

# Heatherwood

## Gracious Retirement Living

1624 Main Street • Tewksbury, MA 01876 • Phone (978) 851-2063 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

JANUARY 2020

### 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 Driver .....DAVID 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

## Expedition 2020 Kicks Off With A Party

Grab your gear and jump in the Jeep! This year, the Hawthorn Adventure is taking us on a three week expedition across three amazing African countries, Morocco, Egypt and Tanzania!

The Expedition begins on January 16th and will run through

February 8th. Before we hit the road, we'll begin our journey with a kickoff party on January 16th.

At the party, we will give you more details of our adventure, the itinerary and all the exciting stuff we have planned. This will be a virtual tour of Africa and will give us a chance to experience the sights, sounds and tastes of this exotic land.



*African Adventure*





## Christmas Songs and More From The Swinging Seniors!

We were entertained this month by some of our old friends (excuse the pun!) when the Swinging Seniors dropped by to sing us many favorite melodies and a whole host of Christmas songs. A few of our residents used to be a part of this group who travel around communities and events. Dora Carr, Marie Gleason and Gin McCarthy still have wonderful voices and make our lives brighter every day by being part of our family.



## Tewksbury Library Comes to Heatherwood

Robert and Noelle visited Heatherwood, and many of our residents signed up so they could partake of this wonderful service.



*Robert and Noelle show us everything the library has to offer.*

## Polar Bear Club

A new craze has been sweeping Heatherwood. Forget Paris, Milan and London. Stand aside, Red Hat Ladies. Heatherwood has it's very own Polar Bear Club.

The discerning ladies of Tewksbury have taken to wearing these very swanky (not to mention warm) matching sweaters. All of the fashionable glossy magazines have featured them on the cover this month, including Vogue and Cosmo. Our very own catwalk models, Joan, Nancy, Sabina and Fran, took time out from their international modelling careers to join us for lunch.



*Paris, Milan, London and Tewksbury*





## Mystery Resident

Can you guess who she is?  
Here are some clues for you...

- She loves to shop, especially online, which many of you will relate to, I'm sure.
- She is an expert on potatoes.
- She always smiles and has a happy heart!
- She married a Limey in 2017.



*Smiling right from the get go*



*Still more teeth than her husband has today!*

## Heatherwood Craft Fair

Heatherwood held a craft fair this month with outside vendors present and sponsored items for sale.

The homemade cookies from our kitchen and fudge supplied by Donna's Donuts of Tewksbury were particularly notable. Money was raised for residents' activities for next year, and it was a very enjoyable afternoon.



*Our very own Marilyn perusing beauty products.*



*Dottie, Shirley and Rosemary looking for bargains.*



*Lilly and Millie (not to be confused with Milli Vanilli) shopping.*



*Goodies, goodies, goodies*



JANUARY  
2020

Birthdays

Charlotte Martinelli, 3rd  
Nancy Wagner, 8th  
Al Bland, 11th  
Phyllis O'Hearn, 21st  
Betty Priestly, 25th  
Frances Cunningham, 28th  
Dora Carr, 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

