WILSHIRE ESTATES

Gracious Retirement Living

13716 New Hampshire Ave • Silver Spring, MD 20904 • Phone 240-257-3601 • www.seniorlivinginstyle.com

JANUARY 2020

WILSHIRE ESTATES

Managers ..... DEBRA SHONKA-BARTA & RICH BARTA
Assistant Managers..... DAWN & BOB NESSL
Executive Chef .....SETH CONNOLLY
Sous Chef ..... LARRY LITTLEFORD
Activity Coordinator..... LEORA RASKAS
Bus Driver.....ERIK ROBERTS

HAWTHORN SENIOR LIVING

Hello from Seth Connolly, Executive Chef

I am the Executive Chef for the new Wilshire Estates Community. I joined Hawthorn Senior Living in September of 2019.

My career as a Chef includes that of being the Executive Chef for a private airline catering company called Air Culinaire Worldwide. An example of the clients that I cooked for include the King and Queen of Jordan, King and Queen of Qatar, as well as catering for professional and college sports teams. I also cooked for Falcon's Landing Retirement Home for retired military officers.

I'm originally from Northern Virginia and I have a great dog by the name of Mocha.

I'm so excited, along with the Kitchen staff, my team, to cook for you! Be sure to stop me and say hello.

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.

Foods for Good Fortune in the New Year

Looking for good fortune in 2020? It may be as easy as eating good food. Around the world, people eat certain foods on New Year's Day to symbolize good fortune in the year ahead -- from black-eyed peas and juicy pomegranates to long noodles that symbolize a lengthy life. Try these good luck foods on the first day of the New Year for some luck.

1. **Noodles:** In many Asian countries, people eat long noodles on New Year's Day in order to lengthen their life. One catch: You can't break the noodle before it's fully in your mouth.
2. **Greens:** Green symbolizes luck -- think about four-leaf clovers, money and jade jewelry. As if that's not enough, kick things off on a healthy note with a plate full of greens, including kale, Brussels sprouts and green beans.
3. **Cabbage:** In Germany, Ireland and parts of the United States, cabbage is associated with luck and fortune since its green hue resembles money. Purple cabbage, however, is just for show.
4. **Pork:** Pork, once reserved for the elite, symbolizes wealth and prosperity. Aim high this year by filling up with a hearty pork dinner on January 1st.
5. **Fish:** In some countries, people associate fish with moving forward into the New Year, since fish swim in one direction. Other people, however, think fish symbolizes abundance, since they swim in schools. We'll take both.
6. **Lentils:** Thought to resemble coins, lentils are eaten throughout Italy on New Year's Day to bring good fortune in the year ahead.
7. **Pomegranates:** Long associated with abundance and fertility, pomegranates are eaten in Turkey and other Mediterranean countries as a sign of good luck. It doesn't hurt that this jewel-toned fruit is in its prime come January.

A Message from Debra and Rich

Our 2020 wish for you as a new member of our Community!

New Year Wishes for you.
Happiness deep down within.
Serenity with each sunrise.
Success in each facet of your life.
Family beside you.
Close and caring friends.
Health, inside you.
Love that never ends.
Special memories of all the yesterdays.
A bright today with much to be thankful for.
A path that leads to beautiful tomorrows.
Dreams that do their best to come true.
Appreciation of all the wonderful things about you!

Happy New Year from Debra and Rich!

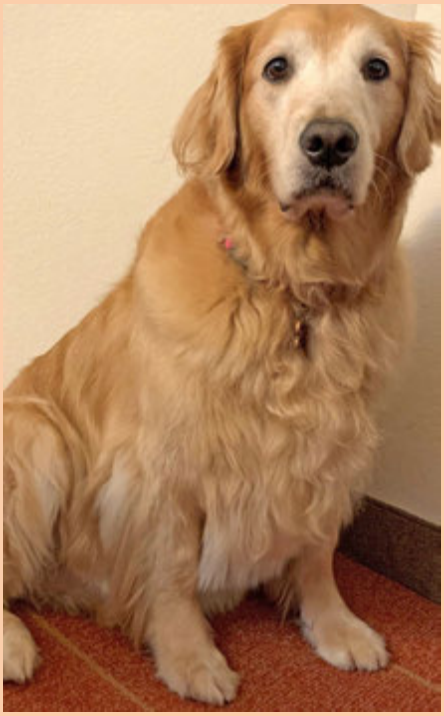
We look so forward to getting to know you.

Debra and Rich, Community Managers

Keely's Korner

Happy New Year 2020!

This year, my human parents, Debra and Rich, said I will be making many new friends. I am so excited! Please come and visit me once you get settled into our new Wilshire Estates Community.



