

Winterberry Heights

Assisted Living & Memory Care

932 Ohio Street • Bangor, Maine 04401 • Phone (207) 942-6002 • www.seniorlivinginstyle.com

JANUARY 2020

WINTERBERRY HEIGHTS STAFF

Administrator.....PENNY PAULIKS
Assistant Administrator.....ALISA BRAGG
Resident Services Coordinator..SARAH CONNOLLY, LPN
Memory Care CoordinatorCANDICE WHITE
Executive Chef.....TODD FULLERTON
Activity Coordinator.....HEATHER LAPLANTE
Administrative Assistant.....HEATHER CHASSE
Maintenance.....BRUCE GUIMOND
Transportation.....ROBERT RIVERS

TRANSPORTATION

Monday, 10:30 a.m.: Shopping – Walmart
Tuesday, 8 a.m.-5 p.m.: Medical Appointments
Wednesday, 9 a.m.: Shopping – Hannaford
Thursday, 8 a.m.-5 p.m.: Medical Appointments
Sunday, 8 a.m.-Noon: Local Church Services

2020 Hawthorn Adventure

Start your engines Winterberry Heights! Beginning the week of January 19th through February 8th, Winterberry Heights 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 Thursday, January 16th to get all of your travel information. If you have any additional questions, check in with your Expedition Guide, Heather LaPlante for all the details!



HAWTHORN
SENIOR LIVING

Welcome New Residents

- Barbara R.
- Elizabeth G.
- Joe W.





National Cookie Day

We celebrated National Cookie Day with a variety of cookies, frost-your-own sugar cookies and a glass of milk to enjoy!



2020 Hawthorn Calendar

We are thrilled to present the 2020 Hawthorn "Love Where You Live" calendar. You will see the looks and moments of pure joy, love and honor on the faces of the residents loving where they live all featured in this calendar. These are all faces of residents who live in our Hawthorn communities. Do you want one of these precious calendars for yourself? Each calendar is \$5 and all proceeds benefit the resident activity fund.



January is National Soup Month

When the weather is cold, what better way to warm up than with a nice, warm bowl of soup? Where did soup come from, and how was it created? Historical evidence of the existence of soup dates all the way back to about 20,000 B.C. Boiling was not a common cooking technique until the invention of a waterproofed container, which started out as clay vessels. Animal hides and watertight baskets were used along with heated rocks. The word soup itself derives from the French word "soupe" which means soup or broth. How do we love thee? Let us count the ways — chunky, clear, creamy, low-fat, with a dash of spice, served hot, sometimes cold. Oh, there are a million ways to enjoy soup! And now there is another reason to do so. January is National Soup Month. So, go ahead indulge and get souped-up on soup this month.





Warm up with Exercise!

Keep warm with good friends, good food, and exercise!

I know there are folks out there who feel it's too late to begin an exercise program. It's not! Any form of exercise is good for you, no matter how young or old you feel, and no matter your size.

Here are a few good reasons:

1. Improved circulation
2. Improved breathing
3. Improved appetite
4. Improved digestion and elimination
5. Improved mood
6. Increased energy
7. Improved sleep
8. Improved strength, balance, flexibility and endurance
9. Improved overall health
10. Reduced arthritis pain
11. Prevention or improved management of some diseases, such as diabetes and heart disease
12. Weight management promotion
13. Reduced potential for falls and related injury
14. Relief of boredom
15. Boosting of self-confidence
16. Inspiration to others

Our Strength and Balance class meets every morning at 10 a.m. in the Activity Room. Our Zumba Exercise Class, with instructor Sunshine Gannuccelli, meets every Tuesday at 11 a.m. Give it a try, come join us and see how good you can feel!