“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
 <div>5</div> <div>9:30 Walking Club, AT 2:00 Card Games, BR <b>2:00 Poker, AR</b> 2:00 Movie Matinee, MT <b>2:00 Uno Game, BI</b> 2:00 Church Service, CH <b>4:00 Bingo, AR</b></div>	 <div>6</div> <div>9:30 Exercise Video, EX 9:30 Balance &amp; Strength, AR <b>10:00 Blood Pressure Checks</b> <b>10:00 Knitting Group, LIB</b> <b>10:30 Chair Yoga, EX</b> <b>2:00 Chair Volleyball, AR</b> 2:00 Movie Matinee, MT <b>4:00 Bingo, AR</b></div>	<div>7</div> <div>9:30 Exercise Video, EX 9:30 Balance &amp; Strength, AR <b>10:00 Knitting Group, LIB</b> <b>11:00 Wii Bowling League, AR</b> 2:00 Movie Matinee, MT <b>2:00 Cribbage, BR</b> 2:15 Rummikub, TV 2:30 Crosswords, AR 3:00 Daily Chronicles, AR <b>4:00 Bingo, AR</b></div>	<div>NEW YEAR'S DAY 1</div> <div><b>8:45 Catholic Mass at St. William's, Lobby</b> 9:30 Exercise Video, EX 9:30 Balance &amp; Strength, AR <b>10:00 Knitting Group, LIB</b> 2:00 Movie Matinee, MT <b>2:00 Chair Volleyball, EX</b> 3:00 Daily Chronicles, AR <b>4:00 Bingo, AR</b></div> 	<div>2</div> <div>9:30 Exercise Video, EX 9:30 Balance &amp; Strength, AR <b>10:00 Eucharistic Prayer Service, CH</b> <b>10:00 Knitting Group, LIB</b> <b>11:00 Wii Bowling League, AR</b> 2:00 Movie Matinee, MT <b>2:00 Cribbage, BR</b> <b>4:00 Bingo, AR</b></div>	<div>3</div> <div>9:30 Exercise Video, EX 9:30 Balance &amp; Strength, AR <b>10:00 Knitting Group, LIB</b> <b>2:00 Mah-jongg, TV</b> <b>2:00 Cribbage, BR</b> 2:00 Movie Matinee, MT <b>4:00 Bingo, AR</b></div> 	<div>4</div> <div>9:30 Walking Club, AT <b>10:00 Knitting Group, LIB</b> <b>2:00 Poker, AR</b> <b>2:00 Chair Volleyball, EX</b> 2:00 Movie Matinee, MT <b>4:00 Bingo, AR</b></div>
<div>12</div> <div>9:30 Walking Club, AT <b>11:00 Precious Moments, CH</b> 2:00 Card Games, BR <b>2:00 Poker, AR</b> 2:00 Movie Matinee, MT <b>2:00 Uno Game, BI</b> 2:00 Church Service, CH <b>4:00 Bingo, AR</b></div>	<div>13</div> <div>9:30 Exercise Video, EX 9:30 Balance &amp; Strength, AR <b>10:00 Red Carpet Meeting, CH</b> <b>10:00 Blood Pressure Checks</b> <b>10:00 Knitting Group, LIB</b> <b>10:30 Chair Yoga, EX</b> <b>11:00 Precious Moments, CH</b> <b>2:00 Chair Volleyball, AR</b> 2:00 Movie Matinee, MT <b>4:00 Bingo, AR</b></div>	<div>14</div> <div>9:30 Exercise Video, EX 9:30 Balance &amp; Strength, AR <b>10:00 Knitting Group, LIB</b> <b>11:00 Wii Bowling League, AR</b> 2:00 Resident Meeting, AR 2:00 Movie Matinee, MT <b>2:00 Cribbage, BR</b> 2:15 Rummikub, TV 2:30 Crosswords, AR 3:00 Daily Chronicles, AR <b>4:00 Bingo, AR</b></div>	<div>15</div> <div><b>8:45 Catholic Mass at St. William's, Lobby</b> 9:30 Exercise Video, EX 9:30 Balance &amp; Strength, AR <b>10:00 Knitting Group, LIB</b> 2:00 Movie Matinee, MT <b>2:00 Chair Volleyball, EX</b> 3:00 Daily Chronicles, AR <b>4:00 Bingo, AR</b></div>	<div>16</div> <div>9:30 Exercise Video, EX 9:30 Balance &amp; Strength, AR <b>10:00 Eucharistic Prayer Service, CH</b> <b>10:00 Knitting Group, LIB</b> 10:00 Rogers Hearing, BI <b>11:00 Wii Bowling League, AR</b> 2:00 Movie Matinee, MT <b>2:00 Cribbage, BR</b> <b>2:00 Expedition 2020 Party, AR</b> <b>4:00 Bingo, AR</b></div>	<div>17</div> <div>9:30 Exercise Video, EX 9:30 Balance &amp; Strength, AR <b>10:00 Knitting Group, LIB</b> <b>2:00 Mah-jongg, TV</b> <b>2:00 Cribbage, BR</b> 2:00 Movie Matinee, MT <b>2:00 Art with Gail, AR</b> <b>4:00 Bingo, AR</b></div>	<div>18</div> <div>9:30 Walking Club, AT <b>10:00 Knitting Group, LIB</b> <b>2:00 Poker, AR</b> <b>2:00 Chair Volleyball, EX</b> 2:00 Movie Matinee, MT <b>4:00 Bingo, AR</b></div> 
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<div>26</div> <div>9:30 Walking Club, AT <b>11:00 Precious Moments, CH</b> 2:00 Card Games, BR <b>2:00 Poker, AR</b> 2:00 Movie Matinee, MT <b>2:00 Uno Game, BI</b> 2:00 Church Service, CH <b>4:00 Bingo, AR</b></div>	<div>27</div> <div>9:30 Exercise Video, EX 9:30 Balance &amp; Strength, AR <b>10:00 Blood Pressure Checks</b> <b>10:00 Knitting Group, LIB</b> <b>10:30 Chair Yoga, EX</b> <b>11:00 Precious Moments, CH</b> <b>2:00 Chair Volleyball, AR</b> 2:00 Movie Matinee, MT <b>2:00 Expedition Egypt Week, AR</b> <b>4:00 Bingo, AR</b></div>	<div>28</div> <div>9:30 Exercise Video, EX 9:30 Balance &amp; Strength, AR <b>10:00 Knitting Group, LIB</b> <b>11:00 Wii Bowling League, AR</b> 2:00 Movie Matinee, MT <b>2:00 Cribbage, BR</b> 2:15 Rummikub, TV 2:30 Crosswords, AR 3:00 Daily Chronicles, AR <b>4:00 Bingo, AR</b></div> 	<div>29</div> <div><b>8:45 Catholic Mass at St. William's, Lobby</b> 9:30 Exercise Video, EX 9:30 Balance &amp; Strength, AR <b>10:00 Knitting Group, LIB</b> 2:00 Movie Matinee, MT <b>2:00 Chair Volleyball, EX</b> 3:00 Daily Chronicles, AR <b>4:00 Bingo, AR</b></div>	<div>30</div> <div>9:30 Exercise Video, EX 9:30 Balance &amp; Strength, AR <b>10:00 Knitting Group, LIB</b> <b>11:00 Wii Bowling League, AR</b> 2:00 Movie Matinee, MT <b>2:00 Cribbage, BR</b> <b>4:00 Bingo, AR</b></div>	<div>31</div> <div>9:30 Exercise Video, EX 9:30 Balance &amp; Strength, AR <b>10:00 Knitting Group, LIB</b> <b>2:00 Mah-jongg, TV</b> <b>2:00 Cribbage, BR</b> 2:00 Movie Matinee, MT <b>4:00 Bingo, AR</b></div> 	