Making new friends and socializing is good not only for me but for all of our new residents here at Wilshire Estates. I have been told that it's important to reach out and to connect to others to have a happy, balanced social life. Along with a healthy lifestyle and exercise, socialization will make you feel so much better and stronger, as well as having a huge impact on the quality of your life. Wilshire Estates will be the perfect place to develop new friendships. It's never too late to make a new friend. You may have a common interest or develop a new hobby just by meeting someone. The more active and social you are, the more you use and sharpen your brain. This affects your overall personality and happiness. Join me now, and make a new friend.

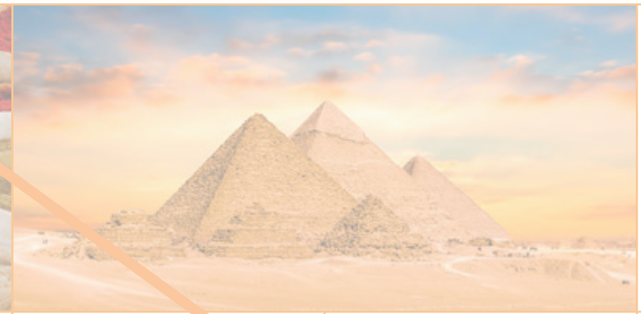
I'll be waiting to meet you soon!

JANUARY 2020

Locations

Activities Room, ACT
Atrium, A
Back Patio, P
Chapel, C
Dining Room, D
Fitness Room, F
Game Room, G
Library, L
Lobby, LB
Movie Theater, T
New Activity, New!