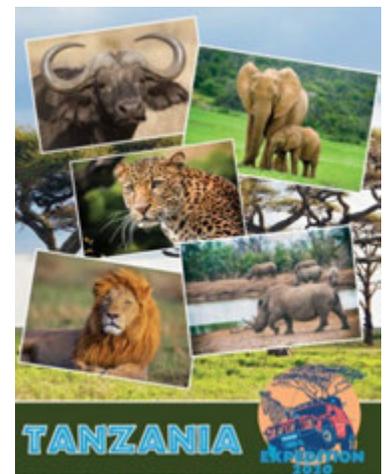
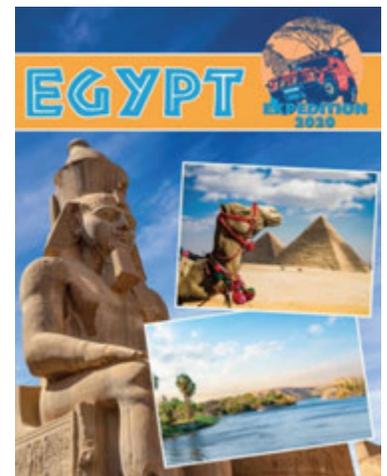
More About the 2020 Hawthorn Adventure

This year we are taking residents on a virtual tour of Africa's most visited countries: Morocco, Egypt, and Tanzania. Basically we will be learning about these fine countries right from our home, here in Bangor, Maine! Our "mode of transportation" is our Hawthorn Jeep, and participants will be our passengers.

The adventure begins in Morocco, the gateway to Africa and a country of dizzying diversity. Here you'll find epic mountain ranges, ancient cities, sweeping deserts and warm hospitality.

Then on to Egypt, where you find the mighty Nile and magnificent monuments, the beguiling desert and lush delta and with it's long past and welcoming, story loving people. Then finally the Hawthorn Jeep will make its final stop in Tanzania, where we'll be greeted with wildlife, beaches, friendly people, fascinating cultures, the Serengeti, Mt. Kilimanjaro, and Zanzibar! Tanzania has all these things and more wrapped up in one adventurous, welcoming package.

Each activity relating to the Hawthorn Adventure will be marked on the weekly schedule to be easily identified. Each resident will be given an itinerary and points will be awarded for participation and attendance for each adventure activity. There is an award ceremony to recognize passengers at the end of the Adventure. This three-week program is a great way to be involved and keep active during the cold winter months, learn something new and have fun with friends!





Holiday Bingo with Elaine

Each year our Hairdresser Elaine White plans a grand holiday event for the residents. This year was a holiday bingo extravaganza with lots of prizes. This bingo event was a huge success and enjoyed by all!



Winterberry Heights Auction

Residents recently had the chance to bid on prizes at our Winterberry Heights Auction! We hold three auctions each year, the next one is in April 2020, so keep saving those Winterberry Bucks!



Fabulous prizes



Bidders ready!



Judith



Ruth



Helen



Marcia



Memory Care Community

Birthday celebrations, family visits, manicures, and getting ready for the holidays!



Out to Lunch Bunch

Our recent Out to Lunch Bunch took us to Uno Pizzeria, where we enjoyed a delicious meal, and celebrated Mr. Hartley's birthday as well!



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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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207-942-6002

JANUARY 2020

Birthdays

Lorrie Hartley, 7th
 Shirley Carson, 26th
 Louise Wetmore, 27th
 Nancy Jordan, 30th
 Beverly Marsten, 30th
 Ronnie Nelson, 31st

Are you looking to enrich the lives of seniors through volunteering? Our residents have a wide range of interests and talents and look forward to meeting people like you! If you are interested in volunteer opportunities, please contact Activities Coordinator Heather LaPlante at 207-942-6002.

Please remember to sign up for shopping and other outings at the Front Desk.

