, AC** 10:00 Residents' Closet Hour: 3rd Floor **11:00 Knitting Club, AC** 11:30 Indoor Walking Group, LB 2:00 Mahjong, TV Room 2:00 Featured Movie, MT **3:30 Left, Center, Right, AC** 3:30 Bring & Brag, AC 6:45 Bingo, AC	9:30 Exercise Class, AC 21 10:00 Residents' Closet Hour: 3rd Floor 11:30 Brain Games, AC 2:00 Featured Movie, MT **2:15 Skip-Bo** **3:00 Wheel of Fortune, AC** 6:45 Bingo, AC **7:00 Featured Movie, MT**	**9:15 Blood Pressure Clinic, AC** 22 9:30 Exercise Class, AC 10:00 Residents' Closet Hour: 3rd Floor 10:00 Outing, LB 2:00 Featured Movie, MT 2:00 Mahjong, TV Room **2:00 Balance Class, AC** **2:15 Mystery Bus Ride, LB** 3:00 Morocco Party 6:45 Bingo, AC	9:30 Exercise Class, AC 23 10:00 Residents' Closet Hour: 3rd Floor **10:30 Knitting Club, BP** 2:00 Mahjong, TV Room **2:00 Beach Ball Volleyball, AC** **3:00 Featured Movie, MT** **6:45 Singalong with Claire & Dee, LB**	**9:30 Yoga & Meditation, AC** 24 10:00 Residents' Closet Hour: 3rd Floor 10:30 Indoor Walking Group, AT **1:45 Singalong with Patrick, DR** **2:00 Residents' Closet Open: 3rd Floor** **3:00 Featured Movie, MT** **3:00 Beach Ball Volleyball, AC** **3:00 Technology Help, AC** 6:45 Bingo, AC 7:00 Featured Movie, MT	25 **9:00 Technology Help, AC** 9:30 Exercise DVD, AC **10:30 Knitting Club, BP** 11:00 Wii Bowling 2:00 Featured Movie, MT **3:00 Skip-Bo, AC** 3:30 Bingo, AC 6:45 Bingo, AC 7:00 Scrabble 7:00 Featured Movie, MT
9:30 Exercise DVD, AC 26 **10:00 Bingo, AC** 10:30 Indoor Walking Group, AT 2:00 Catholic Service Chapel **3:30 Featured Movie, MT** 4:00 Gin Rummy, Billiards Room 7:00 Featured Movie, MT	**9:30 Balance Class, AC** 27 10:00 Residents' Closet Hour: 3rd Floor **11:00 Knitting Club, AC** 11:30 Indoor Walking Group, LB 2:00 Mahjong, TV Room 2:00 Featured Movie, MT 3:30 Bring & Brag, AC 6:45 Bingo, AC	9:30 Exercise Class, AC 28 10:00 Residents' Closet Hour: 3rd Floor 11:30 Brain Games, AC 2:00 Featured Movie, MT **2:15 Skip-Bo** **3:00 Wheel of Fortune, AC** 6:45 Bingo, AC **7:00 Featured Movie, MT**	**9:15 Blood Pressure Clinic, AC** 29 9:30 Exercise Class, AC 10:00 Residents' Closet Hour: 3rd Floor 10:00 Outing, LB 2:00 Featured Movie, MT 2:00 Mahjong, TV Room **2:00 Balance Class, AC** **2:15 Mystery Bus Ride, LB** 3:00 Egypt Party 6:45 Bingo, AC	9:30 Exercise Class, AC 30 10:00 Residents' Closet Hour: 3rd Floor **10:30 Knitting Club, BP** 2:00 Mahjong, TV Room **2:00 Beach Ball Volleyball, AC** **2:00 Swing String, AC** **3:00 Featured Movie, MT** **6:45 Singalong with Claire & Dee, LB**	**9:30 Yoga & Meditation, AC** 31 10:00 Residents' Closet Hour: 3rd Floor 10:30 Indoor Walking Group, AT 2:00 Featured Movie, MT **2:00 Residents' Closet Open: 3rd Floor** **3:00 Technology Help, AC** **3:00 Beach Ball Volleyball, AC** 6:45 Bingo, AC 7:00 Featured Movie, MT	

Resident Don Shaw is a member of the Ashland Lions. He has collected dozens of eyeglasses for this wonderful cause.