"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 Chair Dancing Exercise, F **10:00 Outing: Red Hawk Casino, LB** 10:00 Selfie Session #1, ACT 11:00 Ring Toss for Funny Money, A 2:00 Selfie Session #2, ACT **2:00 Social Security and Medicare Info, ACT** 3:00 True or False Game for Funny Money, ACT 6:45 Movie, T	2 9:00 Group Exercise and Simple Stretches, F 10:00 Bean Bag Baseball Team Practice, A **10:30 Atlas Hearing Aid Service, ACT** **12:30 Sock Hop Dinner, ACT** 1:45 Mexican Train, G 2:00 Bridge Group, G 2:00 1950s Trivia, ACT 3:00 1950s Picture Show and Music, ACT 6:45 Nickel Bingo, ACT	3 **9:00 "Chairing Along" Drumming Exercise, ACT** 10:00 Catholic Communion, C 11:00 Hangman for Funny Money, ACT **2:00 Exercise Your Brain with Brain Games, ACT** 3:00 Online Games with Chelsea, ACT 6:45 Movie & Popcorn, T	4 9:00 Group Exercise, F 11:00 Bean Bag Baseball, A 2:00 Rummikub, ACT 6:45 Movie, T 7:00 Poker Night, G
5 9:00 Beach Ball Volleyball, A 2:00 Light of the Valley Church Service, T **2:00 Wii Bowling with David, ACT** **3:00 Ice Cream Social, ACT** 6:45 Movie, T	6 9:00 Beach Ball Volleyball, A 10:00 Shopping at Walmart and Target, LB 10:00 Memories Discussion Group, New! **11:00 Bean Bag Baseball Tournament: Game #1, A** **11:30 Avon with Barbara, ACT** **1:45 Musical Guest: Alvin, A** 1:45 Mexican Train, G 2:00 Banking Outings, LB 3:00 Trivia for Funny Money, ACT 6:45 Funny Money Free Bingo	7 9:00 Exercise with Jake, ACT **10:00 Bible Study Class, C** **11:00 Bean Bag Baseball Tournament: Game #2, A** **11:15 Library Bookmobile, LB** 1:45 Rummikub, ACT 2:00 Book Club Meeting, ACT **3:00 Iced Tea Tasting, ACT** 6:45 Traveling Movie Tuesday, T	8 9:00 Chair Dancing Exercise, F **10:00 Outing: Arden Fair Mall and Lunch, LB** **11:00 Bean Bag Baseball Tournament, A** **12:00 Resident/Manager Meeting, D** 2:00 Painting with Samantha, ACT **Art [illegible]** Mo[illegible]	9 9:00 Group Exercise and Simple Stretches, F 10:00 Bean Bag Baseball Team Practice, A **10:30 Atlas Hearing Aid Service, ACT** **12:30 Sock Hop Dinner, ACT** 1:45 Mexican Train, G 2:00 Bridge Group, G 2:00 1950s Trivia, ACT 3:00 1950s Picture Show and Music, ACT Bingo, ACT	10 **9:00 "Chairing Along" Drumming Exercise, ACT** 10:00 Catholic Communion, C 11:00 Hangman for Funny Money, ACT **2:00 Exercise Your Brain with Brain Games, ACT** 3:00 Online Games with Chelsea, ACT 6:45 Movie & Popcorn, T	11 9:00 Group Exercise, F 11:00 Bean Bag Baseball, A 2:00 Rummikub, ACT **2:00 New York Life Insurance Presentation, ACT** 6:45 Movie, T 7:00 Poker Night, G
12 9:00 Beach Ball Volleyball, A **12:30 Light of the Valley Church Service, T** 3:00 Big Band Tunes in the Atrium, A 6:45 Movie, T	9:00 Beach Ball Volleyball, A 10:00 Shopping at Walmart and Target, LB 10:00 Memories Discussion Group, New! 1:45 Mexican Train, G **1:45 Musical Guest: Mike Jasper, A** 2:00 Banking Outings, LB 3:00 Trivia for Funny Money, ACT 6:45 Funny Money Free Bingo, ACT	14 Exerc[illegible] with Jake **10:[illegible] Bible[illegible]** Cr[illegible] Together 11:00 Bean Bag Baseball, A 1:45 Rummikub, ACT **1:45 Musical Guest: Don Terra, A** **2:00 Annual Overnight Trip Meeting, ACT** 6:45 Traveling Movie Tuesday, T	15 [illegible] Da[illegible] **10:[illegible] Outing: [illegible] Hawk Casino,** 10:00 [illegible]lfie Se[illegible] #1, [illegible] 11:00 Ring Toss for Funny Money, A 2:00 Selfie Session #2, ACT **2:00 Social Security and Medicare Info, ACT** 3:00 True or False Game for Funny Money, ACT 6:45 Movie, T	16 [illegible]p Exercise [illegible] Simple S[illegible]ches, F 10:00 [illegible]ee 1:45 Mexican Train, G 2:00 Bridge Group, G **3:00 Stone Cold Ice Cream Demonstration, ACT** 6:45 Nickel Bingo, ACT	17 **9:00 "Chairing Along" Drumming Exercise, ACT** 10:00 Catholic Communion, C 11:00 Hangman for Funny Money, ACT **2:00 Exercise Your Brain with Brain Games, ACT** 6:45 Movie & Popcorn, T	18 9:00 Group Exercise, F 11:00 Bean Bag Baseball, A 2:00 Rummikub, ACT 6:45 Movie, T 7:00 Poker Night, G
19 9:00 Beach Ball Volleyball, A 2:00 Light of the Valley Church Service, T **2:00 Wii Bowling with David, ACT** **3:00 Ice Cream Social, ACT** 6:45 Movie, T	MARTIN LUTHER KING JR. DAY 20 9:00 Beach Ball Volleyball, A 10:00 Shopping at Walmart and Target, LB 10:00 Memories Discussion Group, New! 1:45 Mexican Train, G **1:45 Musical Guest: Mike Jasper, A** 2:00 Banking Outings, LB 3:00 Trivia for Funny Money, ACT 6:45 Funny Money Free Bingo, ACT	21 9:00 Exercise with Jake, ACT **10:00 Bible Study Class, C** 10:30 Crafting Together, ACT 11:00 Bean Bag Baseball, A 1:45 Rummikub, ACT 2:00 Book Club Meeting, ACT **3:00 New Resident Welcome Party, ACT** 6:45 Traveling Movie Tuesday, T	22 9:00 Chair Dancing Exercise, F 10:00 Movie Critic's Corner: Movie Selection, T **11:00 Bus Outing Adventures, LB** **2:30 Outing: Eco Thrift, LB** 3:00 True or False Game for Funny Money, ACT 6:45 Movie, T	23 9:00 Group Exercise and Simple Stretches, F 10:00 Movie Matinee, T 1:45 Mexican Train, G 2:00 Bridge Group, G **3:00 Stone Cold Ice Cream Demonstration, ACT** 6:45 Nickel Bingo, ACT	24 9:00 Exercise with Jake, ACT **10:00 Bible Study Class, C** 11:00 Bean Bag Baseball Team Practice, A 1:45 Rummikub, ACT **2:00 Cell Phone Q and a Session with Chelsea, ACT** **3:30 Candy Craze Giveaway, ACT** 6:45 Traveling Movie Tuesday, T	25 9:00 Group Exercise, F 11:00 Bean Bag Baseball, A 2:00 Rummikub, ACT **2:00 New York Life Insurance Presentation, ACT** 6:45 Movie, T 7:00 Poker Night, G
26 9:00 Beach Ball Volleyball, A **12:30 Light of the Valley Church Service, T** 3:00 Big Band Tunes in the Atrium, A 6:45 Movie, T	27 **9:00 Brain and Fitness Training, New!** 10:00 Shopping at Walmart and Target, LB 10:00 Giant Crossword Puzzle, ACT 11:00 Horse Racing for Funny Money, A **1:30-3:30 See's Candy Sales Booth, A** 1:45 Mexican Train, G 2:00 Banking Outings, LB 2:00 Giant Pictionary, ACT 3:00 Trivia, ACT **3:30 Activity Meeting with Chelsea, ACT** 6:45 Funny Money Free Bingo, ACT	28 9:00 Exercise with Jake, ACT **10:00 Bible Study Class, C** 11:00 Bean Bag Baseball Team Practice, A 1:45 Rummikub, ACT **2:00 Talent Show Meeting and Discussion, ACT** **3:00 Camden Springs Video Marathon, ACT** 6:45 Traveling Movie Tuesday, T	29 9:00 Chair Dancing Exercise, F **10:00 Outing: Arden Fair Mall and Lunch, LB** **11:00 Bean Bag Baseball Tournament: Game #3, A** **12:00 Resident/Manager Meeting, D** 2:00 Father's Day Centerpiece Creation, ACT **3:00 Art Class with Cindy, ACT** 6:45 Movie, T	30 9:00 Group Exercise and Simple Stretches, F 10:00 Bean Bag Baseball Team Practice, A **10:30 Atlas Hearing Aid Service, ACT** **12:30 Sock Hop Dinner, ACT** 1:45 Mexican Train, G 2:00 Bridge Group, G 2:00 1950s Trivia, ACT 3:00 1950s Picture Show and Music, ACT 6:45 Nickel Bingo, ACT	31 **9:00 "Chairing Along" Drumming Exercise, ACT** 10:00 Catholic Communion, C 11:00 Hangman for Funny Money, ACT **2:00 Exercise Your Brain with Brain Games, ACT** 3:00 Online Games with Chelsea, ACT 6:45 Movie & Popcorn, T	