“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 9:00 Shopping: Hannaford 9:00 News Hour 10:00 Strength and Balance 11:00 Bingo 12:25 Dinner Table Fitness 2:00 Brain Drain Game 3:00 Beachball Volleyball 6:45 Billiards | 2 9:00 News Hour 10:00 Strength and Balance 10:30 Scrabble 12:25 Dinner Table Fitness 2:00 Hand/Foot Soaks 3:00 Left, Right, Center Game 6:45 Famous January Birthdays Word Search | 3 9:00 News Hour 10:00 Strength and Balance 11:00 Welcome Committee Meeting 12:25 Dinner Table Fitness 2:00 Pictionary 3:00 Horse Derby Game 6:45 Relax and Chat with Friends | 4 9:00 News Hour 10:00 Strength and Balance 11:00 Guitar Music with Duane Nickerson 12:25 Dinner Table Fitness 2:00 Bingo 3:00 Piano Music with Masanobu Ikemiya 6:45 Scrabble |
| 9:00 Catholic Mass in the Chapel 5 10:00 Strength and Balance 11:00 Make Homemade Bird Feeders 12:25 Dinner Table Fitness 2:00 Holy Communion Service in the Chapel 3:00 Scenic Bus Ride 6:45 Word Mining | 6 9:00 News Hour 10:00 Strength and Balance 10:30 Shopping: Walmart 11:00 Sudoku Puzzles 12:25 Dinner Table Fitness 2:00 Mad Lib Stories 3:00 Shopping at Books a Million 6:45 Monday Night Movie | 7 9:00 News Hour 10:00 Strength and Balance 11:00 Senior Zumba 12:25 Dinner Table Fitness 1:30 Heather's General Store 2:00 Pray the Rosary in the Chapel 3:00 Painting Class with Janice 6:45 Puzzles  | 8 9:00 Shopping: Hannaford 9:00 News Hour 10:00 Strength and Balance 11:00 Bingo 12:25 Dinner Table Fitness 2:00 Movie Matinee 5:30 Family Night Supper! | 9 9:00 News Hour 10:00 Strength and Balance 11:00 Cooking with Chef Todd 12:25 Dinner Table Fitness 2:00 Resident Meeting 3:30 Music with Fred and Deb 6:45 Billiards | 10 9:00 News Hour 10:00 Strength and Balance 11:00 Name 10 12:25 Dinner Table Fitness 2:00 Beanbag Twister 3:00 Painting 6:45 Knitting by the Fireplace | 11 9:00 News Hour 10:00 Strength and Balance 11:00 Big Pin Bowling 12:25 Dinner Table Fitness 2:00 Bingo 3:30 Trivia 6:45 Cribbage |
| 9:00 Catholic Mass in the Chapel 12 10:00 Strength and Balance 11:00 Crosswords 12:25 Dinner Table Fitness 2:00 Holy Communion Service in the Chapel 3:00 Shopping at Dollar Tree 6:45 Old-Time TV Shows | 13 9:00 News Hour 10:00 Strength and Balance 10:30 Shopping: Walmart 11:00 Word Search 12:25 Dinner Table Fitness 2:00 Piano Music with Clayton Rogers 3:00 Ice Cream Social 6:45 Monday Night Movie | 14 9:00 News Hour 10:00 Strength and Balance 11:00 Senior Zumba 12:25 Dinner Table Fitness 1:30 Heather's General Store 2:00 Pray the Rosary in the Chapel 3:00 Music with Nostalgia Music Group 6:45 Puzzles | 15 9:00 Shopping: Hannaford 9:00 News Hour 10:00 Strength and Balance 11:00 Bingo 12:15 Out to Lunch Bunch 2:00 Arm Chair Travels 3:00 Hymn Singalong 6:45 Billiards | 16 9:00 News Hour 10:00 Strength and Balance 10:30 Scrabble 12:25 Dinner Table Fitness 2:00 Hawthorn Adventure Kick-off Party! 3:30 Left, Right, Center Game 6:45 Cribbage | 17 9:00 News Hour 10:00 Strength and Balance 11:00 Jeopardy 12:25 Dinner Table Fitness 2:00 Dice Fitness 3:30 Music with Dave Mussey 6:45 Relax and Chat with Friends | 18 9:00 News Hour 10:00 Strength and Balance 11:00 Identify This 12:25 Dinner Table Fitness 2:00 Bingo 3:30 Music with Chris Heard 6:45 Scrabble |