Changing Lives, One Pair at a Time

In just about any home, one can find a pair of eyeglasses that are no longer being used. That same pair of eyeglasses can change another person's life.

Lions Recycle for Sight

That's why we started the Lions Recycle for Sight program. Everyone can help.

Throughout the year, Lions, Leos and other volunteers collect used eyeglasses and deliver them to regional Lions Eyeglass Recycling Centers (LERCs). LEC volunteers clean, sort by prescription strength and package the glasses. Recycled glasses are distributed to people in need in low and middle income communities where they will have the greatest impact.

Eyeglass Recycling — How You Can Help

Donate glasses and change someone's life. Imagine if you could help a child read, an adult succeed in his job, a senior maintain her independence and provide a community with more opportunities to grow and thrive.

Every day, our recycled eyeglass programs do all of this and more. Here's how you can donate glasses and help

Drop Your Eyeglasses in Lions Collection Boxes

You can drop off your usable eye-wear in the Lions Collection Box located in the Activity Room or by contacting Lion Don Shaw, Apt. 221, (508)868-1471

A Canned Classic

Warm, comforting, and "M'm! M'm! Good," Campbell's brand of chicken noodle soup has been a mealtime staple for over 80 years.

Recipes for both chicken soup and broth with noodles have been around for hundreds of years. Yet, combining the two wasn't common until 1934, when Campbell's head chef Ernest Lacoutiere created the food company's new product. Called Noodle With Chicken Soup, a can sold for about 10 cents.

Although an instant bestseller, the condensed soup's popularity really heated up a few years later, when radio audiences heard its name misread on air as Chicken Noodle Soup. Because of the flub, orders began pouring in from grocery stores as people wanted to try the "new" flavor. Campbell's officially changed the soup's name in 1938.

Through the decades, the soup continued to be a favorite with both adults and kids, whether as a convenient meal, a home remedy for the common cold or as a quick way to warm up on a chilly day.

Today, Campbell's makes and sells more than 200 million cans of its chicken noodle soup each year.

Begin a Journaling Journey

If you're looking to begin a fun activity for the new year, consider keeping a journal. See if one of these styles is "write" for you.

Daily journal: This is the classic "Dear Diary" style of journaling, in which you record the day's events, your observations and how you're feeling.

Gratitude journal: Take some time each day to write down a few things you are thankful for in a gratitude journal. This daily habit has been shown to increase happiness, and rereading your journal entries can provide comfort and perspective.

One-line-a-day journal: Quick and easy, these journals typically cover a five-year period. You simply record one thought every day, and the pages are formatted so that you can look back at what happened on the same date in previous years.

Dream journal: Keep a dream journal at your bedside, and write down the details of your dreams when you wake up. This habit can help you train your brain to remember your dreams more often. You may also gain insight by studying your dream patterns and symbols.

Keepsake journal: Geared toward parents and grandparents, keepsake journals contain questions and prompts that encourage you to record your memories and life experiences for loved ones.

Frosty Figures

Freshly fallen snow is nature's invitation for kids and kids at heart to build that classic symbol of winter, a snowman.

Though humans have probably been creating frosty figures since prehistoric times, the first known drawing of a snowman was found in a book from the late 1300s. With snow being an abundant and free material, artists in the Middle Ages used it to form detailed statues, and winter festivals showcased these works of art. In 1494, the ruler of Florence, Italy, commissioned a young Michelangelo to sculpt a snowman in his courtyard.

Over time, stacking three balls of snow into a human figure grew into a playful pastime for all. One of the earliest photographs, taken in 1845, was of a snowman. Around the turn of the 20th century, images of jolly snowmen started appearing on greeting cards and magazine covers. Later, they became the stars of many films, books and songs that remain popular today.

Elvis Is Coming to Fairview Estates!

Mark your calendars! The King himself, Elvis Presley, will be in the building on Wednesday, January 15th, at 2:30 p.m., for an afternoon of fun and nostalgia! Please feel free to bring your friends and family!

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EQUAL HOUSING OPPORTUNITY