SAMPLE
EVENTS ARE FOR SAMPLE PURPOSES ONLY

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.

Auld Lang Syne

"Should auld acquaintance be forgot, And never brought to mind? Should auld acquaintance be forgot, And auld lang syne!" These are the first four lines of "Auld Lang Syne," a song that has not only become a New Year's favorite, but one that is often called the most popular song that no one knows the lyrics to.

What does Auld Lang Syne actually mean? Well, Auld lang Syne is a Scottish phrase meaning "for old times' sake" or "times long past." The version of the song sung today was "penned in 1788 by the Scottish poet Robert Burns, who claimed he had assembled it from a variety of older sources," according to History.com. "Despite its long history, 'Auld Lang Syne' didn't become popularly associated with the holiday season until 1929, when Canadian bandleader Guy Lombardo began using it as part of his New Year's Eve broadcasts."

Good Morning America chronicled the song's origin in 2012. According to its report, Lombardo's band "used the song as a segue between two radio programs during a live performance at the Roosevelt Hotel in New York in 1929. By coincidence, they played 'Auld Lang Syne' just after the clock hit midnight and a New Year's tradition was born."

Ringing in the New Year

Every year, when the clock strikes twelve on January 1st, people around the world celebrate the New Year. Here are five interesting facts about the New Year and the many traditions that surround it.

1. Baby New Year has been a symbol of the holiday since around 600 B.C., starting in ancient Greece, when an infant was paraded around in a basket in celebration of Dionysus, the god of fertility (and wine). The baby represents a rebirth that occurs at the start of each new year.
2. The annual tradition of gathering in Times Square for New Year's started as a party to celebrate the opening of the New York Times building in 1904. Over 200,000 people attended.
3. Though the parties raged on, there wasn't a ball drop until 1907. Fireworks were previously used to welcome the New Year, but they were banned because burning embers were falling on the crowd. A ball being lowered on a flagpole was a safer bet.
4. Confetti may not be a new concept, but in 2015 "wishfetti" became a part of the tradition. People write their wishes for the New Year and submit them to the Wish Wall in Times Square (or online) and those wishes are turned into the confetti that falls over the crowd at midnight.
5. Ancient Babylonians celebrated New Year's in March. The New Year used to coincide with the arrival of spring. A 12-day festival called Akitu marked the occasion, which was more about praying than it was about finding a midnight kiss.

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.

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EQUAL HOUSING OPPORTUNITY

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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