| Morocco 19 9:00 Catholic Mass in the Chapel 10:00 Strength and Balance 11:00 Test Your Moroccan Knowledge 12:25 Dinner Table Fitness 2:00 Holy Communion Service in the Chapel 3:00 Moroccan Tea Social 6:45 Crosswords | MARTIN LUTHER KING JR. DAY 20 9:00 News Hour 10:00 Strength and Balance 10:30 Shopping: Walmart 11:00 Puzzles 12:25 Dinner Table Fitness 2:00 Manicures 3:00 Rock the Kasbah Drumming 6:45 Monday Night Movie "Casablanca" | 21 9:00 News Hour 10:00 Strength and Balance 11:00 Senior Zumba 12:25 Dinner Table Fitness 1:30 Heather's General Store 2:00 Pray the Rosary in the Chapel 2:30 Moroccan Rose Festival 3:00 Music with Ken Griffiths 6:45 Puzzles | 22 9:00 Shopping: Hannaford 9:00 News Hour 10:00 Strength and Balance 11:00 Bingo 12:25 Dinner Table Fitness 2:00 Make Moroccan Lanterns 3:00 Music with Stephanie Erb 6:45 Billiards | 23 9:00 News Hour 10:00 Strength and Balance 11:00 Meeting with Chef Todd 12:25 Dinner Table Fitness 2:00 Scrabble 3:30 A Night in Casablanca 6:45 Word Search | 24 9:00 News Hour 10:00 Strength and Balance 11:00 Make Moroccan Good Luck Hands 12:25 Dinner Table Fitness 2:00 Have You Ever? 3:00 Ring Toss 6:45 Knitting by the Fireplace | 25 9:00 News Hour 10:00 Strength and Balance 11:00 Paint Moroccan Flags 12:25 Dinner Table Fitness 2:00 Bingo 3:30 Cut Coupons for Overseas Troops 6:45 Word Mining |
| Egypt 26 9:00 Catholic Mass in the Chapel 10:00 Strength and Balance 11:00 Egyptian Pharaohs Word Search 12:25 Dinner Table Fitness 2:00 Holy Communion Service in the Chapel 3:00 Mummy Wrap Competition 6:45 Old-Time TV Shows  | 27 9:00 News Hour 10:00 Strength and Balance 10:30 Shopping: Walmart 11:00 Test Your Egyptian Knowledge 12:25 Dinner Table Fitness 2:00 Piano Music with Clayton Rogers 3:00 Sculpt the Sphinx 6:45 Monday Night Movie  | 28 9:00 News Hour 10:00 Strength and Balance 11:00 Senior Zumba 12:25 Dinner Table Fitness 1:30 Heather's General Store 2:00 Pray the Rosary in the Chapel 3:00 Egyptian Clay Pot Painting 6:45 Puzzles | 29 9:00 Shopping: Hannaford 9:00 News Hour 10:00 Strength and Balance 11:00 Bingo 12:25 Dinner Table Fitness 2:00 Walk Like An Egyptian 3:00 January Birthday Celebration 6:45 Billiards | 30 9:00 News Hour 10:00 Strength and Balance 10:30 Scrabble 12:25 Dinner Table Fitness 2:00 Pyramids 3:00 Egyptian Hibiscus Tea and Hummus Social 6:45 Mandala Art Coloring  | 31 9:00 News Hour 10:00 Strength and Balance 11:00 Word Scrambles 12:25 Dinner Table Fitness 2:00 Find the Pharaohs 3:00 Camel Fly Swatter Volleyball 6:45 Relax and Chat with Friends  |  |