## 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.



*Let's make a Snowman!*

## Joke of the Month!!

Where does Frosty keep his money?

In a "Snow"-bank! (it is cold cash after all!)



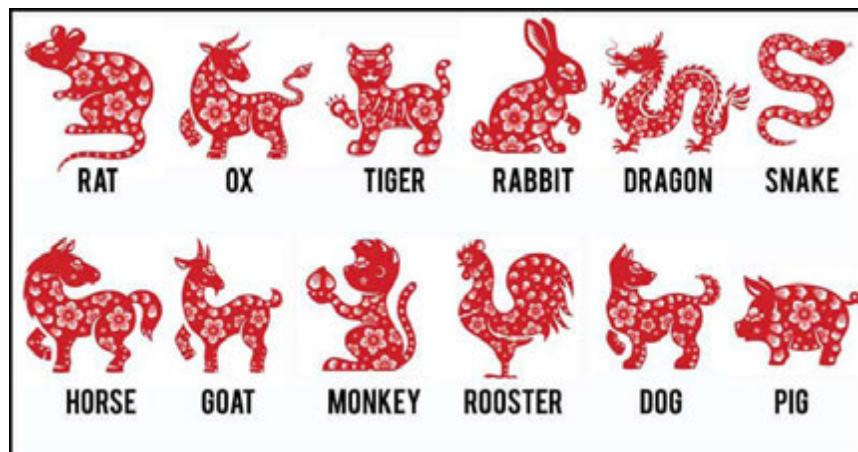
## The Chinese Zodiac

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.



RAT	OX	TIGER	HARE	DRAGON	SNAKE	HORSE	RAM	MONKEY	ROOSTER	DOG	PIG
1900	1901	1902	1903	1904	1905	1906	1907	1908	1909	1910	1911
1912	1913	1914	1915	1916	1917	1918	1919	1920	1921	1922	1923
1924	1925	1926	1927	1928	1929	1930	1931	1932	1933	1934	1935
1936	1937	1938	1939	1940	1941	1942	1943	1944	1945	1946	1947
1948	1949	1950	1951	1952	1953	1954	1955	1956	1957	1958	1959
1960	1961	1962	1963	1964	1965	1966	1967	1968	1969	1970	1971
1972	1973	1974	1975	1976	1977	1978	1979	1980	1981	1982	1983
1984	1985	1986	1987	1988	1989	1990	1991	1992	1993	1994	1995
1996	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007
2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
2020	2021	2022	2023	2024	2025	2026	2027	2028	2029	2030	2031
2032	2033	2034	2035	2036	2037	2038	2039	2040	2041	2042	2043
2044	2045	2046	2047	2048	2049	2050	2051	2052	2053	2054	2055

## 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.





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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**978-851-2063**