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Birthdays

Shirley Carson, 26th
Louise Wetmore, 27th
Nancy Jordan, 30th

“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 9:00 Drumming Exercise 10:15 Scenic Bus Ride 2:30 Snack Social 4:00 New Year's Resolutions 6:00 Movie | 2 10:00 Weights and Stretches 11:00 Cooking Corner 1:30 Hand and Nail Care 2:30 Snack Social 4:00 Cream Puff Day 6:00 Movie | 3 10:00 Chair Fitness 11:00 The Last Straw Day 2:30 Snack Social 4:00 Egg Toss 6:00 Movie | 4 10:00 Fun with Fitness 11:00 Guitar Music with Duane Nickerson 2:30 Snack Social 3:00 Piano Music with Masanobu Ikemiya 4:00 Bingo! 6:00 Movie |
| 5 10:00 Move to the Music 11:00 Hymn Singalong 2:30 Snack Social 3:30 Puzzles 6:00 Movie | 6 10:00 Fun with Fitness 10:30 Art Hour (Plucking Rose Petals) 2:30 Snack Social 4:00 Current Events 6:00 Movie | 7 10:00 Beach Ball Fitness 11:00 Senior Zumba 2:30 Snack Social 4:00 Learn About Little Christmas 6:00 Movie | 8 9:00 Drumming Exercise 10:15 Scenic Bus Ride 2:30 Snack Social 4:00 Wacky Winter Wardrobe Wednesday 6:00 Movie | 9 10:00 Weights and Stretches 11:00 Cooking Corner (Pumpkin Cookies) 1:30 Hand and Nail Care 2:30 Snack Social 3:30 Music with Fred and Deb 6:00 Movie | 10 10:00 Chair Fitness 11:00 Houseplant Appreciation Day 2:30 Snack Social 4:30 Make a George Foreman Supper 6:00 Movie | 11 10:00 Fun with Fitness 11:00 Oatmeal Tasting 2:30 Snack Social 4:00 Bingo! 6:00 Movie |
| 12 10:00 Move to the Music 11:00 Hymn Singalong 2:30 Snack Social 3:30 Word Search Puzzles 6:00 Movie | 13 10:00 Fun with Fitness 10:30 Art Hour (Plucking Rose Petals) 2:00 Piano Music with Clayton Rogers 2:30 Snack Social 4:00 Current Events 6:00 Movie | 14 10:00 Beach Ball Fitness 11:00 Senior Zumba 2:30 Snack Social 3:00 Music with Nostalgia Music Group 6:00 Movie | 15 9:00 Drumming Exercise 10:15 Scenic Bus Ride 2:30 Snack Social 4:00 Photobombing Time 6:00 Movie | 16 10:00 Weights and Stretches 11:00 Sing As Loud As You Can 1:30 Hand and Nail Care 2:30 Snack Social 4:00 Karaoke 6:00 Movie | 17 10:00 Chair Fitness 11:00 Betty White Tribute 2:30 Snack Social 3:30 Music with Dave Mussey 6:00 Movie | 18 10:00 Fun with Fitness 10:30 Kick Off Party 2:30 Snack Social 3:30 Music with Chris Heard 4:00 Bingo! 6:00 Movie |
| 19 10:00 Move to the Music 11:00 Hymn Singalong 2:30 Snack Social 3:30 Puzzles 6:00 Movie | MARTIN LUTHER KING JR. DAY 20 10:00 Fun with Fitness 10:30 Art Hour (Plucking Rose Petals) 2:30 Snack Social 4:00 Current Events 6:00 Movie | 21 10:00 Beach Ball Fitness 11:00 Senior Zumba 2:30 Snack Social 3:00 Music with Ken Griffiths 4:00 Moroccan Knowledge 6:00 Movie | 22 9:00 Drumming Exercise 10:15 Scenic Bus Ride 2:30 Snack Social 3:00 Music with Stephanie Erb 4:00 Tangier 6:00 Movie | 23 10:00 Weights and Stretches 11:00 Visit Casablanca 1:30 Hand and Nail Care 2:30 Snack Social 6:00 Movie | 24 10:00 Chair Fitness 11:00 Morocco's Blue City 2:30 Snack Social 4:00 Visit Marrakech 6:00 Movie | 25 10:00 Fun with Fitness 11:00 Goat Cheese Salad 2:30 Snack Social 4:00 Bingo! 6:00 Movie |
| 26 10:00 Move to the Music 11:00 Hymn Singalong 2:30 Snack Social 3:30 Word Search Puzzles 6:00 Movie | 27 10:00 Fun with Fitness 10:30 Art Hour (Plucking Rose Petals) 2:00 Piano Music with Clayton Rogers 2:30 Snack Social 4:00 Current Events 6:00 Movie | 28 10:00 Beach Ball Fitness 11:00 Senior Zumba 2:30 Snack Social 4:00 Make Moroccan Mint Tea 6:00 Movie | 29 9:00 Drumming Exercise 10:15 Scenic Bus Ride 2:30 Snack Social 4:00 Make Our Own Djembe Drums 4:00 Make Rose Paper Wreaths 6:00 Movie | 30 10:00 Weights and Stretches 11:00 DIY Moroccan Lanterns 1:30 Hand and Nail Care 2:30 Snack Social 6:00 Movie | 31 10:00 Chair Fitness 2:30 Snack Social 6:00 Movie |  |

